

One Month Following Lap Band

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As part of the Lap Band Exercise Plan it is important for lap band patients to keep in mind that their body will need to get use to the Lap Band and exercising on a regular but safe basis is important.

After the first month following the lap band procedure, individuals should remember not to do participate in any heavy lifting.

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

Not only are lap band patients working out a variety of muscles, but they are burning up calories. Walking a half an hour three times a week or more has been shown to lessen the risk of atherosclerosis and heart disease.

An important factor to remember here is that individuals taking part in the Lap Band Exercise Plan want to build up their walking program and not do too much it at first.

Lap band patients should not start out on hills or walk when the weather is not good.