Gulf Coast Bariatrics

https://www.gulfcoastbariatrics.com/

Sharon Wilson, RNC

If you are logged in via phone or computer, please mute your phone and we will get started promptly at 6:00pm.



GOALS of LIFESTYLE CLASS #2

- 1. Brief review of class #1
- 2. Introduction to mindful eating
- 3. Mealtime modification



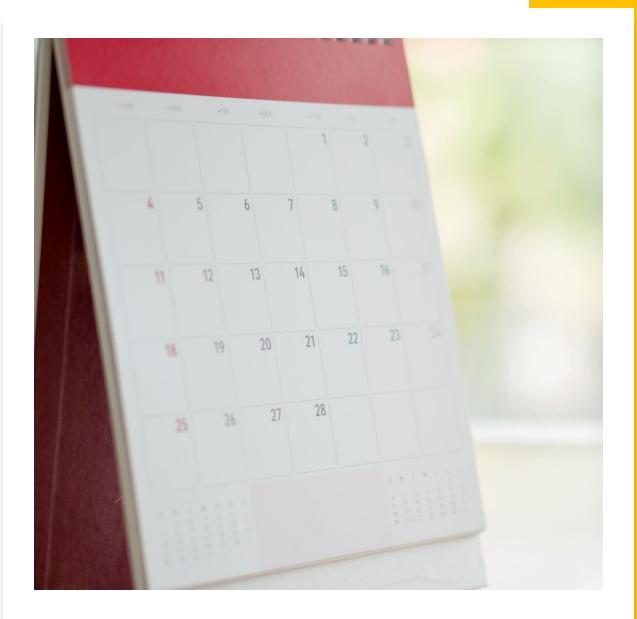
The NEW materials we will review in this class are the following:

- Power point presentation "Old Habits vs. New habits"
- The materials are attached to this webinar for you to view, download and print
- Materials are also located at: Gulfcoastbariatrics.com ---> click on patient forms---> scroll down to Bariatric Education Materials

REMINDERS

THESE ITEMS SHOULD HAVE BEEN STARTED SINCE CLASS #1:

- Purchased and started a daily protein drink as a meal replacement
- Spoke with RD regarding bariatric vitamin choices and possibly started
- Increased water intake
- Started eliminating starches and sugars
- Started logging 2-3 days to get a realtime idea on reaching nutrition and behavior goals
- MAINTAINED WEIGHT OR LOST WEIGHT



QUESTIONS?



BEHAVIOR MODIFCATION

Mindfulness and Behavior Modification

Start

*Mindfulness starts now. Change starts now. There is no time to delay.

*Breaking down old habits and building a new lifestyle takes time and must happen for short-term and long-term weight loss / weight maintenance success. Surgery is only a tool.

*Start with reaching daily protein (80 grams), water (64 ounces) and healthy complex carbohydrates (40 grams) goals as well as taking a bariatric multivitamin.

*Start to increase your activity level. There are exercises to accommodate all abilities and disabilities. *Eliminate stressors and triggers in your life.

Eliminate

*Get help before surgery to work on stress, triggers and change(s) that may be causing unwanted eating and lifestyle behaviors.

*Eliminate and detox from starches and sugars. Clean out your cabinets and refrigerator and avoid those aisles when food shopping. *Utilize your protein drink as a meal replacment and at that "snacky" time of day.

Utilize

*Utilize water intake throughout the day to help you feel full/ satisfied.

*Attend the 2 FREE online support groups offered by Gulf Coast Bariatrics.

*Utilize a logging APP to keep you focused on your intake and your progress.

Implement

*Implement the 5 "D's" to DISARM the cravings:

- •-DELAY- wait 10 minutes
- •-DISTRACT- go for a walk
- •-DISTANCE- leave the environment
- •-DETERMINE- how much do you really want it
- •-DECIDE- if you choose it, enjoy it no regrets

*Implement a plan at home, work and social venues for support and making the necessary time for you. You first!

QUESTIONS?

HOMEWORK

LOG

• Log your intake for at least 2-3 days per week every week.

PROTEIN & VITAMIN

- Supplement with 1 protein drink daily as a meal replacement.
- Start a daily bariatric multivitamin

MINDFULEATING

- Change starts now.
- Continue to work on mindful eating, adopting new habits and preparing now for surgery.

READ

• Continue to read ALL of your educational information and the exam and consent for surgery.

QUESTIONS

• Write down questions, knowledge is power.

SURVEY

• A survey will be either pop up after class and/ or be emailed to you to complete. You must complete the questions to get credit for the class tonight.

The password for class credit:

MINDFUL

YOU WILL RECEIVE A POST CLASS SURVEY POP UP WINDOW AND/ OR VIA EMAIL. PLEASE ENTER THE PASSWORD FOR TONIGHT'S CLASS INTO THE SURVEY WHEN PROMPTED