

January Healthful Tips

from Barix Clinics & Barix Clinics Patients

Regular exercise is a habit that leads to success. Many successful individuals average 160 minutes of exercise a week. If exercise is started soon after the surgery, it can minimize muscle tissue loss and be a tremendous aid in weight loss. It is never too late to begin an exercise program. Exercise as a part of the daily routine is a key factor in the ability to maintain weight loss.

For many people, the hardest part of exercise is not learning what to do or how to do it, but doing it regularly. The most important step is setting a realistic, attainable goal. When you are out of shape, don't expect to run several miles or swim 50 laps that first week or two. For best results, concentrate on the amount of time you exercise, not the distance. Researchers find that runners who aim for 30 minutes during an exercise session are more likely to keep running than those who go for mileage.

There is a relationship between the intensity of exercise and the likelihood of quitting. You may think that pushing yourself to the limit will accomplish the most. However, unless you are training for a competition, this is not true. When you exercise too hard, fatigue sets in quickly and forces you to stop short of your goal. The rate of injury also increases with more intense exercise. Increase your activity level slowly with activities you enjoy and measure your progress by the amount of time you spend exercising or moving.

Increase your enjoyment of exercise with these techniques:

- Find the right time for you. You may discover that exercising early in the day supplies you with energy throughout the morning. For others, an after work jog or swim releases the day's tensions. If your leisure time is short, walk when you do errands.
- Monitor your progress. Keep a chart of how often you exercise. Include the time that has elapsed (or the distance you have covered). It will reinforce your feelings of personal achievement.
- Vary your exercise routine. Switch your walking routes for a change of scenery—swim in a lake instead of a pool. If you bicycle, cover different types of terrain. Make it fun and recognize your own achievements!
- Exercise with a friend and ask for the support of others. Friendly company or other social support, especially from family members, can help you stay on an exercise program. In fact, you will be twice as likely to do so. People who exercise in a group are also less likely to quit than those who exercise alone.

Add strength training to your exercise routine to build muscle. Muscle takes up 18% less volume than the same amount of fat. For the best, well-rounded routine, include strength training, cardio and stretching.

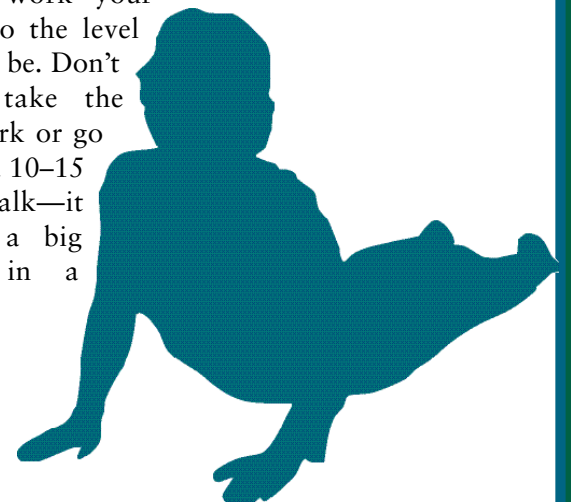
Burn 10 calories a minute jumping rope. It's a great workout that burns more than 100 calories in 10 minutes. To build up your rhythm and endurance, jump 10 times then rest a few seconds and repeat until you've completed 160 jumps. Next try 20 jumps at a time, then 30, etc. You'll feel like a pro in no time at all.

The results of an eight-week study of 400 women should encourage you to strap on that pedometer if you are interested in shedding pounds, increasing energy, improving muscle tone, fitting into clothing better and reducing stress. Those are the positive benefits the participants found when encouraged to walk 10,000 steps each day while wearing a pedometer. The pedometer increases your awareness of activity. 10,000 steps is approximately 5 miles and burns an extra 150 calories a day.

You may work out harder and feel that exercise is easier when you crank up the tunes. Exercisers reported feeling less tired when listening to upbeat music while doing a step workout or cycling. Effort levels also improve when music is listened to in contrast to working out in silence.

Get to know the people in your exercise class, especially if you don't have an exercise partner. If you get to know others, they will make a point of checking in with you when you miss a day. Knowing that someone notices can help to motivate you to get to the gym more often.

When I begin to "slack off" on my fitness level, I write down a weekly goal and try to meet it. Always start small and work your way back to the level you want to be. Don't forget to take the stairs at work or go outside for a 10–15 minute walk—it can make a big difference in a week's time.



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I have an older dog that was getting too old to walk with me on my daily walk so I went out and bought a new puppy to go on the walks with me. He keeps me walking because now whenever I get dressed, the dog thinks we are going for a walk. I hate to disappoint him.

When traveling for work or pleasure, I make a point of staying in hotels that offer a fitness room. This makes working out much easier when I am on the road.

In my mind I had made a commitment to myself to make this surgery work. The doctors all pointed out how important it is to work out each day without fail—so I had to find when to schedule my "It is all about me time." I am not a morning person so it amazed me when it turned out to be in the early morning. To ensure I will not forfeit my daily workout for something better to do during lunch or after work — I get up at 4:15 each morning and go to the fitness center, shower there and go to work. It's much easier to get up and go first thing and now I don't seem to mind the workout time frame any longer. After about 6 weeks it was a habit—and if I missed it, I noticed my energy level dropped. I encourage everyone to get in the habit of a daily workout. I know it is one thing I never did prior to the surgery so it took me some time to find the right schedule for me. Granted for me I have to go to bed around 8:00 PM. I record any programs I want to see — it's nice not to have to sit through the commercials. I don't tend to graze in front of the TV any longer. I fast forward through the commercials — could it be that the food commercials I am no longer watching are making that difference? I'd like to think so.

I walk and work out DAILY! Even if it is for 15 minutes at home, I walk. The reason I had the surgery is because I had lived my entire life up to the point of surgery with horrible eating habits and as far as exercise—forget about it! The surgery is a tool; the mind and attitude are the only way to ensure the tool is successfully used. If I didn't change my attitude and my habits, the surgery would have only been good for a year or so, and then it would have all been for naught. My suggestion for success—comply, comply, comply—to be successful one must follow the diet and exercise daily.

Pick a new activity involving the entire family such as hiking, biking, swimming or group activity. Look around your community for opportunities. Discuss options at a family meeting. You might be surprised at what good ideas your children come up with.

Join a fitness center and schedule a few sessions with a personal trainer. You will learn to work out more efficiently and feel more comfortable with the equipment.

Even if you have a physically active job, the main determining factor of obesity is what physical activity you do during your spare time.

Exercise is as important as any prescription medication given to you. You would not skip your medicine; do not allow yourself to skip exercise. Even just walking every day will help weight loss and weight loss maintenance.

A simple weight lifting plan at home with dumbbells helps to tone muscles and keep metabolism in high gear. Twenty minutes 2–3 times each week is all it takes. Look online or pick up a magazine or book to find a routine that works for you. Pick out several weights of dumbbell so that as your strength increases, you can challenge your muscles more.

