The Lowdown

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COMPREHENSIVE WEIGHT LOSS CENTER

HURLEY

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The Importance of Non-scale Victories!

We hear time and time again, "I know the scale doesn't show that I have lost weight however I feel so much better!" Non-scale victories (NSVs) are health achievements unrelated to the number on the scale. These can encourage someone to acknowledge other health improvements outside of body weight such as a change in body composition, better quality sleep, improved mood, increased strength, reduced stress, an overall improved quality of life, and more.

Here at the Hurley Comprehensive Weight Loss Center, we encourage all patients to track their progress outside of the scale numbers alone. Progress pictures are a great non-scale way to implement this, as pictures will allow one to compare changes occurring to their body that the scale may not otherwise show. Some additional examples of non-scale victories include the following:

- Being able to park further away from your destination or walking up a flight of stairs without becoming out of breath.
- Improved stamina and/or lifting more weights during a workout.
- Fitting into old clothes/going down in clothing size or wearing a ring that used to be too big.
- Improved sleep.
- Diminished back or knee pain.
- Normalized blood pressure.
- The discontinuation of some prescription medications.

NSVs provide one with the opportunity to recognize and celebrate positive changes and advances that otherwise may have been overlooked. This can help build confidence and motivation to continue to work towards your health goals! So, if you feel like you are not seeing the weight loss results you are working so hard for, take a look at other ways to measure success. You may be making more progress than you think!

Focus On Fitness

"Exercise Snack" Breaks

It is no secret that our environment caters to a sedentary lifestyle. With modern technological advancements, many people tend to have to sit to earn their livelihood (desk jobs) or be more sedentary in general. High levels of sedentary time is associated with increased mortality risk.

Most people who live a sedentary lifestyle already know this about themselves. However, they may not know how to increase their day-to-day movement given their current routines. This is why "exercise snack" breaks may be helpful! Exercise snack breaks are short bouts of movement that are, ideally, to be done at least once every hour. Studies show these short bouts of movement can mimic a training effect when done consistently. Some examples of exercise snack breaks include the following:

- 10 to 20 air or chair squats
- Body weight calf raises (using a wall for balance)
- A short walk up and down a flight of stairs
- 20 jumping jacks
- Standing lunges

So, if you are struggling to add movement into your life, why not incorporate one exercise snack break every hour during your day?

Nutrition Notes

by Hannah Welter, RDN

Which is better... 100% Grass-Fed or Organic?

It can be confusing in today's food market when it comes to deciphering the different health claims on food packages. Both "Grass-Fed" and "Organic" are two common marketing terms seen on food labels. They are typically deemed "healthier" for human consumption compared to non-organic or conventional food products. While sometimes seen written together, which can add to the confusion, they do mean two different things.

"Grass-Fed" refers to how animals are fed and treated. If a food product (commonly meat and dairy) states "100% Grass-Fed" on the label this means the animal's diet, throughout its lifespan, consisted solely of grass rather than corn/soy or grain products. This also means the animal had continuous access to pasture rather than being confined to a certain amount of space. Meat and dairy products that are grass-fed are likely to contain more nutrients, such as omega-3 fatty acids, which can reduce inflammation and lower the risk of cardiovascular disease.

"Organic" refers to the avoidance of synthetic chemicals when farming. In regards to crops, this implies farmers will grow crops using more natural processes such as composting rather than using chemical fertilizers or pesticides. In regards to animals, this means they are raised without the use of hormones or antibiotics. Non-organic foods tend to have more chemical additives, which have been linked to multiple different health issues.

So, the question often asked is "which is better... grass-fed or organic?" At the end of the day, it would be unfair to compare these two claims as they do have different meanings. Rather than choosing between the two, it is more important to understand the meaning of these labels as this is what is going to help inform you on how your food is being produced and help you make choices based on your personal health goals. Knowledge is wealth and knowing how your food is raised or grown can positively influence your decision.

If able, it is ideal to choose food items that are organically grown and also choose dairy and meat products that are 100% grass-fed. Choosing items with these labels is not only going to provide you with more nutrient dense meals and snacks but can also help reduce your intake of synthetic pesticides.

Spotlight on Success

Kirenia **Before & After**
RNY Gastric Bypass

My name is Kirenia and I am 44 years old. I had the Gastric Bypass in October 2022. I struggled with my weight for years, facing health issues, low energy, and a lack of confidence. Diets and exercise plans failed me, leaving me feeling defeated. Then, I made the life-changing decision to undergo gastric bypass surgery.

"I no longer live to eat. I eat to live."

The journey was not easy. The preparation required commitment and recovery demanded patience. The first few weeks were challenging as I adjusted to my new lifestyle and learned to listen to my new body. However, as the weight started dropping off, I felt lighter not only physically, but also emotionally.

With every pound that dropped, my energy increased and my health improved dramatically. I no longer have joint pain and my blood pressure is normal. I embrace a healthier diet, exercise regularly, and have rediscovered my self-confidence.

A year later, I am more than a 100 pounds lighter and a completely transformed person. I no longer live to eat; I eat to live. Gastric bypass gave me a second chance at life and I have embraced it fully. This is not only weight loss. It is a new beginning, and I am thriving.

Recipe Round-up

Green Goddess Potato Salad

Yield: 6 servings
Serving Size: 1 cup

Ingredients:
1.5 pounds baby red potatoes
1 tsp kosher salt & black pepper
1/2 cup packed fresh parsley
1/2 cup packed mixed fresh herbs (mint, dill, cilantro, chives)
1/2 cup 0% plain Greek yogurt
1 tbsp extra virgin olive oil
1 tbsp white wine vinegar
1 tbsp capers, drained
1 garlic clove, roughly chopped
1 cup artichokes, drained and chopped
1 cup radishes, diced
1/2 cup thinly sliced scallions

Directions:
1. Place the potatoes in a large pot of salted water and bring to a boil. Boil for 10-15 minutes or until fork tender. Drain and set aside to cool.
2. In a blender or food processor, combine the parsley, mixed herbs, yogurt, olive oil, vinegar, capers, salt, pepper, and garlic. Blend until smooth.
3. Peel half the potatoes by gently pinching the skin and pulling it away. Place the peeled potatoes in a medium bowl and mash. Cut the remaining potatoes in 1/2 inch pieces and add to the bowl with the mashed potatoes.
4. Add the artichokes, radishes, and scallions to the bowl and combine. Add dressing and toss gently. Refrigerate for at least one hour and enjoy!

Nutrition information per serving (Green Goddess Potato Salad):
141 calories, 5g pro, 23g carb, 4g fat

Mediterranean Chickpea Salad

Yield: 6 Servings
Size: 1 cup

Ingredients:
1 tsp Dijon mustard
Juice of 1 lemon
1 garlic clove, minced
1 tsp black pepper
1 tsp paprika
1 tsp kosher salt
1/4 cup extra virgin olive oil
2, 15oz, cans of rinsed chickpeas
1 large English cucumber, chopped
2 cups grape tomatoes, halved
2 roasted red peppers, seeded and chopped (or 16oz jar, chopped)
1 small red onion, finely chopped
1 cup fresh parsley, chopped
1/2 cup mint leaves, chopped
1 avocado, roughly chopped
1/2 cup reduced-fat feta cheese

Directions:
1. For the dressing: in a large bowl add the Dijon mustard, lemon juice, garlic, pepper, paprika, salt, and olive oil. Whisk well to combine.
2. To the bowl of dressing, add the chickpeas, cucumbers, tomatoes, roasted red peppers, onion, feta, parsley, and mint. Toss gently. Add the avocado and toss gently once more.
3. Taste and adjust the seasoning to your liking. Serve immediately. Enjoy!

Nutrition information per serving (Mediterranean Chickpea Salad):
173 calories, 3g pro, 12g carb, 15 g fat

** Tip: Meal prep and store in the fridge for an easy side dish at lunch or dinner! **

Hip Happenings

Now offering a med-based nonsurgical medical weight loss program!

The Hurley Comprehensive Weight Loss Center is now offering a med-based nonsurgical medical weight loss program. This program is designed for individuals who are not interested in surgical weight loss, but would like to see if anti-obesity medications, such as Wegovy, Zepbound, Adipex, etc., are a good option for them. If you know of someone who may be interested in this program, have them call our clinic at 810-262-2330 for more information.

We have a new name!

The “Hurley Bariatric Center” is now the “Hurley Comprehensive Weight Loss Center”. This new name allows us to better encompass all of the services we offer at the clinic.

Support Group:

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

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