

Physical Activity

Post Bariatric Surgery Guidelines & Recommendations

Why*

- Improve mental health and well being
- Protect muscle mass in weight loss
- Protect bone mass and strength
- Improve blood sugar management
- Improve fitness and mobility
- Improve weight maintenance

How

- **Slow and steady:** Start easy with short walks and gradually get stronger.
- **Gentle on joints:** Choose low-impact exercises to start like walking, or biking.
- **Listen to your body:** Stop if you feel pain, don't push yourself too hard.
- **Build muscle:** Add light weights or bodyweight exercises later to get stronger.
- **Fun is key!** Choose activities you enjoy so you look forward to doing them.

When and What

Month	Aim	Avoid
1	<ul style="list-style-type: none"> - Walk, 5 to 10 min daily, increase (↑) as tolerated - <u>Light</u> household chores - Easy stairs 	<ul style="list-style-type: none"> - Pushing or lifting more than 20lbs - Water exercises - Abdominal exercises - <u>Medium</u> to <u>Hard</u> activity
2 and beyond	<ul style="list-style-type: none"> - Walk, ↑ frequency or duration - Water exercises if incisions healed - Strength training as tolerated 	<ul style="list-style-type: none"> - Avoid injury: Stay safe and prevent injury by increasing activity slowly and as tolerated

Nutrition Check:

Hydrate: Drink plenty of fluids before, during, and after workouts, especially on hotter days.

Fuel: Continue to follow the bariatric nutrition guidelines outlined in the nutrition manual, incorporating protein for recovery as part of balanced meals and snacks. For further nutrition guidance with increased exercise, speak with a Registered Dietitian.

Exercise Types

- **Cardio (endurance):**

- Walk
- Run
- Dance
- Swim
- Stairs



- **Balance:**

- Walk
- Bike
- Single leg stands
- Yoga



- **Flexibility:**

- Bend
- Twist
- Stretch
- Seated
- Standing



- **Strength (resistance):**

- Weight lifting
- Resistance bands
- Stairs
- Squats
- Lunges



Not sure how hard you are exercising? Try the talk test:

Low activity: you can talk easily (walking)

Medium activity: you can talk, but can't carry a conversation (biking, jogging)

Hard activity: even a few words makes it harder to breathe (running, playing a sport)

Resources

- Free Apps: Nike Training Club, Home Workout – No Equipment, Simple Yoga, Grokker, Down Dog
- Health Canada's Healthy Activity Tips for Adults: <https://www.canada.ca/en/public-health/services/publications/healthy-living/physical-activity-tips-adults-18-64-years.html>
- Free exercise tutorials for safe resistance training at home here: https://www.healthuniversity.ca/EN/DiabetesCollege/Active/Resistance/Exercises/Pages/exercise_s.aspx
- YouTube videos: consider Leslie Sansone's Walk at Home series that can be found here: <https://www.youtube.com/channel/UCVI6ZdslZz2Zj-34bMJFPbg>