

Making Lifestyle Changes Before Bariatric Surgery

If you're considering bariatric surgery, your weight loss journey starts before the life-changing surgery.

Losing weight before your surgery is the key to successfully keeping it off. And it starts with making lifestyle changes now.

The first step is to practice healthy eating habits.

Meeting with a dietitian will give you a plan for eating healthier and how to make the necessary changes before surgery.

Here's some changes you can make to your diet today: eat smaller portions; eat foods high in protein; eat fewer refined carbohydrates such as pasta; don't eat or drink foods high in sugar like sodas and juice; eat less saturated fats like whole milk and fried foods; drink water; and take a daily multivitamin.

It's also important to practice mindful eating. That means paying attention to what you eat, when you eat it. Focus on the smell, feel and taste of food.

And eat only until you're satisfied.

If you use tobacco or drink alcohol, you'll need to quit.

Being physically active is just as important as eating healthier.

Try slowly increasing your daily activities like cleaning the house, parking further away when running errands, or taking the stairs more.

Go for a walk. Start with a short walk and walk further as you feel more comfortable.

Do light aerobics.

Try yoga or pilates.

Chair yoga is a great place to start if you have issues moving around easily or joint issues.

You can slowly build up the amount of time you exercise adding a few minutes of activity every day.

Talk to your doctor about the best exercise plan for you to help you meet your weight loss goals.

Making these lifestyle changes and sticking to them is a life-long commitment.

But remember you are not alone in your weight loss journey.

Your care team will be there with you every step of the way to help you stay focused on your goals.