

## “Fall” Into Continued Momentum

Summertime in Michigan is usually filled with the warm temperatures & sunny days that naturally lead to increased activity. June through September often finds Michiganders biking, gardening, swimming and the like. So, it's not uncommon for the brisk weather of Fall (especially those downright cold late-Autumn months) to encourage us to spend more time indoors. But, before you cozy up to a good book and cup of (decaf) tea, take advantage of that Summertime momentum to keep moving!

Think about all the ways you were more active this Summer. Perhaps you started your mornings off with a few laps around your neighborhood or ended each day by taking the dog for a walk.

Maybe Summertime provided you with access to a swimming pool or you spent weekends weeding in the garden. Think about how you *felt* being active and let *that* be your motivation to commit to continued exercise this Fall and Winter.

The early Autumn months usually bring pleasant temperatures and scenic views of nature. Leaves are changing colors... there's a delightful crispness in the air. Take advantage of this special time of year and “gift” yourself a daily walk, jog, or bike ride out-of-doors.

As those chillier temps are bound to creep in, be prepared with a PLAN to get regular exercise so you can confidently resist the urge to hibernate!

As you plan ahead for colder weather, know what's available to you.

Are safe, dry sidewalks within your reach? If so, walking while wearing a coat, hat, and gloves might be a do-able part of your plan! Do you live on a dirt road in the country? Then you might choose to join a gym for a few months or ask if a local school or mall is available to walk in after-hours.

Always have a bad weather back-up! There are bound to be days where getting out of the house to exercise just isn't feasible, but you don't want to skip your workout. Pick-up an exercise DVD you enjoy. Many public libraries lend them for free! If you have Internet access, check out some free online exercise videos. YouTube.com is a great place to look!

So, keep moving! Don't let the end of warm weather mean the end of your workouts.

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



What is the difference between physical activity and exercise? The answer is in the definition itself. Let's look at their meanings more closely.

Physical activity can describe anything that requires you to voluntarily move your body,

such as walking the dog, gardening and even dancing to music.

Exercise is a form of physical activity that follows a more structured and repetitive type of program such as weight lifting, aerobics classes or training for a specific sport.

Don't allow yourself to get caught up in the terminology. Both physical activity and exercise produce the same type of long-term health benefits and are associated with reducing the risk of developing

some diseases and disabilities as well as treating them.

Simply put, get up and move! Whether it be walking outside to get the mail or putting some time in on the treadmill, any activity is better than inactivity. The key is keeping your activity consistent so you can reap those benefits.

Calories, carbs, and fats, oh my! What's a person who wants to lose weight (or maintain the weight they've lost) supposed to focus on?

Figuring out the calorie and nutrient content of the foods that you eat can seem overwhelming. Yet, figuring out this stuff is one of the most important steps of successful weight management.

As a Registered Dietitian, I often hear people say, "I don't eat that much, so why can't I lose weight?" What I tell them is that it's not just about the quantity of food you eat or even the total calories you consume, but also the type of food/calories you're consuming.

The easiest way to know how many calories, grams of protein,



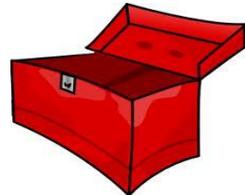
fats, and carbs that are in the foods and beverages you consume is to keep a food journal. And, with technology today food journaling couldn't be easier!

If you have a smartphone or daily Internet access, there are several websites and "apps" that offer free food journals. A few popular ones include My Fitness Pal, Spark People, and LIVESTRONG. (While these programs do help you figure out basic goals for calories, proteins,

fats, and carbs, it's best to talk with a Registered Dietitian to help you figure out your individual nutrition needs.)

What if you're not so tech-savvy? Don't fret! Keeping a written food journal works great too! Just rely on Nutrition Facts labels on your food packages and a good calorie-counting book. A few to check out include: *The Ultimate Calorie Counter* by Sheila Buff and *Fast and EZ Calorie, Fat, Carb, Fiber, and Protein Counter* by Helena Schaar.

No matter what method you choose, *do* keep a daily food journal! It's one of the most effective tools in a weight-management toolbox!



## Spotlight on Success



**Dan Halligan, After Sleeve Gastrectomy**

On August 24, 2011 I had a Vertical Sleeve Gastrectomy. Two years later I have lost 258 pounds and broken every goal that I had set for myself.

As I prepared for surgery I kept thinking about how great it would be to be more active with my kids. But I never even considered how my life would change psychologically.

Now that I've lost the weight, I find that I am less stressed, more confident, and more outgoing. Several people have told me I am back to being the "Dan" I was 15 years ago.

I would have to credit the biggest part of my success to following the program that I was given prior to surgery; by doing that, I have made choosing healthy food and getting regular exercise a priority. I have also found that getting some time to myself once in a while is crucial for me and helps to keep me on-track.

This Spring I decided to run the Warrior Dash at the end of July. So in early May I started running 2-3 days a week to see if I would be able to do it. I signed up 4 weeks later and on July 28th I did it! I ran the Warrior Dash!

**"I HAVE LOST 258 POUNDS AND BROKEN EVERY GOAL THAT I HAD SET FOR MYSELF."**

To go from weighing over 400 pounds to running an event like that in only 2 years gives me such a sense of accomplishment! And, I had truly enjoyed the run -- in fact, I am already signed up for the 2014 Dash and my 16-year-old son will be running it with me!

Thank you to Dr. Farhan and all the staff at the Bariatric Center for helping me make this new life possible!



**Dan Halligan 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](http://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.

There is also a peer-run Support Group held the 3<sup>rd</sup> Monday of the month at the Central Church of the Nazarene in Flint. Please contact Charles Nelson 810-715-1202 OR [scopernelson@sbcglobal.net](mailto:scopernelson@sbcglobal.net) for details.

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

## Recipe Round-up

### Apple Crisp

Yield: 8 servings



#### Ingredients:

- 5 medium Macintosh apples (about 2 lbs), peeled and sliced
- 1/2 cup dried cranberries, optional
- 1 Tbsp fresh lemon juice
- 1 Tbsp granulated sugar
- 1/3 cup brown sugar
- 3 Tbsp cold trans fat free margarine, cut into bits
- 1/4 cup rolled oats

- 1/2 cup whole wheat flour
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2 Tbsp chopped walnuts, optional

#### Directions:

1. Preheat oven to 400°. Lightly coat a 9 x 9-inch baking dish with nonstick cooking spray.
2. In a large bowl, toss the apples and dried cranberries with lemon juice and granulated sugar. Transfer fruit to baking dish.
3. In another bowl, combine remaining ingredients and toss together to form a crumbly topping. Spread topping over apples and bake 30 minutes, or until topping is browned and the apples are tender. Serve warm.

Nutrition information per serving:  
170 cal, 5g total fat, 32g carb, 2g prot



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### Chicken Stew

Yield: 6 servings



#### Ingredients:

- 1/2 medium onion, quartered
- 6 garlic cloves, peeled
- 2 cups chopped carrots
- 1 lb boneless, skinless chicken breast, cut into 1 1/2-inch chunks
- 4 cups low sodium chicken broth
- 1 tsp dried thyme
- 1/2 lb red potatoes, scrubbed and quartered
- 1/3 cup wild rice
- 2 cups green beans, trimmed
- Black pepper to taste

#### Directions:

1. In a slow cooker, combine onions, garlic, carrots, chicken, chicken broth and thyme. Cook on high for about 1 1/2 hours. Add the potatoes, wild rice and green beans and cook for an additional 2 1/2 hours. Add pepper to taste, and serve hot.

Nutrition Information per serving:  
209 cal, 1g total fat, 26g carb, 26 g prot

We're on the Web!

[www.bariatrics.hurleymc.com](http://www.bariatrics.hurleymc.com)