

New Year, New Goals

Having a rough day, week, or even year with your diet and lifestyle habits? We are here for you!

Getting your eating habits and exercise back on track can be a daunting task, especially after the holiday season. Rough patches are bound to happen when making life changes. However, one of the most important things to remember is that your rough patch will only last as long as you allow it to.

The first step to getting back on track is figuring out a goal. This goal should be a SMART goal meaning it is Specific, Measurable, Achievable, Relevant, and Time Bound. For example, "I want to lose weight" is a statement that is much less likely to be achieved vs a goal of "I will lose 20 pounds by the end of 2024." This goal is measurable, specific and time bound. You will be the one to determine if your

goal is achievable and relevant.

Some also find it helpful to make short-term goals to help monitor their progress in achieving their long-term goal. For example, setting a short-term goal such as, "I will lose 5 pounds in 2 months by reducing my intake of added sugars" is going to help track your progress in achieving your long-term goal of losing 20 pounds by the end of 2024.

Taking action to achieve your goal is the next step. This will look different for all people but some beneficial actions to start could include, food logging, measuring portion sizes, going for walk, or making an appointment at the bariatric clinic. It is important to remember habit change does not always happen overnight however small changes lead to big results.

When getting back on track, it is also helpful to have a

support person. This person could be a co-worker that keeps you accountable with exercise, a friend to talk to for motivation, or even a family member to assist you in the kitchen when creating well-balanced meals and snacks. Support plays a vital role in achieving your goals and when support is lacking your motivation may waver. Some other ways to find support is through the Hurley Bariatric Center support group that meets in person once per month or joining the Hurley bariatric Facebook group.

With the New Year approaching, it may be a good time to look at where you are and where you want to be. Remember – your weight loss is a result of your own hard work and the help of others. To get back on track you may need some support from those around you and that is okay. Progress is not always linear. It is okay to have "slip ups" and "set-backs" as long as you get back up and keep striving to achieve your goals.

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Focus on Fitness

Mobility vs Stretching



How do you typically "warm up" for an exercise session? Do you do static stretches? Do you do some jumping jacks? Or do you skip the warm up entirely and jump right into your workout?

A common misconception is that static stretching, prior to a workout, will help to prevent injury. In reality, static stretching

is more effective after exercise when your muscles are still warm.

Prior to your workout, it is recommended to "warm up" your muscles which basically means you are prepping your muscles for exercise. Studies show getting your muscles warm and ready to go is one of the most effective ways to actually prevent injury from occurring. Warming up for exercise can include mobility movements such as arm circles, leg swings, jumping jacks, burpees, bird dogs, or even walking on a treadmill or riding an elliptical for 5 minutes

So when is the best time to stretch? As mentioned before, experts say the best time to stretch is after a workout, when your muscles are still warm. This is when you should incorporate static stretching such as toe touches, quad stretches, calf stretches, etc. Regular stretching after a workout can actually help to improve your mobility before and during a workout!

Remember, knowledge is power and knowing the best time to incorporate mobility vs stretching is key to keeping yourself injury free during times of exercise!

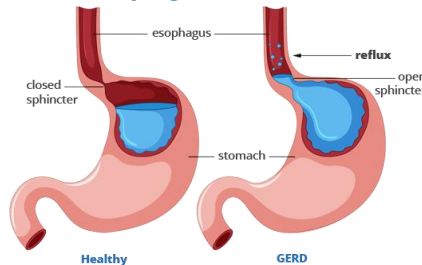
Nutrition Notes by Hannah Welter, RDN

A very common post-operative problem after bariatric surgery is Gastroesophageal Reflux Disease, otherwise known as GERD. GERD is due to stomach acid that can travel up your esophagus resulting in an uncomfortable sensation or pain in your chest, such as heartburn.

So, what causes this to happen? In regards to bariatric surgery, the new stomach is significantly smaller and can hold only a small amount of food/fluid at one time. Therefore, this can cause an increase in pressure within the new stomach pouch. Typically, your Lower Esophageal Sphincter (LES), which connects your lower esophagus to the upper part of your stomach, is able to keep stomach contents from leaking into your esophagus. However, with the new increase in pressure in your stomach pouch, some gastric acid can push its way into the esophagus, surpassing the LES, resulting in heartburn and ultimately GERD.

Luckily, there are several ways you can manage GERD and even prevent it from happening after surgery! Some clinicians prescribe certain medications called Proton Pump Inhibitors (PPIs) or H2 Blockers that help to reduce acid secretion in the stomach. However, lifestyle and dietary changes should always be the first line of defense.

Gastroesophageal reflux disease (GERD)



After surgery, specific instructions are given to slow your sipping and eating rate. Both of these practices are crucial to avoid GERD as overwhelming your stomach pouch with food/fluids can lead to an increase in pressure. Over time, an increase in pressure can

weaken your LES, which ultimately allows acid to easily travel into your esophagus. It is also important to minimize additional risk factors such as using tobacco, avoiding tight fitting clothing, and not eating too soon before laying down.

In regards to dietary changes, patients tend to find GERD symptoms improve when they consume smaller, more frequent meals. Furthermore, avoiding eating highly acidic foods, spicy foods, and fatty foods (such as fried foods) is also beneficial. Reducing your intake of alcohol, caffeinated, and carbonated beverages can help to minimize GERD flare-ups. Keep in mind everyone's "trigger foods" are going to differ and keeping a food journal can help decipher which foods cause a flare up for you.

GERD does tend to improve as one loses weight. A decrease in pressure (weight loss) can help to alleviate GERD symptoms but you can also implement the diet and lifestyle changes as stated above!

Spotlight on Success



**Baylee After
Gastric Sleeve Surgery**

I started my journey with the Hurley Bariatric Center in early June of 2022, weighing almost 280 pounds. I had the Gastric Sleeve procedure done in early December of 2022 and today, one year later, I can proudly say that I have lost over 140 lbs!

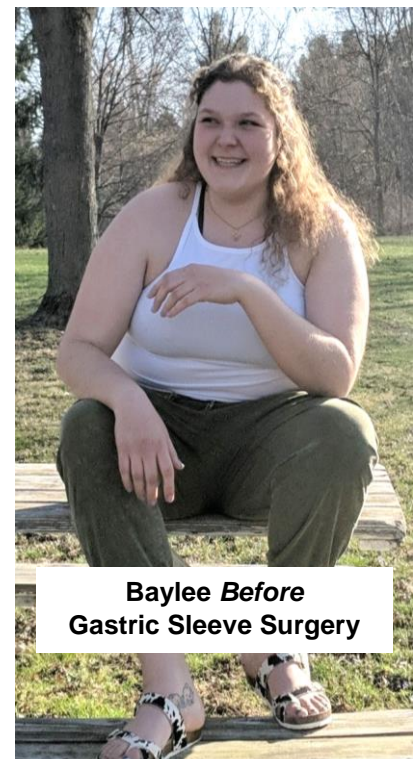
I am extremely grateful for the opportunities that the Hurley Bariatric Center has given me. Before surgery, I was not able to lose weight due to previous medical conditions. At 24 years old, I had reached a point where I felt I was out of options and no other doctors would take my weight loss seriously. When I started seeing the staff here at Hurley, I finally felt like someone was taking not only me and my health but my future seriously as well.

One of the biggest struggles I faced was changing my eating habits. I have to say that really sticking to the program guidelines, such as counting calories and watching my portion sizes have been the biggest contributing factor towards my weight loss. I only, truthfully, "work out" 2-3 times weekly as I have found that watching what I eat and eating the correct food groups is what works in my favor, such as consuming the recommended amount of protein.

Since having surgery I have noticed a ton of positive changes in my overall health and daily routine. I am extremely grateful to my family and friends for being so supportive through this enormous lifestyle change. Surrounding yourself with people who support you not only emotionally and mentally, but also who want to watch you grow to your best potential physically, was a huge helping hand that I really didn't think I would need to

have.

I have so much more energy and an overall better outlook on life. I no longer have Asthma flare-ups or the need to take breaks on physically demanding outings. I have so much more confidence in my body and my personal body image as well. I still cannot believe I fit in size 8 jeans! I was never a person worried about the future much before, but here I am finally so excited to see what the future holds.



**Baylee Before
Gastric Sleeve Surgery**

Hip Happenings

MARK YOUR CALENDAR!



February 5th, 2024 we will be having a representative from Abbott Nutrition present at support group. Abbott distributes different brands such as Ensure Max and Glucerna.

They will be providing protein samples and education on these products including how they can play a roll in your weight loss journey!

Recipe Round-up

Sausage and Lentil Soup

Yield: 8-10 Servings
Serving Size: 1-1 ½ cups



Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 garlic cloves, chopped
- Salt and freshly ground black pepper
- 14.5 oz can diced tomatoes
- 1 lb dried lentils (approx. 1 1/4 cups)
- 11 cups low-salt chicken broth
- 4 to 6 fresh thyme sprigs
- 1 lb mild or spicy chicken sausage
- 1 cup shredded Parmesan

Directions:

1. Heat oil in a large pot over medium heat and add the onion, carrots, celery, garlic, salt, and pepper. Sauté until all the vegetables are tender.
2. Add 1 can of tomatoes (do not

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 Hurley Bariatric Center (with exception of inclement weather/holidays). No need to pre-register—just come! Call 810-262-2330 for details.

- drain). Simmer for 8 minutes, stirring occasionally.
3. Add the lentils, broth, and thyme sprigs. Stir until well combined.
4. Bring to a boil over high heat. Cover and simmer over low heat until the lentils are almost tender, approx. 30 minutes.
5. In a separate sauté pan, cook the sausage links (you can also use the ground meat without the casing).
6. Once cooked through, cut into smaller pieces (cut the link in half lengthwise and then into 1/4" size pieces) and add to the soup mix.
7. Ladle the soup into bowls. Sprinkle with the Parmesan, drizzle with olive oil, and serve.

Nutrition information per serving (Sausage and Vegetable Soup):
267 cal, 24g protein, 18g carb, 12g fat



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REGAIN – Post Surgical Medical Weight Loss Program:



THIS PROGRAM IS FOR HURLEY BARIATRIC CENTER PATIENTS WHO HAVE HAD BARIATRIC SURGERY, YET ARE EXPERIENCING WEIGHT REGAIN.

For individuals who are at least 1 year post-surgery and experiencing weight regain, this 8-week program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 15-30 pounds.

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

No Bake Peppermint Protein Balls

Yield: 10 Protein Balls
Serving Size: 1 Protein Ball

Ingredients (Pancake):

- 10 Tbsp cocoa powder
- 6 Tbsp maple syrup
- ¼ cup nut butter
- ¼ cup unflavored protein powder of choice
- ½ tsp peppermint extract
- ¼ tsp sea salt
- 2 Tbsp cacao nibs
- 2 Tbsp crushed candy canes
- 2-4 Tbsp water (optional)

Directions:

1. In a large bowl, mix cocoa powder, maple syrup, nut butter, protein powder, peppermint extract, and sea salt together with an electric blender.
2. Add water to the mixture, 1 teaspoon at a time until you get a well-mixed batter. If your nut butter is runnier, you may not need to add any water at all.
3. Add cacao nibs and mix again.
4. Chill in the fridge for 10-15 minutes or until batter has a firm consistency.
5. Roll into balls and garnish with crushed candy canes. Best if served chilled.

Nutrition information per serving (Peppermint Protein Balls):
70 cal, 9g protein, 4g carb, 2g fat