

Exercise and Weight Loss... the good news!

Janet Huehls, MA, RCEP, CYT Clinical Exercise Physiologist
UMass Memorial Weight Center
Janet.huehls@umassmemorial.org 774-441-6248

The Weight Center Exercise Program

- A benefit to you as a Weight Center patient
- Individual visit with a clinical exercise physiologist
 - Call the Weight Center to schedule 774-443-3886
 - Phone consults also available
- No extra fee, not required
- Our goal is to provide:
 - Information
 - From quality research
 - Skills
 - How to work around challenges
 - Support
 - Weekly email
 - Ongoing visits before or after surgery

What do you REALLY want from weight loss?

Use words, pictures, etc. for an image of you at your ideal health, 1-5 years from now.



Myth #1: "I am just not motivated"

We ALL have motivation for something! We have very good reasons when we are avoiding certain things.

The keys to exercise motivation:

- Keep it achievable
- Success breeds success
- Connect it with what you REALLY want
- Create instant "results"
- Engineer your environment for success (people, places, things)

Increasing Exercise Motivation – Build inside motivation

Outside Motivation

- Competition
- The scale
- Clothing size
- Calories burned
- Minutes exercised
- Exercise partner
- Exercise class
- Winning a race
- The weather

Inside Motivation

- Feeling better
- More energy
- Feeling of wellbeing
- Sleeping better
- Feeling stronger
- Feeling calmer
- Enjoying the challenge
- Sense of accomplishment



(*general guidelines- see exercise professional for individual recommendations)

**Myth #2: “Just moving more doesn’t count”
“Sitting Disease”**

- Too many “Energy Savers”
- Greater risk of heart disease, diabetes, cancer...
- The average person burns 700-800 fewer calories per day than in 1970

The Cure =Lifestyle Activity

- What?
 - Moving more throughout day
 - For the purpose of being more physically active
- Why?
 - Burns calories
 - Easy way to gain benefits from movement
 - Feasible for those with pain issues
 - Flexible and achievable
- How?
 - Minutes of activity
 - Use a pedometer
 - **Pocket Pedometers**
 - IE: Omron – available at Walgreens, Amazon.com
 - **Activity Monitors**
 - IE: Fit Bit, Fit Band, Nike Fuel Band
 - **Apps on Smart phones**

Steps to success, build the habit

1. Week 1: Get your average steps. Wear all day long every day. Track your steps every day for one week. Find your average steps. (See recording sheet in this packet)
2. Week 2: Set a goal to add 10% more steps. i.e.: 3,000 steps a day average = goal of 3,300 steps each day
3. Continue to add 10% more steps each week by adding small amounts of activity.

Cardiovascular Exercise:

Myths # 3 and #4 – Exercise has to be hard and I have to sweat

- Burns calories
- Improves health
- Increases stamina
- Lowers blood pressure & blood sugar
- Lowers stress levels
- Improves mood
- Improves sleep
- Etc.
- Continuous movement
- using as much muscle as possible
- Walking, biking, swimming, dancing, etc.
- 30+ minutes
- Accumulated if needed
- 3- 7 days per week
- At a moderate to somewhat heavy pace
- ****Use breathing as a guide**

“Cardio” prepares you for surgery

- Helps with weight loss
- Especially losing the fat around the organs in the stomach
- Strength of heart and lungs –
- Can lower the risks of surgery and
- increase recovery rate
- Improves mood and confidence – increasing your ability to make other lifestyle changes

“What if walking is painful or too tiring?”

- **Something is ALWAYS better than nothing!**
- Chair aerobics
- DVD's
- Free YouTube videos
- Modify aerobics/kickboxing DVDs
- Several short walks through the day i.e.: three 10 minute walks
- Floor pedal cycle

What do you want to lose?

- Diet Only = Fat and muscle lost
- Diet + Exercise = more fat lost and gain or at least preserve muscle
- “Normal” Aging = Typically gain fat and lose muscle

Muscle... Use it or Lose it

- **Aging** - After age 40, most people lose about 1/3 lb. muscle each year or 3-7 lbs per decade
- **Menopause** - as much as 1 lb. lost per year!
- **Dieting** – The lower the calories, the more muscle lost

Myth #5: “I will get big bulky muscles”

Myth #6 “Muscle weighs more than fat”

Strength Training

- 2-3 days per week
- 8-15 repetitions
- 1-3 sets
- Free Weights, machines, bands, etc
- Each major muscle group
- To fatigue
- Slow and steady pace of movement
- (*unless contraindicated)

How much Quality of Life do you want?

Very low calorie diet = greater loss of muscle = less strength = lower ability to perform daily activities = lower quality of life

Myth #7: “Stretching is not worth my time”

Benefits of stretching

- “reset” muscles after exercise
- Move joints easier
- Less muscle soreness
- Lower injury risk
- Relaxation
- Stress management
- More focus

How to stretch

- After any physical activity
- To the point of mild stretch, NOT pain
- Hold for 10-60 seconds
- Stretch all muscle groups
- Breathe, pay attention and relax while stretching

Keeping Exercise Safe

✓ Pay attention to pain

- Joint pain or muscle pain that worsens with activity
- Any symptoms above your waist that increases with physical activity and/or stress and decreases with rest. These are typical heart disease type symptoms. Report any symptoms to your health care provider

✓ Strive for consistency not perfection

- Ask yourself: “What physical activity can I do very regularly right now?”
- I.e.: go for a 10 minute walk at lunchtime, park at the back of the parking lot each day, walk to get the mail, etc.

✓ Avoid sudden starts and stops

- When starting a physical activity, begin slowly to allow your body to warm up
- If you find yourself very short of breath during physical activity, don’t stop suddenly. Keep your legs moving until your breathing returns to normal.

✓ Gradually add more activity

- Increase your activity level no more than 10% per week.
- i.e.: if you walk for 30 minutes – 10% increase is 33 minutes.

✓ Physical activity should feel comfortable

- If you feel uncomfortable, slow down and pace yourself.
- You should be able to keep a conversation during physical activity

✓ Go easy on competition with yourself or those around you during activity. Competition can make it easy to do too much too soon when you are just starting an exercise program/new exercise.

✓ Take precautions in the extreme heat

- If the temperature is above 80 degrees, do not exercise. Choose to exercise in air conditioning or a cooler part of the day
- DO NOT dress to increase sweating. The weight loss from sweating is important water lost from your body, not fat weight.

✓ Stay hydrated by drinking water before, during and after exercise

- ✓ **Wear shoes designed for exercise** i.e. sneakers

Exercise Before and After Surgery

Before Surgery

- Build the exercise habit
- Increase lifestyle activity
- Cardiovascular exercise three days a week for 30 minutes
- Work around the challenges that won't change with weight loss
- Family demands
- Work demands
- General motivation

After Surgery

- First six weeks
 - Several short bouts of light walking improves:
 - Healing
 - Digestion
 - Energy
 - Gradually increase as energy increases to regular cardiovascular exercise
- Six weeks and beyond
 - **STRENGTH TRAINING!** Cardiovascular exercise, stretching and lifestyle activity all in balance and consistent for life.

***“The only person you are DESTINED to become
is the person you DECIDE to be”***

Ralph Waldo Emerson

Pedometer and Activity Tracking

Week 1: Find your baseline step level

- Put the pedometer on at the beginning of each day.
- Go about your day as you usually do.
- Record your steps at the end of each day

| Week 1 | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|-------------------|-----|-----|------|-----|-------|-----|-----|
| Date | | | | | | | |
| Total Steps | | | | | | | |
| Physical Activity | | | | | | | |
| Comments | | | | | | | |

Week 1 average steps: _____ (Add total steps taken in week 1 and divide by the number of days you tracked steps)

Week 2: Increase steps by 5-10%

- Set your weekly goal by adding 5-10% more steps to your average from last week
- Week 2: Step goal: _____ / day
- What will you do to increase steps this week? _____
- Keep track of what works and what gets in the way
- At the end of the week, figure out your average steps.

| Week 2 | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------------------------|-----|-----|------|-----|-------|-----|-----|
| Date | | | | | | | |
| Total Steps | | | | | | | |
| Physical Activity | | | | | | | |
| What worked? What got in the way? | | | | | | | |

Week 2 average steps: _____

Week 3: Increase steps by 5-10%

- Set your weekly goal by adding 5-10% more steps to your average form last week
- Week 3: Step goal: _____ / day
- What will you do to increase steps this week? _____
- Keep track of what works and what gets in the way
- At the end of the week, figure out your average steps for the week

| Week 3 | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------------------------|-----|-----|------|-----|-------|-----|-----|
| Date | | | | | | | |
| Total Steps | | | | | | | |
| Physical Activity | | | | | | | |
| What worked? What got in the way? | | | | | | | |

Week 3 average steps: _____

Week 4: Increase steps by 5-10%

- Set your weekly goal by adding 5-10% more steps to your average form last week
- Week 4: Step goal: _____ / day
- What will you do to increase steps this week? _____
- Keep track of what works and what gets in the way
- At the end of the week, figure out your average steps for the week

| Week 4 | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------------------------|-----|-----|------|-----|-------|-----|-----|
| Date | | | | | | | |
| Total Steps | | | | | | | |
| Physical Activity | | | | | | | |
| What worked? What got in the way? | | | | | | | |

Week 4 average steps: _____