



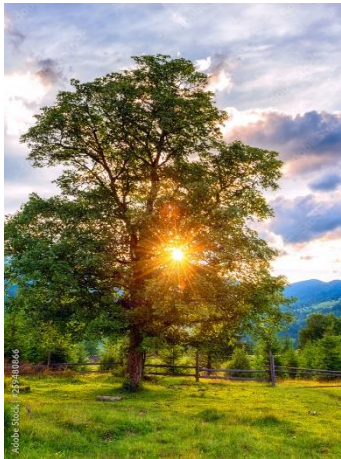
# NEWSLETTER

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## The Journey to Your Healthiest Self

Most people have heard the phrase, “you are what you eat”. This notion indicates the only way to be considered “healthy” is by making good food choices. However, the foundation of one’s health encompasses more than only food choices... such as stress, movement, sleep, support, mindset, and much more. Attaining and maintaining good health is an ongoing journey that should incorporate all aspects of your life.

**Stress Management:** Chronic levels of stress have been linked to both physical and psychological conditions such as heart disease, high blood pressure, diabetes, anxiety, and depression. It is important to ensure you have healthy stress coping habits in place.

**Movement:** Find types of exercise that you truly enjoy as this will help you to make exercise part of your daily routine. Consider looking at exercise with an attitude of gratitude as you have the ability and/or choice to move your body.

**Sleep:** Getting an adequate amount of sleep each night is crucial to your body’s ability to “recharge”. Poor sleep increases your risk of health problems such as heart disease, high blood pressure, stroke, insulin sensitivity, etc. Sleep also supports healthy hormones such as ghrelin (hunger) and leptin (fullness).

**Support:** Having a support system at home is very beneficial when on a weight loss journey. Most patients tend to have better long-term success when they have accountability outside of our clinic.

**Mindset:** A positive mindset can help to improve certain health outcomes as well. It can be hard to reframe negative thoughts into positive thoughts, however research shows our attitude towards life can influence our health.

Achieving good health and well-being should be considered a lifelong journey. In addition to nutrition, it is important we have a good balance in all aspects of our life.

## Focus On Fitness

Many people are under the impression that cardio is more beneficial for weight loss versus strength training. However, is this truly correct?

While cardio does result in multiple different benefits, strength training can also be very impactful in regards to weight loss and weight maintenance. Losing muscle can result in a slowed metabolism, which can make it

challenging to maintain a healthy weight. Therefore, during weight loss, we want to lose fat and maintain muscle mass.

Many people are also under the impression that consistent strength training can result in looking “bulky”. The goal with strength training is to maintain the muscle you already have, while you’re losing weight. Muscle tissue actually burns more calories compared to fat tissue and, therefore, by incorporating strength training you

will be able to preserve and even increase your muscle while also achieving the “toned” look you may be striving for.

There are many forms of strength training to choose from, you just have to find what works best for you and your schedule! Whether this is a 1 hour full body strength training session at the gym or a 20 minute high intensity dumbbell work out in your basement, any form of strength training is beneficial!

## Nutrition Notes

by Hannah Welter, RDN



With the summer months upon us, many patients start asking how they are supposed to “stay on track” during this busy time of year. Many people are frequenting social gatherings such as graduation parties, holiday celebrations, or even backyard barbecues and the one similarity between all of these gatherings is multiple food options. Luckily, there are choices you can make to better help you stay on track during this time of year.

### Before the gathering...

- You do not need to “save calories” prior to the function by skipping meals earlier in the day. This tends to lead to overeating.
- Prior to the gathering, have a high protein snack! Protein is going to help curb your appetite and allow you to make healthier choices overall.
- Stay hydrated. It is important to remember that thirst can be confused with hunger.
- Fit in exercise beforehand. We are likely going to be more motivated to make healthier choices after a workout.
- Bring your own favorite bariatric friendly side dish for everyone to try. This will ensure there will be at least one option for you to have.

### During the gathering...

- Make a game plan and stick to it! Look at what your options are before filling your plate. Start with a lean protein choice and then move on to

veggies next. This will leave only a little room to allow yourself to taste the high calorie side dishes.

- Chose non-carbonated, sugar-free beverages.
- Choose different seasonings/spices to eliminate the need for any high-fat sauces or condiments.
- Chew slowly and take the time to savor each flavor. Wait 20 minutes (or longer) before having a second helping.
- Avoid “grazing” and loitering around the food table so you are not tempted to “snack”.

Lastly, there is more to social gatherings than eating. Get in some extra movement by playing a backyard game and catch up with your friends and family. Put your energy into the people around you to take your mind away from the food in front of you. Remember, it is better to look ahead and prepare, than to look back and regret. Set yourself up for success this summer!

## Spotlight on Success



**Brittini After  
Gastric Bypass**

In January 2023, I began my weight loss journey with the Hurley Comprehensive Weight Loss Center. I had tried everything I could up until that

point to lose weight including fad diets, at-home weight loss programs, weight loss programs through doctor’s offices, and medication. However, despite my attempts, I remained at my highest weight and felt very discouraged.

*“This year I turn 30 years old and I am planning a bucket list trip without concern for airplane seats or amusement parks.”*

In May 2023, I underwent the gastric bypass surgery. I have lost 200 pounds from my highest weight. I never imagined being able to accomplish this type of weight loss and the changes that have occurred in my everyday life since then have been drastic. I am able to be more active without concern for becoming out of breath quickly, or holding others back. This year I turn 30 years old and I am planning a bucket list trip without concern for airplane seats or amusement parks.

From the moment I walked into Hurley, I have felt nothing but comfortable and supportive. The staff’s willingness and ability to sit with patients and not just tell them what they have to do but teach

them how to make necessary life changes makes the process seem less daunting.

I cannot say thank you to the Hurley Comprehensive Weight Loss Center enough!



**Brittini Before  
Gastric Bypass**

# Hip Happenings

Available: **The Post-Op Refresher Course!**



During this FREE 1 hour class you will receive nutrition education from one of our Registered Dietitians regarding meal choices, serving sizes, and general post-op recommendations. This class is designed for Hurley Comprehensive Weight Loss patients that are at least 1 year post-op. It is great if you need help getting back on track or if you want a refresher in general! Call to schedule now as spots are limited.

## We have a new name!

The former “Hurley Bariatric Center” is now the “**Hurley Comprehensive Weight Loss Center**”. This allows us to better encompass all of the services we offer at the clinic.



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

## Recipe Round-up

### Balsamic Watermelon Chicken Salad

Yield: 4 servings  
Serving Size: 1 cup



#### Ingredients:

1 cup balsamic vinegar  
1 lb. boneless skinless chicken breast  
3 tsp all-purpose seasoning  
1 Tbs olive oil  
4 cups baby spinach  
2 cups cubed watermelon  
½ cup blue cheese crumbles  
½ cup sliced or crushed almonds

#### Directions:

1. Pour the balsamic vinegar into a small saucepan and bring to a boil. Lower the heat and simmer for 15-20 minutes until the balsamic vinegar has reduced and is starting to become syrupy in consistency.

2. Meanwhile, turn a grill or non-stick skillet to high heat. Sprinkle the chicken with the seasoning on both sides and drizzle with olive oil. Transfer to the hot grill, cook until no longer pink on the inside, and nicely browned on the outside.
3. Let rest for five minutes; cut into small cubes.
4. Layer the spinach with the chicken, watermelon, blue cheese, almonds, and drizzle with balsamic reduction to taste. Top with additional olive oil if desired.

#### Nutrition information per serving (Balsamic Watermelon Chicken Salad):

317 calories, 31g pro, 19g carb, 12g fat

### Grilled Vegetable Salad

Yield: 8 servings  
Serving Size: ½ cup



#### Ingredients:

½ pint cherry tomatoes  
10 asparagus spears, trimmed, cut into thirds  
½ pint sliced mushrooms  
1 medium zucchini, cut into 1 inch cubes  
1 small red onion, cut into 1 inch cubes  
1 Tbs olive oil  
2 Tbs low sodium soy sauce or coconut aminos  
2 Tbs balsamic vinegar

#### Directions:

1. Heat an outdoor grill to high heat (450 F).
2. Meanwhile prep veggies. Place all veggies in a bowl and toss with olive oil.
3. Move to grill pan and place on heated grill. Grill for five minutes then turn vegetables. Cook for three more minutes.
4. Use an oven mitt to remove grill pan from heat. Allow veggies to cool slightly.
5. Move veggies back to bowl or pan and toss again with soy sauce and balsamic vinegar. Enjoy!

#### Nutrition information per serving (Grilled Vegetable Salad):

41 calories, 2g pro, 5g carb, 2g fat

\*\* Tip: Both of these recipes would be great choices to take to summer get together or barbeque! \*\*