

## Get Active

*Your weight-loss success depends on it!*

*This chapter explains the exercise you must do to qualify for bariatric surgery. It outlines an exercise plan and includes an exercise log for keeping track of your activity.*

### Why is exercise so important?

Your body needs exercise both before and after surgery. You must be active to be healthy and to lose weight.

To achieve your weight loss goal after surgery, you must commit to doing regular *aerobic* exercise (activity that increases your breathing and heart rates). This is why we require that you do these things before we approve you for weight loss surgery:

- Keep track of your activity in your exercise log.
- Bring your log to every clinic visit and review it with your care team.
- Do aerobic exercise at a *moderate intensity* for at least 10 minutes at a time, for a total of at least 30 minutes a day, 5 days a week.
- Use the “Target Heart Rate” or “Rate of Perceived Exertion” tools to measure your exercise intensity. This will help you know if your activity counts towards your exercise goal (see pages 3, 4, and 5).

**If you are taking beta-blocker medicines or have certain health problems, you may need to modify your exercise intensity.** Before you start exercising, talk with your provider to make sure the rate you calculated is safe for you. (See page 4 for a list of beta-blocker medicines that can affect your heart rate.)

### How can I stay safe while exercising?

Follow these steps every time you exercise:

- Warm up for 5 minutes before doing your aerobic exercise. Walk slowly, move your arms and legs, and do some light stretching.



*Swimming is one type of aerobic exercise.*

- Increase the amount of time you exercise by adding 1 to 2 minutes each week to your total time spent in aerobic exercise.
- From your current baseline, increase the number of steps you take by 100 every day.
- Increase the intensity of your workout to reach your Target Heart Rate goal. Stay at that level of intensity for at least 15 minutes. You may only be able to reach your Target Heart Rate goal for a few minutes in the beginning, but keep trying to go longer and at a higher intensity.
- As your fitness improves, you will need to work harder to reach your Target Heart Rate.
- Slow down to cool down for 5 minutes near the end of your workout.

## **Warning Signs When You Exercise**

Stop exercising right away if you have any of these symptoms. Call for help if needed.

- Chest pains and/or radiating arm pain while exercising.
- Sweating that does not go away after you stop exercising.
- Pain that seems to be getting worse. It is normal to feel a pain here and there, but if the pain keeps getting worse, you risk making an injury worse.
- Headaches that keep coming back
- Feeling lightheaded during or after exercise
- Numbness, tingling, or weakness in an arm or leg
- Shortness of breath when you have stopped the activity
- Nausea and vomiting

## **How to Enjoy Your Exercise**

- Find an activity you enjoy doing.
- Find a friend to exercise with.
- Try:
  - Marching briskly in place while sitting or standing
  - Walking briskly (if you have joint problems or balance issues, use walking poles)
  - Dance classes
  - Elliptical trainer

- Exercise classes at your local gym
- Exercise videos on cable, internet, DVD, or YouTube
- Therabands and physical therapy exercises that raise your heart rate
- Arm bikes
- If you have arthritis or joint pain, try:
  - Water aerobics
  - Bicycling
  - Swimming
  - Seated exercises like “Sit and Be Fit” on public television or YouTube

## Do my daily activities count as exercise?

Your daily activities do not count toward your aerobic exercise goals. They do not make you breathe hard or burn many calories unless you do them at a quick pace for a long time (see “Target Heart Rate” below).

But it will help with your fitness goals if you take **at least** 5,000 steps every day when doing your regular activities. Here are some activities that will help you increase your steps:

- Walking your dog
- Horseback riding or grooming
- Walking from your car to the store
- Walking to the mailbox
- Walking around stores or the mall
- Doing a few squats in the kitchen while the tea water is heating
- Mowing the lawn

## Target Heart Rate

Your target heart rate helps you measure your tolerance to **moderate intensity** exercise. It also helps you know if you are working at a level that is improving your fitness.

- You want to reach and maintain your target heart rate at every exercise session.
- There are free apps for Android and iPhone that will calculate your target heart rate. These apps can also tell you how fast your heart is beating. If you don’t have a smart phone, see “Finding Your Target Heart Rate” on the next page.

- Fit Bit and other wrist monitors can show your current heart rate.
- If your physical therapist gives you a different target heart rate, use that number as your goal.

### Finding Your Target Heart Rate

Step	Your Answer	What It Means
1. Subtract your age from 220. <i>Example: 220 - 50 = 170</i>		Use this number to find your answers to steps #2 and #3.
2. Multiply the answer to #1 by .65 <i>Example: 170 x .65 = 110</i>		This is your target heart rate for <b>moderate-intensity</b> exercise.
3. Multiply the answer to #1 by .85 <i>Example: 170 x .85 = 145</i>		This is your target heart rate for <b>high-intensity</b> exercise.

### How will I know if I reach my target heart rate?

- Using your index or pointer finger, find your pulse on the thumb side of your wrist on the opposite hand.
- Count the number of beats for 30 seconds and multiply by 2. (Or you can count the number of beats for a full minute instead.)

*Example: 40 x 2 = 80*

- This is the number of times your heart is beating in 1 minute

### What if I am taking beta-blockers?

If you are taking any type of beta-blockers, you must use the “Rate of Perceived Exertion” scale (see page 5) instead of the Target Heart Rate method to set your exercise goals.

Here are some beta-blocker medicines. The names in parentheses are common brand names:

- Atenolol (Tenormin)
- Bisoprolol (Zebeta)
- Carvedilol (Coreg)
- Metoprolol (Lopressor, Toprol-XL)
- Nadolol (Corgard)
- Nebivolol (Bystolic)
- Propranolol (Inderal LA, InnoPran XL)



