



METABOLIC AND WEIGHT LOSS CENTER



IN THIS ISSUE

- Spring Into Fitness and Health With Our Favorite Local Places and Events
 - Recipe of the Month
 - Products of the Month
- Thanks to one of our patients!*

What's Happening this Month:

* Our support group this month is Wednesday, April 27 from 5 – 6 PM in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell. See other 2016 dates on our Facebook page, on our website under "Patient Classes" or through our online support group.

* If you had surgery and are not a member of our Post-Op Online Support Group, The Capital D.R.E.A.M. Team, please e-mail Caroline (clazur@capitalhealth.org) so she can e-mail you the link and accept your request. This is a great way to get support from your program and other post-op patients in our program at any time!

* Upcoming information sessions for those interested in weight loss surgery with our program: April 27 and May 11 from 6 – 8 PM in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell

* Don't forget to "Like" Capital Health Metabolic & Weight Loss Center on Facebook for healthy lifestyle tips, motivation and program updates.

SPRING INTO FITNESS!

THIS SPRING, we are encouraging our patients to step out of their fitness comfort zone. From local hiking trails to 5k events, we put together some of our favorite local activities and events. Get a buddy from our support group, a friend or a family member and try something new!

HIKING AND WALKING TRAILS

Step out of your regular walking rut and check out some of our favorite local hiking and walking trails. Challenge yourself a little more and enjoy the views of beautiful New Jersey.

BALDPATE MOUNTAINS—More than 12 miles of various trails, stunning views, just a 15 minute drive from Capital Health Medical Center – Hopewell. Fiddlers Creek Road, Titusville, NJ.

—**The Switchback Trail**, known as "the most aerobic walk in Mercer County," delivers 425 vertical feet in only ⁶/₁₀ of a mile. Beautiful views – intermediate hiking level.

—**The Summit Trail** is for intermediate hikers/walkers but slightly less challenging than the Switchback Trail.

WASHINGTON CROSSING STATE PARK—Miles of various trails where we know many of our patients walk and cycle. 355 Washington Crossing-Pennington Rd, Hopewell Township, NJ.

—Great scenery! It is only about eight miles from downtown or you can cycle up the D&R Canal—which we really encourage.

continued on page 2



SPRING INTO FITNESS! *CONTINUED*

—There is no serious elevation gain here, but many of the trails dive in and out of two-stream beds that cut through the park, giving you steep little climbs of 25-75 feet or so. Pick out a route that traverses four or five of those little climbs, and it can turn into a more reasonable exercise.

THE SOURLANDS—A little further away, about a 35 minute drive from Capital Health Medical Center – Hopewell, The Sourlands have miles of reasonably challenging forest-hiking trails to enjoy.

—There are trails suitable for all levels of walkers from beginner to advanced.

—Beginners can do some short loop hikes near the parking lot, while intermediate hikers have miles of trails in the western section with moderate grades. You can gain up to 350 vertical feet on the steepest trail.

KAYAKING & CANOEING

THE D & R CANAL

Try kayaking or canoeing! Although great to do at the New Jersey beaches in the summer, you can also get a great experience and workout right in our area. Both of these places below are open for the season!

—Princeton Canoe & Kayak Rental

483 Alexander St., Princeton, NJ; 609 452-2403

—Griggstown Canoe & Kayak

1076 Canal Road, Princeton (Franklin Twp.), NJ 08540

>>Both places allow paddling right from their dock to the D&R Canal or a short portage brings you to the Stony Brook and Carnegie Lake. Try their two-hour Carnegie Lake - D&R Canal Loop. The adjacent park has hiking and bike-riding paths.

>>Check their websites for hours and rates:

princetoncanoe.com | griggstowncanoe.com

—These were just a few of the hikes and trails in our area.

For more, visit these websites:

mapmyhike.com/us/pennington-nj

hiddentrenton.com/walks-guide

fohvos.org/fohvos-trails.html—See guide to walking trails in Hopewell, New Jersey

—We also don't want to lose you so we recommend **downloading the smartphone maps** for some of these trails here: hiddentrenton.com/smartphone-trail-maps/

—Make sure to pack plenty of fluids and a snack if going for a longer, more intense hike or trail and dress accordingly.

UPCOMING LOCAL FITNESS EVENTS

05/14/16 THE SUPER RUN

Location: The College of New Jersey

Cost: \$35 for individual, \$25 for team before 04/14/16 then price goes up

Length: 5k run or walk

Time: Starts at 9 AM

About: This 5k running/walking event partners with non-profit organizations to put on superhero-themed events to help raise funds and awareness for a cause of your choice.

>>Capes and bibs are provided once you sign up.

This is a fun way to get the whole family dressed up for a good cause!

05/19/16 WATERSHED TRAIL RUN & FESTIVAL

Location: The Watershed Reserve – 31 Titus Mill Road, Pennington, NJ 08534

Cost: \$50

Length: 5k or 10k

Time: 1–4 PM

About: Help support the efforts of Stony Brook-Millstone Watershed Association's mission to protect and restore clean water and a healthy environment in central New Jersey.

05/22/16 RYAN'S QUEST 5K TO FIGHT DUCHENNE MUSCULAR DYSTROPHY

Location: Race begins and ends at East Picnic Area in Mercer County Park

Cost: \$25

Time: Race registration 8:30–9:45 AM; Walk registration 9:30–10:15 AM; 5k and 5-mile race begin at 10 AM and Family Walk begins at 10:30 AM

About: The 8th Annual Ryan's Quest RQ 5 is a fast, fun, family-friendly 5k and 5-mile race and family walk for those who want to come enjoy the park and support Ryan's Quest. Team awards are given out for largest and fastest teams (minimum of three on a team), as well as age group awards.

+ Motivation Corner

"Exercise equals endorphins. Endorphins make you happy."
— unknown

"If you are waiting for the perfect conditions, you'll never get anything done." —CL (weather is not an excuse!)

"It's not you are that holds you back; it's who you think you are not."
— unknown

"You want me to do something...tell me I can't do it."
— Maya Angelou

09/17/16 THE INSANE INFLATABLE 5K!

(Thank you to our patient who gave us the info for this 5k. She and her husband had a blast last year!)

Location: Six Flags Great Adventure, Jackson, NJ

Cost: \$54, price goes up after 07/14/16

Time: Your "Wave Time" can be from 8:30 AM start to 11:30 AM start.

About: The course length will always be approximately a 5k distance (or 3.1 miles), yet each venue provides its own unique terrain of inflatable obstacles. Inflatable 5k is a great opportunity to get together and be active with your friends, gym buds, co-workers, support group members, Facebook friends – whomever! Teams are easy to create. Join and invite your friends to the most insane race you'll ever run.

6/5/16 WALK FROM OBESITY

Location: Bergen Community College, 400 Paramus Rd., Paramus, NJ 07652

Cost: \$25

Time: 7:30 AM- 1 PM

About: Although this walk is not local, it is a walk for our cause. The American Society for Metabolic & Bariatric Surgery Foundation's Walk from Obesity walkathon aims to raise awareness of the growing obesity epidemic all over the country, and the need for increased access to treatment. If you are passionate about your journey from obesity, you might want to form a team with others or go yourself to meet others going through the journey with you! We hope in the future to bring this walk local.



RECIPE of the Month

CHICKEN WITH ROASTED TOMATO, BASIL AND RED ONIONS

FEATURING A FRESH HERB —from *Skinnytaste.com*



INGREDIENTS

- 1 cup halved cherry tomatoes
- ½ medium red onion, cut into ¼-inch slices
- 2 large garlic cloves, peeled and smashed with side of knife
- 1 teaspoon olive oil
- ½ teaspoon herbs de Provence
- 1/8 teaspoon red pepper flakes
- kosher salt
- freshly ground black pepper, to taste
- olive oil spray
- 1 (1/2 pound total) boneless, skinless chicken breasts
- 1 tablespoon fresh chopped basil

NUTRITION INFO

SERVINGS: 2 ■ SIZE: 1 CUTLET WITH VEGGIES

CALORIES 179 ■ PROTEIN 25 g ■ FIBER 1.5 g

FAT 5.5 g ■ SODIUM 417 mg ■ CARBOHYDRATES 7 g

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. In a medium bowl, combine tomatoes, onions, garlic, olive oil, herbs de Provence, red pepper flakes, 1/4 teaspoon salt and black pepper.
3. Toss to evenly coat and transfer to a sheet pan lightly sprayed with olive oil. Roast for 12 to 15 minutes.
4. Meanwhile, cut the chicken breast in half lengthwise into 2 thin cutlets. Season both sides with ¼ teaspoon salt and pepper.
5. Spray a large non-stick grill pan or skillet with olive oil over medium-high heat. When hot add chicken and cook about 1 ½ to 2 minutes per side.
6. To serve: Top chicken with roasted veggies and garnish with remaining basil.



Products of the Month

At our March support group, we passed out herbs for National Nutrition Month to be planted. This was to encourage our patients to bring your food flavors to the next level without spending money on 10 different fresh herbs weekly that will go bad very quickly.

Thanks to one of our patients who shared with us her two herb garden options. One is a Miracle Gro Aerogarden, which allows her to have fresh herbs all year round inside her house. Although a little pricey, you can purchase one for as low as \$71. Her other product is Kitchen Herb Kit by Modern Sprout. This kit contains three self-watering indoor planters (like the one pictured) and also comes with three different



Miracle Gro
Aerogarden



Kitchen Herb Kit
by Modern Sprout

herbs. Don't worry about not having a green thumb or forgetting to water these herbs!

Hopefully those who were at our support group will plant their herbs in a pot of their own this month and share the results – including the recipes you created with them.

Thanks again to our patient for sharing!