

Guiding you to Weight Loss

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Exercising following Lap Band surgery can be as easy as going for a brisk walk, getting in the pool for a short swim or just doing some simple stretching to keep the muscles active and the calories coming off.

Oftentimes in our busy schedules, getting to the gym is not always possible, so exercising in the morning before work or after work at home can also do the trick.

If you are interested in doing lower limb exercises, you can start by working your legs by moving your feet up and down at the ankles. This exercise can be repeated 10 times.

While keeping a foot on the bed, bend up and stretch each leg at alternating intervals, repeating this move five times.

With legs positioned straight, tighten knees and easily squeeze buttocks. Hold this position for three seconds and then release it. Repeat this exercise 10 times.