



Contact Information:

www.mtmc.org/wellnesscenter
611 East Lytle St.
Murfreesboro, TN 37130
Phone: 615-896-0290

Hours of Operation:

Mon-Thurs: 6am-8pm
Friday: 6am-7pm
Saturday: 8am-1pm
Sunday: Closed

About the Bariatric Wellness Aftercare Program

We're here to help you lose the weight for good. For life.

Bariatric surgery is only one small component of the overall success for weight management. Physical activity, good nutritional habits, and smoking cessation are essential to a patient's long-term weight maintenance and health. In fact, the most successful long-term surgical weight loss patients are committed to exercise.

As a part of the only specialized Bariatric Wellness Aftercare Program in Murfreesboro, we want to help you achieve and sustain your personal goals while providing encouragement, support, and direction every step of the way. Participants do not need to be a member of the Wellness Center to meet one-on-one with an Exercise Physiologist for life to:

Discuss and Set / Adjust Personal Goals

Example goals:

1. Achieve and maintain goal weight
2. Build muscle tissue
3. Increase strength and endurance
4. Increase metabolism, burn fat
5. Improve mobility
6. Improve skin elasticity
7. Enhance mood
8. Improve self-esteem
9. Lower blood pressure
10. Lower blood sugar
11. Reduce stiffness in joints
12. Improve heart and lung function
13. Help with smoking cessation
14. Strengthen bones and reduce bone loss
15. Increase energy level
16. Improve lipids (increase HDL/lower LDL)
17. Improve posture
18. Improve mental alertness and memory
19. Promote sleep
20. Decrease stress, depression, and anxiety
21. Improve flexibility
22. Increase capacity for physical work
23. Increase life expectancy
24. Promote healing

Develop a Plan to Achieve Goals

- Type of Exercise (cardiovascular, strength, and flexibility training)
- Frequency of Exercise (number of exercise sessions per week)
- Intensity of Exercise (measured by calculating your target heart rate)
- Duration of Exercise (number of minutes per exercise session)
- Location of Exercise (home, mall, park, work, fitness center, church, or school)
- Discuss how to track progress (workout journal)

Discuss How to Implement Plan

- Get started slowly and pace yourself
- Stay consistent and fit physical activity into your daily routine

Evaluate Program on a Regular Basis

- Meet with an Exercise Physiologist between post-op week 1 and post-op week 4, and then at least every 3 months thereafter to discuss progress and program modifications.

In addition, we offer participants access to our facility and specialized equipment at a discounted membership rate. For \$20/month, you can take advantage of a free equipment orientation and have daily access to certified staff for questions. **Prior to program participation, a physician's referral and release is required.** To participate in this program, call the Wellness Center at 896-0290 or stop by the front desk.



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Exercise Expectations Before and After Bariatric Surgery

Pre-Op

Begin an exercise program prior to surgery. Meet with an Exercise Physiologist to develop an individualized plan.

Post-Op Day 1

Walk in room 2-3 times and sit in chair with nurse assistance.

Post-Op Day 2 – Day 7

Walk 3-5 minutes, 4-6 times a day.

Post-Op Week 1- Week 2

Continue walking, increasing the time of the walk to 5-15 minutes, 3 times a day.

Post-Op Week 2- Week 4

Continue walking 10-15 minutes, 3 times a day. May begin weight training with physician approval.

Post-Op Month 1- Month 3

Continue 30 minutes to 1 hour of cardiovascular activity at least 5 days per week. Begin or continue weight training. All wounds must be healed before participating in water exercise.

Post-Op Month 3 and On

Stay committed to exercise and Bariatric Wellness Aftercare Program.

Sample Work-out Routines

Routine 1

- Monday – Cardiovascular activity for 30-40 minutes and upper body weights
- Tuesday – Cardiovascular activity for 30-40 minutes and lower body weights
- Wednesday – Cardiovascular activity for 40-60 minutes
- Thursday – Cardiovascular activity for 30-40 minutes and upper body weights
- Friday – Cardiovascular activity for 30-40 minutes and lower body weights

Routine 2

- Monday, Wednesday, Friday – Cardiovascular activity 20-40 minutes and upper and lower body weights
- Saturday and Sunday – Walk 15-30 minutes twice a day