



# HURLEY BARIATRIC CENTER

## Morning Motivation Momentum!

Everyone knows exercise is key to not only losing weight, but maintaining one's weight as well. Yet, with only 24 hours in a day and so many things vying for our attention, making time for regular exercise can be a challenge.

Many people committed to regular physical activity have found that waking up earlier than usual is the only way they can get their workout in and still have time for everything else they must fit in throughout the day.

But, waking up early to hit the gym is not an easy habit to start. The experts at Greatist.com, a website promoting practical means for healthy living, have a few tips for those who want to make early morning exercise a way of life.

1. Set two alarms: the first alarm lets you know you have 15 more minutes to sleep, while the second alarm lets you know it's time to get up and get moving!
2. Pack accordingly & get in bed early: pre-pack your gym bag, or set out your workout clothes/shoes the night before. If you're in bed no later than 10PM, a 6 AM alarm doesn't feel so brutal. And, since you prepared ahead, you can be out the door within 10 minutes of waking!
3. Flip a switch: turn on a light, or even play some tunes, as soon as the alarm goes off to prevent you from dozing back to sleep.
4. Have a healthy breakfast ready & waiting: a pre-prepped cup of "overnight oats" (see recipe on page 3)
5. Keep your alarm away from your bed: for many, the hardest part of waking up for the day is actually getting out of bed. If your alarm clock is across the room, you have no choice but to get out of bed in order to turn it off. By then, you're already up!
6. Make it a habit: life is about habits, both big and small. To get to the bigger goal of exercising each morning, stick to small habits along the way, such as when you get up to brush your teeth, remind yourself what you will gain if you stay awake instead of going back to bed. The answer is always "a lot", because making time to take care of your health is priceless!

saves time and gives you the energy you need to fuel your workout.

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## Focus on Fitness by Danielle Campbell

### Find Fun

Exercise can be difficult when it is not enjoyable. Try to find activities you enjoy; it will help you to stick to your fitness goals.

Buy a new workout DVD, try a fitness channel on YouTube, join a friend who is training for a 5k, or even walk your dog. Sometimes, a change of scenery is enough to give you motivation.

You deserve to have fun while you exercise – think outside the box and go enjoy your new active self!



## Nutrition Notes

by Jennifer Traub, RD, CNSC

Sometimes, when working with a patient who is dealing with weight or dietary concerns, I realize that patient may also be struggling with the concept of eating “normally”. You might wonder what “normal eating” is and how you can 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 “queasy” feeling, 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 at the time, but it will *not* meet that emotional need and usually makes us feel even worse.

### 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).

\*If you’d like to learn more about “normal eating”, see the “Hip Happenings” section on page 3 of this newsletter for information about our “Back on Track” course which covers this topic and more!

## Spotlight on Success



**Tina & Jon Edgette  
After Sleeve Gastrectomy**

In June 2013, my husband and I decided to start a new, healthier journey and lose weight. We contacted Hurley Bariatric for a consultation appointment. That was the first step in our new beginning.

I had sleeve gastrectomy surgery Sept 10th and Jon had his on Sept 17th 2013.

Within one month of surgery, Jon was off all hypertension and diabetic medications as well as off the bi-pap machine to help him sleep. Also within a month of surgery, I was able to stop taking my hypertension medication.

Jon lost his first 100 lbs. within the first 6 months of surgery and I reached the 100-pounds-lost mark at 8 months post-op. Since Surgery we have lost a combined 275 lbs. together.

The new adventures have been so much fun as we go on long walks, play with our dog, and even went parasailing for the first time this past August!

**“HAVING THIS SURGERY  
TOGETHER HAS BEEN  
ONE OF THE BEST  
DECISIONS WE HAVE  
EVER MADE.”**

I did my first 5K six weeks after surgery and have done several more since then. Jon has returned to flying as a pilot and we are looking forward to skydiving this summer (my first time!).

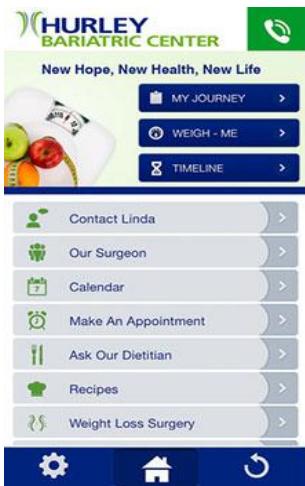
Having this surgery, and going through it together, has been one of the best decisions we have ever made. We are looking forward to our HAPPY, HEALTHY LIFE !!



**Tina & Jonathan Edgette  
Before Sleeve Gastrectomy**

# Hip Happenings

## Hurley Bariatric Center App!



- Learn about weight loss surgery
- Make appointments
- Track your weight loss
- Create a photo timeline of your success

## Recipe Round-up

### Blueberry-Vanilla Overnight Oats

Yield: 1 serving



#### Ingredients:

1/4 cup uncooked quick oats  
 1/2 cup fat-free vanilla Greek yogurt  
 1/2 scoop vanilla protein powder  
 Dash cinnamon  
 1/4 cup fresh blueberries

### Back On Track Course:

Back by popular demand! The "Back on Track" class is an 8-week course, designed to help those who've had weight loss surgery achieve, and maintain, a healthy weight for life!

**The next Back on Track course begins Tuesday, May 12<sup>th</sup> (5:00 – 7:00 PM). Classes will be held each Tuesday through June 30<sup>th</sup>.**

**Cost is \$10 per class, and space is limited so you must pre-register by calling 810-262-2330.**

### Support Group:

A medically-supervised support group meets the 1<sup>st</sup> Monday\* of every month from 5:30-7:00PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets 3<sup>rd</sup> Monday of the month at Flint's Central Church of the Nazarene. Please contact Charles Nelson 810-715-1202 for details.

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

### Afternoon Seminars!

In addition to our monthly evening seminar, we now have an afternoon seminar available on Tuesday 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.

#### Directions:

1. Put all ingredients in a small food-storage container or mason jar. Stir to combine. Cover with lid and store in refrigerator overnight.

Nutrition information per serving:  
 261 cal, 39g carb, 3g fat, 22g prot

### Low-Calorie Cheesecake

Yield: 8 servings



#### Ingredients:

2 pkg (8 oz each) fat-free cream cheese, softened  
 1/2 cup Splenda  
 1/2 tsp vanilla  
 2 eggs  
 1 ready-to-use graham cracker crust (6 oz.)

#### Directions:

1. Preheat oven to 325 degrees F.
2. Beat cream cheese, Splenda, & vanilla with mixer until well-combined. Add eggs; beat until just blended.
3. Pour into crust. Bakes 40 minutes or until center is almost set. Cool. Refrigerate 3 hours.

Nutrition information per serving:  
 169 cal, 20g carb, 5g fat, 6g prot



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