The Complete Guide After Surgery for Successful Long-Term Weight Loss

Bariatric Air Fryer Cookbook: The Complete Guide After Surgery For A Successful Long-Term Weight Loss Maintenance. Tasty & Effortless Fried Recipes to Stay Healthy & Avoid Forever Painful Relapses by Shona Foulger

4.5 out of 5

Language	: English
File size	: 1797 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 336 pages
Lending	: Enabled

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Weight loss surgery can be a life-changing experience, but it is important to remember that it is only the first step on your weight loss journey. In order to achieve and maintain long-term weight loss, you need to make significant lifestyle changes. This guide will provide you with everything you need to know about post-surgery care, including nutrition, exercise, mindset, and support.

Nutrition

After surgery, your stomach will be much smaller than it was before. This means that you will need to eat smaller meals more often. You should also

focus on eating nutrient-rich foods that will help you to feel full and satisfied. Some good choices include:

* Lean protein: chicken, fish, tofu, beans * Fruits and vegetables: fruits, vegetables, whole grains * Healthy fats: avocado, olive oil, nuts, seeds

You should also limit your intake of sugary drinks, processed foods, and unhealthy fats. These foods can contribute to weight gain and increase your risk of developing complications.

Exercise

Exercise is an important part of any weight loss plan, but it is especially important after weight loss surgery. Exercise can help you to burn calories, build muscle, and improve your overall health.

You should start exercising gradually after surgery. Begin with short walks and gradually increase the intensity and duration of your workouts over time. Some good exercises for post-surgery patients include:

* Walking * Swimming * Biking * Yoga * Pilates

You should talk to your doctor before starting any new exercise program.

Mindset

Losing weight and keeping it off is a mental as well as physical challenge. It is important to have a positive mindset and to believe that you can succeed. Here are some tips for developing a positive mindset:

* Set realistic goals. Don't try to lose too much weight too quickly. Aim to lose 1-2 pounds per week. * Focus on your progress, not your setbacks. Everyone has setbacks along the way. Don't let them discourage you. * Surround yourself with positive people. Surround yourself with people who support your goals and who believe in you. * Celebrate your successes. Take time to celebrate your successes, both big and small.

Support

Losing weight and keeping it off is not easy. There will be times when you feel discouraged or overwhelmed. It is important to have a support system in place to help you through these tough times. Here are some ways to get support:

* Join a support group. There are many support groups available for people who have had weight loss surgery. Support groups can provide you with a place to share your experiences, get support, and learn from others. * Talk to your doctor or therapist. Your doctor or therapist can provide you with support and guidance. They can also help you to develop a plan for long-term weight loss. * Find a friend or family member who is willing to support you. Having someone to talk to and support you can make a big difference.

Losing weight and keeping it off after weight loss surgery is a challenging but achievable goal. By following the tips in this guide, you can increase your chances of success. Remember, you are not alone. There are many people who have successfully lost weight and kept it off after weight loss surgery. You can do it too!

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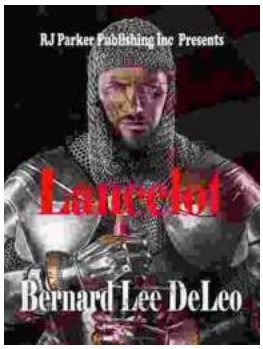

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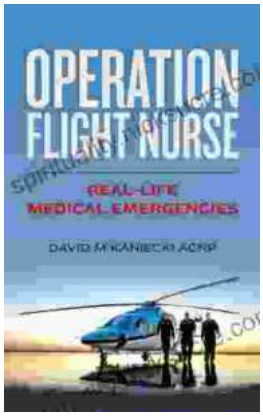

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