

Exercise Tips

Exercise Tips

For people who do not normally partake in daily physical activity, simply buying a pedometer to assist in keeping track with calorie burning is a great step forward in one's Lap Band Exercise Guide.

A pedometer counts one's steps as well as their body's motion. The person who has had lap band surgery should challenge themselves to attain 7,000 to 10,000 steps on a daily basis. Every 2,000 steps equals one mile.

Exercising following lap band surgery can also be as simple as taking a brisk walk, climbing in the pool for a quick swim or just doing some simple stretching to keep the muscles active which in turn will help eliminate calories.