

Postoperative Bariatric Exercise

Bariatric Surgery:

Day 0-14	Walking & Climbing stairs	No excessive Cardiovascular activity No swimming/soaking	No Lifting >15lb No core engagement
Day 15-30	Walking & Climbing stairs	Unrestricted Cardiovascular Activity No swimming/soaking	No Lifting >15 lb No core engagement
Day 21 & Beyond	Ok to swim/soak		
Day 30 onward	Walking & Climbing stairs	Unrestricted Cardiovascular Activity	No Lifting Restriction OK to engage core
Lifetime	Daily exercise 30-45min. Unrestricted Resistance and Cardio Activity.		

Exercise after Bariatric Surgery can be daunting. You are unsure where to start? You feel uncomfortable? You feel not ready? You think it is too expensive?

There are a million reasons you can convince yourself not to exercise. The major reason you should convince yourself TO exercise is YOU. You have worked so hard to achieve this, dont stop now.

Different options include at home workouts, online workouts, private or large gyms, personal training. Everyone is different.

To go everywhere you must start somewhere. No one ran a marathon without training so start wherever you can with what you know and build over time. Give yourself grace but be consistent and you will be surprised how far you will go.

Dr Brown's favorite at home workout? SWEAT from www.sweat.com

This app is recommended by Dr Brown for all fitness types from low impact with no equipment to High Impact weight training and Cardio. It is cost effective and easy to use in the comfort of your own home or in a gym. Dr. Brown personally used this app when she lived abroad without access to any equipment and often through medical school when time was limited. The workouts are only 28 minutes! *not paid just loved*

General Surgery

Laparoscopic/Robotic Surgery (Including Laparoscopic Hiatal Hernia):

Day 0-14	Walking & Climbing stairs	No excessive Cardiovascular activity No swimming/soaking	No Lifting >15lb No Core engagement
Day 14 & Beyond	Walking & Climbing stairs	Unrestricted Cardiovascular activity No Swimming/soaking	No Lifting Restriction OK to engage core
Day 21 and Beyond	Ok to swim/soak. Unrestricted Resistance & Cardio Activity.		

Open/Hand Assisted Surgery and Hernia Surgery (Excluding Laparoscopic Hiatal Hernia):

Day 0-14	Walking & Climbing stairs	No excessive Cardiovascular activity No swimming/soaking	No Lifting >15lb No core engagement
Day 15-30	Walking & Climbing stairs	Unrestricted Cardiovascular Activity No swimming/soaking	No Lifting >15 lb No core engagement
Day 21 and Beyond	Ok to swim/soak. No Lifting >15lb or core engagement. Cardio ok.		
Day 30 onward	Unrestricted Resistance & Cardio Activity. Unrestricted core & swimming.		

Postoperative movement and exercise is key in recovery. Walking regularly and advancing as above reduces pain and bloating, increases gut motility to decreases constipation, maintains muscle integrity and strength as well as maintains overall mental health.