

# Patient Tools for Pre & Postoperative Success

Below you will find examples of helpful tools that will help you on your Pre and Postoperative weight loss journey.

**Seated Pedal Exerciser**



**Resistance Bands**



**Pilates Bar**



**My Weight Loss Journey App**



**Hand Dumbbells**



**Neoprene Dumbbells**



**Pill Organizer to Hold Vitamins**



**Food and Fitness Journal**



**Water Bottle with Ounces**



**\*\*Products linked are examples\*\***