

Atkins and Exercise

There is a lot of attention paid in the Atkins diet plan towards food and cooking. It's true that your food choices on the diet are of utmost importance. But a lot of people make the mistake of ignoring exercise. The newly released Atkins food pyramid shows the importance of exercise. It shows an increase in food options with increased activity. Exercise is important on the Atkins diet, and important for everyone's overall health.

Exercise is beneficial to body, mind and soul. It has many major benefits, even at limited levels. It not only burns fat but it boosts your metabolism and increases circulation. Daily exercise helps your body eliminate toxins through sweat glands and lymph systems. It is especially important to all low-carb weight loss programs because it regulates blood sugar levels.

Physical exercise is essential for Atkins diet success. Without exercise, your body isn't configured to process carbohydrates successfully. Research has shown that sedentary individuals have extreme insulin reactions to even moderate amounts of carbohydrates. This means that exercise doesn't only help you lose weight, it will help you keep it off too. Exercise will teach your body how to process the carbohydrates in your diet. When you exercise regularly, you'll be able to eat more carbohydrates over time because your body will use them efficiently.

There are two basic types of exercise: aerobic exercise and anaerobic exercise. The best regimen combines these two forms each week.

Aerobic exercise's primary goal is to increase your heart rate. This causes your body to consume more oxygen and it gives all of your cells a fresh supply of oxygen. If you've been without physical activity for a while, many of those cells have been deprived. Aerobic exercise will regenerate them and help you feel better in times when you aren't exercising.

If you've been inactive for a while, it may take some time to get used to your new aerobic workouts. You may want to get some advice from your primary care doctor or a professional aerobics instructor. Make sure to start slowly to give yourself time to adjust to your new movements. It's essential that you learn how to stretch and warm up correctly in order to avoid muscle strain. Some good beginning aerobic activities include walking, golf, tennis and dancing. These activities won't cause a lot of strain on your body, but they will get your heart moving. Start slowly and set small goals for yourself. For example, if you are starting a walking program begin by walking four blocks. Then increase your training to five blocks, then six. Your body will respond well to the

exercise...after all your body was meant to move!

Anaerobic exercise includes any activity that isn't technically aerobic. Most of the exercises in this category build muscle mass. Weightlifting and strength training are examples of anaerobic exercises. Working out with weights is an important part of losing weight. As you lose fat, you'll need to replace it with muscle in order to stay lean. Don't be afraid of working out with weights. You won't need to become a bodybuilder. Weight bearing exercises like isometrics and resistance training will help improve your bone density, your posture and your fat burning potential.

If an exercise program is not part of your weight loss efforts, you are setting yourself up for failure. Make a commitment to incorporating exercise into your weight loss efforts and you'll see the results immediately.

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