

Our Exercise Prescription

Exercise is one of the major “pillars” of health maintenance for successful weight loss.

Physical Health improvements

Mental health improvements

Preventing weight regain

Prevention and treatment of joint pain/back pain/mobility problems

Exercise prescription for your post-operative health and wellbeing:

First Few Weeks: Minimum of 20 mins walking per day, or 2000 steps per day. After 2 weeks, treadmill exercise is ok for most people. Try to aim for a minimum of 2-3 hours of exercise per week.

1-3 months: Simple exercise. Walking and programmed daily activities, eg walk to shops, school, work etc. A high protein diet and resistance exercise will help prevent muscle loss during weight loss.

3-6 months: Decreased physical disability will lead to increased opportunities to re-engage with exercise/activities. Consider your eating and activity plan for weekdays and weekends. A high protein diet and resistance exercise will help prevent muscle loss during weight loss.

6-18 months:

- a) Introduction of sustainable resistance exercise for maintenance of skeletal health and protection from injury eg Pilates, Yoga, Light weights (gym). A high protein diet with resistance exercise will help prevent muscle loss during weight loss.
- b) Targeted, goal directed, intensive exercise therapy. This is something to consider if you wish to add to your “weight-loss trajectory”.

Exercise Options:

- 1) **Social prescription:** eg livelifegetactive.com, parkrun.com.au, www.activeandhealthy.nsw.gov.au. Your GP can also be an excellent person to discuss what is available.
- 2) **Exercise physiologist:** For people with any musculoskeletal disorder an Exercise Physiologist is the preferred exercise provider. You may qualify for an Enhanced Primary Health Care Plan that can allow a Medicare rebate for each treatment/assessment and an amount for group classes.
- 3) **Fitness passport:** Some employers may offer this program that subsidises membership to a wide range of commercial gyms. www.fitnesspassport.com.au
- 4) **High Intensity Interval Training (HIIT):** Offered by personal trainers and gyms.
- 5) **Commercial gym membership:** SNAP, Fitness First, Anytime Fitness, Fernwood, Virgin fitness and others.