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METABOLIC AND WEIGHT LOSS CENTER

WELCOME!

Welcome to the Capital Health Metabolic & Weight Loss Center's first monthly nutrition newsletter!

Whether you already made the decision for weight loss surgery with us or not, our newsletter will provide you with healthful tips and resources as well as provide support to help you stay on track before and after surgery. Our team is committed to helping you along your path.

What's Happening this Month:

- **For current patients:** Stay tuned for our online sign-up for your required Weight Loss Classes (POWL). Your dietitian will let you know when this is ready!
- **Information Sessions:** For those interested in knowing more about weight loss surgery. January 22 6 p.m. January 23 6 p.m.

**RD REMINDER** Take 20 to 30 minutes to eat your meals. Your brain gets a signal from your stomach 20 minutes AFTER it has already been full. Eat slowly, sit at a table for meal times and avoid distractions so you can pay attention to your body and what you are putting in it.

+ Motivation Corner

Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time.

—Mark Twain

MAKING EXERCISE FIT INTO YOUR DAY

Short bouts of activity can be just as beneficial to your health as longer sweat sessions. Here is a list of ways to sneak more physical activity into your day:

- Wake up earlier and do a short walk/workout before work or walk to work.
- Calf raises while cooking, brushing your teeth, drying hair or making copies at work.

■ Use a bathroom further away and park further away from your destination.

■ Use the stairs or get off the elevator 1-2 floors before yours and then use the stairs.

■ Stand up from the couch and sit 10 times or do crunches/squats during commercials

■ Walk on your lunch break or leave lunch 10-15 minutes early to walk.

■ Do stretches for every hour of sitting—set a timer.

■ Take a break to clean the house or office.

■ Keep resistance bands/free weights by your desk and couch (use them!).

Try these in addition to your scheduled workout or to help you get moving!

# New Year, New Weight... For Good!

Ninety percent of people making New Year's resolutions will fail to stick to them. We want you to be part of those 10% who are successful at sticking to them for a lifetime! [Follow these steps so you can be a success story.](#)

- 1** Write your ticket to success. Make a realistic goal that you actually can reach. Just saying, "I want to be 100 pounds lighter by March" isn't realistic. But losing 4-8 pounds in one month can be achievable. You may not want to focus on the numbers on the scale and make a behavioral goal to prepare a new healthy recipe Monday and Saturday each week instead of eating out. Also do not make a goal just because you think you should do it, but make one you want to do. Once you find your resolution, write it down and make a contract for yourself.
- 2** Map out your journey to success. When it comes to weight management, there are many behaviors we need to change or break. It is not as easy as making a goal to take a vitamin every day. For example, for weight loss, you might work on reducing your portions of starch at dinner, or avoid eating dessert on your lunch break by leaving ten minutes early to go for a walk. Pick one or two behavior changes at a time, track how you do every day on a calendar or in a journal with that goal, and move on to your next once you feel you are used to the change.
- 3** Once you reach a certain milestone in your journey, give yourself a prize! For example, if you exercised four times per week for the past month or lost eight pounds in one month, reward yourself with something that makes you happy like a night out to a movie (avoid the treats), a new pair of shoes, or put money aside for the vacation you would like to take if you reach your goal.
- 4** Workout your willpower! Find something to do instead of going back to a bad habit and be diligent. Instead of going for that extra portion at dinner or taking candy from the candy jar at work, go for a walk or squeeze a stress ball. The more you practice your alternative activity, the better you will feel and the more successful you will be breaking that bad habit for good.
- 5** Motivate yourself. Remind yourself that your resolution is possible. If you slip and eat the French fries at lunch, just say you will do better at the next meal or next day at lunch. Do not beat yourself up over it because this will discourage you and most likely fall back into those bad habits. Remind yourself of what you have already accomplished and don't dwell on what you didn't do in 2013. Also, post a picture of a thinner you on your refrigerator, your vacation destination, or of you children or grandchildren to remind yourself why you are going to keep on.
- 6** Take someone along with you for the ride. Find a buddy at work or at home that can work together with you. Their goals may be different than yours, but if you share them with someone, you can work together to keep each other on track.
- 7** Be aware when your resistance is tapped out. Stress will wear your willpower down. So will being tired or very hungry. Plan easy, healthy meal options specifically for days or weeks like these, or be aware of the healthy options at restaurants to avoid falling back into a bad habit because you are too tired or ravenous. Once you go back to getting adequate sleep and get back on track with your meal schedule, you will give your willpower a fighting chance.

# HEALTHY MEAL IDEA OF THE MONTH

## BAKED CHICKEN MILANESE WITH ARUGULA SALAD AND TOMATOES

[Skinnytaste.com]

Servings: 6 ■ Size: 3 oz chicken with salad ■ Old Points: 4 pts ■ Points+: 6 pts  
Calories: 250 ■ Fat: 8.5 g ■ Carb: 17.4 g ■ Fiber: 3 g ■ Protein: 24.3 g ■ Sugar: 1.1 g  
Sodium: 87.2 mg (without salt)

**Baked Chicken Cutlets Only** Servings: 6 ■ Size: 1 cutlet from 4 oz raw ■ Old Points: 4 pts  
Points+: 5 pts ■ Calories: 198 ■ Fat: 6 g ■ Carb: 11 g ■ Fiber: 0.8 g ■ Protein: 24 g  
Sugar: 1 g ■ Sodium: 420 mg (without salt)

### DIRECTIONS

In a medium bowl, **whisk** olive oil and balsamic. **Add** tomatoes, basil and onions; **season** with salt and pepper. Toss. Set aside at least 10 minutes so the juices combine.

**Preheat** oven to 450°. **Place** a large baking pan in the oven to get hot.

**Combine** breadcrumbs and grated cheese in one bowl. In another bowl, **combine** olive oil, lemon juice, and pepper.

Lightly **pound** chicken breasts into cutlets, you should have six. **Wash** and dry cutlets well with paper towels; season with salt and pepper.

**Dip** cutlets into lemon/oil mixture, then into breadcrumbs, pressing firmly to adhere.

**Remove** the baking pan from the oven and spray with cooking spray. **Place** the chicken on the baking sheets and spray with olive oil **spray** on top.

**Bake** chicken, turning once halfway through for about 15 minutes total, or until chicken is golden. **Remove** from the oven and **top** with arugula and tomato salad.



### INGREDIENTS

#### FOR THE SALAD:

1 tbsp olive oil  
2 tbsp balsamic vinegar  
5 medium ripe tomatoes, diced  
1/4 small red onion, sliced thin  
1 tbsp chopped fresh basil  
kosher salt and pepper to taste  
6 cups baby arugula

#### FOR THE CHICKEN:

24 oz (3) boneless skinless chicken breasts, sliced in half lengthwise  
3/4 cup Italian seasoned breadcrumbs  
1/3 cup grated Romano cheese (or parmesan)  
1 lemon, juice of  
1 tbsp olive oil  
kosher salt  
fresh cracked black pepper  
olive oil spray (use a misto if you have one)