



Recommendations and Strategies for Implementing Exercise for Weight Management

The exercise component is vital for continued success, unfortunately we know it's one of the easier components to fall out of habit. Many conversations we have with patients do not revolve around "how do I exercise" but rather "how do I keep doing it". The following recommendations are gathered from the successful journeys of those who have gone before you. These are folks who have walked in your footsteps, so draw from their wisdom so that your journey may be a successful one too!

Tips for a successful exercise routine and active life

1. Schedule your exercise weekly.

- a. Pencil it on a calendar, type it in your smart phone, or put it in your planner – it will happen if you schedule it.
- b. Expect the amount and what you do to ebb and flow a bit from week to week. This is normal and a part of life. Being too rigid will lead to greater stress and ultimately burn out.

2. Give credit and journal your exercise.

- a. Keep it simple – use whatever method works best for you – on a calendar, planner, or app on your smart phone.
- b. Add your total number of minutes each week. This is very encouraging to see the minutes add up and it's easily compared from week to week allowing you to notice should you start to do less.

3. Perform a monthly assessment.

- a. Each month, schedule 30 minutes for yourself to simply sit down and take account of how you are doing.
- b. Choose a place away from distraction which allows you to focus on you – perhaps a library, book store, coffee shop, or local park (weather permitting).
- c. Start by writing out all your goals – the reasons you're working so hard on your wellness
- d. Next, write down the things you need to do to accomplish those goals and assess how you're doing in each area.
- e. You'll find some areas you're excelling in. Great.....recognize yourself for this and be proud. You'll also find areas that you may be slipping in a bit. This is okay and its normal, but we want to get these back on track sooner than later. This is your opportunity to do so.

4. Engage in strength training at least two times a week.

- a. As you work toward losing the last of your weight, the risk of muscle loss becomes increasingly high. While aerobic activity is truly important, it will not stop the loss of muscle. Be sure you're getting in your protein too.....it is just as important. To prevent muscle loss however, you must do both. Protein without exercise and your body will still draw from the muscle..... and vice versa. The following pages will provide you with guidance on beginning a routine or adjusting a current routine. Please don't hesitate to call or e-mail the exercise physiologist here as well

5. Move more daily!

- a. Structured exercise may not happen every day, but every day you should strive to move more. As you lose weight, your body demands less energy (calories) and you burn fewer calories performing the same daily routine. This is the MAIN reason weight loss slows down. To counter this, we need to move more.....but it should be easier with the weight you've lost already!
- b. Consider investing in an activity monitor such as a pedometer or Fitbit. These are excellent tools to help monitor our overall activity levels and provide great feedback. Following are four websites to reputable companies who supply them:
- www.fitbit.com
 - <http://www.polar.com/>
 - <http://sites.garmin.com/vivo/>

If you have additional questions please do not ever hesitate to connect with one of the exercise physiologists here at GHP. As your body changes your physical abilities will change too and this often translates into new interests and possibly hobbies. Your exercise routine can be adjusted and formatted to help your body do those things and we can guide you in that pursuit.

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