

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 things that can come with it (you know, ice and snow).

For others, winter is a time of year filled with activities and sports that only a bounty of that fluffy white stuff can make possible!

Winter is also the time of year commonly referred to as the "holiday season". 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

prove to yourself that you can stay on-track with your weight loss goals during this challenging time of year.

A patient of ours described the first holiday season following bariatric surgery. For her, the month of December didn't represent snow falling, colorful lights, 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 and indulging in this annual treat!

She knew she could probably fit in a small cookie here and there and still maintain her calorie and weight loss goals, but she realized there was a bigger battle to be fought: it was the temptation itself that she needed to conquer.

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 very often. And, when she was around them, she used every ounce of strength within her to not eat even one of the delectable delicacies. Though she knew one cookie here or there wouldn't have caused weight gain, she also knew this wasn't about calories. It was about her demonstrating the ability to avoid a food that was highly tempting to her.

At the end of the season, she was victorious! 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 wonderland.

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Focus on Fitness



"Baby, it's cold outside..."

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.

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 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!

The holiday season can be challenging to get through when trying to lose weight or maintain healthy lifestyle habits, such as balanced eating and regular exercise. People sometimes feel overwhelmed by the rich foods and bountiful sweets that seem to appear every which way you look. And, it's that feeling of being overwhelmed that can tempt individuals to give up working toward their health goals... leaving them frustrated and depressed come the New Year as they try to dig out of an even deeper hole of excess weight and unhealthy habits.

Unless you're working toward a bigger goal, like our patient in the "Winter Wonderland" segment (page 1), there's no need to totally deprive yourself of those

"holiday favorites" that are only around this time of year.

Bariatric surgery doesn't have to mean deprivation when it comes to eating. Rather, safety and weight loss after surgery is about learning to eat *mindfully*, which is choosing your foods carefully so as to meet your individual nutrition needs. The key is to have a plan.

It can be easy to "throw caution to the wind" this time of year and give up on healthier eating habits, but, you would be smart to resist the urge. If you plan well, you can "have your cookie and eat it too", so-to-speak, while still maintaining your weight loss and your new, healthier, lifestyle. Just like you might put money away here and there so you can afford

to "splurge" on a special purchase once in a while, you can also look to save calories elsewhere in your day or week so that you can "splurge" on some of those favorite holiday foods.

Be sure to check out the recipes on page 3 of this newsletter, as they are lower-calorie versions of some common holiday favorites, making it easier to keep those nutrition goals during this season *while* you indulge.

But, no matter what your strategy, don't give up! Stay your course-- you can do it! And, you will be GLAD you did come January!

Spotlight on Success



Stacy Carlson
After RNY Gastric Bypass

At the age of 40, I found myself weighing 249 pounds at 5' 5" tall. After giving birth to 5 sons, I had spent years not focusing on me or my health. I dieted and exercised, but was not able to achieve significant weight loss or success.

I consulted my family doctor and spent about a year researching Bariatric Surgery as an option and tool to help me achieve the weight loss I knew was necessary to improve my health and quality of life. I made the decision to have Gastric Bypass (Roux-en- y) with the support

of my husband and family and scheduled it for September 2014.

Hurley Bariatric Center made me feel welcomed, not judged...they gave me a glimmer of hope. I am incredibly grateful for the before- and aftercare I have received from the entire team. I currently weigh in at 140 pounds bringing my total weight loss to 109 pounds.

The past year and a half has been quite a journey for me and my entire family. Every day post-op has been an opportunity for me to continue to build on my healthy journey. From the first day I was cleared to begin exercise I have not missed a day. I keep my exercise routine flexible. I do cardio, such as elliptical, running, or exercise videos as well as strength and resistance training with weights all at home. I religiously make exercise a part of my morning before I head out to work. I have also found it very helpful to utilize a fitness app on my smart phone called My Fitness Pal where I track

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everything I eat and drink and my daily physical activities.

Overall I could not be happier with my surgery. I have found a new lease on life where I have the energy to experience and enjoy every aspect of my life in a more exciting and vivid way. Through this process, I also found the courage to leave a career I was unhappy in, to explore new career opportunities. I would not have had the courage, or energy, to do this had I not changed my lifestyle completely. And, to think it all started with that decision to have gastric bypass surgery.



Stacy Carlson
Before RNY Gastric Bypass

Hip Happenings

Hurley Bariatric Center App!



- Learn about weight loss surgery
- Make appointments
- Track your weight loss
- Create a photo timeline of your success

Support Group:

A medically-supervised support group meets the 1st Monday* of every month from 5:30-7:00PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets 3rd 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.**



Afternoon Seminars!



We offer a free evening seminar, once per month, 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.hurley.bariatrics.com OR by calling 810-262-2330

Recipe Round-up

Gingerbread Cutouts

Yield: 90, 2 ½ inch, cookies



Ingredients:

- 2 ½ cups all-purpose flour
- 1 cup whole wheat flour
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- ¾ tsp baking soda
- ½ tsp ground nutmeg
- ¼ tsp salt
- ¼ tsp ground cloves
- 1 cup butter, softened
- 1 cup Splenda
- 1 egg
- ½ cup molasses
- 2 Tbsp lemon juice

Directions:

1. In a medium bowl stir together flours, cinnamon, ginger, soda, nutmeg, salt, and cloves. Set aside. In large mixing bowl, beat butter with electric mixer on med-high for 30 seconds. Add Splenda; mix until fluffy. Beat in egg until mixture is light. On low speed, mix in molasses and lemon juice. Beat in as much of the flour mixture as you can. By hand, stir in remaining flour mixture. Divide dough in half. Cover and chill at least 3 hours until easy to handle.
2. On lightly floured surface, roll half of dough to 1/8-inch thickness. Using 2 ½-inch cookie cutters, cut into desired shapes. Place 1 inch apart on ungreased cookie sheet. Bake at 350 degrees F for 8-10 minutes until edges are lightly browned.

Nutrition Information per cookie:

53 cal, 2g fat, 8g carb, 1g prot

High Protein Egg Nog

Yield: ~Three, 8 oz., servings



Ingredients:

- 2 Premier Protein® Vanilla Shakes
- 1/2 cup egg substitute
- 2 Tbsp sugar substitute like Stevia
- 2 tsp rum extract
- 1 tsp vanilla extract
- 1/2 tsp nutmeg + pinch cinnamon

Directions:

1. In a medium saucepan heat on medium heat the Premier Protein® Shake, egg substitute & sweetener. Stir continuously until the mixture thickens slightly. Do not bring to a boil. Stir in the vanilla, rum extract, nutmeg & cinnamon. Remove from heat and pour into a heat resistant container, cover and refrigerate until the eggnog has cooled (at least 3 hours). Garnish with an extra little sprinkle of ground nutmeg & ground cinnamon.

Nutrition Information per serving:

152 cal, 3g fat, 4g carb, 25g prot

2700 Robert T. Longway Blvd. Suite H
Flint, MI 48503
Phone: 810-262-2330
Fax: 810-235-2721
www.bariatrics.hurlevmc.com