

1 Food Fitness First

A medically supervised pre-bariatric surgery weight loss program

Come make the dietary and lifestyle changes that will enhance your weight loss success by meeting with a group of fellow bariatric surgery patients and co-leaders once per month in this informative, fun, positive, medically supervised weight loss group prior to your surgery. Come join Food, Fitness, First!

Healthy weight loss - Realistic goal-setting - Self-motivation - Individualized exercise routines



Surgeons recommend patients begin to incorporate diet and lifestyle changes prior to surgery, and may also require pre-operative weight loss. Many insurance companies also require weight loss progress reports for six months prior to surgery. In six short months Food, Fitness, First can help you fulfill these requirements with a structured, medically supervised weight loss program designed to meet the specific needs of gastric bypass and banding patients. If you are a candidate for bariatric surgery you are welcome to join this group. It will offer you nutritional counseling, help you develop a diet and exercise program, keep track of your



progress and inform you about bariatric surgery including what to expect, the secrets of success, winning habits of successful bariatric patients and the best ways to transition to your new life after surgery.



Food, Fitness, First Highlights

- ☺ **Medically supervised**
- ☺ **Co-leaders are from the St. Luke's Hospital Team**
- ☺ **You can join at anytime for six consecutive months**
- ☺ **Support from other patients undergoing the same lifestyle change**
- ☺ **Guidance specific to the needs of bariatric surgery patients**
- ☺ **Program coordinated with your surgeons and nutritionists**
- ☺ **\$50 monthly session fee may be reimbursable by your insurance**

Come see us from 5:30 - 7:00 PM 2nd and last Tuesday of the month.
St. Luke's Hospital, 440 W. 114th St. Auditorium. (Take elevator #5 or 6 to M4)

For info call (212) 523-2174 or email us at FoodFitnessFirst@gmail.com
For insurance information, contact the surgeon's office at (212) 523-2181