

## The Definition of Success

Recently, a patient asked an interesting question: "I've failed at every other weight loss attempt in my life. I might lose weight, but I've always gained it back. Now that I've had surgery, how do I know when I've finally been successful? Am I considered a success when I reach my personal goal weight, or not until I've maintained that goal weight for a number of years?"

Merriam-Webster defines the word success as follows: "the correct or desired result of an attempt". With that in mind, one must first consider what they are hoping to achieve through their efforts.

With regard to weight loss, what matters

most? Is the goal to simply lower the number displayed on the scale? Perhaps it is getting off some of the medications one might take for weight-related medical issues. Or, maybe it's fitting into a certain pair of "skinny jeans". The real question is, "What matters most to you?"

Remember, each person's journey following weight loss surgery is different. For some, they lose weight steadily and are self-motivated to do the things they need to do to keep it off. For others, they hit stumbling blocks that they must work to overcome before they can achieve what matters most to them. But, in ALL cases, the following poem poignantly sums up the truth of the matter:

*Success is not a race,  
be patient.  
Success leads to success.  
Success is always a work  
in progress.  
Success doesn't come to  
you--you go to it.  
Success is a journey, not a  
destination. Focus on the  
process.  
Some people dream about  
success... while others  
wake up and  
work hard at it.  
Success is achieved and  
maintained by those who  
try-and keep trying.  
Every day is a good day to  
SUCCEED!  
If at first you don't  
succeed-try, try again.  
~author unknown*

Where you might be on your journey, don't ever let discouragement creep in. The beauty of it all lies in the fact that WE determine our own definition of "success"! What's the bottom line for you? Only YOU can decide!

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



Of the many benefits that come with weight loss there are other notable topics to consider. Individuals that experience significant weight loss, such as those who undergo bariatric surgery, can be subjected to a decrease in muscle mass and bone

density which can affect balance. This can make falls, therefore bone fractures, more likely.

The deficiency of muscle mass & bone density can be caused by vitamin & mineral deficiencies as well as inconsistent physical activity. Therefore, *it is critical* that a bariatric patient follows the specific guidelines set through their dietary regimen and incorporate regular physical activity, namely resistance training, to decrease the risk of developing, or possibly even reverse, bone-related conditions such as osteopenia and

osteoporosis.

Concerning resistance training: keep your own limitations and capabilities in mind; utilize equipment such as free weights, machines, and even your own body weight. Seek help from an exercise professional, if needed, and stay *consistent* with your program, keeping it challenging by progressing gradually.



Sometimes, when working with a patient who is struggling with their weight or dietary habits, I realize that patient may be struggling with the concept of eating “normally”. You might wonder what “normal eating” is and how can you make sure you’re practicing it?

“Normal” or “healthy” eating is eating only when our body needs food: that is when we are either “moderately hungry” OR have a “biological craving”.

“Moderately hungry” is that stage when we *first* begin to notice those physical symptoms of hunger. This might be a gnawing sensation in the stomach, a slight headache, or a vague feeling of queasiness, for example. Our job then is to eat a meal or snack

before we become so ravenous that we quickly eat large quantities of whatever food is in sight. Pre-planning our day’s meals and snacks is *key* to being successful at eating when moderately hungry. For most people, this means having a balanced meal or snack every 4-5 hours.



A “biological craving” is described as *sudden desire* for a particular food, such as chocolate, for example. So, does this mean we now have a scientific excuse to eat all the chocolate in the house? Sorry, but not quite. You see, a true biological craving is

satisfied with a small amount of the craved food (e.g., one small Hershey’s “kiss” versus the entire candy bar). If you are still unsatisfied after eating a small amount of the craved food, then you are trying to satisfy an emotional need and do not have a *true* biological craving. Eating for emotional reasons may feel comforting for a quick minute, but it will *not* meet that emotional need.

**Some quick tips:**

1. Choose foods that SATISFY (keep us full until next scheduled meal/snack).
2. Eat MINDFULLY (with awareness and enjoyment)
3. Eat just enough to experience “moderate fullness” (there may be “room” for another bite, but you’re content & choose not to take it.

## Spotlight on Success



**Angela Hayes**

**After Lap-Band Surgery**

I have struggled with my weight for as long as I can remember. I had a southern up-bringing, where family gatherings were based all around food, LOTS of food.

People always said to me “You’re such a pretty girl; you just need to lose weight”. Over the years I’ve tried many weight loss plans. I would lose a few pounds but put them right back on. I always

thought I looked pretty good--then I would see pictures of myself and realize just how big I was. I was in serious denial!

In 2007 I married a wonderful man. Because my upbringing led me to believe that lots of food meant a happy family, I cooked meals for us like you can only imagine & packed on more weight. We were trying to start our family but experienced fertility issues. At one point my doctor said it might be attributed to my weight....more stress, more eating! I got bigger and bigger & finally topped the scales at just over 300 pounds. I knew that I didn’t want to pass on my bad eating habits to our children and was concerned that being so overweight was preventing us from having a family.

I had lap-band surgery in August, 2010 and promised myself then and there that it would not be in

vain...that I would commit to the new lifestyle 110%, follow *all* the rules, lose the weight, and keep it off once and for all.

Fast forward 3 years: I’ve lost over 120 pounds *and* kept it off! I finally realized that losing weight wasn’t about going on a diet; it was a lifestyle change. Every day, I have to make the choice to eat right. Yes, the band controls the amount of food that I can eat but it doesn’t make the right food choices, that part is up to me.



**Angela Hayes**

**Before Lap-Band Surgery**

**“I FINALLY REALIZED THAT LOSING WEIGHT WASN’T ABOUT GOING ON A DIET; IT WAS A LIFESTYLE CHANGE.”**

# Hip Happenings

## Daytime 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](http://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 3<sup>rd</sup> Monday of the month at the Central Church of the Nazarene in Flint. Please contact Charles Nelson 810-715-1202 OR [scopernelson@sbcglobal.net](mailto:scopernelson@sbcglobal.net) for details.

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

## Recipe Round-up

### Tarragon Chicken Salad

Yield: 6 servings



#### Ingredients:

3 c cooked chicken breast, cubed  
1 1/2 cups chopped celery  
1/4 cup chopped fresh chives  
1/2 cup nonfat, plain Greek yogurt  
1/4 cup reduced-fat sour cream  
1 1/2 teaspoons dried tarragon  
2 tablespoons blanched slivered almonds  
salt and pepper to taste

#### Directions:

- In a large bowl, combine chicken, celery, chives or green onions, yogurt, sour cream, and tarragon; mix lightly. Cover, and refrigerate for 1 hour.
- Place nuts in a dry skillet. Toast over medium heat, turning frequently, until nuts are fragrant

and lightly browned. Add almonds to chicken salad, and season with salt and pepper to taste. Serve immediately.

Nutrition information per serving:  
194 cal, 7 g total fat, 6g carb, 31 g prot



### Low-fat Carrot Cake

Yield: 24 servings

#### Ingredients:

6 egg whites  
1 1/3 cups Splenda  
1 cup unsweetened applesauce  
3/4 cup skim milk  
1 1/2 teaspoons vanilla extract  
1/4 teaspoon ground cloves

1/2 teaspoon ground nutmeg  
1 tablespoon ground cinnamon  
2 teaspoons baking soda  
1 cup whole wheat flour  
1 cup all-purpose flour  
3/4 cup crushed pineapple with juice  
2 cups shredded carrots  
1/2 cup chopped walnuts (optional)

#### Directions:

- Preheat oven to 350 degrees F. Lightly grease a 9X13 inch pan with non-fat cooking spray.
- In large mixing bowl, beat egg whites. Slowly beat in Splenda, then applesauce, skim milk, and vanilla. Stir in spices, baking soda, and flour. Stir in pineapple w/ juice, carrots, and walnuts. Pour into the prepared pan.
- Bake for 35 - 40 minutes in the preheated oven. It is done when toothpick inserted in center comes out clean.

\*can top with dollop of Cool Whip

Nutrition information per serving:  
76 cal, 13g carb, 2g fat, 2g prot



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