

# Leaner Times

## Motivation Please; I'll take some...

What is motivation? Motivation is the act of creating interest to accomplish a goal. Motivation is the result of internal wants, so one can say that motivation is the fuel for your weight loss journey. There are many types of motivation. Some of the major types of motivation are positive and negative motivation, external and internal motivation. Internal motivation refers to motivation that is driven by an interest or enjoyment in the task itself, and exists within the individual rather than relying on any external pressure. Internal motivation is based on taking pleasure in an activity rather working towards an external reward. Conversely, external motivation refers to the performance of an activity in order to attain an outcome. External motivation comes from outside of the individual. Common external motivations are rewards like money, grades, and the threat of punishment.

Well then, how and where do I get some?

You can use external factors to motivate and fuel yourself along your weight loss journey. These would be things such as improving your medical conditions, fitting into those old jeans, or setting weight loss goals along your journey to help you achieve that end result. You should also use your internal motivators. These would be things such as walking for how you feel while and after you are done. Take that feeling of self-fulfillment and building on that to fuel you along your weight loss journey. Sometimes ones motivation is stronger than others, but that should not stop

you from achieving your goals. Life, just like your weight loss, is a journey and one should draw on all forms of motivation to help fuel your engine and get you to your goal. Being consistent and using these tools will help you. Our entire team is here to help you find your internal and external motivators.

- Nate Sann, CRNP

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**DON'T COMPARE YOURSELF TO OTHERS. COMPARE YOURSELF TO THE PERSON FROM YESTERDAY.**

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## Things To Be Proud Of

- Larry Sprankle (pictured below) completed the Erie half-marathon this September.
- Dr. Marley completed the Baltimore and Harrisburg marathons this fall.
- Nate completed the Las Vegas marathon on Dec 4th.

A marathon is a race of endurance that covers 26.2 miles. The event was instituted in commemoration of the fabled run of the Greek soldier Philipides, a messenger from the Battle of Marathon (the namesake of the race) to Athens.

The marathon is a good analogy to your weight loss journey. As I embarked on my first marathon, I was excited to start my journey with a clear goal in mind, *Finishing*. The training leading up to the marathon took place over 20 weeks. During this time, my excitement for the race and accomplishing my goal was tested. There were days when I felt like the goal was too far away or that my desire to do other things with my family and friends tempted me away from training and therefore lead me further from my goal. I look back on this experience and can relate to the daily trials and tribulations that many of you face along your weight loss journey. Just remember that what we do today has impacts on tomorrow and we are here to help you navigate your journey and achieve your goals.—Nate Sann, CRNP



## Responsibility

In one scene from the movie The Blues Brothers, John Belushi as Jake Blues rattles off a long list of excuses for having left his fiancé at the altar, finally screaming, “It wasn’t my fault!” At times, many of us have a bit of Jake Blues in us, but the tendency to make excuses can sometimes become a way of life.

Possibly, the greatest danger in making excuses is that they place responsibility for our lives outside of ourselves. Excuses make other people or other things responsible for our own choices and decisions. The more we place responsibility outside of ourselves, the more power we surrender. Over time, we begin to think of ourselves as powerless; self-esteem goes down; and failure becomes inevitable.

Success following laparoscopic banding requires people to avoid excuses and accept responsibility. Without a doubt, many things can impact on success, but the final responsibility will always rest on the individual patient. The novelist, Joan Didion, once wrote, “Character – the willingness to accept responsibility for one’s own life – is the source from which self respect springs.” Success at losing weight with laparoscopic banding springs from that same source.

- Dr. Jim Vizza, PsyD.

### Quote Corner:

The only one who can stop you, is you.

—Anonymous

# 7 Tips for Avoiding the Holiday Pounds

By Stephanie S. Saunders

It's that time of year. The leaves turn majestic hues of red and gold. The air becomes fresh and crisp. We can finally put an extra blanket on the bed and cuddle up with a cup of hot tea. After all, it's the holiday season, and no one'll notice a few extra pounds under layers of clothes. A little extra weight just gives us a New Year's resolution to focus on, right?

Wrong. According to a study by researchers at Sweden's Linköping University, those 4 weeks of celebrating can actually lead to long-term weight gain.

Essentially, the researchers took a group of healthy young people, increased their caloric intake by 70 percent, and lowered their exercise levels. They also had a control group whose diets weren't altered. At 4 weeks, the participants in the test group had gained an average of 14 pounds. After 6 months, and no longer on an increased-calorie diet, only a third of these participants had returned to their original weight. After a year, the test group members were each still an average of 3.3 pounds heavier. After 2 and a half years, the "gluttonous" group continued to gain, while the control group still maintained a stable weight.

So how are we supposed to get through the holidays without gaining weight? Here are eight effective ways to get yourself ready to beat the holiday bulge.



1

**1. Buy clothes that fit right now.** This first tip might be a bit pricy, but it's a great motivational aid in staving off weight gain. A new addition to your wardrobe in a size that shows off your summer body can be all you need to prevent those extra pounds from creeping on. Imagine that beautiful holiday dress or great pair of pants, then imagine being unable to zip them up thanks to sugar cookies. Yeah, no one wants that.

**2. Write it down.** We try to write down everything we eat, right? We spend countless hours each month staring at a food diary, adding up our calories, and seeing if we got the correct balance of macronutrients. And then the holidays happen, and our little book ends up in the bottom drawer. It's almost like we're hoping that if we didn't write it down, it didn't happen. Unfortunately, the scale doesn't fit in that bottom drawer. The truth is, if we would write down the not-so-perfect meals and treats, we could find a way to compensate for them, at least a bit.

**3. Keep exercising.** Most fitness trainers will tell you the slowest point of their year is between Thanksgiving and New Year's. Sure, their clients schedule workouts with the best of intentions, but then they cancel them for parties and gift shopping. It's hard to remain balanced when you have a million things to do and gifts to buy. Yet the greatest gift you can give yourself is to stay focused on your fitness goals and get your workout in.



**4. Eat before parties.** Most holiday parties don't focus on low-fat, low-calorie refreshments, so unless you're organizing the event, the best damage control is to show up with a full tummy. Make sure you eat your meals and snacks throughout the day, and try to eat a healthy meal before attending any party. If you're going straight from work, prepare a healthy and filling snack to eat on the way. You'll be a lot less likely to swim in mayonnaise dips and pigs in blankets if you're full. You can always take a healthy "band friendly" dish with you to the party.

## 5. Get junk out of the house.

The majority of people don't get into their car at midnight, drive to the store, buy the ingredients for cookies, bake them, and then stay up to eat them. But if those homemade cookies that Linda in accounting made for you are already on your kitchen counter, you better believe you'll find a way to justify it. Frankly, at 12:30 AM, after a rotten day, for most of us there's nothing like a few cookies to drown our sorrows. The secret is to get the garbage out of the house. Send it to work with your significant other, donate it to a bake sale, re-gift it to your 100-pound friend with the perfect metabolism, or just dump it in the trash. Linda will never know. If you have holiday dinner leftovers, box them up for your guests individually and send them home with them. If your family still sends you that Pepperidge Farm<sup>®</sup> cookie assortment, invite a bunch of people over for a pre-party party and serve 'em up before the drinks. Try not to be wasteful, but get the less-than-healthy temptations out of your reach.



## 6. Offer to prepare healthy fare.

This suggestion won't be well received by those of us who'd rather spend Thanksgiving sitting around watching football than toiling in the kitchen, but if you do the cooking, you have the control. Your family could have a tasty and satisfying meal without ingesting thousands of calories and fat grams. The way the turkey is prepared, the type of stuffing, how vegetables are made, whether the cranberries are real, and countless other things can make or break the healthiness of a meal. There are tons of cookbooks out there, plus recipes in this and past newsletters, that can help you out. Yes, it does require a bit of work.

## 7. Choose wisely and proportionally.

Something occurs during a holiday meal. It's like a Las Vegas buffet—we feel like we have to eat some of everything. We feel almost like those foods will never exist again, and this is our last meal on the planet. This year, why not try to eat only your favorites, as in two or three items, and keep the portions to the size of your palm? If you're still hungry, try to fill up on veggies (preferably ones that aren't drowned in butter or cream-of-mushroom soup). If you want dessert, lean toward a small slice of pumpkin pie (220 calories) as opposed to pecan (a heftier 543), leaving out the hydrogenated nondairy whipped topping if possible. If you're going to have an alcoholic beverage, go with a flute of champagne (100 calories) as opposed to that rum-laced eggnog (with more than four times more calories, at 420). Just a few wise choices will save you a ton of calories, and probably a significant amount of heartburn as well.

A wise person once said, "The toughest part of a diet isn't watching what you eat. It's watching what other people eat." That really is the crux of the problem with dining out in public. When you're surrounded by people who are consuming the equivalent of their body weight in fat grams, it's really tough to stick to that chicken breast and steamed veggies. But if you have a game plan, you're more likely to walk out with both a satisfied tummy and a satisfied mind. So spend a few minutes on researching, on eating, and on exercising beforehand, and be strong when you get there. The effort will be worth it, and you might even be an inspiration to your dining partner. What greater reward is there than that?

# Meet Your Care Providers - Becky Murphy, RN

My Department: Wing 3

When you will see me:

I will see you on Wing 3 as an RN after surgery. I'm part of the team that cares for you until discharge.

My Experience:

I have been an RN at Windber Medical Center for 3 years.

Bio:

I am married with one daughter, Maleah, I enjoy spending time with my family, playing softball and tennis.

Inspirational Message:

Be Positive! Surround yourself with a good support team.



## Time Management

Merriam - Webster's second definition of time is, "The point or period when something occurs." So what happens when someone doesn't have any time? Does that mean nothing is happening? Or does it mean there is too much happening? We are more likely to say there is too much going on when "we don't have time" than to say nothing is happening. In reality, I've noticed the opposite to be true.

Over the years I've never met a single person who couldn't find at least 10 extra minutes in their day. Usually, during those 10 minutes they were doing absolutely nothing. I include myself in this also.

Anyway, the problem with time is if you don't look for it you'll never find it, and if you waste it you'll never get it back. The good thing about time, though, is if you set aside some of it to improve your health every day you'll end up with more of it over your life time. Plus it will be more enjoyable.

So, take a minute to sit back and think about what goes on in your day and I'll bet you can come up with at least ten "free" minutes somewhere. Here are some good questions to get you started:

- Do you "convince yourself" that you are busy all day, like me at work, or are you actually that busy?
- When you go to the store would it take too much time to walk a lap or two inside before shopping?
- What do you do with your "extra" time? Is it beneficial to your health?
- When you get home from work would it really take that much time to prepare a meal instead of opening up the fridge and grabbing what ever pops out at you first?
- Did you know a 10 minute faster walk is more beneficial than a 20 minute slow walk?
- Did you know that 10 more minutes of preparation could make a meal taste "**that good**" instead of one that is just "ok?"
- Taking an extra 10 minutes to savor and enjoy all of the flavors of your small portion brings more enjoyment from a meal.

Don't let time pass you by. Make the most of it every day. - Greg Byer, CSCS

# It's a great time of year!

A time to enjoy family, friends and social events for the holidays; it's ok to indulge in some holiday drinks and desserts, but you can still reduce your calorie intake. Remember, everything in moderation! Here are a few suggestions for drinks and desserts – make or take your own so you're not tempted by other treats. Always try to substitute ingredients (low-fat, sugar free) to make it a lower calorie, healthier option.

## BEER

Bud Select – 55 calories per bottle  
 MGD 64 – 64 calories per bottle

## LIQUOR

Hard Liquor	Calories	Carbs	Per 1.5-oz Serving
Vermouth	32	0.2 g	64 calories, 0.4 g carbs
Coconut Rum	51	5.3 g	77 calories, 8 g carbs
Beefeater® Gin	65	0 g	98 calories, 0 g carbs
Rye Whiskey	69	0 g	104 calories, 0 g carbs
Scotch Whiskey	69	0 g	104 calories, 0 g carbs
White Rum	69	0 g	104 calories, 0 g carbs
Vodka	69	0 g	104 calories, 0 g carbs
Cognac	69	2 g	104 calories, 3 g carbs
Tequila	69	5.3 g	104 calories, 8 g carbs
Gilbey's® Gin	79	0 g	119 calories, 0 g carbs

## CHAMPAGNE

Can't choose between wine and beer? A 4-oz glass of bubbly is only 85 calories!

## WINE

Wine	Calories	Carbs	Per 5-oz Serving
Chardonnay	20	0.4 g	100 calories, 2 g carbs
Pinot Grigio	20	0.4 g	100 calories, 2 g carbs
Zinfandel® White Wine	20	0.4 g	100 calories, 2 g carbs
Cabernet Sauvignon	20	0.8 g	100 calories, 4 g carbs
Merlot Red Wine	20	0.8 g	100 calories, 4 g carbs

**Also, as a rule of thumb**, the higher the proof, the more calories per ounce. An easy way to estimate the number of calories per ounce of liquor, just subtract 15 from the proof.

Example, 80 proof: 80-15 = 65 calories per ounce.

One of the highest calories in mixed drinks is the mixer! Choose a lower calorie, or no calorie mixer for your liquor. Water, diet soda and diet tonic water top the list of good choices.

## DESSERTS

### Heavenly Chocolate Pie

Makes: 8 servings

- 1 cup fat-free vanilla frozen yogurt, softened
- 2c fat-free mild
- 1 pkg. sugar-free instant chocolate pudding mix
- 1 pkg. sugar-free instant vanilla pudding mix
- 1 carton (8 oz) frozen reduced-fat whipped topping, divided
- 1 reduced fat graham cracker crust (8in)

- In a large bowl, whisk yogurt until soft and sooth. Gradually whisk in mild until blended. Add pudding mixes; whisk 2 minutes longer. Let stand for 2 minutes or until soft-set.
- Fold in 1 cup whipped topping Transfer to crust. Top with remaining whipped topping. Refrigerate for at least 4 hours.

### Peppermint Parfaits

Makes: 8 parfaits

- 1 qt low-fat vanilla ice cream
- ½ cup semi sweet chocolate chips
- 1 tsp unsweetened cocoa powder
- Light whipped cream
- ¼ c sugar free, finely crushed starlight peppermints

- To make the chocolate sauce, combine ¼ cup of the ice cream with the chocolate chips, cocoa powder and 1 tbsp water in a small saucepan. Warm over low heat until melted.
- Scoop remaining ice cream into eight bowls and drizzle with chocolate sauce. Top each serving with light whipped cream and sprinkle with peppermints.

## Makeover Oatmeal Bars

### Ingredients

- 2/3 cup sugar (or substitute)
- 1/2 cup unsweetened applesauce
- 1/3 cup canola oil
- 1 tablespoon sugar free maple syrup
- 2 cups quick-cooking oats
- 1 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/2 cup raisins

### Directions

- In a large bowl, beat the sugar, applesauce, oil and syrup until well blended.
- In a small bowl, combine the oats, flour, baking soda, salt and allspice; gradually beat into applesauce mixture until blended. Stir in raisins.
- Spread batter into a 13-in. x 9-in. baking pan coated with cooking spray. Bake at 350° for 15-20 minutes or until edges begin to brown. Cool completely on a wire rack. Cut into bars. **Yield:** 20 servings.

**Nutrition Facts: 1 bar equals 127 calories, 4 g fat (trace saturated fat), 0 cholesterol, 123 mg sodium, 21 g carbohydrate, 1 g fiber, 2 g protein.**

## Makeover Rum Cake

**Makes: 16 servings**

- 1/2c chopped pecans, toasted (optional)
- 1 pkg. yellow cake mix
- ½ c fat free milk
- ¼ c dark rum
- ¼ c canola oil
- ¼ c unsweetened applesauce
- 2 eggs

### Glaze:

- ½ c sugar (or sugar substitute)
- ¼ cup butter, cubed
- 2 Tbsp water
- 2 tbs dark rum

1. coat a 1—in fluted tube pan with cooking spray and sprinkle with flour; add pecans. In a large bowl, combine the cake mix, milk, rum, oil, applesauce, and eggs; beat on low speed for 30 seconds. Beat on medium for 2 minutes
2. Pour into prepared pan. Bake at 325 degrees for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
3. In a small saucepan, combine glaze ingredients. Bring to a boil. Reduce heat; cook and stir for 4-5 minutes or until thickened. Drizzle over cake.

## Makeover Apple Pie

- 4 apples, cored, thinly sliced
- Zest and juice of 1 lemon
- 1/4 cup granulated sugar (or substitute)
- 2 tablespoons brown sugar
- 2 teaspoons Chinese 5-Spice powder or apple pie spice
- Pinch of salt
- 1 cup white whole wheat flour
- 1 teaspoon baking powder
- 4 tablespoons butter, chilled, cut into small pieces
- 2 to 3 tablespoons iced water

### Directions

1. In a large bowl, combine apples, lemon zest and juice, sugars, 5-spice or apple pie spice, and salt. Toss and set aside.
  2. In a medium bowl, combine flour and baking powder. Add butter and use your fingers to rub butter into flour mixture until a coarse meal forms. Add water and toss with a fork until flour is moistened and a dough forms.
  3. Dump dough onto a lightly floured surface and knead just a few times to form a flat disk. Wrap tightly in plastic and refrigerate for 1 to 2 hours.
  4. Preheat oven to 425 degrees F. and grease a pie dish. Fill pie dish with apple filling.
  5. On a lightly floured surface, roll dough into a 10 inch round. Lay dough on top of apples and crimp dough around edge of pie plate. Cut slits in dough to vent.
- Bake for 20 minutes then reduce oven heat to 325 degrees F. and bake for 30 to 35 minutes more or until crust is lightly browned and apples are tender.



## Support 2012

By Jennifer Stuck

### Education. Motivation. Celebration. Rededication.

Whatever the reason may be, you need to come to support group! Did you know, there have been research studies done that demonstrate a strong correlation between weight loss surgery patients, their success, and their attendance at support group? Here's a conclusion sentence directly from one of those:

**"Patients in the 'attendance of support group meetings' group lose more weight than patients in the 'not attend support group meetings' group. Importance of attending support group meetings should be incorporated in preoperative patient counseling and encouraged during postoperative follow up visits".**

Convinced yet? As a team, all of us at Alleghenies Surgical want 2012 to be the best, healthiest, most successful year for you. We decided to try a different approach to support group; we have a 3-part series to kick off the first three groups of the year. **It's all about YOU.** Not your Lap-Band, or how it works, or a lecture telling you what you need to do, or not do...it's a team approach to help you discover your true intentions, identify your "wicked problems" and overcome your biggest obstacles.

Attend all 3 groups and you will be entered into a drawing to win an iPod Shuffle and iTunes gift card!

**YOU'RE INVITED!**

**Alleghenies Surgical  
Kick-Off 2012**

**3-part SUPPORT GROUP series**

We want you to find value in support groups; after all, they are for you! We are all adults with a common interest- living the best life possible. Come to group with an open mind, an eager ear, and plenty of comments and questions! Help yourself, and help each other through this tremendous journey!

**WE HOPE TO SEE YOU AT GROUP THIS YEAR!**

**ATTEND ALL 3 GROUPS AND GET ENTERED TO WIN AN IPOD SHUFFLE AND ITUNES GIFT CARD!**

**ALL DATES:**

**Doors open at 5:45, presentation at 6:00 pm in WindberPlace**

**January 17, 2012**

**What is your Intention?**

Become more aware of your self management system

**February 21, 2012**

**Identify your "Wicked Problems"**

Things can change, it's really not "just who you are"!

**March 20, 2012**

**Take action!**

We'll wrap it up with some tips from the team to help you re-dedicate yourself and take steps toward a happy, healthy life!