

## Bariatric Lifestyle Resources

Below are some resources available that can assist you in making lifestyle changes through food, exercise and behavior modification.  
Be sure to talk to your physician and dietitian when starting a new program!



### Mindful Meal Timer

This App guides you to slow down your eating to engage your senses. It will help you focus on being present with your food and allow you to feel your fullness as it sets in.



### Habit-Bull: Daily Goal Tracker

Habit-Bull helps you easily keep track of all your habits, routines and repeated To-Do's. This app works by highlighting your daily patterns to help you cut out bad habits while also encouraging you to add positive habits to your daily life. Habit-Bull is fully customizable to measure and track anything and everything.



### In the Moment- Mindful Eating

Try this App to help improve your body awareness and mindfulness by guiding you to better spontaneous food choices when hunger hits and you need a quick option. Practice healthy coping skills when emotional states cause decision-making to become more difficult.



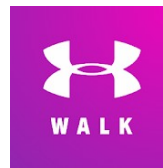
### ZipList

This App will help you build a customizable grocery shopping list. It also allows you to save all your favorite online recipes into one organized recipe box, then customize or add ingredients to your shopping list in one simple click. This app saves time and money by grouping your items together based on where you'll find them in the store and notifying you of the best deals available at the stores you shop at most often.



### Am I Hungry?® Virtual Coach

The Am I Hungry?® Mindful Eating Virtual Coach was designed to help you end futile restrictive dieting and resolve mindless and emotional eating. This app will guide you through the Am I Hungry? Mindful Eating Cycle. Whenever you feel like eating, simply click "I want to eat" and the app will guide you through the process step by step.



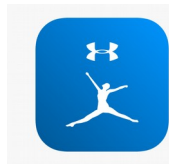
### Map My Walk

This app has features and tools to help and motivate you to stay on track and hit your goals! Get the mobile app to track your walks and go further. Know your distance, pace, calories burned, elevation and more.



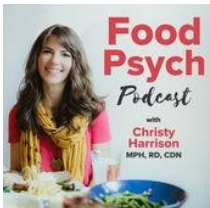
### Baritastic

This App is ranked as the #1 app for bariatric surgery! It is specifically built for bariatric patients to help them meet their specific goals, requirements and guidelines before and after surgery. It allows you to set reminders, connect to a social support group, journal your thoughts, and even offers bariatric surgery specific recipes.



### My Fitness Pal

My Fitness Pal is one of the most popular web-based exercise and fitness applications. It helps you keep track of your daily food and beverage intake while calculating all of your nutrients, calories and vitamins. It is available online and in phone app format.



### Food Psych Podcast- Intuitive Eating, Positive Body Image, & Eating Disorder Recovery

Dietitian Nutritionist and Certified Intuitive Eating Counselor Christy Harrison talks with guests about their relationships with food, body image, eating disorders, weight and size acceptance, non-diet nutrition, exercise etc. She offers tips to help you accept your body and let go of guilt about food.



### EmilyBites- Blog

Check out Emily's blog where she puts a healthy twist on favorite comfort foods. Emily believes that healthy can be delicious by offering "lightened up" recipes that never compromise on flavor. She always includes nutrition information for every type of food she makes, so stop by her blog to add some new healthy recipes to your book!