

## Avoiding the Weight

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Once an individual has had Lap Band surgery, the following move is to start the recovery process.

One's diet will change for weeks to months following the Lap Band procedure as their body adapts to the band.

Another important facet of the procedure is healthy exercise. Lap Band patients should exercise, preferably at least half an hour a day to keep the weight from coming back.

Positive forms of exercise to undertake can include walking and swimming.

Given the efforts of the lap band surgeon and a cooperative patient, the weight can come off and stay off for years to come. When that is the case, patients will know that Lap Band Was the Right Choice.