

Bariatric Surgery Exercise Recommendations

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Address: [Insert Patient Address]

City, State, Zip: [Insert City, State, Zip]

Dear [Patient Name],

Congratulations on your decision to undergo bariatric surgery. As part of your journey toward a healthier lifestyle, incorporating regular physical activity is essential. Below are some exercise recommendations tailored for your post-operative care:

Initial Recovery Phase (Weeks 1-4)

- Begin with gentle walking for 10-15 minutes, 2-3 times a day.
- Focus on deep breathing exercises and light stretching.

Building Stamina (Weeks 5-8)

- Increase walking duration to 20-30 minutes, 5 times a week.
- Introduce low-impact activities such as swimming or cycling.

Regular Exercise Routine (Months 3 and Beyond)

- Aim for at least 150 minutes of moderate-intensity exercise each week.
- Incorporate strength training exercises twice a week.
- Consider group classes or sessions with a personal trainer for motivation.

Always listen to your body and consult your healthcare provider before beginning any new exercise program. Remember to stay hydrated and monitor your progress throughout your journey.

If you have any questions or need further guidance, please do not hesitate to contact our office.

Sincerely,

[Your Name]

[Your Title]

[Your Clinic/Organization Name]
[Your Contact Information]