

One Month after Lap Band

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It is important to remember that your body will need to adjust to the Lap Band and exercising on a regular but safe basis is critical.

Following the first month after the procedure, you should remember not to do any heavy lifting.

One of the best forms of exercise following Lap Band surgery is walking. Not only are you using a variety of muscles, but you are burning up calories. Walking a half an hour three times a week or more has been known to bring down the risk of atherosclerosis and heart disease.

An important factor to remember is that you want to build up your walking program and not overdo it at first.

Do not start out on hills or walk when the weather is least cooperative.

Whether it is simple exercises at home or a strong walking program, exercising following Lap Band surgery will set you on the path to a healthier and happier life.