

Physical Activity Options



An active lifestyle is critical to your long-term success

Some tips for success include:

- Exercise with a partner so you can support each other.
- Start slow and gradually build over time.
- Find exercise that is engaging and enjoyable.
- Track your efforts and successes with a journal or pedometer.
- Expect that you will be successful and can handle barriers along the way.

Anticipate setbacks but don't let them derail you from continuing an active lifestyle.

Sit and Be Fit

This program airs on Oregon Public Broadcasting channels (Portland-area: Tuesdays and Thursdays from 6:00-6:30 a.m.). Your local library may also have copies of the videos, or you can purchase your own copies online at www.sitandbefit.org.

The program helps wheelchair users or people who have trouble moving begin physical activities. When you find it a bit too easy and are moving more freely, you can progress to a walking program.

Each Sit and Be Fit exercise program runs about 20 minutes.

YouTube channel: www.youtube.com/user/SitandBeFitTVSHOW.

Pedometers

Using a simple pedometer is a good way to keep track of your walking. When you find the number of steps you are comfortable with, try increasing that goal a little bit each week. Soon, you will be at the national goal level of 10,000 steps a day.

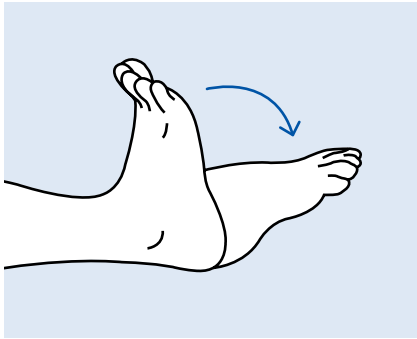
OHSU Health
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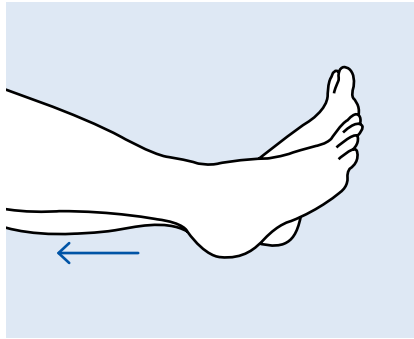


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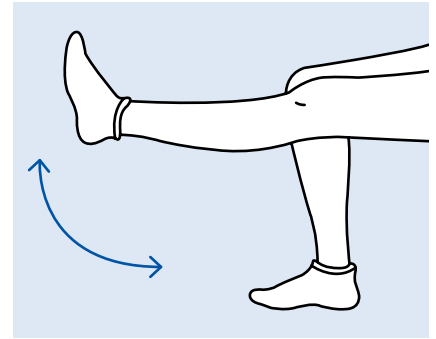
Exercise Routine



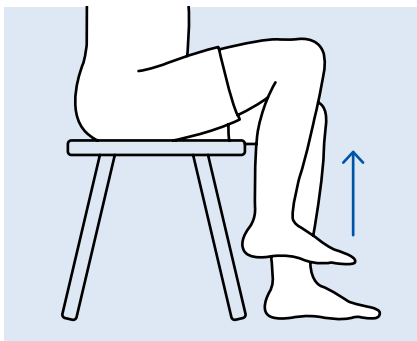
Ankle Pumps: Slowly point toes away from your head, then slowly pull them back up toward your head. All of the movement should occur at the ankle only.



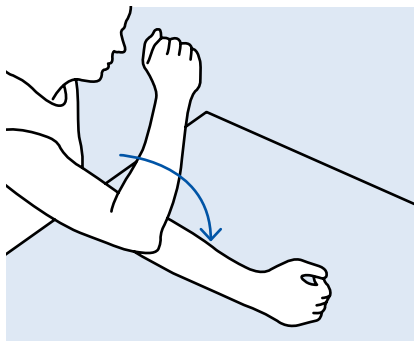
Heel Slides: Keep your heel on the bed. Slowly slide your heel on the bed toward your buttocks. Slowly slide your leg back down.



Sitting Knee Extension: Raise one leg at a time, making your leg as straight as possible.



Sitting Hip Flexion: Raise and lower one leg at a time, as if marching in place.



Sitting Elbow Curls: Slowly bend and straighten your elbows.

Home Walking Program

WEEK 1	WEEK 2	WEEK 3	WEEKS 4&5	WEEK 6	WEEK 7	WEEK 8
5 minutes at leisurely pace	10 minutes at leisurely pace	15 minutes at leisurely pace	20 minutes at leisurely pace building up to moderate pace	20 minutes at moderate pace	25 minutes at moderate pace	30 minutes at moderate pace

Work up to walking at least 30 minutes a day for the best benefit to your health. If you can't walk for more than 5 minutes, or if this plan is too gradual or too fast for you, talk to your provider about seeing a physical therapist for a custom exercise program.