

# A time-efficient exercise formula for normalizing obese body mass index

## Abstract

This article describes an effective pragmatic three-month program to decrease an obese body mass index of 30-31 to  $\leq 25$ . This public program involves three phase of slow mid-distance walking, medium to long distance jogging, and mid-speed long distance running. Each exercise phase could optionally represent a one-month period. However, should the daily workload not allow the last phase running to be performed daily, it may be exercised every other day or even twice weekly, which extends the program for another month or two. Gradual inter-phase adaptation and transition is crucial to the successful management of the program with no side effects.

**Keywords:** obesity, body mass index, exercise, public health

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## Introduction

### Description of the public program innovation

Obesity as a super-cancer of the modern age increasingly decreases life quality worldwide.<sup>1-3</sup> This is mainly due to many cardiometabolic abnormalities such as diabetes and high blood pressure that usually occur in obese individuals.<sup>3-5</sup> While the priority is to prevent weight over gain and obesity,<sup>6-10</sup> effective complementary strategies are required to healthily manage weight-loss regimens. This public policy article presents an innovative pragmatic three-month long program for a major weight loss under a persistent incremental exercise regimen. This program can efficaciously decrease an obese body mass index of up to 30-31 to  $\leq 25$  without any side effect.

The exercise program consists of three main phases of almost one month each. However, flexibility does exist between phases to facilitate transition. The first phase requires slow walking for medium distances of 1 to 10km. The opening days could begin with minimal distances of about 1-3km and gradually reach 8-10km daily walking by the end of the phase. It must be noted that the walking must be conducted each and every day. No blank day is justified, which otherwise would seriously and adversely affect the ultimate success of the entire program. It is recommended to not consume any major food for at least 2-3hours prior to the exercise. Brief water may be consumed during exercise should open-air temperature be high.

As the body gets adapted to the daily routine and relatively prolonged implement, stretch work should also be performed especially with hands, legs, neck and the central body. The second major phase involves speedy walking and jogging in medium to long distances. This implies that fast walking and jogging should be exercised for a minimal distance of 5km daily during the initial days. After about 10-12days (in the second phase/month), jogging distance could increase 0.5 to 1km a day until reaching about 8-10km by the end of the phase. That would represent a minimum jogging rate of approximately 5-7km/hour. No major food must be taken for at least 3hours before and during exercise. Due to the high volume of sweating, adequate water and electrolytes must be administered well before and shortly after the exercise. However, shortly before exercise for a minimum of 3hours, it is recommended to not consume major foods and sweet drinks to not jeopardize normal gut function.

The third and final phase of the weight loss program is characterized by medium to long distance running with a minimal rate of 7 to 12km per hour depending on individual's body weight and preparation. Optimally, such a running could be conducted daily and for a minimum of 45-60min. Nonetheless, should the individual's daily workload not permit such an intensity, the running may be performed every other day or, at the very least, twice weekly. In that case, the final phase of the program could be extended for another month or two to yield satisfactory results.

### Complementary considerations

Notably crucial, upon normalizing an obese body mass index, the training must not cease or obesity will soon resume. The latter would complicate the problem and exacerbate the obesity related metabolic disorders and inferior quality of life thereafter. Optimally, the program must be continued. However, it may become more modest to not interfere with daily routines of today's busy life schedules. But in no circumstances it should be stopped. A global recommendation for a healthy normal individual would be long distance jogging or running for at least 2-3times a week.<sup>11-15</sup> Normal complementary short exercise must be conducted every day.<sup>16,17</sup> Food must be taken in frequent small meals mostly during day and only in minor amount in evening and early night of mainly fruits and vegetables.<sup>18-21</sup> For body mass indices of  $\geq 35$ , time frame could be accordingly extended to not compromise normal metabolic and endocrinocardiovascular health. The final frontier is to approach natural life.<sup>22,23</sup>

### Conclusion

This policy article developed a time-efficient public program for serious weight loss with no side effects. Should be conducted persistently, the program can successfully decrease an obese body mass index of 30-31 down to  $\leq 25$  within a three-month timeframe. Serious supplemental considerations such as eating frequent small day-time food meals and avoiding large evening meals are crucial for the longevity and success of the program.

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## Conflict of interest

The author declares no conflict of interest.

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