

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

- **If you haven't exercised regularly before:** start with increasing how much activity you do; Try to exercise at least 3 times per week
 - Ask yourself, is this something I enjoy? Can I keep doing this activity?
- **If you exercise regularly:** consider increasing the amount, strength or length of activity
 - You can always change the things above in your active lifestyle

When and What

Month	Try	Avoid
1	<ul style="list-style-type: none"> - Walk, 5 to 10 min, 3 or more times per day or increase as tolerated - <u>Light</u> household chores - Easy stairs 	<ul style="list-style-type: none"> - Water exercises - Abdominal exercises - <u>Medium to Hard</u> activity - Pushing or lifting more than 20lbs
2	<ul style="list-style-type: none"> - Walk, ↑ frequency or duration - <u>Light to medium</u> cardio - Water exercises if incisions healed 	<ul style="list-style-type: none"> - Abdominal exercises - <u>Hard</u> activity - Pushing or lifting more than 20lbs
3	<ul style="list-style-type: none"> - Walk, ↑ amount per week or length - ↑ cardio as tolerated - Water exercises if incisions healed 	<ul style="list-style-type: none"> - Abdominal exercise - <u>Hard</u> activity - Pushing and lifting more than 20lbs
4	<ul style="list-style-type: none"> - Water exercises - ↑ cardio as tolerated - ↑ strength training as tolerated - ↑ abdominal exercises as tolerated 	<ul style="list-style-type: none"> - Stay safe and listen to your body to prevent injury



Exercise Types

- **Endurance:**

- Walk
- Run
- Dance
- Swim
- Stairs



- **Balance:**

- Walk
- Bike
- Single leg stands
- Yoga



- **Flexibility:**

- Bend
- Twist
- Stretch
- Seated
- Standing



- **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>