



### **Beginning Weight Loss Exercises For The Completely Unfit Or Morbidly Obese**

With 1 in every people morbidly obese finding beginning exercises for those who are 100 pounds overweight or more can be an extremely frustrating experience. This article gives those people who are extremely overweight beginning exercises that gets them to start moving and burning calories without pain, embarrassment or fear of failure.

We live in an obese society and believe it or not most people who are overweight really want to shed those unwanted and unhealthy pounds which is why diet and exercise articles are so popular. However, few articles tackle the special beginning exercise needs of those that are completely unfit or morbidly obese. With 1 out of every 50 people being 100 pounds overweight or more that is a significant amount

of the population that simply are too fat and too out of shape to do the traditional weight loss exercise you hear about in articles or see on videos and weight loss shows.

In addition to size making it difficult to do many of these exercises, many morbidly obese people suffer from back, hip, knee problems that make exercising difficult and exceptionally painful yet, every expert will tell you that exercise is an important part of any weight loss plan and that it is necessary to help tone those muscles as you shed those pounds. So, where does that leave those people who are completely unfit or morbidly obese when it comes to exercise? In most cases feeling frustrated, embarrassed, and like they are failing in their weight loss efforts before they ever get started.

However, it really doesn't have to be that way as here are some beginning exercises that even the most overweight or physically unfit person can do in the privacy of their home without embarrassment or fear of failure. Best of all, as you begin to shed those pounds and gain more stamina you can incorporate this beginning exercise into an increasingly more aggressive work out plan.

### **Exercises For The Rank Beginner (The First Two Weeks)**

The first two weeks of any weight loss and exercise program is vital to the overall success of the program especially for those who have a significant amount of weight to lose. It is during these first two weeks that you need to begin making healthy changes to your diet and learning all you can about nutrition.

It is also these all important first two weeks when the tone for your exercise will be set. If you're beginning workouts are too difficult to complete or too painful the likelihood of you continuing to exercise decreased dramatically. The whole idea behind these beginning exercises is too get you to start moving a little more while strengthening your muscles and beginning to built a little stamina.

### **The Ball On The Wall**

This simple exercise won't get you out of breath or exhaust you, but it will start getting you moving in an easy and completely painless way. All you need is one of those large lightweight balls that people purchase for their toddlers to play with. Stand back from a wall about 3 feet and using both hands throw the ball against the wall and catch it. (If you have a weight loss partner you throw the ball between you and play a simple game of catch)

While this simple exercise seems a little too easy, it does get you moving a burning a few extra calories while giving your arm muscles a little strengthening workout without putting undue stress on your heart or those arm muscles. As you become more fit, move back further from the wall and throw the ball higher against the wall eventually using a heavier ball to give you more of a work out.

## **Stretching And Strengthening Your Back Muscles**

Walking is one of the best weight loss exercises you can do. However, for those who are vastly overweight or haven't exercised in years walking even a short distance can cause extreme back and hip pain. So, before you even attempt walking spend a few weeks strengthening and strengthening those back muscles. Here are two easy exercises that will help you to start to built up those back muscles and prepare you for many of your future exercises.