

WEIGHT MANAGEMENT AND BODY TRANSFORMATION

Part 2: Exercise—Motivation, Overload, and Consistency

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If you consider weight management in its simplest form, it comes down to input versus output—what you bring into your body in the form of nutrition and calories, and what work your body does to burn calories and support overall health. [Part 1](#) of this series focused on the nutrition component of good health and weight management. However, nutrition by itself is an incomplete solution. Exercise is also an essential component—not just for weight management, but also for overall health.

Unfortunately, our bodies are not all created equal when it comes to exercise. Body types, base fitness levels, time, and resources are all different. It is nearly impossible to provide exercise recommendations that will apply to everyone. Instead, I will review foundational training principles that will help you enhance your activity level, improve your fitness, optimize your health, and manage your weight. These training principles are: motivation, overload, and consistency.

Motivation comes in a variety of shapes and sizes, but without it, little gets done. A good place to start is with a go-to activity that you enjoy—a hike, a game of soccer, a swim, or something else that's fun. Find an exercise that doesn't feel like work. As you build fitness, you build motivation because you recognize that you feel better when you exercise. There's a sense of accomplishment you feel from doing hard things that translates into perpetual motivation.



The principle of overload states that body tissues need stress to grow. If I'm lifting weights, I periodically add a little weight to get stronger. If I run, I regularly add a little distance or speed so that I can go farther and faster. The body's tissues are built to adapt. This accompanies a number of other health benefits. Additionally, the mind needs the change associated with overload in order to cultivate motivation. Every few weeks, consider doing more—more weight, distance, speed, time, etc. With the increases, you also need to listen to your body. Recovery from overload is just as important as overload. If you are sore or exhausted, recover by doing a different activity for a day or two before returning to the previous activity.

Fitness only improves if the activity occurs consistently over time. Any disruption will result in quick losses. Make each session more than 45

minutes, and exercise multiple days per week. Overall, you should be active five or more days per week. Gradually diversify your activities to include continuous exercise at moderate intensity, resistance training, and high-intensity exercises or activities.

As we consider these principles, it's clear that supporting overall health is less about doing an exercise and/or taking a supplement, and more about creating a lifestyle with consistent activity and healthy nutrients so that your body can thrive.

The 4LifeTransform® App offers nutrition, fitness, and supplement recommendations to help you get started on lifestyle changes.

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