

Making New Habits Stick!

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 will share that they thought they could eat the same foods that they ate before surgery (just in smaller amounts), not change their lifestyle much, 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 usually hit a weight plateau, and, eventually, begin regaining weight.

Lifestyle changes must be

made to lose the weight and *keep it off!* Weight loss surgery is a tool--a very effective tool--that brings about metabolic change while encouraging behavioral change. But, without forming new, healthier habits, no amount of surgery will keep the weight off for good.

Changing old, unhealthy habits into new, healthier ones isn't easy. It's just plain hard work. But, as noted above, putting in that hard work is essential if your goal is losing weight and keeping it off. We can usually begin practicing healthier eating habits & exercise routines, for a short while. But life can get in the way. It's too easy to go back to our old habits that tend to run on autopilot.

The key is repetition. Let those new habits become

your new way of life. 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! This will also reinforce your new, healthy behavior!
- If you have a temporary lapse, such as skipping a workout or making a less-than-ideal food choice, it's ok! You don't have to be perfect! Just get back on your plan & resume your commitment to create a healthier lifestyle!

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Focus on Fitness



Physical Activity should be an enjoyable part of your everyday life. Here is some insight on how to do it safely and effectively!

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 DO pay off. So, stick with it, have fun, and you will be reaping the benefits of exercise sooner than you think!





Finally....spring is upon us! It's that time of year we start spending more time outdoors, enjoying what nature has to offer!

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

This is the season when a locally-grown fresh produce starts to become more readily available to us, making it even easier to stay on the path of healthy eating. Here are a few tips to

help you do just that:

- Consider growing your own fresh produce! This is the time to get ready to plant! You don't need a big backyard to plant a 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!

- Shop the produce section of your market and look for local spring vegetables such as asparagus, spinach, radishes, beets, and carrots.

- 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!

Check out the recipes on page 3 of this newsletter for delicious ways to prepare your bounty! Visit the following website to find a Farmer's Market near you!

farmersmarketonline.com/fm/Michigan.html



Spotlight on Success



Kelly
After Sleeve Gastrectomy

I had the sleeve gastrectomy in December 2018. I weighed 406 lbs. when I had surgery and have since lost 209 lbs.!

When I started this journey it was a difficult time. My mom had passed away about a month before and it was the middle of the holiday season. Some doubted my success because of these obstacles. But with my fantastic support system of, foremost, God, my husband, my family, and the team at Hurley Bariatric Center I did succeed!

The nutritional guidance from the Dietitian is invaluable. It is so important to drink your water, get your protein, take your vitamins, and measure and diary your food and exercise.

I'm so happy I had surgery. It has completely changed my life. It is not easy. It is a lot of hard work and hard changes, but it is absolutely worth it! My only regret is not doing it sooner.

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Kelly
Before Sleeve Gastrectomy

Hip Happenings

The Clinic is Open 😊



The Hurley Bariatric Center is open and seeing patients. We are taking precautions to keep our patients safe. If you are due for your routine visit, don't delay! Call the clinic at 810-262-2330 to schedule your appointment.

Recipe Round-up

Quinoa with Spring Vegetables

Yield: approx. 6, 3/4 cup, servings



Ingredients:

1 3/4 cup low-sodium chicken broth
1 cup uncooked quinoa, rinsed and drained 3 times
1 tsp olive oil
2 garlic cloves, minced
1 cup orange bell pepper, diced
1 cup red bell pepper, diced
1/2 lb asparagus, cut into 3/4-inch pieces
Salt and black pepper, to taste
4 green onions, thinly sliced
1 Tbsp fresh Italian parsley, chopped

Directions:

1. Bring broth to a boil in medium saucepan; add quinoa. Cover, reduce heat & simmer until quinoa

is tender and broth is absorbed (about 15 min.) Remove from heat, fluff with fork.

2. Heat olive oil in medium skillet. Sauté peppers and asparagus until tender. Add vegetables to cooked quinoa. Stir in green onions and parsley. Season with salt and pepper.

Nutrition information per serving:
154 cal, 5g fat, 23g carb, 6g prot

Skinny Spinach & Artichoke Dip

Yield: approx. 18, 2T, servings



Ingredients:

6oz 0% plain Greek yogurt
8oz reduced-fat cream cheese, softened
6oz light sour cream

We've Expanded Our Team!



Alongside our Surgical Director, Dr. Jamal Farhan, Hurley Bariatric Center welcomes two new surgeons to our team: Dr. Kristoffer Wong and Dr. Gul Sachwani-Daswani! Each has several years' experience doing bariatric surgery. We are excited to have them on board as we continue to strive to offer the very best care to our patients!

If you're interested in scheduling a consultation with any of our talented surgeons, call our office at 810-262-2330!

1/2 cup grated parmesan cheese
1/3 cup unsweetened almond or skim milk
3/4 teaspoon garlic powder
3/4 teaspoon onion powder
1/2 teaspoon salt
1-10oz package frozen spinach, thawed and excess water squeezed out
1 can artichoke hearts, drained and chopped
1/2 cup part skim shredded mozzarella cheese

Directions:

1. Pre-heat oven to 350 degrees. Mix Greek yogurt, cream cheese, sour cream and parmesan cheese until smooth. Stir in milk and seasonings then gently fold in spinach and artichoke hearts.

2. Spray an 8x8 casserole dish with olive oil spray then pour in the spinach and artichoke mixture. Top with mozzarella cheese and bake for 20-25 minutes, or until bubbly. Broil for an additional 2-3 minutes until cheese is golden brown.

Nutrition information per serving:
61 cal, 4g fat, 4g carb, 4g prot

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