

Bariatric Resources

Monarch Support Group



This group is designed to help you before, during and after bariatric surgery. Each monthly meeting has a specific educational topic as well as time for patients to share their stories. Register at BariatricSupport.urmc.edu

Physical Activity Resources



MOVE Program

Exercise, mindfulness routines and lifestyle wellness consultation to help you set goals and overcome barriers.

www.wellness360fitness.com

585-730-3968

Move Your Way

Reviews the guidelines and benefits of physical activity along with tips to getting motivated. Activity planner included to record your weekly progress.

<https://health.gov/moveyourway>

Searchable videos

- Sit and Be Fit - seated exercises
- Richard Simmons
- Leslie Sansone- walking physical activity
- Chair Aerobics for Everyone
- Debby Macks Plus Size Workouts
- Beach Body on demand online (free trial, then subscription available)

Mindfulness Resources

www.calm.com

www.headspace.com

www.thecenterformindfuleating.org

www.amihungry.com



Books to read:

- *50 Ways to Soothe Yourself Without Food*: Susan Albers
- *Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food*: Susan Albers
- *Mindless Eating: Why We Eat More than We Think*: Brian Wansink
- *The Mindful Diet*: Ruth Wolever and Beth Reardon