

“Scale” Your Hunger Back

The holiday season is among us. Overeating can be all-too-common this time of year. To help you enjoy some of your holiday favorites without overeating this season, try using an intuitive eating tool called, The Hunger Scale.

To use this tool, see photo posted here and refer to the following steps to help you stay within the "green zone":

1. RANK YOUR HUNGER BEFORE YOU START TO EAT--try to begin a meal when you notice you are in the "slightly hungry" levels. It's normal and healthy to eat between the "slightly hungry" and "hungry" levels. Waiting until you are "starving" can lead to overeating.

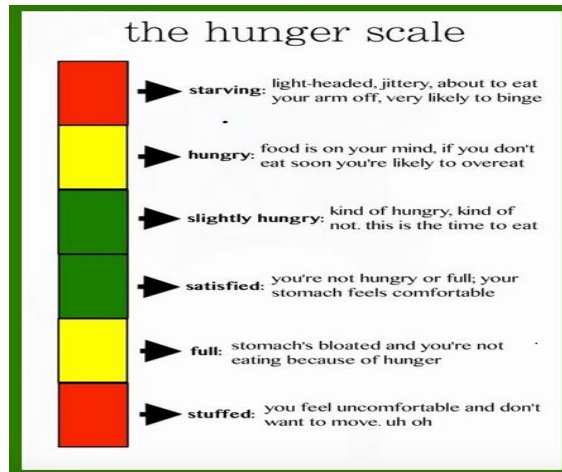
2. HALFWAY THROUGH YOUR MEAL, RANK YOUR HUNGER AGAIN USING THE HUNGER SCALE--stop eating at the "satisfied" level, even if there is food left on the plate. Learn to push the plate away. Even an extra bite or two can

leave you feeling stuffed and uncomfortable

3. IF YOU CONTINUE EATING, FINISH YOUR MEAL AND RANK YOUR HUNGER AGAIN -- If you are at a comfortable level of satisfaction at the end of your meal, it's likely that you chose the right portion sizes for that meal! Great job! (Remember, no more than 1.5 cups of total food is recommended over a 20-30 minute meal time for bariatric surgery patients

who are at fully advanced diet stages.)

If you find that you've overdone it, realize that overeating can happen. Don't beat yourself up or feel guilty. Instead, ask yourself why you continued to eat past the point of fullness. Were you "starving"/overly hungry when you started? Did the food just taste too good, so you didn't want to stop? Or maybe you didn't want to "waste" it? Figure out the reason so your can have greater success next time.



Winter, 2019-20
Volume 8, Issue 3

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Focus on Fitness by Tiara Jones

Workplace Workouts



Lack of time seems to be a common excuse when it comes to obstacles that makes it difficult for us to reach our goals. Since time is a legitimate barrier and, on average we spend 40 hours at work each week, here you will find some practical ways to fit in a bit of exercise during the work day.

1. Park further away which will allow you to get extra steps coming to and leaving from work.
2. ROM (range of motion)- Do the ABC's with your arms, hands, legs, and feet. ROM exercises help increase flexibility and blood circulation. This is great for those who have desk jobs.
3. Take the stairs instead of the elevator.
4. Instead of sending an email or calling, walk to your co-worker's desk.
5. Go for a quick walk during a break.
6. While waiting at the fax machine, on a client or customer, or in line at the restroom, try doing some calf raises.

Calf raises are done by standing with feet shoulder-width apart, press up onto the tippy toes, pause at the top, then lower back down.

7. Try leg raises: while seated, raise & straighten one or both legs and hold in place for five or more seconds. Then lower the leg(s) back to the ground without letting the feet touch the floor.

Always remember to take advantage of any exercise equipment such as treadmills, ellipticals, or even yoga balls that may be present at your workplace. Maximize your time by getting a workout in while at work.

Maintain. Don't Gain



Weight loss is especially difficult this time of year when higher calorie/richer foods abound. But, instead of focusing on weight loss, "Maintain. Don't Gain" should be your mantra.

So, instead of completely ditching your healthy habits this time of year, actively adopt the mindset to maintain your weight over the

holidays — as such a strategy can be the key to keeping the pounds off in the long run. It reduces the pressure to continue to lose weight, yet still helps you avoid taking a few steps backward in terms of reaching your goal.

If you continue working on the better version of you all holiday season and still get to enjoy yourself, then you won't have to spend all of January (or maybe January through May) "getting back on track."

Here are a few tips to help you maintain and not gain this holiday season:

1. Plan ahead—if you know you'll be attending an event with tempting, high-calorie foods available, have a healthy snack before you go so you aren't overly hungry during the event, which can

lead to overeating.

2. Drink plenty of water—it curbs hunger, promotes satiety, and fuels your pre-party workouts.

3. Eat healthy 80% of the time—the holiday season can be full of parties, but most of your eating and exercise activities should remain the same.

4. Don't panic—if you find you overdid things when it comes to eating at a holiday event, don't fret. Instead of feeling guilty, try to look at strategies you can employ next time.



Spotlight on Success



Crystal After Sleeve Gastrectomy

I have always battled weight issues. I tried all the fad diets, prescription weight loss medication, numerous workouts...nothing worked. My dad, who was successful following gastric bypass, inspired me. My family doctor, agreed weight loss surgery was a good option. So, weighing 256 lbs, in April

2018, I had the sleeve gastrectomy.

The whole journey before, during, and after surgery has been amazing. I have learned so much about cooking and grocery shopping...a new way of life. The dietitian was so great. I needed her in my life!

My husband was & is my biggest support and cheerleader. He went to every doctor, & dietitian appointment & started eating better right along with me.

Now, a year and half later, I weigh 126 lbs. I have surpassed my goal weight and am well into maintenance. I never realized how much I missed crossing my legs. Or, getting on an airplane & having extra space in the seat! Or, running around with my 3 year old niece without getting winded! For sure, it's the little things in life that are the most special.

Since surgery, I have stuck to my nutrition plan. When I was cleared to head to the gym, I asked a friend to join me & we've been going strong for

**"THE WHOLE
JOURNEY BEFORE,
DURING, AFTER HAS
BEEN AMAZING!"**

a year and half, working out 5 days a week for an hour each day. I do a lot of strength/weight training & even sign up for occasional challenges with a personal trainer.

My biggest motivation is myself. I would never go through this, get the help from the surgical tool and the doctors just to fail.



Crystal Before Sleeve Gastrectomy

Hip Happenings

Back on Track Course!



Our Back on Track classes, which teach the concept of Mindful Eating, are going to be offered again starting Monday, January 14, 2019. This 6-week course will run Monday evenings from 5-6:30PM. Cost just \$10 per class!

Pre-registration is necessary.

Call our clinic at 810-262-2330 for more info and to register.

Recipe Round-up

Slow Cooker Turmeric Lentil Stew

Yield: approx. 4, 1.25 cup, servings



Ingredients:

1 cup red lentils
1 cup chopped carrot
2 cups chopped cauliflower
1 large onion, chopped
4 cups vegetable stock or water
2 teaspoons curry powder
1 teaspoon turmeric
1/8 teaspoon salt
2 cups kale, chopped

Directions:

In a slow cooker, combine red lentils, carrots, cauliflower, onion, vegetable stock, curry powder, turmeric and salt. Cover tightly and turn the cooker to high. Cook for 5 hours on high or, if

Support Group:

A medically-supervised support group meets the 1st Monday* of every month from 5:30-6:30PM at Hurley Bariatric Center. Call 810-262-2330 for details.

A peer-run Support Group meets at Flint's Central Church of the Nazarene. Contact Diane Nelson 810-280-4602 for details.

*Support group schedule subject to change in the event of a holiday.



preferred, 8 hours on low. When the time is up, remove the lid and stir. The lentils should be falling apart. Stir in the kale, cover, and let stand for about five minutes to soften the kale.

Serve hot, or cool completely and portion into containers to refrigerate, tightly covered, for up to 4 days.

Nutrition Information per serving:

241 cals, 43g carb, 2g fat, & 16g prot

Green Chicken Enchiladas

Yield: 8 servings



Ingredients:

3/4 cup reduced-sodium canned great northern beans, drained and rinsed
2 cups skinless rotisserie chicken breast, shredded

Gastric Balloon is Coming!

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If your BMI is between 30-40 and you don't qualify for bariatric surgery, the Orbera Intra-gastric Balloon might be the solution for you!

PLEASE NOTE: IF YOU HAVE HAD PREVIOUS BARIATRIC SURGERY, THE BALLOON IS NOT AN OPTION.

Call 810-262-2330 to learn more!

1 cup salsa verde, divided
1/2 cup reduced-fat sour cream
8 (6-inch) corn tortillas
3/4 cup reduced fat mozzarella cheese, grated
1/2 cup tomatoes, chopped
1/4 cup green onions, thinly sliced

Directions

Preheat broiler to high.

Heat a large skillet over medium heat. Add beans, chicken and 1/4 cup salsa to pan; cook 4 minutes or until thoroughly heated. Remove from heat and stir in sour cream.

Spoon 1/4 cup mixture down the middle of each tortilla; roll up. Arrange tortillas, seam side down, in a broiler-proof 11-by-7-inch baking dish coated with cooking spray. Spoon remaining 3/4 cup salsa down the middle of enchiladas, and sprinkle evenly with cheese. Broil 3 minutes or until cheese melts and begins to brown.

Remove from oven. Top with onions and tomatoes.

Nutrition Information per serving:

181 cals, 17g carb, 7g fat, 13g protein

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