



Aerobic and Resistance Training Exercises

With weight loss there are two keys: eating healthy and exercise. At our clinic, after a consultation with a Physician and Bariatric Educator, it is encouraged that you incorporate both aerobic and resistance training into your exercise routine. Exercise is one of the key things that we encourage you to include as part of your daily routine. Walking more (for at least 30 minutes) is suggested as the basic starting point. However, we also encourage resistance or strength training as well to increase the lean body mass in your body in order to increase your metabolic rate. Here is an outline to demonstrate this a little more clearly to give you some ideas as to what you can do. The most important thing is to find an activity that you ENJOY and HAVE FUN doing. That way, you are more likely **to continue to do this and keep this apart of your daily routine**. After all, it's all about sustainability and maintainability!

Here are some reasons as to why you should do exercise to motivate you a little bit better:

Exercise relieves stress, reduces LDL cholesterol and increases HDL cholesterol, helps keep regular bowel movements, improves blood pressure, reduces blood sugars, helps prevent the development of arthritis and osteoporosis, reduces pain associated with arthritis, enhances your physical appearance, improves sleep, and enhances mood and makes you look and feel great!

Body Weight Strength Training Exercises

- Yoga (au Natural, or hot yoga- also a type of resistance exercise) *excellent for stress
- Pilates (also a type of resistance exercise) → www.blogilates.com
- Strength training (push ups, squats, lunges, planks, crunches, mountain climbers, leg raises, glute kickbacks, tricep dips)
- Water Aerobics/Swimming laps or walking laps in the pool (the water acts as an opposing force) ** excellent for arthritis
- Playing Sports (ice hockey/floor hockey, football, squash, etc)
- Tai Chi * excellent for stress
- Martial Arts (Tae Kwon Do, Karate, etc)
- Stair climbing (also a type of resistance exercise)

Body Weight Cardio Exercises

- Jumping jacks
- Aerobics
- Jumping on the spot
- Walking/ Speed Walking
- Running
- Skipping
- Jump rope
- Boxing
- Swimming

- Walking on the spot, raising knees to the chest (alternating)
- Dancing (ball room, hip hop, Zumba)
- Sports (Golf, soccer, baseball/softball, tennis, basketball, volleyball etc)
- Hiking

Resistance Exercises with Equipment

- Exercise Machines (rowing machines, chest press, leg press, etc)
- Exercise Resistance Bands
- Using Free Weights
- Rowing

Aerobic exercises with Equipment

- Stepper
- Treadmill
- Stationary Bike
- Elliptical
- Bicycling
- Spinning
- Boxing
- Skiing (Downhill and Cross Country)
- Skating

Do one or a combination of these exercises at least 3 times a week!!

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