

# Being active is important before and after having an operation

What good things could being more active do for you?



Improves functional capacity before surgery



Improves cardio pulmonary fitness before surgery



Reduces falls and risk of falls



Improves quality of life



Improves mental health



May reduce length of stay in hospital

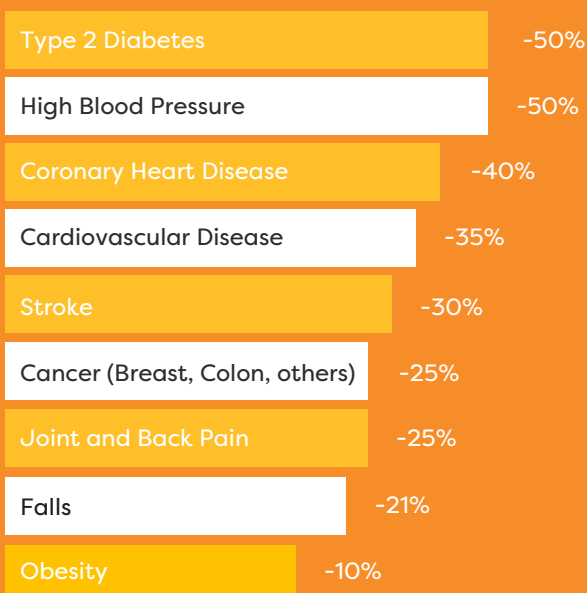


Reduces risk of complications after surgery



Improves recovery after surgery

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active reduce the risks?



Regular physical activity maintains muscle mass



Your energy levels can increase

Heart and lung fitness is maintained

You feel less tired and can do more

You feel better and may tolerate surgery better

## Top tips for physical activity before and after having an operation:

- 1** Increase your physical activity, and reduce sedentary time, to get fitter before your operation.
- 2** Take time to warm up before exercise - it can help reduce the risk of injury.
- 3** Aim for a mixture of aerobic exercise and strength exercise.
- 4** Some muscle soreness is normal after doing activity. Over time, as your body adapts and strengthens, this will reduce.
- 5** Progress by increasing the length of time you are being active before increasing the intensity (how hard you are working).
- 6** In hospital try to reduce the amount of time spent in bed - move little and often. Being in hospital doesn't mean you have to be physically inactive, and moving more will help you get home quicker.
- 7** Speak to your surgical team about any specific exercises to avoid (e.g. those that may slow your wound healing). Simple activity done little and often is generally safe, so don't worry too much.
- 8** Once home continue to increase your activity levels. Listen to your body and increase slowly as you heal.

## Build activity into everyday life:

