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## Diet vs Exercise? Your best choice for losing weight?

Diet versus exercise? Which one is best for losing weight? While both are beneficial, managing your diet is the hands-down winner for weight loss. But, don't forego the exercise. In addition to supporting your weight loss goals, improving your physique and making you feel great, it is also beneficial to cardiovascular health, increases bone strength, improves mental function, reduces stress and helps you sleep.

### Staying active - on 12 minutes a week

Those who are tight for time will be pleased to hear that once you've achieved "fitness," only 12 minutes per week of exercise are needed to maintain it! The trick, however, is the intensity of the exercise. High intensity exercise for 12 minutes weekly (divided into 3 sessions) will maintain fitness and lower blood pressure, but if you can squeeze in an extra 4 minutes, you'll also reap cholesterol benefits!

### Not all fat is bad

Fat is fat, right? Not so much – in humans, fat exists in 2 forms: white fat, which tends to be associated with sedentary lifestyles, and brown fat, the fat typically found in leaner people. Now, a study in the U.S. has found that exercise promotes the conversion of white fat to brown fat. This is advantageous since brown fat is metabolically active – meaning it burns calories to keep the body warm.

### Low fat vs low carbohydrate diets

Low fat or low carbohydrate. Which diet is best? Low fat diets lack the "satiety factor" (meaning you feel less full) and tend to lack taste. Low carbohydrate diets seem to lead to rapid weight loss, but much of that loss is transient water loss and the long term safety is questionable. The Mediterranean diet seems to be a good compromise with healthy fats and lots of fruits and vegetables.

The best "diet" is one you can live with – balanced nutrition from a variety of foods that taste good and are good for you. Our pharmacists can share how to read nutrition labels for a diet that benefits your health – and your waistline.