

Congratulations!

You've made a very important decision towards a healthier life journey!

Now what? It is important to exercise 3-4 times a week to continue to lose weight and 1-2 times per week to maintain your weight.

Bariatric Exercise Benefits

- Exercise will help you burn fat while keeping your lean muscle. When you lose weight, your body will naturally eliminate both fat and muscle. By incorporating and being consistent in an exercise plan after surgery you can preserve your lean muscle.
- You will begin to *feel* Amazing! Regular exercise can improve your blood sugar, strengthen your heart & bones & enhance your immune system.
- Exercising produces endorphins ~ your body's natural "mood booster" that can help you more easily deal with anxiety, stress & depression.
- Maintain lean muscle mass by doing strength/weight training which is great for toning & building muscle and improving the elasticity of your skin. This will speed up your metabolism as well. Lunges, squats & lifting weights are great for strength training. The plank, sit-ups, crunches etc. are good for core strength which can help prevent future injuries. As with all exercise programs, any issues regarding knees, shoulders, back limitations, can be modified if needed.

You've chosen a powerful weight loss tool ~ continue to be committed to your investment by following a consistent exercise plan & healthy diet.

To schedule an exercise assessment specifically for you contact **Lisa Chappell**, Personal Fitness Trainer at **361-212-8775**.