

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Date of Birth: [Insert DOB]

Procedure: [Insert Type of Bariatric Surgery]

Surgeon: [Insert Surgeon Name]

To Whom It May Concern,

The above-named patient has recently undergone bariatric surgery. Physical activity is a critical component of their recovery and long-term weight management. Please follow these activity guidelines:

Weeks 0-2 (Immediate Post-Op):

- Frequent short walks (5-10 minutes, multiple times a day).
- Avoid lifting anything heavier than 10-15 pounds.
- No strenuous exercise, swimming, or abdominal crunches.

Weeks 3-6:

- Increase walking duration to 20-30 minutes daily.
- Incorporate low-impact aerobic activity (e.g., stationary cycling).
- Continue to avoid heavy lifting and high-impact sports.

Week 6 and Beyond:

- Gradually introduce resistance training and light weights.
- Higher-impact activities may be resumed as tolerated.
- Goal: 150 minutes of moderate intensity activity per week.

Precautions:

- Stop exercise immediately if pain, dizziness, or shortness of breath occurs.
- Maintain adequate hydration before, during, and after activity.

If you have any questions regarding the patient's limitations, please contact our office at [Insert Phone Number].

Sincerely,

[Signature]

[Printed Name/Title]

[Department/Clinic Name]