

## Plateaus

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

Weight plateaus 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. Right after weight loss surgery, pounds tend to be lost rapidly as glycogen (storage form of glucose, found in the liver and muscle tissue) is burned and subsequent water weight is lost. The body will then tend to burn fat and even lean muscle tissue, which can lower the body's metabolic rate and allow the body to adjust to a lower calorie intake.

If you find yourself in a weight plateau, do not worry. All hope is not lost. The key is to figure out what needs to be done to get back onto the proverbial "loser's bench"! Some questions to ask yourself: Are you skipping meals? Are you getting enough protein and fluids? Did you resume some poor eating habits? Are you "grazing" throughout the day? Are you exercising regularly? If so, have your muscles gotten "used to" your particular exercise regime?

Logging your dietary intake can show you, and your dietitian, what might be awry with your diet. So, if you aren't already regularly logging your intake, do start! Food journal apps such as Baritastic and My Fitness Pal make it easy!

Are you exercising regularly? If not, come up with an exercise plan (over and above your daily lifestyle activities such as movement at work or home) and begin to follow it. If you do exercise regularly, step up the intensity by trying exercises that take you out of your comfort zone! If you're physically able, try some high intensity interval training (low to moderate intensity exercise with bursts of high intensity spread throughout, such as, brisk walking with bursts of a jog, or jogging with sprint intervals) or a fast-paced exercise class like Zumba or kickboxing.

Last, but not least, don't forget to regularly meet with your bariatric team as we can monitor your progress and make specific recommendations to help you achieve your weight loss goals.

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## Focus on Fitness

### Outdoor Exercise Safety Tips



With spring upon us, outdoor exercising tends to increase. But, there are several tips you should follow before heading out the door. First, dress for the weather. If it is

cold and wet, wear several layers that include insulation, wind resistance, and wicks moisture away from your body. If it is hot and humid, you should wear thin and lightweight clothing that is moisture wicking. You should also wear sunscreen to protect your skin from sun damage. Be visible to drivers. If you are exercising during the day be sure to make eye contact with drivers before you cross the street and wear bright colored clothing. If you will be exercising at night, be sure to wear reflective gear and flashing lights. If you wear headphones while exercising, be sure to keep them at a low volume so you can still hear anything that is going on around you. If

you plan on walking or running through neighborhoods it is essential to watch out for dogs. Animals may leave the yard and try to protect their territory so be aware of your surroundings at all times. Lastly, before you leave tell someone where you are going, the route you are taking, and the estimated time you will be back. Outdoor activities and exercise is enjoyable and rewarding, but safety must come first.



## Mindful Eating

If you're not familiar with the concept of "mindful eating", you might be wondering what it is. Simply put, mindful eating is eating with an awareness of your levels of hunger and satiety/fullness.

Eating has become a mindless act with distractions such as TV, smartphones, & computers during meal times being the new norm. This takes our attention away from the quality and amount of food we are putting into our bodies. But, by practicing mindful eating, we can positively influence our weight and overall health!

Mindful eating has many benefits, such as helping you become more aware of specific food cravings, slow your rate of eating, and increase your awareness of how much food you actually do consume at each meal/snack.

Studies show that learning to eat mindfully can promote weight loss by reducing food-related stress through changing eating behaviors to learn to avoid eating in response to cravings, and avoid binge eating tendencies.

Eating mindfully requires one to slow down and eat with intention. This helps you distinguish between actual physical hunger and a desire to eat for other reasons such as boredom, emotions, or even just habit.

If you'd like to learn to eat with mindfulness, the following steps will help:

**1. Learn when it's time to start eating.** It is best to eat when you reach the "slightly" or "moderately" hungry stage. You want to avoid letting yourself get to the "I'm starving" stage before you begin eating. If you get too hungry, you are more likely to overeat and make poor choices. Keeping healthy snacks with you when you leave the house can help you eat at the right time.

**2. Take small bites and chew thoroughly.** Take time to truly enjoy each bite and appreciate the flavor of your food.

**3. Pay attention to how you feel during your meal.** Ask yourself if you really want the next bite of food. And, then listen to your body. If you want the bite, have it. But, if you are no longer hungry, it may be time to stop eating, even if there is food left on your plate.

**4. Know when it's time to stop eating.** It is best to stop eating when you are "moderately full", which is just before you reach the "satisfied" level. Within 15-20 minutes of starting your meal you will likely be within the "satisfied" or "no longer physically hungry" level, which is satisfied but not uncomfortable.

By improving your awareness of when, why, and how much you eat you can change the way you think about food, replacing any negative thoughts and feelings with positive thoughts and feelings and better self-control!

## Spotlight on Success



**Jana**  
**After Sleeve Gastrectomy**

I had the Sleeve Gastrectomy done on March 19, 2018. I weighed 272 lbs. at the beginning of my weight loss journey. I have since lost a total of 135lbs. On March 17, 2019, I weighed in at 137lbs. And, I feel FABTABULASTIC! Hurley Bariatric

has given me a second chance at life.

I am a single mother of 3 beautiful children and they were such a big part of my support team and the reason I decided it was time to do something about my obesity. I wanted to make sure that I would be around to see them graduate, get married and/or have children. I am a Youth Counselor for the YMCA so I am very active with the kids and losing this weight has made it possible to keep up with the kids in camp.

I have started toning exercises 4 to 5 days a week for my muscle strength and to tone the loose skin I have--and it seems to be helping. I follow the food guidelines to a "T" that I was given after surgery by The Hurley Bariatric Team. I may be able to eat the foods I used to

but I choose not to. I stay on the path I was given so that I do not go back to the old me, I DO NOT WANT TO GO BACK TO THE OLD JANA.



**Jana**  
**Before Sleeve Gastrectomy**

**"HURLEY BARIATRIC  
HAS GIVEN ME A  
SECOND CHANCE AT  
LIFE!"**

# Hip Happenings

## FREE Post-op Refresher Class



Are you starting to regain some of the weight you lost? Do you find yourself resuming old, unhealthy habits but can't remember all of the tips you were taught after surgery? Well, we offer a monthly **FREE Post-op Refresher Class** to review common road blocks people experience after surgery & practical ways to overcome them while reviewing healthy diet and lifestyle habits. It is free, but pre-registration is necessary. Call our clinic at 810-262-2330 for more info and to register.

## Support Group:

A medically-supervised support group meets the 1<sup>st</sup> Monday\* of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets at Flint's Central Church of the Nazarene. Contact Charles Nelson 810-348-2263 for details.

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



## Gastric Balloon is Here!



If your BMI is between 30-35 and you don't qualify for bariatric surgery, the Orbera IntraGastric Balloon might be the solution for you!

**PLEASE NOTE: IF YOU HAVE HAD PREVIOUS BARIATRIC SURGERY, THE BALLOON IS NOT AN OPTION.**

Call 810-262-2330 to learn more!

# Recipe Round-up

## Creamy Avocado & White Bean Wrap

Yield: 2 servings



### Ingredients:

- 1 tablespoons cider vinegar
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce, (see Tip)
- ¼ teaspoon salt
- 1.5 cups shredded cabbage with carrots (e.g., bagged coleslaw, no dressing)
- ¼ cup chopped fresh cilantro
- ½ of a 15-ounce can white beans, rinsed
- ½ ripe avocado
- ¼ cup shredded reduced fat mozzarella cheese
- 1 tablespoons minced red onion
- 2, 8- to 10-inch low-carb tortillas

### Directions:

Combine vinegar, chipotle chile, and salt in a medium bowl. Add bagged coleslaw mix and cilantro; toss to combine. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion. To assemble the wraps, spread about ½ of the bean-avocado mixture onto a wrap (or tortilla) and top with about ¾ cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients or store remaining ingredients to assemble for another meal the next day. Cut the wraps in half to serve, if desired.

Tip: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep at least 2 weeks in the refrigerator or 6 months in the freezer.

### Nutrition Information per serving:

293 cal, 10g fat, 39g carb, 17g protein

## Frozen Protein Pops

Yield: 10 servings



### Ingredients:

- 1 banana
- 1/2 cup plain nonfat Greek yogurt
- 1/4 cup peanut butter
- 1 cup almond milk
- 2 scoops chocolate protein powder

### Directions:

Add all ingredients in blender and blend until smooth. Pour into popsicle molds and let freeze 30-40 minutes. Remove from freezer add fresh berries (if desired) and popsicle stick. Return to freezer and allow to freeze until completely solid. (May run bottom of popsicle mold under warm water to make removal from mold easier.)

### Nutrition Information per serving:

99 cal, 4g fat, 7g carb, 9g prot

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