



Exercise Options

Feeling better and looking better--there is nothing more satisfying than the feeling after a good workout. There are several options to get you moving. Pick the ones that are best for you and get started on a lifestyle habit that will add energy, self-confidence, health, and years to your life.

As people try to balance the demands in their lives, they often ask *how much* exercise they need to help them reach their weight loss goals and maintain a healthy body weight. Studies indicate that a very brisk 30-minute walk or equivalent, in addition to daily activities, is an adequate amount of exercise for most people during the weight loss phase. This would equal about 5000 steps a day if you were to measure your total daily steps with a pedometer. Exercise requirements for weight maintenance are the equivalent of a very brisk 60-minute walk or 10,000 steps a day. These studies back up common sense. As you lose weight, it takes less and less energy for your body to complete its daily activities. Just walking from the living room to the kitchen requires a lesser output of energy to move your thinner body. Multiply that simple activity hundreds of times as your body goes through its daily activities. It all adds up to a lot less energy output. If you want a great visual, just take some cans out of the pantry--enough to add up to the weight that you have lost--and put them into a backpack or bag. Now pick them up and carry them with you. Amazing, isn't it, that your body had to work so hard just to get around.

Now before you delete this article in exasperation, thinking, "How in the world am I going to find 60 minutes to exercise every day to remain at a healthy weight?" realize that smaller activities throughout the day can help you to reach your goal. Taking the steps instead of the elevator, parking the car further away, taking a 15 minute walk at lunch, and walking the dog for 15 minutes when you get home all add up. Before you know it, you will have reached your goal of 60 minutes or 10,000 steps equivalent. Wearing a pedometer is a great way to measure your progress and be sure that your activity is at the level that you think it is.

The other great thing about exercise is that the time that you invest pays back in increased energy for all of your other activities. So yes, you do need to put forth the effort to increase your activity level, but you will feel better and accomplish more during your day in return. Sounds like a winning investment.

Now that you know that consistent exercise is a critical element in healthful weight loss and maintenance, and you know how much exercise you need to do, take some time to make a plan before you get started.

- Check with your family physician and/or bariatric surgeon. If you have knee, back or other limitations, consider asking your family physician for a physical

- therapy referral. A physical therapist can help you to design a fitness program around your limitations.
- Take measurements. During those times when the scale does not budge, many are inspired by lost inches and looser clothing. This is a great motivational step.
 - Think about the biggest obstacles in your way to consistent exercise. Make a list of ways to overcome them.
 - Decide on a time of day for exercise (morning, lunch, after work or evening) and schedule it.
 - Reduce the amount of time that you spend watching TV. Not only is TV a time and energy zapper, it also encourages snacking, and the advertisements bombard you with food, food and more food.
 - Decide on an exercise routine. It should include cardiovascular, strength training, and flexibility. Think about a variety of fun activities.
 - Get your clothing, exercise shoes, water bottles, pedometer, exercise videos, treadmill, hand weights, club membership or anything else you will need lined up.
 - Invite your friends and family to either cheer you on or join you. Your children can benefit from time with you and from your modeling of a healthy activity level and the benefits of increased activity. Try to find a type of exercise that includes them.
 - Commit to daily exercise. Schedule it into your day and make it a priority. A workout journal will help you to track your progress and keep you motivated.
 - Make a list of non-food rewards for each accomplishment, each day, or each week, for a job well done.
 - Set goals which are measurable and focus on behaviors rather than results. Set short-term weekly goals such as walking 7,000 steps each day this week and increasing them by 25% next week.

Focus on your feelings of confidence, improved energy, accomplishment, and happier mood after a workout.

A well-rounded exercise program should include aerobic activity, strength training and flexibility. Make a list of all the options that you have available to you and that you are physically able to do. Getting a good variety of fun activities is a great motivator. Here are some ideas to get you started.

- **Walking** is a low cost, safe fitness activity that almost everyone can do. A brisk, purposeful walk can help you to meet your weight and fitness goals. Outdoor walking has the added benefit of allowing you to get out and enjoy nature. An alternate walking route is necessary for icy, rainy or very muggy days. Malls, schools, office buildings, treadmills and fitness centers can all provide climate controlled walking environments.
- **Exercise Videos** are a great way to have your own trainer, get the motivation of a class, and have a variety of different routines for a very reasonable price in the comfort of your home. **Weigh2Win** is an exercise video developed by a bariatric patient for bariatric patients. It has three different intensity levels. Level 1 was

©2010 Forest Health Services, LLC

Barix and the Barix Clinics logo are registered trademarks of Forest Health Services, LLC. All other trademarks or registered trademarks are the property of their respective owners. All rights reserved. Unauthorized duplication or modification is prohibited.

Barix Clinics: 800-282-0066

designed with larger exercisers in mind. The entire workout is preformed in a chair! Level 2 was designed for the rapid weight loss phase following surgery. It has easy-to-follow moves to burn fat, generate muscle and build self-confidence. Level 3 was designed for those who are in the weight maintenance phase. It is a powerful workout using weights to build muscle and improve body composition. What a great product!

- **Home aerobic equipment** has a built-in convenience factor. Make sure to purchase quality equipment that will work the way you expect and that will last. Stationary bikes are often good for those with knee or feet problems because you do not have to support your weight while pedaling away. Treadmills are a favorite. Also consider elliptical trainers, ski machines or other equipment. Try out the equipment prior to purchase if possible to make sure that it is a good fit with your abilities.
- **Dancing** is a fun way to meet your exercise goals. You can dance at home to your favorite tunes, go out to a dance club or take dancing classes.
- **Bike riding** isn't reserved for kids or athletes. Remember the freedom of the wind in your hair, the struggle to make it up the big hill and the thrill of going down the other side? What a great way to get fit with your kids, with a buddy or on your own.
- **Yard work** is exercise with a purpose. To enhance your workout, use a push mower instead of the riding one or combine walking and stretching with planting and weeding.
- **Swimming or water aerobics** are perfect exercises for those with almost any type of physical limitation. With the buoyancy of the water, your body can feel free to move. The added resistance of the water makes the exercise effective.
- **Strength training** uses resistance methods like free weights, weight machines, and resistance bands to build muscle and strength. Strength training was once reserved solely for competitive athletes and bodybuilders, but the benefits of strength training for the average person should not be underestimated. The Center of Disease Control and Prevention notes that there are numerous benefits to strength training regularly. It is now realized to be an essential part of any fitness program. Strength training can be done easily in a home gym, at a fitness center, a community center or school. You do not need to have the big machines to reach your fitness goals; hand weights can be quite effective.
- **Circuit training** combines aerobic exercise with strength training for an effective use of time. If you are in a time crunch, consider circuit training three days a week combined with a form of aerobic activity on the other days.
- **Yoga** can help you to build strength, improve flexibility, increase balance and decrease stress. It moves at a slower pace than many other types of exercise, but don't let that fool you--your body will know that it had a good workout. Try taking a class to get started because proper form takes practice and guidance from a skilled instructor. Yoga can leave you feeling calm, yet energized. What a great way to face the world.
- **Kickboxing, martial arts, rollerblading, ice skating, basketball, running, cross country skiing, downhill skiing, trampoline jumping, and golfing** are all great

©2010 Forest Health Services, LLC

Barix and the Barix Clinics logo are registered trademarks of Forest Health Services, LLC. All other trademarks or registered trademarks are the property of their respective owners. All rights reserved. Unauthorized duplication or modification is prohibited.

Barix Clinics: 800-282-0066

ways to get fit and have fun at the same time. Don't limit yourself. Try new activities and find out how much fun they can be.

Barix Clinics

©2010 Forest Health Services, LLC

Barix and the Barix Clinics logo are registered trademarks of Forest Health Services, LLC. All other trademarks or registered trademarks are the property of their respective owners. All rights reserved. Unauthorized duplication or modification is prohibited.

Barix Clinics: 800-282-0066