

## Fall Into a *Regular* Exercise Routine

By: Kathryn Blanchard

In early childhood, exercise comes to us naturally. When our parents told us to, "Go outside and play", and play we did, we were unaware that in addition to having fun, our bodies were actually being fine-tuned. As we reached higher grades in school, we learned about the importance of exercise as it relates to our overall health. Moreover, as we aged, this knowledge was continually reinforced by our health care providers. Further, The National Weight Control Registry (a collection of data from people who have lost at least 30 pounds and kept it off for a year or more) identified regular exercise as one of the behaviors necessary for weight loss success. Please note that this applied equally to surgical weight loss.

Unfortunately, many who anticipate weight loss surgery try to avoid exercise. Frequently heard excuses include: I don't like to sweat; I'm too tired; it hurts when I exercise, and the really self-deluding one—I don't need to exercise because I'll lose weight quickly once I have surgery. These excuses are directly contrary to the educational material given to the program participants prior to surgery.

The fairly quick loss of weight that is often experienced in the few months following surgery can lure the careless patient into a false sense of security and interfere with a successful health management process. The truth is: surgery is but a helpful tool; there are no short cuts. Managing diet and maintaining a more active lifestyle are essential for long-term weight maintenance and improved overall health.

So, begin anew with the cooler days of fall, and challenge yourself to start (and keep up) a regular exercise routine. For many, the best way is to begin with a walking program since walking does not require a costly gym membership and the activity can be enjoyed in or outdoors. The following are some tips for initiating a walking regimen:

Invest in comfortable, quality walking shoes with flexible, thick soles that absorb shock.

Do light stretching before and after walking.

### Divide the walk into three parts:

- 1** Start with a 10-15 minute walk at a slow to moderate pace.
- 2** Gradually increase speed until you are able to walk for 45 minutes at a brisk pace.
- 3** Cool down.

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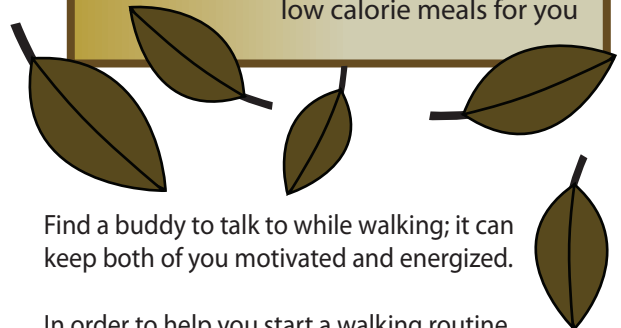
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Find a buddy to talk to while walking; it can keep both of you motivated and energized.

In order to help you start a walking routine, NeWeigh has modified its Aftercare Program. **With the exception of the last Thursday of the month, the Advanced Support Group will continue to meet every Thursday; the last Thursday will be devoted to a Walking Group. The group will meet in NeWeigh's Stadium Drive lobby at 7:15pm to begin our walk.** You may come dressed in your walking clothes, or use our facilities to change into your attire. Bring your walking shoes, and be ready to have a great time with other *little sisters* and *brothers*.

# Time-Saving Techniques to “Fall Back” On

By: Kim Lynn, RD, LD

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Fall happens to be one of my favorite seasons, and it is just around the corner. Along with the cooler temperatures and changing leaves, comes a much busier lifestyle than the leisurely, summer-time routine. The kids are back in school, the activities are increasing, the days are getting shorter and time is getting tighter. Avoid the trap of picking up fast food or eating out during these time-strapped days with the following time-saving techniques that can help put a quick-but-healthy, satisfying meal on your family's table:

## Crock-Pot Cooking:

We all probably have this wedding gift that may have found its way to the very back of the cupboard. Well, pull it out, dust it off and put it to work! A crock pot can be a great time-saver, and nothing is better than walking through your door at the end of a busy day and smelling dinner...ready and waiting. The result of cooking meats with healthy vegetables in this manner is a delicious, nutritious meal.

## George Foreman Grill:

This handy addition to any kitchen is a great way to prepare moist and delicious meats. The trick is to have portions of equal thickness; this allows meat patties, filets or boneless chicken pieces to cook evenly. The grill cooks quickly, and allows the fat to drain away from the food. Don't forget the fresh vegetables; enjoy them hot off the grill, as well.

## Supermarket Savvy:

When time is of the essence and you need a quick meal, give my personal “fast-food” choice a try. Rotisserie chicken in a multitude of flavors can usually be found in the deli section of most grocery stores; just remove the skin and slice. Pair it with frozen vegetables that cook right inside the bag or with a salad (salad-in-a-bag is perfect). Another option is the fresh-cut and packaged mixtures that can be found in the produce section of the store. You may also wish to use the chicken for other dishes, for instance, the Santa Fe Chicken Salad and Mediterranean Quinoa Salad. These recipes are featured on page 3.

## Pack the Pantry

Keeping a well-stocked pantry is the key to having a healthy meal in minutes. Good sources of protein such as canned tuna and salmon can be the base of a quick meal at the end of a busy day. A variety of canned beans can punch up a recipe or make a tasty side dish while providing a dose of protein, fiber and B-vitamins. For flavor, keep items such as canned tomatoes, diced green chili peppers, sliced mushrooms, olives and salsas on hand. And don't forget the spice! A spice rack that is filled with an array of different flavor alternatives can change a ho-hum meal into something really special. Vary the spice combinations to change a dish from Italian to Cajun to Mediterranean with just a few slight adjustments!



## Weekend Warrior

When you have some spare time, perhaps on the weekends, cook large batches of foods that you can freeze and then defrost for a quick warm-up. If you like to cook outdoors on the weekend, throw a few extra chicken breasts (or whatever your choice might be) on the grill. Pack the leftovers into individual serving containers or small freezer bags and place them into the refrigerator or freezer. Also, if you are making a big pot of chili or stew, make a double batch—one to serve, and one to enjoy another day.

There is no need to sacrifice health and nutrition when you are in a rush. You can spend less time in the kitchen and still enjoy a tasty, hearty meal. The hints above can help make meal preparation a snap; it also saves you time and money (which we all could use a bit more of these days).

May I suggest that you give our taco soup recipe a try? It integrates several time-saving techniques and trims time from the grind of meal preparation. It utilizes a rotisserie chicken and items from your well-stocked pantry; you can even cook it in your crock-pot. So, when rushed for time, don't stress. Fall into these time-saving strategies and enjoy mealtime in less time!

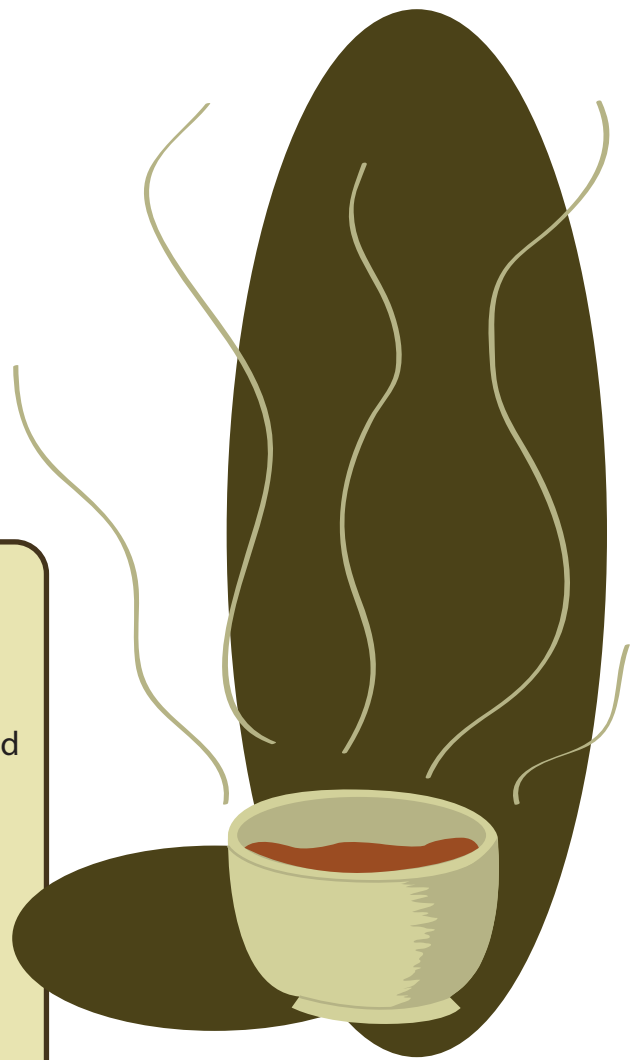
### ***Time-Saving Taco Soup***

#### **Ingredients:**

- 1 rotisserie chicken, diced
- 1 onion, chopped
- 1 can diced tomatoes, undrained
- 1 can tomatoes with green chiles (Rotel), undrained
- 1 (15 ounce) can whole kernel corn, undrained
- 1 (16 ounce) can pinto beans, undrained
- 1 (15 ounce) can black beans, drained and rinsed
- 1 can Ranch style beans, undrained
- 1 (15 ounce) can whole kernel corn, undrained
- 1/3 cup sliced green chiles
- 1/3 cup sliced black olives
- 1 (1.25 ounce) package taco seasoning
- 1 package Ranch salad dressing mix

Combine the ingredients, and cook the soup in a large Dutch oven on top of the range over low heat for about 40 minutes to one hour. Or cook in a crock-pot on high setting for 4 hours or low setting for 6 to 8 hours.

Serve topped with shredded low-fat Cheddar cheese and Greek yogurt, if desired.



## ***Employment Opportunity***

Manager, Bariatric Services

Seeking confident, knowledgeable, pro-active Director to join our management team

#### **Responsibilities include:**

- **Managing and overseeing the development and maintenance of the bariatric program**
- **Serving as liaison between the hospital, patients, physicians and community**
- **Evaluating the program operationally and financially**
- **Making recommendations for performance improvement**
- **Active involvement in program and/or community marketing initiatives and outcomes**

#### **Requirements include:**

- **RN, Bachelor's degree; Master's degree preferred**
- **Minimum 3 years experience in acute care nursing**
- **Management experience, preferably in bariatric services**
- **Marketing experience**

The position is part-time, requiring 20 hours per week.  
Send resume to:

[FTSCC@yahoo.com](mailto:FTSCC@yahoo.com)

# Go ahead . . . **FALL** into Something New!

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By: Viola L. Hebert, RN, BSN, MA

“Summertime, and the living is easy, fish are jumping, and the cotton is high”, and so on and so forth. Oh yes, it’s a soothing refrain familiar to most everybody, everywhere, especially down here in Texas. Summer is the time for family vacations, family reunions, backyard barbeques and the like. On the down side, you may have discovered that all of this “easy living” comes with a price. More than likely, the price will be the packing on of a few extra pounds; not the best reminder of the “good old summertime” for those of us who’ve undergone weight-loss surgery.

Oh, but fall is fast approaching. The kids are going back to school for a new semester, new horizons. Mother Nature will shed her coat to reveal a brilliant burst of color in celebration of the season — harvest moon, new smells, new inspirations. Fall can be the best time of the year to start something new.

You “fashionistas” will notice all the designers excitedly launching their new fall and winter lineup. There will be many of us dreading the return to routines, more traffic, tight deadlines and the end of year flurry. It can be overwhelming. So, “Hush little baby and don’t you cry.” This is not the time to fall back into the same old rut or the same old routine that we remember from years past. It’s a new season, a new day, so how about falling into something new?

Don’t know where to start? Kick off the sand from the beach, shake the cobwebs out of your brain from those lazy, hazy summer days, and renew yourself. Try starting with a re-assessment of who you are, what makes you happy, and how you want to live a life of well-being and health. Dare to take a full inventory of yourself. Performing an honest, in depth inspection of one’s self, however, is not an easy thing to do; it tends to be a work in progress.

Introspection is the examination or observation of one’s own mental and emotional processes, mind, body, and spirit - (Oxford American Dictionary).

Introspection is not self-absorption. Granted, the term has gotten a bad rap; however, introspection leads you to self-awareness and self-awareness leads you to acknowledge the truth about yourself and helps you to take full responsibility for your own feelings and actions. Introspection may not be totally objective, but it will provide balance, and take you to a place of strength during challenging times. Balance will enable you to better focus on establishing and maintaining positive lifestyle changes. Daily decisions like what clothes to wear, or how to react in a difficult situation, or even what foods to eat become less troublesome. This is a good thing!

Dare to re-inspire yourself; prevent burn out, boredom, and “belly-fat”. After all, achieving long-term success with your weight loss does not happen by accident, so now is a good time to establish new stretch goals for yourself. Keep in mind that goals should be **SMART**

**S**pecific  
**M**easurable  
**A**ttainable  
**R**ealistic  
**T**imely



Once you remind yourself that it only seems easier to deal with things when you “have to”, goal setting becomes the logical thing to do. But, goal setting requires a little effort. Take the time to write down your goals, or better yet, begin journaling. Develop a plan for how you can achieve each goal. Review your progress on a regular basis. Celebrate each success . . . just not with food.

Don’t create road blocks, resistors or barriers for yourself –that’s a sure set-up for failure! Don’t allow others to sabotage your efforts, either. Most importantly, remember that you must stretch your psyche/mind, as well as your physical self, if you are to renew your spirit and break out of an old thing, and . . . *fall* into something new!

# BUILT TO ORDER

By: Barbara Kippley

I have battled with my weight since I was a teen. By my mid-thirties I had enough, and made a serious effort to get it under control. I did manage to get a significant amount of weight off my tired body, but in spite of my dieting, I could not sustain the weight loss for long. As with most dieters, I eventually ended up heavier than when I started.

In 2008 my life had become totally out of control. My weight had reached an all-time high of 269 pounds, leaving me embarrassed and self-conscious of my size. It had gotten so bad that I quit doing things that I loved. The thought of buying an outfit to attend a social affair with my husband was simply more than I could handle; I was so afraid that I would be the largest wife at the event. All of this left me with the knowledge that my size was affecting my personality, and not in a positive way. Deep down, the real ME was screaming to come out. It was clearly time for a new beginning.

I heard about NeWeigh from some of my coworkers. I watched in awe as they transformed into thinner versions of themselves. Many conversations later, I decided that weight loss surgery was the missing piece that I was looking for. I mustered up the courage to call NeWeigh. Carla took my call and put me right at ease; I knew I had made the right choice!

My transformation began on February 27, 2008 with the first appointment at NeWeigh. To my disappointment, however, I learned that my insurance company required me to complete a six month preparatory program before it would even consider approving my surgery.



I refused to let this condition cause me to become discouraged. Instead, I chose to use this time to my advantage. I consulted with my surgeon (I love Dr. Taylor!); I completed all of the testing that was prescribed for me, and I asked many questions while attending Kathryn's group sessions. I listened, learned and followed instructions. This surgery was going to help, and I was determined to succeed. In late August, I completed the six month prep, and NeWeigh submitted the documentation to insurance. Little did I expect what was to follow.

**Black September** —at least that is what I thought at the time. Hurricane Ike knocked on our door, and turned our lives upside down. On that fateful September 12th, raging wind ripped at the roof of our home, allowing torrential rain to pour in the second floor and cascade down to the lower level. It was very frightening; we literally had to dodge pieces of sheet rock as it came crashing down around us.

Once the storm was over, we began evaluating the damage. After we took stock of our home, we went to check on our neighbors. It was both awful and amazing; some of them had little to no damage; others had even more than we had.

It was a time that touched us all. We came together and supported one another emotionally and physically. We shared just about everything, from supplies to the labor of removing the carpet and sheet rock, to the barbecuing. Quite frankly, everyone was very thankful to have survived this ordeal.



As the days turned into weeks and weeks turned into months, it all became a great blur. Insurance adjusters, inspectors, demolition and reconstruction contractors went through our home like a revolving door. Although 60% of our home was affected, we still had a solid frame and structure from which to rebuild. Due to the massive damage, though, our adjuster informed us that we would have to move out in order to complete the reconstruction. This meant that we had to cull through our damaged possessions and pack up what was salvageable. It was a daunting task.

During this burdensome time, I received the long anticipated call from NeWeigh that my surgery had been approved! Joy and trepidation struck me with equal force. How could I have surgery now, with so much left to do? My family was counting on me to help put our lives back together. I needed to be able to do my part. Worried, I explained my situation to Celia. We agreed that it would be in my best interest to postpone the surgery for a few weeks to allow me some time to finish getting things in order.

Finally, things began to fall into place, the insurance money from the storm damage claim started to come in, so we contracted with movers to put our belongings into storage. The contractors had given us a start date for the reconstruction of our home, and I was able to find alternative housing in a 29' travel trailer that would be delivered and set up in the front yard in November. This would be our lodging for the next several months, allowing me to monitor the reconstruction of our home.

Once the details were nailed down, I was confident that everything would work out as planned; so, there was no longer a reason to postpone my surgery. I called NeWeigh and set the date for November 10th. With my family safe and secure, it was finally going to happen!

As I look back on this time, I realize that it was dedication, motivation, perseverance, my family, and my faith that enabled me to overcome the challenges of that year. I refused to let "Ike" return me to my previous destructive patterns and ruin the positive

changes that I was making. I continued to use the tools and knowledge that I had gained from NeWeigh.

As our home was rebuilt from the inside-out, so was my mind and body. It took eight months of hard work and lots of exercise before I reached my goal of being healthier, happier, and 118 pounds lighter.

I am very thankful to the wonderful people at NeWeigh for the education and motivation they gave me.

As an aside: My family and I love the recipes we get at my favorite aftercare session: Tasty Topics. I still occasionally attend Kathryn's beginner group, because I never tire of hearing the information. I continue to enjoy regular exercise, especially water aerobics. I remind myself daily that I was given a gift, and I DO NOT want to take it for granted.

If you ask me about my next goal, I will tell you that it is to work with NeWeigh, of course! I would love to inspire, motivate, and support others as they begin their WLS journey.

P.S. My husband is so proud of me; he's nicknamed me his BTO (built to order) gurl. Thanks to NeWeigh, I am the

[BT Ogurl@gmail.com](mailto:BT Ogurl@gmail.com)

# Missed Tasty Topics???

By: Kim Lynn, RD, LD

If you haven't attended Tasty Topics Support Group meetings recently, you missed out on some great treats and topics of discussion! This Summer we sampled some delicious food, created appetizing recipes and shared insightful tips.

- In June, we explored grilling options and tasted luscious offerings: Cedar Plank Salmon and Cowboy Beans.
- In July, we took a break from the heat by focusing on lite, summer-time fare and hydration tips. Grilled Fish Tacos and Santa Fe Chicken Salad were standout favorites.
- August was abuzz as we prepared to return to school and work, so brown-bag strategies took center stage.

The breakout star was the Mediterranean Quinoa Salad. This light and fresh salad is a perfect blend of flavors and textures. To tempt your taste buds, try the recipes below.

For more mouth-watering dishes, join us each month at Tasty Topics. For a glimpse of what is in store for the fall, mark your calendar and make plans to join us.

## *Santa Fe Chicken Salad*

### Ingredients:

- 1 cup chopped red bell pepper
- 1/2 cup chopped onion
- 8 oz. cooked and shredded skinless lean chicken breast
- 1/2 cup canned black beans, drained and rinsed
- 1/2 cup sweet corn kernels, thawed from frozen
- 1/2 cup chopped fresh cilantro
- 1/4 cup sliced scallions
- 1/2 cup fresh salsa or pico de gallo
- 1/4 cup Fage 0% Fat Greek Yogurt
- 1 tsp. taco seasoning

### Directions:

Bring a skillet sprayed with nonstick spray to medium-high heat on the stove. Add bell pepper and onion. Stirring occasionally, cook until softened, 6 - 8 minutes. Transfer cooked veggies to a large bowl. Add chicken, black beans, corn, cilantro, and scallions. Mix well and set aside.

In a small bowl, combine salsa, yogurt and taco seasoning. Mix well. Add salsa mixture to the large bowl and toss to coat. Cover and chill for at least 1 hour.

Serving Size: 1 cup  
Calories: 153; Protein: 18gm; Fat: 1.5gm; Carb: 17.5gm;  
Sugars: 6gm; Fiber: 3gm

## *Mediterranean Quinoa Salad*

### Ingredients:

- 2 cups water
- 2 cubes reduced sodium bouillon
- 1 clove garlic, smashed
- 1 cup uncooked quinoa
- 2 large cooked chicken breasts – cut into bite size pieces
- 1 large red onion, diced
- 1 large green bell pepper, diced
- 1/2 cup chopped Kalamata olives
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh chives
- 2/3 cup fresh lemon juice
- 1 tablespoon balsamic vinegar
- 1/4 cup olive oil

### Directions:

Bring the water, bouillon cubes and garlic to a boil in a saucepan. Stir in the quinoa, reduce heat to medium-low, cover and simmer until the quinoa is tender and the water has been absorbed, approximately 15 to 20 minutes. Discard the garlic clove and scrape the quinoa into a large bowl.

Gently stir the chicken, onion, bell pepper, olives, feta cheese, parsley, and chives into the quinoa. Drizzle the lemon juice, balsamic vinegar and olive oil. Stir until evenly mixed. Refrigerate for several hours and serve cold.

Serving Size: 1/2 cup

Calories: 184; Protein: 16gm; Fat: 8gm; Carbs: 12gm; Fiber: 2.5gm

## TASTY TOPICS CALENDAR

**November** – “Let Us Give Thanks”: Thanksgiving menu ideas; open discussion.

N. Stadium – 11/3    Woodlands – 11/2

**December** – “Avoiding the Holiday Blues”: Eating healthy during the holidays; open discussion.

N. Stadium – 12/1    Woodlands – 12/14



## Houston Location

8111 N. Stadium Dr. Ste. 200

Houston, TX 77054

Phone: 713.795.0200

Fax: 713.795.0300

## Woodlands Location

101 Vision Park Blvd. Ste. 200

Shenandoah, TX 77384

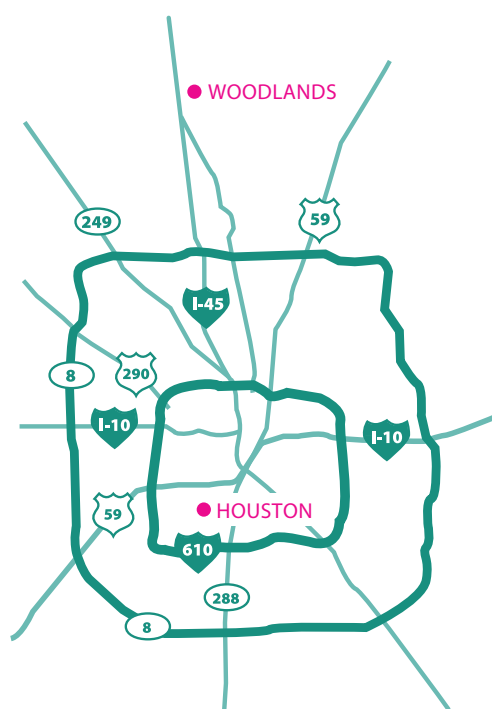
Phone: 936.271.2200

Fax: 936.271.2210

Toll Free: 1.877.266.0686

[www.NeWeighWeb.com](http://www.NeWeighWeb.com)

# Looking for Help? You'll find it at



## Two Convenient Locations

### Houston Location Meetings

Pre-Surgical Preparatory Group meets Thursdays from 5:30 to 6:15 pm and every third Saturday from 10:30 to 11:15am.

General Support Group meets the 3<sup>rd</sup> Saturday of each month from 11:15 to 12 noon.

Basic Principles Group meets Wednesdays from 6:00 to 7:00pm.

Lap Band Group meets the 3<sup>rd</sup> Thursday of the month from 6:15 to 7:15pm.

Back on Track Group meets on the last Thursday of the month from 6:15 to 7:15pm.

Intermediate Support Group meets Thursdays from 6:15 to 7:15pm.

Advanced Support Group meets Thursdays from 7:15 to 8:15pm, except for the last Thursday of the month.

The NeWeigh Walking Group meets on the last Thursday of the month from 7:15 to 8:15pm.

Tasty Topics gatherings are held the 1<sup>st</sup> Thursday of the month from 6:15 to 8:15pm for the Intermediate and Advanced Support Group.

### Woodlands Location Meetings

Pre-Surgical Preparatory Group meets every other Wednesday from 5:30 to 6:15pm.

General Support Group meets every other Wednesday from 6:15 to 7:15pm.

Tasty Topics will be held on the 1<sup>st</sup> regularly scheduled meeting of each month. Please call at the beginning of each month for the schedule.