

## Lap Band Advantage

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One of the most common complaints you will hear from individuals prior to their lap band procedure is that their energy level is low or even in some cases non-existent. With the weight coming off following lap band surgery, patients soon discover that a good Lap Band Exercise Program provides them with more energy.

For individuals who became too heavy over the years, it is quite possible that a bad or non-existent exercise program is what helped get them in trouble in the first place.