

## Fall Freedom!

The scale isn't the only way to measure "success" after weight loss surgery. There are a number of other things that can also be looked at when assessing post-surgical progress; such as body fat analysis, waist and hip circumference, and even just the way your clothes fit.

But, another important "measure" of success that is sometimes overlooked is physical mobility. Sometimes patients will express frustration because they are having trouble losing "those last 20 pounds" or they might get discouraged by a temporary weight plateau.

When that happens, it's important to help those individuals see the positive changes, besides the number on the scale, that have occurred since having surgery. One of the most significant is the freedom to move and just

physically do more!

Recently, one patient expressed frustration over not losing weight "fast enough". But, in talking further, she started to point out how much easier it's been this year to wash her windows at home...a task that took a whole weekend before surgery, took only one day this year! She also commented that she's noticed her back and hip pain has improved. She then began talking about other physical "freedoms" she is looking forward to, such as being able to take long, fast-paced, walks in her neighborhood every day.

Of course, we also discussed the expected weight loss for her current post-op stage and she realized she wasn't as far off from those expected numbers after all. She left feeling better, and even hopeful with anticipation, thinking about the activities

she couldn't do with her family last fall, but would definitely be able to participate in this year!

If you are several years out from surgery, what are some things you can now do that you couldn't do, or perhaps not do easily, prior to surgery?

If you're still working on weight loss, what are some things you are looking forward to being able to do in the future as you get closer to your goal weight?

Some fun ways to express your physical "freedoms" this fall include jumping in leaf piles with your kids, going apple picking, taking a hay ride to a pumpkin patch, and hiking through a park to admire the fall colors!

No matter what you do, remember where you came from, appreciate where you are, and focus on the freedom of your newfound physical mobility!

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## Focus on Fitness

### Shorter Increments

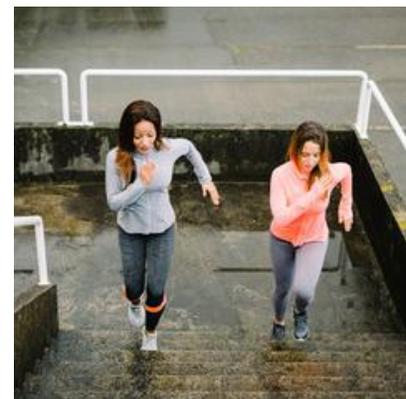


For those individuals that have difficulty finding enough time to exercise, it is wise to focus on shorter, but more

frequent, exercise sessions.

Try to find multiple 10-minute blocks of time throughout your day and fill it with activity! Research shows that several 10-minute sessions of physical activity yields results similar to longer exercise sessions completed all at once. Examples might include quick mini-sessions before work, during your lunch or coffee break, or even during commercial breaks while watching TV. The key to making this happen is to prioritize your day

and look for, or create, those moments to focus on you!



## Know Your Food

Processed foods are convenient and not all are unhealthy for you. Frozen vegetables, canned fruits packed in water or their own juice, & microwaveable brown rice are just a few examples. But, many processed foods contain hidden amounts of sodium, fat, sugar, and chemical preservatives that can have a negative effect on our health, including our weight.

Harvard School of Public Health studied the effects of dietary habits rich in processed foods compared to dietary habits comprised mainly of vegetables, fruits, fresh meats, and whole grains. What they found was that highly processed foods may not satisfy hunger as well as less processed, higher fiber foods. This often results in a higher total intake of calories, which contributes to weight gain.

While these findings aren't surprising, there are still many people that regularly rely on processed, packaged, convenience foods to nourish themselves and their families. Why is this?

In counseling patients, I find there are a few reasons people regularly consume processed foods. Many people have busy, hectic schedules. Others don't feel confident in their cooking skills. Still others might not know the first thing about how to select fresh vegetables and fruits or what to do with them once they bring them home from the store. Too often, these individuals find themselves going through a drive-through or warming up a frozen, boxed meal.

Despite the widespread marketing of convenience foods in our society, there are efforts being made to counter this tendency with an increased trend toward eating whole, less processed foods, and even

growing our own food.

Hurley takes an active role in educating the public on healthy eating with dietitians offering practical information at community health fairs as well as participating in cooking demos at the Flint Farmers' Market. (Visit [flintfarmersmarket.com/events/](http://flintfarmersmarket.com/events/) for a schedule of cooking demos.)

Here at the Hurley Bariatric Center, our September, October, & November support group meetings are dedicated to showing the value of replacing processed foods with real, whole foods to promote good health. (See page 3 of this newsletter for support group details.)

Changing lifestyle habits isn't easy, but it *is* possible. If decreasing processed food intake is something you'd like to do, start small, such as prepping a week's worth of lunches in advance, or visiting a local farmers' market to check out a new veggie or fruit. In time, you'll be sure to enjoy better health!

## Spotlight on Success



**Rhea**  
**After Sleeve Gastrectomy**

At 337 lbs, I wasn't participating in my own life. I took medicine for high blood pressure, used an inhaler, and could barely make it up and down the stairs at home or at work. I found a WLS (weight loss surgery) community on YouTube and Facebook. I was able to connect with some wonderful

people and was encouraged by their friendliness, motivation, support, and success.

On September 14<sup>th</sup>, 2015, I had a Vertical Sleeve Gastrectomy through Hurley Bariatric Center. I just celebrated my 1 year "surgiversary" and have, so far, lost a total of 165 lbs. from my highest weight. I attribute much of my success to the following key points:

**Tracking food:** My Fitness Pal app or hand-written journal.

**Support:** YouTube, Facebook, or local support group.

**Rules:** Follow the guidelines from your bariatric professionals.

Today, I am no longer on any medications. I can fit in a roller coaster, cross my legs, play with my grandkids, and work in my garden.

**"TODAY, I AM NO LONGER ON ANY MEDICATIONS...I AM LIVING THE LIFE THAT I WAS MISSING OUT ON BEFORE."**

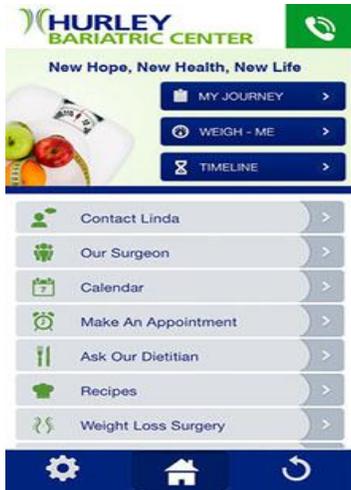
I have no interest in running marathons or climbing mountains as some people do. I am simply enjoying the small things. I am living the life that I was missing out on before.



**Rhea**  
**Before Sleeve Gastrectomy**

# Hip Happenings

## Hurley Bariatric Center App!



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

## Support Group:

A medically-supervised support group meets the 1<sup>st</sup> Monday\* of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets the 3<sup>rd</sup> Monday of the month at Flint's Central Church of the Nazarene. *Painting party scheduled for 10/17!* Contact Charles Nelson 810-715-1202 for details.

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



## Online Seminars are Here!



Hurley Bariatric Center now offers bariatric seminars online! For those who are interested in learning more about bariatric surgery, and what Hurley has to offer, they can now do so from the comfort of their own home!

If you know anyone who may be interested in surgical weight loss options, they can watch our free seminar online or register for one of our free live seminars at:

<http://www.hurleymc.com/services/bariatric-center/attend-a-seminar/> OR by calling 810-262-2330.

# Recipe Round-up

## Banana-Peanut Butter Spice Cookies

Yield: 16 cookies



### Ingredients:

- 2 very ripe bananas, mashed
- 1 cup quick oats
- 2 tbsp PB2
- ½ tsp cinnamon

### Directions:

Mix all ingredients in a bowl until well combined. Place 16 small scoops on a foil-lined baking sheet. Bake at 350-degrees for 15 minutes, until set and browned.

### Nutrition Information per serving:

46 cal, 1g fat, 8g carb, 1g prot

## Cloud Bread

Yield: 10-12 servings



### Ingredients:

- 3 eggs, separated
- 3 Tablespoons light cream cheese
- ¼ teaspoon baking powder (or cream of tartar)
- Optional ingredients: 1 TBS Honey or your favorite natural sweetener, salt, garlic powder, rosemary and other fav spices/herbs

### Directions:

1. Preheat oven to 300-degrees. Separate the eggs, there must be no yolk in the white. In one bowl, mix together the egg yolks, cream cheese and any sweetener, if using, until smooth.

2. In the second bowl add 1/4 teaspoon of baking powder or cream of tartar to the whites and beat the whites on high speed until they are fluffy & form stiff peaks.

3. Slowly fold the egg yolk mixture into the egg whites and mix gently-- you don't want to break the fluffiness of the egg whites too much. (Do this as quickly as possible or the mixture may start to deflate.)

4. Spoon the mixture into 10-12 even rounds onto lightly greased baking sheet, sprinkle with rosemary or your favorite spices and put it in the oven. Bake for 17-20 minutes on the middle rack. Then broil for 1 minute until they become golden brown (watch bread rounds closely so they don't burn). Remove from the oven and let cool and enjoy!

### Nutrition Information per serving:

30 cal, 2g fat, 0g carb, 2g prot

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<http://www.hurleymc.com/services/bariatric-center/>