Overweight and obesity are characterised by excess body weight and excessive balance of energy intake vs energy expenditure with BMI commonly used as the criterion to define these conditions.

Being overweight and obesity is linked to numerous chronic diseases, including CVD, diabetes, many forms of cancer, and numerous musculoskeletal problems.

Diet and exercise both play a part in helping a person to achieve a healthy weight. A weight loss of 5% to 10% provides significant health benefits, and these benefits are more likely to be sustained through the maintenance of weight loss and/or participation in habitual physical activity.

For adults who are overweight or obese an individualised approach to increasing physical activity is best achieved through exercise supervised by a professional.

Certified fitness trainers have become a growing trend across the world however many of these certified trainers may lack the appropriate expertise and knowledge to develop, instruct and supervise exercise programmes for chronic disease, which is both safe and effective.

Tertiary-trained exercise professionals, such as Accredited Exercise Physiologists are best suited to assist those with obesity, by prescribing and delivering exercise consistent with best practice.
**Things to Remember**

- Individuals who are overweight or obese may have chronic muscle or joint pain and have a reduced range of motion. They could also be at risk of developing lower back pain or arthritis. This needs to be considered before engaging in physical activity, however should not discourage anyone from exercising right for their uniqueness.
- Other lifestyle-related conditions related to obesity must also be accounted for.

**Types of Exercises Recommended**

Primary mode of exercises should include a combination of aerobic and resistance training. The format of these sessions should be based on exercising at the right intensity and duration to maximise energy expenditure during exercise.

Exercise Right recommends exercises such as water activities (e.g. hydrotherapy), sitting aerobics and stationary cycling.

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**Right Professional**

**GP/Doctor**

A screening by a medical doctor is recommended.

**Accredited Exercise Physiologist (AEP)**

An AEP will complete a compressive assessment to evaluate your capability to complete an exercise program, and design a suitable exercise program to meet your individual goals.

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**Right Place**

**At home, outdoors or in the gym**

Exercise right recommends a combination of aerobic and resistance exercises, which can be completed in any setting from a gym, to home or even a local park.

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**Right Time**

**Whatever time you can make consistent!**

The best timing of exercise for obesity is related to exercise consistency. To achieve your goals, aim to be consistent with scheduled sessions.