

## Physical Fitness

Every adult should do 30 minutes or more of moderate physical activity every day. Follow the exercise program prescribed by your doctor and therapy team. Programs vary from simple range of motion exercises to aerobics classes, depending on your injury and general physical condition.

## Balanced Diet

A balanced diet supports general health, and is especially important following any type of injury. Eating a variety of foods from all groups will contribute to the success of your bowel program.

The major food groups are:

- Vegetables and fruits
- Milk/dairy
- Meat
- Breads and Cereals

Your doctor may prescribe a special diet to regulate your bowel movements because of your injury. Please stay the plan given to you by your doctor.

## Stress Reduction

Stress can be positive or negative. An example of good stress may be the way you feel when you are very happy about going on vacation next week. An example of bad stress may be the way you feel about having surgery next week. It can cause you to behave in ways you would not normally act, such as overeating, not exercising, drinking alcohol or having a "bad temper." High levels of stress can make illnesses worse or affect how you think and react to things. Learning how to positively deal with stress will improve your overall quality of life. Consider the following ways to keep stress under control:

- Exercise as directed by your doctor or rehab team
- Talk to friends and family
- Laugh a lot!
- Meditate and engage in visualization and imagery exercises
- Incorporate relaxation exercises into your day
- Get enough sleep each day