



METABOLIC AND WEIGHT LOSS CENTER

609.537.6777
capitalhealth.org/weightloss
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What's Happening this Month:

- * Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietitian, be reminded of program events and updates, and access recipes!
- * Our November Support Group for post-weight loss surgery patients is Tuesday, November 30 from 6 – 7 p.m. This support group will be held virtually, so please check our online support group for the link to access, or message your dietitian to receive the link.
- * If you had surgery and are not a member of our Post-Op Online Support Group, the Capital Health D.R.E.A.M. Team, please message your dietitian so they can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips, 24/7!
- * Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on Wednesday, November 17 from 6 – 7 p.m. To register, call our office to speak to Amy at 609.537.6777.
- * For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at 609.537.6777 to schedule your first appointment with Dr. Anwar.

FALL INTO FITNESS

by Theresa Balestrieri, Bariatric Dietitian

Fall is here, and it's time to dress appropriately and get outside to enjoy some crisp air workouts! It can be refreshing to work out in the great outdoors with fresh air to clear the head and the beauty of fall colors to inspire you. This can also be a tough time of year with the weather getting colder, the days becoming shorter, and the winter blues setting in, but exercise is a great way to naturally enhance your mood!

If the cold air isn't for you, it's important to avoid the temptation to hibernate for the winter but instead use the fresh season to change up your routine. A great place to start is looking at indoor options for staying active. If you wait until the New Year to update your exercise plan, the guilt of all those holiday treats will have set in. Now is a great time to come up with a consistent plan—you may even be able to find a seasonal gym or community center membership just for the colder months!

For those of you who have had weight loss surgery (or have lost a significant amount of weight), you have probably noticed you are getting colder more easily. As an added bonus to helping you stay fit, physical activity is the best way to turn up that internal thermostat and keep you feeling warmer.

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FALL INTO FITNESS *continued*



Refresh your fall fitness routine with these workout ideas to help you stay active during this chilly season!



Enjoy Autumn Views on a Walk, Hike, or Bike

Hiking on varied terrains and inclines helps build muscle and challenges your body at a moderate intensity. In addition to hiking trails in your local park, consider exploring trails in communities a little farther afield, or even in the mountains. There are great hiking resources such as trail guide books, apps, and Facebook groups for hiking in New Jersey and Pennsylvania, so look for options that cover your area.

You can change up your usual walking routine by adding intervals. If you use a smart watch or fitness tracker to count steps, change your pace every 250 steps. If you don't use a fitness device, try counting mailboxes on your walk—walk at your usual pace for the first five mailboxes, power walk for the next five mailboxes, and then back down to your usual pace for the next five. This is a great way to rev up the intensity without affecting your consistency.

Bike riding is a great low-impact way to get a total body working without too much wear and tear on your joints. The breeze is a little more crisp this time of year as you pedal, so make sure to wear the appropriate clothing. See the Products of the Month section of this newsletter for gear to keep comfortable, and be sure to wear a helmet and reflective gear, especially if you bike in high traffic areas. For a safer and more enjoyable ride in urban or other high-population

areas, try planning your route using Google Maps. After you enter a starting point and destination, click on the Cycling icon for route options.

Work Out in the Great Outdoors

Taking your exercise outdoors—whether it's a virtual class, fitness app, or an established routine—can refresh your workout by immediately adding challenges such as different planes, elevations, curves that you won't find in the controlled environment of a gym or training studio. Kick it up a notch by trying high-intensity interval training (HIIT) at your local track to add cardiovascular training and incorporate fat burning in an efficient time frame.

Your local park can be a great place to work on strength training. There are a variety of exercises you can do on park benches, bleachers, or jungle gyms. For example, try reverse lunges, squat jumps, arm dips, incline or decline push-ups on a park bench; monkey bar pull ups; and side leaps and hanging crunches from jungle gyms. Some parks, such as Mercer County Park, even have sections specifically for strength training, and are set up like an outdoor gym! Set a goal of doing 12 – 15 repetitions of each exercise and repeat, for a total of three circuit sets.

If yoga or Pilates are your preferred methods of exercise, finding a level spot outside that has plenty of thick grass for comfort. Balance can be more of a challenge outdoors, but this only adds a little extra intensity to your workout. After your workout, move to a relaxing spot for a few minutes of meditation in the open air.

Creativity Makes Fitness Fun

If you wear a fitness tracker, you can achieve your goals by making daily life part of your workout. While doing yard work, see how many steps you take, active minutes you gain, or calories you burn while raking and bagging leaves, mulching, or winterizing your lawn.

If you're a football fan, make this season a game with your friends or family by doing push-ups, crunches, lunges, or whatever exercise you like anytime an exciting play happens. This is a great way to get off the couch and get moving during those long Thursday nights and Sunday afternoons.

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FALL INTO FITNESS *continued*



For family fitness fun, take your kids and pets to the park and race to collect different colored leaves and pine cones to make seasonal art or décor for your home.

If you can't bear the fall chill in the air, go ahead and enjoy the comfort of an indoor workout by joining a gym or club that has a pool. The important thing is to achieve a total body workout to increase your strength and lean body mass, which ultimately boosts your metabolism and burns calories. If exercise for you is indoors only, take advantage of the small group

exercise training classes at Capital Health's Wellness Center that are available just for the Metabolic and Weight Loss Center patients. For more information, message your dietitian and learn how to get started!

Other Fitness Tips

Drink your fluids! Staying hydrated during the cooler weather can be challenging, in part because we tend not to perspire as much as we do in the warmer months. We also tend to not get as thirsty, but that doesn't mean we should wait until thirst kicks in before we drink. Make sure to drink water or other sugar-free/low-calorie beverages before, during and AFTER your workout. Aim for a minimum of 64 oz. of water every day, and go for more when exercising.

Snack smart! Your body needs fuel for exercise, so plan for a snack prior to your workout, especially if it's been more than 3 – 4 hours since you last ate. You can also undo your entire workout if your fuel-up is not planned properly. A snack should have about 15 grams of carbohydrates and 10 – 14 grams of protein. See our Recipes of the Month for some great pre-workout snack options.



Product of the Month WORKOUT GEAR TO WARM UP YOUR OUTDOOR SESSIONS



Running gloves are helpful for outdoor workouts when the weather turns cold. Look for touchscreen compatible options so you can skip to the next song on your play list when you need to warm things up.
(\$6 – 15 on Amazon)



A **fleece neck gaiter** or **face mask** will keep your neck, face and ears warm and is also a handy backup for when social distancing cannot be maintained.
(\$8 – 12 on Amazon)



Fleece ear warmers or **headbands** are a must-have to stay warm and dry during those outdoor sweat sessions.
(\$7 – 10 on Amazon)



You can take your outdoor workout to the next level with an **agility ladder set**. Many varieties of these products include cones, hooks, and loop resistance bands to improve coordination, speed, power and strength. Look for sets that include an e-book with agility ladder drills and training information.
(\$26 on Amazon)



MINI BELL PEPPER PIZZA NACHOS

Recipe and image from hungry-girl.com

Prep Time: 10 minutes ▪ *Cook Time: 15 minutes*

NUTRITION INFO – PER SERVING

Makes 2 servings

150 CALORIES ▪ **15.5g CARBS** ▪ **11g PROTEIN**
3.5g FIBER ▪ **5g FAT** ▪ **9g SUGAR**

INGREDIENTS

- 12 sweet mini bell peppers
(each about 2 1/2 inches long)
- 1/2 cup canned crushed tomatoes
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp Italian seasoning
- 1/3 cup shredded part-skim mozzarella cheese
- 3/4 oz. (about 12 pieces) turkey pepperoni,
chopped
- sliced black olives (optional topping)

DIRECTIONS

1. Preheat oven to 400° F. Spray a baking sheet with nonstick spray.
2. Slice off and discard the stem end of each pepper. Remove and discard seeds. Slice each pepper in half lengthwise, and lay them on the baking sheet, cut sides down.
3. Bake for 5 minutes, then flip pepper halves. Bake until soft, about 5 more minutes.
4. Meanwhile, in a medium bowl, stir seasonings into crushed tomatoes.
5. Thoroughly blot excess moisture from pepper halves. Arrange them in the center of the sheet, cut sides up. Top with seasoned tomatoes, cheese, and pepperoni.
6. Bake until cheese has melted (about 3 minutes).



MEDITERRANEAN TUNA SNACK

Recipe and image from hungry-girl.com

Prep Time: 5 minutes

NUTRITION INFO – PER SERVING

Makes 1 serving

175 CALORIES ▪ 14g CARBS ▪ 14.5g PROTEIN
0.5g FIBER ▪ 6.5g FAT ▪ 2g SUGAR

INGREDIENTS

- 2 oz. albacore tuna packed in water, drained and flaked
- 1 tbsp crumbled feta cheese
- 1 tbsp light Italian dressing
- 1 tbsp finely chopped red onion
- Dash dried oregano
- 1 rice cake (any savory flavor)
- 1 cherry tomato, sliced
- 1 tbsp sliced black or Kalamata olives

DIRECTIONS

1. In a medium bowl, combine tuna, feta, dressing, onion, and oregano. Mix thoroughly.
2. Spoon over the rice cake and top with tomato and olives.



SESAME CHICK SNAP SNACK

Recipe and image from hungry-girl.com

Prep Time: 5 minutes

NUTRITION INFO – PER SERVING

Makes 1 serving

170 CALORIES ▪ 12g CARBS ▪ 25.5g PROTEIN
3g FIBER ▪ 2.5g FAT ▪ 7.5g SUGAR

INGREDIENTS

- 1 1/2 cups halved sugar snap peas
- 3 oz. cooked and chopped skinless chicken breast
- 1 tbsp low-fat sesame ginger dressing (like Newman's Own Sesame Ginger Dressing)

DIRECTIONS

1. Place all ingredients in a medium bowl, and toss to coat.
2. Enjoy!



BUFFALO CHICKEN DEVILED EGGS

Recipe and image from hungry-girl.com

Prep Time: 15 minutes ▪ Cook Time: 20 minutes ▪ Cool Time: 20 minutes

NUTRITION INFO – PER SERVING
Makes 6 servings (4 egg halves each)

88 CALORIES ▪ 2g CARBS ▪ 11g PROTEIN
<0.5g FIBER ▪ 3.5g FAT ▪ 1g SUGAR

INGREDIENTS

- 12 large eggs
- 1/4 cup light/reduced-fat cream cheese, room temperature
- 2 tbsp Frank's Red Hot Original Cayenne Pepper Sauce
- 2 tbsp shredded part-skim mozzarella cheese
- 1 1/2 tbsp light ranch dressing
- 3 oz. canned 98% fat-free chunk white chicken breast in water, drained and flaked
- 1/4 cup finely chopped carrots (or more) for topping
- Chopped scallions (optional topping)

DIRECTIONS

1. Place eggs in a pot, and cover with water. Bring to a boil and cook for 10 minutes.
2. Transfer eggs to a bowl and cover with ice and cold water. Let sit for 20 minutes.
3. Gently crack eggs on the rim of the bowl and peel off the shells. Halve eggs lengthwise. Discard yolks or save for another use.
4. Place cream cheese in a medium bowl and stir until smooth. Thoroughly mix in hot sauce, mozzarella, and dressing. Stir in chicken and carrots.
5. Evenly distribute chicken mixture among egg-white halves.
6. Make sure to pair with some vegetable sticks like carrots, celery, or pepper strips for added fiber!