



Six Month Highlight Sheet

*Weight loss is a component of *fewer calories, healthier food choices, and greater activity/exercise.* *

Your surgery helps you consume fewer calories and make healthier food choices.

You can help your surgery produce better results by increasing your exercise and decreasing your total sitting time. Additionally, being more active can lead to greater loss of fat mass and less loss of muscle mass.

To make exercise more likely to occur, answer the following questions:

1. Where are you more likely to exercise? Work, home, gym, park, etc
2. What time of day are you more likely to exercise?
3. Do you prefer to exercise alone or with others?
4. Do you like to participate in competitive sports?

Did You Know That Regular Physical Activity:

- Reduces the risk of all-cause mortality by 30%
- Reduces the risk of developing cardiovascular disease by 35%
- Reduces the risk of type 2 diabetes by 42%
- Is associated with the prevention of eight types of cancer: breast, colon, bladder, esophagus, kidney, stomach, lung and endometrial
- Is associated with lower risk of developing dementia and Alzheimer's disease and improved mental function for adults over 50 or with dementia, Parkinson's, MS and ADHD
- Is associated with a lower risk of developing depression and diminished symptoms for those with anxiety and depression
- Is associated with improved bone health, physical function, sleep quality and overall quality of life
- Is associated with lower risk of falls and fall-related injuries in older adults
- Is associated with prevention of excessive weight gain and maintenance of healthy weight
- Is associated with slower disease progression for those with high blood pressure and type 2 diabetes
- Is associated with less pain from osteoarthritis

How Much Activity Do You Need?

The 2018 Physical Activity Guidelines for Adults:

1. Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
2. For substantial health benefits, adults should do at least 150 -300 minutes a week of moderate-intensity or 75-150 minutes a week of vigorous-intensity aerobic physical activity or

an equivalent combination of moderate-and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.

3. Aerobic activities include walking, swimming, jogging, running, biking, etc. Aerobic activity will raise your heart rate and breathing rate.
4. Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes of moderate-intensity physical activity a week.
5. Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provided additional health benefits.
6. Older adults should determine their level of effort for physical activity relative to their level of fitness. (This means don't start or increase too fast!)

If you are already active, keep moving! If not, start low and go slow!

- Walk, garden, dance, take the stairs, park farther away from your destination.
- Gradually increase intensity and duration of both aerobic and strength training activities.
- Set reminders to take an active break from sedentary tasks.
- Get up and walk for a few minutes for every 30-60 minutes of sitting.
- Track activity with a fitness tracker, app or simple notebook for a proven boost to motivation.
- Find a fitness buddy to increase fun, motivation and accountability.
- Stretch after exercise to reduce soreness and injury risk.
- Try chair exercises or water-based activities if chronic conditions limit movement.

What type and pattern of exercise is best? The one that you will do and enjoy!

What is your plan?