



Approaches to Life in Maintenance:

Interventions for Plateaus and Regain

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Agenda

Setting realistic expectations

Recipe for regain

How to bust stalls & tackle weight regain

Explore tools for support

Q&A



How did you get here?

Share in the chat box, 1-2 reasons why you've hit a stall or struggled after surgery



Setting Expectations

How realistic are your expectations?

Are you stuck in the ‘comparison trap’?

Is surgery a “tool” or a fix-all?

What skills will you need for long-term success?



Factors that Influence Weight

NUTRITION

BODY COMP

ETHNICITY

ACTIVITY

EMOTIONS

ECONOMICS

LIFESTYLE

FAMILY

ILLNESS

HORMONES

STRESS

GENETICS

GUT HEALTH

AGE

SLEEP

MEDICATIONS

EDUCATION

HABITS!



Reasons for Regain

Share your guesses in the chat box



Reasons for Regain

Grazing

Eating past full

Not weighing

Lack of physical activity

Untreated psychological disorders

Life stressors



Back to Basics

Nutrition first,
Activity second



PROTEIN

20-30 grams per meal

60-100 grams daily



FLUID

64 oz daily

Avoid with & after meals



SUPPLEMENTS

Multivitamin w/Iron

Vitamin B12 & D3

Calcium



Back to Basics

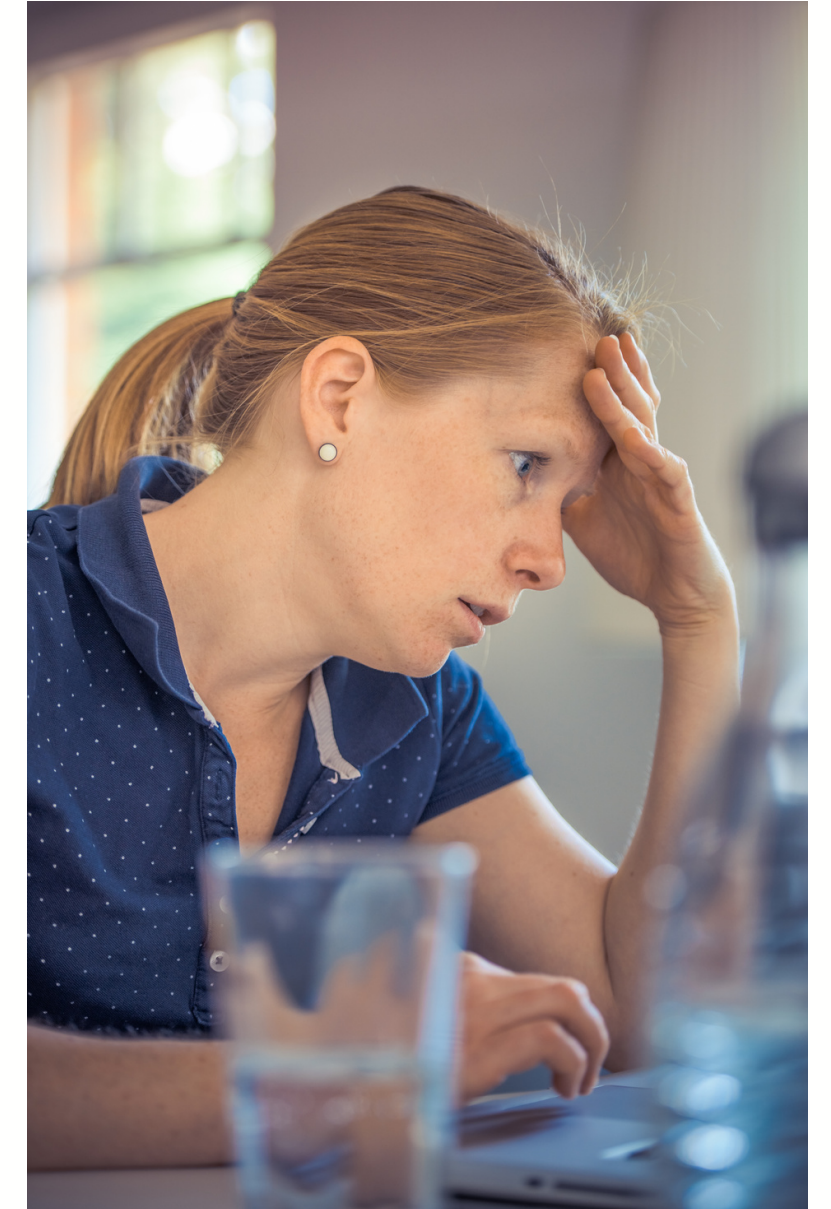
Nutrition first,
Activity second



**AVOID
SNACKING**

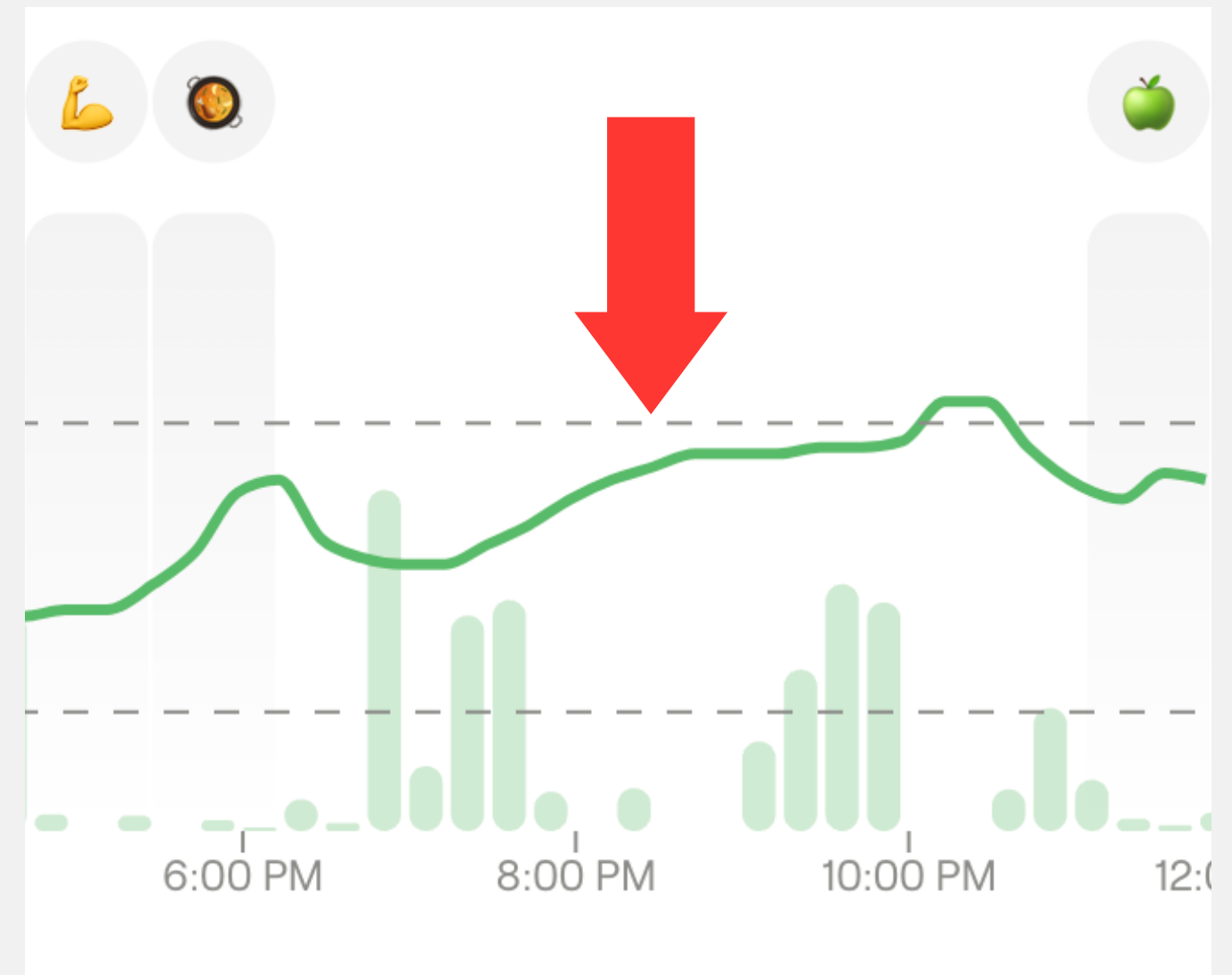
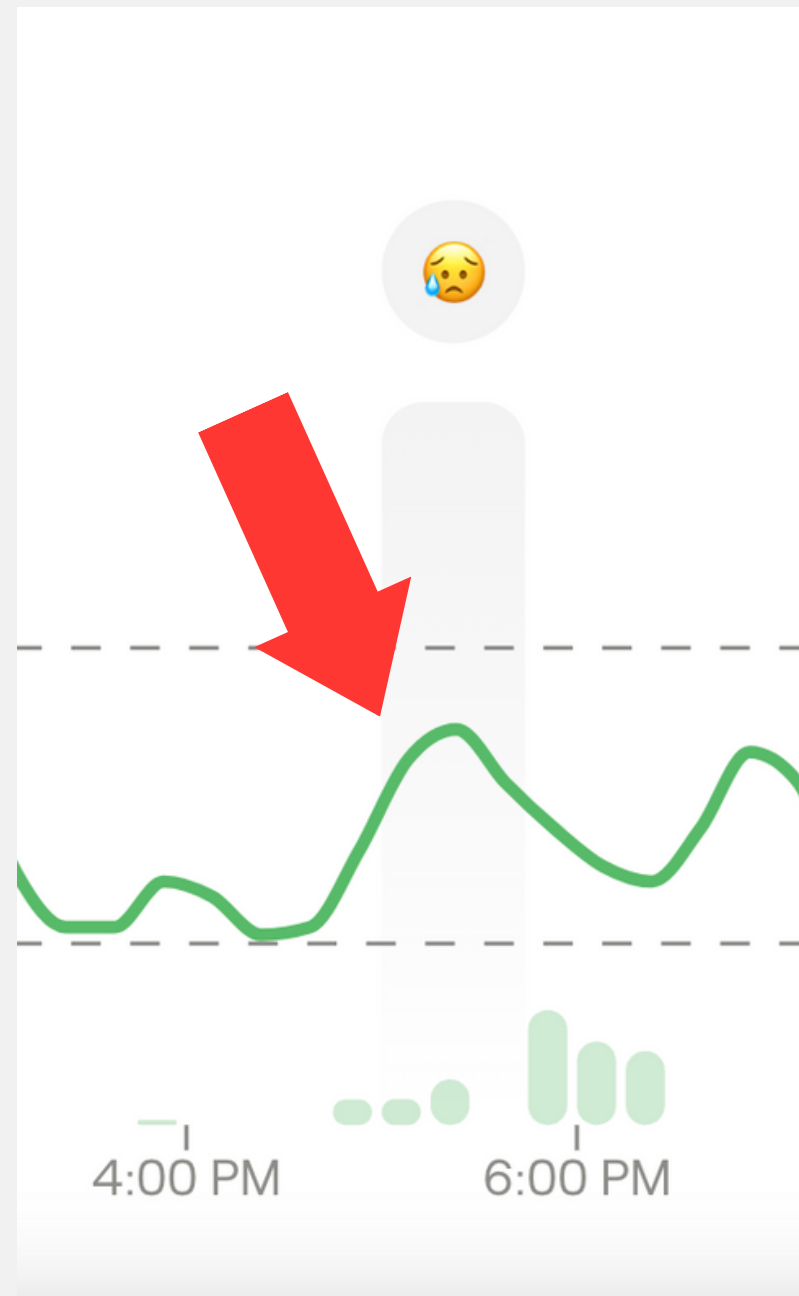
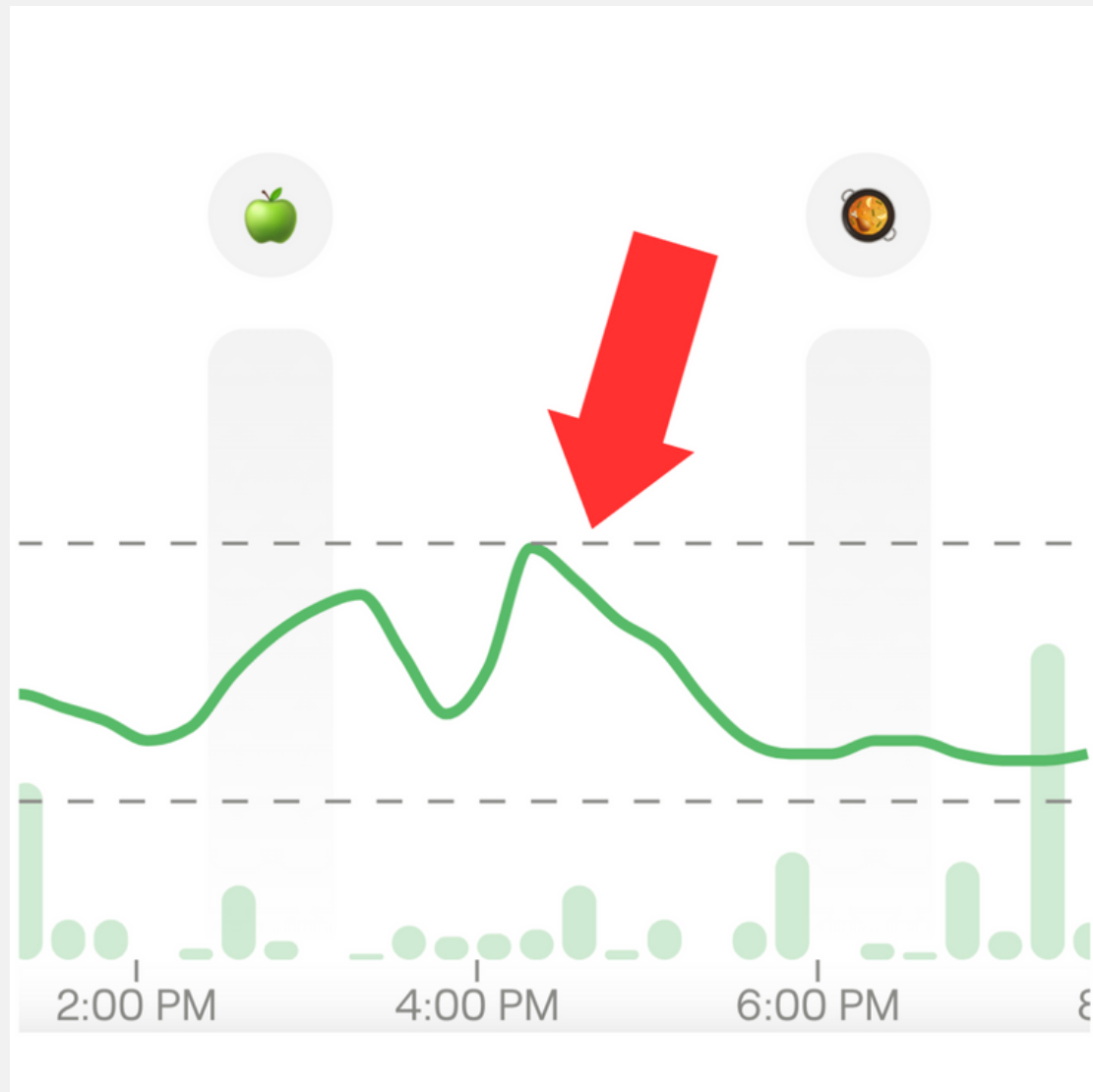


SLEEP



**STRESS
MANAGEMENT**





Stress & Glucose Levels



Back to Basics

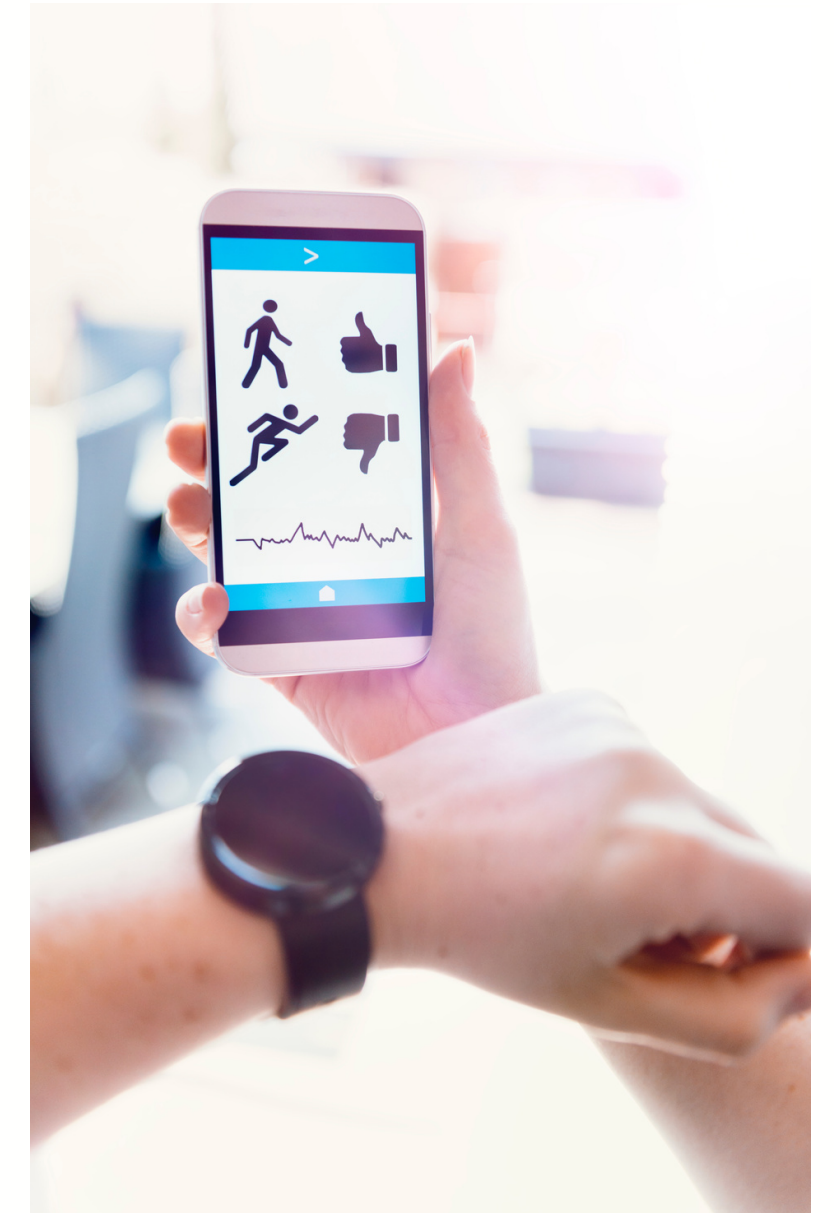
Nutrition first,
Activity second



**PHYSICAL
ACTIVITY**



MINDFULNESS



TRACK SOMETHING



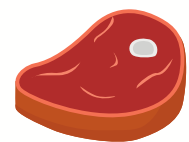
NON-CALORIE MEASUREMENTS



Vegetable servings



Fluid ounces



Grams of protein



Daily steps or miles



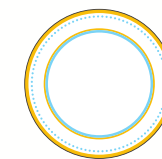
Hours of sleep



Minutes read



Journal entries



Meals at the table



Times you *didn't* cave



Blessings!



Celebrate Progress

When weight loss slows or plateaus, what other metrics can you track?

Take note of NSVs

Goal 'lifestyle' versus goal weight



Build A Support Network

Friends & family

Professional help

- **surgeon, dietitian, therapist, personal trainer**

Virtual communities

Additional tools

- **weight loss medications, HRT, CGM**



Preventing Self-Sabotage

Self-sabotage is a protection mechanism. In what ways do you self-sabotage and what need is it fulfilling?

What limiting beliefs are holding you back?

Like food, emotions aren't "good" and "bad"

Set boundaries with yourself & others



What's one habit you plan to improve?

Please share in the chat box



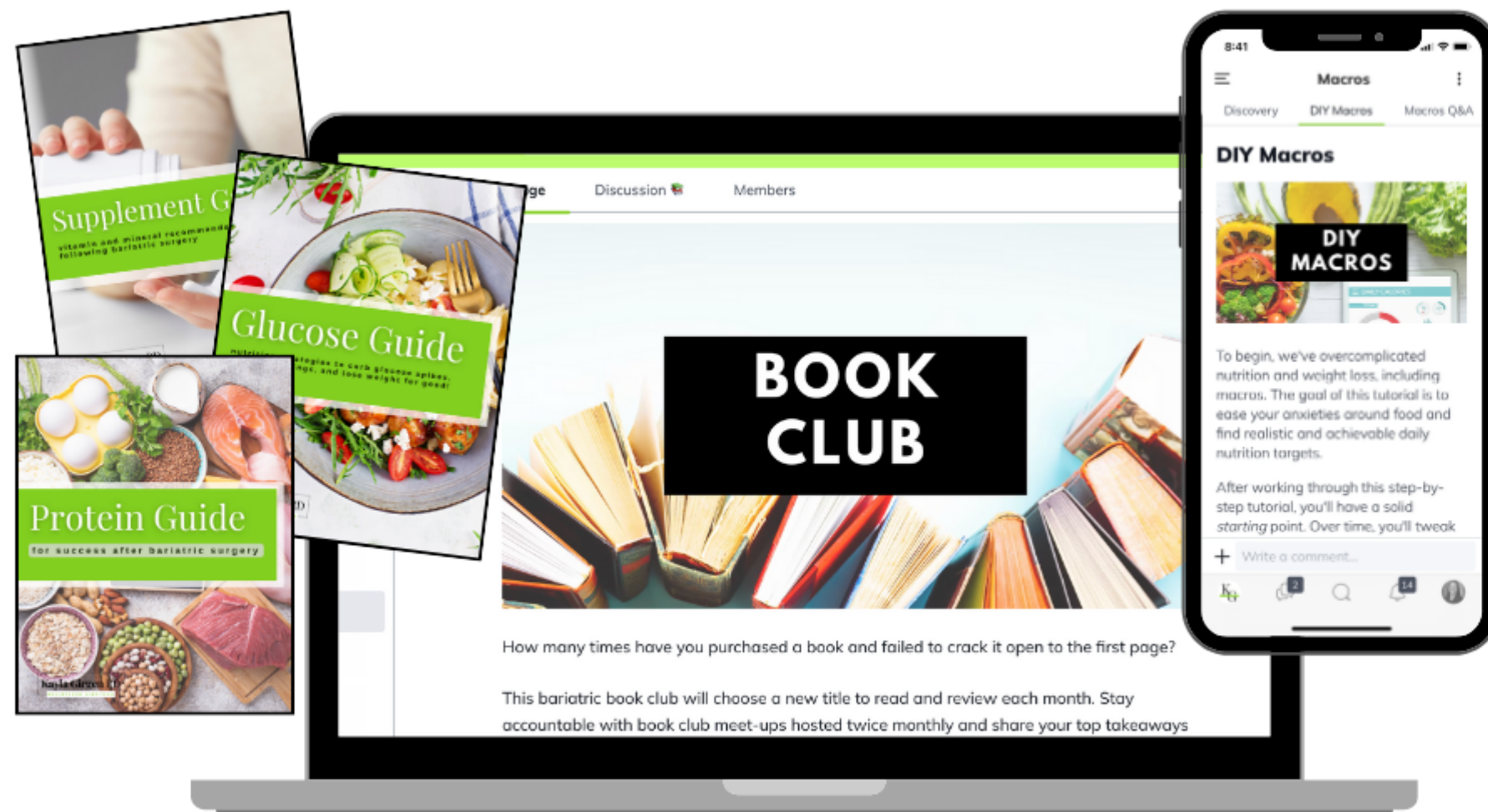
**The scale is stuck,
but not me.**

- Unknown



For more support

Join my group membership program for women after bariatric surgery



Bariatric book club

DIY Macros tutorial

Monthly challenges

Resources & recipes

Interactive discussion feeds

1:1 chat with a dietitian



Thank you for joining!



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