

Bariatric Health & Fitness Program

What is the bariatric health and fitness program?

It is a physical education program designed to encourage weight loss and increased overall fitness level in pre-op and post-op bariatric surgical patients.

The program was designed in collaboration with Englewood Hospital's Bariatric Center of Excellence and is led by Exercise Physiologists Peter Toto, MS and Anthony Avecilla, MS.



Center of
Excellence
BARIATRIC SURGERY



Why would I want to join?

- Lose weight
- Feel better
- Increase fitness levels
- Decrease risk factors for heart disease & diabetes
- Understand the benefits of exercise
- Learn to maintain the benefits of exercise

What does the program include?

- Health / Fitness Assessment
- Individualized exercise and wellness programming
- Optional personalized one-on-one exercise sessions
- Follow-up assessments
- Exercise program updates via email or phone
- Monitoring of heart rate and blood pressure
- Monitoring of blood sugar (if applicable)
- Learn to overcome obstacles to regular exercise

Where is the program held?

Participants meet with an Exercise Physiologist in Englewood Hospital and Medical Center's Cardiac Rehabilitation Gym (2nd floor).

Pre-op and post-op bariatric surgery patients welcome. Physician's referral required.

How can I learn more?

Call us today at 201-894-3284. All participants must have a physician's referral.