

12 Strategies to Maintain the Body You Earned After Bariatric Surgery



Regain Be Gone: 12 Strategies to Maintain the Body You Earned After Bariatric Surgery by Sameera Khan RD, PA-C

★★★★☆ 4.6 out of 5

Language : English
File size : 5909 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 302 pages
Lending : Enabled



Bariatric surgery can be a life-changing procedure for those who struggle with obesity. It can help you to lose weight and improve your health. However, maintaining your new weight after surgery can be a challenge.

This book offers 12 proven strategies to help you stay on track and achieve your goals. These strategies include:

- Setting realistic goals
- Following a healthy diet
- Exercising regularly
- Making lifestyle changes
- Getting support from others

The book also includes helpful tips and advice from experts in the field of weight loss surgery. If you are considering bariatric surgery or have already had the procedure, this book is a valuable resource that can help you achieve your goals.

1. Set realistic goals

One of the most important things you can do after bariatric surgery is to set realistic goals for yourself. Don't expect to lose all of your weight overnight. It takes time and effort to lose weight and maintain a healthy weight.

Set small, achievable goals for yourself. For example, you might start by setting a goal to lose 10 pounds in the first month after surgery. Once you reach your first goal, you can set a new goal for yourself.

2. Follow a healthy diet

After bariatric surgery, you will need to follow a healthy diet in Free Download to lose weight and maintain your new weight.

Some tips for following a healthy diet after bariatric surgery include:

- Eat lean protein with every meal.
- Choose whole grains over refined grains.
- Eat fruits and vegetables at every meal.
- Limit your intake of sugary drinks and processed foods.
- Drink plenty of water.

3. Exercise regularly

Exercise is another important component of a healthy lifestyle after bariatric surgery. Exercise can help you to burn calories, build muscle, and improve your overall health.

Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

4. Make lifestyle changes

In addition to following a healthy diet and exercising regularly, you will also need to make some lifestyle changes after bariatric surgery.

Some lifestyle changes that you may need to make include:

- Quit smoking.
- Limit your alcohol intake.
- Get enough sleep.
- Manage stress.

5. Get support from others

Losing weight and maintaining a healthy weight after bariatric surgery can be a challenge. It is important to have a support system in place to help you stay on track.

Talk to your family and friends about your goals.

Bariatric surgery can be a life-changing procedure, but maintaining your new weight can be a challenge. By following these 12 strategies, you can increase your chances of success.

Remember, losing weight and maintaining a healthy weight is a journey, not a destination. There will be ups and downs along the way, but if you stay focused on your goals,

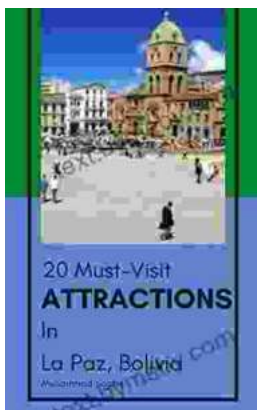


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