

Physical Activity and Weight Loss

"At one time, I weighed over 300 pounds...I didn't know it, but I was headed down a dark path. I began learning about the risks of being overweight and sedentary. I didn't want to get diabetes, so I stopped drinking sugary drinks and alcohol. I started eating more fruits and vegetables, walking, and doing strength training. It was tough at first. Eventually, I began to lose weight and look and feel better about myself. I finally lost 100 pounds. Now, I can walk 3 miles in an hour."

Joseph Talley, Diné and Pueblo



Losing weight has many benefits for those who are overweight or affected by obesity. Losing a few pounds can help to:

- ✓ Improve blood sugar
- ✓ Lower blood pressure
- ✓ Manage sleep apnea
- ✓ Prevent diabetes
- ✓ Decrease heart disease risk
- ✓ Ease joint pain and slow joint damage

Increasing physical activity along with eating fewer calories is the most effective way to lose weight.



What Activities Can Help with Weight Loss?

Aerobic Exercise

- » Uses large muscle groups repeatedly for longer periods.
- » Burns the most calories when done at a moderate to vigorous level.



Start at a light or moderate level. Increase to more vigorous activities when cleared by your provider.



Resistance Exercise

- » Uses weights, exercise bands, or body weight to provide resistance.

Include resistance exercises at least 2 to 3 days a week. See [Increasing Muscle Strength](#) for information.



Casual Activity

- » Includes light intensity physical activities such as:

- Doing laundry
- Yard work
- Removing trash
- Taking the stairs
- Gardening
- Cleaning

Add more movement to your day to contribute to weight loss.



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Physical Activity and Weight Loss



How Much Physical Activity is Needed to Lose Weight?



OR



OR



Get At Least



a Day • 5 or More Days a Week

Tips to Add More Physical Activity to Your Day

- » Walk for 20 minutes before or after dinner.
- » Use a pedometer, smart watch, or smartphone to track your steps. See [Track Your Steps](#).
- » Break up sitting time by doing something active or walking for 3-5 minutes every hour.
- » Find exercise classes in your area.

Joe made a decision to start a health journey to get stronger and reduce his risk of diabetes by finding a path to weight loss. You, too, can start on a journey that can help you lose weight, get stronger, and engage in activities you enjoy, such as traditional events, ceremonies, and dances.



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