

It's Time to Get Outdoors and Exercise

Healthful Tips

May 2020

One of the greatest benefits of weight loss surgery is the ability to be more active. And through engaging in regular exercise, it is more likely that you'll live longer with improved heart health, reduced cancer risks, stronger bones, a healthy blood sugar level, heightened brain power, better weight control, and more energy--well worth the time and effort required. As the weather heats up, it's time to take it outside.



What to Do?

Outdoor activities this time of year are only limited by your imagination. Here are some ideas to get you thinking—this year with social distancing in mind.

- Bike riding
- Shooting basketball hoops
- Playing catch
- Canoeing
- Dancing

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Flying a Kite
 Fishing
 Throwing a Frisbee
 Gardening
 Hula Hoop
 Hop Scotch
 House Cleaning
 In-line Skating
 Jumping Rope
 Nature Walk
 Run
 Clean out your attic or garage
 Walk the dog

Get a Fresh Perspective Walking Outdoors

Walking is a great form of exercise for most people. It's easy, inexpensive, and it can be done almost anywhere. An important benefit of regular walking is lower stress hormones—something we can all use with the uncertainty of the COVID era. So get out of the house, get your blood pumping, and feel the energy and enthusiasm return to your body.

Start slowly, 7 days a week if possible, and then add time and distance. Before you know it, you'll be able to walk 5-7 days a week for 40-60 minutes—just follow the schedule below.

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min