

# HEALTHFUL TIPS

**Yes!**  
**I can**

**WORDS SPOKEN TODAY CAN SET YOUR EXPECTATIONS AND ATTITUDES FOR TOMORROW**

**K**ep your focus firmly on the opportunities and benefits you're experiencing with weight loss surgery and watch your attitude soar.

**Yes, I can:**

**Move more easily.**

**Seek out and try a variety of delicious and healthy foods to help me meet my protein goal.**

**Find ways to work exercise and movement into my daily schedule.**

**Find new sugar-free treats to enjoy occasionally.**

**Use technology to help me track my food and exercise intake.**

**Be very selective and make healthy food choices when eating out.**

**Simplify my life by planning and preparing meals in advance.**

**Eat and enjoy small amounts of high-quality, healthy foods.**

**Move beyond my comfort zone and try new ways to exercise.**

**Experiment with new recipes to find healthy meals my entire family will enjoy. They also benefit from the changes in me.**



**Be a role model for my children, spouse, co-workers, and friends.**

**Enjoy more energy.**

**Set new goals to take my health and happiness to the next level.**

**Appreciate all of the simple things that suddenly have become easier, like tying my shoes, walking up a flight of stairs, and getting in the car.**

**Learn to take time out for me.**

**Eat right, take supplements as recommended, move more and claim all of the rewards of my hard work.**