



Weight Loss Surgery - Fitness

Patient Name:

Date:

Health Professional Name:

Designation:

Contact:

- Think of movement as an opportunity, not an inconvenience. Any form of movement is an opportunity for improving your health.
- By the time of your surgery you should have built yourself up to a minimum of 30-45 minutes of moderate intensity cardiovascular exercise per day.
- Build exercise into your daily routine. Be active every day in as many ways as you can.
- Combine short sessions of different activities of 10-15 minutes each to a total of 30-45 minutes or more.
- If you find going out of the house is difficult, consider hiring or buying a piece of exercise equipment (treadmill, cross trainer or bike) for use at home.
- Pedometers are useful. Aim for at least 10,000 steps daily (you can start at 5,000 and work your way up).

Some ideas on how to increase your exercise

- Park further away from work and walk.
- Get off the train or bus a stop earlier and walk the extra distance.
- Take the stairs rather than the lift.
- Go for a walk at lunch time with colleagues from work (don't forget to take a change of clothes and proper shoes).
- Take the dog for a walk.
- Discover your local park or walking track or a close beach.
- Do some work in the garden or sweep the backyard.
- Find the Frisbee, old hula hoop or skipping rope and have a go!
- Organise a regular walk with a friend; you are more likely to keep your resolve to exercise if someone else is expecting you to be there.
- Getting fit (and thinner) for surgery stands you in good stead for recovering quickly, lower risks and fewer complications.
- After surgery it is important to maintain a sustainable exercise regime to burn calories, maintain muscle tone and reduce skin flab. If you can, enjoy some regular vigorous exercise for extra fitness and health benefits. Vigorous exercise makes you "huff and puff".

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Suitable exercises at different times post-surgery

	Suitable		Avoid
Pre surgery	<ul style="list-style-type: none"> • All • Walking • Running • Cross trainer • Exercise bike • Aerobics • Yoga (not cardiovascular but good for toning) 	<ul style="list-style-type: none"> • Gym work • Aqua jogging (especially good if you have sore joints) • Aqua aerobics • Swimming • Pilates (not cardiovascular but good for toning) 	<ul style="list-style-type: none"> • Only those which cause pain
1 week post op	<ul style="list-style-type: none"> • Gentle walking • Start with 10 minutes and build up slowly 		<ul style="list-style-type: none"> • Lifting anything that you are unable to lift comfortably with one hand • Gym work • Aerobics • Aqua jogging • Aqua aerobics • Swimming
1-4 weeks post op	<ul style="list-style-type: none"> • Walking • Cross trainer (minimal arm movement) • Exercise bike 		<ul style="list-style-type: none"> • As for 1 week post op
1-3 months post op	<ul style="list-style-type: none"> • Walking • Running • Cross trainer • Exercise bike 	<ul style="list-style-type: none"> • Gym work • Aqua jogging • Aqua aerobics • Swimming 	<ul style="list-style-type: none"> • Lifting anything that you are unable to lift comfortably with one hand
3 months post op onwards	<ul style="list-style-type: none"> • All • Walking • Running • Cross trainer • Exercise bike • Aerobics • Gym work • Aqua jogging • Yoga (not cardiovascular but good for toning) 	<ul style="list-style-type: none"> • Aqua aerobics • Swimming • Marathons or ½ marathons • Triathlons • 'Round the Bays' and similar events • Pilates (not cardiovascular but good for toning) • 	<ul style="list-style-type: none"> • Only those which cause pain

This nutrition information has been developed for use by Waitematā DHB Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Waitematā DHB Dietitians if you have questions about using this information.

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