



With the arrival of autumn, we see harvests, cooler temperatures and fall foliage. What a great time to hike! Hiking outdoors has many benefits for your mind and body. For adults, regular aerobic exercise such as hiking leads to:

- Improved cardio-respiratory fitness (heart, lungs, blood vessels)
- Improved muscular fitness
- Lower risk of coronary heart disease and stroke
- Lower risk of high blood pressure and type 2 diabetes
- Lower risk of high cholesterol and triglycerides
- Lower risk of colon and breast cancer, and possibly lung and endometrial cancer
- Increased bone density or a slower loss of density
- Reduced depress and a better quality of sleep
- Weight control

Hiking exercises almost every part of your body: legs, knees, ankles, arms, hips and butt, abdominals, shoulders and neck.

You don't have to be in perfect shape to start. Start with easy hikes and work up to steeper hikes that work your legs more. If you haven't exercised in a long time or have heart disease, check with your PCP before beginning.

If you love the beauty of the transition from summer to fall, average New Jersey peak fall color is October 19th to October 29th.

Here are some of the best fall foliage hikes in New Jersey:

1. High Point State Park -0 – Hike the Appalachian Trail to the highest elevation in NJ. Enjoy vast views of NJ, PA and NY.
2. Hacklebarney State Park – Trails here are good for beginners or hiking with kids.
3. Ramapo Mountain State Forest – This route takes in Ramapo Lake, Van Slyke Castle ruins and views of the surrounding area and NYC.
4. Sunfish Pond – Delaware Water Gap – A 44-acre glacial lake surrounded by a 258-acre forest.
5. Buttermilk Falls, Delaware Water Gap - This trail starts with a climb atop New Jersey's tallest waterfall – Buttermilk Falls.

For a day hike, it is essential that you have appropriate footwear, a map or compass, extra water, sun protection, flashlight and a first-aid kit. If you are hiking alone, make sure someone knows your location and how long you expect to hike. ▪



Eating Healthy

WHILE EATING OUT

For most people, dining out is the norm. But sometimes that isn't true if you have had WLS. Don't trick yourself into thinking that it's a 'special occasion' thereby giving yourself a reason to go off track. Whether it is Chinese, Italian, a big chain restaurant or a fast-food establishment, you can still enjoy your dining experience if you make the right choices!

Here are some tips when eating out.

- Always choose a balance of protein, fiber and healthy fat that will keep you full and avoid blood sugar highs and lows.
- If nothing on the menu seems right, ask about creating your own dish. These days many restaurants are used to accommodating individual dietary needs. If you are ordering Italian food, request that the sauce (or gravy) be put over veggies with meat or seafood instead of pasta.
- Don't drink your calories. Juices, sports drinks, coffee creations, soda and alcoholic beverages are mostly empty calories and should be avoided.
- Be the first one at the table to order. We tend to order in a similar fashion to our fellow diners, so going first means you're more likely to stick with your original, healthy choice.
- Sometimes a high-protein appetizer or two can make a satisfying meal. Avoid ordering from the children's menu. They don't usually offer healthy options.
- Best bets are broiled, baked or steamed, never fried.
- Plan ahead by checking out menus online. Even if it's the day before or still breakfast time, knowing what you'll have for lunch or dinner helps with planning the rest of your intake accordingly. ▪

Strategies for Success After Weight Loss Surgery (WLS)

WLS is not a Quick Fix

This is not a quick fix surgery. A huge life change such as this requires the full commitment from the patient. The stomach is a muscle. It can stretch. When individuals become bariatric surgery candidates, they have to limit their food intake, specifically by eating smaller portions. If the individual does not, and eats larger portions than the stomach can hold, the stomach can stretch and the individual can regain all the weight they've lost and even more on top of that.

WLS is a Tool

WLS will not work on its own. It requires a commitment to behavioral change. Changing behavior is difficult. Approach WLS as one of the tools in the tool box. Do not expect the surgery to do all the work for you. You will have to work with the surgery to change your eating behaviors, incorporate physical activity into your life, take vitamins to prevent malnutrition and keep your appointments at your bariatric clinic.

Take Care of Your Whole Self

This cannot be said enough. Your whole self will be going through a dramatic life change. Not just your body. Not just your brain. Not just your digestive tract. Your whole human self. Take care of yourself by getting enough sleep, minimizing stress, finding ways to manage stress which don't involve eating (this will be important post-surgery to avoid emotional eating) spending time with social support, and resting when you feel you need to.

Be Patient with Yourself

This is a process. It doesn't start and end the day of the surgery. Days, weeks, and months before, practice making small, realistic changes little by little. That will eventually make it easier to incorporate the changes into your daily life. Be kind to yourself. Recognize that any change is difficult, so be patient with yourself. You're not

going to change all of your eating habits, exercise habits, and coping strategies at once.

WLS Won't Stop You from Eating Certain Foods

Even though your stomach is the size of an egg, that won't automatically make you comply with the food/eating requirements. You have to exert self-control. You will learn to practice minding eating. You'll have to deliberately think about what you're eating, how much, when and all the other circumstances around eating.

Seek Support

It is very important to have a good support system after bariatric surgery to help you with all the changes that surgery brings. If you don't have a support system at home, consider attending a bariatric support group meeting.

Success following bariatric surgery means different things to different people. The measure of success isn't limited to a number on the scale or your BMI. There are many ways to spell success. For some patients it's no longer being diabetic or having high blood pressure. For others it is being able to play on the floor with their grandchildren. Ultimately it is up to the patient to utilize all the tools and strategies available to reach their goals.

Remember that no matter how you define success after bariatric surgery, celebrate it!



Need Help Tracking Your Fluid Intake?

Getting in sufficient amounts of fluids every day shouldn't become a chore. If you struggle to remember to drink or have trouble keeping track of how much you have consumed, here are some tools you may want to try out.

Waterlogged -*FREE* – iTunes

Hydro Coach -*FREE* – Google Play

Aquaalert – *FREE* –iTunes/Google Play

Hydrate Daily – *FREE* - iTunes

Hydration Tracking Water Bottle

Online at Uncommon Goods or Bed Bath and Beyond ~ \$10

The one to four dots indicate the number of bottles consumed without complicated calculations. A new dot appears on the leak-proof cap every time the bottle is filled and closed, showing your intake of water up to 80 fluid ounces.



Thermos Nissan Intak Hydration Water Bottle

Amazon ~ \$11 – 13

Rotating meter lets you monitor your daily water consumption One handed push button lid operation; Flip up carrying loop.



Drink Water Reminder, 320ml Smart Cup Health

Amazon ~ \$32

Intelligent reminder alarm with LED Screen display



Gululu The Interactive Water Bottle & Health Tracker for Kids, plus App

Amazon \$129

This is an interactive water bottle that helps keep your child hydrated and establish healthy habits. Ages 3+



Dehydration Symptoms

The many signs and symptoms of dehydration most commonly start with excessive thirst, but may rapidly progress to more concerning troubles. The body will react to the need for water by giving of signs that you should recognize. The initial signs and symptoms of mild dehydration in adults start to appear when a person has lost approximately 2% of their total fluid.

- Thirst
- Loss of Appetite
- Fatigue or Weakness
- Chills
- Dry Skin
- Skin Flushing
- Dark Colored Urine
- Dry Mouth
- Head rushes

Homemade Hot Cocoa Recipe



Making homemade hot cocoa in the comfort of your own kitchen is not only simple, but embraces more natural ingredients while controlling unwanted sugars or lessening fat in milk.

Ingredients:

1 cup skim milk

2 tablespoons unsweetened cocoa powder

1 tablespoon of Stevia

¼ teaspoon vanilla extract

A pinch of salt (optional)

Instructions:

In a small sauce pan or microwavable-safe mug, heat the milk until hot or desired warmth. Add in cocoa powder, sweetener, vanilla extract, and salt and mix until all ingredients are fully dissolved. Pour into your favorite hot cocoa mug and enjoy!

Options:

Dark Chocolate Mint. Swap out the unsweetened hot cocoa powder with a dark cocoa powder and mix in mint extract.

Pumpkin Pie. Add ¼ teaspoon pumpkin pie spice. Sprinkle a pinch of ground cinnamon or nutmeg on top.



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SEPT 13TH & 21ST

SUPPORT GROUP
6:30PM

SEPT 19TH

NEW PATIENT SEMINAR
7PM

Call 732-744-5955 to register

SEPT 22ND – Autumn Equinox – Fall Begins!

OCT 11TH & 19TH

SUPPORT GROUP
6:30PM

OCT 17TH

NEW PATIENT SEMINAR
7PM

Call 732-744-5955 to register

OCT 31ST

Halloween



NOV 8TH & 16TH

SUPPORT GROUP
6:30PM

NOV 21ST

NEW PATIENT SEMINAR
7PM

Call 732-744-5955 to register

NOV 23RD THANKSGIVING DAY



Pumpkin Pie Protein Overnight Oatmeal

Makes 2 servings

Ingredients

- 3 tbsp. pumpkin
- 1/2 cup unsweetened almond milk or low fat milk of choice
- 1/4 cup plain low fat Greek yogurt
- 1/4 tsp pumpkin pie spice
- 1/4 tsp cinnamon
- 1/8 tsp salt
- 2 tbsp. baking stevia or 1/4 cup sweetener that measures like sugar
- 1 cup old fashioned oats
- 1/4 cup protein powder (or additional oats)
- **Optional:** 1 tbsp. low sugar maple syrup or honey, chopped pecans or nuts for topping

In a small bowl, mix the pumpkin, milk, and yogurt together. Add the rest of the ingredients and stir to combine. Divide between 2 small bowls, mugs, or mason jars. Cover and refrigerate overnight (or for at least an hour so the oats soften and absorb the liquid). Top with syrup/honey or chopped pecans for crunch if desired! Enjoy cold, or microwave for 30-60 seconds to enjoy warm!

Protein – 23 g

Fiber - 5 g

Sugar - 4g

Carbohydrates - 31g (with the optional toppings)



Congratulations to those who have just reached their 1 year "Surgi- versary"

PG TJ KB SS RP MM
They have lost a total of **573.6lbs**

Kudos to our **2 year** alumni

DA SB JB AC
They have lost a total of **324.8lbs**

Bravo to our **3 & 4 year** alumni

RW AL UP LW JG
They have lost a total of **247.7lbs**

WAY TO GO **5 Year** alumni

MC DS CD
They have lost a total of **267.5lbs**

And finally, the **GOLD MEDAL** to our **6-year** alumnus **DK** who has maintained a weight loss of over **100lbs**.



Yoga teaches you to become more self-aware of how your mind and body are connected and what it feels like to be still and calm. Yoga will have around effect not only on the functions of your body but also on the functions of your mind.

Join Yoga Master Dr. Aram Jawed for an exclusive class catered to pre and post-surgical bariatric patients focusing on advancing healing and well-being through specific breathing exercises, progressive muscle relaxation, and anxiety reduction. Studies show improved quality of life, decreased stress, increased oxygenation and mindfulness through modern yoga techniques.

You do not need any previous experience and anyone is able to participate.

If you are interested in taking a class, contact Pat Sullivan at 732-744-5955 for more information.

Registration is required as each session is limited to 8 participants. The cost of each class is \$25.00.

You must bring your own yoga mat.



Weight Bias in the Media

Obesity stigma is a major problem and is the last socially acceptable form of discrimination in our society.

Stigma and bias refer to negative attitudes that affect our interpersonal interactions and activities in a detrimental way. One of the areas where bias against obesity is overt and seemingly acceptable is the media. How people with obesity are portrayed in the media has a significant negative impact on public perception. Because weight bias and fat humor are so common in the media, it may seem acceptable to make fun of obese people. But in reality, the media's depictions of obese people are harmful.

Why is weight bias in the media so common and socially accepted? Studies show that Americans feel that obese people are responsible for their condition, which they believe is caused by laziness, gluttony and lack of will-power. These beliefs come from the belief that people are in control of what happens to them and they get what they deserve. In other words, blame for the obesity epidemic is placed squarely on the shoulders of those who are obese, which lays the groundwork for prejudice against obese people. Because obese people are perceived to be responsible for the obesity epidemic, society feels they deserve what they get, including laughter and humiliation.

Weight bias is harmful to people with obesity in many ways. Research has documented that individuals who experience weight stigmatization have higher rates of depression, anxiety, social isolation, and poorer psychological adjustment. For children and teenagers, it may result in isolation and suicidal ideations.

Representations in the media of people with obesity need to be free from stereotypes and ridicule.

What can be done to stop obesity bias in the media?

- First, be sensitive to offensive comments about weight and recognize that fat humor is harmful.
- Second, seek out entertainment options that challenge weight-based stereotypes and feature obese people in regular, non-stereotypical roles.
- Third, look critically at news sources and recognize the bias that often emerges in news reports about obesity.
- Finally, speak out against weight bias – help others around you understand the importance of treating all people, regardless of body size, with dignity and respect. ▀

Overheard at Support Group

“The first few bites always taste great. After that, it is just repetition.”

Bored? Don't know what to cook? Try new recipes! Get creative!

Here are some sites you need to visit:

www.Bariatriceating.com

www.Bariatriccooking.com

www.Bariatricfoodie.com

Cryptoquote Solution

The art of living lies less in eliminating our troubles than in growing with them.

- Bernard Baruch



What Are the Differences Between a Dietitian and Nutritionist?

Dietitians and nutritionists are both food and nutrition experts. They've studied how diet and dietary supplements affect your health. Both are considered to be healthcare professionals, but the two titles shouldn't be used interchangeably.

Registered Dietitian

The Academy of Nutrition and Dietetics defines registered dietitian is someone who has:

- Earned a bachelor's degree with coursework approved by the Academy of Nutrition and Dietetics' Accreditation Council for Education in Nutrition and Dietetics.
- Completed an accredited, supervised practice program at a healthcare facility, community agency or foodservice corporation.
- Passed a national examination administered by the Commission on Dietetic Registration.
- Can use the letters R.D. (registered dietitian).
- Completes annual continuing professional educational requirements to maintain registration.

Registered dietitians may plan food and nutrition programs and promote healthy eating habits to prevent and treat illness. They often work in food service or as part of medical teams in hospitals, clinics, and other healthcare facilities. Dietitians

also work in university settings, where they may teach, do research or focus on public health issues.

Nutritionist

A nutritionist is someone who's studied nutrition in college and may have a graduate degree (M.S. or Ph.D.) in nutrition from an accredited college. Dietitians are considered to be nutritionists, but not all nutritionists are dietitians.

Some healthcare providers may also be nutritionists if they've completed some extra studies in the area of nutrition. They practice "clinical nutrition," which is usually considered part of an alternative or complementary medicine.

Licensure

While only a dietitian can use the title "dietitian," it's important to understand that the term "nutritionist" itself is not protected. In regions where nutrition and dietetics are not licensed or regulated, anyone can call themselves a nutritionist, whether they're qualified or not. If you're going to work with someone who calls herself a nutritionist, be sure to check on her/his credentials.

What About a Health Coach?

If you search online, you'll find all kinds of programs that train 'health coaches.' These programs are generally only a few weeks long and aren't regulated by any accredited educational regulatory agencies. They're often focused on more holistic ideas and alternative ideas such as functional nutrition; however, they may not have adequate training to help anyone with any serious health issues.

How to Choose a Dietitian or Nutritionist?

If you feel like working with a professional to help you with your dietary concerns, the best thing to do is speak with your medical doctor or physician extender who can get you in touch with a dietitian or nutritionist who can fit your needs. This is especially important if you have a specific health condition such as diabetes, kidney disease, or cancer, or if you are pregnant or looking for a dietitian to work with your child. ■

How to Enjoy Halloween

Fall brings lots of temptations to bariatric surgery patients as well as others who are watching what they eat. The first holiday that can prove difficult is Halloween.

Resist the urge to skip or drastically shrink your meals.

It's risky to tell yourself, "I'll skip breakfast and barely eat anything for lunch and dinner so I have plenty of calories left for my inevitable candy consumption." No, no, no! If you do that, you'll be famished and very likely to eat way too much of the sweet stuff. Instead, eat light but substantial meals; get plenty of protein and fiber to keep you feeling full. This way, you'll be able to make sane decisions around all that candy! If you want to bank some calories, trade in caloric snacks for something like baby carrots with salsa.

Take part in other Halloween activities.

There's more to Halloween than candy! Go on a haunted hayride, hit a corn maze, do some pumpkin carving, attend a parade, take in theme-park festivities, go apple picking, check out a haunted house... So much seasonal fun! Stay active, and burn some calories to help offset the Halloween treats.

Ditch the all-or-nothing attitude.

When you know the temptation of candy is in your future, don't try and avoid it all together. This isn't the time for diet perfection. Allow yourself a treat or two, so you don't end up bingeing if your willpower fades. Try to plan ahead of time which sweets you want to indulge in. Is it those Kit-Kats that always appear in your kiddo's trick-or-treat bag, or the caramel-covered apples your coworker makes every year? Choose wisely, enjoy, and move on. The exception? If you consider candy a serious trigger food, meaning that once you start you truly cannot stop. If that's the case, you're better off skipping the candy completely.

Use mouthwash or sugar-free gum, especially if you're handing out candy.

A minty mouth and sugary-sweet candy do not mix well; you won't get that same satisfaction from the sweets, so you'll be less likely to reach for them.

Embrace the treat-wrapper trick for portion control.

Since Halloween candy is usually individually wrapped, it's easy to stay on top of how much you're eating by counting the wrappers. Once you've unwrapped and eaten your candy (do it slowly; really savor it!), don't throw away the empty wrapper. Keep it in sight or in your pocket. This will be a reminder to avoid overdoing it and a way to monitor the number of candies you eat.

Donate your leftover candy.

Don't let that pile of treats tempt you for the entire month of November. Once the holiday ends, it's time to say goodbye. Do a good deed by donating that candy! Operation Gratitude will send unopened candy to US troops stationed overseas and to their children back at home. Operation Stars and Stripes will send it to service members at home and abroad.

From www.hungry-girl.com



People who keep their brains active most of their lives by reading, writing, completing crossword puzzles, or playing challenging games were a lot less likely to develop brain plaques that are tied to Alzheimer's disease!



Cryptoquote

PKB SVP ZQ AMIMOE AMBW ABWW
MO BAMNMOSPMOE ZCV PVZCTABW
PKSO MO EVZGMOE GMPK PKBN.

TBVOSVL TSVCKJ

Clue: W = S

Common Questions

Why am I burping so much?

Your stomach is much smaller after surgery so you don't have as big a reservoir for the air you breathe on a daily basis. Since you swallow air when eating, breathing, drinking, talking and initially after surgery, your body needs to adjust. Burping is one way your body gets rid of excess air or gas from your stomach. This is self-limiting and will get better as you adjust to your new digestive system. Stay away from straws, gum chewing and carbonation since these can increase the amount of air in the pouch.

Why I am losing so much hair?

During any rapid weight loss period, your body draws on its own protein sources for energy. Your hair is a protein source and your body will use some this protein for nutrition. Most people go through a period where their hair thins. This is not going to last forever. It will grow back! This is why it is so important to eat high protein foods as your main source of energy. |

Why have I stopped losing weight?

There are many factors that can contribute to your weight-loss success. Are you following the nutrition plan? Are you getting in 64 ounces of non-caloric fluids every day? Are you exercising? Are you doing strength training or weight lifting?

Your body will reach plateaus throughout the weight loss process, this is normal. You may be losing inches even though the numbers on the scale haven't moved. Take pictures of yourself every 3 months and compare them when you get frustrated during these times.

Your body will reach a point where the weight loss does indeed stop/ You then begin the process of maintaining your weight.

Why am I cold all the time?

People who experience massive weight loss associated with weight loss surgery experience feeling cold for two reasons: loss of insulation and less energy generation.

Fat is a highly efficient insulator. Less insulation increases the likelihood of feeling cold.

The second reason is related to metabolism. It takes fewer calories and less energy to move a smaller body. The more a person weighs, the more energy needs to be generated to move. As a result, more heat is generated. ▪

Holiday Survival

With the Thanksgiving holiday fast approaching, you may be feeling more than a little nervous about managing your new healthy diet after undergoing weight loss surgery. You've worked so hard to maintain a healthy weight loss and the last thing you need is a setback.

It is important to approach the holidays and other celebrations that are centered around food differently than before. Changing the focus of Thanksgiving and other holidays is not as hard as it sounds. Instead of spending the holiday in a kitchen or at a table, you should stay mobile, taking this time to make **family and friends** the primary focus.

Whether this is your first or fifth Thanksgiving following weight loss surgery, don't stress too much about what you can and cannot eat. Remember to control your portions and eat very slowly, stopping before you are completely full. Avoid drinking your calories and stay away from alcoholic beverages.

Plan your meals and snacks. Planning will prevent you from making the wrong food choices.

2. **Portion It!** Remember portion size matters

3. **If you have almost achieved your weight loss goal, try to focus on maintaining your weight during the holidays;** it may be difficult to lose weight during the holidays.

4. **Do not go to a party hungry!** Make sure you have not skipped any meals prior to arriving to the party. Skipping meals often leads to poor food choices and overeating.

5. **Eat Slowly!** Eating Slow=Eating Less!

6. **Keep hydrated!** 64 oz. of non-carbonated, sugar free and decaffeinated fluids help to keep you hydrated and fill you up! Remember if you have an alcoholic drink, count it as your carbohydrate serving. Alcohol is full of calories and it dehydrates you.

7. **Bring a healthy dish to the party to share that is on your diet plan!** This way you know that there is at least one healthy item you can enjoy! Focus on the protein and veggies!

8. **Focus on the protein.** Protein fills you up and leaves less room for the starchy sides and snacks.

9. **Keep up the exercise!**

10. **Make new memories with your family and friends!**



"Surround yourself with people who believe in your dreams, encourage your ideas, support your ambitions, and bring out the best in you."

Roy Bennett



Bariatric Support Group Meetings 2018

January 10th & 18th
February 14th & 22nd
March 14th & 22nd
April 11th & 19th
May 9th & 17th
June 13th & 21st
July 11th
August 16th
September 12th & 20th
October 10th & 18th
November 14th & 29th (due to Thanksgiving Holiday)
December 12th

‘FOR MEN ONLY’ AND L.I.F.E MEETINGS TBA

CHECK US OUT ON FACEBOOK!

All meetings start at 6:30pm

***Please note only one meeting in July, August and December**