



Physical Activity and Exercise Progression after Bariatric Surgery

Getting Started



In order to lose your maximum amount of weight and to maintain that weight loss, it is extremely important to incorporate exercise into your lifestyle! Remember that physical activity doesn't have to include going to the gym. There are many ways to be active and commit to exercise. Use this guide to help you progress to finding a routine that works for you after surgery!

Benefits of Regular Physical Activity

There are many different forms of physical activity. Find something you enjoy and stick with it!



Aerobic fitness
Muscle strength
Mental health
Brain function
Bone Density



Blood pressure
Risk of stroke
Arthritis symptoms
Stress

SUCCESS WITH PHYSICAL ACTIVITY & EXERCISE

Keep Reasonable Expectations

Don't exercise too vigorously after meals or in bad weather. Stick with it, even if you miss a few sessions or days. Look for opportunities to be more active during the day (take the stairs, stretch, walk during lunch, etc.).

Make It Fun

Choose activities you enjoy. Add variety. Involve family and friends. Cardio classes such as Zumba, Spin or Rowing Classes, TRX, and Bootcamps can be so much fun! Check out some of the gyms or classes in your area to try something new and enjoyable.

Stay Hydrated!

It is important to stay hydrated before, during and after exercise. Don't wait until you are thirsty to drink. Pay attention to how much you are sweating and bring a water bottle to remind you sip fluids throughout your workout.





Day 1: Hospital Stay

It's important to get up and walk. This will help you feel better and get you on the right track for going home.

Weeks 1-4: Home After Surgery

Start slow. You may feel tired or fatigued. It is important to still get up and move around. Walk around the house or use the stairs as tolerated. You are just beginning to heal after surgery so light activity is recommended. Trying setting a timer to remind yourself to get up and move!



Improve your range of motion, balance, and flexibility while sitting in a chair. Use this guide or search the internet for other chair exercises.

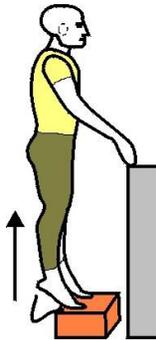
Chair Exercises

Bicep Curls	Arm Raises	Shoulder Circles	Seated March	Leg Circles
2 sets of 8 repetitions (reps)	2 sets of 8 reps	2 sets of 8 reps	1 minute	2 sets of 8 reps per leg
Leg Raises	Back Arm Stretch	Back Stretch	Hamstring Stretch	Overhead Stretch
2-3 sets of 8 reps per leg	Hold for 10 seconds, 3 times per arm	Hold for 10 seconds, repeat 3 times	Hold for 10 seconds, 3 times per leg	Hold 3-4 seconds, repeat 3 times



Non Chair Exercise Ideas for Beginners

Standing Calf Raise



1. Push up with the balls of your feet raising you heels and ankles as high
2. Lower your heel and ankles back to the starting position; then repeat.



Wall Push-up

1. With your feet firmly planted, lower yourself in a controlled manner to the wall as far as you can. Your elbows should roughly reach a 90-degree angle as you approach the wall.
2. Extend your arms, returning to the start position

Further Ideas: *Go on a hike *Play active video games *Walk inside at a local mall or museum *Do a yoga YouTube video *Watch a TV series on the treadmill or elliptical *Walk up stairs at a stadium or park *Do bodyweight air squats during TV commercials

Warm-Up: Be sure warm-up for 5-10 minutes prior to initiating exercise.

Why warm up: Think of warming up as prepping the body for exercise. When your body is properly warmed up, your muscles and joints are ready to perform with a minimized risk of injury.

Examples: Walking, slow jog, jump roping, jumping jacks, dynamic stretching (active, moving stretches), foam rolling, arm swings, etc. Anything that slowly gets the heart rate up and blood flowing!



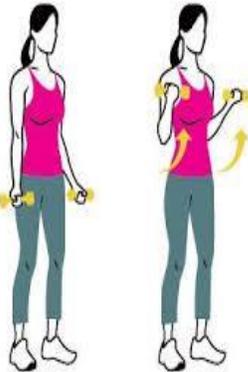
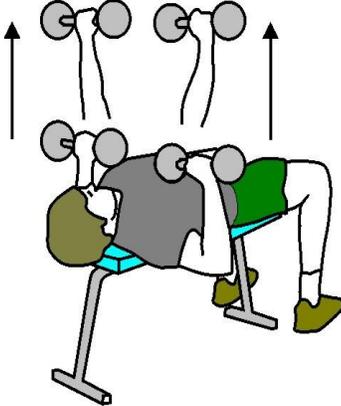
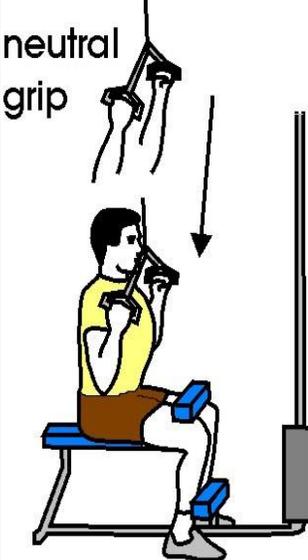


Weeks 5-8: Advancing

Check with your surgeon for approval before beginning any strenuous exercise as well as before starting any weight lifting beyond 10lbs.

Feel free to stay at previous stages due to any specific complications or special needs.

If you are able to increase your exercise, start slowly.

Bicep Curls	Dumbbell Bench press	Lat Pull Down	Resistance Band Row
			
<p>3 sets of 10-12 repetitions (reps) Muscles Worked: Biceps and Forearms</p>	<p>3 sets of 10-12 reps Muscles Worked: Chest, Shoulders, Triceps</p>	<p>3 sets of 10-12 reps Muscles Worked: Biceps and Back</p>	<p>3 sets 12-15 reps Muscles Worked: Back and Biceps</p>



Intermediate Exercise Continued

Med Ball Slams	Dumbbell Shoulder Press	Bodyweight Squats
		
<p>3 sets of 12-15 repetitions (reps) Muscles Worked: Biceps, Shoulders, Glutes, Legs, Core</p>	<p>3 sets of 10-12 reps Muscles Worked: Shoulders, Triceps, Back</p>	<p>3 sets of 15-20 reps Muscles Worked: Glutes, Hips, Hamstrings, Quads</p>

*When it comes to exercise, the amount of rest between SETS will vary depending upon the exercise and how heavy the weight is. In general, **45 seconds to 2 minutes** is recommended. You should be able to perform all of the repetitions and feel fatigued by the end of the set. Feels easy? Increase the reps or weight or both!

Aerobic Exercises

Also known as "cardio" exercises. These exercises increase your heart and breathing rates, but can be sustained for many minutes. Start with 15-20 minutes and work up. These are good for increasing fitness and cardiovascular health. Examples include **bike riding, rowing, running, jump rope, battle rope slams, box step ups, dancing, walking, playing sports, and much more!**



**Key points to remember during this stage: Don't lift more than 10-15lbs until medically cleared. If this stage works for you long-term, you can apply the FITT principle to this routine!*

F: Frequency- How often you perform these exercises. Start with 1-2 times per week and increase up to 3 times per week.

I: Intensity- How hard you are exercising. Instead of resting between exercises, go through an entire set of each exercise of the above routine then repeat 2-3 more times! Or, in order to progress, increase the weight as you are able.

T: Time- How long are you exercising for? Try to build up to the recommended amount of exercise.

T: Type- This refers to the type of exercise you do. Try to achieve a balance throughout your week of both aerobic and strength training exercise.



2+ Months Maintenance / Lifestyle Modification Stage

At this stage, you should be able to increase your exercise/activity on a regular basis. As you feel comfortable, try the advanced exercise routine below. It combines a mix of both strength and aerobic movements intended to build muscle as well as improve cardiovascular fitness. The exercises can be done in any order. Try doing 1 set of each exercise then move on to the next exercise until the entire routine is completed (=1 round). Then repeat 2 more times for a total of **3 rounds**. Rest as needed between exercises and rounds.

Consider the following exercise recommendations as you build more physical activity into your daily routine:

Exercise Amount Recommendations

Moderate Exercise: 150 minutes/ week
(30 minutes/ day, 5 times per week)

OR

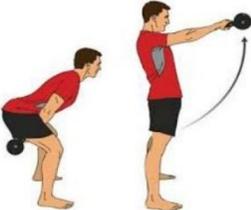
Vigorous Exercise: 75 minutes/ week

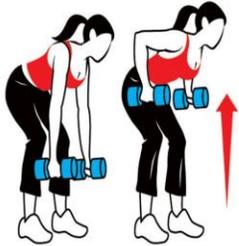
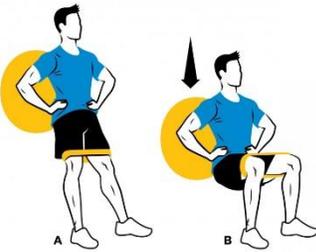


Step Goals: 10,000 steps/ day

Strength Goals: Do strength training exercises for all major muscle groups at least 2 times a week.

Repeat Routine 2-3 Times

Burpees	Plank Hold	KB Swings	Goblet Squat
			
<p>Goal: 8-10 burpees Muscles Worked: Arms, legs, Abs</p>	<p>Shoulders should be stacked over elbows and back flat. Hold for 20 seconds up to 1 minute</p>	<p>Keep back flat and finish in a straight line. Goal: 12-15 reps Muscles Worked: Hamstrings, Glutes, Back, Arms, Core</p>	<p>Start with feet slightly wider than shoulder width. Holding a KB or Dumbbell, squat to parallel or slightly below, then stand back up. Knees should be pointing slightly out. Goal: 10-12 reps Muscles Worked:</p>

			Biceps, Glutes, Legs, Core
Dumbbell Bent over Row	Wall Sits w/ resistance band around legs	Squat to Press	Shoulder Side Raises
			
<p>Keep back flat and chest up, hinge at the hips until forming 90-degree angle. Pull dumbbells towards body until palms are touching rib cage.</p> <p>Goal: 10-12 reps Muscles Worked: Biceps and Back</p>	<p>Place band right above knees. Can also hold onto a weight for added challenge. Squat down with stability ball behind back</p> <p>Hold for 30-40 seconds.</p>	<p>Squatting down just slightly, drive through the heels and stand up, pressing the weight to the ceiling, palms facing inward.</p> <p>Goal: 12-15 reps Muscles Worked: Legs, Glutes, Core, Shoulders, Triceps</p>	<p>Keep back flat and chest up, hinge at the hips until forming 90-degree angle. Raise dumbbells out to shoulder height and hold for 1-2 seconds.</p> <p>Goal: 12-15 reps Muscles Worked: Shoulders and Back</p>

Other advanced movements that can be incorporated into your routine are as follows, however if you are unsure of any movement, please follow up with a Certified Personal Trainer. Movements can be found online for further demonstration as well.

- Plank Jacks
- Pushups
- Pull-ups
- Box Jump
- Wall balls
- Battle Rope Slams
- Sled Pushes
- Deadlift