



Welcome to TLC's Weight Management Program

During your monthly program we will aim to thoroughly educate you in regards to healthy food choices, exercise, and behavior modifications in order to promote weight loss and maintenance. While we understand that the program is an insurance requirement, it is in your best interest to utilize this time before surgery to begin making changes in your lifestyle that will support your long term success. This form should be used as a tool to help you monitor your progress during your preoperative program. Bring this form with you to each class. Below you will find some recommendations to begin implementing in order to better prepare for bariatric surgery.

Focus on Fiber

Fruits, vegetables, nuts, seeds, whole grains, and beans are all great sources of fiber and nutrients. Fruit and vegetables will keep you feeling full and satiated without an excess in calories. It is recommended that we consume at least 5 – 9 servings of fruit and vegetables a day!

Avoid Skipping Meals

Eat 3 meals a day with 1 or 2 snacks. After surgery, skipping meals can lead to malnutrition and slowed weight loss. Make meal time a habit prior to surgery and always avoid grazing.

Eat over a 20 – 30 Minute Time Period

Work on sitting down and eating for 20-30 minutes.

Tips for slowing down - Use small utensils and plates and take smaller bites and chew 20-30 times before swallowing. Slowing down can help you recognize feelings of satiety and prevent overeating.

Hydration is Key

Following surgery, you will no longer be able to chug or gulp fluids as this will cause pain. Practice sip, sip, sipping throughout the day, consuming at least 64 ounces of fluid. Focus on sugar free and carbonation free. Limit your caffeine intake.

Wear a Pedometer

Monitor your steps with a pedometer. The goal is more movement throughout the day. Start by recording the number of steps you take on a typical day. After a week of recording, calculate your average daily steps. Each week, challenge yourself by increasing your daily goal and aim to eventually reach 10,000 steps a day.

Vitamins & Minerals

After surgery, you must supplement with vitamins and minerals for the rest of your life. We want you to go into surgery with healthy labs. Start taking an over the counter multivitamin at the same time of the day, each day.

Create Goals

Set yourself up for success by writing down your short and long term goals. What do you want to accomplish? Make sure that your goals are SMART – specific, measurable, attainable, realistic, and timely.

Believe in Yourself

Bariatric surgery will provide you with a tool that can help you achieve your goal weight. However, just like any other tool, you must use it appropriately. This means that you will have to make healthy food and behavior choices and incorporate physical activity in order to reach and maintain your goal weight. Continue to incorporate healthy changes on a weekly basis and you will succeed.

