

Stay Healthy This Winter!

We often think of chilly temperatures and certain illnesses, like the common cold, going hand-in-hand. But, it doesn't have to be that way. Here are some steps you can take to prevent illness and stay healthy this winter!

1. Get Enough Sleep

According to the Centers for Disease Control, adults need 7-9 hours of sleep each night to promote health and prevent chronic disease.

People do tend to sleep more during wintertime due to decreased daylight hours. But, if you find you're not getting the minimum recommended hours of sleep each night, then take advantage of the longer nights to get yourself into a healthier sleep pattern.

2. Eat a Hearty Breakfast

Eating a warm bowl of oatmeal on a cold morning isn't just a delicious way to start your day, it also helps you to boost your intake of fiber and whole-grains, which give you energy and help you to feel fuller for longer. Oats also contain lots of vital vitamins and minerals.

Make your oats with skim milk or water, and don't add sugar. Add a scoop of vanilla protein powder to further fortify this most important meal of the day!

3. Get Plenty of Fruits and Vegetables

When it's cold and dark outside it can be tempting to fill up on unhealthy comfort food, but it's important to ensure that you stay on track with healthy eating and keep your immune system

strong. Including *plenty* of vegetables and about 2 servings of fruit each day can help you do just that! If you find yourself craving a sugary treat, try a juicy clementine or kumquat instead.

Winter vegetables such as carrots, parsnips, squash, and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and vegetables available this season that you may not normally eat and give them a try.

4. Try a New Activity

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity, maybe ice-skating or taking a winter walk. Check out the *Focus on Fitness* section of this newsletter for more info on the benefits of exercise!

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



'Tis the season to be jolly: fa la la la...oh wait. There's shopping, long lines, holiday celebrations, not to mention that credit card bill in January. All of these situations cause STRESS. Unfortunately, it is impossible to eliminate all stress, but it can be managed.

We all know, or have at least heard that exercise benefits us physically by fighting disease and keeping us healthy. In addition to the physical effects, it can also benefit us mentally by stimulating the production of the feel-good chemicals in the brain. Concerning stress, scientists have found that having a consistent activity program decreases overall levels of tension, heightens and stabilizes mood, reduces fatigue, and improves sleep, which in turn,

reduces stress.

According to the Anxiety and Depression Association of America and The American Psychological Association all it takes is 5 minutes to get the stress demolition ball rolling. Although the effects are temporary, the benefits of a 10 minute bout of activity can last several hours. So with the hustle and bustle of the season upon us, add physical activity to your Christmas list and put the joy back into your holidays.

Staying on-track with good dietary habits can be a challenge during the holiday season. High-calorie meals and sugary sweets abound this time of year! But, it's possible to make it through the season without re-gaining any of the weight you've lost....heck, maybe even inch closer to your goal weight (if you're not already there)!

One of my favorite motivational quotes is: *"Never trade what you want most for what you want in the moment."* (Anonymous) Whenever you're faced with the temptation of endless holiday cookies or an extra helping of Aunt Susie's famous scalloped potatoes, remember this quote and think about how you want to feel *after* the season is over. Let that motivate you to make choices that will help you achieve that goal!



Don't skip meals on the day of a holiday party. This leads to overeating and poor food choices come party time. Instead, fuel up with balanced meals, such as a whole-grain English muffin with 1 egg and a slice of low-fat cheese OR an egg white veggie omelet paired with whole wheat toast for breakfast and be sure to eat a healthy snack right before the party so you don't show up famished!

Once at a holiday event, scope out the food being served before piling up your plate and develop a

strategy. For example, you can fill up on low-calorie and/or nutrient dense foods such as lean meat/poultry, raw vegetables, fruit, and a SMALL amount of nuts while saving your calories for traditional holiday favorites that you eat only once a year such as yams, fruitcake, or pumpkin pie.

Eat slowly and savor every bite of special Holiday food--slowing down gives your brain a chance to receive the satiety signal from your stomach. An easy strategy to prevent you from scarfing down your plate in less than five minutes is to place your fork or spoon down between bites.

Lastly, don't forget to record the foods and beverages you consume in your food journal! This is one area of life where ignorance isn't bliss.

Spotlight on Success



Huey Gilbert, After Sleeve Gastrectomy

Obesity runs in my family. My father died at age 57, weighing 601 lbs. My only sister died at 50 years old, weighing 375 lbs. My son died at the young age of 35, weighing 627 lbs.

I was married in February, 2009. I weighed 430 lbs. on my wedding day. Later that year, I was admitted to the hospital with severe blood clots in my lungs. My doctors told me it was one of the worst cases they'd

ever seen and they didn't know how I was still alive. The blood clots were directly attributed to my obesity.

Then, in 2011 I had total knee replacement due to years of the weight crushing my joints. The doctor made it clear that my other knee would soon need to be replaced as well. I didn't want to spend my life this way. I knew I had to do something.

I had a sleeve gastrectomy on April 13, 2010. I weighed 479 pounds at the time of my surgery. I have since lost over 200 pounds.

Bariatric surgery was one of the best decisions I've ever made. Since the surgery, my quality of life has been enhanced tremendously and I can't imagine going back to living life the way I was before surgery.

"ALL MY THANKS GOES TO GOD FIRST, AND THEN TO THE DOCTORS AND STAFF AT HURLEY."

All my thanks goes to God first, and then to the doctors and staff on the Bariatric Team at Hurley. They are all extraordinary people.

I couldn't have achieved such success with weight loss if it weren't for my wife, Sheila Gilbert, and all of our children, grandchildren, my mother and siblings! They are my own personal support team!



Huey Gilbert, 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.



Support Group: Come Be Inspired!

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

Mashed Sweet Potatoes Brulee

Yield: 14 servings (1/4 cup each)



Ingredients:

- 3 pounds sweet potatoes, peeled and boiled until soft (3 cups cooked)
- 1/3 cup 1% milk
- 2 Tbsp light butter, softened
- 1/4 tsp salt
- 1/4 tsp cinnamon
- 1/8 tsp ground nutmeg
- 1/4 cup unpacked light brown sugar

Directions:

1. When potatoes are cooked and soft, combine them with milk, light butter, salt, cinnamon, and nutmeg. Mash or puree until smooth.
2. Spoon sweet potato puree into a 9x9 baking dish.
3. Sprinkle 1/4 cup brown sugar evenly over top.
4. Broil 2 minutes or until sugar melts, being careful not to burn sugar.
5. Let stand until sugar hardens (about 5 minutes).

Nutrition information per serving:
56 cal, <1g total fat, 13g carb, 1g prot



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Crustless Pumpkin Pie

Yield: 8 servings

Ingredients:

- ¼ cup water
- 2, 1-oz. envelopes unflavored gelatin
- 2 cups fat-free evaporated milk, divided
- ¾ cup packed brown sugar
- 15 oz. can pure pumpkin
- 1 tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp nutmeg
- 1/8 tsp cloves
- 1 tsp vanilla extract

Directions:

1. Spray 9-inch pie plate with non-stick cooking spray.
2. In a large bowl, sprinkle gelatin in water. Let stand for 5 minutes.
3. Pour 1-cup of fat-free evaporated milk into a small saucepan and heat until almost boiling. Remove from heat and whisk into gelatin (don't worry if gelatin has hardened, the hot milk will liquify it).
4. Stir in remaining evap. Milk, sugar, canned pumpkin, cinnamon, ginger, nutmeg, cloves, and vanilla. Stir until blended.
5. Pour mixture into pie plate. Refrigerate at least 2 hours.

Nutrition Information per serving:
152 cal, <1g total fat, 32g carb, 5.4 g prot

We're on the Web!

www.bariatrics.hurleymc.com