

SPECIAL POINTS OF INTEREST:

- Healthy Habits
- Healthy Recipes
- Family Meals
- Workouts Can Be Fun
- Gaining Support
- Upcoming Events

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Developing Healthy Habits to Live By

You have heard these words before, *many times*: Bariatric surgery is only a “tool”. It can be a very effective tool to help you incorporate good health habits and change your lifestyle. Set some realistic goals that are reachable and permanent. The following are some tips to help you succeed.

Gather as much information about yourself as possible. Reflect on what motivates you to enjoy something and to keep working on it. Review your current diet and physical activity habits, time management skills, what you fear and what are your biggest weaknesses. Gather inspiration from Bariatric magazines, newsletters, cookbooks and people who have had the surgery.

Write out your objectives and

goals, and how you plan to accomplish them. Attach a description of what your life will be like when you master them. As an example, if you write that your goal is to lose 100 pounds, your achievement may be to resolve, or at least, control, your morbid conditions, such as diabetes, high cholesterol and painful joints. Make sure you are setting realistic goals.

Set your plan in motion in stages. If you want to lose 100 pounds, set that as a long term goal. Set a short term goal to lose 25 pounds by a certain date and then map out a strategy to get there. Plan your accompanying activity, such as how often and how far you will walk. Will you need to incorporate other physical activities in your plan? Plan your meals ahead and shop for the food items you need

by making a list and shopping by it. Cook extra, and divide it before serving, then freeze an extra meal.

Plan for the unexpected. If a friend invites you out for lunch to a restaurant you’ve never been to, check them out on the web, and plan ahead what you will order. Order a “box to go” up front, and split the meal to avoid picking at it until you’ve consumed too much food. If you planned a day of fun at the park and it rains, have a back-up plan on how you will get your exercise that day. Same goes for planning to exercise every Wednesday from 5-6pm, but you consistently end up working late. Split that time between two other days to be sure you get it in.

Remember-Be flexible about your plan, if it’s not working, change it, until it does work!

Recipe for Your Health: Grandma’s Potato Salad

Ingredients:

1 - 32 oz pkg Ore-Ida Hash Browns
Southern Style Potatoes®
1 - 1/4 cup Miracle Whip Free®
3 Tbsp prepared mustard (more or less to taste)
1/4 cup white vinegar
Salt and pepper (to taste)
2-3 Tbsp Splenda® (more or less depending on how sweet you like it)
6 hard-boiled eggs, peeled and cubed

Preparation:

Heat potatoes in microwave safe container, stir occasionally, until cooked thoroughly and steaming.
Sprinkle and toss potatoes with vinegar and Splenda, cover and let set while preparing next step.
In a separate container combine Miracle Whip, mustard, salt and pepper.
Combine potatoes, Miracle Whip mixture and eggs.
Cover, refrigerate at least 3 hours.

Yield: 20 - 1/2 cup servings

Nutritional Analysis:

Per Serving

Calories: 70
Protein: 3 grams
Fat: 1 gram
Carbohydrates: 12 grams



“Having a positive mental attitude is asking how something can be done, rather than saying it can’t be done.”

Bo Bennett -

**Welcome Changes
Radio**

“In order to change, we must be sick and tired of being sick and tired”

Author Unknown

Make the Most of Family Meals

With the arrival of Spring, it's likely your life has become busier and filled with more extracurricular activities. With all that you and your family have planned on a weekly basis it makes it extremely difficult to plan family meals where everyone eats together. The “old tradition” of eating meals together seems unobtainable. With hectic lifestyles, you may be leaning toward fast food as the alternative to getting that family meal in, but there are some other ideas that can help bring you together as a family.

Research has shown that people who eat meals as a family, eat healthier:

- *choosing more fruits, vegetables, dairy and whole grains
- *family communication improves
- *family traditions are strengthened
- *childhood obesity decreases
- *children have improved character and social development
- *teens have better grades, are less likely to smoke, drink alcohol or use drugs

These outcomes sound great, but how do you balance your busy schedule and your families activities, with making family meals a priority? Here are some ideas:

- Make a calendar of everyone’s activity for the week/month and plan meals around it, remembering it doesn’t always have to be supper. Gather at breakfast (remember it is imperative that everyone start the day with a healthy breakfast) or plan a weekend brunch. But be sure all attend.
- Take the time to plan your meals ahead. Figure out what days you will have time to cook, and what days you need to just pull something from your freezer. Plan your menus, then shop for your groceries all at one time. Unless you have a lot of time available, make your menus simple.
- Make meals quick and easy. Use crock-pots, meal kits, and simple recipes so that meals do not become a major production. Keep your pantry well stocked so that you can pull from your shelf what-

ever you may need for your planned recipe. Do not fall into the trap of fixing several different items because of picky eaters.

- Make the focus of the meal the family, conversation and the food. Do not allow distractions from cell phones, the TV, radios, computers. Everyone should be seated together and participating in the family meal.
 - Do not allow arguments or conflict at the dinner table. Everyone needs to contribute conversation but it must be kept light and polite. Plan to discuss a variety of topics with all members offering their views. Remember these views may not be the same as yours so respect each person’s right to hold that view and verbalize it.
 - Enlist help from every family member so that they are all involved in some aspect of the meal, whether in the planning of the menu, shopping for the food, cooking, setting the table or doing the dishes.
- Make mealtime a fun time for all to enjoy. Remember most importantly, slow down and take your time to eat.



Eating on the Lighter Side for Spring— Chicken Salad

Ingredients:

- 4-4 oz chicken breast, boneless & skinless
- 1/4 cup plain fat free yogurt
- 3/4 cup fat free mayonnaise
- Salt and pepper to taste
- 1/2 cup sliced almonds, walnuts or pistachios
- 3/4 cup seedless grapes, quartered
- 1/2 cup scallions, chopped

Preparation:

- Mix the chicken, yogurt and mayonnaise together in a large bowl.
- Season to taste with salt and pepper.
- Gently fold in nuts, grapes and scallions.
- Refrigerate until ready to serve

Yield:

8 small servings

Nutritional analysis: Per Serving:

Calories: 150
Protein: 19 grams
Fat: 4 grams
Carbohydrates: 8 grams
Sodium: 227 mg

Making Your Workout Fun



Following weight loss surgery, the key to losing weight and becoming a more active and fit individual is a balance between maintaining a healthy diet and developing a routine for regular exercise. However, people often have a multitude of reasons for not exercising: it's boring, I have no time, I don't like to sweat, I'm embarrassed to go to the gym because I don't know how to use the machines, or what exercises to do. The longer you let these excuses overpower you the more apt you are to not incorporate exercise into your new lifestyle. The concept starts in your head and you must make a commitment to develop a routine and stick to it. Try different types of exercises to find

what you enjoy and will stick with. A good routine is to exercise five to seven days a week for at least an hour a day. Following are some tips to motivate you to become committed to this routine.

***Find a workout buddy** - Find someone you can go with, even if it is just walking. You will catch up on news and work off the pounds at the same time. Time will pass quickly.

***Listen to music** - This can be a great motivation. Get in the rhythm and go. Pick an upbeat music and you may find you can exercise longer and with more intensity.

***Use an exercise ball** - Using this unstable surface will utilize multiple muscle groups, enhance your stability and balance while adding fun to your routine.

***Try new activities** - Be creative in what you consider "exercise". Take dance lessons, join an aerobic class, go canoeing, walk in the sand on the beach instead of on a treadmill, just keep moving.

***Forget about structure** - Don't pay too much attention to the number of minutes you have been working out, just find something you like and enjoy it.

Gaining Support - The Bariatric Support Group

A common experience, or a common bond draws people together to encourage and support each other. A place to share experiences and triumphs, discuss challenges, gather information and gain motivation is a Bariatric Support Group meeting. These meetings are for those who have had weight loss surgery, but also for anyone contemplating the surgery.

You will hear real life stories and learn ways to achieve a healthy lifestyle. The fact that surgery is "just a tool" will be instilled into your head. Surgery is not

a miracle cure and for those who have achieved success, it is something they have embraced and live by the rules.

Information will be shared to help you understand the lifestyle changes necessary for success, resources available, but more importantly acceptance from others sharing this common bond. Discussions with the group will build your confidence that the choice for weight loss surgery is the right choice, if you follow the rules.

At Support Group Meetings things discussed will range from new ways of

eating, places to shop for the best food items or better fitting clothing, at an inexpensive price, as your size dwindles, exercise routines to incorporate into your daily life, dealing with emotional changes and relationship adjustments. Those who have had surgery years earlier are a great resource for those fresh from surgery or just now considering surgery.

Understanding, encouragement and compassion are the foundation of a great support group. So now is the time to get involved in one.

Accept everything about yourself - I mean everything. You are you and that is the beginning and the end - no apologies, no regrets.
Clark Moustakas

Recipe For Your Health - Citrus Glazed Chicken with Almonds

Ingredients:

- 4 (4 oz) chicken breasts, boneless, skinless
- 3 Tbsp 100% orange juice concentrate, thawed
- 2 Tbsp fresh lemon juice
- 1/2 cup chicken broth (fat free)
- 3 Tbsp Splenda®
- 1-1/2 tsp cornstarch
- 1 Tbsp butter
- 1 Tbsp fresh, chopped chives

- 1 Tbsp fresh, chopped parsley
- 1/4 cup almonds, sliced and roasted

Preheat oven to 425 degrees. Place chicken breasts on an ungreased baking sheet. Brush with one Tbsp orange juice concentrate. Bake 15-20 minutes or until cooked through. Place remaining orange juice concentrate, lemon juice and chicken broth in a small saucepan. Blend together Splenda and cornstarch in a small bowl. Stir this mixture into broth. Heat over medium-high heat and simmer 8-10 minutes or until

the sauce starts to thicken slightly. Remove from heat. Whisk butter into sauce. Add chives and parsley. Pour sauce over chicken breasts. Sprinkle almonds over breasts and serve.

Yield: 4 servings

Nutritional Analysis: Per Serving

- Calories: 220
- Protein: 28 grams
- Fat: 8 grams
- Carbohydrates: 8 grams
- Sodium: 200 grams

*Recipe from Splenda® website and Barix Clinic website



New Beginning BARIATRIC CENTER

James Pilkington, M.D., F.A.C.S



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The New Beginning Bariatric Center is dedicated to improving the quality of life for our patients from their initial contact to our office, through surgery, the immediate post-operative phase, and throughout their lifetime. We strive to provide services that educate and support the patient and their family in the lifestyle changes necessary to be successful with their weight loss surgery.

Upcoming Events

Support Group Meetings:

3rd Monday every month at 6:00pm in FDJ Conference Room at CMCH

Each month a topic for discussion, or an activity is scheduled. Any suggestions for topics are welcome. Forward ideas to:

Marilyn S. Moore, R.N.

Bariatric Program Manager

Practice of Drs. James Pilkington and Mubashir Sabir

**New Beginning Bariatric Center
Central Michigan Community Hospital**

Phone-989-779-5662

E-mail: mmoore@cmch.org

Are you struggling with your diet or have a question about nutrition? Schedule an appointment with our dietitian who can help you map out a solution.

**Cheryl Deitsch, M.A., R.D.
Central Michigan Community Hospital
Call Central Scheduling at:
989-772-6878**



Coming together to achieve

**Do you know someone interested in Bariatric Surgery? Tell them about our Bariatric Surgery Informational Seminars or have them visit the website at:
www.newbeginningbariatric.org**

**Upcoming Seminars:
6:30-8:00pm
CMCH-FDJ Conference Room
Register: 989-953-5111**

**May 14, 2009
June 11, 2009
July 16, 2009
August 13, 2009**

There may be outreach seminars in various cities throughout the year. Watch the website for dates.

