

Exercise and Adjusting to Surgery

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An exercise routine at home or during breaks in the office after lap band surgery, and walking after meals can help an individual in the weight loss process and improve the way one looks and feels about themselves.

Lap band patients need to remember that one's body requires adjustment to the band and exercising on a regular but safe schedule is important.

As part of a Lap Band Exercise Guide in the first month after surgery, people should stay away from any major lifting.

One of the best forms of exercise following lap band surgery is walking.

Not only is the individual utilizing a number of muscles, but they are burning calories at the same time. Walking a half an hour three times a week or more has been shown to decrease the risk of some major diseases.

An important factor to keep in mind is that one wants to build up their walking program and not overdo it at first, saving hills and other difficult walks for a later time.