

Derailed? Get Back on Track

If you fall off a bicycle, do you wait a few weeks to try riding again? No—you get right back on the bike. The same is true for mindful eating and exercise habits.... if you give in to temptation or fall back into old, unhealthy habits, then the best thing to do is get right back on track with those healthier eating and activity habits!

When unexpectedly pulled onto a dance floor, it's easy to fall back on an old routine that you know well, even if it's not a very attractive dance. But, when you are learning steps to a new dance, it takes focus, planning, and lots of practice before those new dance steps become second nature.

Life can sometimes feel like impromptu dancing!



It throws us curveballs that can give an added element of challenge when trying to make lifestyle changes.

Perhaps you're away from home...away from your trusty new healthy eating "tools" (fridge, oven/stove, healthy go-to foods) within easy reach. Maybe you're assigned a big project at work that requires longer work hours and less time for food prep and/or workouts.

Find a way to "go with the flow" ...to "bend with the wind" so that those curveballs in your life

don't throw you completely out of your game.

Practice makes perfect! So, practicing your healthier food habits in a new environment is an important step in the lifestyle change process. When possible, look for ways to exercise while working or on breaks. Your strategy might have to change, but the key is to persist! Do NOT give up! Remind yourself of the success you've already had in making positive lifestyle changes. Let those successes fuel your resolve to stick with these changes, despite the challenges you may be faced with.

Remember: when derailed, don't delay getting back on the right track. Take it one meal, snack, or workout at a time. How good you will feel when you succeed in spite of life's hurdles!

**Fall 2014
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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.

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" 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

"Plop, plop, fizz, fizz, oh what a relief it is..." You remember the old jingle for Alka-Seltzer, that effervescent product that was marketed as a cure-all for minor aches, pains, and indigestion. Well, if you've had a surgical weight-loss procedure, "fizz" is the last thing that will help you feel better.



Whether someone's had gastric bypass, sleeve gastrectomy, or an adjustable gastric band placed, carbonated beverages,

like soda pop, should be avoided. These beverages contain carbon dioxide, which adds a sort of effervescence or "bubbles" that some people may enjoy. But, it is this effervescence that can wreak havoc with the newly formed stomach pouch.

Carbonated beverages pull excess air into the stomach. This can cause stomach upset, nausea, and excess gas. There is also a risk of seriously damaging the stomach pouch if extreme nausea and/or vomiting occurs immediately after the operation.

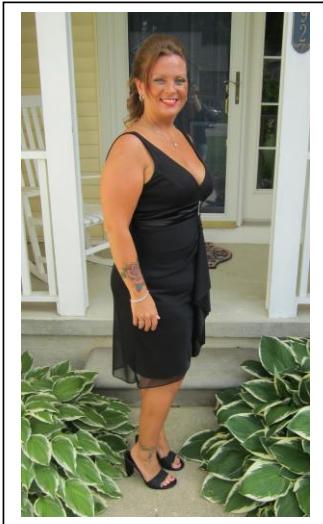
Over time, this excess air can cause the stomach, or the opening between the stomach and intestines, to stretch, which can increase hunger and result in weight re-gain.

The best beverage options are those that are completely free of carbonation (bubbles), contain no caffeine, and have no more than 5 grams of sugar per serving. Get in the habit of reading nutrition and ingredient labels to know what you're putting in your body.

Aim to get 48 to 64 ounces of such fluids each day. Water is the best choice, but if you get bored with drinking plain water, try adding fruit or herbs to your water, such as orange or lemon slices, fresh berries, or fresh mint leaves. You can also add a calorie free sweetener or flavored water packet if you prefer.

Staying hydrated following surgery is an important goal. Just make sure your choice of hydration doesn't end up causing you more trouble than it's worth!

Spotlight on Success



**Shannon Gardner
After Sleeve Gastrectomy**

At 32 years old, I was slowly killing myself. I realized that I had lost control and was on a downward spiral that I couldn't stop. I decided enough was enough but realized I needed a tool...something I didn't have within myself. I decided I needed surgery.

On November 18th, 2013, I had a Sleeve Gastrectomy. Just a few weeks before surgery, I weighed

287 lbs, my highest weight ever. I was miserable...everything hurt. I couldn't play with my 3 year old daughter & I never wanted to go outside. I was the epitome of "couch potato" and I couldn't WAIT to make a change.



A few months after surgery I decided to get moving... so I started running. It seemed like everyone was doing it, so even though I HATED it, I did it. Then on the 4th of July, 2014, I decided to run a 5k. When I finished, I thought: "I did it! And...I actually enjoyed it!"

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I started lifting weights along with the running and I LOVED the way my body was changing & the way I felt! I had energy and focus; my self-esteem went through the roof!

Just 7 months after surgery, in time for my 10th wedding anniversary, I reached a milestone of rockin' the little black dress I had bought BEFORE surgery as my "goal" dress. Now, 10 months after surgery, I weigh 176 lbs (total loss so far of 111 lbs!) & have 21 lbs left before I reach my final goal weight. Nobody even recognizes me and my husband says that I'm a completely different person who now embraces life. He is so right! Having bariatric surgery was one of the best decisions I've ever made in my life!



**Shannon Gardner
Before Sleeve Gastrectomy**

Hip Happenings

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Special Seminar!

In addition to our regular monthly evening & afternoon seminars for those who may be considering bariatric surgery, we are hosting a

**Free Special Seminar
November 6th at the Holiday Inn
Gateway**, located at 5353 Gateway Center in Flint.

Light refreshments will be served.

**Please register by calling:
1-888-611-4HMC**

Information for all other evening & afternoon seminars is available online at:

hurleymc.com/services/bariatric-center/



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 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

Cheesy Stuffed Acorn Squash

Yield: 4 servings



Ingredients:

2 acorn squash, halved and seeded
1 lbs (16 oz) extra lean ground turkey breast
1 cup diced celery
1 cup finely chopped onion
1 cup fresh mushrooms, sliced
1 teaspoon basil
1 teaspoon oregano
1 teaspoon garlic powder
1/8 teaspoon salt
1 pinch ground black pepper
8 oz can tomato sauce
1 cup reduced fat shredded Cheddar cheese

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place squash cut side down in a glass dish.
3. Cook in microwave for 20 minutes on HIGH, until almost tender.
4. In a non-stick saucepan over medium heat, brown ground turkey.
5. Add celery and onion; sauté until transparent.
6. Stir in mushrooms; cook 2 to 3 minutes more.
7. Add in tomato sauce and dry seasonings
8. Divide mixture into quarters, spoon into the squash and cover.
9. Cook 15 minutes in the preheated 350 degrees F (175 degrees C) oven.
10. Uncover, sprinkle with cheese and put back in the oven until the cheese bubbles.

Nutrition information per serving:
299 cal, 4g total fat, 38g carb, 40g prot



Chicken Nachos

Yield: 6, 1-cup servings

Ingredients:

1.5 cups cooked, shredded chicken
½ cup canned black beans
4 ounces tortilla chips
1 1/2 cups tomato salsa
1 cup shredded low-fat Monterey jack cheese

Directions:

1. Preheat oven to 400 degrees.
2. Layer the chips in an oven proof dish. Top with chicken, beans, salsa and cheese.
3. Bake until cheese is the bubbly, about 8-10 minutes.

Nutrition information per serving:
189 cal, 15g carb, 6g fat, 12.6g prot