



***A multi-modal program to get you ready for surgery,
and have a faster and safer recovery.***





*Bamboo is flexible, bending with the wind but never breaking,
capable of adapting to any circumstance.*

Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

Healthful eating before surgery gives your body the nutrients it needs to heal after surgery.

Focus on eating:

- Whole foods
- Unprocessed foods
- Mostly plants

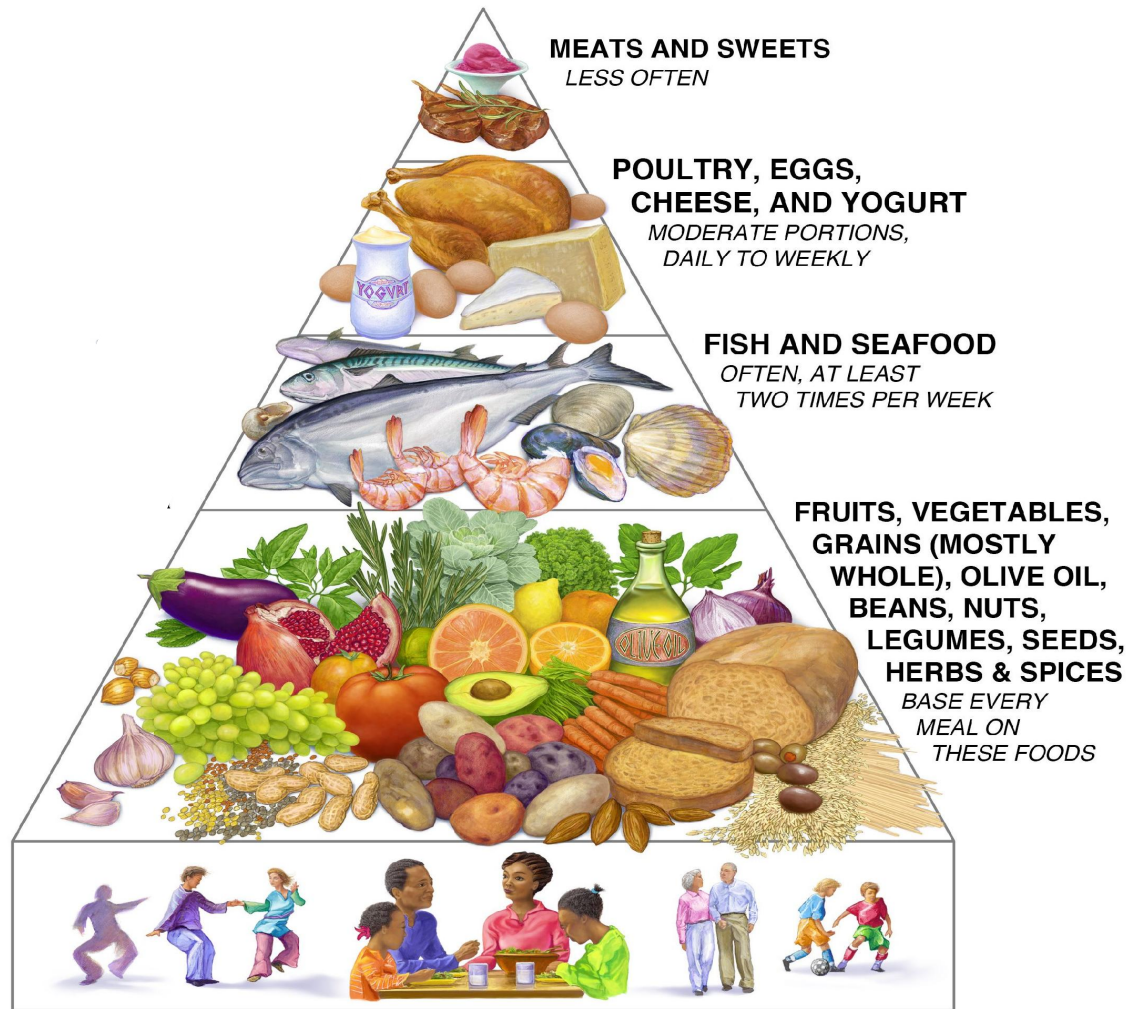


Illustration by George Middleton

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BE PHYSICALLY ACTIVE; ENJOY MEALS WITH OTHERS

Going Mediterranean

Rome wasn't built in a day. Gradually work the Mediterranean diet into your life.
Pick a starting level and work your way up. **The more you practice, the easier it will be!**

Level 1

Try to eat:
-Fruits & Veg
-Unsaturated Fats

At 2 meals/snacks

On 3 days a week

Level 2

Try to eat:
-Fruits & Veg
-Unsaturated Fats
-Whole Grains

At 2 meals/snacks

On 4 days a week

Level 3

Try to eat:
-Fruits & Veg
-Unsaturated Fats
-Whole Grains
-Fish or Poultry

At 3 meals/snacks

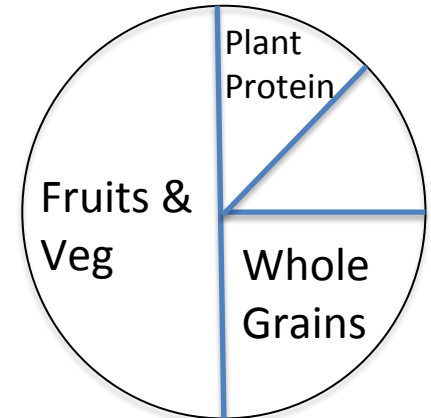
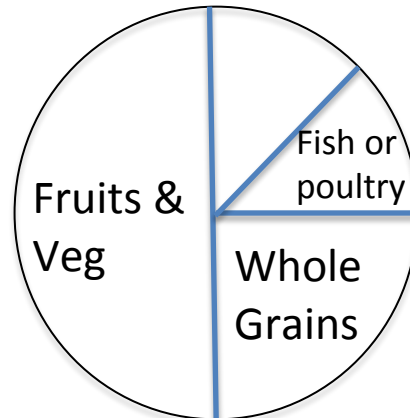
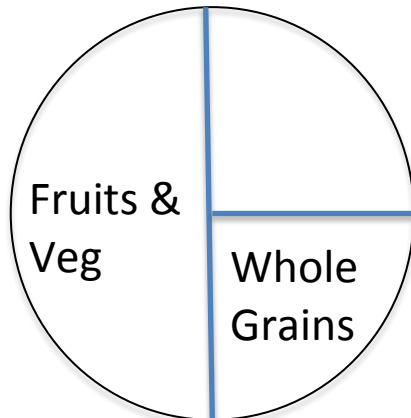
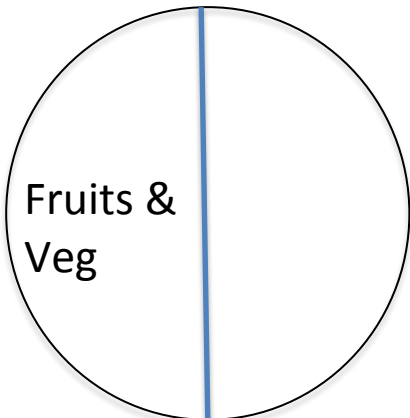
On 5 days a week

Level 4

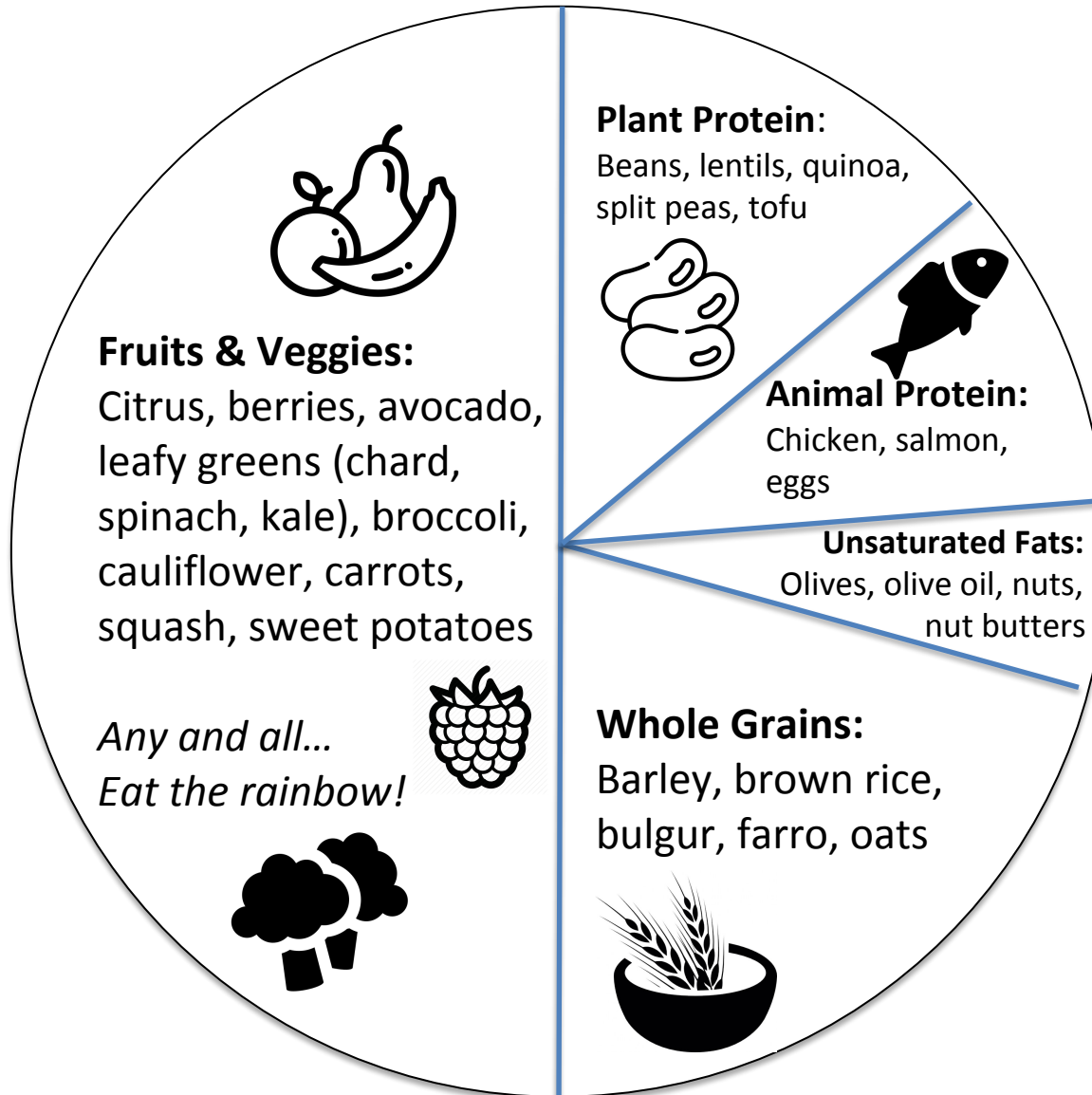
Try to eat:
-Fruits & Veg
-Unsaturated Fats
-Whole Grains
-Fish or Poultry
-Plant Protein

At 3 meals/snacks

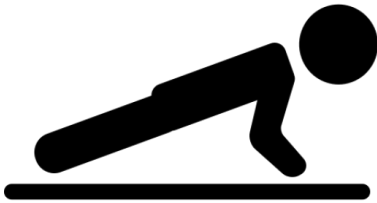
On 6 days a week Fish or poultry



Grocery Shopping Guide



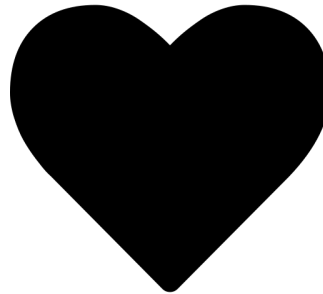
Exercise



Strength Exercises

Strengthen legs, arms, core to recover faster.

2-3 days per week
(alternate with Cardio)



Cardio

Get your heart and lungs strong for surgery.

2-3 days per week
(alternate with Strength)



Stretching

Stay limber before and after your surgery to avoid injury.

1-7 days per week