

Editorial on Role of Diet and Physical Activity in Weight-Loss

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Editorial

A healthy weight is an important element of overall good health. The quality, quantity and the kind of food you eat play major roles in maintaining healthy weight. In addition to diet, physical activity is another key actor. This helps in lowering the risk of heart disease, stroke, diabetes, high blood pressure and also lowers the risk of many different cancers.

It is often believed that low fat diets are the only best way to lose weight. However, evidence shows that low-fat diets often don't work, in part because these diets often replace fat with easily digested carbohydrates.

The best diet for losing weight is one that is good for all parts of your body, from your brain to your toes, and not just for your waistline. A healthy eating plate comprises of a balanced meal with all the food groups included as follows:

- vegetables and fruits – ½ of plate
- whole grains – ¼ of plate
- Protein – ¼ of plate
- Healthy plant oils – in moderation
- Drink water, coffee/tea

Focus on diet quality:

- The type of carbohydrate in the diet is more important than the amount of carbohydrate in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.
- Avoid sugary beverages, a major source of calories (usually with little nutritional value)
- Use healthy oils, and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat.

Focus on Physical activity: In addition to helping you lose weight, exercise has been linked to many other benefits, including improved mood, stronger bones, and a reduced risk of many chronic diseases. Here are the best exercises for weight loss.

1. **Walking** is one of the best exercises for weight loss. It is convenient and an easy way for beginners to start exercising without feeling overwhelmed or needing to purchase equipment. Also, it's a lower-impact exercise which doesn't stress your joints.
2. **Jogging or running** are great exercises to help you lose weight. Although they seem similar, the key difference is that a jogging pace is generally between 4–6 mph (6.4–9.7 km/h), while a running pace is faster than 6 mph (9.7 km/h).
3. **Cycling** is a popular exercise that improves your cardiovascular fitness, muscle strength and decreases stress levels.
4. **Weight training** is a popular choice for people looking to lose weight. It can help you build strength and promote muscle growth, which can raise your resting metabolic rate (RMR), or how many calories your body burns at rest
5. **Swimming** is a fun way to lose weight and get in shape. It is a great option for people who have injuries or joint pain.
6. **Yoga** is a popular way to exercise and relieve stress. While it's not commonly thought of as a weight loss exercise, it burns a fair amount of calories and offers many additional health benefits that can promote weight loss. Additionally, it improves mental and physical well-being.

Eating a healthy diet and exercising often can help you to maintain ideal body weight, control or delay health issues associated with aging, like high blood pressure and diabetes. Set short-term goals to achieve and maintain a healthy diet and exercise routine.

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