

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 measurements like waist and hip circumference, and even just the way your clothes fit. But, another important "measure" of success that is often overlooked is physical mobility.

Sometimes a patient might 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 (other than the number on the scale) that have occurred since their surgery. One of the most significant is the freedom to move and just physically do more!

Not long ago, one patient

did express such 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 now!

As she continued to talk, she 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. Her eyes lit up at the prospect!

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 in the past, but knew she would be able to participate in now.

If you are a few 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 might include jumping in leaf piles with your kids/grandkids, going apple picking, biking or 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

Fall Fitness



Fall can bring about some added busyness as kids are either back in school or, as is common this year, parents are homeschooling. This fall, don't neglect important self-care by letting physical activity go by

the wayside. Getting regular exercise is even more important during the hustle and bustle of daily life. Exercise is not only an important part of achieving and maintaining a healthy weight, but it's an excellent stress reliever.

As summer comes to a close, nature begins showing off its beautiful colors. 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.

Physical Activity doesn't have to feel like work or one more thing to do. Plan for it by setting aside even just 15 minutes a day, most days of the week, for planned movement. Just remember to follow the guidelines of your post-surgical stage and your activity will not only be enjoyable but safe too!



Fall Feast



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 healthy carbs.

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

Lean 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

- Celery
- Brussels sprouts
- Salad/lettuce/greens

Healthy Carbs:

- Brown rice
- Quinoa
- Fresh fruit
- Whole grain bread/crackers
- Winter squashes
- Sweet potatoes

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



Marcia After Sleeve Gastrectomy

I had the gastric sleeve in September 2019. One year into my journey I am proud to say that I have lost a total of 105 pounds. Since having the procedure, I am healthier, more energetic and more positive. This is the most confident I have ever felt in my life. At the age of 40 I am the best version of myself.

I struggled my entire life to lose weight while battling with self-esteem issues. Into my adulthood I took to dieting and working out, as I still couldn't accept the person I saw in the mirror. I would lose weight, but inevitably it would return.

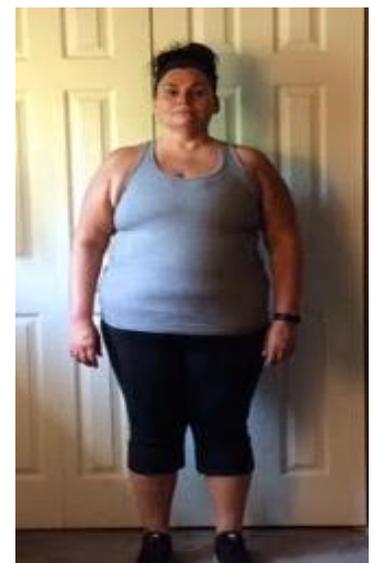
After decades of weight loss & gain I knew it was time to try something different. I felt like a failure. I had no real plan or support. I realized it was because I didn't know how to make a lifestyle change. I knew this was something I couldn't do on my own.

"If you want to go fast, go alone. If you want to go far, go together."
~ African Proverb

I wanted to go far. I wanted to sustain, but in order to do this I needed a plan, I needed the right tools, but most importantly I needed support. It is this support that has ultimately led to my success. The whole Bariatric team provided me with the necessary education, tools, & motivation to ensure I would succeed. I have

"I HAVE A SECOND CHANCE AT LIFE...AND IT'S A MUCH HAPPIER LIFE!"

a second chance at life - and the best part is, it's a much happier life! An unexpected outcome of the surgery is how others around me have been inspired to make positive changes in their lives. I have coworkers and friends who have started their own journey to a healthier positive life. My journey makes me proud to be a Berry!



Marcia Before Sleeve Gastrectomy

Hip Happenings

The Clinic is Open 😊



The Hurley Bariatric Center is open and seeing patients. We are taking precautions to keep our patients safe. If you are due for your routine visit, don't delay! Call the clinic at 810-262-2330 to schedule your appointment.

Recipe Round-up

Lentil Vegetable Chili

Yield: 8 servings



Ingredients:

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 medium 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

Sweet Potato Chips

Yield: approx. 6 servings

Ingredients:

2 sweet potatoes, peeled and thinly sliced
1 Tbsp melted coconut oil
1/2 tsp salt
1 tsp brown sugar
1/2 tsp ground cinnamon

Gastric Balloon is Here!

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If your BMI is between 30-40 and you don't qualify for bariatric surgery, the Orbera Intra-gastric 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!

Preheat oven to 400°. Lightly coat 2 baking sheets with nonstick cooking spray.

Arrange the sweet potato slices in a single layer on baking sheets. In a small bowl, stir together coconut oil, salt, brown sugar and cinnamon. Brush the oil mixture onto the sweet potato slices. Bake the potato slices until the edges curl upward, about 20 to 25 minutes. Serve immediately.

Nutrition information per serving:
83 cal, 4g fat, 13g carb, 1 g prot



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