

## 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.

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.

When reviewing the expected weight loss for her current post-op stage 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 might 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!

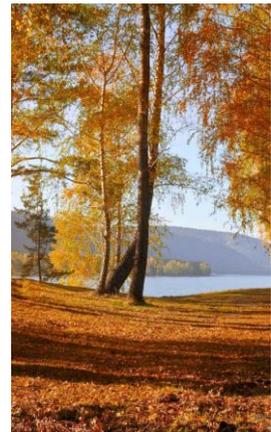
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## Focus on Fitness



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 time blocks throughout your day & fill them with activity! Research shows that several 10-minute sessions of physical activity yields results similar to longer exercise sessions completed all at once.

Examples can include quick mini-sessions before work, during your lunch/coffee break, or even marching in place for 10 minutes while watching TV in the evening.

The key to making this happen is to prioritize your day and look for, or create, those moments to focus on you!





Processed foods are convenient and not all convenience items are unhealthy. Frozen vegetables, canned fruits packed in water or their own juice, jarred marinara sauce, & 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, more nutrient dense 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 highly processed 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 to a drive-through or warming up a boxed meal.

I often tell our patients that they don't need to "morph into Julia Child" to put a nutritiously balanced meal on their table. Learning a few basic cooking skills such as sautéing, baking, & roasting are more than enough to prepare simple, but healthy, meals. Ask a friend or relative that is comfortable in the kitchen to show you some basic techniques. Also, YouTube has countless "how to" videos you can search when wanting to learn how to prepare specific foods (e.g. "how to bake chicken", "how to roast broccoli").

I also tell patients to keep those highly processed, low-nutrient foods out of their environment and, instead, stock their "toolbox" (fridge/pantry/cupboard) with the "tools" (healthy foods) needed for success. Meal prep one day each week to make eating more whole foods easy!

Changing lifestyle habits isn't easy, but it is possible. Ditching the processed foods for more whole foods is worth it. In time, you'll be sure to enjoy better health!

## Spotlight on Success



**Peggy Sue**  
**After Gastric Bypass**

Most of my life I struggled with my weight, it was a battle I never won.

In January of 2019, I went to Hurley Bariatric Center for a consultation. That was the beginning of changing my life! I went through months of preparation for surgery. I learned so much about why, what, and how this was going to really be the answer to finally have the weight off for good. Hurley Bariatric Center took me under their wing--they really care that you succeed in this process.

I had the Roux-en-Y Gastric Bypass on August 27th, 2019. I was 219 lbs at my heaviest. I quickly lost 50 lbs. & was so excited. But I knew that I had to keep going & change my life habits. Today, I weight 122 lbs! I have lost 97 lbs and my final goal weight is so close!

I take my grandson on wagon rides & enjoy walking. I look forward to biking and kayaking in the future.

**"I FEEL THE BEST I HAVE EVER FELT! THANK YOU SO MUCH, HURLEY BARIATRIC CENTER!"**

Even my thyroid has improved! I am so glad & happy that I made the decision to have bariatric surgery.

I feel the best I have ever felt! Thank you so much, Hurley Bariatric Center!



**Peggy Sue**  
**Before Gastric Bypass**

# 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.

## Support Group:

Join us for our monthly support group! This is open to both pre- and post-surgery patients!



The support group meets the 1<sup>st</sup> Monday of every month from 5:30-6:30PM at Hurley Bariatric Center (with exception of inclement weather/holidays). No need to pre-register—just come! Call 810-262-2330 for details.

## Non-Surgical Medical Weight Loss Program:



**Note:** THIS PROGRAM IS NOT AVAILABLE FOR THOSE WHO HAVE HAD PREVIOUS BARIATRIC SURGERY.

For individuals with a BMI  $\geq 25$ , we offer a non-surgical medical weight loss program. This program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 30-50 pounds over a 12-week period.

If you, or someone you know, is interested, please call the clinic at 810-262-2330 for more information

# Recipe Round-up

## 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 shredded mozzarella cheese

### Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place squash cut side down in a glass

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

Nutrition information per serving:  
348 cal, 8g total fat, 28g carb, 41g prot

## 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

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