



Bariatrics: Exercise Nutrition

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The American Society For Metabolic & Bariatric Surgery (ASMBS) Exercise Recommendations

Mild to Moderate exercise and activity (prior to surgery):

- Aerobic activity, resistance training for 20 minutes 3-4 days per week
- Improves cardiorespiratory fitness
- Reduces the risk of surgical complications
- Increases healing
- Enhances postoperative recovery

AEROBIC EXERCISE

Physical activity that uses your body's large muscle groups in repetitive action which increases your heart rate and how much oxygen your body uses.

EXERCISE TYPES:

- Moderate paced walking
- Lap swimming
- Cycling
- Jump rope
- Circuit training
- ZUMBA
- Elliptical machine

Benefits of Aerobic Exercise

- Helps regulate blood sugar (improvement of A1c and FBG)
- Improves cardiovascular health
- Lowers blood pressure
- Reduces breathing issues (asthma)
- Reduces chronic pain
- Assists with weight loss
- Improves mood
- Improves immunity

How to get started

- Make a plan
- Set realistic goals
- Be active with a friend or exercise buddy
- Make it a habit
- Start off slowly and know your limitations (take a break when needed)
- Listen to your body
- Stay adequately hydrated
- **HAVE FUN!**

How to get started

- Start with walking: walk at a faster pace, then a slight jog, then easy run
 - This might take you 2-4+ weeks to achieve
- For up to 3-6 months after surgery, you will be limited in lifting heavy weight and some abdominal exercise (crunches, sit-ups, yoga, Pilates).
 - Cardio-type exercises are approved and unlimited. As long as it doesn't hurt you and you don't "over do it" causing exhaustion or dehydration.
- 6 months after surgery, you can fully return to all exercise and weight lifting.
 - Be mindful of your limitations, but increase your time and intensity of the exercise and activity you choose to participate in
 - Example of exercises to incorporate: Cross Training, Spinning/Cycling, Yoga, Swimming, Pilates, Circuit training, Basketball, Racquetball etc.

Exercise & Calories

- Right after surgery:
 - Only 600-1000 calories per day is recommended/tolerated
 - Attempting to eat more may cause gagging, vomiting or dumping syndrome
- 6 months+ after surgery:
 - To avoid stretching your sleeve and/or avoiding undesired weight gain, keep your calorie level between 1000-1200 calories
 - Increased activity will likely result in increased hunger. REMEMBER to ALWAYS choose lean protein as your snack to avoid high carbohydrate and high calorie choices that can result in weight gain or dumping.
- HYDRATION IS KEY! It is important to always remember that no matter what exercise you do. You MUST stay hydrated. Bariatric patients will forever run a high risk of dehydration. Water and sugar-free fluids (also caffeine free) will help prevent this issue from occurring.



Questions?

Call LMG Bariatrics at 505-727-2790.

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