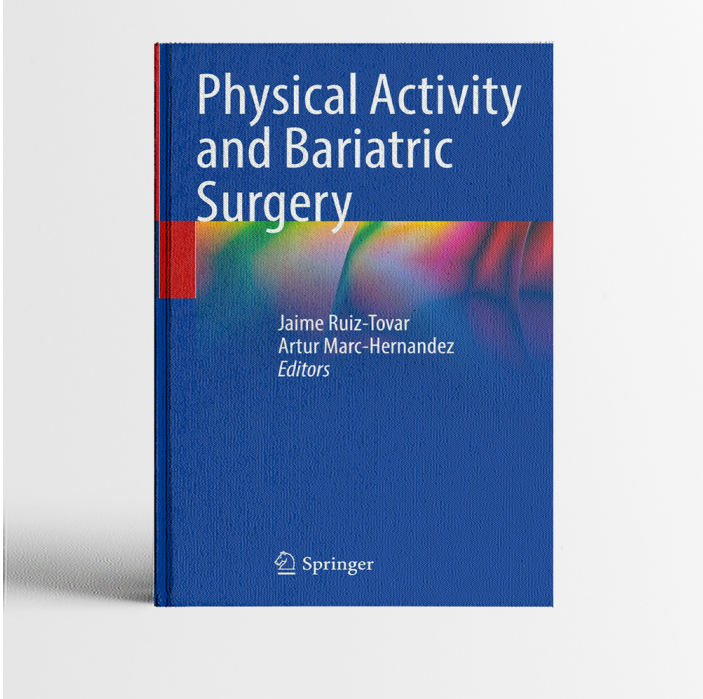

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DESCRIPCIÓN DEL PRODUCTO

Hypocaloric diet and physical exercise are the first therapeutic steps in the treatment of obesity. In morbidly obese patients, physical activity is essential to optimise their preparation for bariatric surgery. But physical activity is essential even after surgery, to avoid loss of muscle mass and the deriving complications.

The aim of this book is to present the most current evidence of the effect different physical activity programs on morbidly obese patients before and after bariatric surgery.

Written by experts in the field, the book will be a useful tool for all health professionals interested in learning more on this disabling condition.

Puntos clave del libro Physical Activity and Bariatric Surgery 1st edition

- The book "Physical Activity and Bariatric Surgery 1st Edition" is an essential resource for healthcare professionals involved in the management of post-bariatric surgery patients. It highlights the crucial role of physical activity in optimizing weight loss, improving metabolic health, and enhancing overall recovery.
- Throughout its chapters, this book explores evidence-based exercise recommendations tailored for bariatric

patients. It covers key topics such as pre- and post-surgical physical activity guidelines, the physiological impact of exercise, and strategies for long-term adherence to an active lifestyle.
- "Physical Activity and Bariatric Surgery" provides a comprehensive approach to integrating physical activity into bariatric care. It includes clinical insights, case studies, and practical frameworks to support healthcare providers in guiding patients through safe and effective exercise programs.
- Sustained weight loss and improved health outcomes require more than surgery alone. This book serves as a vital guide for physicians, surgeons, dietitians, and physical therapists looking to enhance patient care through structured and personalized physical activity interventions.

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Índice del libro Physical Activity and Bariatric Surgery 1st edition

Part 1: PREOPERATORY
1: Relationship of sedentary lifestyles with obesity and co-morbidities
2: Types of physical activity
3: Level of physical activity in the morbidly obese patient
4: Physical activity and body composition
5: Preoperative physical activity and nutrition
6: Benefit of physical activity before surgery: Improvement of comorbidities and reduction of operative risk
7: Preoperative physical activity programs

Part 2: POSTOPERATIVE
8: Postoperative physical activity in the bariatric surgery patient
9: Postoperative physical activity and nutrition
10: When to start postoperative physical activity
11: Physical activity and abdominal wall complications (hernias)
12: Effect of physical activity after bariatric surgery on weight loss and improvement of comorbidities in the short and long term
13: Physical activity and alterations of bone metabolism and sarcopenia
14: Types of recommended physical activity
15: Implementation of controlled physical activity programs
16: Physical activity within ERAS