

## **How to Start Exercising and Increase Activity**

### **Get in the Habit**

The key to starting -- and sticking to -- a fitness regimen is to make a habit of doing activities that you look forward to and truly enjoy. The key is to plan: An exercise habit doesn't form by accident; it requires scheduling and follow-through. Once you find activities you want to engage in, you'll find they keep your interest and prove enjoyable at the same time.

### **Pencil it In**

How often and how long you exercise should be determined by your current health and weight and your long-term goals. Other factors that will influence your beginning schedule are age, flexibility, health, and lifestyle. It's very important to start out slowly, particularly if you have been inactive for a long time. If you do too much, too soon, you not only increase your risk of injury, but you're more likely to get burnt-out and give up exercise altogether. While the current recommendation is to get an hour of moderate activity most days of the week to maintain a healthy body weight, <sup>1</sup> it's important that you exercise only as often as you feel you should when you're starting out. Some weeks you might feel like working out most days; other weeks, you may only be able to handle two workouts. Eventually, you'll want to set of goal of at least three 30-60 minute long workout at least three days a week. Gradually increasing the duration intensity of your workouts will help your body become conditioned to regular exercise. The most important part is to schedule your work out -- even if it's just 10 minutes. Go ahead and schedule it in your calendar or PDA just like you would any other appointment.

### **It All Adds Up**

Experts says we should exercise 60-90 minutes a day, but if you find it hard to work out in one long stretch of time, adding additional activity adds up. Squeezing in five minutes here and 10 minutes there adds up to a full hour before you realize it! Let's take a look at some different types of exercise:

#### **Cardio or Aerobic Exercise**

Aerobic means oxygen is delivered to the tissues of your body; it helps to remove waste when done over an extended period.

Aerobic exercise can include:

- walking
- exercise classes
- running or jogging
- dancing

Cardio exercise can include:

- rowing machine
- step machine
- elliptical trainer
- stationary bicycle
- walking on a treadmill

Other forms of exercise can help with toning your muscles (e.g. body sculpting), increasing muscle strength and endurance (e.g. strength-training) and flexibility (e.g. yoga).

## **How to Make Exercise Part of Your Life**

### **Invest in Equipment**

Buying exercise equipment doesn't have to break the bank. Check local thrift shops, classifieds, yard sales, and second-hand fitness stores (e.g. Play it Again Sports). Despite the temptation of "fat blasters" offered infomercials, most people find success with tried-and-true exercise equipment, such as exercise bikes or treadmills. If you're not ready to make that type of investment, it's o.k. to start small -- a step, resistance bands, or a set of hand weights are all a great start.

### **Join a Gym**

Gyms offer a wide variety of exercise methods, including cardio machines such as step machines, low-impact aerobic classes, weight-lifting, indoor cycling classes, kickboxing and step aerobics classes.

### **Keep it Indoors**

Options for working out indoors include exercise videos or DVDs, doing exercises such as squats or push-ups, dancing, using a stationary bike, and using a step.

### **Work Activity into Your Life**

In addition to a regular, planned exercise, you can benefit from simply having more activity in your daily life.

### **Play with Your Kids**

Play softball, volleyball, or kickball with the kids; go skateboarding with them (Elbow pads, anyone?), toss a football, play basketball, ride bikes together, play tag or musical chairs.

### **Do Housework**

Clean out your closet or the garage, re-arrange your furniture, scrub the floors, clean out the gutters, change your bed linen, vacuum, wash your windows, sweep your porch or sidewalks.

### **At the Office**

Park farther away from the door, take the stairs, get up and talk to people instead of e-mailing and phoning, file folders away as you're done with them rather than saving them for one trip, walk the perimeter of your office or in the parking lot at lunch.

### **Reference:**

<sup>1</sup> World Health Organization: Diet, Nutrition and the Prevention of Chronic Diseases. WHO Organ Tech. Rep. Ser., 2003; 916:i-viii, 1-149. [From: weightloss.about.com](http://weightloss.about.com)

The [Laparoscopic](#) Adjustable Gastric Banding procedure is a purely restrictive surgical procedure in which a band is placed around the uppermost part of the stomach. This band divides the stomach into two portions: one small and one larger portion. Since the stomach is divided into smaller parts, most patients feel full faster. As the name indicates, the band is adjustable. So if the rate of weight loss is not acceptable, the band can be adjusted. Food [digestion](#) happens through normal digestion.

### **Advantages**

- 47.9 percent of type 2 diabetes cases are resolved.<sup>3</sup>
- Significant improvements in overall cholesterol occur, including a boost in HDL levels.<sup>3</sup>
- 70.8 percent of hypertension cases are resolved or improved.<sup>3</sup>
- Patients lose roughly 47 percent of their excess weight.<sup>3</sup>
- The amount of food that can be consumed at a meal is restricted.
- Food passes through the digestive tract in the usual order, allowing it to be absorbed fully by the body.
- In studies involving more than 3,000 patients, excess weight loss ranged from 28 to 87 percent, with a minimum of two-year postoperative follow-up.<sup>3</sup>
- Band can be adjusted to increase or decrease restriction via an access port.
- Surgery can be reversed.

### **Risks and Disadvantages**

- The access port may leak or twist, which can require an operation to correct the problem.
- Surgery may not provide the necessary feeling of satisfaction that one has had enough to eat.
- Dumping syndrome, which may provide important warning signs, does not occur.
- Band may erode into the stomach wall.
- Band may move or slip.
- Weight loss is slower than that following Roux-en-Y gastric bypass surgery.

From: [www.bariatricedge.com](http://www.bariatricedge.com)

### ***A Little Math Goes a Long Way***

#### **Question:**

How many calories should I eat if I want to lose weight?

#### **Answer:**

There's no magic number of calories we should all eat each day to lose weight. You'll need to assess your own individual caloric needs based on several factors.

First you'll need to figure out how many calories you can eat to stay the weight you're at right now.

#### **Calculate Your BMR**

To estimate how many calories you should consume in order to *maintain your weight*, you'll need to do a little math. By using a simple formula called the Harris-Benedict principle, you can assess your basal metabolic rate -- also known as your BMR.

(Then, to lose weight, you'll need to cut calories or burn extra calories and shoot for a level lower than the results you get with this formula.)

Your BMR is the amount of energy your body needs to function.

We use about 60 percent of the calories we consume each day for basic bodily functions such as breathing.

Other factors that influence your BMR are height, weight, age and sex.

Step one is to calculate your BMR with the following formula:

**Women:**  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

**Men:**  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

### **Calculate Activity**

Step two: In order to incorporate activity into your daily caloric needs, do the following calculation:

- If you are sedentary :  $BMR \times 1.2$
- If you are lightly active:  $BMR \times 1.375$
- If you are moderately active (You exercise most days a week.):  $BMR \times 1.55$
- If you are very active (You exercise daily.):  $BMR \times 1.725$
- If you are extra active (You do hard labor or are in athletic training.):  $BMR \times 1.9$

### **Create a Calorie Deficit**

In order to lose weight, you must create a calorie deficit. It is easier and healthier to cut back your calorie intake a little bit at a time. Every 3,500 calories is equivalent to 1 pound.

If you cut back 500 calories a day, you will lose 1 pound per week. If you exercise to burn off 500 calories a day you will also lose 1 pound per week.

Ideally, you should do a combination of both, (e.g. cut back 250 calories; burn an extra 250 calories).

### **Lose at a Healthy Rate**

A healthy weight loss goal is to lose .5 to 2 pounds per week. Losing more than 2 pounds per week will mean the weight is less likely to stay off permanently. Never cut back to **fewer than 1,200 daily calories** without medical supervision. To find out how you are spending your current calorie intake, keep a detailed food diary for at least one week

You can check the calorie content of most foods at [calorie-count.com](http://calorie-count.com).

### **Make the Cut(s)**

With careful review, you will find ways to cut back those 250 calories a day: the milk in your cereal ... the can of soda you drink daily ... the butter on your toast.

Making little changes like these will really add up in the long run.

Becoming more active will knock the remaining 250 calories out. For example, a 180 pound person who walks at a brisk 3 miles-per-hour will burn just over 250 calories in 45 minutes.

Be sure to check with your doctor before significantly changing your diet or starting a new exercise regime.

"Impossible promises" is exactly what all these amazing diet offers are, even though they come with a "money-back guarantee." It seems that whenever I open the newspaper or a magazine or see a flyer posted on a board, I read about some miracle drug or supplement that will enable a person to lose lots of weight in a short time.

After working with various obese patients and friends over the years, I'm convinced that there is no magic pill. Yes, phentermine and the Fen-Phen combination enabled people to lose 30, 40 or even 50 pounds, but as soon as they stopped taking the appetite suppressant, the weight returned. And fenfluramine, the "fen" part of fen-phen, has been shown to cause some heart valve problems, so was eventually taken off the market. (Phentermine is thought to be safe and is still in wide use.)

I've recently prescribed [Xenical](#), which blocks the fat in the food you eat from being absorbed by your body, but it's too soon to tell how well it's going to work.

So how do you lose those extra 10-15 pounds that are gained by the average menopausal woman and most importantly keep it off? The key is discipline. You have to make a point of changing your lifestyle (eating habits and exercise pattern) and then stick with it daily. My pastor's wife went from a size 16 to a 2 (I'm guessing) by cutting out fat and sugar and walking an hour a day, rain, snow or shine. Unless you exercise and lower your body's "set point," your body will simply maintain its weight even though you're eating less calories.

Here are some simple tips that I give patients to get them started:

1. Stop all between meal snacking, especially late at night.
2. For dinner, eat early and eat light. (An interesting study done in Tunisia with 160 obese women, aged 23-45, found that they lost 15% of their body weight by not eating between 5 pm and 6 am. During the day they could eat whatever they wanted to.)
3. Stop drinking juice – it is loaded with calories.
4. Save dessert for the weekend.
5. Walk or exercise at least 45 minutes per day.

If you can keep with this program (except for a few days here and there), you should lose about 1-2 pounds a month which is a good rate. If not, you didn't lose any money and your health should be better anyway. Good luck!

From: [healthlink.mcw.edu](http://healthlink.mcw.edu)

[Behavior Modification](#)

Habits, good or bad, are formed by repetition. Eating habits are no exception. If you are in the habit of snacking when you watch TV, you were reinforcing that habit until finally it became a part of you. Other habits are formed in the same way. Some of these habits are: eating while reading, eating the minute you come in the house, eating when the kids come in from school, eating when you come in from a date, or eating while cooking dinner.

We also find that certain moods and circumstances cause us to eat even if we are not hungry. For example: anger, boredom, fatigue, happiness, loneliness, the kids are finally in bed, our spouse is out for the evening or out of town, nervousness, anxiety, our spouse brings home candy or ice cream, etc... all may trigger an eating response. The list is endless. Habits are hard to break. We must not only break old habits, but we must make our goal to form new ones in the same manner through repetition. Make some daily commitments. Work to meet these commitments each day whether you feel like it or not. Your daily commitments will help you form good habits. Remember: "It is easier to act your way into a new way of feeling than it is to feel your way into a new way of acting."

Resisting temptation is difficult. However, if you succeed in resisting the first time, it becomes easier to resist the next time. Before long, you will have formed the good habit of resisting temptation every time it confronts you. If you yield to that temptation, you will find it easier to yield the next time.

Because of the human weaknesses mentioned, we must use what has become known among weight control groups as behavior modification. It simply means changing your behavior. These techniques work only if you consistently repeat them, so that they become a part of you.

## NEW HABITS

- 1) Eat three meals a day. Have two or three planned snacks daily.
- 2) Prolong your meals by: eating slowly putting down your eating utensil between each bite do not pick up your eating utensil until you have swallowed the bite hesitating between bites, even if you're eating finger foods
- 3) Choose a specific place in your home or office to eat all of your meals. This will become your "designated eating place" and should not be changed. Try not to eat at your desk at work. This would make you prone to eat all day long and not just at meal time.
- 4) Do not do anything except eat when you sit down for a meal. Do not read, watch TV, talk on the phone, work, etc. Make yourself aware of the food you are eating. Focus on the conversation and enjoy your meal.
- 5) Do not keep food in any room in your house except the kitchen. Do not keep food such as cookies out on the counters. Do not store items in "see-through" containers.
- 6) Do not buy junk food. Neither your mate nor your children needs it.
- 7) If possible, serve individual plates from the stove and do not serve family style on the table. If this is not possible, put the serving dishes on the opposite end of the table.
- 8) Serve yourself on a smaller plate.
- 9) Develop a habit of leaving at least one bite of each item on your plate. If you can master this, it becomes easier to stop eating when you feel full. You will be used to leaving food on your plate.

All of the above are eating techniques that aid in behavior modification. Other behavior modification techniques not related to eating are to substitute activity for eating, which means exactly what it says-- substitute another activity for between meal snacking. If you are in the habit of going straight to the

kitchen and eating every time you walk in the house, try to change this habit by going to another room of the house when you come home. Delay going into the kitchen until the desire to eat is gone. When you are tempted to eat, try to use one of the following substitute activities:

- Take a walk
- Take a long bath
- Call a friend
- Get out of the house
- Write a letter
- Read a book

Or busy yourself with a hobby such as:

- Cross-stitch
- Painting
- Floral arranging
- Ceramics
- Wood working
- Gardening
- Genealogical research
- Sports
- Surf the Web
- Catch up on your email!!!

### Are You Drinking Enough Water?

Most people have no idea how much water they should be drinking, and most Americans live from day to day in a dehydrated state. They don't drink enough water.

Without water, we would be poisoned to death by our own waste products and toxins resulting from metabolism.

Water is vital to digestion and metabolism, acting as a medium for various enzymatic and chemical reactions in the body. It carries nutrients and oxygen to the cells through the blood, regulates body temperature and lubricates our joints (which is particularly important if you're arthritic, have chronic muscular-skeletal problems or are athletically active).

We need water to breathe; we lose approximately one pint of liquid every day just by exhaling.

If you are not in "fluid balance" you can impair every aspect of your body's physiological functioning.

Dr. Howard Flaks, Beverly Hills:

"As a result of not drinking enough water, many people encounter such problems as excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in the body, joint and muscle soreness (particularly after exercise) and water retention."

Proper water intake is the key to weight loss," says Dr. Donald Robertson, Scottsdale, Arizona. "If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat, they retain fluid, which keeps their weight up, and the whole procedure we're trying to set up falls apart."

"I'd say the minimum amount of water a healthy person should drink is 10 eight-ounce glasses a day," he continues, "and you need to drink more if you are overweight, exercise a lot, or live in a hot climate. Overweight people should drink an extra eight ounces of water for each 25 pounds that

exceeds their ideal weight."

Your water intake should be spread judiciously throughout the day, including the evening. Dr. Flaks cautions against drinking more than four glasses in any given hour. Always check with your physician before embarking on a water intake increase program.

You may ask, "If I drink this much water, won't I constantly be running to the bathroom?" Initially, yes, because of the hypersensitivity of the bladder to increased fluids. But after a few weeks, your bladder calms down, and you urinate less frequently, but in larger amounts.

There is a difference between pure water and other beverages that contain water.

Water is water. Obviously you can get it by consuming fruit juice, soft drinks, beer, coffee or tea. Unfortunately, while such drinks contain water, they also may contain substances that are not healthy and actually contradict some of the positive effects of the added water.

Dr. Jerzy Meduski, Los Angeles, California: "Beer contains water, but it also contains alcohol, which is a toxic substance. Beverages that contain caffeine, such as coffee, stimulate the adrenal glands; fruit juices contain a lot of sugar and stimulate the pancreas. Such drinks may tax the body more than cleanse it."

Another problem with these beverages is that you lose your taste for water.

The way to interpret all of this, therefore, is that the recommended daily water intake means just that-- WATER!

### [12 Keys To Super-Charging Your Metabolism For Weight Loss!](#)

You hear it all the time - "metabolism", but what is it? It's the process of converting food to energy (movement and heat). Metabolism happens in your muscles and organs and the result of it is what we commonly refer to as "burning calories". Metabolism is essentially the speed at which your body's motor is running.

"Basal metabolism" is the metabolic rate or caloric expenditure needed to maintain basal body functions such as your heart beating, breathing, muscle tone, etc. It's how fast your "motor" is running when you're still in a reclined position or sleeping. Basal metabolism accounts for about 75% of the calories you expend on a daily basis!

The good news is that there are 12 ways you can "boost" your metabolism! The more of these you're able to incorporate into your life, the more you'll boost your metabolism. That means you'll be expending ("burning") more calories 24 hours a day!

1. Always eat breakfast! Skipping breakfast sends the message to your body that you're starving because you haven't had food in 18+ hours. As a protective mechanism, your metabolism slows down. Food, especially complex carbohydrates, fuels your metabolism.
2. Eat earlier in the day! Research has demonstrated that you can lose weight simply by eating a substantial breakfast and lunch, and a light dinner. Dinner should be eaten as early as possible, preferably at least four hours before bedtime.
3. Never eat less than 1200 calories per day! Less than 1200 is usually not enough to support your basal metabolism and thus will slow your metabolism.
4. Snack frequently! Complex carbohydrates (fruits, vegetables, and grains) fuel your metabolism.

Also, snacking prevents you from becoming too hungry. The hungrier you are, the less control you have over what and how much you eat.

5. Eat more carbohydrates (food from plants), and less fat (food from many animals and other food with added fat)! Carbohydrates boost your metabolism and have fewer calories per weight than fat.

6. Do some type of aerobic exercise (walking, jogging, swimming, stationary cycling, aerobic dancing, etc.) on a daily basis (preferably in the morning)! Forget this twice-a-week stuff. Our bodies were designed to be active on a daily basis! When we are, our metabolism soars!

7. In addition to your regular aerobic exercise, take a brisk 10 to 15 minute walk at lunch or in the evening. This serves to boost your metabolism even more!

8. Tone your muscles with weight training three days per week. Toned muscles send your metabolism through the roof. Do it!

9. Look for situations to be active. Park as far from the store as you can rather than looking for the closest parking spot. Use the stairs rather than the elevator, a broom rather than a blower, etc. Look for the "hard" way to do things!

10. Avoid alcohol! Alcohol depresses your metabolism and stimulates your appetite.

11. Drink 60+ ounces of water a day. Your metabolism needs plenty water to function properly. Carry a bottle of water with you and drink frequently throughout the day.

12. Avoid the "3 P's".....pills, powders, and potions! There are NO quick fixes!

Get started today! You'll feel better and your metabolism will be in "great shape"!