

## “Ch-ch-ch-changes....”

“People don’t change.” Surely you’ve heard that statement before. And, at first glance, it can seem to be true; but it’s simply not based on fact. A more accurate statement is “People don’t change *easily*. Most people who do change make several tries before they are successful.”

Change IS hard! But, change IS possible! Here, at the Hurley Bariatric Center, we see the evidence of change every single day. We see patients who never thought they could overcome their soda pop addiction give it up for good. As well as patients who couldn’t so much as boil an egg, learn to cook & prep their meals on a daily basis. We’ve seen patients who didn’t know the first thing about exercise, successfully complete a marathon!

Change doesn’t have to be monumental to make a difference; often making

one or two “small” changes can have the biggest impact.

When it comes to health, it’s the day-to-day choices we make that influence whether we achieve and maintain good health as we age or if we develop life-shortening and disabling conditions like heart disease, diabetes, high blood pressure, and stroke.

Successful change doesn’t just happen. It occurs when we’re *ready* to change and develop *and follow* an action plan. How do you do that? Here are some steps to guide you:

**1. Choose a specific behavior to change.** For example, “I want to eat fewer high-calorie foods to support my healthy-weight goal.” Or, “I want to stop drinking soda pop.”

**2. Identify the need the behavior meets** (e.g. boredom, stress, etc.) as well as any unhealthy or

untrue thoughts that might discourage making the change.

**3. Come up with a healthy substitute behavior** (e.g., “When bored, I will read a book or play a game instead of eat. When stressed, I will call a friend or write in a journal. When thirsty, I will drink water with lemon.”)

**4. Write down a detailed plan for change.** For example:

- remove high-calorie foods and beverages from my home/work.

- keep healthy foods and beverages on-hand for meals and snacks when truly hungry/thirsty.

- have books, games, journals at-the-ready.

**5. Monitor your plan...**

...to see what is or isn’t working. If something isn’t working, tweak it and monitor for effectiveness.

Change may not be easy, but it IS possible and the benefits you gain *will* make it worth the effort!

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## Focus on Fitness

### Staying Hydrated



Hydration is important before, during, and after your workout. Water is an essential nutrient that is involved in every function of the body. Aim to get at least 64 oz. per day.

It’s important to drink water before your workout because you lose water while you exercise even without heavy perspiration. So, begin consuming water at least two hours prior to exercise.

While you are exercising be sure to sip water throughout the exercise session. Lastly, after a workout,

continue to drink water and pay attention to signs of dehydration such as dry mouth or eyes, weakness, fatigue, dark-colored urine or lack of urination. Now, drink up friends, this one is on us! ☺



Did you know that sugar can stimulate the same pleasure centers in the brain as heroin or cocaine? Most people don't put sugar in the same category as illicit drugs, but for some individuals, it can be quite addictive.

Excessive sugar intake can lead to obesity, high blood pressure and triglyceride levels — plus it increases the risk for diabetes, cancer and heart disease.

So, if you know you have an affinity for the sweet stuff, this may be just the time to address it. For most people, a gradual reduction of sugar intake is effective. But, for others, a "cold turkey"-style quit is necessary. Regardless of the route you decide to take, here are some tips to help you along the way:

**1. Find sugar's hiding spots**

Read the ingredient list of any

packaged foods you have in your pantry or refrigerator. The closer an ingredient is to the top of the list, the more of that ingredient is in the product. Sugar is not always simply labeled "sugar". It can be disguised as numerous things, including corn syrup, cane juice, sucrose, fructose, barley malt, rice syrup, agave, and sucanat just to name a few.

**2. Replace these items...**

...with sugar-free versions. For example, replace sweetened yogurt with plain Greek yogurt sweetened with fresh berries or banana slices. Instead of snacking on candy or cookies, reach for a handful of nuts or some raw veggies and hummus.

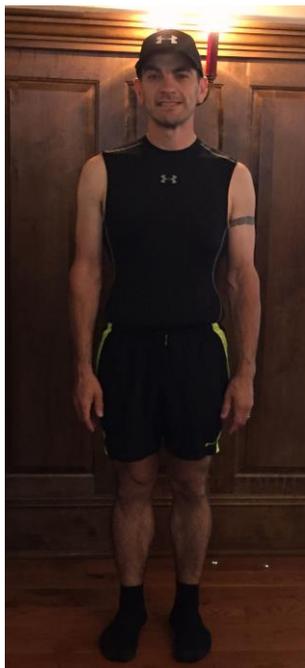
**3. Stop the cravings**

It's important to understanding the difference between true hunger

and food cravings. If you are truly hungry, a healthy snack will sound appetizing, so go ahead and eat one of your healthy snacks. But, if you're craving something sweet or a specific sugary food, use a distraction technique, such as going for a walk, getting lost in a good book, or simply drinking a glass of water. After a couple of sugar-free weeks, your sugar threshold will start to decrease and you will find that you no longer crave sugar or sweets as you once did.

If you slip, don't beat yourself up over it. Accept your action and decide to make a better decision next time and move on. Remember: it generally takes about 3-4 weeks for a new behavior to become habit, the most important thing is to stick with it.

## Spotlight on Success



**Adam  
After RNY Gastric Bypass**

After years of struggling with my weight, I finally decided I needed another tool to help me be successful. At age 36, I found myself 5'8" tall and 276#. I have a job in retail management so I am on my feet a lot and walk about 5 miles a day during my work day, but I did not have the endurance to do much more than that. I would

go in spurts where I was addicted to dieting and exercise and have tremendous weight loss but I was never able to sustain the weight loss/crazy diets/extreme exercise for long. I would gain back the weight (and then some) and feel worse about myself each time.

So, on March 16, 2015, I had Roux-en-Y Gastric Bypass. I knew I was ready for this life change and have not regretted it once. I would recommend it to anyone that is serious about improving their health. But, it is not an easy/quick fix. Following your diet, taking supplements, & regular exercise are still major factors in keeping and maintaining a healthy weight. I still journal and make sure I get my protein & supplements in.

Since the surgery, my main exercises are running and playing sports with my kids. I run 4 days a week and am currently training for a marathon with my wife. We ran a half marathon the first weekend

**"I KNEW I WAS READY FOR THIS LIFE CHANGE AND HAVE NOT REGRETTED IT ONCE."**

in June & I finished it in 2 hours and 1 minute...earning second place in my age bracket! I would not have even had the desire to walk 13.1 miles before this surgery, much less run it! I am 15 months out from surgery and I currently weigh 157#. I went from a 44 inch waist to a 29 inch waist. Total weight loss to date is 119#. Many thanks to my family and the Hurley Bariatric team for being there every step of the way!



**Adam  
Before RNY Gastric Bypass**

# Hip Happenings

## FREE Community Seminar!



We will be holding a FREE live seminar for those who are considering weight loss surgery. This will take place at 6PM on Thursday, 6/30, at the Bavarian Inn Lodge, One Covered Bridge Lane, Frankenmuth.

Call 810-262-2337 today 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 the 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.



## Online Seminars are Here!



Hurley Bariatric Center now offers bariatric seminars online! For those who are interested in learning more about bariatric surgery, and what Hurley has to offer, they can now do so from the comfort of their own home!

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

<http://www.hurleymc.com/services/bariatric-center/attend-a-seminar/>

# Recipe Round-up

## Asian Chicken Salad

Yield: 6 servings



### Ingredients:

2 tablespoons nonfat Greek yogurt  
2 tsp. low-sodium soy sauce  
½ tsp toasted sesame oil  
2 cups finely chopped, cooked chicken breast  
½ cup finely chopped red bell pepper  
½ cup sliced green onions  
Freshly ground black pepper, to taste

### Directions:

1. In a small bowl, stir together yogurt, soy sauce, and sesame oil.
2. In a medium bowl, toss together chicken, bell pepper, and onion. Add yogurt mixture and toss to coat. (Serve with whole-grain Wasa crackers or melba toast.)

### Nutrition Information per serving:

120 cal, 3g fat, 1g carb, 20g prot

## Watermelon-Tomato-Feta Salad

Yield: 8 servings



### Ingredients:

3 cups seedless watermelon, diced  
1 large ripe tomato, cored and cut into 1-inch pieces  
1 tablespoon chopped fresh mint leaves  
1 tablespoon extra-virgin olive oil  
1 tablespoon red wine vinegar  
½ cup crumbled reduced-fat feta cheese

### Directions:

1. In a large bowl, toss together watermelon, tomato, and mint. Drizzle with olive oil and vinegar, gently toss to combine.

2. Gently fold feta into watermelon mixture. (Serve alongside grilled fish or chicken.)

### Nutrition Information per serving:

51 cal, 3g fat, 7g carb, 2g prot

2700 Robert T. Longway Blvd. Suite H  
Flint, MI 48503  
Phone: 810-262-2330  
Fax: 810-235-2721  
<http://www.hurleymc.com/services/bariatric-center/>