



# BARIATRIC BENCHMARK

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### Tips of the Month:

- Make a wish list of what you want in life. Write down what you wish for – and then Empower yourself by making things happen.
- Become inspired and choose to change your life. Change what you can— how we eat, how we move, and how we live our lives!
- Count your blessings! Each day write down one thing you are thankful for (a friend, the ability to get up each day and walk, or being off medications).
- Record your feelings, your weight loss, your exercise and your struggles.
- Start or end your day by writing in your journal.



## FOR GOOD HEALTH: EXERCISE DAILY

Finding a way to fit an exercise plan into your daily routine will increase your chances of achieving your weight loss goal.

- If you are someone who schedules your days – then pencil in a fitness class
- If not a scheduler, then slip in a walk at lunch or with a neighbor after work.
- If you like to exercise alone, use Leslie Sansone videos at home.
- If you belong to a gym, but are intimidated by the machines, go at off peak times and read the instructions on each one and try them. (Ask a staff member for assistance)
- If you have trouble staying motivated, add a small goal each week, or keep a written track of your progress

Experts recommend 30-60 minutes a day of moderate cardiovascular exercise. Dropping weight requires more intense exercise. We recommend 60 minutes daily. For individual help, ask Joe Miller for assistance.

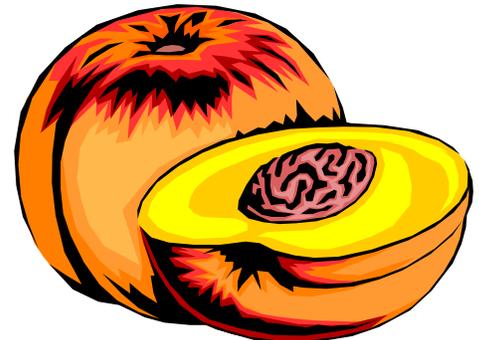
To determine your target heart rate to gauge the intensity of your workout subtract your age from 220 – that is your maximum heart rate. Multiply that number by .70 and again by .85. Your heart rate should fall between these two numbers while exercising.

(Example: 58 years old 220-58=162  
162x.70 = 113 162x.85=138)

Your heart rate should be between 113 and 138 with a maximum of 162.

## RELAX!

It is August – give yourself permission to relax! Go to the BodyWorlds exhibit at Discovery Place, go to a museum, read a book or enjoy a movie. Take care of your mental health as well as your physical health. Vacation means “to be unoccupied” – leave the real world behind, if only for a few minutes or a few hours.



August also is the season for fresh tomatoes, fresh peaches and cucumbers! Enjoy fresh garden vegetables and fruits before summer ends! Attend the Farmer’s Market in your area and buy local homegrown treats. Spend 30 minutes on Sunday washing, peeling and bagging vegetables or fruit for your week at work. Snack on cucumber slices, red or green pepper slices, cherries, etc. Enjoy the goodness of the season.

## ON THE ROAD AGAIN!

Is it possible to drive a tractor-trailer long haul – and still eat healthy and exercise? Absolutely! Making the right choices depends on you.

A patient in the Surgical Weight Management Program is an over the road truck driver who puts in 3000-4000 miles per week in his truck. The patient shared that before surgery he would eat a large breakfast including eggs, bacon, toast or biscuit with gravy, grits, etc. In his truck, he would snack on candy bars and other sweets along with diet sodas. Lunch might have been a 12-inch sub sandwich and supper would usually be a hamburger steak, fries and rolls. Activities of the day consisted of driving and eating. Exercise was getting in and out truck to get something to eat. He was spending an average of \$30.00 per day on food – unhealthy food!

Seven and a half months after having gastric by-pass surgery, he has a weight loss of 164 pounds, and is off of all medications for high blood pressure, diabetes and high cholesterol. He is saving over \$100.00 per month on co-pays, and is also not spending \$30.00 per day for food. Yes, he is *still* a truck driver. The patient now eats an egg, one slice of tomato and two teaspoons of grits for breakfast or a protein bar. He has a cooler in his truck where he keeps small cans of light fruit, tuna, small cans of beans, a protein shake, etc. When he stops for lunch or supper, he will have grilled chicken, a bowl of soup or a small chili at Wendy's. Every morning after his breakfast he walks in the parking lot before leaving, and every evening he walks two miles. The surgery did not *make* him change, but it did assist him to make the changes he needed to make. He knows that to continue to lose weight and keep it off, he will need to do what he is presently doing for the rest of his life. On his weekends off, he now enjoys a round of golf and playing in his swimming pool. The patient has gone from 4X-5X shirts to XL, and from size 64 pants to size 42 pants!

Each day of our lives we have to make choices – choice to eat healthy, choice to exercise, choice to be patient, choice to be kind – many choices, but you are the only one who can choose – no one can make you make the right choice!

When we get caught up in the daily fast pace of our lives, we sometimes forget that we have the power to choose how to live, what to eat, what to buy, to exercise, etc... Your physical health and mental health will only improve when we stop making excuses and make the right choices! Ask for help if you need it to get back "On the Road Again." You are not making sacrifices; you are making an investment in your life! Success is not the key to happiness...happiness is the key to success.

## QUICK MEAL IDEAS

Use Salsas (fruit or tomato) in grilling, in cooking – chicken, lean pork, shrimp and fish...mix it with black beans, or even as a side dish with your protein.

Have fun with kebabs! Skewer chunks of tomato, zucchini, squash, eggplant and brush with olive oil or spray with Pam...also skewer chicken or shrimp or pork.

Make a fat free yogurt sauce by adding garlic powder and cumin.

Add salsa to fat free or low fat sour cream and use as a topping on meat or fish, or use as a dip for your fresh veggies.

## Mark your Calendars



**Support Group**

**August 7, 6 -7 p.m.  
Med Arts Classrms 1 - 3**

**Joe Miller, Clinical Exercise Physiologist from CMC - NorthEast Health & Fitness Center will lead the September Support Group on Tuesday September 4<sup>th</sup> at 6 p.m. The Support Group meets in Medical Arts Classrooms 1 – 3. Get answers to all your exercise and fitness questions!**

**Don't forget the  
Walk from Obesity**

**September 29<sup>th</sup>!**

**Please visit [walkfromobesity.com](http://walkfromobesity.com) and click on "Join a Walk." If you are unable to participate, you can still sponsor a walker.**

**Surgical Weight Loss  
Program**

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[www.cmc-northeast.org](http://www.cmc-northeast.org)

*ASBS Bariatric Surgery Center  
of Excellence*



Carolinas Medical Center  
NorthEast

## AUGUST HEALTHY RECIPES

### **Honeydew and Blueberry Freeze**

1 cup honeydew melon balls or chunks  
2 tsp fresh mint leaves  
16 oz. fat free plain Greek style Yogurt (Fage) found at Health Food stores and some Harris Teeter stores  
3 TBSP Splenda  
1 cup blueberries

Place melon, mint, 1cup yogurt and 1 TBSP yogurt in blender and puree. Transfer puree to plastic container. Repeat with blueberries, 1cup yogurt and remaining 2 TBSP Splenda and put in another plastic container. Freeze for 2 hours, stirring every 30 minutes. Remove from freezer a few minutes before serving. Spoon mounds of each in wine glass and garnish with mint.  
4 ounces = 8 g. protein, 100 calories



**New recipes are  
featured here each  
month!**

**Clip and save these for  
future reference or  
shopping trips.**

**Start your own recipe  
book with clippings  
from our newsletter!**

### **Scallop Seviche**

8 oz of bay scallops  
3 TBSP chopped red onion  
1 medium jalapeno pepper, seeds removed, finely chopped  
Juice from 4 limes  
½ cup roughly chopped cilantro leaves  
1 small mango, peeled, pitted, and chopped

Mix scallops, onion, pepper, and limejuice in glass bowl; cover and refrigerate for at least 1 hour. Remove scallop mixture and drain and discard juice. Mix in cilantro and mango. Measure out 2 ounces and enjoy. 100 calories, 16 g protein, 1 g fiber

### **Mixed Berry Muesli**

8ounces. low sugar vanilla yogurt  
2 TBSP quick cooking oats  
2 TBSP chopped walnuts or pecans  
¼ cup blueberries, ¼ cup raspberries, ½ small cantaloupe

Combine yogurt and oats in medium bowl, mixing well. Fold in walnuts and berries. Spoon mixture into cantaloupe. Makes three 4 oz servings.  
115 calories, 6 g protein, 2.25 g fiber, 3.5 g fat