

¹ Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults – The Evidence Report. National Institutes of Health. *Obesity Research*. 1998;6 Suppl 2: 51S-209S.

Frequency	5 – 7 day/week
Intensity	Moderate to vigorous
Time (duration)	At least 30 min/day; to be increased gradually to 60 min/day, with a goal of accumulating a total of 300 min/week. An alternative way to achieve the daily target is to accumulate exercise bouts of at least 10 min each.
Type	The primary mode is aerobic exercise involving large muscle groups (e.g. walking, jogging, cycling, swimming, etc). Also, resistance exercise should be included in workout routine to strengthen major muscle groups.

Source: adapted from ACSM's Guidelines for Exercise Testing and Prescription 9th ed. 2013.

Apart from increasing energy expenditure through physical activity, a reasonable cut of energy intake through a low-fat diet (energy from dietary fat about < 30% of total daily calorie intake) should also be adopted to maximise the result of weight loss. Without this, the effect of weight management programme could be drastically compromised. In addition, for long-term weight management, overweight/obese individuals should also reduce sedentary lifestyle, which prevents weight loss and increases the risk of chronic diseases; to be more specific, they should avoid prolonged sitting at work, at home or in their leisure time. For more information on diet and physical activity for a healthy weight, please visit www.healthatwork.gov.hk.