

Healthy Habits Start Now

In order to be successful with the surgical weight loss tool, multiple lifestyle changes must take place. The changes listed below are required in order to be considered a good candidate for surgery. We encourage you to start working on these changes now, prior to starting our program. **THESE HABITS MUST BE IN PLACE PRIOR TO SCHEDULING YOUR DIETITIAN EVALUATION.**

1. Eat at least 3 meals/d.
2. Decrease fast food and convenience foods. Prepare more meals at home.
3. Eliminate soda, sugar-sweetened beverages (tea, juice, etc.) and decrease caffeine.
4. Start an exercise routine (if you have been cleared by your physician).
5. Practice not drinking with meals. You must wait at least 30 minutes after eating to drink.