



Exercise Physiology before and after Bariatric Surgery

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Outline

- Aerobic Conditioning: Guidelines and Type
- Muscular Conditioning
- After the Surgery

Aerobic Guidelines

- Per the American College of Sports Medicine the aerobic conditioning guidelines are to reach 150 minutes per week.

Example: 5 days a week walking 30 minutes

Even 10 minutes at a time counts!

- Make sure to choose different aerobic activities such as walking, stationary bike, water aerobics, this puts less pressure on the joints!



Aerobic Guidelines cont'd

- Make sure to get your heart rate up when performing aerobic conditioning! Should be sweating, but still able to carry on a conversation and it is not hard.
- Also, measure your heart rate for moderate intensity there is a formula listed below:
 - 1. Calculate maximal heart rate first: $220 - \text{age} = \text{Max Heart Rate}$
 - 2. Take Max Heart Rate $\times .65 =$ 65% Max Heart Rate
 - 3. Take Max Heart Rate $\times .75 =$ 75% Max Heart Rate
- 65-75% Max Heart Rate is moderate intensity and should be your goal.

Muscular Conditioning Cont'd

- Muscular Conditioning or resistance training involves using bands, dumbbells or exercise weight machines in a fitness center at least two days a week on opposite days ie. Tuesday and Thursday as recommended by the American College of Sports Medicine.
- This will help maintain the lean muscle you have with the weight loss you experience, increase muscle and decrease inches.

Muscular Conditioning Cont'd

- You can start with 1-2 sets (or groups of exercises) with 12-15 reps (or number of times.)
- You can perform these exercises at home or in a fitness center but remember to change up your routine every 4-6 weeks as the muscle gets used to things.
- Either increase the weight by 2-5lbs for upper body or 5-10lbs for lower body as recommended by the National Strength and Conditioning Association or increase sets or reps consult with your exercise physiologist if you have any questions.

Muscular Conditioning Cont'd

- It is important for weight loss and general conditioning to perform a minimum of 8 exercises each session that works the major muscles groups such as the chest, back, legs, shoulders and abdomen.



After the Surgery

- For the First 4 weeks don't lift more than 30lbs and start on walking plan listed below, is also according to physician advice this may need to be modified.

Walking Plan:

- 1st Week: Walking 8 times a day, every 1-2 hours walk around house as tolerated
- 2nd Week: Walking 10 minutes at a time, 3 x day
- 3rd Week: Walking 30 minutes at a time
- 4th Week: Walking 30 minutes at a time

After the Surgery

- After meeting and being cleared by physician after the 4 weeks: Elliptical, Stair Stepper can be resumed in addition: muscular conditioning exercise routine can start again but should start around 30lbs and gradually increasing the weight as tolerated.
- Usually make aerobic conditioning a priority with 4-5 days a week 30-60 minutes and weight training on opposite days 2 days a week 2-3 sets of 12-15 reps of the major muscle groups.
- Make follow up appointment 6 months after your surgery.