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| Making Lifestyle Changes After Bariatric Surgery |

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| **Meta Description** | The Lap-Band Program provides some easy changes to lose weight. Incorporating simple lifestyle changes for weight-loss is critical. Learn more from the blog. |
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| **Keywords** | Easy changes to lose weight, daily changes to lose weight, simple lifestyle changes for weight loss, simple changes to lose weight, things to change to lose weight |
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| **Alt Tags** | A person standing on a scale with a trainer standing next to them |
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|  | Two people exercising  Description automatically generated with low confidence |
| **Image Link** | <https://elements.envato.com/person-stands-on-the-scales-the-coach-records-the--FL9HPCN> |

With the rise of fad diets, alternative medicines, and unusual exercise routines that seem too good to be true, it can be difficult to separate weight loss fact from fiction. Believe it or not, there are some easy lifestyle changes to help you lose weight and keep it off. The easiest changes that help people lose weight are small, [progressive lifestyle changes](https://www.lapband.com/why-its-different/) that are less extreme and will last longer than the next dietary fad.

# Making Daily Changes to Lose Weight

You might wonder why lifestyle changes are the most effective methods for weight loss. In short, their reason for success relies on adherence. Have you ever tried a fad diet? You can probably remember how difficult it was to follow. Most fad diets last a few weeks to a few months. Now, imagine following that fad diet for the rest of your life?

If that scenario sounds awful, then you aren’t alone. No one can follow these alternative weight-loss routines forever, which is why any changes you make need to be sustainable. Sustainability will not only lead to shedding the weight but also keeping it off. In addition, simple changes to lose weight will likely improve your overall quality of life as well.

# Incorporating an Exercise Routine

One of the very first things that you should do is determine an exercise routine. [Lap-Band® patients](https://www.lapband.com/success-stories/) work with a team of dedicated professionals to assess their current level of fitness and how to improve it. You shouldn’t overwhelm yourself with marathon training six times a week; instead, you can slowly work exercise into your schedule with brisk walks and light strength exercises.

The key to a great exercise routine is selecting something you enjoy. Lap-Band patients select exercises that feel great and keep them interested. Selecting these exercises will make you more likely to do them over the long run. Whether you hope to become an expert yoga master or hike the trails in your hometown, slowly incorporate an exercise routine that excites you.

# Healthier Eating Choices for Weight Loss

It’s no secret that healthier eating choices are a necessity for weight loss, but it can be difficult to properly manage your relationship with food. Swinging too far in the direction of healthy eating, and cutting out all the foods you love, may cause you to backslide. The best course of action, and the one recommended for Lap-Band patients, is to round out your diet without making sacrifices.

Weight loss shouldn’t force you to sacrifice foods you love. Among the easy changes to lose weight is making slightly healthier eating choices. You might begin by identifying some healthy foods you love, creating meals around those foods, and cooking more meals at home. You may also start making substitutions like swapping out fries for an equally-delicious baked potato or subbing a bag of chips for a handful of your favorite nuts instead. The goal isn’t to eliminate your favorite foods, but instead to consume them mindfully and in moderation.

# Making Mental Health a Priority

Finally, mental health is a priority for Lap-Band patients. Many people use food as a coping mechanism or may have a poor relationship with food. Prioritizing mental health is a simple change for losing weight and can make all these steps much easier. The Lap-Band program provides support in many ways, all to increase adherence to your goals and help you keep the weight off for good.

You can get started with the Lap-Band Program, and start taking control of your weight loss, by watching [our free online seminar](https://www.lapband.com/seminar/). Learn more about the Lap-Band process and see how it differs from other procedures.