

## Have You Gotten Derailed?

Have you ever set a goal and somehow found yourself completely off course? If so, you're not alone.

According to the book, *'What They Don't Teach You in the Harvard Business School'* by Mark McCormack, a study conducted in the 1970s/1980s asked the question: "Have you set clear, written goals for your future and made plans to accomplish them?"

The answers revealed:

- 84% had no specific goals at all
- 13% had goals but they were not committed to paper
- 3% had clear, written goals and plans to accomplish them

The 13% who had goals were TWICE as

successful as the 84% who did not formulate specific goals. *And*, the 3% that developed clear, written goals were TEN TIMES more successful than the other 97% put together!

So, how does this apply to weight loss? *And*, what does a study result from 30 years ago mean for me today?

Lasting weight loss does not come from a pill, a patch, a beverage, a diet, or even a surgery. Those might be useful tools, but they can only carry you so far on their own.

True, lasting weight loss is achieved through behavior change...by learning to live in ways that promote improved dietary habits and increased physical activity. *And*, guess what? It's the development of those

concise, written goals that will be the stair steps to your success!

Getting "derailed" after having bariatric surgery is something anyone can experience. Therefore, we offer a Back on Track course twice per year at the Hurley Bariatric Center to help you get back on your path to health!

This 6-week course called, *Eating Normally*, will teach you how to identify the behaviors that stand in your way of achieving your personal health and weight loss goals. Then, you will learn what need those behaviors are meeting in your life and how to develop a specific plan for behavior change.

For more details on this Back on Track course, including dates, cost, and how to register, please see "page 3" of this newsletter.

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## Focus on Fitness

### Benefits of Yoga



Did you know that yoga is one of the most recognized forms of exercise in the world? It has been around for centuries and has health benefits that cannot be ignored.

Not only is yoga a great way to relax and stretch, it can help you feel great and function better in your daily life. Regular yoga practice can help improve certain conditions such as poor blood circulation, lower back pain, headaches, and high blood pressure. Yoga can help you relax your mind while improving your

fitness level; not many exercises can do both!

Give it a try by attending a class at your local community center or nearby gym, watch a DVD or search "yoga for beginners" on YouTube. You've got nothing to lose but everything to gain!



People often ask for advice on how to handle dining out while still trying to stay on-track with weight loss. I always assure them that it's very do-able and actually not as complicated as it may seem.

Here are some strategies to help you stick to your goals:

**1. Have a plan**

If you are planning to dine out, adjust your caloric intake throughout the rest of the day accordingly (food journal tracking helps you do this). Also, be sure to have a light snack of lean protein and a small amount of carbohydrate, such as a light string cheese and a small piece of fruit, shortly before dining out so that your hunger level is manageable, making it easier to follow your meal plan.

**2. Think ahead**

In our tech-friendly world, we literally have a wealth of information at our fingertips. This means if a restaurant has their menu available online, we can easily view it. Additionally, the nutritional information for those menu items might be readily available, helping you know which items are healthier fares! Be sure to check out the options BEFORE you go to the restaurant to see which items will help you stay within your calorie, protein, fat, and carb goals for the day. If a restaurant website doesn't have such detailed information, don't forget to check My Fitness Pal online/mobile app as the nutritional information for hundreds of popular restaurants can be found there too!

**3. Order smart**

Avoid menu items that are described as "fried", "crispy", or "rich". Instead, opt for items that are "baked", "broiled", "steamed", or "grilled". And, don't be afraid to request a special order that might not even be listed on the menu, such as grilled chicken or fish with steamed veggies or a salad with vinegar and a small amount of oil for dressing. Many establishments will gladly accommodate for special nutrition needs.

**4. Control your portions**

Ask your server to bring a carry-out container when your meal is first brought out to you. This way, before you even take your first bite, you can put half your meal away so you won't be tempted to over-eat!

Lastly, enjoy each bite of your meal as well as the company with whom you are dining!

## Spotlight on Success



**Nancy Wefel**  
**After RNY Gastric Bypass**

After two years of jumping through the hoops thrown at me from the insurance company I found my new life.

In April of 2010, I underwent a laparoscopic Roux-En-Y procedure at Hurley Hospital. My life changed that day.

After years of trying the usual weight loss methods, I finally found what worked for me!

Since my surgery, I have been totally compliant to what I was told to do. And, as a result, I have known success.

I have a better, healthier life. I am active and able to do things I had only dreamed of doing before. For example, while on a vacation in Mexico, I repelled, zip lined, and kayaked. I climbed 120 steps to the top of an ancient pyramid, something I *never* could have done before my surgery!

I have lost 110 pounds in total. But, more importantly, I am nearly 6 years out from surgery and maintaining that weight loss!

**"I HAVE A BETTER, HEALTHIER LIFE. I AM ACTIVE AND ABLE TO DO THINGS I ONLY DREAMED OF DOING BEFORE."**

I must thank the entire Bariatric team at Hurley, they are the best! But, if I could give someone advice I would say do one thing: be COMPLIANT! Listen to the professionals at the Hurley Bariatric Center and live your best life. I am!



**Nancy Wefel**  
**Before RNY Gastric Bypass**

# Hip Happenings

Get....



We will be offering our semi-annual Back on Track course, called "Eating Normally". The course begins Tuesday, 4/5/16 and will be held each Tuesday for 6 weeks from 5:00-6:30PM.

Cost is \$10 per class OR \$50 for all 6 sessions, if paid in full, in advance.

Space is limited and registration is required. Call the Hurley Bariatric Center at 810-262-2330 to start your Back on Track journey!

## Support Group:

A medically-supervised support group meets the 1<sup>st</sup> Monday\* of every month from 5:30-7:00PM 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. Please 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/>

# Recipe Round-up

## Braised Cod Peperonata

Yield: 3 servings



### Ingredients:

- 2 tsp olive oil
- 1 red bell pepper, cut into 1/4-inch-wide strips
- 1 small onion, thinly sliced
- 1 tsp paprika
- Salt and pepper, to taste
- 2 garlic cloves, minced
- 1/8 tsp dried thyme (or 1/2 tsp fresh thyme, minced)
- 1/2 cup canned, diced tomatoes, drained
- 1/4 cup dry white wine
- 3 (4- to 6-ounce) skinless cod fillets, 1-1.5-inches thick
- 1 tsp chopped fresh basil
- 1 tsp balsamic or sherry vinegar

### Directions:

1. Heat oil in 10-inch non-stick skillet over med heat. Add peppers, onions, paprika, 1/4 tsp salt and cook until vegetables are softened and lightly browned, 8-10 minutes. Stir in garlic and thyme, cook 30 seconds. Stir in tomatoes, wine, and 1/8 tsp pepper and bring to a simmer.
2. Season cod with salt and pepper. Nestle fillets into skillet, spoon some of sauce over fillets, and bring to a simmer. Reduce heat to med-low, cover, and simmer until fish flakes apart when gently prodded with a knife and registers 140-degrees (about 8-10 minutes).
3. Gently transfer fillets to individual plates. Remove sauce from heat and stir basil and vinegar into sauce. Spoon sauce over fillets and serve.

### Nutrition Information per cookie:

176 cal, 4g fat, 9g carb, 21g prot

## Quinoa with Spring Vegetables

Yield: 6 servings



### Ingredients:

- 1 1/4 cup low-sodium chicken broth
- 1 cup uncooked quinoa, rinsed and drained 3 times
- 1 tsp olive oil
- 2 garlic cloves, minced
- 1 cup orange bell pepper, diced
- 1 cup red bell pepper, diced
- 1/2 lb asparagus, cut into 1/4-inch pieces
- Salt and black pepper, to taste
- 4 green onions, thinly sliced
- 1 Tbsp fresh Italian parsley, chopped

### Directions:

1. Bring broth to a boil in medium saucepan; add quinoa. Cover, reduce heat & simmer until quinoa is tender and broth is absorbed (about 15 min.) Remove from heat, fluff with fork.
2. Heat olive oil in medium skillet. Saute peppers and asparagus until tender. Add vegetables to cooked quinoa. Stir in green onions and parsley. Season with salt and pepper.

### Nutrition Information per serving:

154 cal, 5g fat, 23g carb, 6g prot

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