

HOW TO KEEP LOSING WEIGHT AFTER BARIATRIC SURGERY

1. Track your meals- studies say writing down what you eat will help make you aware of all your calories you are eating. This can help you identify eating patterns that you may need to modify.
2. Drink water- goal is to drink at least 60 ounces of water at day. Water will help keep your cells, hair and skin hydrated and for eliminating waste. It will help with the elasticity of your skin.
3. Improve your sleep- during sleep your body can repair tissue, muscle, and bone damage. Sleep is linked to several hormonal and metabolic processes that keep our overall metabolism in a state of balance. When people are sleep deprived, they tend to feel hungry and crave carbohydrates.
4. Eat more protein- Protein takes longer to digest and keeps you fuller longer. If you feel more satisfied you will eat less and will keep full between meals.
5. Exercise- Exercise will help preserve lean muscle mass and promote the stability of your joints. It will help with weight loss and improve the elasticity of your skin.