

HEALTHFUL TIPS

NO MATTER HOW MUCH YOU PLAN...

UNexpected CHANGE

Weight loss surgery is all about change. Some changes you'd expect, like the need to buy new clothes and eat smaller portions. Others, like a sneeze telling you that you've had enough to eat, may be a little unexpected. Of course, everyone is different, so experiences will be unique to you. Not uncommon, but perhaps unexpected changes you may experience after weight loss surgery...

You'll probably feel cold. Dressing in layers, turning up the heat, and cuddling with extra blankets may be new experiences for you. As you adjust to the loss of your insulation layer, you'll cover up in the winter and embrace the summer heat.

The scale readings will drop, you'll need to wear smaller-sized clothes, people will tell you how different you look, but you won't see the changes when you look in the mirror. You may need to give your brain a little help to catch up with your body. Monthly pictures and measurements are helpful.

You'll reach down and tie your shoe, cross your legs, or bound up a flight of steps with ease and suddenly realize that you haven't been able to do that in years. You may not realize how much your weight has limited these simple activities.

Shoes will fit loosely—you may even need to buy a smaller size (or two). High heels—challenging while carrying extra weight—may become a fun part of your fashion statement. Speaking of feet—they won't hurt (at least as much) at the end of your day.

Your spouse may be your biggest supporter...or not. You are going to look different, get more attention, and probably be a bit more assertive as you lose weight. This can be challenging for your spouse. Be sure to talk things through.

Confidence soars. After all, you've taken a big step, faced your fears, worked hard and reclaimed your health and well-being. You feel good. You look good. You feel in control for the first time in long time. And it shows in the way you present yourself to the world.



Sometimes we let life guide us, and other times we take life by the horns. But one thing is for sure: no matter how organized we are, or how well we plan, we can always

EXPECT THE UNEXPECTED.

Brandon Jenner

Friendships change. First, your friendship with food changes. Food becomes a way to nourish your body more than a way to soothe your emotions and entertain you. Your other friendships may change too—some for the good and some not. These can be hard changes. Do your best to mentally prepare for them. Reach out for support from the Barix community—people who have walked in your shoes.

It's a whole new taste experience. Your tastes may be more sensitive at first, with tastes seeming especially strong. New favorite foods may emerge. Old favorites may not be as favored—who knew?

The world of activities will open up in ways that are hard to imagine. Some take on the challenge of running a marathon or 5K—loving the way that their body is able to move. Others enjoy amusement park rides, a stroll in the park, and plane travel. So many are thrilled to get off the sidelines and participate in family activities, sit in the bleachers at their children's games and have the energy to enjoy their family on a whole new level.

So, what's it for you? What unexpected change have you experienced?