

PACIFIC EXPLORER NEWSLETTER

Exercise Corner by Mike Rossi, PA-C 2003

The Importance of Pre-op and Post-op Exercise

PRE-OP:

It is really important to prepare your body physically prior to your surgery date.

Major surgery will increase the level of stress to your vital organs. Improving your fitness level prior to surgery will help decrease the likelihood of postop complications, improve a sense of mental well-being, relieve stress prior to surgery, reduce feelings of depression and anxiety and set ground work for a continued exercise regimen after your surgery.

It is important to find an activity that you enjoy and one that you are physically capable of doing. Remember to start slow, depending on your current fitness level and gradually increase your duration and intensity level. You may want to start walking 5-15 minutes/day and then increasing your duration by 5 minutes per week until you can walk at a vigorous pace for 3/5 week for at least 30 minutes. You can incorporate other type of exercise at this pace like biking, swimming, jogging, dancing, or other sustained aerobic activities of your choice.

You will also want to think about strength or a resistance program using tubing or lightweight dumbbells, which will increase your muscular endurance, helps to burn fat more efficiently and improve muscle tone. Remember while you are watching TV you can blow into a balloon to help increase your lung capacity to sit against a wall to help increase your leg strength.

POST-OP:

If you have the groundwork for exercise prior to surgery, your motivation to exercise after surgery will be much stronger. As with any type of exercise in which you have not participated in for awhile you should start slowly and gradually increase your duration and intensity. Besides all of the obvious benefits, exercise is a key component after surgery to help you reach you goal weight faster and maintain this weight loss. Remember to try to incorporate some type of resistance training into your daily exercise regimen, remembering not to lift any weight above 10 lbs. for your first two weeks,

abover 20 lbs. for at least 6-8 weeks, and less than 35lbs (and no abdominal exercises) until three months post-op.

Tips for Workday Workout 2003

Your New Year's resolution may have been to increase your physical activity, since it is encouraged after the Duodenal Switch procedure to maximize weight loss and maintain health.

You are willing to try, but how do you fit in exercise in your busy schedule? As you begin to add steps to your day, you will see that the key to becoming more actives is learning to identify opportunities for physical activity- and taking advantage of them as they arise.

Here are some tips:

1. Park your car at the far end of the shopping center.
2. Get off public transportation a few stops early and walk the rest of the way to your destination
3. Use the stairs instead of the elevator.
4. Do not shop over the internet --- visit the grocery store.
5. Lose the remote control --- get up to change the channels. (Better yet, divorce your TV and go out dancing).
6. Take a water break workout. Get up to refill your water cup (you need at least 8 cups of fluid a day to keep hydrated).
7. Go to the park and play with your kids.
8. Take advantage of the speaker phone, and get up and move around during calls.
9. Give yourself a stretching break.
10. Join a health club and work out during lunch and work out during lunch, or before or after work.
11. Enjoy activities with friends and family --- go dancing or bowling.
12. Sign up for a community sports team --- you'll meet new people, have fun and get in shape at the same time.