

Spring Success!

Desert or mountain plateaus can be sought-after things to behold. But, a plateau in your weight loss effort is less than desirable!

Patients often ask *how* they can get over the “hump” and finally lose the last of those stubborn pounds! If you can relate to this, why not make this Spring your “season for success”!

Weight plateaus often occur when the difference between the amount of energy we take in (calories we consume) and the amount of energy we expend (usually through exercise) balance each other out. Such plateaus can be the result of one, or more, things.

You may want to ask yourself the following questions:

- Are you skipping meals?
- Are you getting enough protein & fluids?
- Are you “grazing” throughout the day?
- Are you exercising regularly (If so, have your muscles gotten “used to” your particular exercise regime?)?

Eating three meals plus a protein supplement as a snack once or twice a day is ideal.

Moderately-intense physical activity (such as brisk walking, bicycling, water aerobics, or dancing) for 30 minutes or more each day, at least 5 days per week, is recommended. If you’ve been walking for ½ hour, 5 days a week, it may be time to switch things up. You could add a 20-30 minute bike ride 3 times

a week to work different muscle groups. Or you might try increasing the speed, intensity, and duration of your walking routine.

Food logs are a great way of keeping you accountable while monitoring your progress! If you’re not already using one, definitely start! Whether on paper or online (such as My Fitness Pal), food logs can help you keep track of when you’re eating, the types of calories you’re consuming, as well as the quantity and quality of the foods/beverages you take in.

Last, but not least, don’t forget to continue to meet with your bariatric healthcare team as we are here to help YOU achieve YOUR weight loss goals!

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Focus on Fitness by Amy Hill, MA, ACSM-CPT



As the days become longer and the weather gets warmer, you may be inspired to hop off the couch and spring out the door. Although the enthusiasm is great for your motivation, it can also increase your chance of

injury or compromise safety during physical activity. Here are 5 ways to keep your activity safe *and* effective:

1. Start slow but steady: Begin with 3-4 days on alternate days of the week and work up to the recommended 5-7.
2. How hard are you working? Stay at a low to moderate intensity level and then increase over the next several weeks.
3. Choose different activities: Doing the same thing gets boring,

so participating in different activities helps to keep exercise interesting.

4. Train with others at *your* fitness level: Training with those below your fitness level can slow your progress while training with someone higher than your fitness level can make you push too hard or make you feel that what you are doing is pointless. Remember, as long as you’re getting in more activity than you have been doing you are benefiting from it.

5. MAKE IT FUN!

Nutrition Notes by Jennifer Traub, RD, CNSC

Finally....Spring has sprung! It's time to open our windows to let the fresh air inside our homes. It's also a great time to lighten up our diet.

On a warm, sunny day why not dine al fresco by eating a meal in your backyard or going on a picnic?

Try some Springtime vegetables such as asparagus, broccoli, cabbage, and greens! And, don't forget the fresh herbs!



Dust off the grill and cook some lean meats and fish outdoors.

Chicken breast, pork tenderloin, and fresh fish can be flavored with those fresh Spring herbs and spices and are great sources of protein.

Check out the recipes in this newsletter for some inspiring ways to cook these delicious foods!

And, remember, Michigan abounds with farms that offer the chance for you to pick your own fresh fruits and vegetables. Click on the link below to find a farm in your area (Tip: Once you click on a county, you may have to scroll down to get the list of farms):

<http://www.pickyourown.org/MI.htm#map>



Here is a link to Michigan's harvest calendar so you can plan ahead to get the freshest the season has to offer:

<http://www.pickyourown.org/MIharvestcalendar.htm>

Spotlight on Success



Charles Nelson, After Sleeve Gastrectomy

I started to pack on the pounds from overeating during my junior high years. My parents were both overweight and it did embarrass me. My brother was a very fine athlete which did have an impact on my father, who decided to make a change in his life by losing the extra pounds.

My father started to become verbally abusive to me around this

same time and I found myself becoming very withdrawn. It was my love of music and food that earned me the attention I was looking for from my friends.

I met my wife, Diane, at college and we married in 1984. I weighed 220 lbs. at the time and, although I was overweight, I was bothered by people that were larger than me and I remember asking Diane to help me to never get that large. Over the next 20 years, however, I ballooned to 381 lbs; which was what I weighed when I had bariatric surgery in 2009.

It took me a few years to make the decision to have surgery, but it was the third best decision I've made in my life (my faith in Christ and my marriage to Diane are the other two)!

"I LOVE THE NEW LIFE I HAVE FOUND...THANK YOU, HURLEY, FOR OPENING UP THIS NEW CHAPTER OF MY LIFE."

I was initially interested in the Lap Band, but my doctor introduced me to the Sleeve procedure. I was not sure which surgery was best for me, so I turned all my concern over to God and the doors just opened, one after another. In about 3 months' time, I was on a table getting a new birthday. I remember telling Diane just before surgery: "You realize I will be coming out of this a lesser man than I am today."

I love the new life I have found; not only because it's healthier, but also because of the relationships I've developed within my support groups. I currently weigh 191 lbs (that's 190 lbs lost!). Thank you, Hurley, for opening up this chapter of my life.



**Charles Nelson
Before Bariatric Surgery**

Hip Happenings

Weekly Seminars!

In addition to our monthly evening seminar, we now have free seminars available on Tuesday afternoons for those individuals who have not had, but wish to learn more about, bariatric surgery.

If you know anyone who may be interested in surgical weight loss options, they can register for one of our free seminars online at

www.bariatrics.hurleymc.com OR

by calling 1-888-611-4HMC.



Support Group:

Hurley Bariatric Center offers a medically-supervised support group on the first Monday* of every month from 5:30-7:00PM at the Bariatric Center (2700 Robert T. Longway Blvd., Flint, MI 48503).

There is no cost to attend and no need to pre-register.

There is also a peer-run Support Group held the 3rd Monday of the month at the Central Church of the Nazarene in Flint. Please contact Charles Nelson 810-715-1202 OR scopernelson@sbcglobal.net for details.

*Support group schedule subject to change in the event of a holiday.

Recipe Round-up

Cold Zucchini Soup

Yield: 8 servings

Ingredients:

5 small zucchini, sliced
5 cups low sodium chicken broth
8 oz light cream cheese
Cayenne pepper to taste

Directions:

In a saucepan combine zucchini and broth and bring to a boil over medium high heat, for 10 minutes or until zucchini is tender.

Transfer half of mixture to a blender or food processor. Add cream cheese and blend until smooth. Add the remaining half of the zucchini and blend until smooth.

Add cayenne pepper to taste. Transfer to an airtight container and chill, covered, for at least 2 hours. Serve cold.

Nutrition information per serving:
71 cal, 4 g total fat, 74g carb, 7 g prot



Asparagus Frittata

Yield: 8 servings

Ingredients:

1 1/2 lb asparagus, trimmed
2 1/2 cups nonfat cottage cheese
1 scallion, coarsely chopped
1/2 cup chopped parsley
1 egg
3 egg whites
1 tsp Dijon mustard
2 oz part-skim mozzarella cheese
1 1/2 tsp grated Parmesan cheese

Directions:

Preheat oven to 350°. Lightly coat a 10-inch quiche pan with nonstick

cooking spray. In a steamer, steam asparagus until just tender, about 3 minutes. Remove from steamer and allow to cool. Chop asparagus stems and reserve tips for garnish.

In a blender or food processor, purée cottage cheese, chopped asparagus stems, scallion, parsley, egg, egg whites, mustard and mozzarella.

Pour mixture into prepared quiche pan. Arrange reserved asparagus tips on top. Sprinkle with Parmesan cheese. Bake for 35 minutes, or until set.

Nutrition information per serving:
94 cal, 2 g total fat, 5 g carb, 14 g prot



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