

Exercise:

Regular exercise following bariatric surgery has many advantages.

Some people report difficulty engaging in any sport prior to surgery and view their weight loss as an opportunity to start including exercise in their daily routine.

Research shows that approximately 1/4 of the body weight lost after surgery comes from muscle breakdown.

Note that while weight loss is important, the composition of the body and maintaining muscle mass is very important. Muscle mass is central to overall health, physical abilities, appearance and even maintenance of weight loss over time.

To maintain muscle mass, prevent additional loss of muscle mass and maintain your general health, it is important to exercise regularly.

To achieve these goals, we recommend including weekly aerobic and strength training.

Additionally, it is important to reduce the amount of time you spend sitting and you are encouraged to integrate daily activities, such as taking the stairs or walking to the store to increase your overall activity throughout the day.

We know that it can be difficult in the beginning, but that is exactly why we are here for you!

To receive a personal exercise program and individual guidance, you can contact the physical therapists who provide exercise counseling at the Bariatric Clinics or Maccabi's Physical Therapy Clinics located throughout the country.

You will need a referral from your doctor for physical activity at the Physical Therapy Service.

