

# Pre-op (before surgery) Bariatric Packet

**\*Northwestern's Dietitian Info**  
**Erin McCarthy Utz MS, RD**  
**Rebecca Levine, RD**  
**Erica Battin, CDE, RD**  
**312-695-2300**

## **DIETITIAN VISITS:**

1 group nutrition class + 2 individual RD visits + additional individual RD visits as required by your particular insurance

After Surgery: 1-2 weeks post op visit : RD and Surgeon

- ✓ 4 weeks post-op
- ✓ 3 months post-op
- ✓ 6 months post-op
- ✓ 1 year post-op
- ✓ Every 6 months -1 year after first year for the rest of your life!

NOTE: You may need to see your dietitian more often than above if you're having any nutrition problems and/or if your doctor feels you need to be seen for any reason.

**You can schedule your nutrition appointment with 312-695-2300**

## **ABOUT GASTRIC BYPASS**

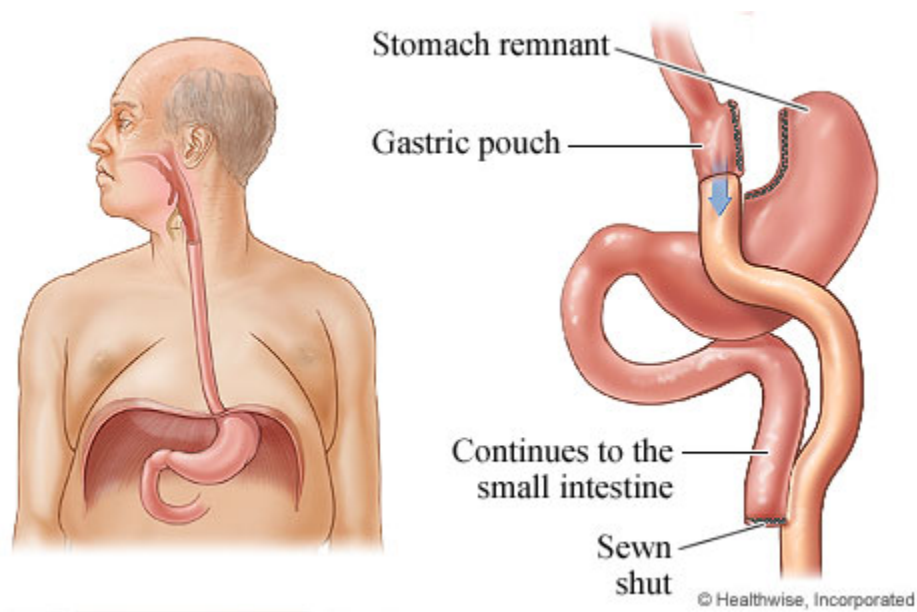
Gastric bypass surgery makes the stomach smaller and allows food to bypass part of the small intestine. You will feel full more quickly than when your stomach was its original size, which reduces the amount of food you eat and thus the calories consumed. Bypassing part of the intestine also results in fewer calories being absorbed. This leads to weight loss.

The most common gastric bypass surgery is a Roux-en-Y gastric bypass (RYGB).

In normal digestion, food passes through the stomach and enters the small intestine, where most of the nutrients and calories are absorbed. It then passes into the large intestine (colon), and the remaining waste is eventually excreted.

In a Roux-en-Y gastric bypass, the stomach is made smaller by creating a small pouch at the top of the stomach using surgical staples or a plastic band. The smaller stomach is connected directly to the middle portion of the small intestine (jejunum), bypassing the rest of the stomach and the upper portion of the small intestine (duodenum).

This procedure can be done by making a large incision in the abdomen (an open procedure) or by making a small incision and using small instruments and a camera to guide the surgery (laparoscopic approach).



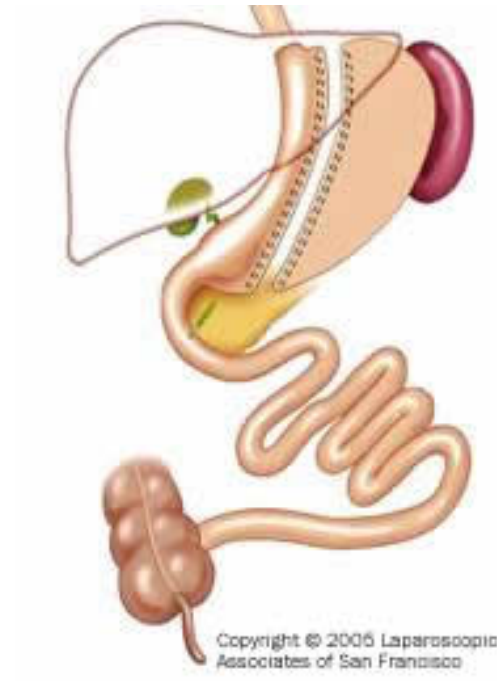
### **How Well It Works**

Most people who have gastric bypass surgery quickly begin to lose weight and continue to lose weight for up to 12 months. One study noted that people lost about one-third of their excess weight (the weight above what is considered healthy) in 1 to 4 years. Some of the lost weight may be regained if you do not follow proper instructions and a healthy diet!

The laparoscopic approach showed similar results, with 69% to 82% of excess weight lost over 12 to 54 months.

## Sleeve Gastrectomy

The Sleeve Gastrectomy generates weight loss by restricting the amount of food (and therefore calories) that can be eaten by removing 85% or more of the stomach without bypassing the intestines or causing any gastrointestinal malabsorption. It is a **purely restrictive** operation. It is currently indicated as an alternative to the Lap-Band® procedure for low weight individuals and as a safe option for higher weight individuals.



This procedure generates weight loss solely through gastric restriction (reduced stomach volume). The stomach is restricted by stapling and dividing it vertically and removing more than 85% of it. This part of the procedure is not reversible. The stomach that remains is shaped like a very slim banana and measures from 1-5 ounces (30-150cc), depending on the surgeon performing the procedure.

Because the new stomach continues to function normally there are far fewer restrictions on the foods which patients can consume after surgery, albeit that the quantity of food eaten will be considerably reduced. This is seen by many patients as being one of the great advantages of the sleeve gastrectomy, as is the fact that the removal of the majority of the stomach also results in the virtual elimination of hormones produced within the stomach which stimulate hunger.

All surgical weight loss procedures have certain risks, complications and benefits. The ultimate result from weight loss surgery is dependent on the patient's risk, how much education they receive from their surgeon, commitment to diet, establishing an exercise routine and the surgeon's experience.

- Patients can slow weight loss if they do not stick to a strict diet following this form of surgery.
- Complications may occur as the result of stomach stapling.

# Bariatric Resources

## WEBSITES

### 1. Bariatric Eating

[www.bariatriceating.com](http://www.bariatriceating.com)

Learn about new products, recommendations, bariatric surgery and resources for bariatrics. Also check out WLS magazine: <http://store.wslifestyles.com/>

Others= [Obesityhelp.com](http://Obesityhelp.com), [bariatriceating.com](http://bariatriceating.com), [baribest.com](http://baribest.com)

### 2. Calorie Counting

Want to know the number of calories and protein content in the food from your favorite restaurant contains? If nutrition information cannot be found on the restaurant's website, visit the following sites:

- [www.CalorieKing.com](http://www.CalorieKing.com)
- [www.Myfitnesspal.com](http://www.Myfitnesspal.com)

### 3. Bariatric Recipes & Blogs

Learn about the different kinds of bariatric surgical options and gets tips and motivation from people going through similar weight loss struggles.

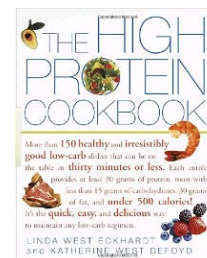
Other Resources for Recipes= [www.eatingwell.com](http://www.eatingwell.com) or [www.myrecipes.com](http://www.myrecipes.com)

Blog: [www.theworldaccordingtoeggface.com](http://www.theworldaccordingtoeggface.com), [pinterest](https://www.pinterest.com) (sleeve gastrectomy/gastric bypass), <http://eatingaftergastricbypass.net/>

Apps: Baritastic, Eat Slower App, Bariatric Eating Support (Facebook group), Weight Loss Surgery Podcast hosted by Reeger Cortel

## BOOKS

1. Eating Well after Weight Loss Surgery By Patt Levine
2. Recipes for Life after Weight Loss Surgery By Margaret Furtado  
The High-Protein Cookbook by Linda West Eckhardt, Kathering West Defoyfd
3. Weight Loss Surgery Cookbook for Dummies
4. Before and After: Living and Eating Well After Weight Loss Surgery, by Leach
5. "The Emotional First Aid Kit: A Practical Guide to Life After Bariatric Surgery", by Alexander





## Goals to Reach *Before* Surgery

Practice a HEALTHIER LIFE! Your success will depend on your lifestyle choices and behavior modifications after surgery. Your eating habits and portion sizes will change drastically **both before and after surgery**.

This is a guide to help make the transition easier for you and help prevent complications after you receive the band.

Check off each goal as you accomplish it before surgery.

- \_\_\_1. Track calories daily! Keep a food log of foods you eat and the amount. Read food labels and look at calories and serving size first. ([www.myfitnesspal.com](http://www.myfitnesspal.com))
- \_\_\_2. Choose foods that are lower in calories – Protein first, vegetables, fruits, water. Limit high calorie foods: juice/ pop, sauces, oils, *fried foods, fast food*.
- \_\_\_3. No skipping meals; eat at least **3** meals per day (do not go more than 4-5 hours without eating something high in protein!)
- \_\_\_4. Exercise at least 4-5 times per week for 30 minutes per time (walking, bike, weights)
- \_\_\_5. Cut back on sugar; replace sugar with sugar-substitutes like Stevia, Splenda or Truvia (< 5-7 grams sugar per serving)
- \_\_\_6. Eliminate high-sugar beverages; pop/soda, juices, sweet tea and energy drinks!
- \_\_\_7. Limit breads, starches, potatoes, rice, white flour and sweets.
- \_\_\_8. Take a multi-vitamin and 1000 mg Calcium citrate + 2000 IU vitamin D supplement *every day (2x/day)*
- \_\_\_9. Know that protein is very important; eat your **PROTEIN FIRST** and after surgery aim for at least 70-80 + grams protein/day
- \_\_\_10. Practice not drinking 30 minutes before, after, and during meals
- \_\_\_11. Sip your liquids and chew foods **very well (20-30 seconds)**
- \_\_\_12. Practice portion sizes using measuring cups and food scale
- \_\_\_13. Make a grocery list of healthy foods to buy – *read labels*
- \_\_\_14. Practice drinking protein shakes (i.e. Premier, Isopure, Pure protein, 100% whey or soy protein powders) and protein bars (Quest, Think thin, Premier, NuGo Slim)

## **Eat: Healthier Foods**

You can have these foods listed below *for the rest of your life!*

**Aim for 1200 -1500 calories per day (before surgery)**

Eat in this order: 1) PROTEIN 2) Vegetables 3) Fruits 4) Whole Grains --- that's it!

Eating this way will ensure that we get all of our protein in before getting full.

<i><b>EAT FIRST!</b></i>	<i><b>Eat Second</b></i>	<i><b>Eat Third (last)</b></i>	<i><b>Choose Whole</b></i>
<i><b>PROTEIN</b></i>	<i><b>Vegetables</b></i>	<i><b>Fruits (fresh)</b></i>	<i><b>Grains and Legumes</b></i>
<i><b>Aim for 80+ grams/day</b></i> (Each item ~ 7-10 g protein)	Fresh, frozen or canned 25 calories per cup (unlimited non-starchy)	No juices/ dried fruit 80 calories per cup	Avoid “enriched” foods or white foods
<i>Milk/2%/ Skim milk</i>			
<i>Egg</i>	Eggplant	Raspberries	Whole grain bread
<i>Fish</i>	Broccoli	Orange	Barley
<i>Extra Lean Pork</i>	Spinach, kale	Apple (1 small)	Bulgur
<i>Extra Lean Beef</i>	Carrots	Grapes (15)	Brown Rice
<i>Turkey</i>	Asparagus	Melons	Whole grain pasta
<i>Chicken Breast</i>	Cucumber	Strawberries	Quinoa
<i>Tofu (3-4 ounces)</i>	Red Pepper	Blueberries	Couscous
<i>Beans (1/2 cup)</i>	Green Beans	Grapefruit	Rye
<i>Shrimp</i>	Celery	Peaches	Lentils
<i>Scallops</i>	Beets	Cherry	Beans
<i>Edamame (1/2 cup)</i>			
<i>Tempeh, TVP</i>	Cabbage	Kiwi	Oats
<i>Turkey Sausage</i>	Cauliflower	Mango	Oatmeal
<i>Veggie sausage, crumble</i>	Turnips	Pears	Popcorn
<i>Greek Yogurt</i>	Squash	Avocado (1/4 cup), Cherries	Farro
<i>Cottage Cheese (4 ounces)</i>	Sweet potato		
<i>Tuna</i>	Tomato	Plums	
<i>*Protein shakes/ Protein bars</i>			

## Limit: Unhealthy Foods

Carbohydrates like pop, juice, rice, bread, pasta and pastries contain concentrated sugars (sweets) are filled with “empty” calories. Avoid high calorie, high sugar foods and drinks. Save your treats for 1x/month or on special occasions.

Vitamin Water, Bolthouse farms drinks	Ketchup
Naked Drinks, any sugary drinks	Chocolate milk
Pudding (regular)	Kool-Aid, Hi-C
Sweetened, fruited or frozen yogurt	Sweet iced tea
Dried Fruit	Snapple or fruit Drinks
Canned or frozen fruits in syrup	Table sugar, brown sugar
Fruit juice	Honey, agave
Sugar coated cereal (Frosted Flakes)	Candy
Doughnut	Regular gelatin
Popsicles	Sugar gum
Cakes	Molasses
Pies	Syrups
Cookies	Sherbet/sorbet/frozen yogurt
Jellies	Jams
Gatorade	Energy Drinks
Croissants	Biscuits
Grits	Muffins
Cupcakes	Bagels
Pop/Soda	Barbecue sauce
White Crackers	White noodles
Sweetened yogurt	Pretzels
Cheetos	Doritos
Butter, margarine	Chocolate, white chocolate
Ice cream, sorbet	Trail Mix with candy in it
Fried potatoes	White Rice
White Pasta	Fried Chicken wings
White bread	French Fries
Macaroni and cheese	Corn Bread
Vegetable oils	Pasta Salad
Creamy Salad Dressing or cream sauce	Alfredo dishes

## Calorie Counting

Calorie counting is KEY for weight loss and maintaining a healthy body weight. Calculate your calorie and serving needs based on a healthy body weight. Ask a registered dietitian what your needs are!

**Tracking = [www.MyFitnessPal.com](http://www.MyFitnessPal.com)**

**Track your calories & foods/drinks each day**

**Your recommended calorie amount per day = \_\_\_\_\_**

1 cup Raw Vegetables (1/2 cup cooked vegetables) = 25 calories	3 ounces Salmon = 175 calories
1 Fat serving (1 teaspoon Olive Oil) = 45 calories	3 ounces Chicken Breast = 150 calories
1 Fruit (ex. 1 medium Apple) = 60 calories	3 ounces red meat= 200 calories
1 ounce meat = 35-50 calories	2 T ranch dressing= 150 calories
1 starch serving (1/2 cup potatoes, 1 slice bread) =80-120 calories	2 T peanut butter = 200 calories
1 cup fruit= 80-100 calories	1 cup cereal = 150-300 calories
1 cup skim milk or 6 oz plain yogurt = 90 calories	1 avocado= 250 calories
1 egg= 70 calories	1 cup rice = 220 calories
1/2 cup tofu= 80 calories	1 cup pasta = 220 calories
1 scoop protein powder= 100 calories	1 cup beans= 200 calories
15 Almonds = 100 calories	1 cup trail mix(nuts, dried fruit) = 600 calories
8 ounces juice= 120 calories	1 cup granola= 300-500 calories
1 cup (8 oz) soda = 150 calories	1 panini= 700 calories
1 cup plain oatmeal = 160 calories	
1 slice (1 oz) cheese= 100 calories	

## Healthy Snacks

**Keep Snacks 100-150 calories & >5 grams protein**

String cheese – light	Babybel cheese
Laughing Cow soft cheese + apple	Greek yogurt- plain
1 cup light soymilk	1/2 apple + 1 T peanut butter
1/2 melon	15 grapes + 1/4 cup chickpeas (World peas)
1 cup skim milk	Kashi <i>snack</i> bar or Think thin fiber bar
1 cup vegetables + 2 tablespoons hummus or salsa	1/2 cup cottage cheese (mix with powdered ranch flavor and blend for fat free “ranch dressing”)
15 almonds or 5-7 walnuts	2 slices turkey with salsa
1/2 cup edamame	1/2 cup black bean salad
1 hardboiled egg	1 muscle milk light (protein shake)



## Nutrition Labels & Calorie Counting

Get to know your food: Use labels to determine how many calories are in the foods you are eating daily. Practice reading labels (calories and serving sizes first).

Amount Per Serving	
<b>Calories</b> 150	Fat Cal 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>7 %</b>
Sat Fat 1.5g	<b>7 %</b>
Trans Fat 0g	
<b>Cholest</b> 0mg	<b>0 %</b>
<b>Sodium</b> 210mg	<b>9 %</b>
<b>Potassium</b> 85mg	<b>2 %</b>
<b>Total Carb</b> 17g	<b>6 %</b>
Fiber 8g	<b>33 %</b>
Sugars 1g	
<b>Protein</b> 15g	

### #1 LOOK AT CALORIES:

See how many calories are in each product. Aim for around 300-400 calories/meal and 100-200 calories/snack.

### #2 SERVING SIZE:

See how many calories are in each serving size. For example if there are 2 servings per container you have to multiple the calories by 2 if you eat the entire container.

### #3 PROTEIN, FIBER & SUGAR:

Protein and fiber are key for increased fullness. Your goal is at least 70-80 grams of protein per day and 30-35 grams fiber per day (>3 grams of fiber per serving). **Limit sugar to < 30 grams per day (< 5 grams sugar per serving).**

## Before Surgery Sample Healthy Meal Plan

- ✓ Count your calories daily and aim for 1200-1500 calories/day + 70-80 grams protein.  
Aim for higher protein and a greener, colorful plate: Eat PROTEIN first!

Meal	Food	Calories	Grams Protein
Breakfast	Nature's Best® Isopure Zero Carb- Blue Raspberry + 1 hard-boiled egg	220	46
Snack	1 cup blueberries	60	0
Lunch	Chunk Light Tuna Packed in Water (3 oz pouch) on lettuce wrap -Mixed with 2 TBSP FAGE® Total plain Greek Yogurt & Mustard (Arizona heat) -Can add chopped Pickle, Onion, Celery or Dry Seasonings	250	20
Snack	FAGE® Total plain 6 oz Greek Yogurt with a hint of vanilla and almond extract added to flavor	150	18
Dinner:	3 oz Pork Tenderloin with ½ cup farro and 1.5 cups of Roasted Brussels Sprouts & butternut squash	400	21
Snack	Kashi TLC bar	150	7
Water	64 fl oz (8 cups) Throughout the Day		
		<b>1230 calories</b>	<b>106 grams</b>

Meal	Food	Calories	Grams Protein
Breakfast	1 cup rolled oats (with cinnamon) + 1 scoop protein powder and 2 T PB2 + ½ cup berries	350	25
Snack	1 string cheese	80	6
Lunch	4 oz Tofu (¾ cup) with Cauliflower Rice (½ cup cauliflower mix with ½ cup brown rice) + 1+ cups steamed veggies, 2 TBSP Cheese and 1T Pesto (mix)	350	15
Snack	1 Think thin fiber bar	160	10
Dinner:	Turkey Chili (1.5 cups) + 15 special K crackers and 2 cups vegetables (with salsa)		21
Snack	Blueberry Chia Pudding (¾ cup) =2 T chia seeds + ½ cup unsweet soy milk + ¼ cup oats + ¼ cup blueberries	160	3
Water	64 fl oz (8 cups) Throughout the Day		
		<b>1230 calories</b>	<b>80 grams</b>

Meal	Food	Calories	Grams Protein
Breakfast	½ cup 2% cottage cheese + ½ cup fiber one cereal + 1 cup fruit	350	25
Snack	1 string cheese	80	6
Lunch	Lentil Soup 1.5 cup with ½ cup corn and tomatoes	300	20
Snack	1 EAS/ Pure protein shake	100	17
Dinner:	3 oz Ground Sirloin with roasted asparagus (1T olive oil)	350	21
Snack	Dark chocolate Diana Banana	130	2
Water	64 fl oz (8 cups) Throughout the Day		
		<b>1310 calories</b>	<b>91 grams</b>

# Protein Shakes, Powders & Bars

Look for *WHEY* or *SOY* protein powder. Each scoop should provide 15-20 grams of protein for about 100 calories. No more than 5 grams sugar /serving!

Can be purchased at:

- Your local grocery store or pharmacy
- GNC (General Nutrition Center)
- Vitamin Shoppe, VitaCost.com, Amazon



## Protein Powder

- Optimum Nutrition 100% Whey
- Body Fortress 100% Whey
- Genisoy or EAS soy – soy protein powder for those lactose intolerance
- Unjury Protein or Wonderslim or Bariatric Advantage (online)
- GNC Whey protein powder

## Protein Shakes (pre-made)

- Pure protein
- Premier protein
- Isopure
- Muscle milk
- GNC Lean shake
- Vegan: Orgain, Evolve®



## Protein/Meal Bars (Use to replace a meal ~250 calories +15-20 grams protein)

- 1 Advantage Meal Replacement Bar (230 calories, 15gm protein)
- Quest bar (180-200 calories, 20g protein, 0-1 gm sugar)
- Pure Protein bars (200-280 calories, 20-30 gm protein, 4 gm sugar)
- EAS Carb Advantage (240 calories, 17 gm protein, 1 gm sugar)
- Think Thin Bars (220 calories, 20 grams protein, 0 grams sugar)
- Oh Yeah Bar (180-200 calorie, 15 gm protein, 4 gm sugar)
- Simply protein bar (150 calories, 15 gm protein, 2 gm sugar)
- NuGo Slim, Power Crunch bars or Kirkland protein bars



## Snack Bars

- 1 Atkins *Day Break* or Harvest bar (140 calories, 10g protein)
- Simply protein (150 calories, 15 gm protein, 1 gram sugar)
- Kashi TLC bars (150 calories, 7 gm protein, 5-6 gm sugar)
- Bariatric Advantage (150 calories, 12 gm protein, 1 gm sugar)
- Think Thin fiber Bar (150 calories, 10 gm protein)

***No Granola bars or energy bars!***

## Protein Intake

**You need at least 70-80 grams protein daily!**

Remember that protein helps us feel satisfied longer, because it takes our body longer to digest. The body needs additional protein during the period of rapid weight loss to maintain your muscle mass. How to Count protein intake?

<b>Food</b>	<b>Serving Size</b>	<b>Protein (grams)</b>
<b>Poultry (Chicken/turkey), Fish, Shellfish, Beef, Pork, Lamb, Veal, Game</b>	1 ounce	7
<b>1 Egg or 2 Egg Whites</b>	-	7
<b>Egg substitute</b>	¼ cup	6
<b>Cheese, Low Fat or Fat Free</b>	1 ounce	7
<b>Soy Cheese</b>	1 ounce	6
<b>Cottage Cheese, Low Fat</b>	¼ cup	7
<b>Skim Milk, 1/2% Milk</b>	1 cup	8
<b>Lactaid Milk (Lactose Free)</b>	1 cup	8
<b>Buttermilk Low Fat</b>	1 cup	10
<b>Evaporated Milk Fat Free</b>	1 cup	8
<b>Non-Fat Powdered Milk</b>	1/3 cup	8
<b>Plain (unsweet) Soy Milk</b>	1 cup	8
<b>Yogurt, Low Fat, No Added Sugar</b>	1 cup	8
<b>Greek Yogurt</b>	6 ounces	15
<b>Soy Yogurt, sugar free</b>	6 ounces	4
<b>Tofu</b>	2 ounces	6
<b>Edamame (shelled)</b>	½ cup	8
<b>Legumes/lentils</b>	½ cup	7
<b>Miso Paste</b>	2 ounces	6.5
<b>Wheat Gluten (Seitan)</b>	3 ounces	24
<b>Soy Meat</b>	Check Label	
<b>Tempeh</b>	4 ounces	20
<b>Peanut Butter, Nut Butter or Soy Butter (High Calorie)</b>	2 Tbsp	7
<b>Cooked Pinto, Navy, Kidney, Garbanzo Beans/Chick Peas</b>	½ cup	6
<b>Double Protein Milk</b>	8 ounces	16
<b>Powdered Whey or Soy Protein</b>	1 scoop	15-20 +

### **Protein Portions with usual serving sizes**

- 1 chicken breast = 3-4 ounces , a deck of cards= 21 gm protein
- 1 slice of low-fat cheese = 1 ounce= 8 grams protein
- 1 large can of tuna = 5 ounces =35 grams protein
- ¼ cup cottage cheese = 1 serving= 8 grams protein
- 1 yogurt = 6 ounces = 8-20 grams protein
- 1 slice of turkey deli meat = 1 ounce = 7 grams protein

## **Healthy Grocery list:**

Foods to have in your house starting NOW!

**Read labels** to learn how much protein & calories are in the foods you eat.

**Measure** your food portions. Practice measuring all of your meals, including meals eaten at restaurants! Get a Food **Scale**.

### ***Lean Protein***

95-99% Lean Chicken (Boneless, Skinless Chicken)

95-99% Extra Lean Turkey

95-99% Lean Red Meat (Sirloin, filet) or Pork

### ***Fish***

Tilapia, Salmon, Herring, Mahi-mahi, Tuna, Sea bass, Cod

Shrimp, scallops, crab, lobster meat

**Meatless options** (Boca, Morning Star, Amy's, Beyond Meat, Quorn)

Firm Tofu (per your preference), Soy Products, Veggie crumbles, Tempeh, Seitan

### ***Dairy***

Low-fat string cheese

Low-fat cottage cheese

Skim, 1%, 2% unsweet soy milk or lactose-free milk

Greek yogurt (plain) or light yogurt (low sugar)

Eggs, egg whites or egg beaters

### ***Vegetables*** Any fresh *or* frozen

Spinach, Lettuce, Kale, Collards, Romaine, Arugula

Broccoli, Peppers, Squash, Tomatoes, Zucchini, Celery, Parsnips

Asparagus, Onions, Green beans, jicama, broccolini

Sprouts, Eggplant, Avocado, Cucumbers, Carrots, Cauliflower

Steam-fresh Veggies, frozen veggies (plain)

### ***Fruits*** Any fresh or frozen, avoid dried

Melons, Oranges, Cherries, Strawberries, Blueberries, Pineapple, Fresh Peaches, Pears,

Apples, Cantaloupe, Grapes, Blackberries, any Berries, Melon, Kiwi, Mango

### ***Whole Grains & Beans***

Beans, Bulgur, Oatmeal, Lentils, Edamame, Low-calorie whole grain breads, farro, barley, whole grain pasta, quinoa, brown or wild rice

### ***Protein shakes, Protein bars, & Meal replacements***

Frozen meals ie. Lean Cuisine, Amy's, Smart Ones, Artisan Bistro, EVOL, Kashi

Protein shakes EAS, Body Fortress, Isopure, Pure protein, Premier protein

Protein bars- Think Thin, Quest, Atkins, Pure protein, Premier, NuGo slim

Season to taste: pepper, herbs and spices, salsa, hot sauce, mustard, low-sodium soy sauce

Measuring Cups and Spoons, Food Scale

Small Plates and Utensils, blender or food processor

Zero calorie Drinks: Water, flavored water, vitamin water zero, diet Snapple, crystal light

# Exercise

## **Aim to be more active with a goal of 60 minutes per day!**

- To improve cardiovascular health and fitness
- Lose weight and to keep your weight off!
- Increase energy ☺
- Reduced risk of disease & decrease stress



## **Aerobic Exercise: Aim for 5x/week 30-45 minutes**

Aerobic training increases your heart rate and you should begin to sweat. It should be continued for **at least 30-45 minutes every day** to maintain your current weight (60-90 minutes/day for weight reduction).

**You can do 10 minute intervals throughout the day!**

### **Examples of Aerobic Exercise:**

- Jogging, Brisk walking
- Biking
- Dancing
- Swimming/Water Aerobics
- Aerobics; Taking the Stairs (for 10-20 minutes at a time)
- Hiking, Jump Rope, Kick-boxing
- Walking in place

## **Resistance Training (lifting weights): Aim for 30 minutes ≥ 2x/week**

Resistance training is a great way to build bone strength and feel better. So don't be afraid to pick up those weights! Start with 8 different exercises and 2-3 sets with 15 repetitions.

### **Great Exercises for Resistance:**

- Push-ups, Sit-ups, Knee Lifts
- Lunges, Squats, Glute Lifts
- Tricep Dips, Chest Press, Shoulder Press, Overhead press
- Abdominal Crunches, Plank Pose, Abdominal twists
- Thera-Band (resistance band)

## **Simple Steps to burn extra calories**

- Take the stairs instead of the elevator
- Park farther away from the building
- Play with your children
- Get off the bus a few stops early Garden-rake leaves, dig dirt, mow the lawn
- Take a walk on your lunch break; Dance around the house with your children

