

Regional Weight Management Center
July 2011 Newsletter

EXERCISE

In order to lose weight you must do two things; take in less calories and increase your activity!
Once you have surgery you will be able to control the amount of food that you take in, but for optimal weight loss you will need to **exercise**.

Exercise is activity that you do **above and beyond** your daily activity (working, shopping, and cleaning). Your body adapts to the activities you do daily. You must do something more in order to see the benefits from exercise.

Before you start any exercise regime check with your surgeon!

Patients who start an exercise regimen **before** surgery are more likely than those who don't, to continue with exercise after surgery. Exercise can be difficult for people who carry a lot of extra weight, so start slow!

DIFFERENT TYPES OF EXERCISE

Aerobic Exercise:

Walking, Jogging, swimming, and bicycling are all examples of aerobic exercise. In order to improve your aerobic fitness (how well your heart and lungs deliver blood and oxygen to working muscles) you must do some form of aerobic exercise daily. Again **START SLOW!**

Strength Training:

Weight lifting and resistance training will help you strengthen your muscles. Balanced muscle strength can help prevent injuries. Having more muscle can help with weight maintenance since it burns nearly three times as many calories as fat, even when you're not exercising! Don't worry about gaining weight from increased muscle mass. Yes, muscle does weigh more than fat but, the more muscle you have, the more fat you will burn.

GETTING STARTED:

Make a plan. People who plan for increased activity and schedule exercise are more likely to continue with an exercise regime.

Start Slowly. If you do too much too soon, you may be sore and tired and may run the risk of injuring yourself.

- ✓ Gradually increase your physical activity
- ✓ Start with 10 minutes of exercise and gradually increase your time from there
- ✓ Pick a type of exercise that you enjoy, you will be more likely to stick with it if you enjoy it
- ✓ Don't get discouraged. It can take time to improve your fitness levels but don't quit just because it may be difficult

ACTIVITY

To get you started, consider the list of activities below. Each day, pick at least one that you will do to increase your activity level.

- ✓ Take the stairs versus the elevator
- ✓ Walk up and down a flight of stairs 5 times during each TV commercial
- ✓ Park your car as far away as possible from your destination
- ✓ Do 5 jumping jacks before brushing your teeth
- ✓ Take a walk after lunch or dinner

Don't wait to start exercising...START TODAY!

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