

It's About More Than the Calorie Burn

Sure, exercise helps trim your body, but it can also help calm your mind. Here's how it works, plus four types of low-impact exercise perfect for chasing stress away.

Exercise is sort of like one of those multi-tools. Of course, exercise burns calories, which will melt away those extra pounds. But working up a sweat is also a powerful stress reliever. In fact, research shows that exercising as little as 20 minutes once a week can reduce stress, elevate energy, and make you feel better.¹ (Log your exercise and the results beyond calories burned with our [Activity Log](#).)

A Great Tool for Your Journey

“Before surgery, you may feel depressed or anxious, and exercise can help with that,” says Garth Jacobsen, MD, a LAP-BAND[®] System surgeon and partner in the Center for Treatment of Obesity at the University of California, San Diego, Medical Center. “After surgery, exercise will help not just burn calories but put you in a better state of mind by releasing endorphins.” Those feel-good chemicals can help you cope with any stresses you may experience from dealing with physical changes and how others react to your surgery. And feeling relaxed is better for your LAP-BAND[®] System—*anxiety can cause it to feel a bit tight.*

Moves That Lift Stress

Here are four low-impact exercises that can help bust stress as you drop weight:

Yoga. Slow movements make this exercise a good choice for those looking to start an exercise plan. In addition to toning your body and calming your mind, yoga has the potential to relieve back pain, boost mental awareness, and aid sleep.

Walking. As simple as putting one foot in front of the other, strolling your way to fitness and stress relief is just outside your front door. Research has shown that walking every day can boost self-esteem, fight depression, and soothe jangled nerves.² The best part is that you don't have to walk fast—a steady pace will do the trick.

Tai chi. Called “active meditation,” this form of martial art lowers stress hormones and can even reduce cravings while boosting mental focus and helping with sleep. Another benefit: Such exercise may help lower blood pressure.

Swimming. Diving into this type of exercise is easy on your joints and can boost your flexibility. Because you're floating in the water, your body lengthens, allowing tight muscles to stretch. Also, your lungs push against the water pressure, providing a better workout than some land-based exercises. Another plus: Swimming tightens butt muscles.

Be sure to consult with your doctor before starting an exercise plan.

References:

- 1 Hamer M, Stamatakis E, Steptoe A. "Dose Response Relationship Between Physical Activity and Mental Health: The Scottish Health Survey." *British Journal of Sports Medicine*, published online 4/10/08.
- 2 Palmer LK. "Effects of a Walking Program on Attributional Style, Depression, and Self-Esteem in Women." *Perceptual and Motor Skills*. 1995;81:891-8.

IMPORTANT LAP-BAND[®] SYSTEM SAFETY INFORMATION

Indications: The LAP-BAND[®] System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

Contraindications: The LAP-BAND[®] System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

Warnings: The LAP-BAND[®] System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands.

Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

Adverse Events: Placement of the LAP-BAND[®] System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

Important: For full safety information please visit www.Lapband.com, talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

CAUTION: Rx only.