

MOVE

FOR THE BARIATRIC CLIENT



Tips for success!

- Set Goals! The #1 way to be successful is to set short-term, achievable goals!
- Consistency is the KEY to success. Even if it's 10 minutes a day! Show up at least 3 times a week!
- Add an extra Strength/Cardio video to your daily workout!

Have difficulties or need more modifications?

- 1) Have your program individualized for you.
or
- 2) Set up Physical Therapy treatments

info@wellness360fitness.com