

# Bariatric Surgery Lifestyle Change Commitment

Date: [Insert Date]

Dear [Recipient's Name],

I am writing this letter to formally express my commitment to the lifestyle changes that are essential for my journey following bariatric surgery. I understand that this surgery is just one step in the process, and that long-term success depends on my dedication to an improved lifestyle.

As part of my commitment, I pledge to adhere to the following:

- Maintain a balanced diet rich in nutrients and low in processed foods.
- Engage in regular physical activity, aiming for at least [insert hours] of exercise per week.
- Attend all follow-up appointments and support group sessions.
- Stay hydrated by consuming sufficient water daily.
- Practice mindful eating and avoid emotional eating triggers.

I recognize that this journey will have its challenges, but I am determined to embrace the changes needed to achieve my health goals. I am grateful for the support from my healthcare team and loved ones during this transformative period.

Thank you for being part of my journey. I am committed to making these lifestyle changes and look forward to the positive results.

Sincerely,

[Your Name]