

# 5 SECRETS

## TO LONG-TERM WEIGHT LOSS WITH BARIATRIC SURGERY

### 1 MOVE



Integrate physical activity into daily life by exercising for **30-45 minutes** a day, with cardio or aerobic activity three to five times a week.

### 2 EAT



Use portion control and avoid grazing. Maintain a food diary for accountability.

Eat **3 meals** a day that are healthy, nutrient-dense.

Eat **1-2 snacks** daily, if your level of physical activity requires it.

### 3 ENGAGE



Lean on others. Don't try to go it alone. A mental health professional can help you handle the emotional and relationship changes that accompany dramatic weight loss.

Support group activities also help with the physical and behavioral changes needed for success. Those who have a support network before, during and after surgery are more likely to keep the weight off.

### 4 HYDRATE



Avoid dehydration by drinking at least **48-64 oz.** of liquid daily. Water is your best choice.

### 5 SUPPLEMENT



Take all recommended vitamins/supplements daily. This is a lifelong requirement to ensure good health and proper nutrition.

## Fit more into life with bariatric surgery.

Patients who have had bariatric surgery report great improvements in their quality of life. Multiple studies show that patients are healthier, with fewer obesity-related conditions like diabetes, sleep apnea, hypertension and other medical problems. Often, patients report other significant improvements in their lifestyle and relationships. Frequently, patients characterize their surgical weight loss journey as "getting their life back."

### Facts, not fiction.

A misconception about bariatric surgery is that most patients regain their lost weight after surgery. In fact, as many as 50 percent of patients may regain a little weight (approximately 5 percent) two years or more following their surgery.

However, longitudinal studies show that most bariatric surgery patients maintain successful weight loss long-term. "Successful" weight loss is arbitrarily defined as weight loss equal to or greater than 50 percent of excess body weight.

### Our team is your team.

Mercy bariatric surgeons and clinical support teams have helped thousands of patients achieve long-term weight loss success with bariatric surgery. They work with patients from all walks of life to teach them how to make the significant lifestyle changes that lead to success.

### What are these changes?

Our team identified the **top five behaviors** among patients who achieve long-term weight loss success.

[mercy.net/BariatricSurgery](https://mercy.net/BariatricSurgery)



Your life is our life's work.