



HURLEY BARIATRIC CENTER

Never Too Late

Fall 2012
Volume 1, Issue 2

Recently, a patient of ours reached her weight loss goal after nearly two years of struggling with post-op weight plateaus—and even some weight gain. She felt frustrated and defeated...ready to “give up”. So, what finally happened to bring about success? What changed?

In the patient’s words, “I changed! Now, whenever someone asks me about bariatric surgery, I tell them: surgery will work if *you* work!”

She described how she thought the surgery itself would “magically fix” her weight problem. She didn’t think she would have to change much about her eating habits as long as her stomach was smaller.

Sure, she ate less food after surgery, but continued to choose high fat/high calorie foods throughout the day. She also admits that she never dealt with her tendency to turn to food when feeling stressed or emotional.

She began to work with our staff, here at the Hurley Bariatric Center, and came up with a diet/exercise plan that would help meet her weight-loss goals and nutritional needs.

Food journaling became a daily routine (something she calls “very eye-opening”).

She also began working with a private therapist in order to find healthier ways to manage stress and emotions.

Today, even though

she is at her goal-weight, she continues to track her diet intake to help her maintain that weight. She walks daily, and faithfully uses her treadmill when the weather isn’t so great.

Now, when stressors or problems come her way, she develops a written plan of action to deal with the issue at-hand. And when emotions are high, she’s learned to either go for a walk or phone a friend.

This patient’s success after much struggle has shown that it’s never too late to create healthy life habits and finally reach your goal. If you’re honest with yourself, determined, and remain focused on the prize, you can accomplish almost anything!

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



As the summer season comes to a close, the school bells ring and nature begins to show off its beautiful color palette.

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This Fall, don’t forget to remain consistent with your physical activity during the hustle and bustle of daily life. The autumn toned hues are a beautiful backdrop for outdoor activities. Try to enjoy the sights and smells with a walk through the park or huddle up for a “gentle”

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game of football with family and friends. Physical Activity doesn’t have to feel like work, you can still enjoy it as well as reap its healthful benefits. Just remember to follow the guidelines of your post surgical stage and your activity will not only be enjoyable but safe too!

Nutrition Notes by Jennifer Traub, RD, CNSC

Autumn in Michigan conjures up images of colorful leaves on the trees, long walks on crisp Fall days, and warm, comforting foods.

Thankfully, autumn is a great time of year to enjoy those comfort-food favorites and still achieve, or maintain, your goal weight! Warm (and protein-rich!) stews, oven-roasted vegetables, and fresh-from-the-orchard apples are healthy and plentiful options during this harvest time!

As with any other time of year, it's important to focus on "balance" at mealtimes. Meals should start with lean protein and non-starchy vegetables, and then be rounded out by a *small* portion of whole-grains.

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Here are a few examples from each of these food groups:

Lean (low-fat) Protein Foods:

- Skinless turkey & chicken
- Fish/seafood
- Low-fat dairy products (such as low-fat cottage cheese)
- Dried beans/legumes
- Tofu

Non-starchy Vegetables:

- Green beans
- Broccoli
- Cauliflower
- Carrots
- Asparagus
- Brussels sprouts
- Salad/lettuce

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Whole Grains:

- Brown rice
- Quinoa
- Whole wheat pasta
- Whole grain bread/crackers

And, for some good ideas on how to enjoy these yummy Fall foods, check out the "Recipe Round-Up" section of this newsletter!



Spotlight on Success



Cindy Warber, 2 Years After Lap-Band Placement

In August 2010 I had an adjustable gastric band surgically placed around the top of my stomach to help restrict my over-eating. But, my journey to a healthier lifestyle began 2 years before my surgery as I started professional counseling to find out why my habits had become so destructive and why I so stubborn in the area of losing weight.

Spotlight on Success cont...

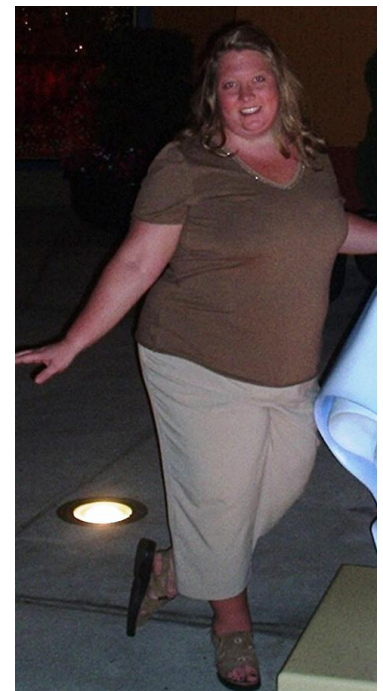
It was through counseling that I accepted the idea of a medical intervention to help me make those changes I was finally ready to make.

Two years later I have lost over 90 pounds and have gained so much energy and enjoyment in life. Although the band has only been a tool to help in portion control, it was a key component in starting my path to wellness. It was once I decided on bariatric surgery that I also started intensely working out at a gym with a fitness trainer. Now regular exercise with strength training and making healthier food choices are a regular part of my new lifestyle.

"I AM THE STRONGEST AND FITTEST OF MY ADULT LIFE..."

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I am the strongest and fittest of my adult life and full of excitement about the many more years of life now ahead of me.



Cindy Warber, Before Bariatric Surgery

Hip Happenings

“Back on Track”

Back by popular demand! The “Back on Track” class is a 10-week course, designed to help those who’ve had weight loss surgery achieve, and maintain, a healthy weight for life!

You will learn the difference between unhealthy eating habits and normal eating habits as well as the concepts and skills that can make unhealthy eaters become normal eaters.



The next Back on Track course begins Tuesday, October 2nd (5:00 – 6:30 PM). Classes will be held each Tuesday through December 4th.

Cost is \$10 per class, and space is limited so you must pre-register by calling 810-262-2330.

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

Oven Roasted Vegetables

Yield: 10 servings

- 2T. olive oil
- Non-stick cooking spray
- 1 small butternut squash, cubed
- 1 head cauliflower, chopped
- 1 pound Brussels sprouts, halved
- 1 pound carrots, cut in half, then sliced in half lengthwise
- 1 large red onion, sliced into wedges

1. Preheat oven to 400°F.
2. Toss vegetables with oil in a large, oven-proof baking dish.
3. Roast in preheated oven for 45-55 minutes, stirring vegetables every 7-10 minutes for even browning. Half-way through cooking, spray veggies with non-stick spray.

Nutrition information per serving:
88 cal, 4 g total fat, 10 g carb, 2 g prot



Lentil Vegetable Chili

Yield: 8 servings

- 1 T. olive oil
- 1 onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 2 med. carrots, diced
- 2 cloves garlic, minced
- 2 C. dried brown lentils
- 1 C. canned kidney beans, drained
- 1 C. canned pinto beans, drained
- 15 oz. can stewed tomatoes
- 2T. tomato paste
- 4T. chili powder
- 1T. ground cumin

- 1T. coarse salt, to taste
- 1t. ground black pepper

1. In a medium pot, heat olive oil over medium heat. Add onion, peppers, carrots, & garlic. Cook until soft, about 5 min.

2. Stir in 3 cups water, lentils, tomato paste, kidney & pinto beans, stewed tomatoes, and spices. Stir to blend.

3. Bring to a boil. Reduce to med-low heat, cover & simmer until lentils are tender, about 45 min. Adding more water if chili becomes too dry.

Nutrition information per serving:
150 cal, 2 g total fat, 30 g carb, 9 g prot



We're on the Web!

www.bariatrics.hurleymc.com

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