

# Journey to the New You:

## A newsletter by Trinity Weight Management Specialists

Trinity Weight Management Specialists, 500 John Deere Rd. Moline, IL 61265  
(309) 779-2500 or toll free at (866) 417-2500 [www.unitypoint.org/qcweightloss](http://www.unitypoint.org/qcweightloss)

December/January 2015

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### Realistic Resolutions

Whether it is to "lose 50 pounds" or "run a full marathon," many individuals develop New Year's resolutions that require a complete lifestyle overhaul. While it is good to be ambitious, setting standards so high can often lead to disappointment if goals are not met, or if they simply aren't met as soon as we'd like.

It is beneficial to start with small steps, and then to gradually build upon them. In this way, you are able to celebrate small victories as you go, helping to build your confidence and momentum to keep pushing forward! Below are some examples of small steps you can take to start living a healthier life. Start with just one; once you have mastered it, move on to the next lifestyle change!

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#### DATES to REMEMBER

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#### Clinic Closed for the Holidays:

December 24th-26th  
December 31st (after 12:00pm)  
January 1st

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#### UPCOMING SUPPORT GROUPS

##### December 16th @ 6:30pm

Fashion Night  
Boardroom Suite 300  
Krystle Sibenaller, RD, LDN

##### January 20th @ 6:30pm

New Year's Kick-off  
Boardroom Suite 300  
Krystle Sibenaller, RD, LDN

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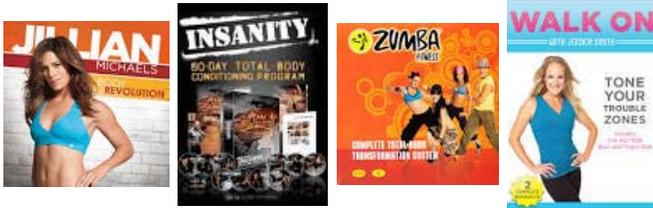


- ✓ Drink at least 8 cups of water daily.
- ✓ Limit dining out to once/week or less.
- ✓ Use healthier cooking methods (i.e. - baking vs frying).
- ✓ Cut out empty liquid calories (pop, juice, lattes, etc.).
- ✓ Be physically active at least 30 minutes, 5 times per week.
- ✓ Slow down; make meals last at least 20 minutes.
- ✓ Watch your portion sizes; use smaller plates.
- ✓ Eat a good source of protein at every meal to help you feel satisfied until your next meal.
- ✓ Avoid emotional eating, find alternatives for stress relief (taking a walk, talking with a friend, etc.)
- ✓ Incorporate strength training exercises 2-3 times per week.
- ✓ Eat at least 5 servings of fruits/vegetables daily.
- ✓ Eat mindfully; stop when satisfied
- ✓ Avoid keeping empty calorie snacks in the house.
- ✓ Choose primarily whole grains vs refined carbohydrates.



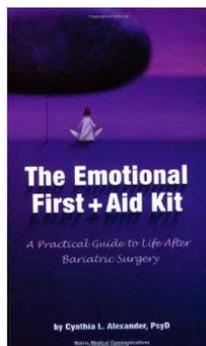
## Winter Workouts

It can be hard to find that spark of motivation when doing winter workouts indoors, especially if you exercise on your own! The following are some of the top-rated workout DVDs on the market to help you get moving on those chilly winter days.

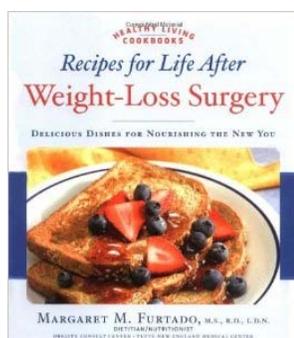


- BurstFIT FIRE: Dr. Josh Axe
- Jillian Michaels Body Revolution
- Jillian Michaels Killer Buns & Thighs
- INSANITY by Beachbody
- Hip Hop Abs by Beachbody
- Les Mills Combat by Beachbody
- Charlene Johnson's PiYo
- Tony Horton's P90X
- Zumba Fitness Exhilarate Body Shaping
- Shawn T's FOCUS T25 GAMMA
- Tae-Bo by Billy Blanks
- Lastics: A Mind & Body Stretching Tech.
- Walk On: In Wellness Systems
- Denise Austin 3 Week Boot Camp
- Exhale: Core Fusion Abs and Arms
- 10 Minute Solution: Kettlebells
- Heavyweight Yoga: Yoga For the Body You Have Today with Abby Lentz

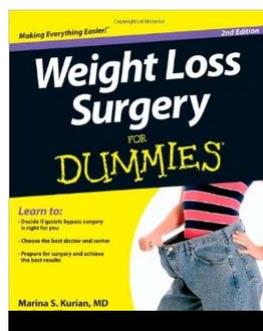
## Weight Management Tools



*The Emotional First Aid Kit* by Cynthia L. Alexander, provides a valuable tool for those undergoing bariatric surgery. This book teaches practical strategies to deal with emotional difficulties before and after bariatric surgery, including: stress relief without using food, modifying unhealthy behaviors, overcoming hurdles to establishing a consistent workout routine, dealing with negative reactions of family and friends, and preventing relapse.



*Recipes for Life after Weight-Loss Surgery* by Margaret M. Furtado, is a top-rated bariatric cookbook with recipes appropriate for life after weight loss surgery. What sets this book apart from previous cookbooks is the combined expertise of Margaret Furtado, MS, RD, LD-N and Lynette Schultz, a combination of almost 40 years' experience in clinical nutrition and the culinary arts, respectively.



*Weight Loss Surgery for Dummies* by Marina S. Kurian, has come out with a second edition, providing an up-to-date guide to understanding the impact of weight loss surgery-before, during and after the procedure itself. The book provides insight for choosing the surgery that is right for you, information on what to expect before, during and after surgery, and sample post-op recipes.

## Try...Chia Seeds

**What is it?** An edible seed that comes from the chia plant grown in Mexico, "chia" means "strength." Chia has a mild, nutty flavor and is easy to add to foods and beverages. It is often sprinkled on cereal, sauces, vegetables, rice dishes, yogurt, smoothies and baked goods.

**What are its benefits?** Chia provides a whole-grain option that contains healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants and calcium.

**Where can I find it?** Most grocery stores now stock chia seeds; it may be located in the health foods section or the baking aisle near other grains such as whole-grain flour and quinoa.



## Recipe Corner: Healthy Gluten-Free Chicken Nuggets

### Ingredients

- 1 pound skinless, boneless chicken breast, cut into bite size pieces
- 3/4 cup ground flax seed
- 1/4 cup chia seeds
- 1/4 freshly grated Parmesan cheese
- 1 teaspoon salt
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 2 cloves minced garlic
- 2 eggs



### Instructions

Preheat oven to 400 degrees. Lightly grease a baking sheet or baking pan. In a medium bowl, place flax seed, chia seeds, Parmesan cheese, salt, oregano, basil and garlic. Mix well. In another separate medium bowl, place eggs and mix well. Line up the bowls and place each piece of chicken into egg mixture, then flax/chia mixture. Lay onto prepared baking sheet until all the chicken is used. Discard any remaining egg or flax mixtures. Cook chicken for 25 minutes or until cooked through, making sure to turn over once halfway through. Serve immediately.

## Bring on the Beans!

Beans provide a vegetarian source of protein and high-quality carbohydrates that are rich in vitamins, minerals, and fiber. Up your intake of beans with the following recipes to reap the many benefits!

### Southwest Chicken and Black Bean Soup

1 large carrot, chopped  
 1 red bell pepper, diced  
 1 teaspoon canola oil  
 1 cup onion, diced  
 2 cloves garlic, minced  
 2 teaspoons chili powder  
 1 teaspoon paprika  
 1 teaspoon ground cumin  
 1 cup no salt-added petite diced tomatoes, undrained  
 2 cans (14.5 oz.) reduced-sodium black beans, drained and rinsed  
 1 pound boneless skinless chicken, diced  
 4 cups no salt added chicken broth  
 Juice of 2 limes  
 2 teaspoons cilantro, chopped

Heat oil in saucepan, add onions, cover and cook 3-4 minutes. Add carrot and pepper; cook another 3 minutes until vegetables start to soften. Remove lid, add chicken, garlic, and spices; cook until no longer pink. Add tomatoes and beans. Stir to combine, slowly add the stock. Bring soup to boil then reduce heat; simmer 15 minutes. Puree 1/3 of soup in food processor. Add lime juice to taste. Sprinkle on fresh cilantro, serve. *Sparkpeople.com: 290 calories, 3g fat, 141 mg sodium, 40g carbohydrate, 9g fiber, 28g protein.*

### Grilled Shrimp over White Bean Salad

1 teaspoon finely grated lemon zest  
 1/3 cup lemon juice  
 3 tablespoons extra-virgin olive oil  
 2 tablespoons packed fresh oregano, minced  
 2 tablespoons packed fresh sage, minced  
 2 tablespoons minced fresh chives  
 1 teaspoon freshly ground pepper  
 1/2 teaspoon salt  
 2 15-ounce cans cannellini beans, rinsed  
 12 cherry tomatoes, quartered  
 1 cup finely diced celery  
 24 raw shrimp (21-25 per pound; see Note), peeled and deveined

Combine lemon zest, lemon juice, oil, oregano, sage, chives, pepper and salt in large bowl. Reserve 2 tablespoons of dressing in small bowl. Add beans, tomatoes and celery to large bowl; toss well. Place a grill pan over medium-high heat until hot. Oil grill pan. Grill shrimp until pink and firm, turning once, about 4 minutes. Serve shrimp on bean salad, drizzled with the reserved dressing. *Eatingwell.com: 212 calories, 8g fat, 575mg sodium, 22g carbohydrate, 8g fiber, 17g protein.*

### Tuna and White Bean Salad

2 cans chunk light tuna in water, drained  
 1 can white beans or chick peas, drained and rinsed  
 1 red bell pepper, diced  
 1/4 cup red onion, diced  
 1 tbsp. olive oil  
 Juice of 1 lemon

Mix ingredients and chill in the refrigerator for at least 4 hours. Serve on a bed of greens. *Sparkpeople.com: 219*

## Meet... Edythe

Hello my name is Edythe Rousselow; most people call me Edy. I had a vertical sleeve gastrectomy April 30, 2014. My surgeon is Dr. Hass and my team is everyone here at Trinity Weight Management Specialists. My starting weight as I had on my scale was 248 pounds and currently, after 6 months from surgery, my weight is 186. Even more astonishing than the numbers tell, I have dropped 5 pant sizes!!

I made the decision to have bariatric surgery because I could not lose any weight no matter what I did or tried. It may have been in part from years of yo-yo dieting, medications, or family genetics. I have always been on the large side. I wore a size 16 in high school, but it never seemed to be a problem for me physically. While I wished I looked like Barbie, I never felt like I was ugly. My mother was always after me about my physical appearance, but my grandma always told me how nice I looked and how well I dressed. I needed to lose weight for my health, and I also have 3 grandsons to keep up with; I want them to remember how we have played and ran and jumped! And, the vanity side of me wishes to be the best I can. My worst struggles before surgery were trying to lose any weight at all, as well as tiring and not having the desire to do anything. I would get so hot and tired when playing with my grandsons that I had to take a break. Now, they tell me they need a break!!

I have changed a lot of things since my surgery. First of all, I do follow the handbook as much as possible. When I hit a plateau, I returned to the basics to get my metabolism going again. I do eat every 2-3 hours and also now have a healthy snack before bedtime. I make sure that the first bite I take of anything is protein and I read labels very thoroughly. I move physically every day. I don't do greasy foods anymore and I don't buy candy when checking out. I will have a bite of chocolate, but not the whole piece anymore. My go-to snacks are frozen yogurt and Skinny Pop popcorn. I love to cook and bake, but I don't taste test anymore.

I really already have had several WOW moments—one was the very first time I ate something and actually felt full. My husband complimented me on the jeans I wore the other day, I can feel my bones!! I can buy clothes at the regular departments, my underpants even got too big. Several people have said just how good I look, and have asked, what's my secret? I can run past my grandsons at the park. I am able to keep going, that isn't to say I don't get tired; it is just a different tired. I can wash my kitchen floor on my hands and knees!

For me, there is no place to go for bariatric surgery than here at Trinity!! Anyone who may be considering any type of bariatric surgery should know that this team really supports you, the surgeons know exactly what they are doing and their professionalism and knowledge is top notch. I made this decision after many months of struggling and having nowhere to turn. I would not even weigh at my doctor appointments. I saw an ad in the paper for the seminar and came to Trinity. I am SO glad I did!! For me, this was and is a permanent solution to my chronic weight problem. I just wish I could have done this years ago, but I did not qualify for the surgery. When I was diagnosed with severe sleep apnea and quit breathing for close to a minute on top of my weight issues, I chose this path to go down and I

**Before:**



**After:**



## CENTER UPDATES

As of January 1, 2015, United Health Care John Deere Premier (UHC JDP) requires a Center of Excellence (COE) facility for bariatrics. Though we are currently working toward obtaining the COE status, at the present time UHC JDP will not cover bariatric services at TWMS; this may include dietitian visits, but a self-pay package is available. UHC JDP patients may be seen in the surgeons' office for follow-up appointments after December by calling (309) 779-4400.

## FAREWELL

TWMS would like to congratulate our manager, Sara Neyens, in obtaining her new role as Project Manager at UnityPoint Health Trinity Rock Island! Though we hope she will enjoy this new role, we are sad to see her go. Sara has been a driving force in developing our program into what it is today. Her dedication to our patients and program has set an excellent example for all of us within the department. We thank you, Sara, for all of your contributions and we wish you the best of luck!



## SUPPORT GROUP

Don't miss the chance to connect with other patients, get the support and advice you need, and be a help to others! The new 2015 support group schedule is listed below, and paper copies are available within the department.

DATE/ TIME	SPEAKER	TOPIC	LOCATION
Tuesday, January 20 6:30pm – 8:00pm	Scott Herkes- Certified Sports Nutrition Coach & Owner of Max Muscle Sports Nutrition	New Year Kickoff	Board Room Suite #300
Tuesday, February 17 6:30pm – 8:00pm	Casey Guillaume, HEART Program Educator, Trinity Wellness Department	Fitness Topic	Board Room Suite #300
Tuesday, March 17 6:30pm – 8:00pm	TWMS Dietitian <b>EVENT REQUIRES REGISTRATION</b>	Hy-Vee Protein Night	Hy-Vee 7 <sup>th</sup> Street Moline
Tuesday, April 21 6:30pm – 8:00pm	Plastic Surgeon	Body Contouring	Board Room Suite #300
Tuesday, May 19 6:30pm – 8:00pm	TWMS Dietitian	Spring Sprint (or Walk)	Board Room Suite #300
Tuesday, June 16 6:30pm – 8:00pm	Dr. Gary Ludwig Ph.D. Psychologist	Mental Health Topic	Board Room Suite #300
Tuesday, July 21 6:30pm - 8:00pm	TWMS Dietitian <b>BRING YOUR FAVORITE RECIPES, HEALTHY FOOD WRAPPERS &amp; EXERCISE TOOLS!</b>	Sharing Helpful Weight Loss Tools	Board Room Suite #300
Tuesday, August 18 6:30pm – 8:00pm	TWMS Dietitian	Habits For Long-Term Success	Board Room Suite #300
Tuesday, September 15 6:30pm – 8:00pm	Casey Guillaume, HEART Program Educator, Trinity Wellness Department	Fitness Topic	Board Room Suite #300
Tuesday, October 20 6:30pm – 8:00pm	TWMS Dietitian <b>EVENT REQUIRES REGISTRATION</b>	Fall Festival	Board Room Suite #300
Tuesday, November 17	TWMS Dietitian	Hot Topics in Nutrition	Board Room