

EXERCISE AND BALLOONS

The Obalon Balloon System is designed to be a tool to help with weight loss through healthy diet and lifestyle changes. Adding exercise to your daily routine will help you maximize the weight loss benefits of the balloons.

BENEFITS OF EXERCISE

- ***Burn more calories!*** Increasing energy expenditure can help you lose more weight than healthy eating alone.
- ***Overcome the plateau!*** Increasing exercise will help you overcome a weight loss stall. After losing some weight you have less to move around, so increase your movement to burn more calories.
- ***Boost metabolism!*** Exercising every day can increase and actually help repair metabolism.
- ***Maintain weight loss!*** After balloons are removed, exercise will help keep the weight off.
- ***Boost mood!*** Aerobic exercise will improve your mood by increasing serotonin and endorphin levels. This can lead to less depression, anxiety, and stress.
- ***Quick Thinking!*** Sharper memory and quicker learning have also been shown as benefits of exercise.
- ***Live longer and stronger!*** Exercise leads to better blood pressure control, and decreased rates of heart attacks, strokes, and certain cancers.

TIPS FOR EXERCISE

- ***Stick with it!*** It takes an average of two months for a new behavior to become a habit.
- ***Choose something you enjoy!*** You are more likely to make exercise a habit when you enjoy it.
- ***Switch it up!*** If you start to get bored with an exercise, try something new.
- ***Grab a friend!*** When you have a support system, you are more likely to stay motivated.
- ***Use a fitness tracker!*** This can help you track your steps in order to hit your goal for the day.
- ***Break it up!*** If you can't seem to do at least 30 minutes at one time, break it up into 10 minute increments throughout the day.

HOW MUCH EXERCISE?

The American College of Sports Medicine recommends:

- **150** minutes of moderate-intensity aerobic activity every week

*or

- **75** minutes of vigorous activity each week

* To effectively lose or maintain weight, some may need up to **300** minutes a week of moderate physical activity.

*Always consult your doctor before beginning any exercise program.

MODERATE-INTENSITY PHYSICAL ACTIVITY EXAMPLES

Exercise (30 minutes)	Calories burned 150 pounds	Calories burned 175 pounds	Calories burned 200 pounds	Calories burned 225 pounds	Calories burned 250 pounds	Calories burned 275 pounds	Calories burned 300 pounds
Walking Briskly (3.5mph)	136	158	181	204	226	249	271
Bicycling (10mph)	214	250	286	321	357	393	429
Aerobics (low impact)	179	208	238	268	298	327	357
Swimming (light effort)	250	292	333	375	417	458	500
Golf (walking)	161	188	214	241	268	295	321
Tennis (doubles)	179	208	238	268	298	327	357
Gardening	143	167	191	214	238	262	286

VIGOROUS-INTENSITY PHYSICAL ACTIVITY EXAMPLES

Exercise (30 minutes)	Calories burned 150 pounds	Calories burned 175 pounds	Calories burned 200 pounds	Calories burned 225 pounds	Calories burned 250 pounds	Calories burned 275 pounds	Calories burned 300 pounds
Running (5mph)	286	333	381	429	476	524	572
Bicycling (15mph)	357	417	476	536	595	655	714
Aerobics (high impact)	250	292	333	375	417	458	500
Swimming (vigorous)	357	417	476	536	595	655	714
Hiking (cross country)	214	250	286	321	357	393	429
Tennis (singles)	286	333	381	429	476	524	572
Jump Roping (general)	357	417	476	536	595	655	714

*Chart shows approximate calories burned per 30 minutes of exercise of different weights.