



COIN Weight Loss Program

Let Me Hear Your Body Talk!

Week 11

This week you will:

- ✓ Think about additional ways to get up and move
- ✓ Learn about other types of exercise that can benefit your health
- ✓ Think about hydration and protein intake

Welcome to Week 11 of the COIN Weight Loss Program! This week, we will revisit the topic of exercise and remind you to get up and move as much as you are able. We will also provide ideas for expanding your exercise routine (if you are getting in your aerobic minutes and want to broaden your activities) and discuss nutrition recommendations related to exercise, such as hydration and protein intake.

Get up and Move!

At this point, you are aware that a primary behavioral focus of a weight loss program is moderate to vigorous physical activity (MVPA). You have been working to achieve **180 or more minutes of MVPA** each week to accomplish your weight loss goal, and you are logging your exercise to discuss with your Coach. Remember, any movement during the day has health benefits. Even if you are achieving your MVPA target, a sedentary lifestyle can have poor long-term health consequences. Below are some strategies for getting up and moving more during the day:

- Use the stairs.
- Park further away.
- Walk or bike instead of driving.
- Get a stand up desk, desk cycle or desk elliptical.
- Run in place during commercials.
- Walk in place or around your office during conference calls.
- Set an alarm every hour to get up from your desk to walk around.
- Spend more time outdoors with your kids, grandkids, pets, partner, friends, etc.
- Pick family outings and social events that involve activity; instead of the movies go paddle boarding, roller skating, ice skating, hiking, kayaking, etc.

Count those Steps!

When you started your COIN weight loss journey, your Coach gave you a band that calculates your daily steps. If you have been using it, great! If you have not, now is a good time to consider putting it to good use! Generally speaking, most active people try to achieve at least 10,000 steps a day, however, daily activity varies based on starting activity level, lifestyle, work setting, etc. The best way to set goals to increase steps is to get an estimate of your average daily steps and to increase that amount by 10-20% per day, each week, until you achieve a consistently higher average daily step count. For example, if you are getting on average 5000 steps per day, next week shoot for 5500-6000 daily steps, the following week, shoot for 6000-6500 daily steps, etc.

Survivors Get Stronger!

Consistent with National Comprehensive Cancer Network Survivorship guidelines (2017), cancer survivors should strive to participate in strength/resistance training at least twice a week. This includes light weight lifting (or resistance training) aimed at increasing muscular strength and endurance. Below are some of the benefits of resistance exercise training:

- lower risk of all-cause mortality,
- fewer cardiovascular disease events,
- lower risk of developing physical function limitations,
- lower risk for nonfatal disease,
- increased lean muscle tissue
- burning more calories at rest, and
- greater weight loss and weight loss maintenance.

REMEMBER: Despite the MANY benefits of resistance exercise training, it does not count towards your weekly aerobic/MVPA minutes. Make sure you are getting in your 180 or more minutes of MVPA before adding resistance training to your exercise routine. Be sure to speak to your primary care provider or oncologist if you are uncertain about whether you can engage in light strength training.

Yoga and Stretching

Research on the benefits of yoga for overall health and for cancer survivors has soared over the last decade. The benefits of yoga are numerous, including: reduced fatigue and inflammation, better stress management, and improved overall health.

Hydration and Protein

Don't forget to eat and drink for exercise! See the below suggested reading materials to learn more about hydration and protein intake!

Please also read the following supplemental materials:

- SKCCC: Exercise Resources
- ACSM: Resistance Training for Health and Fitness
- ACS: For Breast Cancer Survivors, Life is Better with Yoga
- ACSM: Protein Intake for Optimal Muscle Maintenance
- ACSM: Selecting and Effectively Using Hydration for Fitness