

# HEALTHFUL TIPS

## Exercise Resolutions

**W**hen you are carrying extra weight, you expend extra energy to simply move throughout your day. As you lose weight after weight loss surgery, fewer calories are needed for movement. Think about it: if you've lost 40#, that's the same as carrying a big bag of dog food or 5 gallons of water with you every step you take. If you've lost 80#, that's equal to 2 bags of dog food or 10 gallons of water. In order to make up for this loss of energy expenditure, you need to intentionally move more.

**January is an ideal time to strengthen your exercise resolve** — whether you are just getting started, need to recommit or want to beef up your current exercise program. Exercise gives you more energy, better sleep, a happier outlook and boosted metabolism. It is a sound investment in your health and well-being. It takes sixty-six days to form a habit — start now and you'll be going strong in March.



**We understand this may be easier said than done, so here are some words of advice and encouragement:**

**Do what you enjoy** (or at least do not hate). If you like to dance, do Zumba, dance aerobics or other dance workouts. If you like solitude, walking, snowshoeing or bike riding might be a good fit. If you like to push your limits, a spinning class or couch to 5K may be a good fit.

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Fit is not a  
**DESTINATION**  
it's a way of life.

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**Setting specific goals** is more effective than a vague pledge to exercise more. Goals should be realistic enough to be achievable, but challenging enough to be effective. Breaking your longer-term goals into milestones and tracking efforts can also help. Perhaps your long-term goal is to walk 12,000 steps a day and you currently walk 3,000 steps. You may want to increase the number of daily steps by 1,000 each week. So next week your goal is 4,000 steps each day, the following week it is 5,000 steps and so on.

**Plan specifically** when, where and what you will do. Put it on your calendar and set your clothing out.

**A workout buddy** can be a big help. You're more likely to show up for a walk



or workout if you know that someone is counting on you.

**Move beyond your fears** to try something new, keeping in mind that it's natural to be nervous. Ask questions. Have a friend try it with you. Observe. And finally, don't worry that everyone is going to be watching you—they had a first time once too.

**Take small steps.** Look for slow, incremental improvements to fitness abilities. Being overzealous often results in injury.

**Ask for help.** Exercises sometimes look easier than they are and proper form is essential to get the most out of your efforts and to prevent injury.

**Use technology** to help make tracking easier. From wearable fitness trackers to cell phone apps, it's easier than ever to set goals and track your progress.

**Realize that life happens** and missing a scheduled exercise class or walk isn't the end of the world. Get back on track as soon as you can.