

# Live your Inspired Life

Low FODMAP Diet Coaching

## Week 4 - Exercise

### *How exercise can improve your life*

- Exercise controls your weight by burning calories. It's a simple equation - you gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink.



- Exercise combats heart conditions, stroke, type 2 diabetes, depression, arthritis, high blood pressure, high cholesterol levels and metabolic syndrome (a condition in which you have some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar).



- Exercise improves mood by stimulating various brain chemicals that may leave you feeling happier and more relaxed and reduce your risk of depression. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age.



- Exercise boosts energy and improves your muscle and bone strength by delivering oxygen and nutrients to your tissues and helping your cardiovascular system work more efficiently. It can slow the loss of bone density that comes with age. Slowly increasing the amount of weight and number of repetitions you do will give you even more benefits, no matter your age.



- Exercise helps you fall asleep faster and deepens your sleep. Just don't exercise too close to bedtime.



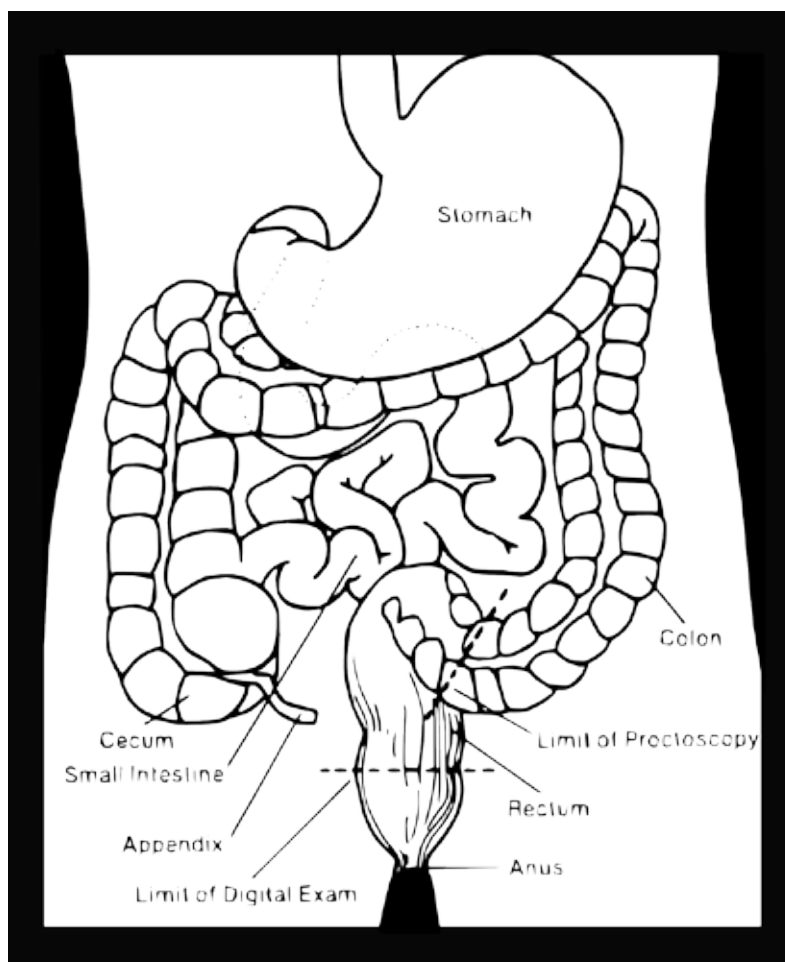
- Exercise can be fun and gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Find a physical activity you enjoy, and just do it. If you get bored, try something new.



- Being physically active lowers your risk for two types of cancer: colon and breast.

## *What effect does exercise have on IBS?*

- Exercise increases colonic motility, transit time, and transitive intestinal gas. Exercise doesn't seem to affect the symptomatic complaints of bloating, but it does change gas transit, so exercise may have an advantage in some patients who have IBS.
- During exercise, the bowel typically quiets down because blood is being pumped to other parts of the body. If you exercise regularly and become more physically fit, the bowel may tend to relax even during non-exercise periods.
- Exercise helps tackle the psychological origins of stress by triggering the release of endorphins (brain chemicals that improve mood and promote a sense of well-being).



## *What exercise should I do?*

It is best to minimize impact as this can irritate the internal organs including the small and large intestines.

### *Suggested exercise includes:*

cycling, walking, swimming, yoga, tai chi, pilates, golf, stretching and activities you enjoy.

Also try to schedule your exercise at least a few hours after a meal. It's important to listen to your body, and if you are having an attack, it may be wise to ease off until you feel better.



# 20–30 mins a day exercise

## *Your exercise this week*

### MORNING

Stretching and strengthening exercises for 15 minutes.

### DURING THE DAY

- a) If you exercise, continue doing so for at least 30 minutes, 5 times a week.
- b) If you don't exercise or exercise sporadically, start with 15 minutes a day of gentle exercise for 5 days a week and increase gradually until you reach 30 minutes. Choose something like in the list above - cycling, walking, swimming, yoga, tai chi, pilates, golf, stretching.

### EVENING

Gentle stretching exercises for 5-10 minutes before bed.

