

Bariatric Wellness and Surgical Institute at

**JFK MEDICAL
CENTER**

A Teaching Affiliate of the University of Miami Miller School of Medicine



JFK | FITNESS BOOKLET

Training Guide

Benefits, Preparation Tips, Tracking, Motivation, and
Training Log

By
Rami S. Aboumahadi





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Training Guide By Rami S. Aboumahadi
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 linkedin.com/pub/rami-aboumahadi



TOP REASONS TO CONSIDER WALKING

Lose weight and keep it off:

It's simple! Burn more calories than you take in and you will lose weight. With the exception of cross country skiing, running burns more calories per minute than any other cardiovascular exercise.

Helps you get better Zzzzs:

Studies have shown a link between running and better sleep.

Great for cardiovascular health:

It can help lower blood pressure, keep arteries elastic and strengthen the heart muscle.

Can help increase bone density:

Pssst. This can fend off osteoporosis.

Stress relief:

Studies have shown that running is effective in fighting stress and treating mild depression.

Free & Fun:

All you need is a good pair of running sneakers and you can start enjoying the changing scenery.

A great way to get social:

It's fun to run in a group!

Confidence:

Running is like a journey with obstacles and challenges. Once you complete it, you feel a great sense of accomplishment. Now imagine the immense pride that runners get when they cross the finish line!

PRE-WALK PREPARATIONS AND TIPS

- Wear appropriate walking sneakers. More tips on choosing the right sneakers on page 6.
- Always warm-up before starting your walk. Warm-up could be a brisk walk.
- Always check your heart rate throughout the exercise. Stop if you felt dizzy, light headed, weak, disoriented, rapid heartbeat, short of breath, impaired vision and seek help immediately.
- Use Vaseline wherever things rub. This will help prevent blisters and chafing.
- Walk facing the traffic. Never assume that drivers see you.
- Be safe. Don't blast your MP3 and blare out cars and other warning signs. Always be alert to your surroundings.
- Wear white / light colored cloths and reflectives if your walk at dawn, dusk, or at night.
- Take your ID with you.
- Proper nutrition will make the difference between belly aches and energy-boosted walk.
- If exercising outdoors, check the weather forecast and follow the below tips:



COLD WEATHER TIPS:

Insulation: Did you know that you can lose as much as 50% of the body heat through the head? The biggest concern for walkers in the cold is hypothermia, or too much heat loss. So always dress properly. A good rule-of-thumb to remember is this: Keep air IN and water OUT. A layer of trapped air close to the body will help keep the body warm. Where as water close to the body (like sweat) will conduct heat away from the body, thus causing rapid heat loss. Dress in the following layers: The first layer should be a thin layer of any material that would repel the sweat away from the body (synthetic materials like polypropylene is a good start.) Avoid cotton, as it would stay wet and trap sweat next to your skin, this would cause the body to accelerate heat loss. The next layer should be a fleece for insulation. You may also add a waterproof breathable outer layer depending on the forecast. Avoid heavy jackets as this would most likely cause the body to overheat. Finally, wear a hat that can cover your ears so heat loss is a minimum.

Protect hands and feet: Last thing you want to have on your cold-morning walk is frostbite. Wear thermal gloves and thick socks.

Check the weather forecast: Pay attention to the projected temperature and wind. It might be 20 degrees outside, but with 40 mph winds, it will feel like -20 degrees.

Don't forget sunscreen: You can get sunburned in winter just as fast as you would in summer. So remember to put on 15 SPF sunscreen (or higher) and don't forget lip balm with sunscreen protection.



HOT WEATHER TIPS:

Stay in when it's hot outside: Avoid training during the hottest time of the day (summer between 10:00 AM to 2:00 PM) Try walking in the morning if possible. It's cooler and less humid.

Dress light: Wear lightweight, sweat-wicking materials (synthetic materials like polypropylene) and stay away from cotton.

Pollution hurts: Avoid exercising in areas with high air pollution (next to highways, near industrial complexes, Ozone alert. etc.)

Stay hydrated: Insure that you are well hydrated before starting the exercise, 8oz. of water about 20 minutes before starting and 4 oz. every 15-30 minutes

Know the warning signs: Severe heat and dehydration can lead to Heat Exhaustion or Heat Stroke. Symptoms of Heat Exhaustion include muscle cramps, feeling dizzy, lightheaded, and nausea. Stop the activity immediately, cool down, and hydrate. Seek medical help if symptoms don't improve. Heat Stroke is a medical emergency (call 911 immediately.) Signs of Heat Stroke can include the above symptoms plus, increased body temperature, dry skin, change in behavior, severe headache, absence of sweat, rapid shallow breathing, seizure, and unconsciousness.

POST-WALK TIPS

- Like warming up, cooling down is an essential part of any walk. Proper cooling down can reduce muscle stiffness and soreness. Allow time to cool down. 5-8 minutes of slowing down is enough time to help gradually decrease the heart rate.
- Stretch, stretch, stretch. This will help you loosen up any tight muscles you may have. Allow 5-10 minutes of stretching time. See page 14 for more stretching techniques.
- Rehydrate well and replenish.



HOW TO CHOOSE THE RIGHT SNEAKERS

Shop for the activity you are pursuing:

Sneakers can vary in design from general everyday use (walking around) to sport-specific sneakers (like general running, trail running, track running, etc.) Pick the sneakers that will best suit your goal.

Go to specialty stores for expert advice:

Specialized athletic shoe stores have staff that is most knowledgeable about choosing the right sneakers for you.

Try to buy your sneakers at the end of the day:

Your feet are most swollen by the end of your day and that should be the time to try them on. This will insure your new shoes will fit you comfortably even at the worst time of the day.

Get both feet measured:

Your feet might be slightly different in size. You want the shoes to fit your bigger foot. Always try shoes on standing. This will insure the best fit on your feet since weight pressure causes the feet to slightly expand.

Allow extra space for your toes:

Cramped toes make for painful stride. Choose your running / walking sneakers about 1/2 to a full size bigger than your true size. This allows your toes ample space to be comfortable. It will also accommodate space needed for socks and feet swellings.

Take a walk:

Most shoe stores have plenty of space for customers to walk around and try their new sneakers before buying them. Go ahead and take them for a “test drive.” Walk, jog, jump around, and try them the way you are going to use them.



Tracking Your Walk

What is an Activity Tracker?

A wearable device or a computer application that records a person's daily physical activity, together with other data relating to their fitness or health, such as the number of steps, calories burned, heart rate, etc.

Wearing an activity tracker is a great motivator tool. Research results of a systematic review of 26 studies on activity tracker use

showed that people who wore them increased their physical activity by 26.9% over baseline.

How Many Steps Should I Aim For?

As with any exercise activity, always check with your physician before starting any new activity. Your starting level will depend on your current fitness level. A mile is about 2,000 to 3,000 steps, depending on your step length.

Wear an activity tracker for a whole day to estimate your baseline activity then gradually shoot for adding more steps every day.

- **Under 5,000 steps/day:** you are not getting enough physical activity.
- **5,000 - 7,499 steps/day:** is "average" for most people but is not enough to provide all the health benefits of walking.
- **7,500 - 9,999 steps/day:** is moving in the right direction and would put you in the "somewhat active" category.
- **10,000 + steps/day:** is a good target and puts you in the "active" category.
- **12,500 + steps/day:** puts you in the "highly active" category and ensures you are attaining many health benefits.

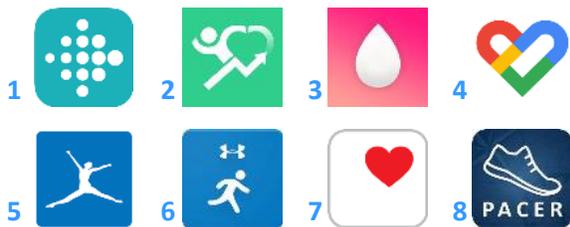
If you're not at the 10,000 step level, you should aim to add 2,000 to 3,000 steps to your day. That's easier than you might think, it only takes five minutes to get in 500 steps!

SO MANY OPTIONS!

They say a journey of a thousand miles starts with a single step. Lucky for you there are many options to help you measure how many steps are you taking daily.

Smart Phone Apps

(Cost: \$)



1. Fitbit
2. Charity Miles
3. Sweat
4. Google Fit
5. My Fitness Pal
6. Map My Walk
7. Apple Health
8. Pacer

Pedometers

(Cost: \$)



Wearable Activity Trackers

(Cost: \$\$)

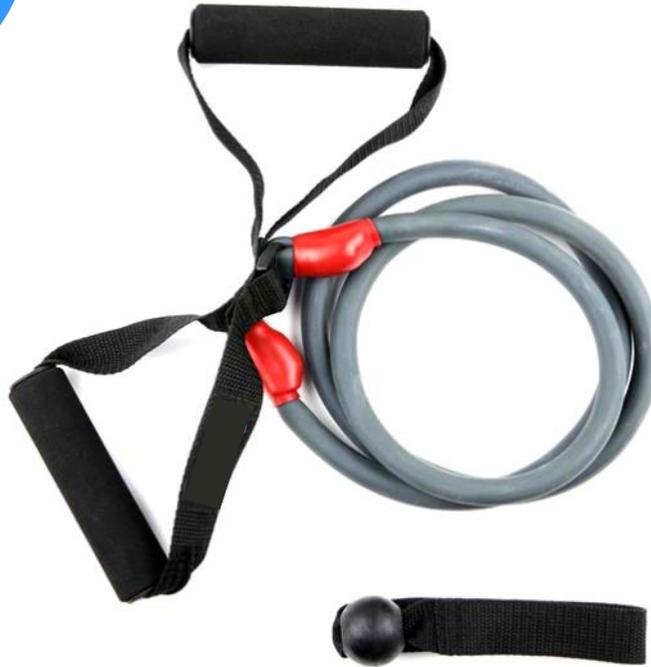


Smart Watches

(Cost: \$\$\$)



**RECOMMENDED
PRODUCT**



Exercise Resistant Cables and Door Anchor

Benefits of using Resistance Cables:

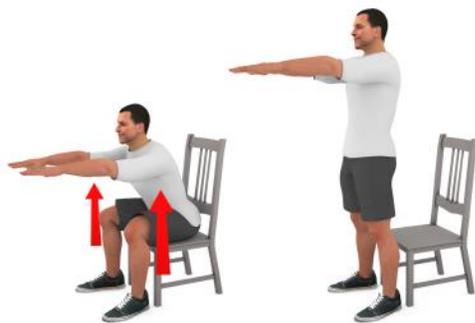
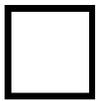
- Inexpensive
- Light to travel
- Help with coordination
- Low impact on the joints
- Add variety
- Great for all fitness levels

STRENGTH TRAINING

INSTRUCTIONS:

- Perform only the exercises selected by your trainer
- STOP THE EXERCISE IMMEDIATELY IF YOU FEELING DIZZY OR SHORT OF BREATH

• 1-3 Sets • 10-15 Reps • Increase Resistance After 15 Reps



Chair Squats

- Stand with feet hip-width apart
- Keep back straight throughout the exercise
- Squat down until hips barely touch seat



Wall Push Up (or Modified Push Up)

- Stand about 3 feet from the wall
- Place hands slightly wider than shoulders at chest level
- Keep body straight. Lean forward until elbows are 90°



Low Back Extension

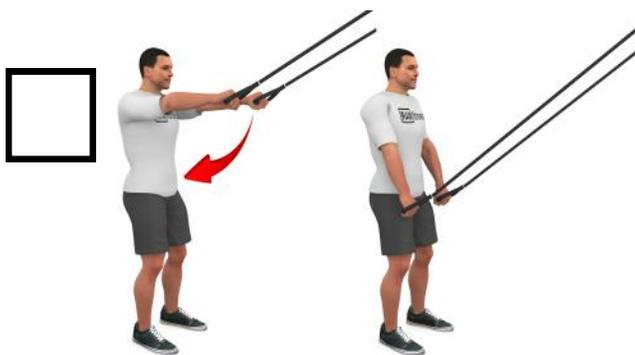
- Tilt hips forward, keep back straight and chest up (place hands by head)
- Keep knees locked though out the exercise
- Lean forward until back is parallel to floor

STRENGTH TRAINING

INSTRUCTIONS:

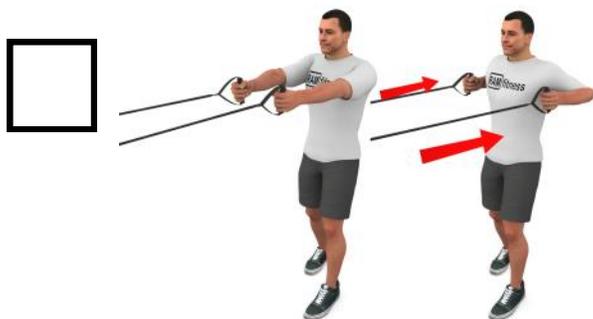
- Perform only the exercises selected by your trainer
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• 1-3 Sets • 10-15 Reps • Increase Resistance After 15 Reps



Straight Arm Pulldown

- Anchor cable at high point (back of a door, wall hook, etc.)
- Keep back and arms straight throughout the exercise
- Pull down until arms slightly past back



Cable Rows

- Anchor cable at a chest-level point (ex. door knob)
- Keep back straight throughout the exercise
- Pull back as far as you can



Triceps Pressdown

- Lock elbows by torso throughout the exercise
- Press cable down until arms fully extended
- Bring back to starting position

STRENGTH TRAINING

INSTRUCTIONS:

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• 1-3 Sets • 10-15 Reps • Increase Resistance After 15 Reps



Bicep Curls

- Can be done seated or standing
- Lock elbows by your torso
- Curl arms up
- Return to fully-extended arm position



Front Raise

- Anchor cable under foot
- Keep back and arms straight throughout the exercise
- Keep hands in front of body. Raise arms to shoulder level



Lateral Raise

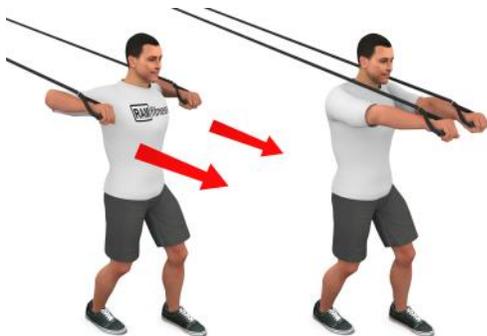
- Anchor cable under foot
- Keep back and arms straight throughout the exercise
- Keep hands to the side of body. Raise arms to shoulder level

STRENGTH TRAINING

INSTRUCTIONS:

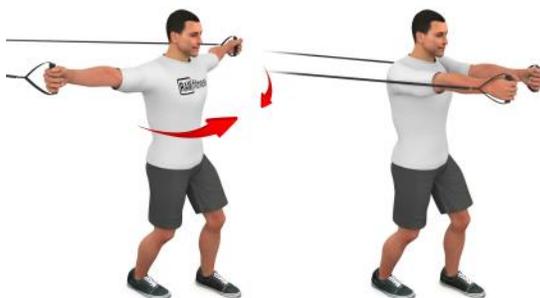
- Perform only the exercises selected by your trainer
- STOP THE EXERCISE IMMEDIATELY IF YOU FEELING DIZZY OR SHORT OF BREATH

• 1-3 Sets • 10-15 Reps • Increase Resistance After 15 Reps



Cable Chest Press

- Anchor cable to a hook or door knob
- Hold cable ends at shoulder level
- Keep back upright throughout the exercise
- Extend arms then return until elbows are 90°

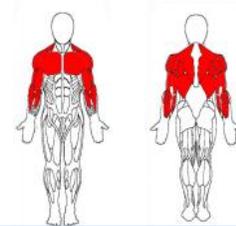


Cable Fly (on Ball or Bench)

- Anchor cable to wall hook or door knob
- Keep arms straight and opened at wide angle
- Keep back upright throughout the exercise
- Bring both arms together while holding cable ends

FLEXIBILITY TRAINING

UPPER BODY



NECK



SHOULDERS



SHOULDERS & RHOMBOIDS



CHEST



SHOULDERS & CHEST



TRICEPS



BICEPS & FOREARMS



LATS



BACK & LATS

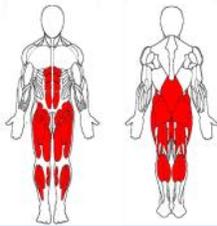


OBLIQUES

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

FLEXIBILITY TRAINING

LOWER BODY



ABDOMINAL



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



FULL BODY



CALVES, HAMSTRINGS & LOW BACK



QUADRICEPS



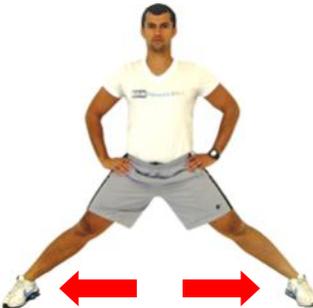
CALVES



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



GROIN & ADDUCTORS



GLUTEAL & LOW BACK

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain



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