



**KENTUCKY
BARIATRIC
INSTITUTE**

JULY 2024 NEWSLETTER

Message from Dr. Smith



As we navigate the challenges and triumphs of our weight loss journey, it's crucial to remember that each day brings new opportunities for progress and self-discovery. Bariatric surgery is a powerful tool, but it's your dedication

and determination that truly drive your success.

I am continually inspired by your resilience and commitment to transforming your lives. Remember, it's not just about the physical changes, but also about embracing a healthier, happier lifestyle. Celebrate every milestone, no matter how small, and be kind to yourself during setbacks. Each step forward, no matter how modest, brings you closer to your goals.

Stay focused, stay positive, and know that my team and I are here to support you every step of the way. Let's continue to build a future full of health, vitality and joy.

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The Benefits of Physical Activity After Bariatric Surgery

Engaging in physical activity post-bariatric surgery offers numerous advantages that significantly contribute to your overall health and weight loss success. Here are some key facts about these benefits:

1. Enhanced Weight Loss and Maintenance

Regular exercise helps to accelerate weight loss and maintain the results achieved through surgery. According to the American Society for Metabolic and Bariatric Surgery (ASMBS), patients who incorporate physical activity into their routine experience greater weight loss and are more successful in keeping the weight off long-term.

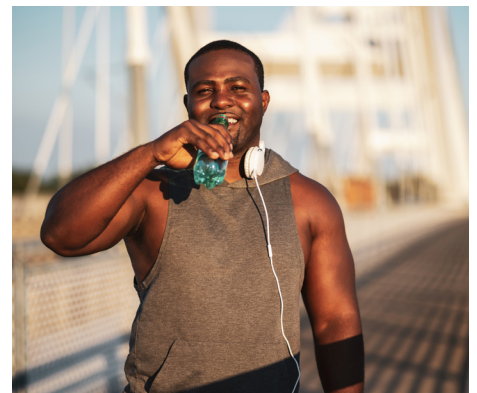


2. Improved Metabolism

Exercise boosts your metabolic rate, helping your body to burn calories more efficiently. This metabolic enhancement is crucial after bariatric surgery, as it aids in maximizing the benefits of your reduced calorie intake.

3. Preservation of Lean Muscle Mass

Maintaining muscle mass is important for overall strength and metabolism. Physical activity, particularly strength training, helps to preserve and build lean muscle, which can otherwise be lost during rapid weight loss.



4. Cardiovascular Health

Regular exercise improves cardiovascular health by lowering blood pressure, improving cholesterol levels and reducing the risk of heart disease. A study published in the journal Obesity Surgery found that bariatric patients who engaged in regular physical activity had significantly better cardiovascular health outcomes compared to those who were sedentary.

5. Enhanced Mood and Mental Health

Physical activity releases endorphins, the body's natural mood elevators, which help to reduce feelings of anxiety and depression. This psychological benefit is especially valuable post-surgery, as adjusting to lifestyle changes can be challenging.

The Benefits of Physical Activity After Bariatric Surgery

6. Improved Mobility and Reduced Joint

Weight loss combined with regular exercise can lead to significant improvements in mobility and reductions in joint pain. Activities like walking, swimming and yoga can enhance flexibility and reduce the burden on weight-bearing joints.

7. Better Sleep Quality

Engaging in regular physical activity is linked to improved sleep quality and duration. This is important for overall health and recovery post-surgery, as quality sleep supports weight loss and metabolic function.

8. Increased Energy Levels

Patients often report higher energy levels and reduced fatigue as a result of regular physical activity. This increase in energy can further motivate you to stay active and engage in daily activities.

By incorporating physical activity into your daily routine, you can reap these benefits and enhance your journey towards a healthier, more active lifestyle. Remember to consult with your healthcare team before starting any new exercise regimen to ensure it's safe and appropriate for your individual needs.



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References:

1. American Society for Metabolic and Bariatric Surgery (ASMBS). (2020). Benefits of Exercise After Bariatric Surgery. Retrieved from ASMBS.
2. Harvard Health Publishing. (2020). Exercise and Weight Loss Surgery. Retrieved from Harvard Health.
3. Cleveland Clinic. (2021). Exercise After Bariatric Surgery: Benefits and Tips. Retrieved from Cleveland Clinic.
4. Obesity Surgery Journal. (2018). Impact of Physical Activity on Cardiovascular Outcomes in Bariatric Patients. Retrieved from Obesity Surgery.
5. Mayo Clinic. (2021). Physical Activity and Mental Health Post-Surgery. Retrieved from Mayo Clinic.
6. Arthritis Foundation. (2020). Exercise and Joint Health After Weight Loss Surgery. Retrieved from Arthritis Foundation.
7. Sleep Foundation. (2019). The Role of Exercise in Sleep Quality After Bariatric Surgery. Retrieved from Sleep Foundation.
8. National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). (2021). Physical Activity and Increased Energy Post-Surgery. Retrieved from NIDDK.

Recipe

Baked Cheddar and Parmesean Zucchini Sticks

Adapted from: damndelicious.net

Makes: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

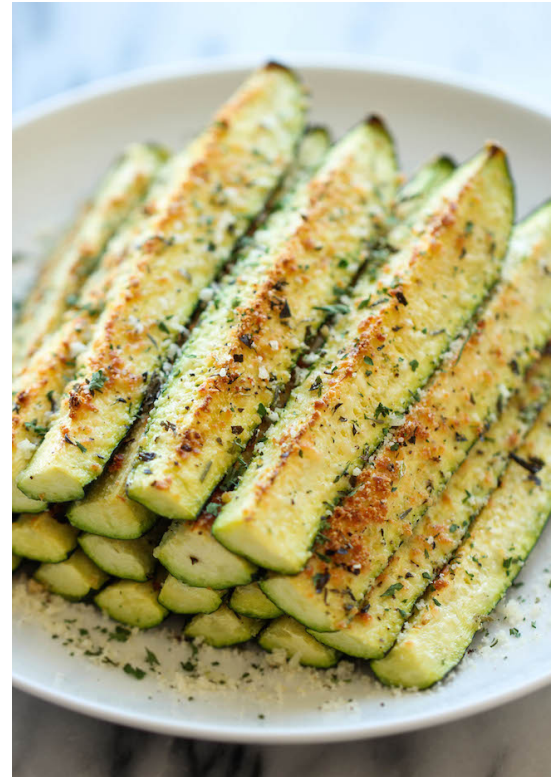
Ingredients:

For the peppers:

- 4 zucchini, quartered lengthwise
- 1/2 cup grated Parmesan
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/4 teaspoon garlic powder
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 2 tablespoon chopped fresh parsley leaves

Instructions:

1. Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until the crisp and golden brown.
4. Serve immediately, garnished with parsley, if desired.





July Support Group

Subject:

Bariatric Myth Busters

12-1 PM | TUESDAY, JULY 30

WHETHER YOU ARE PRE- OR POST-OP, JOIN US AS WE DIVE INTO SEVERAL BARIATRIC MYTHS TO SEE WHICH ONES WE CAN BUST!

Virtual option only this month:

watch and ask questions

VIA Zoom at <https://zoom.us/j/8825410775>

RSVP TO

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