

## Physical Regeneration and Strength Upgrade - HANDOUT

### Physical Activity Recommendations

Increased physical activity and exercise behaviors before and after surgery can improve long term weight loss maintenance and have many other health benefits. While some people have a long history of being active others have led a sedentary lifestyle for many years.

Recommendations should be individualized. No physical activity guidelines have yet been developed by the American Society for Metabolic Surgery and that are specific to bariatric surgery patients, however general guidelines for weight loss and improved health are a good place to start. Your regimen and routine may change over the course of pre- and post-surgery based on your bodies needed and calorie burning.

#### Pre-surgery Routine:

Mild exercise (including aerobic conditioning and light resistance training) 20 min/day 3–4 days/week before bariatric surgery will improve cardiorespiratory fitness, reduce the chance of surgical complications, enhance healing and postoperative recovery (King & Bond, 2013).

#### Post-surgery Routine (see 2 tables below):

Exercise for at least 30 min per day 3-4 days/week and strength train 2 days per week to achieve optimal body weight and improve body composition. However, greater physical activity may be needed to control body weight in those individuals who are overweight/obese.

Evidence-Based Physical Activity Guidelines for Healthy and Overweight/Obese Adults

Agency	Target Population	Benefit	Recommendation
United States Department of Health and Human Services (USDHHS)(37)	Healthy adults	General health benefits *	≥150 minutes (min) of aerobic moderate-intensity physical activity (PA) or 75 min of aerobic vigorous-intensity PA per week in episodes of ≥10 min, plus muscle-strengthening activities for major muscle groups ≥2 days per week
Institute of Medicine (IOM) (16)	Adults	Prevention of weight gain Weight-independent health benefits	60 min of moderate-intensity PA per day
American College of Sports Medicine (ACSM) (12)	Overweight and obese adults	Weight loss Prevention of weight regain	≥250 min of moderate-intensity PA per week
International Association for the Study of Obesity (IASO) (32)	Formerly obese adults	Prevention of weight regain	60- to 90-min of moderate-intensity PA per day (or lesser amounts of vigorous-intensity PA) on most days of the week

Abbreviations: PA, physical activity, Min, minutes

\*Table from King and Bond (2013).



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### PHYSICAL ACTIVITY RECOMMENDATIONS FOR DIFFERENT AGE GROUPS

Age Group	Recommendations
<b>PRESCHOOL-AGED CHILDREN (3-5 YEARS)</b>	Physical activity <b>every day throughout the day</b> . <b>Active play</b> through a <b>variety</b> of enjoyable physical activities.
<b>CHILDREN AND ADOLESCENTS (6-17 YEARS)</b>	<b>60 mins (1 hour)</b> or more of moderate-to-vigorous intensity physical activity daily. <b>A variety</b> of enjoyable physical activities. <b>As part of the 60 minutes, on at least 3 days a week, children and adolescents need:</b> <ul style="list-style-type: none"><li>• <b>Vigorous activity</b> such as running or soccer</li><li>• Activity that <b>strengthens muscles</b> such as climbing or push ups</li><li>• Activity that <b>strengthens bones</b> such as gymnastics or jumping rope</li></ul>
<b>ADULTS (AGES 18-64 YEARS)*</b>	At least <b>150 minutes a week</b> of moderate intensity activity such as <b>brisk walking</b> . At least <b>2 days a week</b> of activities that <b>strengthen muscles</b> . <small>*Aim for the recommended activity level but be as active as one is able</small>
<b>OLDER ADULTS (65 YEARS AND OLDER)*</b>	At least <b>150 minutes a week</b> of moderate intensity activity such as <b>brisk walking</b> . At least <b>2 days a week</b> of activities that <b>strengthen muscles</b> . Activities to <b>improve balance</b> such as standing on one foot. <small>*Aim for the recommended activity level but be as active as one is able</small>

Source: Physical Activity Guidelines for Americans, 2nd edition. Available at <http://www.health.gov/physical>.

\*Table from CDC, (2020).

### Post-surgery: Starting a Routine

If able, begin walking while still in the hospital, unless instructed otherwise. As you heal, then begin to increase your exercise time and intensity. Your doctor will release you to increase your activity based on your progress. After surgery, exercises such as weights, sit-ups, pull-ups, or any abdominal straining should wait until you get the go-ahead from your doctor.

### Post-surgery: Types of Exercise:

- Aerobic (“cardio”) – getting your heart rate up.
- Resistance (strength) – building strength and endurance.
- Flexibility exercise – building flexibility and agility.



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Try different exercise programs to find what is right for you. Learn what is available in your community through your bariatric program, local fitness centers, and fellow patients. Warm water exercise (such as lap swimming or water aerobics) is excellent for those with joint pain. Home exercise videos are another option if you do not have access to a nearby gym.

### References:

ASMBS (2020), Life After Bariatric Surgery. Fitness:

<https://asmbs.org/patients/life-after-bariatric-surgery>

NCBI (2020), King, W. Bond, published 2013. The Importance of Pre and Postoperative Physical Activity Counseling in Bariatric Surgery:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3529741/>

CDC (2020), Physical Activity Recommendations for Different Age Groups,

<https://www.cdc.gov/physicalactivity/basics/age-chart.html>

