

## Think About It

Our thoughts have power. The thoughts we have...including the seemingly random ones that pop into our head without warning...can directly affect our behavior. Including eating behaviors.

Our *thoughts/beliefs* affect our *emotions/feelings* which, in turn, affect our *behaviors/actions* and vice versa. So, if we think something is good for us, we might feel differently about it, which might lead us to take a different action, than if we think something is bad for us. For example, if we see a number on the scale and are disappointed about it, we may feel and take a different action than if we are pleased with the number we see on the scale.

Self-defeating thoughts can have a profoundly negative affect on our feelings and actions. Examples of such self-

defeating thoughts might include:

- "This is too hard. I can't do it."
- "If I don't make it to my target weight, I've failed."
- "Now that I've lost weight, I can go back to eating any way I want."

In order to take actions that align with your own health goals and values, it's important to have a set of thoughts that are affirming, positive, effective, & life enhancing. When negative thoughts enter your mind, you have the power to use one of these healthy thoughts in your arsenal to quickly "reframe" the negative thought into a positive one.

Below are some positive thoughts related to food, weight, and body image that may help if you wish to develop your own positive thought list:

### Regarding Foods:

1. Foods can be more or

less nutritious and higher or lower in calories, fat, and sugar. All foods can be part of a healthy diet.

2. It is up to me what I eat. Most of the time I choose to eat foods that satisfy my hunger and/or cravings and support a healthy weight and body.

### Regarding Weight:

1. Wonderful, attractive people come in all shapes and sizes.
2. A person's size or body shape is not an indicator of their character.

### Regarding Body Image:

1. Happiness is based on many important things, but body size does not have to be one of them.
2. I deserve to be happy at any weight or size.

Learning to use positive thinking and behavioral coping strategies can help manage your eating and your weight for long term success.

**Spring, 2022**  
**Volume 10,**  
**Issue 3**

### Inside this issue:

Think About It	1
Focus on Fitness	1
Nutrition Notes	2
Spotlight on Success	2
Hip Happenings	3
Recipe Round-up	3



## Focus on Fitness by Danielle Campbell



### Natural Stress Relief

Stress is a common part of most people's daily lives, though we can learn to manage it with new ways of coping. There are many benefits of physical activity,

maintaining mental health included.

Physical activity can help reduce fatigue, improve alertness, help you sleep better at night, and enhance your overall cognitive function. This can be especially helpful when constant stress has depleted your energy or ability to concentrate.

Stress also takes a toll on your physical body. Exercise can help you to strengthen muscles, decrease body fat, improve your range of motion, decrease tension and release endorphins in the brain which act as natural painkillers.

Even short durations of exercise can produce benefits which can aid in stress management. Find a spare 5-10 minutes throughout the day and use it wisely; give yourself the gift of better mental health!





Batch cooking. What is it and how do you know if it's something that you may want to do?

Batch cooking is preparing most, or all, of your meals for an entire week at one time. It usually involves devoting a couple of hours one day to have a variety of ingredients available for use during the week ahead. It's a great way to save time, money, and stay on-track with your personal dietary and health goals.

For example, you pre-cook/pre-prep meal and snack staples such as starches like quinoa, sweet potatoes, low-carb tortillas, & oatmeal. Protein foods like eggs, chicken, fish, beans/legumes. And sides like roasted, sautéed, or steamed veggies, fresh fruit, nuts/seeds, and salad ingredients. You can then store each food individually, then assemble and serve them in different ways throughout the week.

Here are a few meal and snack examples that can be quickly assembled using the foods mentioned above:

- Quinoa bowl topped with shredded or sliced chicken, roasted broccoli, and hummus.
- Low-carb wrap filled with baked and shredded salmon, shredded carrots, sliced

avocado, lettuce, and drizzled with light honey mustard dressing.

- Snack of hardboiled egg and small apple.
- Oatmeal topped with almond milk, berries, nuts/seeds & cinnamon.
- Quinoa with black beans, sautéed onions, avocado, salsa.
- Baked sweet potato, stuffed with shredded or sliced chicken, black beans, sautéed peppers and onions, topped with salsa.
- Snack of nuts and berries.

Perhaps this helps you see how investing a couple hours a week really can make eating a variety of nutritionally balanced meals and snacks throughout the week faster and simpler!

Check out the recipe section of this newsletter for a recipe that fits in nicely with the batch cooking method!

## Spotlight on Success



**Heather**  
**After Sleeve Gastrectomy**

I had the sleeve gastrectomy on March 15, 2021. This has been a life-changing, and educational experience. I got up to 265 pounds and would just cry because

I had nothing cute to wear or I couldn't fit into my clothes anymore.

I decided to take the step of going to the Hurley Bariatric Center to see what I could do. Through 8 months of working with the dietitian, I learned a lot about the things I needed to change to be successful.

After surgery, and losing 110lbs I now have a brand new lease on life. I have a lot more energy to do things with my kids. I love buying cute clothes that make me feel good. I workout everyday by walking and finding YouTube videos of different workouts to do. I eat healthy meals and track what I eat.

**“THE ONLY THING I WOULD CHANGE IS GOING THROUGH THE PROCESS SOONER!”**

My family has been such a big inspiration to me. My husband loves to keep me on track.

The only thing I would change is going through the process sooner. I feel that I have gained a whole new life and I use it wisely.



**Heather**  
**Before Sleeve Gastrectomy**

## Non-Surgical Medical Weight Loss Program:



**Note: THIS PROGRAM IS FOR THOSE WHO HAVE NOT HAD PREVIOUS BARIATRIC SURGERY.**

**\*SEE REGAIN PROGRAM INFO ON THIS PAGE FOR POST-SURGICAL PATIENTS WHO'VE EXPERIENCED WEIGHT REGAIN.**

For individuals with a BMI  $\geq 25$ , we offer a non-surgical medical weight loss program. This 12-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 30-50 pounds.

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

## 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.**

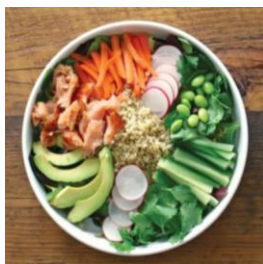
For individuals who are at least 1 year post-surgery and experiencing weight regain, this 8-week program uses meal replacements as well as education in the areas of diet, exercise, and behavior to help achieve an average weight loss of 15-30 pounds.

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

# Recipe Round-up

### Smoked Salmon Quinoa Bowl

Yield: 1 serving



#### Ingredients:

- 1/4 cup cooked quinoa
- 1/4 cup sliced cucumber
- 2 Tablespoon shredded carrots
- 1 radish
- 1/4 avocado
- 1/4 c edamame
- 1/3 cup smoked salmon
- 1 Tablespoon chopped cilantro

#### Dressing:

- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1 teaspoon tamari sauce
- 1 teaspoon honey

#### Directions:

1. In an individual serving bowl add quinoa to the bottom, arrange cucumber, carrots, radish, cilantro, avocado, edamame and salmon around the edge of the bowl.
2. In a small bowl or jar whisk/shake together olive oil, vinegar, tamari, and honey.
3. Drizzle dressing over ingredients in serving bowl. Enjoy!

Nutrition information per serving:  
350 cal, 18g total fat, 27g carb, 22g prot

### Spring Green Soup w/ Chicken

Yield: 8, 1-cup, servings



#### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 pound chicken tenderloins
- 2 medium leeks, white and light green parts only, thinly sliced

- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 3/4 teaspoon salt
- 3/4 teaspoon ground pepper
- 1 bunch asparagus, cut into 1-inch pieces
- 1 (5 ounce) package baby spinach
- 1 cup packed fresh parsley leaves
- 1/4 cup grated Parmesan cheese, plus more for serving

#### Directions:

1. Heat oil in a large pot over medium heat. Add chicken, leeks, onion & celery to the pot. Cook, stirring occasionally, until chicken starts to brown & vegetables are tender, 6 to 8 minutes.
2. Add garlic and cook for 1 minute. Add broth, salt and pepper; bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook for 5 minutes.
3. Add asparagus and spinach; cook until the asparagus is tender, about 5 minutes more.
4. Remove chicken, shred it using 2 forks, then add back to the soup. Sprinkle with Parmesan.

Nutrition Information per serving:  
188 cal, 7 g total fat, 9g carb, 23 g prot

6140 Rashelle Drive  
Flint, MI 48507  
Phone: 810-262-2330  
Fax: 810-235-2721