

# 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](http://Gulfcoastbariatrics.com) ---> click on patient forms---> scroll down to Bariatric Education Materials



# REMINDERS

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## 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 real-time idea on reaching nutrition and behavior goals
- MAINTAINED WEIGHT OR LOST WEIGHT



QUESTIONS?





BEHAVIOR MODIFICATION

# 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

\*Eliminate stressors and triggers in your life.

\*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

\***Utilize your protein** drink as a meal replacement and **at that "snacky" time of day.**

\*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

## MINDFUL EATING

- 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\***