



Exercise Progression

What is one of the biggest mistakes new exercisers often make? You might be surprised to learn that it's doing the same workouts over and over for weeks or months at a time. This certainly isn't the only mistake exercisers make, but it's one that can cost you what you want most out of your program: **results**. Progression is the key if you want to get stronger, fitter and healthier and it's the one area that seems the most confusing. How do you change your workouts so that they're effective, challenging and fun? One simple way is to try new exercises.

Progressive exercise can come in a variety of ways: changing your weight, repetitions, intensity, speed, duration, exercises and more. The bottom line is, once you master something, you need to do something to make it harder.

One way to do that is to try new variations of traditional exercises. Some basic ways to change what you're doing are:

***Change your position.** Look for ways you can change your position to make moves a bit different. If you usually do regular squats, try taking the feet wide and the toes out to work different muscle fibers. Change your chest press by going to an incline bench, or elevate your feet during pushups.

***Change the type of resistance.** If you gravitate to machines, try free weights or the cable machines. If you always do free weights, try some of your exercises on machines. Movements will always feel different when you change the resistance.

***Go from bilateral to unilateral.** One of the most interesting ways to change exercises is to use only one arm or one leg at a time. This makes almost any lower body move (like squats) more intense and even upper body moves get more challenging when you switch to one arm at a time (as in bicep curl).

***Add a balance challenge.** Going unilateral, as mentioned above, can make balancing more of a challenge but, even more challenging, is using something like a ball, foam roller or inflatable disc.

***Do more compound movements.** Doing two exercises at once can save time and add a new dimension to your workouts. Try doing squats with an overhead press or step ups with a bicep curl.

Did you know that strong muscles burn more calories due to the presence of metabolically active tissue? In other words, the more muscle you have, the more calories you burn even when you're not working out. Studies estimate that for each pound of muscle you add to your body, you will burn an additional 35-50 calories per day. So an extra 5 pounds of muscle will burn about 175-250 calories a day or an extra pound of fat every 14-20 days. Exercise alone produces modest weight loss; when combined with a reduced calorie diet, the effects are much more impressive.

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Exercise Progression Continued

It's important to remember that motivation doesn't just happen. It's something you make happen each and every day. If you have multiple reasons to exercise, you'll always have something to get you moving, even when motivation is short. The hardest part of exercise is getting started...if you can get that far, you've won half the battle. Some motivational ideas include:

- *Remind yourself of your weight loss goals
- *Think of a future event for which to get ready (a wedding, vacation, etc.)
- *Consider how much energy you'll have to get more things done
- *Imagine how relaxed you'll feel after a workout
- *Think of your exercise time as the only time you may get to yourself all day
- *Remind yourself how good you'll feel by "following through"
- *Promise yourself a reward for completing your workout
- *Think of all the diseases and illnesses from which your workout could protect you
- *Remind yourself that this workout is necessary to reach your goal

At the Ball Park

Eat this:

15 roasted peanuts
(90 calories, 4 grams of protein)

Instead of this:

Nachos (12-16 chips)
(692 calories, 38 grams of fat)

Exercise Tip of the Month

Here are some easy ways to work exercise into your life:

- ◆ Take the stairs instead of the elevator
- ◆ Minimize use of your car; walk to destinations within one mile
- ◆ Take up tennis or any other sport you enjoy
- ◆ Walk briskly whenever you can
- ◆ Get up to change to television channel
- ◆ Use a push mower
- ◆ Adopt a dog and take it for walks daily
- ◆ Join a gym or health club

Take Me out to the Ball Game.....

Try out these healthy tips for those busy summer nights:

- ◆ Eat something before you go to the park, this way you will not be as hungry at the game
- ◆ Know what options there are before you go to the concession stand
- ◆ Make sure you choose foods that are higher in protein such as peanuts, seeds, even a hotdog (without the bun) as opposed to chips, candy or nachos
- ◆ Drink plenty of water
- ◆ Take a brisk walk between innings
- ◆ Offer to assist the coach with warm-ups, dug out parent, etc. This will keep you focused on the game





Orange-Glazed Salmon

Ingredients

- 1-1/2 pounds fresh or frozen salmon
- 1/2 cup orange juice
- 1/3 cup orange marmalade
- 1 tablespoon Dijon mustard
- 2 teaspoons salt free seasoning
- 1 teaspoon minced ginger

Preparation

1. Thaw fish (if frozen). Cut into 6 serving size portions and place in a large zip-top bag.
2. For marinade, stir together Orange Juice, marmalade, mustard, seasoning, and ginger. Pour into zip-top bag with fish and seal. Chill in refrigerator for 1-2 hours.
3. Remove fish from refrigerator 30 minutes before cooking. Preheat broiler, and line a baking sheet with foil.
4. Remove fish from bag, discard marinade. Place on baking sheet and broil for 4-6 minutes per side until fish flakes easily. Do not over cook.

Yield

Six - 4 oz. servings

Nutritional Information

262 calories
14 grams carbohydrate
23 grams protein

Lemon Cheese Cake Shake

Ingredients

- 3/4 cup skim milk
- Protein powder
- 1 teaspoon lemon extract
- 2 teaspoons sugar-free cheesecake pudding mix
- Ice

Preparation

1. Blend 3/4 cup of skim milk with protein powder.
2. Add in lemon and sugar free cheese cake pudding powder.
3. Stir until smooth. Once smooth, add ice until desired consistency is reached.

Yield

One - 8 oz. serving

Nutritional Information

200 calories
20 grams protein

Louisiana Center for Weight Loss Surgery

Calendar of Events:

****Support Group****

Thursday, June 19, 2008

P&S Surgical Hospital

Suite 405-A

5:30pm

Call 998-8162 for more information

For the month of June, the topic will be **"Back on Track"**. Come discuss ways to get "back on track" with your weight loss!



Louisiana Center *for*
Weight Loss Surgery

A whole new perspective on life.

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