

Fret-Free Summer

With as chilly as our Spring weather has been, many Michiganders weren't sure we would even have a Summer this year! But, indeed, the June solstice is here and we can expect those longer days and, hopefully warmer temperatures, to go with it!

Summertime in Michigan often involves water and sand. Here in The Great Lakes State, we have an abundance of both! This is the perfect time of year to enjoy such natural bounty! Perhaps you have plans to go swimming or boating, or go beachcombing on one of our beautiful lakeshores!

For those who have overcome obesity, the Summer season can be a welcome opportunity to show off one's

slimmer figure! But, for those who haven't yet achieved their weight-loss goals, the idea of putting on a bathing suit or shorts can bring about feelings of anxiety!

If you find yourself in the latter group--wishing the weather still required a full parka and snow boots--we encourage you to get out there and enjoy these carefree days!!

To help you feel and look your most confident this Summer, here are some points to ponder on Body Image:

1. Body Image is based on emotion, not fact! And, our body image can change based on environment, physical experiences, even our mood!

2. The most surefire way to improve how you feel about your *body* is to

improve how you think and feel about *yourself*.

3. Focus on the things you do well. Maybe you're a talented musician or a caring teacher. Perhaps you're an excellent listener or have a lively sense of humor.

4. Notice the things you tell yourself throughout the day. If you find yourself thinking something negative, turn that thought into a positive.

5. Work on setting small, achievable goals. Our confidence soars when we accomplish such tasks!

Most importantly: don't let worry keep you from enjoying experiences that can make you happy! Make this Summer your best Summer yet!

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



Summer days are upon us which means higher temperatures are on their way. If you are an outdoor physical activity enthusiast, there are a few environmental factors you should keep in mind to participate in safe exercise and minimize the dangers of heat stress-related illnesses.

- Wear clothing that allows for heat loss and sweat evaporation
 - Exercise during the cooler times of the day
 - Pick a shady, breezy site outdoors
 - Reduce exercise intensity and add breaks into your routine
 - Allow your body 4 – 10 days to acclimate to the higher temperatures participating in 10 – 15 minutes at a time, increasing the duration as your body adapts
 - If the temperature is too hot, exercise indoors with fans or in air conditioning
 - Replace fluids as you lose them
- Following these suggestions will help you avoid dangerous heat related illness such as heat stroke, heat exhaustion, heat cramps and dehydration. There's a lot you can do out in the sun but remember to keep it safe and keep it fun.

Nutrition Notes by Jennifer Traub, RD, CNSC

Mama always said “eat your fruits and vegetables!” Well, summertime is the easiest, and best, time of year to do just that!

Fruits and vegetables are rich in antioxidants and phytonutrients (nutrients that come from plants).

These important compounds not only help prevent nutritional deficiencies, which can be common following weight-loss surgery, but they can also protect you from serious illness caused



by heart disease, cancer, high-blood pressure, and others chronic conditions. Vitamin and mineral supplements are very important, but remember: not every phytonutrient can be captured in a pill!

To make the most of Michigan Summer produce; try tossing some blueberries on your cereal or yogurt. Make a garden salad of shredded lettuce, kale, carrots,

and avocado (using a low-fat dressing, of course!).

Create a mixed fruit salad of kiwi, orange slices, strawberries, and grapes. Top that fruit salad with flaked tuna or chicken for a high-protein, nutrient-packed meal!

Add steamed broccoli, cauliflower, and carrots as a side dish with dinner. And, enjoy a bowl of fresh raspberries, blackberries, and cherries as an evening snack.

The possibilities are endless, and *always* delicious!



Spotlight on Success



Nancy Wefel, After Gastric Bypass

After two years of jumping through the hoops thrown at me from the insurance company I found my new life.

In April of 2010, I underwent a laparoscopic Roux-En-Y procedure at Hurley Hospital. My life changed that day.

After years of trying the usual weight loss methods, I finally found what worked for me!

Since my surgery, I have been totally compliant to what I was told to do. And, as a result, I have known success.

I have a better, healthier life. I am active and able to do things I had only dreamed of doing before. For example, while on a vacation in Mexico this year, I repelled, zip lined, and kayaked. I climbed 120 steps to the top of an ancient pyramid, something I never could have done before my surgery!

I have lost 110 pounds in total. But, more importantly, I am 3 years out from surgery and

“I HAVE A BETTER, HEALTHIER LIFE. I AM ACTIVE AND ABLE TO DO THINGS I ONLY DREAMED OF DOING BEFORE.”

maintaining that loss!

I must thank the entire Bariatric team at Hurley, they are the best! But, if I could give someone advice I would say do one thing: be COMPLIANT! Listen to the professionals at the Hurley Bariatric Center and live your best life. I am!



**Nancy Wefel
Before Bariatric Surgery**

Hip Happenings

Afternoon 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.



Join us for a bariatric-friendly potluck on Monday, July 1, 2013 at 5:30pm in honor of Independence Day! Call Linda Krueger at 810-262-2330 for more details!

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

Broccoli and Cheese

Yield: 8 servings



Ingredients:

- 1 1/2 lbs broccoli florets (about 9 cups), cut into bite-size pieces
- 1 Tbsp all-purpose flour
- 1 cup skim milk
- 1/2 cup (2 oz) shredded reduced-fat cheddar cheese
- 3 Tbsp grated fresh Parmesan cheese
- 1/8 tsp salt
- 1/4 tsp black pepper

Directions:

1. Place 1 inch of water in a medium saucepan. Place a metal colander on top of saucepan. Put broccoli in the colander. Place lid on the pot or on top of colander. Bring water to a boil over high heat. Reduce heat to a simmer and steam for 4 minutes or until broccoli is fork-tender. With tongs, transfer broccoli to a bowl. Set aside.
2. Place flour in a medium saucepan over medium-high heat. Gradually add milk, stirring constantly with a whisk until smooth. Cook for 2 minutes, or until mixture thickens, stirring constantly. Cook for 1 additional minute, stirring constantly. Remove from heat.
3. Add cheeses, salt and pepper, stirring with a whisk until smooth. Quickly pour cheese sauce over broccoli and serve immediately.

Nutrition information per serving:
64 cal, 1g total fat, 8g carb, 6g prot

Grilled Veggie Cheese Sandwich

Yield: 1 serving



Ingredients:

- 2 slices light whole wheat bread
- 2 tsp olive oil
- 1/4 tsp garlic powder
- 2 ounces reduced fat cheddar cheese
- 1/4 cup baby spinach leaves
- 2 1/4-inch slices of tomato

Directions:

1. Brush 1 side of each slice of bread with olive oil. Sprinkle with garlic powder. Layer 1 slice of bread with cheddar cheese, spinach leaves, tomato, and onion. Top with remaining slice of bread.
2. Grill sandwiches until golden brown and until cheese is fully melted.

Nutrition Information per serving:
210 cal, 9g total fat, 17g carb, 17 g prot

We're on the Web!

www.bariatrics.hurleymc.com



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