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## START THE NEW YEAR OFF STRONG

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For many people, the New Year often comes with new goals. If you are looking for to improve your health in 2023, we strongly encourage you to consider making strength training a part of your fitness routine. As we age, our muscle mass can deteriorate. To ensure long-term weight maintenance and a better quality of life, we should work to preserve it through strength training. Exercising with weights or resistance equipment allows you to build muscle, and with more muscle comes a faster metabolism, improved energy, shape change, and weight loss! Strength training also helps improve balance and joint flexibility, allowing you to do more with the body you have and prevent injury. It is recommended to incorporate it into your fitness routine a minimum of two times per week (focusing on alternating muscle groups) to help make weight loss an achievable goal in your New Year! Getting started with weights can be daunting for beginners, so try the tips that follow to learn how to get started.

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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 next Bariatric Support Group for post-weight loss surgery patients is Wednesday January, 25 from 6 – 7 p.m. This support group will be held virtually, so please check our online support group or your e-mail (check junk mail) 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 send an email to [clazur@capitalhealth.org](mailto:clazur@capitalhealth.org) so Caroline can send 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, 24/7!
- \* For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program! This program features Robard's great tasting New Direction Products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.



## START THE NEW YEAR OFF STRONG *continued*



### FIVE TIPS FOR GETTING STARTED WITH STRENGTH TRAINING

1. Purchase light weights or use objects that can be found around the house, such as soup cans, filled water bottles/milk jugs, or paint cans. Resistance bands are another great option you can take anywhere. Start light and gradually increase your weight (or resistance) every two to three weeks. After you see how much weight you can handle in the beginning, add a few pounds (3–5) each time you're ready to up your game. To help pass the time, try working out while at your desk or watching your favorite show.
2. The Wellness Center at Capital Health Medical Center – Hopewell offers classes that are made just for our Capital Health Metabolic & Weight Loss Center patients. Maria Fierzt is great at motivating participants and can gear her exercises toward your individualized needs, providing a great way to get started with strength training. Ask your registered dietitian or contact the Wellness Center by phone at 609.303.4884 or email [wellnesscenter@capitalhealth.org](mailto:wellnesscenter@capitalhealth.org).
3. If Wellness Center classes don't work for you, look into gyms in your area. Sometimes it can be helpful to get out of the house to begin an exercise routine. Many gyms offer personal training to guide beginners safely and improve strength training confidence. See our 'Product of the Month' for some gym options in the area.
4. For convenient strength training at home, search YouTube, on demand videos, and streaming services for many different workouts for your upper body, lower body, or core. Some of our favorite apps are the Peleton app, Swork-it, Fitness Blender, Beach Body, and Apple Fit, just to name a few!
5. Try exercises that use your own body weight, such as push-ups, squats, lunges, planks, and sit ups. Yoga and Pilates are also great options to increase strength and balance.



### STRENGTH TRAINING MYTHS

*"I will look bulky if I start lifting weights."*

Body builders train intensely for years to look the way they do. You will not bulk up by doing light strength training twice a week. Lifting will help tone you and replace fat with muscle.

*"Strength training won't help me lose weight."*

Having more muscle means you burn more calories, which helps with weight loss. Replacing fat with muscle also improves your body shape and tone. The numbers on the scale are not the only way to track your progress. Taking photos as you progress or noticing how your clothes fit over time can also help you track progress. You can also try the InBody scale in our office to track your fat loss and muscle gain numbers. For details, call our office at 609.537.6777 or ask your dietitian for more information.

*"I'm too old for strength training."*

You're never too old and it is never too late to begin strength training! Strength training is beneficial for all ages to help maintain muscle mass and improve balance, which will help prevent falls. Start very light and easy and slowly work your way up.

### THE "PROS" OF PROTEIN

Protein is crucial for weight loss and strength training. If you're losing weight without getting enough protein, your body begins breaking down your lean body mass, which is what we want to preserve. Talk to your dietitian to learn about protein goals and tracking your intake through the Baritastic app!

# RECIPE OF THE MONTH



## PEANUT BUTTER OATMEAL PROTEIN COOKIES

Prep Time: 10 minutes ▪ Cook Time: 20 minutes

### NUTRITION INFO – PER SERVING

Serving size: 2 cookies

304 CALORIES ▪ 14.5g FAT ▪ 39g CARBS  
12g PROTEIN



Recipe and image from [skinnytaste.com](http://skinnytaste.com)

### INGREDIENTS

- 2 medium very ripe bananas
- 1 cup old fashioned oats or quick oats (check labels for gluten-free options, if necessary)
- 1 scoop vanilla protein powder (such as Orgain)
- 1 large egg, lightly beaten
- ¼ tsp cinnamon
- Pinch kosher salt
- ½ tsp vanilla extract
- ¼ cup peanut butter (you can also use nut butter or seed butter)
- ¼ cup sugar-free chocolate chips (such as Lily's)

### DIRECTIONS

1. Preheat oven to 350 degrees F. Line two sheet pans with parchment or silicone baking mats.
2. Move oven racks to the second from top and second from bottom slots.
3. In a medium bowl, mash the bananas.
4. Add the oats, protein powder, egg, cinnamon, salt, vanilla, peanut butter, and chocolate chips and mix with a fork until combined.
5. Scoop ¼ cup of mixture and place on a baking sheet, flatten the top slightly with the back of the measuring cup. Repeat with remaining mixture, adding 4 cookies to each sheet.
6. Bake for 16 to 20 minutes, rotating pans halfway through bake time to allow for even browning.
7. Allow to cool 5 minutes on the pan, then transfer to a wire rack to cool completely.



## Product of the Month Gym Memberships

A gym membership can provide a safe and comfortable space for exercise during the colder months. There are many gyms to choose from in our area, such as Retro Fitness, Team85, Orange Theory, Planet Fitness, L.A. Fitness, SimplyFit at Schafer Sports Center, Full Depth Performance, and Nonstop Fitness. Many of these gyms offer personal training options, exercise classes, swimming pools, and flexible hours. Choose one that is the best fit for your needs and get motivated to achieve your goals!

