

BARIATRIC FITNESS GUIDE

Your Roadmap to Post-Operative
Exercise Success

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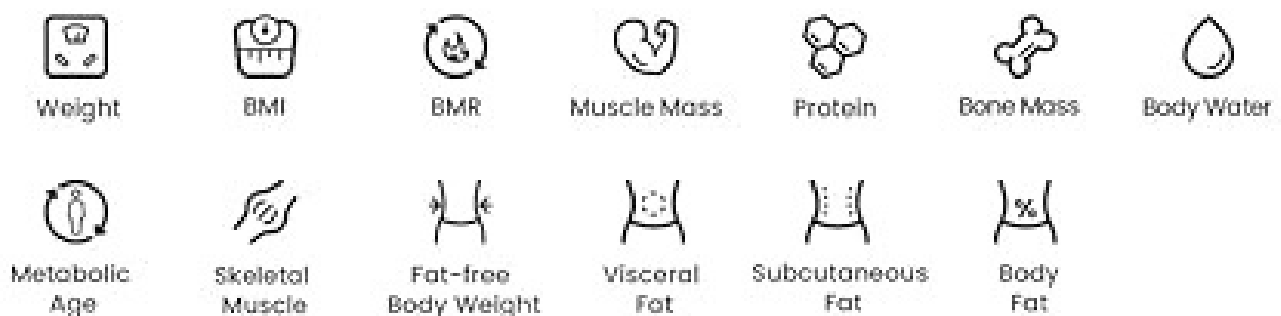
WELCOME TO YOUR TRANSFORMATIVE JOURNEY TOWARD A HEALTHIER, MORE ACTIVE LIFESTYLE AFTER BARIATRIC SURGERY!

This Bariatric Fitness Guide is a comprehensive resource designed to assist you in initiating a safe and effective exercise routine tailored to your post-operative needs as a weight loss surgery patient. It's essential to prioritize your well-being, and consulting with your healthcare provider before embarking on any new exercise program is strongly recommended.

Understanding Your Body After Bariatric Surgery

Following bariatric surgery, your body undergoes remarkable changes. Understanding these changes is crucial for tailoring an exercise routine that promotes both safety and effectiveness. To begin, it is helpful to first understand your overall body composition other than a flat number on the scale. Most Bariatric surgical practices offer body impedance scales. Affordable home body impedance scales are also available online.

A body impedance scale is a valuable tool to help you glean a more comprehensive understanding of your body composition. Its ability to assess fat, muscle, and water content provides insights beyond traditional weight measurements. It allows for a shift in focus from just a number on the scale, to setting goals around reducing body fat % and increasing lean muscle and skeletal muscle mass.



As you get started on your fitness journey, appreciate the resilience of your body. Acknowledge what your current capabilities are, and embrace a gradual progression of increasing your overall activity level.

Setting Realistic Goals

Setting realistic goals is a fundamental aspect of any successful health and fitness journey. Realistic goals are those that are attainable, sustainable, and align with your individual circumstances and capabilities.

Here's a detailed guide on how to set realistic goals:

1. SELF-ASSESSMENT

Begin by conducting an honest self-assessment. Consider your current fitness level, lifestyle, time commitments, and any health considerations. Understanding where you currently stand will help you set goals that are tailored to your unique situation.

2. IDENTIFY YOUR PRIORITIES

Clearly define your priorities and what you hope to achieve. Whether your focus is on increased skeletal muscle mass, loss of body fat percentage, improved cardiovascular health, or overall well-being, specifying your primary objectives will guide the goal-setting process.

3. SMART CRITERIA

Utilize the SMART criteria to structure your goals:

Specific	Clearly define what you want to accomplish.
Measurable	Establish criteria to track your progress.
Achievable	Ensure the goal is realistic and attainable.
Relevant	Align the goal with your broader objectives.
Time-Bound	Set a realistic timeframe for achieving the goal.



4. BREAK DOWN LONG-TERM GOALS

If you have long-term goals, break them down into smaller, more manageable milestones. This not only makes the overall objective less overwhelming but also allows you to celebrate achievements along the way.

5. CONSIDER SHORT-TERM AND LONG-TERM GOALS

Set both short-term and long-term goals to provide a roadmap for your journey. Short-term goals offer immediate targets that contribute to the accomplishment of larger, overarching objectives.

6. BE REALISTIC ABOUT TIME COMMITMENTS

Assess the time you can realistically dedicate to your fitness routine. Setting goals that align with your available time will enhance the likelihood of consistency and success. If you have a busy schedule, consider shorter, more frequent workouts.



7. CONSULT WITH PROFESSIONALS

Seek guidance from fitness professionals or healthcare providers when setting goals, especially if you have specific health considerations or limitations. Their expertise can help ensure your goals are both safe and effective. **If a fitness professional offers nutritional advice, always review their recommendations with your Bariatric Registered Dietitian and/or your Bariatric surgical team.**

8. TRACKABLE METRICS

Identify measurable metrics to track your progress. Whether it's pounds or inches lost, % body fat loss, or improvements in endurance, having quantifiable indicators allows you to objectively measure your success.

9. BE FLEXIBLE AND ADAPTIVE

Recognize that circumstances may change, and your goals may need adjustment. Be flexible and adaptive in modifying your goals to accommodate unexpected challenges or changes in priorities.

10. CELEBRATE SMALL VICTORIES

Acknowledge and celebrate your achievements, no matter how small. This positive reinforcement boosts motivation and encourages continued effort towards your larger objectives. Reflect in a personal journal at the end of each of your workouts to encourage positive self-talk and acknowledgment of your consistent efforts!



11. PERIODIC REVIEW

Regularly review and reassess your goals. As you progress, your capabilities, priorities, and aspirations may evolve. Adjust your goals accordingly to ensure they remain relevant and challenging.

12. EMBRACE A GROWTH MINDSET

Cultivate a growth mindset that sees challenges as opportunities for learning and improvement. Understand that setbacks are a natural part of the journey, and use them as stepping stones toward future success.

Finding The Right Types Of Exercise



Exploring low-impact exercises is a great place to start. Activities like walking, swimming, and stationary biking offer cardiovascular benefits without excessive strain on joints. Additionally, incorporating strength training and flexibility exercises enhances overall fitness. A balanced exercise routine ensures a holistic approach to post-operative well-being, supporting weight management and muscle tone.

GIVE WATER AEROBICS A TRY

Aqua aerobics, conducted in a swimming pool, seamlessly combines aerobic movements with the water's natural resistance, delivering a low-impact, full-body workout.

If you are someone with joint or muscle pain, this exercise form serves as a valuable model of resistance training. The water's natural resistance challenges muscles throughout the entire range of motion, fostering strength, endurance, and flexibility. By engaging multiple muscle groups simultaneously, aqua aerobics offers an efficient and enjoyable means of resistance training- regardless of your fitness level.





Pre-Workout and Post-Workout Nutrition

Nutrition plays a pivotal role in supporting your exercise routine. Consider consulting with your Bariatric registered dietitian to ensure your dietary choices align with your fitness goals while meeting the specific nutritional requirements after bariatric surgery.

PRE-WORKOUT NUTRITION

The quickest source of energy you can eat before your workouts will come from carbohydrates. Whenever possible, grab nutrient dense food sources of carbohydrates over highly processed and packaged carbs. As a bariatric patient, it is still very important to pair carbohydrates with protein in order to keep your blood sugar balanced and to sustain the feeling of fullness after eating. This is especially true for those who have diabetes and insulin resistance.

One example of pairing a healthy carbohydrate with protein would be slicing part of a banana on top of greek plain yogurt. Or, dipping apples into peanut butter. Better yet, make your own smoothie by blending up unsweetened almond milk, 1/2 banana, peanut butter (or PB2), protein powder, ice, and some unsweetened cocoa powder for a healthy peanut butter chocolate protein shake!

POST-WORKOUT NUTRITION

If you're exercising for over an hour duration and are participating in strenuous exercise, then it is important to tune into how your body is feeling after finishing your workout. Are you feeling tired and fatigued? If so, ensure that you are eating a balanced meal within 1-2 hours after your workout. Try to build your plate according to the bariatric plate method with 50% from protein, 30% non-starchy vegetables, and the rest of the food coming from healthy fats and complex / starchy carbohydrates.

Fitness Tips



STAYING SAFE AND AVOIDING COMPLICATIONS

Exercising safely is paramount, especially after bariatric surgery. Understanding your body's signals and recognizing potential complications is crucial. Engage in activities that align with your current capabilities and gradually progress as your strength and stamina improve. Regular communication with your Bariatric provider ensures a proactive approach to any potential challenges.

INCORPORATING LIFESTYLE CHANGES

Enhance your overall well-being by incorporating lifestyle changes beyond exercise. Prioritize hydration, ensure adequate sleep, and adopt stress management techniques. These factors contribute significantly to your post-operative recovery and complement the positive impacts of regular physical activity.

BUILDING A SUPPORT SYSTEM

Recognize the importance of a robust support system on your fitness journey. Share your goals with friends, family, or support groups who can offer encouragement and motivation. Engaging with like-minded individuals fosters a sense of community, making your journey more enjoyable and sustainable. If you're looking for a bariatric support group that feels like family, we encourage you to explore [Banana Bariatrics](https://bananabariatrics.com/) (<https://bananabariatrics.com/>)- our "family-style" bariatric support community!

OVERCOMING CHALLENGES

Acknowledge common challenges faced during the initial stages of starting an exercise routine post-bariatric surgery. Strategies for overcoming time constraints, lack of motivation, or unexpected setbacks involve planning, flexibility, and resilience. Learn to view challenges as opportunities for growth and adaptation.

TRACKING PROGRESS

Explore various methods for tracking your fitness progress. Whether through a journal, fitness app, or wearable device, monitoring your journey helps you celebrate achievements and identify areas for improvement. Regularly reassess your goals and adjust your exercise routine accordingly to ensure continued growth.

ADAPTING YOUR ROUTINE OVER TIME

Recognize that your fitness needs and abilities may evolve over time. Modify your exercise routine to align with your progressing capabilities, incorporating new challenges to maintain engagement and maximize benefits. Adaptation is key to sustaining long-term success in your post-operative fitness journey.

CELEBRATING SUCCESS STORIES

Read inspiring success stories from individuals who have successfully incorporated exercise into their post-bariatric surgery lifestyle. Gain motivation and insights from those who have faced similar challenges, reinforcing the belief that achieving your fitness goals is not only possible but also within reach. We have lots of members inside **Banana Bariatrics** who are focused on moving their bodies more intentionally. If you're looking for an accountability buddy, we encourage you to join our "Bunch"! (<https://bananabariatrics.com/>) to find your next best friend!



Your commitment to health and well-being is a powerful investment in your future. We hope that this Bariatric Fitness Guide will serve as a reliable companion on your path to a healthier, happier you. Stay focused, maintain a positive mindset, and take in the numerous benefits that come with adding exercise, mobility, and flexibility into your post-operative lifestyle.

Sample Beginner Exercise Routine

Before beginning any exercise routine, it is very important to consult with their healthcare provider to ensure that the following exercises are safe and suitable for you. The following is a general beginner's exercise routine for a bariatric patient. This routine focuses on low-impact activities to promote cardiovascular health, muscle strength, and flexibility. It's essential to start slowly, listen to your body, and progress at your own pace.

WARM UP: 5-10 MINUTES

Begin your exercise routine with a gentle warm-up to prepare your body for activity. This can include light aerobic exercises such as walking in place, marching, or gentle arm circles. Focus on gradually increasing your heart rate and warming up your muscles.



WALKING: 15-20 MINUTES

Start with a brisk walk around your neighborhood or in a nearby park. Walking is a low-impact activity that provides cardiovascular benefits. Begin with a duration that feels comfortable and gradually increase the time as your endurance improves.



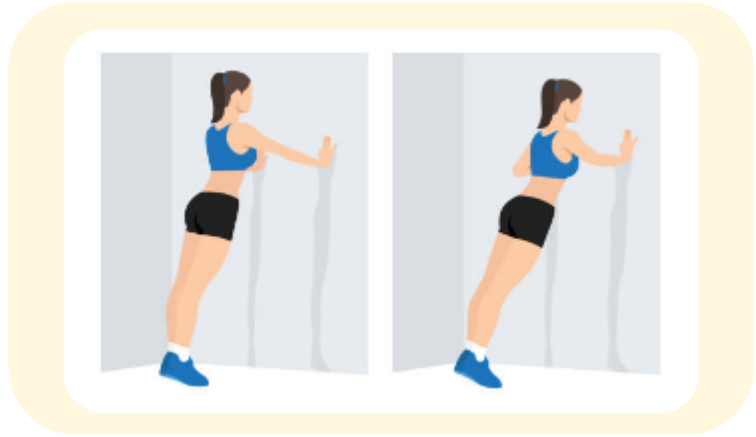
Sample Beginner Exercise Routine

BODYWEIGHT STRENGTH EXERCISES: 10-15 MINUTES

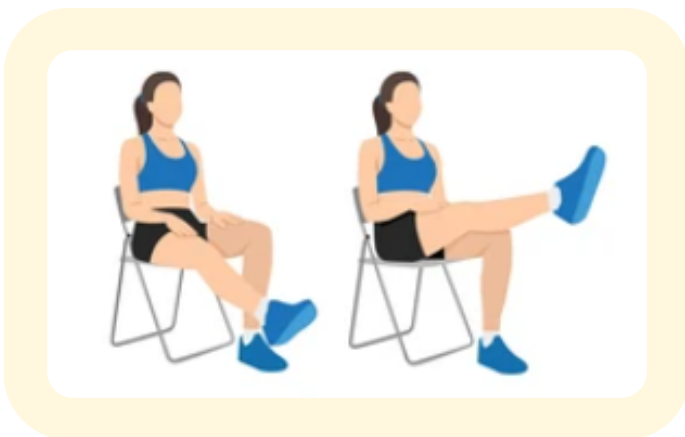
Perform bodyweight exercises to build strength. Start with 1-2 sets of 8-10 repetitions for each exercise. Include exercises such as:



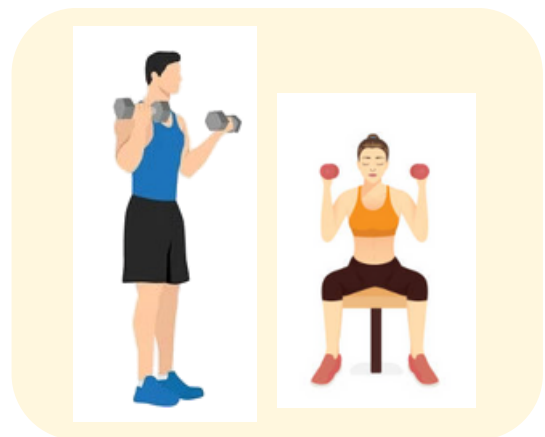
Bodyweight squats



Wall push-ups



Seated leg lifts



Seated or standing bicep curls
(using light weights or resistance bands, if appropriate)

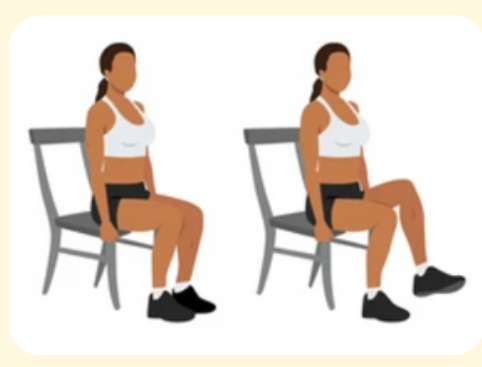
Sample Beginner Exercise Routine

CHAIR-BASED CARDIO: 10-15 MINUTES

Incorporate seated or chair-based cardio exercises to continue improving cardiovascular health while reducing stress on joints. Exercises may include:



Seated leg taps



Seated marching



Seated side leg lifts

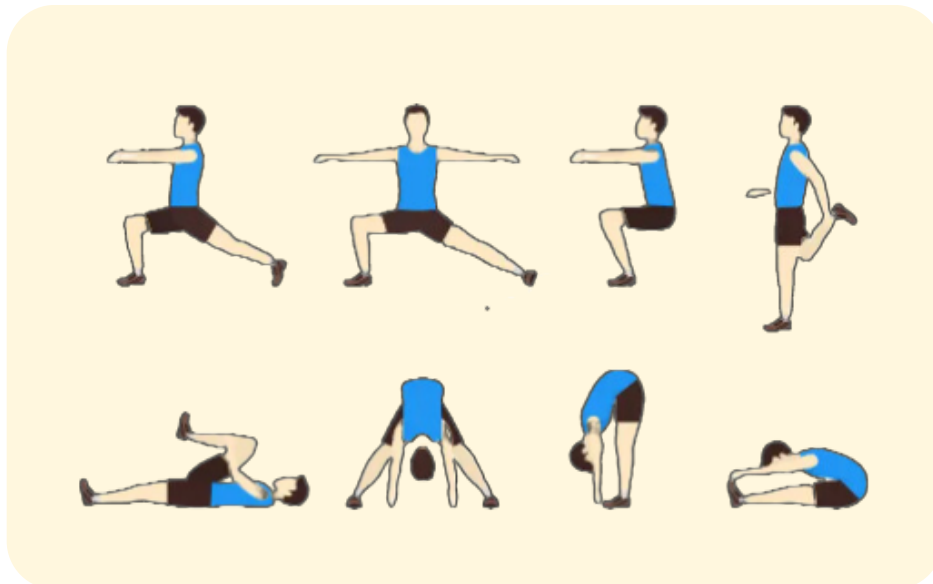


Seated torso twists

Sample Beginner Exercise Routine

FLEXIBILITY AND STRETCHING: 5-10 MINUTES

Enhance flexibility and reduce the risk of injury by incorporating stretching exercises. Focus on major muscle groups and hold each stretch for 15-30 seconds. Include stretches for: calves, quadriceps, hamstring, chest, shoulders, upper and lower back.



COOL DOWN: 5-10 MINUTES



Conclude your exercise routine with a cool-down to lower your heart rate and promote flexibility. Perform gentle stretches, focusing on the muscles worked during your routine. Deep breathing exercises can also be beneficial for relaxation.

Sample Beginner Exercise Routine

IMPORTANT TIPS

- Stay hydrated throughout your exercise session
- Pay attention to your body, and if you experience pain or discomfort, stop the exercise and consult with your healthcare provider.
- Gradually progress the intensity and duration of your exercises as your fitness level improves.
- **Consistency is key**; start with 1 day a week, but stay consistent at doing your exercise every week on this day. When you are able to do so, increase to 2 days per week until you work up to at least 3 days per week of exercising.



REMEMBER

Remember, the key is to start slowly, listen to your body, and gradually increase the intensity and duration of your exercises over time. If you have any concerns or specific health considerations, consult with your healthcare provider or a qualified fitness professional who has experience working with bariatric patients for personalized guidance.

Embarking on a journey towards a healthier, more active lifestyle post-bariatric surgery is a significant step. This Bariatric Fitness Guide provides a comprehensive resource on initiating a safe and effective exercise routine tailored to their unique needs.

As you navigate this transformative path, we would love to invite you to join [Banana Bariatrics](#) in order to offer you more specialized support and resources on your fitness journey.

Banana Bariatrics

By joining Banana Bariatrics' All Access Membership, you not only gain access to expert guidance and personalized fitness plans but also become part of a supportive community dedicated to your success. While you're getting started on your fitness activity of choice, Banana Bariatrics will provide a personalized touch for a holistic and sustainable approach to your health journey. Take the next step with Banana Bariatrics, where your health and fitness goals become achievable and enjoyable.



Learn more about Banana at:
<https://bananabariatrics.com/>



- Facebook: [Bariatric Weight Loss Support Group](#)
- Instagram: **@banana.bariatrics**

