



## **Getting the most from your Bariatric Surgery: Increasing Activity**

Increasing activity levels can seem rather daunting but there are *three* simple ways to increase your activity levels and you only need to make one change at a time to make a real impact

- **Increase the frequency - getting out more often**  
Aim to walk 5 days a week rather than 3
- **Increase the duration - being active for longer each time**  
Add 10 minutes to your walk, this will make a big difference
- **Increase the exertion - working a bit harder**  
Increase the speed of your walk or find some hills to walk up. Try using a stopwatch on your smart phone or fitness tracker.
- **Set yourself realistic and achievable goals**
- **Review your goals regularly to challenge yourself**



## **Getting the most from your Bariatric Surgery: Increasing Activity**

Most of us believe that exercise is good for us, so why don't we do enough of it?

These are some of the most common reasons why people do not live an active life:

- "I feel so out of shape that I don't know where to start"
- "I don't have the time to exercise"
- "Small amounts of exercise would not benefit me"
- "I feel embarrassed exercising in front of other people"

Take some time to consider the real reasons why you are not as active as you might be. It may help to write them down