

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 is a major undertaking, and it's important to take steps to maintain the weight loss you've achieved. Here are 12 strategies to help you keep the weight off for good.

1. Follow a healthy diet

One of the most important things you can do to maintain your weight loss is to follow a healthy diet. This means eating plenty of fruits, vegetables, and whole grains. It also means limiting your intake of processed foods, sugary drinks, and unhealthy fats.

2. Exercise regularly

Exercise is another important part of maintaining weight loss. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

This could include activities such as walking, swimming, biking, or dancing.

3. Get enough sleep

When you don't get enough sleep, your body produces more of the hormone cortisol, which can lead to weight gain. Aim for 7-8 hours of sleep per night.

4. Manage stress

Stress can also lead to weight gain. Find healthy ways to manage stress, such as exercise, yoga, or meditation.

5. Avoid emotional eating

Emotional eating is a common problem that can lead to weight gain. If you find yourself eating when you're not hungry, try to identify the emotions that are triggering your eating. Once you know what's causing you to eat, you can develop strategies to cope with those emotions without resorting to food.

6. Drink plenty of water

Drinking plenty of water can help you feel full and reduce your calorie intake. Aim for 8-10 glasses of water per day.

7. Eat slowly and mindfully

When you eat slowly and mindfully, you're more likely to enjoy your food and eat less. Try to eat your meals at a table, without distractions. Pay attention to the flavors and textures of your food, and savor each bite.

8. Avoid grazing

Grazing, or eating small amounts of food throughout the day, can lead to weight gain. Instead, try to eat your meals at regular times and avoid snacking between meals.

9. Cook more meals at home

Cooking more meals at home gives you more control over the ingredients and portion sizes of your food. When you cook at home, you're also less likely to eat out, which can be more expensive and less healthy.

10. Read food labels carefully

Reading food labels carefully can help you make healthier choices. Pay attention to the serving size, calorie count, and nutrient content of the foods you eat.

11. Get support

Losing weight and maintaining weight loss is not always easy. It's important to have a support system in place to help you through the tough times. This could include friends, family, a therapist, or a support group.

12. Be patient with yourself

Losing weight and maintaining weight loss takes time and effort. Don't get discouraged if you have setbacks along the way. Just keep at it and you will eventually reach your goals.

Bariatric surgery is a powerful tool that can help you lose weight and improve your health. However, it's important to remember that surgery is just one part of the journey. To maintain your weight loss, you need to make lifestyle changes that you can stick to for the long term.

By following these 12 strategies, you can increase your chances of maintaining the body you earned after bariatric surgery.

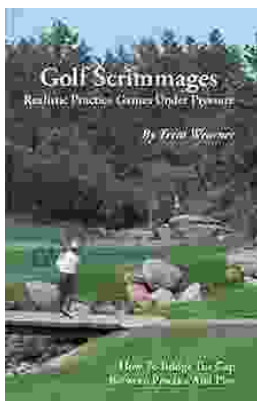


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