

## Derailed? Get Right 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 briefly fall back into old, unhealthy habits, then the best thing to do is get right back on track with healthier eating and activities!

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.

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, focusing on how great you'll feel when you succeed in spite of life's hurdles!

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## Focus on Fitness by Tiara Jones

### Family-focused Physical Fitness



It was a wild morning of rushing the kids off to school, a hectic & long day of work, dinner, baths, and bedtime routines. Who has time to squeeze in a workout? It turns out families with busy schedules are less likely to incorporate any exercise in their day to day activities. Yet, exercise is known

for reducing stress, boosting energy levels & the immune system. And, best of all it creates an opportunity for some good ol' bonding with the family. Here are some tips and creative ways to make sure the entire family is getting in some physical fitness.

- Challenge the kids to a race in the morning on the way to the car. A few calories will get burned on both ends & it's sure to generate a laugh or two.
- After school and work, instead of playing video games or watching television, go outside and kick a ball around or shoot a few hoops.

- Have a dance off! Dancing has always been a great form of cardio so turn up the music and showcase your best dance moves.
- Instead of lounging on the couch all weekend, take the family for a swim. Swimming is a great aerobic exercise that's also good for toning. Indoor pools make this possible for all seasons.
- Make time for a bike ride. Family bike rides are a great way to spend quality time together and get some good exercise in too!

No matter what activity you choose, get moving together! You'll be healthier for it & help foster healthy habits in your kids!

# Nutrition Notes by Jennifer Traub, RDN, CSOWM

## Fall Favorites!

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 portion of whole-grains. Include a *small* amount of healthy fats with your meals such as olive oil, avocado, or grass-fed butter to add flavor and improve

satiety/satisfaction at mealtime! 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, light string cheese, etc.)
- Dried beans/legumes
- Tofu

### Non-starchy Vegetables:

- Green beans
- Broccoli
- Cauliflower
- Carrots
- Cabbage
- Beets
- Kale
- Leeks
- Squash (e.g., spaghetti squash, butternut squash, acorn squash)
- Parsnips
- Zucchini

### Healthy Carbs:

- Brown rice
- Quinoa
- Whole wheat pasta
- Whole grain bread/crackers
- Fresh fruit such as apples, pears, pomegranates, plums

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



**Candice**  
**After Sleeve Gastrectomy**

Even at my highest weight of 380 lbs, I felt like weight loss surgery was just not for me. Yet over the years my activity began to decline. And, after one day lying in a hospital bed wondering why, at 33 years young, I was experiencing

chest pain. Fearing a heart attack, my mother said "you should really talk to someone about weight loss surgery". So I did. To my surprise the surgeon and staff at Hurley Bariatric Center were extremely informative and made me feel very comfortable making this very serious decision to have surgery. On June 4<sup>th</sup> 2018, weighing 350 lbs, I underwent Vertical Sleeve Gastrectomy. One year later, I have lost 163 lbs and have 30 lbs left to reach my goal weight. My quality of life has never been so amazing! I recently took my dream trip to New Orleans. Being able to walk for hours & not worrying about fitting into seats on tours was the most rewarding feeling ever. I am off my blood pressure medication and work out at least 5 days a week, either in the gym or just walking through my neighborhood.

**"MY QUALITY OF  
LIFE HAS NEVER  
BEEN SO  
AMAZING!"**

I recently achieved running an entire mile without stopping, something I have not been able to do in almost a decade. No matter what floor I'm going to, I now take the stairs. The satisfaction of all of these accomplishments keeps me moving in the direction of my weight loss goal.



**Candice**  
**Before Sleeve Gastrectomy**

# Hip Happenings

## Early Morning and Late Afternoon Appointments Available!



Overdue for your annual follow-up appointment? Did you know yearly check-ups at our clinic help you stay on-track with your weight loss goals or can even help point you in the right direction to get back on track, if needed? Bariatric labs are also ordered at this visit to make sure you're nutrition levels are where they need to be. We have early morning and late afternoon appointments available for your convenience! Call the clinic today at 810-262-2330 to schedule!

# Recipe Round-up

## Creamy Roasted Vegetable Soup

Yield: 2 servings



### Ingredients:

- 2 cups leftover roasted vegetables (such as parsnips, carrots, butternut squash, mushrooms)
- ½ cup light coconut milk
- ½ teaspoon garlic powder
- Pinch of salt
- Pinch of ground pepper
- 1 cup leftover rotisserie or baked chicken breasts

### Directions:

1. Combine coconut milk, garlic

powder, salt and pepper and half of the vegetables in a blender or food processor. Puree until smooth, adding 1 to 2 tablespoons water if needed to reach desired consistency.

2. Transfer the vegetable mixture to a small saucepan & add remaining half vegetables. Cook over medium heat, stirring frequently, until heated through, 3 to 5 minutes. Top with chicken. Garnish with chopped fresh parsley, if desired.

### Nutrition Information per serving:

220 cal, 23g carb, 7g fat, & 24g prot

## Healthier Apple Crisp

Yield: 8 servings



## Gastric Balloon is Coming!

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If your BMI is between 30-35 and you don't qualify for bariatric surgery, the Orbera IntraGastric Balloon might be the solution for you!

**PLEASE NOTE: IF YOU HAVE HAD PREVIOUS BARIATRIC SURGERY, THE BALLOON IS NOT AN OPTION.**

Call 810-262-2330 to learn more!

### Ingredients:

- 4 medium tart apples, peeled and thinly sliced
- ¼ cup stevia
- 1 tablespoon all-purpose flour
- 2 teaspoons lemon juice
- ¼ teaspoon ground cinnamon

### Topping:

- ⅔ cup old-fashioned oats
- ½ cup stevia brown sugar blend
- ¼ cup all-purpose flour
- ½ teaspoon ground cinnamon
- 3 tablespoons cold butter

### Directions:

1. Toss apples with stevia, flour, lemon juice and cinnamon. Transfer to a greased microwave-safe 9-in. deep-dish pie plate.
2. Mix first four topping ingredients. Cut in butter until crumbly; sprinkle over filling.
3. Bake in 350-degree oven for 35-40 minutes until apples are tender and top is golden. Optional: serve with vanilla frozen yogurt or high protein ice cream (e.g. Halo Top), if desired

### Nutrition Information per serving\*:

197 cal, 35g carb, 5g fat, 3g protein  
\*apple crisp only

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