

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

Aerobic And Anaerobic Exercises Should Be Combined To Tone And Strengthen Muscle And Burn More Fat

Helpful Tips For Starting An Exercise Routine And Sticking To It!

Obesity Is A Problem For Dogs, Too!



It's not just humans that suffer from obesity - vets say that emerging obesity problems in dogs are leading to shorter lives and reduced quality of life. Some estimates say that around 40% of pet dogs in the US are overweight or clinically obese. Excess weight results from lack of exercise and inappropriate diet. Dogs can become overweight for all sorts of reasons - including compulsive eating and theft of food, begging from people other than the owner, and pre-existing medical conditions which limit their exercise. In addition, if owners are working longer hours, they will have less time to exercise their dogs properly. As in humans, overweight dogs may experience associate medical problems including arthritis, respiratory problems, diabetes and incontinence. Some pre-existing conditions, such as osteoarthritis, may be exacerbated, and the dog's quality of life reduced because of its impaired ability to play and take exercise. Weight loss usually involves a combination of dietary energy restriction, increasing activity levels and, in some cases, prescription medicines.

Exercise is the physical exertion of the body which results in a healthier level of physical fitness. It is typically divided in aerobic and anaerobic exercise and it is best to mix a bit of both.

Aerobic exercise has the aim of improving the body's consumption of oxygen. Most aerobic exercises are done at moderate levels of intensity for longer periods such as running. An aerobic exercise session involves warming up, exercising for at least 20 minutes, and then cooling down. Aerobic exercise tones muscles throughout most of the body, reduces blood pressure, improves sleep quality, reduces risk of osteoporosis, increases stamina or endurance and improves mental health.

Anaerobic exercises improve our muscle strength. It involves short and fast or short and intensive exercises - usually no more than about two minutes - like weight lifting or sprinting. Overall, anaerobic exercise uses up fewer calories than aerobic exercise. However, it is better at building strength and muscle mass, while still benefiting the heart and lungs. As you build more muscle, you will burn more fat, even at rest.

Many people who do not exercise say they do not have the time. However, it is possible to increase the amount of time you are physically active, even if you are extremely busy. See for example :how many trips you take by car and decide which ones could be replaced by walking



or cycling. Or try parking your car half a mile from your destination and walking the rest of the way.

If you start an exercise program, keep in mind the following tips:

- Remember why you started - weight loss, health, etc - to keep you motivated.
- Do everything at your own pace: compete with your past self instead of with others.
- You have to like it: To become and remain active, chose an activity that is convenient and enjoyable and that you can easily fit into your routine for several days each week.
- Have a work-out buddy: Exercising with a friend makes sessions more enjoyable.
- Change your exercise program every few weeks: This could simply mean changing your speed and distance, pacing yourself in a different way, or perhaps altering your route.
- Be realistic about your goals.
- The longer you keep it up the longer you will continue to do it: After a few weeks your exercise routine starts to become a habit.
- Remember that the secret is "little and often": A little bit every day is great - one big session once a week is not.

Support Group Meeting



Our next gastric banding support group meeting is Thursday, July 16 at 7pm. See you there!