

Winter Wonderland?

For some people living in the North, Winter is a season of staying inside where it's warm...avoiding the cold weather and the complications that can come with it, such as ice and snow. For others, it's a time of year filled with activities and sports that only a bounty of the fluffy white stuff can make possible!

Winter is also the time of year commonly thought of as the "holiday season". And, phrases like "holiday weight gain" and "maintain don't gain" are frequently heard this time of year for a reason! Regardless of one's culture or faith, the "holiday season" often brings with it frequent opportunities to indulge in high-calorie "treats". But, with that also comes the *opportunity* to

conquer your temptations and show *yourself* that you *can* stay on track with your weight loss goals during this rather challenging time of year.

One patient of ours described the first holiday season following her bariatric surgery. To her, the month of December didn't represent snowflakes falling, colorful lights on houses, or presents under a tree. To her, the month of December represented one thing: Christmas cookies! She loved them with a passion and very much looked forward to savoring this once-a-year treat! And even though she knew she could probably fit in a small cookie here and there and still maintain her calorie and weight

loss goals, she realized there was a bigger battle to be fought: she needed to conquer this temptation.

You see, this patient realized that SHE was more important than any cookie! It wasn't easy, but she worked hard to avoid being around the Christmas cookies too often, and when she was around them, she used every ounce of strength within her to *not* eat even one of the delectable delicacies. At the end of the season, she was victorious! But much more important than just avoiding a sweet treat, she proved to herself that she **COULD** overcome her biggest temptation! It has been many years since that first post-op holiday season, but now, for this patient, Winter has truly become a joyous wonderland.

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Focus on Fitness



It's tempting to neglect exercise during the colder Winter months. But, it's just as important to maintain your fitness this time of year for your overall health as well as weight management.

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As long as you have a safe and dry surface to walk on, try bundling up and taking a brisk stroll around the block; or try a new Winter sport like cross country skiing.

If there's too much snow and ice or you just can't bear the thought of spending another minute in the cold, come up with an indoor exercise alternative. You might

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rely on an exercise DVD, workout on a treadmill or stationary bike, or just dance around your living room to some upbeat music!

Don't give in to the temptation to crawl into bed and hibernate until Spring! Regardless of the temperature and/or elements outside, you *can* remain active!

Nutrition Notes by Jennifer Traub, RD, CNSC

“Oh the weather outside is frightful, but the fire is so delightful. Since we’ve no place to go... let it snow, let it snow, let it snow.”

“Comfort food” is often what we crave in these colder, snowy months. But why not choose those foods that can be warm and comforting to your body, mind, *and* your immune system!

Start your day with a bowl of oatmeal (make it with skim milk or add a supplement powder to boost the protein content). Oatmeal is naturally low in fat, high in fiber, and a good source of mood-boosting serotonin! Top it with fresh or frozen berries for added immune-enhancing nutrition!



Fish, like salmon, is high in vitamin E and omega-3 fatty acids. Both work to keep your immune system strong and your skin soft! Plus, fish is a great source of that all-important protein!



Don’t forget to give your body plenty of fluids during Winter. Try sipping herbal tea, sugar-free hot cocoa, or broth-based soups to stay hydrated *and* warm!



Be sure to check out the recipes in the “Recipe Round-Up” section of this newsletter to help you put some of these dietary tips into action!

Spotlight on Success



Alfred Harris, 1 Year After Sleeve Gastrectomy

In September of 2011 I had the VSG (Vertical Sleeve Gastrectomy) procedure. All of my life I had made the decision *not* to embrace a healthy lifestyle. The VSG procedure was the tool that helped me get on-track and finally embrace healthy living.

Spotlight on Success, cont...

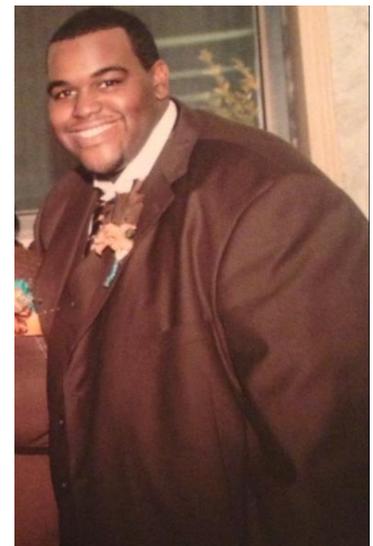
Before the procedure I weighed more than 400 pounds. Since September of 2011, I have lost over 175 pounds.

I joined my local gym in November of 2011 and have worked out consistently no less than 3 or 4 days a week. Along with a new diet, which is driven by protein as well as the right kind of carbs, I have learned to eat not only the right things but the right portions. The VSG procedure was the perfect tool to help me do so. When people ask me how I feel I give them one word: comfortable! That is the best word to not only describe my physical feeling but my emotional and social progress as well!

“I AM FINALLY EMBRACING AND ENJOYING A QUALITY, HEALTHY LIFE!”

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Diabetes, sleep apnea, high blood pressure are no longer physical issues that I struggle with since I made this life changing decision. I am finally embracing and enjoying a quality, healthy LIFE!



Alfred Harris Before Bariatric Surgery

Hip Happenings

Weekly Seminars!

In addition to our monthly evening seminar, we now have free weekly 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.



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.

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

Recipe Round-up

Sugar-free Hot Cocoa

Yield: 28 servings

1 cup unsweetened cocoa
1 ¼ cup Splenda
3 cups non-fat powdered milk
Dash of salt (optional)

Mix above ingredients well & store in canister or jar.

To make a great cup of hot cocoa: Mix 3 Tbsp hot cocoa mix with 6-8 oz hot water, stir well to combine.

Nutrition information per serving:
33 cal, <1 g total fat, 7 g carb, 3.2 g prot



We're on the Web!

www.bariatrics.hurleymc.com

Turkey Soup

Yield: 12 servings

1 Tbsp olive oil
1/2 cup chopped onion
1/2 cup diced carrot
1/2 cup diced celery
1/8 tsp black pepper
1/2 tsp dried oregano
1/2 tsp dried basil
1 can (14.5 oz) diced tomatoes, with liquid
3 cups water
3 cups vegetable broth
1 can (15 oz) great Northern beans, rinsed and drained
2 cups (about 16 oz) cubed cooked turkey
1/2 cup cubed zucchini
1 Tbsp dried parsley

1. In a large saucepan, heat oil over medium heat until hot. Add onion and sauté until softened, about 4 minutes.
2. Stir in carrot, celery, pepper, oregano and basil. Cover and cook over low heat for 5 minutes.

3. Add tomatoes with their liquid, water, broth, beans and turkey and stir. Cover saucepan and bring to a boil. Lower heat and simmer gently for 30 minutes.
4. Add zucchini and parsley and cook until zucchini is cooked through and flavors are blended, about 8 to 10 minutes.

Nutrition information per serving:
112 cal, 1 g total fat, 9 g carb, 8 g prot



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