

## Physical Regeneration and Strength Upgrade - HANDOUT

### Resources for Physical Activity

#### Mobile apps for tracking:

**Baritastic App** – It is primarily a nutrition tracker, but also allows patients to log everything you eat and drink as well as how you spend your calories (physical activity). Specifically designed for bariatric surgery patients (& their portion sizes)!

**MyFitnessPal** – Easily tracks your diet and exercise. Tracks progress and milestones.

**Lose It!** Tracks weight loss, calories, and exercise. Free and paid versions available.

**Smartphone Tracker** – iPhone and Android users “Health” app

#### Devices that track steps:

**Fitbit:** From steps and distance to calories burned and active minutes, see your daily progress each day and over time.

**Apple watch:** Core fitness, heart-monitoring, and connectivity features that make Apple Watch the ultimate device for a healthy life. Newer versions include ECG monitoring, international emergency calling, fall detection, and a built-in compass.

**iPhone Health Tracker:** Carry your phone with you and with the Health Tracker you’ll see automatic tracking of the activities of: Walking, Running Distance, Steps and even Flights Climbed listed in there. It tracks automatically for you!

#### At home work-outs with support:

**Planet Fitness** – Free in-home workouts for everyone daily on FB Lives 7pm ET. Access by going to their FB page.

**YouTube** – Access to thousands of free workouts in every form imaginable. Once into the application – search for the type of workout you prefer.

**Daily Burn** – Online membership required, but free 1-month trial. At home, Yoga, Running, HIT exercises. Thousands of different workout videos so you can mix it up every day right from your own home.

**BeachBody on Demand** – Online membership required, but free 14-day trial. Legendary, results-focused fitness programs like P90X®, INSANITY®, and 21 Day Fix® that have helped millions of people.



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### At home work-outs on your own:

**Commercial Breaks** - Get moving during every commercial. Make a list and as your abilities improve alter the work outs– walk in place for the 1st break, work your way up to a 1-2-minute plank, jumping jacks, crunches, the dreaded burpies, wall sits etc. Lots of exercises do not need equipment!

**Resistant Band(s)** - These are a great low impact and inexpensive item that allow you to do many activities using your legs, arms, and back muscles. A quick Google search will provide videos and directions if your set did not come with a plan.

**Walking**- This is a great low impact way to get your body moving. Choose your distance and increase as your stamina grows- or add in hand weights or bottles of water to make the same distance more challenging for you muscles. It's always fun to grab a friend and spend time walking together. Time passes quickly when you are enjoying it!

### Other options:

**Gym membership** – From small hometown gyms to corporate gyms. Pick the atmosphere that is right for you.

**Activities outside**- Walking, biking, hiking, and gardening are all examples of spending time outdoors. Spend time with a friend to double the fun!

**Gym equipment at your home** – If you want the convenience of not having to go anywhere, gym equipment could be your answer. Whether it be new equipment or purchased used – there are options for every budget.

