

VGB Success Tips # 1

[Remember that Sitting is the new Smoking !]

1. Set up a Support Team ... “No-one succeeds optimally by themselves”.

- Exercise with friends or in a social club (eg: dancing, playing tennis, walking, going to a gym). This helps to keep you motivated.
- Ask your family, friends & colleagues to encourage you & help keep you on track.

2. Motivation & Progress Chart – Use this weekly record chart to stay motivated.

3. What are your Goals?

Write down the weight, dress size &/or measurements do you want to be? **Be realistic!**
You might even set sub-goals at, say, two month intervals.

4. Be a Shape Shifter, not a Weight Watcher.

Notice clothes getting looser & only record **weight** weekly and **measurements** monthly.

5. Deal with “Head Hunger”.

“Head Hunger” is the condition whereby you THINK you are hungry, or where you simply WANT food, even though your body does NOT actually NEED it!

This psychological hunger seems real, causes “comfort eating” & creates bad habits. So when “Head Hunger” strikes, try some of these strategies:

- Drink some water;
- Wait it out – the eating desire usually only lasts about a few mins;
- Do some gentle Exercise for a few minutes (walk, stretch, do a Joga exercise or two);
- Take three long, slow, deep breaths;
- Remind yourself that “Head Hunger” is fake hunger, caused only by thoughts;
- Chew one sugar-free gum, if you wish;
- Ask and answer the question, “Do I really NEED this?”

6. Identify & write down your “Head Hunger” Triggers.

We suffer from “Head Hunger” for lots of reasons.

Usually there is (or was) something in our daily lives that triggers our desire to eat. The trigger can be a variety of things – *stress (eg: pressure at work, exams), boredom, being overweight, unhappy relationship, pain, depression, bullying, grief, a long term injury, unemployment, loneliness, anxiety about something (eg: unpaid bills, trauma from the past), ... or maybe it's just a habit.*

Identify your “Head Hunger” & “comfort eating” triggers.

How do you do this? ... Write down what you were doing &/or thinking about just before you “felt” hungry &/or ate food between meals. Next, ask yourself if there might be a relationship between those actions or thoughts and any of the triggers mentioned above. Then write down any possible trigger that you find.

Finally, list solutions or ways to avoid these triggers? If you can't, we can work them out together.

7. Make a list of each activity that you intend to “Value-Add”

My, yes MY Gastric Band is doing most of the work !