

# BARIATRIC ACADEMY SUCCESS PYRAMID



## Build Better Results



### BARIATRIC SURGERY

A proven weight loss tool. Patients are most successful when they combine surgery with the other blocks of the pyramid.



### ACTIVITY AND EXERCISE

Use your muscles regularly to maintain a healthy metabolism. More muscle burns more calories, even at rest.



### SUPPORT AND SELF-CARE

Attend support groups long term. Ask for help, take time for you, and prioritize your health - you are worth it!



### NUTRITION EDUCATION

Prepare for surgery, then learn tools to manage your weight after surgery.

- Pre-Op & Post Op Diet
- Hydration
- Protein and Metabolism
- Reading Food Labels
- Meal Planning



### QUALITY PROTEIN AND BARIATRIC VITAMINS

90+ grams of Quality Protein protects muscle and helps maintain metabolism after surgery; it's crucial for long-term success. Vitamins designed for bariatrics are a must to avoid serious deficiencies.



### MENTAL HEALTH AND MINDSET

Practice new stress management skills. Address mental health concerns or past trauma that may be affecting your health. Develop an "I CAN do it" mantra and believe in yourself.