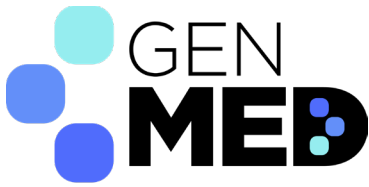


An OrthoAlliance
Partner Practice

Weight Loss Clinic: Exploring Fitness Beyond the Gym

Physical activity is important for weight loss and offers many health benefits. If your gym routine is beginning to feel boring, don't throw in the towel. There are a lot of alternative exercise options waiting for you.

1. **Take it outside:** Embrace the great outdoors as your fitness playground. Explore trails for hiking, where you can boost your cardiovascular health and strengthen your muscles. Even going for a brisk walk in the park or on the beach can help with your physical health.
 - a. Get started by researching nearby hiking trails in your area that match your fitness level.
 - b. Invest in a comfortable pair of hiking boots or walking shoes.
 - c. Start with shorter walks and gradually increase the distance and intensity.
 - d. Join a local hiking or walking group to meet new people and explore new trails/routes together.
2. **Dance like nobody is watching:** Zumba, salsa and ballroom dancing classes offer workouts that engage multiple muscle groups. The rhythmic movements make exercising feel like a celebration, fostering a sense of joy in every step.
 - a. Get started by looking into local dance studios or community centers that offer classes in different dance styles. Keep an eye out for beginner classes or classes that offer all skill levels.
 - b. Prioritize your comfort by wearing clothing that allows ease of movement and supportive footwear suitable for dancing.
 - c. Attend your first class with an open mind and willingness to learn and embracing the joy of the movement.
3. **Make a splash:** Dive into the world of aquatic exercise by incorporating swimming or water aerobics into your fitness regimen. Swimming provides a full-body workout that strengthens muscles, improves your cardiovascular endurance, and enhances flexibility without putting a strain on your joints. Water aerobics offers a way to tone and condition your body, utilizing the resistance of the water to challenge muscles and improve overall fitness. When you move through the water, you will not only feel refreshed but also gather the benefits of improved circulation, reduced inflammation and enhanced respiratory function.
 - a. Get started by looking for a nearby swimming pool or community center that offers swimming lessons or water aerobic classes. If you are new to swimming, begin with the basic strokes and consider enrolling in beginner classes to learn proper technique and safety guidelines. If water aerobics sparks your interest, search for classes tailored to your fitness levels. Gradually increase the duration and intensity of your sessions to progress comfortably and make most of your aquatic workout routine.
4. **Join a team:** Sports teams not only provide motivation but also enhance coordination, agility, and strategic thinking. These activities offer an energizing workout experience while fostering teamwork and healthy competition.
 - a. Get started by exploring local sports leagues in your town or inquire at your community center about team sports opportunities such as softball, basketball, or volleyball. Attend open gym sessions or recreational leagues to try out different sports and discover which one you enjoy.
 - b. Commit to regular practice sessions to help improve your skills and foster



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teamwork abilities, all while working
toward your fitness goals.

Remember to listen to your body. If you discover that the new fitness routine isn't leaving you feeling your best, especially if you are experiencing any GLP-1 side effects, don't hesitate to explore other exercise options. The key to staying active is to find an activity that you enjoy, that keeps you motivated and prevents boredom. Any activity you choose should also be appropriate for your current fitness level and overall state of health.

Always remember, your Gen Med team is here to offer support and guidance in every step of the way.