



## PRE-OP VIDEO TWO HOMEWORK

### Understanding Your Obesity

In Pre-Op Video 2 I talked about the various causes of obesity, noting that obesity is a complicated disease. Some of the causes of obesity are things you have no influence over. Other causes of obesity you can do something about. It is important to recognize the difference between what you can positively affect and what things are beyond your control.

**Some of the main causes of obesity are listed below. After each, write about what is true for you as well as what, if anything, you can do about each. For example, “Genetics.” You may write, “My mother and all three of her siblings are obese, as was their father. It seems fairly clear that I have some heredity influences toward being obese. However, my mother’s family also ate a very unhealthy diet, so it’s difficult to tell how much of her family’s obesity is genetic and how much was due to the food they ate. I will keep in mind that although I cannot change my genetics toward obesity, to whatever extent they exist, I can take responsibility for what I choose to eat. I choose to eat protein first at each meal in order to maintain my weight loss for life.”**

#### Homework:

1. For each of the following, write about what is true for you in relation to each category. Also write about what, if anything, you can do to positively impact your life with regard to each in order to maintain a healthy weight and lifestyle.

**Genetics**

**Culture and Environment**

**Metabolism**

**Illness and Medications**

**Sleep**

**Personal Behaviors**

**Psychological Aspects**

Accepting responsibility for your choices is one very important way of becoming PREPARED to follow through with your commitments.