

Is walking enough exercise for losing fat?

HEAPS OF HEALTHY TIPS

By Mercedes Kay Gold



Question: I walk for exercise, but is this enough to lose fat? What should my Body Mass Index (BMI) and body fat be?

Walking is a great form of exercise, and yes, alongside proper meal planning, losing body fat is possible.

Many health professionals look at the BMI, a simple calculation: BMI is bodyweight in kilograms divided by height in metres squared. The BMI does not look at body composition or one's overall health. It's less accurate for different types of people from bodybuilders to pregnant women and the elderly.

Measuring the waist circumference (WC) is another tool of assessment. A waist above 102 centimetres (40 inches) in men or 88 centimetres (35 inches) in women is associated

with the development of serious health issues.

These findings are merely a piece of the health puzzle. A true measure and key to longevity, managing weight and offsetting diseases is to look at the percentage of muscle mass and body fat in the body. A healthy body fat percentage is up for debate. The number varies depending on who you ask. Many experts in Canada will list a healthy body fat percentage in adult women somewhere between 20 per cent to 32 per cent and 10-22 per cent for men.

There are many ways to test the subcutaneous body fat, the layer located just below the skin, from calipers to a body composition analysis and the gold-standard DEXA scan. As a personal trainer, I favour the InBody,

which is highly accurate – up to 98 per cent when compared to the DEXA – and easily available at a fraction of the cost. The InBody test is amazing for tracking changes in body fat, water, muscle and visceral fat.

Muscle mass is correlated to function and quality of life in aging. For the average Joe, weekend warrior and athlete, the quick and non-invasive InBody test is extremely helpful to see the percentage of muscle mass in each quadrant of the body. Exercise programs can then be tailored, helping build an equally strong physique. The InBody test also highlights visceral fat. This is the belly fat hidden in your abdomen – the fat you can't see surrounding your internal organs. Visceral fat is dangerous and linked to heaps of health risks.

Yes, you can have a healthy body weight, body fat percentage but still develop visceral fat. Do you drink? Do you smoke? Are you stressed? How's your sleep? How much alcohol do you consume? Do you eat a refined and overprocessed diet lacking whole foods? Do you weight-train to build muscle? How many boxes did you check? Do you



(VECTEEZY PHOTO)

Walking is a simple and effective form of exercise that, paired with healthy eating, can support fat loss and overall health.

have a larger midsection which is quite dense and protrudes?

Eating a nutrient-dense, wholefood diet as well as incorporating cardiovascular and weight-training into your routine are essential, offsetting the risks associated with both types of body

fat. High visceral fat sets you up for a long list of conditions from elevated blood pressure and high cholesterol to insulin resistance to inflammation throughout the body. My best advice is to learn your numbers and then make informed decisions suited to your unique, one-of-a-kind self.

Winterizing your home: Protecting your biggest investment

EXPERT REAL ESTATE ADVICE

By Isabel Livingston



As we enter fall, the cold and chilly months of winter are upon us (I am cold just thinking about it). Just like making sure the kids' winter gear still fits and getting the winter tires put on your vehicle, there is a little bit of proactive maintenance that is

recommended to get your home ready for the winter months.

As tempting as it is to want to cozy up and put off the chores, these basic things can make a world of difference not only now but in the years ahead when it comes to the preservation of your

home.

When most people hear "winterizing your home," they think of the exterior, and for good reason. The exterior is of course the shell of your home, and therefore the first line of defense against the elements. Regular maintenance ensures fewer surprises and better long-term health.

Inspect windows and doors for cracks in caulking or damages to weather stripping and replace or touch up as needed. This easy fix that can protect against winter drafts and moisture, but it will also help keep energy bills lower!

Eavestroughing and downspouts might just be the most important maintenance chore in this article. Giving them a good

clean before the cold winter can help provide better drainage for melting snow, which in turn will help to reduce risks of ice damming that can cause damage to your roof.

Most of us are guilty of enjoying a warm summer afternoon sitting on the patio enjoying the warm sunshine with family and friends. If you can find storage space for your outdoor patio furniture, I would highly recommend it. While not directly impacting your home, you will get a much longer life if you can store it away from the elements during the colder months.

There are a few things inside our homes we can do as well to help this winter. Small changes can lead to big savings when it comes to our furnace life and energy bills. Replacing your furnace filter every one to three months is a great way to keep airflow moving properly and efficiently. If it's in the budget, having your furnace serviced can help to ensure everything is running smoothly with no surprise breakdowns in the middle of December.

We touched on it earlier, but

filling in any holes is important to prevent those cold drafts from coming into your home and working against your furnace. This is a great way to help your furnace not have to work so hard to maintain a cozy temperature in your home.

Winter always brings its share of challenges, but with preparation, your home can face the season with confidence. Think of these tasks not as chores, but as a way of protecting your comfort, investment and future equity.

By doing regular maintenance, it helps to ensure fewer surprises, prevent costly repairs and support the long-term health of your home, both structurally and financially. Set aside time each fall to winterize; you'll save money, reduce stress and enjoy the season knowing your biggest investment is protected.

For any questions or article suggestions, please reach out at 226-232-4236 or ilivingstonsells@gmail.com.

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From weekly to twice a month

VINTAGE VIEWS

By Tim Mosher

Tavistock and District Historical Society

Vintage Views will continue in the next edition and twice a month thereafter.

The answer to last week's History Mystery:

The question was "What strong hint in this picture tells you that the carousel was fully stopped to take this photo?" The picture was of a 1895 carousel filled with children and adults, as well as standing in front of it facing the camera. Anna Mikus of Mississauga answered first. The man standing left of centre wearing a bowler hat is resting his left hand on a carved horse's hindquarter.