

The scale hit 296 and I said I am not seeing a 3, I refuse.

I have completely come out to everybody that this is a tool I use. This is how I did it. I am not embarrassed, I am not ashamed. I am proud of what I've done to change my life.

Congratulations – You have completed two major milestones towards achieving long-term weight loss:

Preparation and Weight Loss Surgery.

Now it's time to return home and begin nourishing the new you.

The first months after surgery can be challenging - both physically and emotionally.

Before surgery, your stomach could stretch to hold several cups of food and liquids.

Initially after surgery it will hold only about two tablespoons.

Once home, your diet will slowly transition to eating solid foods.

This will help your body heal and help you adjust to your new eating habits.

Everybody's body is different, but it is very doable, very do able.

I think once you've made up your mind to do it your mind is set.

Your diet following weight loss surgery progresses through four phases:

A Clear Liquid Diet

A Full Liquid Diet

A Pureed Food Diet

And a Solid Food Diet

How long you stay on each diet will depend on how you are feeling.

Talk with your care team if you have any questions or concerns.

Most people are able to start eating a regular diet 5 weeks after surgery.

I learned quickly that the foods I needed to eat were really dense foods full of protein. || Everything I put in my mouth had to matter. It couldn't be thoughtless eating.

Exercise is vital after weight loss surgery to strengthen your body and improve your metabolism.

In general there are no restrictions on exercising.

You can always find a way to move.

If I have 2000 steps I'll just stand in place at night and turn on some good music and get those 2000 steps in.

Keeping a daily journal will help you make sure you're meeting your nutritional and fitness needs.

I'm probably at the point where I don't have to measure anymore, but I journal so I can look back at the end of the day to make sure I fulfill what I need so that I'm staying on the right path.

Each day for the rest of your life, you'll need to:

Eat three well-balanced meals

Supplement your diet with vitamins and minerals

And Drink 64 ounces or 8 cups of liquids

Also important is to follow the 30/30 rule:

Don't drink liquids 30 minutes before meals, while you are eating and 30 minutes after meals.

Changing old habits and developing new more healthful ones takes time but it's worth the effort.

**With your full commitment and the support of family, friends, and your care team ...
you can lead a healthier life after weight loss surgery.**

Dr. Linden said "Anyone can out eat my surgery" and that has stuck in the back of my head. It's a tool, it's not a cure all.

It's a wonderful tool.