

Medically Supervised Weight Loss Program (MSWLP)

EXERCISE AND MOVEMENT

This section includes:

- Guidelines for weight loss
- Guidelines for weight management

ASSIGNMENTS | Answer the questions below:

1. List 3 activities that you are willing to do during the week to increase your focused movement to 30 minutes per day.

2. How much exercise is recommended for health benefits?

3. How much exercise is recommended to prevent weight regain after surgery?



Exercise and Movement

WHY SHOULD I GET MOVING?

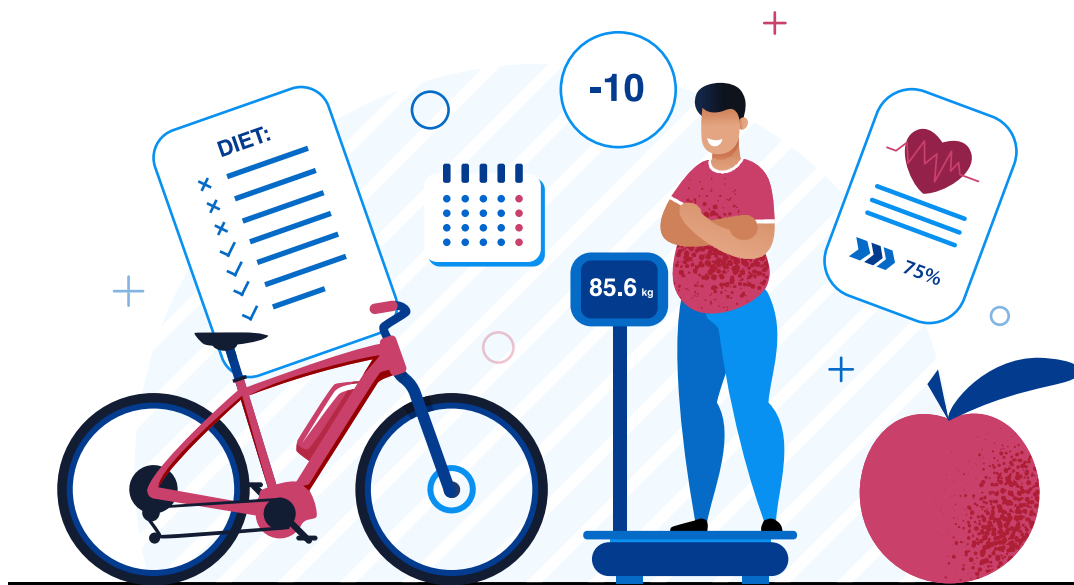
- Decrease risk of heart disease, diabetes & some cancers
- Improve mood
- Increase strength and energy
- Aid in weight loss and prevent weight gain

HOW MUCH SHOULD I MOVE?

- 150 minutes of moderate intensity exercise per week for the full health benefits (**Ex. 30 minutes 5 times a week**)
- At least 250 minutes of moderate intensity exercise per week to prevent weight regain after weight loss (**Ex. 1 hour 5 days per week**)

HOW DO I GET STARTED?

1. First, ask your doctor if you are cleared for exercise.
2. Start slowly and build up your fitness (10-20 minutes daily for 2 weeks)
3. Walking is usually a good place to start.
4. If you can't walk, ask your healthcare provider about water aerobics, swimming or chair exercises.
5. Once you reach your cardio goals, add resistance training (bands, weights, etc) 2-3 times a week to prevent muscle loss.
6. Do activities that you enjoy. You will be more likely to stick with them.
7. Get an exercise buddy or join a group. Friends may keep you accountable.
8. Ask your doctor for a referral to a physical therapist if needed.



Exercise and Movement

WHAT IF I HAVE NO TIME FOR EXERCISE?

Any physical activity is better than none. Here are some ideas to increase your physical activity without dedicating extra time.

- Think of activities you currently do sitting. Can you do them walking or standing? Here are a couple examples:
 1. Walk or stand instead of sitting when you answer phone calls
 2. Conduct walk and talk meetings instead of sitting at a table
- Take short walking or stretching breaks frequently while working at your desk or sitting on your couch

The goal of exercise now is to build up your fitness for after surgery. People who exercise more than 3 hours per week lose more weight after surgery. They are also less likely to regain weight several years after surgery.



REFERENCES: Seated Exercise Videos- all are 9-11 minutes each, low impact

Cardio:

<http://www.sparkpeople.com/resource/videos-detail.asp?video=38>

Core:

<http://www.sparkpeople.com/resource/videos-detail.asp?video=42>

Upper Body:

<http://www.sparkpeople.com/resource/videos-detail.asp?video=39>

Guidelines for Weight Loss

The recommendation is for adults to get 45-60 min of moderate intensity physical activity per day to prevent overweight or obesity.

OPTIONS OF HOW TO PLAN OUT YOUR WEEKS' WORTH OF MOVEMENT

Option 1

150 minutes of moderate intensity exercise per week for the full health benefits

Option 2

20-25 minutes of moderate intensity exercise per day for the full health benefits

Option 3

60 minutes of moderate intensity exercise twice a week and 30 minutes of moderate intensity exercise once a week

- Build up to physical activity targets over several weeks
- Start with 10-20 minutes of physical activity every other day for 1-2 weeks
- If unable to do 30 minutes, consider breaking it up into 10 minute increments

What is "moderate intensity"?

- 55-69% of your maximum heart rate
 - Maximum heart rate = $220 - \text{age}$
 - Moderate sweating
- Moderately heavy breathing
 - You can talk, but cannot sing



Guidelines for Weight Maintenance

The recommendation is for adults to get at least 250 minutes of moderate intensity exercise per week to prevent weight regain after weight loss from bariatric surgery.

OPTIONS OF HOW TO PLAN OUT YOUR WEEKS' WORTH OF MOVEMENT

Option 1

250 minutes of moderate intensity exercise per week for the full health benefits

Option 2

35-40 minutes of moderate intensity exercise per day for the full health benefits

Option 3

60 minutes of moderate intensity exercise twice a week and 35 minutes of moderate intensity exercise once a week

- Build up to physical activity targets over several weeks
- For the first 6 weeks after surgery, no lifting more than 10lb and until cleared by your physician
- Start with 10-20 min. of walking and/or physical activity every other day for 1-6 weeks
- After 6 weeks following surgery, you may begin weight resistance training and more intense exercise as discussed with your physician
- If unable to do 30 minutes, consider breaking it up into 10 minute increments

FOCUSED MOVEMENT AND EXERCISE IDEAS

- Brisk walking is a great start for the bariatric population (may be considered moderate intensity for some)
- Moderate intensity for 4-12 weeks
- **Vigorous intensity** aerobic exercise should/can be incorporated after the initial 4-12 week period of **moderate intensity** activity for the bariatric population
- Increasing the amount you move in your activities of daily life **may burn up to an additional 350 calories per day***
 - Can be as much as a scheduled workout- but should not replace regular exercise
 - Finding every and any excuse to move as much as possible!
- Think of activities you currently do sitting and can you do them walking or standing?
- Pace/walk instead of sitting when you answer phone calls
- Conduct walk and talk meetings instead of sitting at a table
- **Skip the elevator: take the stairs**
- Take short walking or stretching breaks
- Lifting weights, bands, etc. while watching TV

Guidelines for Weight Maintenance



If it is important to you,
you will find a way.

If not, you'll find
an excuse.

