



Information On Jumpstarting Your Post Bariatric Surgery Exercise Program Provided

October 07, 2016

October 07, 2016 - PRESSADVANTAGE -

Bariatric Mexico Surgery has recently posted new information that is designed to help patients with their post-surgical exercises. The company states that a new exercise program can be found on their website, and will help patients to better move into the next phase of their recovery period.

Alma Orozco with Bariatric Mexico Surgery says, "Patients are often afraid to begin exercising because they don't know what they can and cannot do. Our goal with this new information is to hopefully help them to better understand which exercises they should be doing and when."

The post, which can be seen at <https://www.bariatricmexicosurgery.com/jumpstarting-your-post-surgery-exercise-program/>, contains a number of specific exercises and information on when patients can expect to be able to perform said exercises without worries of harming themselves after surgery. Orozco states that one of the most important keys to successful weight loss after bariatric surgery is to begin and maintain a quality exercise regimen.

"Most patients in the beginning simply do not have the energy to keep up with exercising," says Orozco.

"Fortunately, as more and more weight comes off, it becomes easier and easier to get the exercise needed to maintain that desired weight."

Orozco states that with each weight loss plateau, patients will feel more and more like getting out and getting additional exercise, which ultimately leads to more weight loss. Orozco says that it is a cycle that repeats itself and that the best way to get that cycle started is to begin exercising as quickly as possible after surgery.

BMS states that weight loss is rapid immediately following the surgery but that the metabolism of each patient will eventually begin to slow, which could make it seem more difficult to lose additional weight. Orozco says that this is when exercise is crucial to ensure that weight loss continues to the point where the patient reaches his or her weight loss goals. More on the exercises and how to implement them can be seen on the clinic's official website at <https://www.bariatricmexicosurgery.com/>.

Orozco states that many bariatric surgery patients feel that the surgery alone is enough to achieve their weight loss goals. The clinic states that this is unfortunately not true and that exercise is needed for overall wellness and to tone the body as weight is lost. Those wishing to learn more can connect with the surgery center on their official Facebook page.

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For more information about Bariatric Mexico Surgery, contact the company here: Bariatric Mexico Surgery Alma Orozco 1 (800) 316-8234 info@bariatricmexicosurgery.com Diego Rivera 2386, Zona Urbana Río Tijuana, Tijuana, Baja California 22010 Mexico

Bariatric Mexico Surgery

Bariatric Mexico Surgery works with individuals who are interested in weight loss surgery by answering questions and offering bariatric surgery procedures through a relationship with some of the best surgeons in North America.

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