

## Fall Focus

Summer - the season of warmth, longer-days, and get-togethers has sadly come to end. However, with all the fun that is had during the summer season, it can be easy to stray from your goals. Luckily, summer is followed by fall, which can be considered the season of routine. School is back in session, the leaves are falling, and you can *feel* the change happening all around you. Why not use this changing season to re-evaluate your goals and set them into action? Utilizing SMART goals is a beneficial way to help you set yourself up for success.

In the past, you may have found that your goals were too vague with no real sense of direction which can ultimately lead to failure. This fall season, plan to

utilize SMART goals to create a foundation for achieving your goals!

When setting a goal, be **Specific** about what you want to accomplish. This will allow for more narrow and effective planning. Your goal should also be **Measurable** to provide a way to evaluate your progress. Next, make sure your goal is **Attainable** to you during this season of your life. Not only should it be attainable, it should be **Relevant** to align with your values and long-term objectives. Lastly, setting a **Timely** goal will provide you with motivation and prioritization to achieve your goal!

A common goal often expressed among our client population sounds something like: "I want to

lose weight". While this is something to work towards, this goal is very broad and can lead us in multiple different directions and not always being successful in the long-run. Instead, re-evaluate and think about how you can make this goal smart for you: "I want to lose 5 pounds by the end of the month". This goal is now specific, measurable, attainable, and bound by a time frame. Furthermore depending on your current weight and mindset, it may also be relevant to you!

With that being said, take advantage of the changing seasons and use this time as motivation to set goals for yourself. Whether these goals relate to weight loss, increasing physical activity, a job-promotion, or spending more time with loved ones - be SMART this fall season and set yourself up for success!

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## Focus on Fitness



### Time Management

"I couldn't work-out this week. I was so busy, I had no time!" Does this sound familiar to you? While everyone has a busy schedule, it should always

be a priority to incorporate consistent exercise into your routine. For those individuals that have difficulty finding enough time to exercise, it is wise to focus on shorter, but more frequent, exercise sessions. Try to find multiple 10-minute increments of time throughout your day and fill it with activity! Research shows that several 10-minutes sessions of physical activity yields results similar to longer exercise sessions completed all at once.

One way you can do this is taking advantage of the fall season and

cooler weather to incorporate walks on your lunch breaks. Or include quick mini-sessions before work, during your kid's sports practices, or even during commercial breaks while watching TV. The key to making this happen is to prioritize your day and look for, or create, those moments to focus on you!



Cholesterol is a vital component in our blood that actually serves many functions such as assisting with hormone and cell membrane production, aiding digestion, and much more! However, elevated cholesterol levels in the body can increase your risk of heart disease, heart attack, and stroke. While there are medications that can help improve cholesterol levels, our food and lifestyle choices can also have a large impact!

First, let's discuss the types of cholesterol in our bodies. Total cholesterol is referring to the amount of cholesterol in your blood, however elevated levels can negatively impact your health. Low-Density Lipoproteins or LDL-cholesterol is often referred to as the "bad-cholesterol" in our body as it can accumulate in our blood stream and reduce blood flow. On the other hand, High-Density Lipoproteins or HDL-cholesterol is considered the

"good-cholesterol" as it can ultimately help remove excess cholesterol from the blood. The ultimate goal is to lower our total cholesterol levels to reduce the risk of heart disease.

Now, let's discuss our food choices. It is important to eliminate or reduce your intake of trans and saturated fats. Trans fats are "man-made" liquid oils that have been partially hydrogenated which results in a solid at room temperature (such as margarine). Trans fats will raise your LDL-cholesterol and lower your HDL-cholesterol. Saturated fats are naturally occurring in many foods such as high-fat meat, dairy, tropical oils, fried foods, and sweets. Over-consumption of these food items can cause increased total cholesterol and LDL-cholesterol levels. Therefore, avoid products that have the words "partially hydrogenated" in the ingredient list and always limit your intake of high saturated fat containing foods.

Another way to improve your

cholesterol levels is to replace saturated and trans fats with monounsaturated fats. This type of fat has been shown to increase HDL-cholesterol levels and decrease LDL-cholesterol levels. Olive Oil, many nuts and seeds, avocados, and real butter are all examples of monounsaturated fats. Omega-3 Fatty Acids are also linked to increasing HDL-cholesterol and lowering LDL-cholesterol. Cold-water fatty fish such as salmon and mackerel, walnuts, chia seeds, and flax-seed oil are all great sources of Omega-3-Fatty Acids. Incorporating both monounsaturated fats and Omega-3 Fatty Acids are ways in which you can further decrease your risk of heart disease!

While our food choices are a great way to improve our heart health, our lifestyle and habit choices can also be linked to Heart Disease. Managing stress, incorporating consistent physical activity, smoking cessation, weight loss, and managing alcohol intake are all steps YOU can take to live a healthier lifestyle and improve your overall cholesterol levels!

## Spotlight on Success

I have been overweight all of my adult life. There were multiple reasons as to why I contacted the Hurley Bariatric Center. First, my primary care physician had been urging me for several years to lose weight. In addition to this, both my father and father-in-law passed away at a relatively young age due to poor health choices. I didn't want to put my family through that same heartache. Although I did not have bariatric surgery, all of these factors



**William**  
**Before and After**  
**Non-Surgical Medical**  
**Weight Loss Program**

gave me the final push to start Hurley's Non-Surgical Medical Weight Loss Program.

At the time I started the program, I weighed 281 lbs. I have completed the 12-week program and currently weigh 218 lbs. Since completing the program, I have experienced numerous improvements in my life. First, I am sleeping much better! Second, I was able to receive my Dept. of Transportation medical card without any hassle for the first time. Not only this, after a long work day I have the energy to wrestle around with my kids. The most personally satisfying improvement would probably be having my clothes go from tight, to comfortable, to so loose that I had to buy smaller sizes!

What worked best for me was primarily following the guidance of the very talented staff at the Hurley Bariatric Center. You're paying for their expertise so I advise you to listen to them! Secondly, I stopped consuming restaurant food and fast food. These choices are adding inches to your mid-section (and emptying your wallet)! Third, stay active! Even on Spring Break with

my children I was able to incorporate physical activity (even if that was only going for a late night swim). I still managed lose a couple pounds that week. I am also more aware of my food choices and keeping a detailed food log allowed me to figure out what was and wasn't working for my body. Lastly, never avoid physical work. This is a bad habit that we as a society have fallen into and it's not serving us well. We will all be a lot healthier and wealthier if we put in some hard work!

**"At the time I started the program, I weighed 281 lbs. I have completed the program and currently weigh 218 lbs!"**



We are expecting you for follow-up!

During your follow-up appointments, you will receive continued weight loss management and we can monitor your risks/progress.

You may be offered EGD screening to monitor any esophageal changes that can take place after surgery. Remember, you may not feel the signs/symptoms of these changes occurring. This is just ONE of the many reasons as to why you should always attend your follow-up visits!

## Recipe Round-up

### Instant Pot Pumpkin Soup with Crispy Sage Leaves

Yield: 7.5 servings



#### Ingredients:

- 2 tablespoons olive oil or ghee
- 2 teaspoons chopped fresh sage, plus 12 whole sage leaves
- 1 medium onion, sliced
- 1 medium carrot, chopped
- 3 medium garlic cloves, chopped
- 1 teaspoon fresh rosemary, chopped
- 4 heaping cups (1 1/2 pounds/680g) sugar pumpkin or butternut squash cubes (1-inch/2.5cm)
- 4 cups (946ml) low-sodium chicken broth
- 1 bay leaf
- 3/4 teaspoon salt
- 1/4 teaspoon pepper

#### Directions:

Put the oil in the pot, select SAUTÉ, and adjust to MORE/HIGH heat and add the whole sage leaves. Cook for 1 minute, stirring occasionally, until the leaves are

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



The support group meets the 1<sup>st</sup> 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.

### **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

crisp. Transfer to a small bowl to set aside for garnish. With remaining oil in pot, add the onions and carrots to the pot and cook, stirring frequently for 8 minutes or until they begin to brown. Add the chopped sage, garlic, and rosemary and cook for 30 seconds. Press CANCEL. Add the squash, broth, and bay leaf. Lock the lid, select the PRESSURE COOK function and adjust to high pressure for 10 minutes. Make sure the steam valve is in the sealing position and that the Keep Warm function is turned off. When the cooking time is up, quick-release the pressure. Discard the bay leaf. Blend the soup with a stick blender or in batches in a blender. Season the soup with salt and pepper and garnish with fried sage leaves.

**\*\*This recipe could be a great creamed soup recipe for those who have just had bariatric surgery, and additional protein may be added to this recipe by mixing in an unflavored protein powder before serving\*\***

**Nutrition Information per serving:**  
106cal, 4g fat, 17g carb, 3g protein

### Pumpkin Puree Mousse

Yield: 6 servings



#### Ingredients:

- 1 package instant sugar-free vanilla pudding
- 3 cups skim milk
- 1/2 cup canned pumpkin puree
- 1 teaspoon pumpkin pie spice
- 1/2 cup cool whip lite
- 1 cup plain yogurt
- 1 teaspoon vanilla extract

#### Directions:

In a large bowl, combine pudding mix and skim milk and beat for 2 minutes. In a separate bowl mix pumpkin puree, pumpkin pie spice, cool whip, yogurt, and vanilla extra until well combined. Fold in the second mixture into the pudding mixture. Spoon into individual cups and garnish with a dollop of cool whip and sprinkle of cinnamon.

#### Nutrition Information per serving:

96 cal, 1g fat, 16g carb, 6g protein

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