GETTING FIT BEFORE SURGERY - THINGS TO DO

Date	Task
	determine my BMI
	set a target BMI and work towards it
	improve grip strength with hand-exercise- balls, or spring-loaded hand exerciser (and add to shopping list)
	improve arm strength with some 1kg hand weights (and add to shopping list)
	improve quads strength with short arc or full arc extensions, with 1 kg ankle weights (and add to shopping list)
	speak to the physiotherapist about stretches to improve range-of-motion (ROM) before surgery