

Simple Exercises Work

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If a lap band patient is interested in doing lower limb exercises, they can begin by working their legs and moving their feet up and down at the ankles. This workout can be repeated 10 times.

While keeping a foot planted 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. Keep this position in place for three seconds and then release it. Repeat this exercise 10 times.

Whether it is simple exercises at home or a strong walking program, exercising after lap band surgery will set one on the path to a healthier and happier life.

For those that do not know now, a good Lap Band Exercise Guide can go a long way in keeping one safe and healthy.