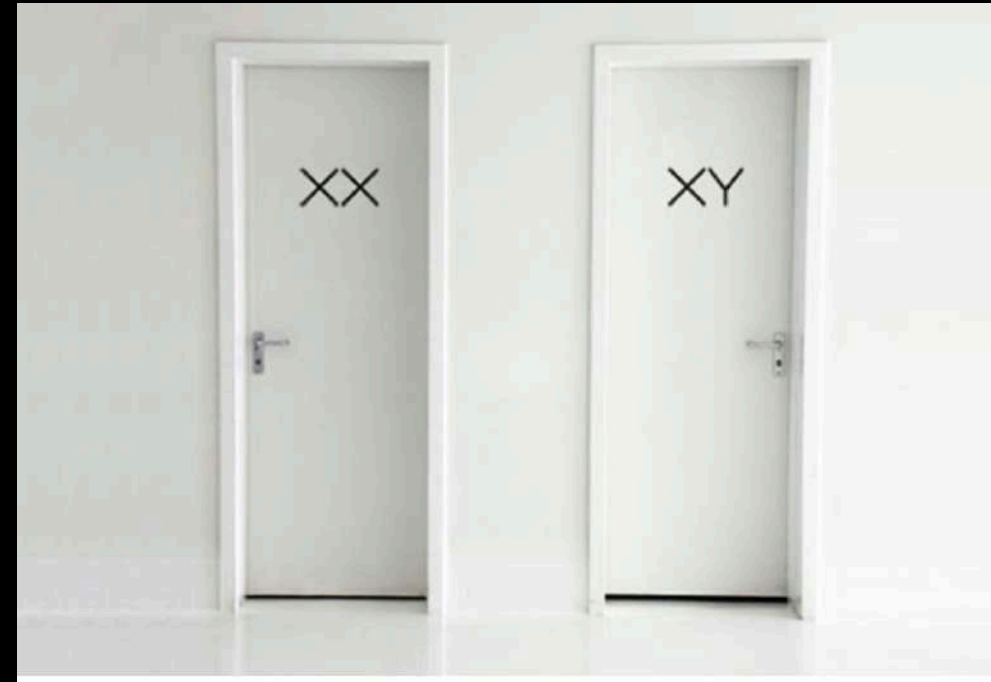




**WELCOME  
TO  
BLOOM**

# HOUSEKEEPING

- Toilets
- Fire / Emergency
- Check Parking is legal
- This will go for 2 hours (ish)
- Water / Coffee



# A SAFE SPACE

- You don't have to do anything that feels uncomfortable
- Please don't gossip about what you see / hear ....
- Please be kind to those around you and yourself
- Please remember that everyone has a different journey



# WHAT IS BLOOM

- A chance to talk about important issues
- A chance to meet people
- A chance to ask questions
- A chance to get more out your surgery



# TONIGHT'S MEETING





**CHRISTMAS IS HERE**





# GROUP DISCUSSION

What do we love about Christmas ??



HOW CAN WE ENJOY CHRISTMAS MORE ?







# GROUP DISCUSSION

What about Christmas do we dislike ?



# TIPS FOR A GOOD CHRISTMAS



# REST

- Get Enough Sleep
- Make sure you get time to yourself
- Don't overbook your schedule
- Make sure you get some time off





# SUPPORT

- Be a little selfish
  - accept help
  - don't carry the whole world on your shoulders
  - don't be the martyr

Who is there to help you ?

Share the workload



# MONEY

- Don't let Christmas financially devastate you
- Its not about monster presents
- Buy presents early / set limits



# IDENTIFY WHAT YOU DON'T LIKE

- And avoid it / minimize it
  - Toxic people ??
  - Uncomfortable events



# FALSE EXPECTATIONS

- People don't change
- It WILL be the same as last year
  - And that's OK





# RELATIONSHIPS

- Partners
- Parents and Siblings
- Friends
- In-laws



# WORK WITH YOUR ANXIETY

- Anxiety grows anxiety
- Anxiety is an emotion it has a purpose
- Anxiety is not the enemy
- What's the worse thing that can happen?

## THE SHIP SYMBOL AS A KEY TO FORMER THEORIES OF THE EMOTIONS \*

KATHLEEN M. GRANGE \*\*

Although it is well-known that writers from 1500 to 1800 were occupied with the problem of reason versus passion, scholars have been far more concerned with reason than with the emotions, or passions. Moreover, very few historians have attempted to compare classical or Renaissance theories of the emotions with later concepts. In short, too little attention has been devoted to separating neo-classical developments from earlier theories. Within a period of little more than three centuries, from the time of Luis Vives (1492-1540) to that of Samuel Taylor Coleridge (1772-1834), there was not merely a change but a radical reversal of earlier psychological theories. Thus, while taking account of the earlier period, this paper concentrates on eighteenth-century theories of the emotions. It aims thereby to throw light on the climate of opinion which led to Romantic literature no less than to more enlightened methods of treating insanity, for late eighteenth-century preoccupation with feeling was reflected in both poetry and psychiatry. The analysis of the emotions in medicine accompanied the exploration of the emotions in poetry, and neither movement can be rightly regarded as a revolution.<sup>1</sup>

A subject-matter such as this deserves fuller treatment. Yet, even within a narrow frame of reference, certain conclusions may be drawn, especially since they represent the distillation of a more extensive study



# MY CHALLENGE

- This year change one thing .....
- Talk to your partner
- Come up with a plan





# TIPS FOR SURVIVING CHRISTMAS FOLLOWING BARIATRIC SURGERY

BLOOM WORKSHOP #2





# CHRISTMAS DAY OR CHRISTMAS MONTH?

- Your first Christmas post surgery can be overwhelming.
- Try to remember its not just about the food. . .
- Focus on spending quality time with your loved ones and not making it all about the food
- Remember its just one day
- Stay active & be mindful in each moment



# HOW TO NAVIGATE THE CHRISTMAS TABLE

- **REMEMBER PROTEIN FIRST** – Protein is the most satiating nutrient and will help you to feel satisfied & manage your portions.
- Use a small bread and butter plate for your meals
  - Fill with  $\frac{1}{2}$  your portion with protein before the rest of the food.
  - Then add on your vegetable/salads
  - and a spoonful of your favourite carbs
- This way you can enjoy a variety of foods without feeling heavy and uncomfortable





# HOW TO NAVIGATE THE CHRISTMAS TABLE

- Bring a dish to share that has protein and Veg
- Something soft and not dry so you have options suitable for you!
  - Prawn cocktail
  - Halloumi watermelon and mint salad
  - Olive and feta cubes to add to a platter
  - Seeded crackers with smoked salmon and cream cheese and shaved cucumber
  - Veg sticks with flavoured hummus (beetroot, roasted pumpkin dip etc)

If you have had surgery <12 months ago Christmas hams and turkeys may be difficult to tolerate!



# STRUCTURE YOUR MEALS

- Keep some structure to your day
- Try to avoid grazing all day
- Serve Christmas lunch on a buffet bench
- Take what you need and will prevent overeating and being uncomfortable
- Sip your fluids between meals to give your sleeve a break from food & prevent you getting dehydrated

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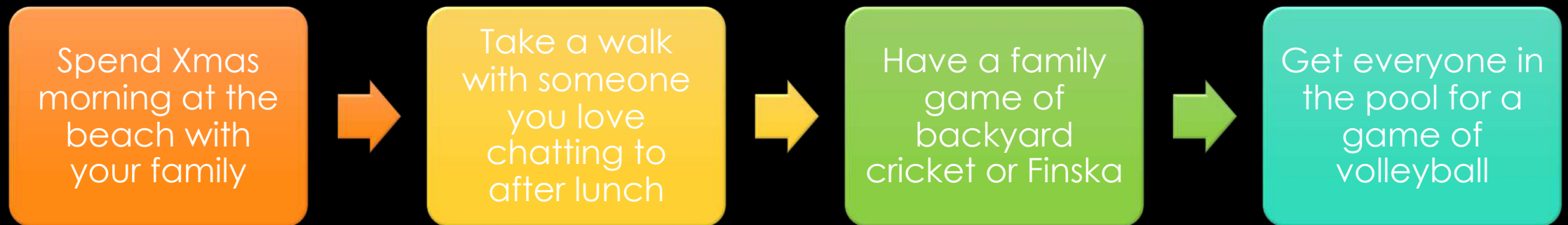


A close-up photograph of a hand holding a light brown cardboard box. The box is divided into a grid of compartments, each containing a different type of chocolate or truffle. Some are coated in white chocolate, others in dark chocolate, and some are covered in coconut flakes or sesame seeds. The background is dark and out of focus.

# FOOD GIFTS

- If you are gifted lots of chocolate etc and they are sitting in your house all through December and January have a strategy to manage this
- Don't leave them out on your bench to walk past and graze on
- Put them away in a cupboard outside of the kitchen/eye site
- OR regift them to other people/donate to food hampers.
- You can also ask people to not gift you food

# NON-FOOD TRADITIONS





# BE MINDFUL OF THE BOOZE

## KNOW YOUR LIMIT:

Take it slow and sip on your drinks

## PLAN AHEAD:

Ensure you have a small meal 30-60 minutes before a drink

MAKE SMARTER ALCOHOL CHOICES







# SMARTER ALCOHOL CHOICES

- Wine ~120 calories in 1 standard glass
- Bloody Mary – homemade using V8 juice (added bonus of veg)
- Mango/Strawberry Lassi with Rum – can add yoghurt or kefir for protein and probiotics
- On the rocks, with plenty of ice and a berry garnish, mint or a twist of lime.





# THE IMPORTANCE OF EXERCISING POST- BARIATRIC SURGERY

Presented by Sammy Prost



- Bariatric surgery is a powerful weight-loss tool not a miracle cure. To experience the best life after bariatric surgery, you will need to commit to a healthy diet and a consistent bariatric exercise program to maximise your weight loss and feel better than ever.

The good news is that exercising after weight loss surgery comes with a lot of benefits.



## BARIATRIC EXERCISE BENEFIT #1: THE RIGHT KIND OF WEIGHT LOSS

Exercise can help you lose more weight and keep it off after surgery. When you lose weight, your body will naturally eliminate both fat and muscle. It is important to exercise after bariatric surgery so you can preserve your lean muscle mass. That way, you'll keep enough muscle to stay healthy.





# EXERCISE BENEFIT #2: HELPS YOU FEEL AMAZING!

Exercise can also help you have more energy and feel better. Many of our patients say they don't want to just lose weight; they want to be able to hike, walk 5km's, be more active with their kids and live a happier healthier lifestyle, exercising often can help you get there.





## EXERCISE BENEFIT #3: MENTAL HEALTH

Exercise produces endorphins which helps regulate mood and combat anxiety and depression.

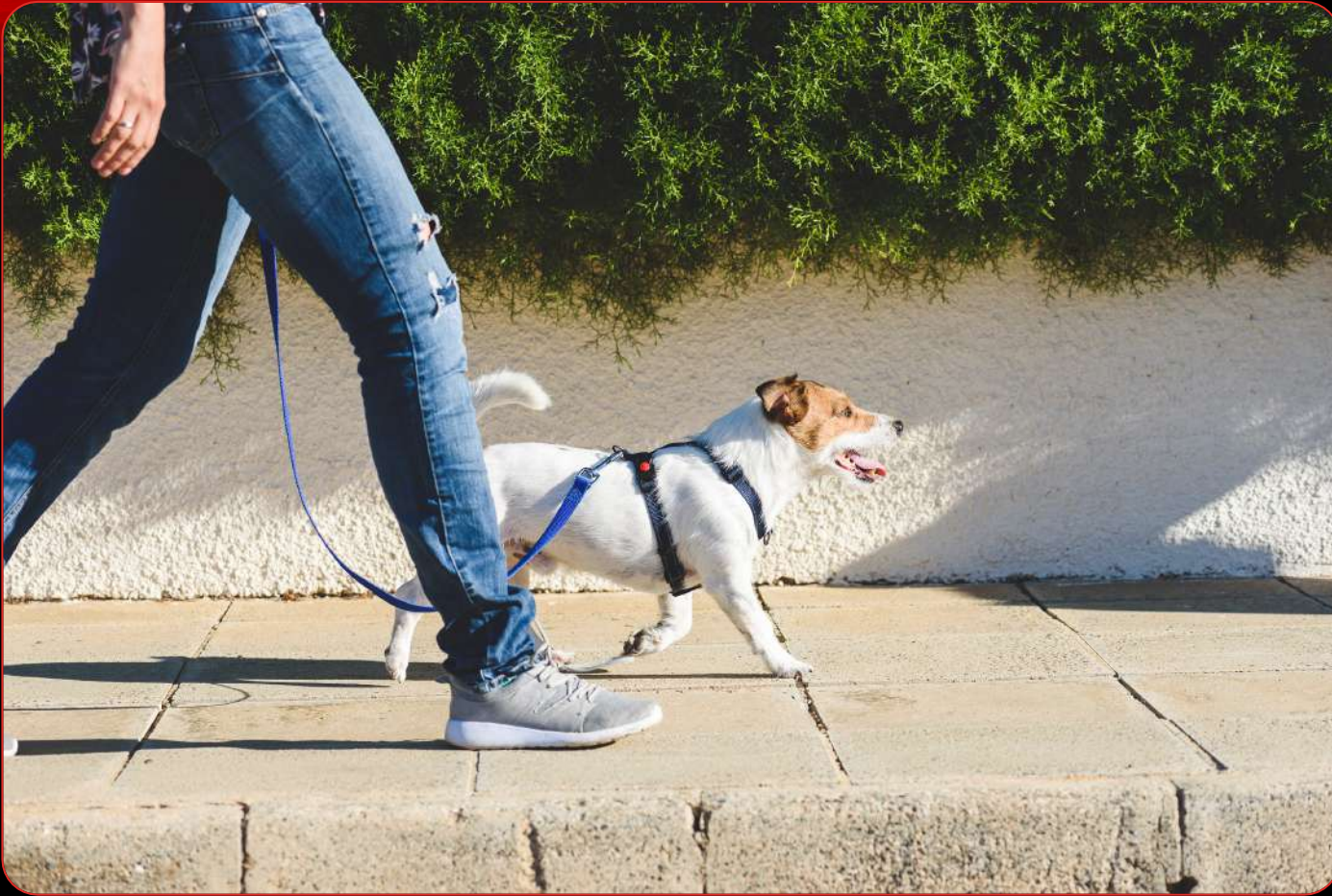


# HOW SHOULD I EXERCISE POST- BARIATRIC SURGERY?



- 1.CARDIO
- 2. STRENGTH TRAINING
- 3. MOBILITY/ FLEXIBILITY

At OSWA, you will consult with your Surgeon and weight loss team to formulate a post-bariatric surgery plan that's custom tailored to you. Our whole team will work with you so that you can lose weight and keep it off.



## CARDIO

Burning calories gives you more energy. Our bodies are made to move and getting your blood pumping is a great way to boost your metabolism and energy levels

# CALORIES BURNT IN 20 MINUTES OF DIFFERENT ACTIVITIES

ACTIVITY	CALORIES
Walking 5 km/h	83 calories
Gardening	85 calories
Housework	63 calories
Mowing the lawn	150 calories
Cycling	135 calories
Swimming (500m)	158 calories
Dancing	105 calories



# SIMPLE WAYS TO INCLUDE CARDIO INTO YOUR DAY



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## PHONE CALLS:

Move when you are on the phone. Make it a rule that being on the mobile = being mobile.

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## WALKING

As soon as you wake try and go for a 10-15 minute walk.

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## ALARM

Have a movement alarm: if you are sitting at a desk all day, set the alarm on your phone every 1 hour to move.

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## FRIENDS

Plan to meet friends for walks: instead of meeting at the local coffee shop or get a take-away and walk whilst catching up. This helps to keep your friends active and accountable too.

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STRENGTH TRAINING



# BENEFITS OF STRENGTH TRAINING



## 1. **Maintain muscle tissue:**

At roughly 30 years old, growth hormones decrease in the body. This can cause you to lose about 8-10% of your muscle tissue every decade.

Muscles are the basis of your metabolism, so if your muscle decreases by 8-10%, so does your metabolism. By strength training twice per week

## 2. IMPROVED BONE HEALTH:

STRENGTH TRAINING IS EFFECTIVE IN INCREASING BONE DENSITY AND STRENGTHENING TENDONS AND LIGAMENTS. DEVELOPING STRONG BONES HELP REDUCE THE RISK OF DEVELOPING

## 3. **Decreased risk of injury:** FRACTURES.

Developing strong bones and muscles can help to reduce the severity of falls. Increased strength will also allow your body to be more resistant to injuries and general aches and pains.





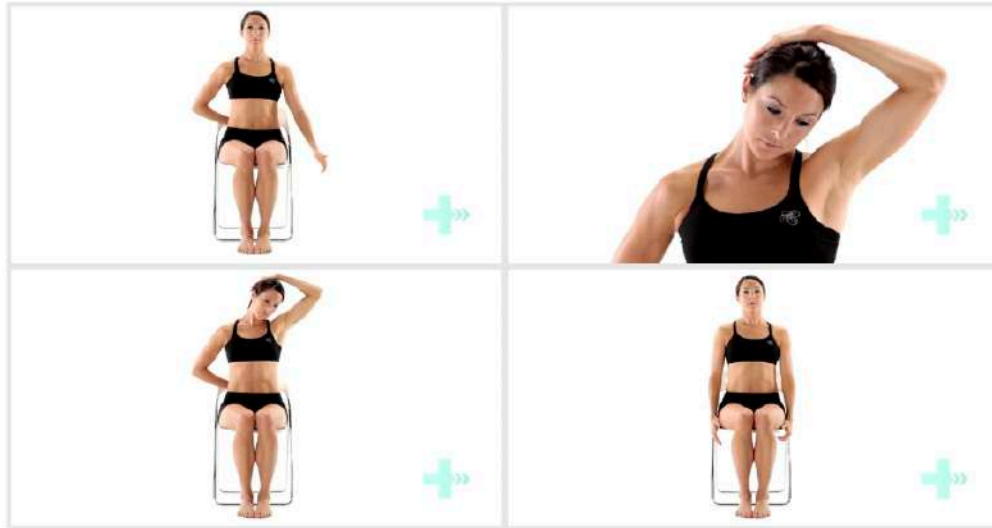
### 3. FLEXIBILITY AND MOBILITY:

FLEXIBILITY TRAINING CAN HAVE MULTIPLE BENEFITS INCLUDING INJURY PREVENTION AND PAIN MANAGEMENT.

IF YOU FEEL SORE OR TIGHT AFTER YOUR BARIATRIC WORKOUT, FLEXIBILITY TRAINING CAN HELP.







## 1. Levator scapula stretch

Start in a seated position.

Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.



## 2. Cervical flexion stretch

Sit upright in a chair.

Keeping your back straight, look down at your lap, dropping your chin to your chest.

Place both hands behind your head, and gently apply some pressure to pull your chin further in to your chest.

You should feel a stretch down your neck and back.

Hold this position.

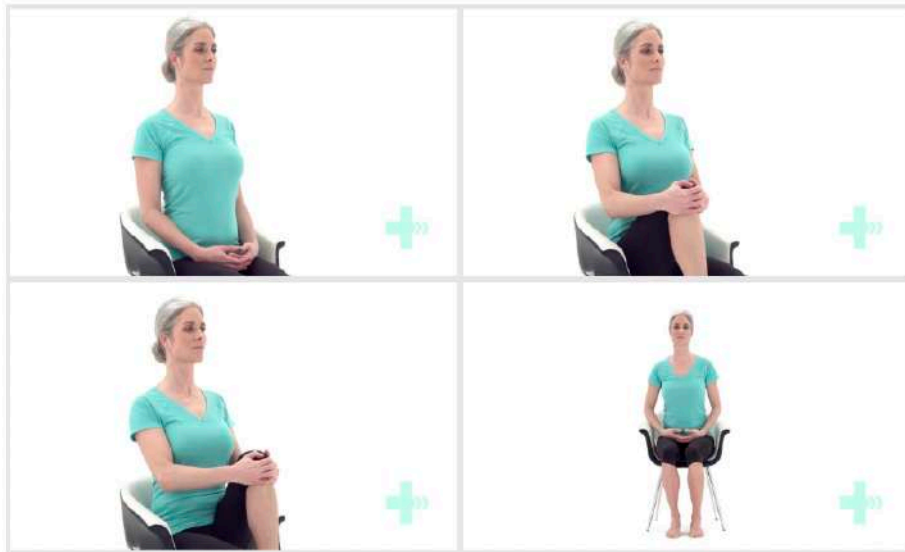


### 3. Sitting body rotation stretch

Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.

This should feel like a stretch through the torso.

Hold this position before your turn to stretch in the other direction.



### 4. Seated hip stretch

Sit upright.

Retract your shoulders back and down.

Bring your knee up toward your chest and hug it into your chest.

Hold for few seconds.

Switch legs.

Stay upright with your shoulders retracted and down.



# HOW TO TELL IF YOU'RE NOT MOVING ENOUGH..

Falling into the trap of an inactive lifestyle can lead to a slew of negative side effects. Signs that you need to get moving include:

Feeling fatigued

Mood swings

Weight increasing

Pain in your back,  
shoulders, or legs

Digestive issues

Increased stress

Trouble sleeping

***October 2008***



JAS 5 MONTHS POST-OP





# ***Pre-surgery***

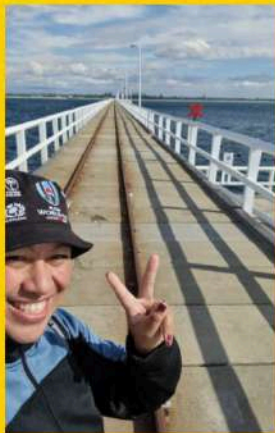


Renee – 5 months p



# ***Before***





**Post-Op  
Active  
Lifestyle**



**Now  
5 months  
Post-Op**



**Before**





# BLOOM FITMAS ADVENT CALENDAR

DECEMBER



SUN MON TUE WED THU FRI SAT

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	