

Making New Habits Stick

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There's a saying that goes like this: "If you do what you always did, you'll get what you always got." Those words certainly apply to life after bariatric surgery!

Sometimes patients tell us they thought the surgery alone would be enough for them to lose weight. They tell us they thought they could eat the same foods that they ate before surgery (just in smaller amounts) and still achieve their goal weight.

However, eventually they find out that isn't the case. They might lose weight initially, but that post-operative "honeymoon phase" only lasts for so long. Such patients will hit a weight plateau, or possibly even begin gaining

weight. Lifestyle changes **MUST** be made to lose the weight *and keep it off!* Weight loss surgery is just a tool to help you make those behavioral changes.

Changing old, unhealthy habits into new, healthier habits is essential. But, making those new habits stick is often a challenge! Here are a few tips that can help:

- Make sure your new habit is doable for you (i.e., deciding to go bike riding daily if you don't own a bike just won't work.)
- Track the progress of your new habit, by keeping a written log of each time you practice it *instead of* the old, unhealthy, habit it replaced.

- Reward yourself (using a *non-food* reward) at the end of a week when you've practiced your new habit consistently!
- If you have a temporary lapse, such as skipping a workout or making a poor food choice, remember that everyone falls down sometimes. Just get back up and resume your commitment!

With ordinary talent and extraordinary perseverance, all things are attainable.

**~Thomas Foxwell
Buxton**

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Focus on Fitness by Amy Hill, MS, ACSM-CPT



Physical Activity should be an enjoyable part of your everyday life. Here is some insight on how to do it in a safe and effective manner.

Any fitness routine should begin slow and progress gradually. For example, begin your day with a short walk and as your body

acclimates, you can increase the time or intensity of your walk.

If your ability to exercise is limited, keep this in mind: one of the great things about cardiovascular exercise, besides all of its health benefits, is that it is cumulative. This means 3 short 10-minute sessions can

give you just as much benefit as one 30 minute session.

If you have already been exercising, great job! Keep it up! If you are just beginning, be patient and remember that hard work and perseverance pays off. Stick with it and you will be reaping the benefits of exercise sooner than you think.

Nutrition Notes by Jennifer Traub, RD, CNSC

Finally....Summer is here! It's that time of year to spend more time outdoors, enjoying what nature has to offer! Our Michigan Summer weather also makes it that much more comfortable to get in our daily exercise!

While getting your protein in each day is always important after bariatric surgery, don't forget to eat your veggies! ☺

This is the season when a bounty of locally-grown fresh fruits and vegetables become readily available to us, making it even easier to stay on the path to your new way of healthy eating. Here are a few tips and recipes to help you do just that:

- Shop the produce section of your market and look for local vegetables such as carrots, broccoli & a variety of berries.
- You don't need a big backyard to plant your own vegetable garden. Even a few containers on a patio or balcony can hold lettuce, tomatoes, and herbs that you can pick to eat at the peak of freshness!

Take advantage of the many Farmer's Markets here in our beautiful state. They provide a wonderful way to enjoy local, seasonal fruits and vegetables

while supporting your local growers!

Click on the following link to find a Farmer's Market near you!

<http://www.farmersmarketonline.com/fm/Michigan.html>



Spotlight on Success



Mary Murphy – 18 Months After Gastric Bypass Surgery!

My journey started October 2010. What a wonderful ever changing journey it has been. I have lost and kept off 90 pounds! I have had reconstructive surgery to remove the excess skin that occurs when such a quick weight loss is accomplished. My jump start (the tool) to weight loss was the RNY surgery....my success was following what I had learned from my nutritionist, classes, books, and the internet.

Spotlight on Success cont...

I use every tool available to make sure I get my daily intake of fluids and protein.

Yes I take vitamins but that is nothing compared to what Medications I was taking before my journey began. I had High cholesterol (not anymore) – on a CPAP (breathing machine) at night (no longer needed) – 3 arthritis Medication's... one of which was an injection (now I am on one half tablet only).

“NOW, I AM A FORCE TO BE RECKONED WITH!”

Cont...

High blood pressure (down to a mild dose now)....My kidney function was declining and I was borderline diabetic. I was a disaster waiting to happen. Now, I am a force to be reckoned with! I walk, bike and shop for clothes in a size 8 not a 22-24!!! My life began in October 2010.



Mary Murphy – Before Gastric Bypass Surgery

Hip Happenings

“Back on Track”

Back by popular demand! The “Back on Track” class is a 10-week course, designed to help those who’ve had weight loss surgery achieve, and maintain, a healthy weight for life!

You will learn the difference between unhealthy eating habits and normal eating habits as well as the concepts and skills that can make unhealthy eaters become normal eaters.



The next Back on Track course begins Monday, September 10th (9:00-10:30AM). Classes will be held each week through November 12th.

Cost is \$10 per class, and space is limited so you must pre-register by calling 810-262-2330.

Support Group:

Hurley Bariatric Center offers a medically-supervised support group on the first Monday* of every month from 5:30-7:00PM at the Bariatric Center (2700 Robert T. Longway Blvd., Flint, MI 48503).

There is no cost to attend and no need to pre-register.

*Support group schedule subject to change in the event of a holiday.

Recipe Round-up

Red, White, and Blue Chicken Salad

Yield: 1 serving

½ to 1 cup mixed salad greens
4 oz. grilled chicken breast
¼ cup fresh strawberries
¼ cup fresh blueberries
¼ cup thinly sliced red onion
2 T. “Lite” honey-mustard vinaigrette

1. Dice grilled chicken breast into bite-sized bits.
2. Layer salad greens, red onion, strawberries, blueberries, and chicken in a small bowl.
3. Drizzle lightly with vinaigrette.

Nutrition information per serving:
241 kcals, 4.5 g total fat, 27 g protein



Parmesan-Dijon Turkey Burgers

Yield: 4 burgers

1 pound lean ground turkey breast (8% fat)
¼ cup chopped scallions
2Tbsp. Dijon mustard
¼ cup grated Parmesan cheese
1 tsp. salt
½ tsp. freshly ground black pepper

1. Combine all ingredients in a bowl.
2. Divide and shape into 4 patties.
3. Grill over med-high heat for 6-8 minutes per side (flipping once) or until burger is cooked through.

Nutrition information per serving:
203 kcals, 12 g total fat, 2g carb, <1g fiber, 22 g protein



We're on the Web!

www.bariatrics.hurleymc.com

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