

## 5 Easy At-Home Exercises

By: Kim Lynn, RD, LD

Exercise should be viewed as an important component of anyone's lifestyle—period! It can't be overemphasized since every health care professional tends to use diet/exercise as though it were one word. Exercise and proper nutrition, therefore, can provide you with a solid foundation on which to build long-term, weight-loss success. That's your goal, right? So, don't use "I'm just too busy" as an excuse to fail. If regular visits to the gym are just not possible, there are available options regardless of your daily schedule.

To help you squeeze in your workouts, here are some simple exercises that you can do in or around your home. Remember—every little bit of activity burns calories and boosts your overall health.

Interval walking. Alternate periods of fast/slow walking during a 20-minute walk around your neighborhood, or while on a break at work. If it is just too hot to go outside, take advantage of an air-conditioned shopping mall. Just don't stop and window shop until you have completed your routine.

Stair climbing. If you live in a multilevel house, stairs are the most readily accessible exercise tool. Make it a point to climb up and down them an extra 5 times each day. You can also climb the stairs at the office during your lunch hour. Finish eating 10 minutes earlier and sneak in this quick mini-workout.

Yoga. If you're not familiar with any yoga exercises, pick up a video at your local rental store, and do some yoga in front of the TV. Yoga not only calms you during stressful times, it also improves strength, flexibility, and balance. You may also wish to check out Women's Health, Everyday Health and Self Magazine; all 3 are on Facebook. To help you follow along with ease, they provide workouts with pictures. You can also sign up to receive emails.

Weight lifting. If you own a set of hand weights, you can easily do 2 to 3 sets for each of your favorite arm exercises. If you don't have hand weights at your disposal, canned vegetables or full water bottles make great stand-ins.

Off-the-couch crunches. Keep your abs in shape with this simple technique: Lie on the floor with your behind against the couch and your legs at a 90° angle on the cushions. Put your hands behind your head, and crunch up toward the couch. Perform 2 to 3 sets of 15 or as many as you're able.

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# Do you see me . . . **Now?**

## Life After Weight – Loss Surgery: Exercise

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

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You finally did it! You took a major step to change your life when you made the decision to undergo weight-loss surgery. Weight-loss surgery can

bring about major changes in your life. Not only in the way you look and feel or see yourself; but, also in the way others see you. The new you! No, it is not an overnight fix; rather, it is a process. So then, you know what a process is, right?

*Process is a sequence of interdependent and linked procedures or actions which, at every stage, consume one or more resources (food, energy, exercise, habits, spirituality, knowledge, etc) to convert inputs into outputs. These outputs then serve as inputs for the next stage until a known goal or end result is reached.*

I'm sure that you recall receiving a great deal of information prior to your surgery.

You gained valuable knowledge when you viewed educational videos, and consulted with your physicians and surgeons in order to determine the right course of action for you. You were counseled by the nutritionist, the psychiatrist or behavioral therapist; you underwent diagnostic evaluations, were poked, prodded, operated on, and so it goes. The process began with these diverse inputs that will continue to yield varying outputs.

Life after weight-loss surgery requires a drastic change in your lifestyle. Regardless of the type of procedure, you must make a change in your eating habits – what you eat, how you eat, when you eat, how much you eat, and why you eat. Be mindful of your eating habits (as Kathryn points out in her article), and follow healthy eating tips for bariatric surgical patients. Remember the process: What goes in (food, calories, water, fiber, protein, supplements, etc.) will show up as outputs (weight gain, weight loss, or healthy maintenance). Now, here you are, 3 months, 6 months, 9 months, one year or more into your post-surgical transformation.

## What's next?

Let's talk more about the transformation—the you that others see. Sure, there are many ways to transform your body following weight-loss surgery. Many patients choose the surgical route, such as body contouring, upper body lift, lower body lift, abdominoplasty/tummy tuck, panniculectomy, breast lift, thigh lift, arm lift, and the list goes on. Each of these procedures has a place, if you so choose. A word of caution: always do your homework when selecting a procedure and the right surgeon to do it. Check credentials and scorecards!

What is the least invasive, least expensive, transformative process that has the potential to yield maximum results after weight-loss surgery? You guessed it! Exercise is critical to healthy weight loss. According to a recent study in the journal **Obesity**, of 190 patients who underwent bariatric surgery, 68 percent reported becoming physically active within 12 months of their procedure. Active is defined as at least 3 ½ hours per week of walking at a



pace that you can still talk, or doing other moderate to vigorous exercise. Exercisers reported outcomes of an average loss of 13.2 more pounds than inactive patients. In addition, they suffered less from depression and anxiety and sustained higher scores in general health.

### Pre-Surgery

Start an exercise regimen before your surgery; it shortens recovery time, and reduces the risk of post-op complications. Simple exercises such as walking for 10 minutes and working up to at least 30-45 minutes a day will not only produce visible results, they will deliver significant, physiological impact while contributing to your overall well-being. If you have heart problems or other medical conditions that may limit your ability to exercise, be sure to receive clearance from your physician before you start your program. Even if you must start with caution and progressively increase your activity as your weight and physical conditioning allows, you will win in the end. In fact, some surgeons require the patient to lose weight before the procedure. One of the reasons for this is that it mentally conditions you to more readily incorporate exercise after surgery.

### Post-Surgery

#### 1-6 Months

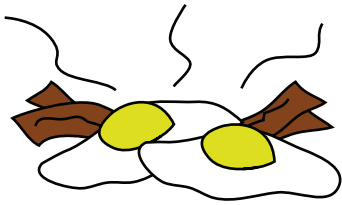
Once your physician gives you the okay, you should resume your exercise program (usually about two-three weeks after surgery). During this period, you may experience rapid weight loss, causing you to lose muscle. The goal during this phase is to build muscle mass and begin to achieve aerobic fitness. Thirty minutes of continuous, moderate to vigorous exercise at least three to five times a week should help you achieve this goal. What are the inputs here? Exercises such as walking, cycling, swimming, weight-lifting, stretch bands, etc. are good choices. If you have a gym membership, use it! After all, you will want to show off your new fitness outfit!

#### 6-12 Months

A year after surgery brings on new challenges as you continue transforming your body! Varying your workouts is crucial at this time. Your body will react differently to excessive weight loss. You may find yourself feeling “cold”, losing your balance, postural changes, etc. At this stage after surgery, you have progressed to at least 45-60 minutes of continuous exercise for four to five times per week. Of course, incorporating exercise everyday is a plus. Focus on strengthening stomach and back muscles. Devote special exercises to target problem areas of the upper body (arms, chest, midriff, abs, back) and lower body (hips, buttocks, thighs, and calves). Incorporate exercises that will help contour and strengthen your body, such as yoga, zumba, pilates, core ball, resistance bands, etc. Make it fun!

#### 1 Year & Long-term Maintenance

Now that a year or more has lapsed since your surgery, you are probably at or near your goal weight, and you like the way you are feeling. Pleasing to you, also, is that others are quick to acknowledge the difference in your overall appearance. Such a drastic change may lead you to believe that you no longer need to exercise, but that is not the case at all. In order for you to benefit totally from weight-loss surgery, exercise is never an option – it is a must! Employ moderate to vigorous exercise for at least 45 minutes, four to five times per week, and you will continue to enjoy the “transformed” you.



# What's the **BIG** Deal About Breakfast?

By: Kim Lynn, RD, LD

Breakfast...the most important meal of the day. You have probably heard this saying before, and wondered, "Is it really true? Was Mom right? While all meals are important, and you don't want to skip any of them, the truth is that breakfast is probably the most important of all. But why? What's the big deal about breakfast?"

First of all, breakfast allows us to break-the-fast and provides fuel for the body. Bodies that go too long without food go into starvation mode. This is a metabolism killer! Our bodies slow down to conserve the available fuel for things like walking and talking. This slower metabolism makes weight loss very difficult and can actually lead to obesity. Studies have shown that skipping breakfast quadruples the risk for obesity. And on the flip side, eating breakfast can help you achieve and maintain your weight loss. The National Weight Control Registry collects information on how successful dieters maintain their weight loss. And guess what? Seventy-eight percent of people maintaining weight loss reported eating breakfast! That's right...78%. Now, compare that to the 4% who were able to maintain weight loss without eating breakfast! I would say that the breakfast eaters are definitely more successful!

Furthermore, eating breakfast sets up the day and actually may help us eat healthier and less throughout the day. Our bodies need all that important fuel, and skipping meals can result in over-eating at other meals or at the end of the day. It can also lead to making less healthy choices because we "bottom out" and reach for the easiest, quickest thing we can find. It also makes us more vulnerable to cravings, leading to spontaneous choices and let's face it.... most of us do not crave broccoli!

To get the most out of breakfast, make sure that it contains a healthy dose of high quality protein since it takes more calories to burn protein than carbohydrates or fats. Here is an example: one egg is roughly 80 calories. One slice of bread is also 80 calories. It will take more calories for the body to process the egg than the bread. This is because the egg provides a good source of protein and the bread contains very little, it is largely carbohydrate. So, check those food labels for the protein content of foods when shopping. Look for the higher amounts of protein to get the most bang for your buck. A good example of this is to compare Yoplait Light yogurt with plain Greek Style yogurt. The protein content of Yoplait will be 5-6 grams, while the Greek yogurt will contain 15-20 grams. That's a whopping three times as much good quality protein. Not sure what to look for? Watch for the following brands: Fage, Oikos, Stonyfield Farms, Brown Cow. Also, many stores have their own brands as well. Kroger, for instance, has a plain Greek style yogurt. But how much protein should you have at breakfast? Try to get 15-20 grams to get your metabolism revved up and to help meet those high protein needs following your surgery.

But how do we fit breakfast into our day? The number one reason I hear people say that they do not eat breakfast is a lack of time. We are so busy in the mornings, rushing around to get ourselves and our children out the door, that we may feel too pressured to stop and eat breakfast. Most of us do not want to get up earlier to cook anything, so we either skip it, or may resort to high-fat, high-sugar fast food options. Breakfast does not have to involve big, heavy meals that are time-consuming in terms of preparation and clean-up. Breakfast does not even have to consist of traditional "breakfast foods" at all.

## *To help manage the morning crunch, try the following tricks:*

- 1) Set your alarm clock. Get up just 10 minutes earlier to put together a quick, simple but nutritious breakfast.
- 2) Do some advance planning. This means shopping ahead and keeping a ready supply of quick, high-protein options. Set up par levels so that when you get low on a certain item, you purchase it before you actually run out.
- 3) Make breakfast the night before. Spend a few minutes in the evenings putting your foods together. You don't want to be chopping, cutting, peeling when you are in a crunch for time. You can also boil eggs, put together fruit/yogurt parfaits, make meat/cheese rolls, etc. for a quick grab-and-go solution!
- 4) Use your commute time to eat your breakfast. Ok...So you have probably heard the rule about only eating at the kitchen table, right? Well, these days, with our busy schedules, we can not always stop and eat at the table. If I were forced to eat that way, I would only have one meal per day! Prepare your foods ahead and have a set portion of food to avoid mindless eating and/or eating beyond the point of being full. Make the Greek Yogurt Smoothie recipe and sip it on your ride to work, or toast a slice of 40 calorie whole wheat bread and top with reduced fat peanut butter. You will want to choose foods that can be easily eaten if you are driving yourself to work!
- 5) Keep a stock of essentials at work. If you cannot eat at home or on the way to work, then eat when you get there. Again, focus on high protein foods that are easily portable: light string cheese, plain Greek style yogurt combined with a Crystal Light packet, or cut up fruit and your choice of sweetener (Splenda, Equal, Sweet and Low, Truvia), or boiled eggs. If there is a refrigerator available, you can take a week's worth of breakfast items with you to have on hand so that you don't have to pack something each day!

## *What about options?*

*The list below provides some easy, on-the-go ideas for a quick and easy high protein breakfast.*

- Pre-cooked boiled or deviled eggs
  - Egg substitutes such as Egg Beaters or All Whites
- Single-serving nonfat or 1% cottage cheese cups \*
  - Individual low-fat cheese sticks, wedges, etc
- Single-serving yogurts: read the labels and buy those higher in protein such as CarbMaster at Kroger and/or Fage or Oikos plain 0% Fat Greek Yogurt
  - Sliced turkey, chicken and other reduced-fat deli style meats. For a lower sodium choice....try Boar's Head from the store deli and ask them to slice thinly
- Pre-cooked turkey sausage that is reduced in fat. Try the Homemade Turkey Sausage recipe provided. It is so simple to prepare and very tasty!
  - Reduced-fat peanut butter. Spread on a toasted whole grain English muffin half or half of a toasted whole grain pita bread
- Reduced-fat ricotta cheese. This can be blended with Splenda, sweetened jam or preserves

*\* If you would prefer, you can make your own single-serving cups using GladWare Mini Round 4-ounce containers with lids.*

## Eggs in a Mug

### Ingredients:

1/2 cup fat-free liquid egg substitute (like Egg Beater's Original) or 1 large egg  
1 wedge The Laughing Cow Light Original Swiss Cheese  
– cut into pieces

### Directions:

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Spray a large microwave-safe mug with nonstick spray. Add egg substitute, cheese and stir. Microwave for 1 minute. Stir gently, and then microwave another 45-60 seconds or until scramble is just set. Stir and enjoy.

**Calories:**100, **Protein:** 14.5 gms, **Carbs:** 2 gms, **Fat:** 2 gms, **Sugars:** 1 gm

Add-ins: low-fat grated cheese, diced Canadian bacon, spinach, mushrooms, tomatoes, salsa. Be as creative as you like!

## Greek Yogurt Smoothie

### Ingredients:

1 carton (6 oz) 0% fat plain Greek style yogurt (Fage, Oikos)  
2-6 oz skim milk\*  
3 frozen strawberries (or ¼ cup fresh)  
3-4 packs of sugar substitute or Crystal Light flavor mix

### Directions:

Place yogurt in blender or food processor. Fill the yogurt container with skim milk (or desired amount of milk) and add to the yogurt. Add fruit and sweetener. Blend until smooth and creamy.

**Calories:** 160, **Protein:** 23 gms, **Sugars:** 14 gms, **Fiber:** 3 gms

These values are for a whole shake using 6-oz of milk. If you have already had surgery, you will not be able to drink the entire shake at one time.

\* LactAid, MooTopia, plain soy milk (not vanilla flavored), Dairy Ease, etc may be substituted if needed. Also, the amount of milk may be reduced according and carbohydrate content of this recipe.

## FEATURED RECIPES FROM TASTY TOPICS

May's Tasty Topics support group meeting focused on breakfast options, especially items that are suitable for a brunch or weekend family gatherings. They are also handy to make ahead and re-heat for a quick, high protein start to any day.

## Homemade Turkey Sausage

### Ingredients:

1 – 20 ounce package ground turkey (7-8% fat)  
1 egg white  
1/3 cup fresh chopped green onions, minced  
¼ cup parsley, ground  
½ teaspoon dried marjoram  
½ teaspoon sage, ground  
¼ teaspoon salt (or to taste)  
1 pinch black pepper (or to taste)  
¼ teaspoon crushed red pepper flakes (optional)  
Cooking Spray

### Directions:

In a mixing bowl, crumble turkey. Mix in egg white, green onions, parsley, marjoram, and sage. Add salt, pepper and red pepper if desired. Refrigerate turkey mixture for several hours or over-night to allow flavors to blend.

Divide turkey mixture into 12 equal portions and form each portion into a 2-inch long sausage link. Coat a non-stick pan with cooking spray. On medium heat, brown sausages on each side. Reduce heat to low and continue to cook sausages for 10 minutes, or until cooked through, turning as needed. Remove to a serving dish.

Yield: 12 sausages      Serving Size: 1 sausage

**Calories:** 85, **Protein:** 11gms, **Carbs:** <1gm, **Fat:** 4gms

Prepare this recipe ahead and freeze the pre-cooked sausages.

## Canadian Bacon and Asparagus Frittata

### Ingredients:

2/3 cup chopped Canadian bacon  
½ cup (2 ounces) shredded low-fat Jarlsberg cheese\*  
1/8 teaspoon salt  
3 large egg whites  
2 large eggs  
Cooking spray  
½ cup finely chopped onion  
½ cup finely chopped bell pepper  
½ cup asparagus tips  
¼ teaspoon Italian seasoning

### Directions:

Preheat broiler. Combine ham, cheese, salt, egg whites, and eggs, stirring well with a whisk. Heat a 8 or 9-inch nonstick oven-proof skillet coated with cooking spray over medium-high heat.

Add onion, bell pepper and asparagus tips; sauté 3 minutes. Add egg mixture, reduce heat to medium. Cook covered 3-5 minutes or until almost set. Sprinkle with ¼ teaspoon Italian seasoning.

Transfer skillet to oven and broil 3 minutes or until egg is set. Cut into 4 wedges to serve

Yield: 4 servings

Serving Size: 1 wedge

**Calories:** 126, **Protein:** 16gms, **Carbs:** 5gms, **Fat:** 4 gms, **Fiber:** 2gms

\* If you cannot find the Jarlsberg cheese, you can substitute reduced-fat Swiss or Monterey Jack.

ALTERNATE VERSIONS: Any combination of vegetables, meats or low-fat cheese can be used. Egg substitutes such as Egg Beaters can be used in place of whole eggs. One combination could be chopped onions, peppers, zucchini and tomatoes with Southwest Style Egg Beaters and reduced-fat cheddar cheese.

## Backed Blueberry Oatmeal

### Ingredients:

Vegetable cooking spray  
1 cup + 2 tablespoons old-fashioned oats  
¼ cup Splenda Granular  
2 tablespoons sugar-free maple syrup  
1-2/3 cup skim milk  
1 egg, beaten (or ¼ cup egg substitute)  
1 teaspoon vanilla  
Pinch of salt  
1 cup fresh or frozen blueberries  
Topping:  
3 tablespoons Splenda Granular  
½ teaspoon cinnamon

### Directions:

Preheat oven to 350 degrees. Grease an 8x8 inch casserole dish with cooking spray and set aside.

In a medium bowl, stir together the oats, Splenda, Maple Syrup, milk, egg, vanilla and salt; mix well. Add berries. Pour into prepared casserole dish. Bake for 25 minutes or until middle is set. Remove from oven and set dial to broil setting. Sprinkle the Splenda mixture over the baked oatmeal and return to the oven. Broil for 2-3 minutes or until bubbly and golden.

Yield: 6 servings

Serving Size: 1/6th of recipe

**Calories:**126, **Protein:** 6gms, **Carbs:** 17gms, **Sugars:** 6gms, **Fat:** 3gms, **Fiber:** 5gms

SERVING SUGGESTION: Top warm oatmeal with sugar-free vanilla yogurt for a creamy topping and additional protein. Add a spoonful of protein powder, if desired, to increase the protein even more! This recipe can be prepared ahead and each portion re-heated as needed.

NUTRITION NOTE - The carbs in this recipe are healthy whole grains that provide nutrients and fiber. The blueberries, in addition to fiber, are an excellent source of anti-oxidants and vitamins.

# Strategy for Mindful Eating

By: Kathryn Blanchard, LCSW

During the first few months following surgery, it is common to experience diminished food cravings accompanied by dramatic weight loss. This could foster a false sense of security prompting you to believe that your issues with emotional eating are history, and that hunger—as you have known it for so long—is now a thing of the past. If you indulge in bad food choices, eat too fast, or fail to chew your food thoroughly, however, there will be unpleasant consequences; i.e., food becomes lodged in your throat, or “dumping” occurs. In the short term, this can serve as a deterrent.

As time passes, though, you will likely discover that the effectiveness of these negative reinforcements for mindless eating decreases. Without an acceptable alternative method to deal with the situation, you may find yourself reverting to poor eating habits such as speed eating, sneak eating and grazing. Take heart—it is never too late to gain control over these old habits and become a mindful eater.

Mindful is defined as the deliberate process of being present in the moment and attentive, while maintaining a non-judgmental stance. It is a physical and emotional process that promotes balance, choice and acceptance. The concept is to integrate these principles and apply them to eating. It involves learning to be aware of physical hunger and satiety cues, as well as, food likes and dislikes while withholding judgment of self, food and eating patterns. Susan Albers, Psy.D., has written several books on this topic; her seven tips for mindful eating follow:

## 1 *Shift out of Autopilot Eating*

What did you have for breakfast? Be honest. Many people eat the same thing day in and day out. Notice whether you are stuck in any kind of rut or routine.

## 2 *Take Mindful Bites*

Did you ever eat an entire plate of food, and not taste one single bite? Bring all of your senses to the dinner table. Breathe in the aroma of a fresh loaf of bread. Notice the texture of yogurt on your tongue. Truly taste your meal. Experience each bite from start to finish.

## 3 *Attentive Eating*

Sure, you're busy and have a lot “on your plate.” It's hard to make eating a priority rather than an option or side task. If you get the urge for a snack while doing other things, stop and take a break so that you can give eating 100% of your attention. Try to avoid multitasking while you eat. When you eat, just eat.

## 4 *Mindfully Check In*

How hungry am I on a scale of one to ten? Gauging your hunger level is a little like taking your temperature. Each time you eat, ask yourself, “Am I physically hungry?” Aim to eat until you are satisfied, leaving yourself neither stuffed nor starving.

## 5 *Thinking Mindfully*

Observe how critical thoughts like “I'm so stupid! How could I do that?” can creep into your consciousness. Just because you think these thoughts doesn't mean you have to act on them or let them sway your emotions. Negative thoughts can trigger overeating, or stop you from adequately feeding your hunger. Remember: A thought is just a thought, not a fact.

## 6 *Mindful Speech*

Chit chatting about dieting and fat is so commonplace that we often aren't truly aware of the impact it might have on our self-esteem. When you are with friends and family, be mindful of your gut reaction to “fat talk” (e.g. “I'm so fat!” or the “I'm so fat; no you're not” debate). Keep in mind how the words might affect someone struggling with food issues.

## 7 *Mindful Eating Support*

Friends provide an enormous amount of support, but often it's helpful to obtain assistance or a second opinion from a trained professional. If you would like to learn more about mindful eating, or you would like to consult a professional or the NEDA website for information and treatment referrals, logon to

[www.NationalEatingDisorders.org](http://www.NationalEatingDisorders.org)

Unfortunately, the complex process of hunger/craving/eating can easily lead you to sooth anxiety, boredom and anger with food. Mindful eating can help prevent this emotional eating cycle. It is important to remember that NeWeigh provides a wide variety of support groups where these issues are discussed. The above strategies are expanded upon and group members are able to share personal stories and lend support.



# My Previous LIFE

By: Leana Stellar

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I must emphasize “previous”, you see, because I shed my old presence and claimed a new one following weight loss surgery. Some might say that I took the easy way out; a valid argument, I suppose, if by easy they mean that learning an entirely different way of looking at living is no big deal. It was far more complicated than just changing the way I ate. I had to change a mindset that had developed over more than 30 years of heartache and tragedy. Finally facing the facts and doing something really positive was not an easy task for me, at all. I am proud of the end result, though, and happy to share my story if it can help someone else in similar circumstances.

At age 13, my weight gain began, and in its wake, the pain of teasing and staring. Over the next several years, I tried to lose with every weight loss program known to man. That didn't seem to matter; I continued to struggle, but only succeeded in adding more and more weight with each attempt. I even joined a gym and employed the services of a private trainer, but the weight just didn't seem to want to come off. I have to admit that my only solace was to be found in food, so I just continued to eat.

In my twenty-third year, I gave birth to my first child. During my pregnancy, I was surprised that I had lost weight instead of realizing the anticipated gain. I was excited, thinking that this pattern would continue after her birth. Much to my dismay, however, the weight did not continue to come off; rather, I seemed to gain even more. This pattern was repeated with my next two pregnancies. In 2006, I found myself pregnant again, but due to continued obesity, I miscarried and lost my twin boys. One might conclude that this tragedy would trigger a wake-up call but, sadly, it did not.

The Houston Livestock Show and Rodeo is a huge event every year. March 2007 was no exception, and the event was on everyone's lips. We took our three girls to enjoy the concerts, petting zoos, and various other rides. I was not prepared for the ensuing heartache. My girls wanted me to ride the roller coaster with them. I was happy to oblige, because the carousel had not presented a problem,

and I did not expect the other rides to be an issue, either. Unfortunately, I was mistaken. I sat next to my daughter, and attempted to buckle myself in. To my utter dismay, not only did I not fit in the seat, the harness would not fit over my body. In front of what seemed like the entire city of Houston, I was brought to tears of embarrassment, shame and sadness.

I went home with dread, looked in the mirror, and could not believe what I saw. I wondered how in the world I could possibly have allowed myself to reach this point. As depressing as that was, it proved to be the ultimate slap in the face, the catalyst that forced me to take the necessary action to explore other weight loss options for losing weight—and keeping it off. It would be a Herculean undertaking, but I absolutely had to gain control of my life.

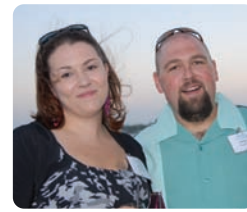
My research led me to the fantastic staff at NeWeigh who saw to it that I had access to ample educational material and to a wonderful Surgeon. After serious deliberation, I chose Gastric Bypass Surgery. My journey began with six months of preparation for the big day. With all the encouragement from the NeWeigh staff, this process was painless and exciting for what was to come. I knew that the weight was not just going to fall off by itself, but I had now come to accept the inevitable—I had to make a lifestyle change. On May 19th 2008, I was ready and waiting impatiently for change!

Because my life has changed in so many positive ways, I can honestly say that it has all been worth it. I am healthier physically, mentally and emotionally. My self esteem and my courage are at an all-time high. I have lost over 180 pounds; I feel great, look great, and know that I have a great future. Not only that, I have been the inspiration for many to start their own journey to a happier, healthy lifestyle.

Most importantly, however, the impact on the lives of my three children has been amazing. I can now play with them; I can buckle into that roller coaster ride and scream with the best of them. I can buckle into an airplane seat without asking for an extension, and I now have room on both sides of my hips, allowing me to see the seat beneath me. (This may sound silly, but the fact that my thighs no longer rub together when I walk is something I have always wanted). I now have a better job, and people take me more seriously. I could go on and on, but to sum it up: For the first time in many years, I am happy, and would never return to my “previous” life as a morbidly obese, miserable human being. Thanks to NeWeigh, I have the life I have wanted for a very long time. **LOOK AT ME NOW!**



# NeWeigh's Summer Fest Recap



by: Keith Bolin

It may not have been the deep blue sea, but for all of the smartly dressed passengers aboard the Star Fleet yachts, it just didn't seem to matter. The food was delicious, the dance floor stayed busy, and a lot of fun was had with karaoke.



## here are the lucky winners:



- Rosemary Cabral - Flip Video Camera with rechargeable battery pack
- Naomi Diaz - Sony Portable DVD Player with 5 DVDs
- Veronica Mendoza - Chi Pro Professional Hair Dryer with Diffuser
- Zoe Espinoza-Castillo - Chi Pro Ceramic Hairstyling Iron
- Shyrnita Sowell - Lifetime Fitness Gym Bag with handheld calorie counter, 2 workout DVDs, Acai Body cleanse, 3 protein bars, Vit D, Omega 3 Fish Oil, Protein Shaker
- Mike Chamberlain - Polar Fitness Watch
- Elizabeth and Steven Stokely - Dinner Cruise for 2 aboard Star Fleet
- Becky Hawley & Sheryl Stanford - My Fit Foods gift baskets
- Billie Wilson and Maria Rodriguez - Union Station and Movie Theater Gift Certificates
- Margaret Eldridge - Celebrate Vitamin Basket
- Lynda Owen and Becky Knappe - Men's Watches from Prestige Jewelry
- Binish Momin and Mario Ochoa - Men's cologne gift sets
- Shanika Watkins - LSU Piggy Bank with \$50 cash
- Maria Irene Gutierrez - UT Piggy Bank with \$50 cash



During the festivities, there was ample time to mix, mingle, make new acquaintances, and play catch-up with old friends since all of the yachts were linked upon laying anchor. Over the course of the evening, NeWeigh Program Participants managed to take time out to pose for photographs with their guest.



A major draw, of course, was the gaming tables (roulette, blackjack, whatever the choice), giving everyone a shot at winning extra chances for a neat door prize; speaking of which,



NeWeigh was very pleased with the great turn-out, and would like to sincerely thank First Street Hospital and Bayshore Medical Center, whose generous support helped make this event possible.

Thank you all for sharing your time with us, and we look forward to other fun times together.





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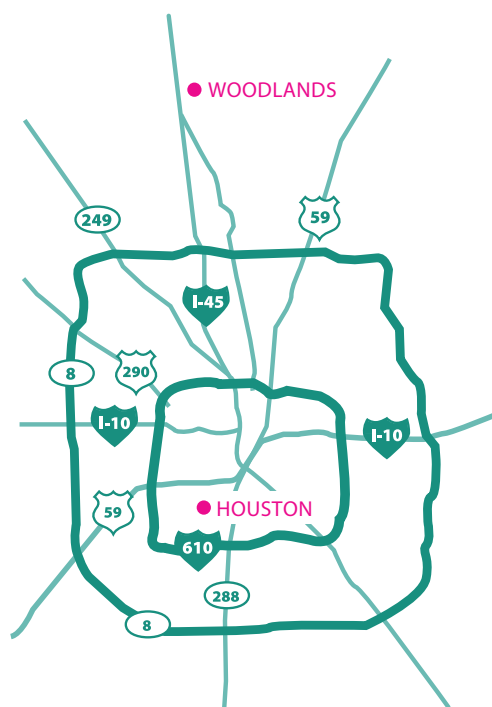
Fax: 936.271.2210

Toll Free: 1.877.266.0686

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

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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.

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.