

Lap Band Exercise Plan

Lap Band Exercise Plan

One of the more important items to remember following Lap Band surgery at Top Surgeons is to institute a consistent exercise plan. If you are not one you partakes in daily physical activity, simply purchase a pedometer to help you keep track with your calorie burning. A pedometer counts your steps as well as your body's motion. Challenge yourself to reach 7,000 to 10, 00 steps daily. Every 2,000 steps equal one mile.

Exercising following Lap Band surgery can be as simple as taking a brisk walk, getting in the pool for a short swim or just doing some simple stretching to keep the muscles active which help burn calories .

An exercise routine at home or on breaks in the office, and walking after meals can assist you in the weight loss process and improve the way you feel about yourself.

It is important to remember that your body will need to adjust to the Lap Band and exercising on a regular but safe basis is critical.

In the first month after the procedure, individuals should not do any heavy lifting.

One of the best forms of exercise following Lap Band surgery is walking. Not only are you using a variety of muscles, but you are burning calories. Walking a half an hour three times a week or more has been known to bring down the risk of some major diseases.

An important factor to remember is that you want to build up your walking program and not overdo it at first, saving hills and other more strenuous walks for later.