



**METABOLIC AND  
WEIGHT LOSS CENTER**

**What's Happening  
this Month:**



**IN THIS ISSUE**

- See our **SUMMER FITNESS CHALLENGE** details for post-op patients
- **Fitness at your Fingertips**— See how to get more active, track your activity and motivate yourself with some of the latest technology! These are our **Products of the Month**.
- **Recipe of the Month**

\* **Summer Sale on Bariatric Products!** Don't miss out on deals for Quest and Bariatric Advantage products. See our July newsletter and Facebook page for details.

\* Our Post-Op Support Group this month is Wednesday, August 19 at 5 PM in the Oncology Conference Room.

—Other Upcoming Support Group dates for 2015—September 23, October 21, November 11, and December 9, all from 5 to 6 PM.

—Don't forget to "shop" and/or donate to our Capital Closet when you attend support groups. Pre-op patients are welcome to "shop" too.

\* Upcoming free information sessions for those interested in weight loss surgery — Wednesday, August 19, September 9 & 23 — all at 6 PM

Location: NJ PURE Conference Center at Capital Health Medical Center – Hopewell

\* **NEW FOR POST-OP PATIENTS**— We now have an online post-op support group on Facebook! Message the Capital Health Metabolic & Weight Loss page or e-mail [bariatricsurgery@capitalhealth.org](mailto:bariatricsurgery@capitalhealth.org) for the link to join.

\* Have a non-urgent pre- or post-surgery nutrition question? E-mail it to [bariatricsurgery@capitalhealth.org](mailto:bariatricsurgery@capitalhealth.org) and all questions will be answered by the end of the week!

**SUMMER FITNESS CHALLENGE**

Our **SUMMER FITNESS CHALLENGE** is on and getting fierce! We had post-surgery patients walking 20,000 – 40,000 steps by Day Two... we are impressed!

Our challenge started August 1, 2015 and the goal is to get even more active than you already are by participating in a healthy competition with your Capital Health Metabolic & Weight Loss Center family! There is a reward of course—a personalized gift to our winning patient. It might be hard to catch up now but not impossible.

**HOW TO JOIN OUR CHALLENGE:**

—Sign-up by clicking on Capital Health Metabolic & Weight Loss Facebook page. If you don't have Facebook, there also should be a link in your e-mail inbox.

—Create a "screen-name" as your first and last name if you wish to remain anonymous.

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## SUMMER FITNESS CHALLENGE continued

### HOW IT WORKS:

—By signing up for our challenge, you can track your exercise daily. Choose the type of exercise, the length of time, and the intensity you exercised each day and that exercise will be converted to steps OR you can simply log your steps if you track them.

—Seeing what other post-op patients are exercising will help keep you motivated to win.

—We don't want to see your average step goal—it's time to step and step to win!

# WHEN HEALTHY COMPETITION PREVAILS —YOU COME OUT TO PLAY AND YOU PLAY TO WIN

## FITNESS *at Your Fingertips*

Technology makes it impossible to avoid exercising. There's no excuse why we CAN'T! Because of our Summer Fitness Challenge, we decided to put together a list of "techy things" that help you workout, stay motivated and/or track your activity. Try one of the following products to get motivated, set goals and move more. A lot of these are involved with the phone you have with you all day anyway, so why not try something new!

### SMART PHONE APPS

There is a TON of workout apps out there—just perform a search. We happen to love a few that give you actual workouts. These apps are like personal trainers you can take with you anywhere. Also, there are apps that help you track your fitness. You might need to purchase more storage to purchase one or two of each.

#### >>Apps that tell you HOW TO move

- **HAS-FIT**—You can choose exercises based on type or area of the body you wish to work. You can even choose workouts based on where you are (gym or home). The creator of this app performs

workouts and exercises in videos so you can perform the exercises safely and effectively. We especially love watching a gym workout video before the gym so you have a plan when you get there instead of wasting time deciding what to do and how to do it. Has-fit also has a great list of motivational quotes to look through that we think really hit deep and make you want to keep working on your fitness and diet plan.

- **WORK-IT** also lets you choose a type of exercise or workout or choose workouts based on body part. You can also choose how long you want to perform each workout. Have a crazy day coming up? Why not "Swork-it" out for 10 minutes when you get up, 10 minutes after work, and 10 minutes before bed to fit in 30 minutes that day! This is a great way to goal-set by trying to increase your time performing each workout. If you download the "Custom Workout" version (for a small cost), you can create your own workouts based on exercises that are safe for you. The app is in your face to remind you that you have to "Swork-it" out!

- The **COUCH 2 5K** program comes in an app. This interval training program gives you three workouts per week. The goal is to get you from sitting on the couch to running a 5K in 9-12 weeks. You can stay in the Week 1 workout longer if your intervals of walking/jogging are walking/walking faster. Who cares?! Work out at your own fitness level and what you can achieve. While listening to your music, the app coaches you when to pick up the pace and when to go back to your normal pace.

### >>Apps that tell you HOW MUCH you moved

- **PACER**

- If you have a more regimented fitness routine and are looking for granular details about your workouts, free apps like **STRAVA** (cycle and run) and **RUNKEEPER** will do the trick. Both track your activities via GPS, but they add a social component too.

- With **RUNKEEPER**, you can create playlists to go along with your workouts, which you can easily map out beforehand. You can set alarms to remind you of workouts, and check out what other friends (from Facebook or your contacts) have been up to.

- STRAVA** meanwhile channels your competitive side, pitting you against others for top times on “segments” (streets, paths, or other popular routes) in your area.

### WEARABLE FITNESS TRACKERS

>>If you don't have a smart phone for a tracker or maybe you don't carry your phone on you all the time, a fitness tracker might be an option for you to monitor your activity as well as other health goals. We know many of our patients already have these, but for those who don't, you can hear it from others how motivating these devices are.

There are so many different kinds out there (some more accurate than others) but do your research before buying. Whatever option is going to motivate you is the one you should choose. If activity tracking alone is all you need instead of added GPS and texting, than you probably do not need the most expensive version. You also don't want to keep buying one that breaks when you could have just bought one of the slightly more expensive brands that last.

>>Do your research on products such as the Fitbit (\$60-\$250), Apple Watch (\$349-\$600 unless 18K Gold keeps you motivated, then you can pay \$10,000-\$12,000), JawBone (\$50-\$200), Microsoft Band (\$200), Garmin Vivofit (\$100), Bowflex Boost (\$50), Striiv Play (\$70, makes you complete challenges throughout the day), and Misfit Shine (\$100).

All of them track your activity level, remind you when to exercise or if you have been sitting too long, and notify you of personal goals you achieve. Many have the features that allow you to compete with others, sync with your smart phone devices (including your food diary apps like our favorite My Fitness Pal), track sleep quality, calories burned, and distance traveled. More expensive versions may have a GPS, allow you to track types of workouts performed, track heart rate, receive text notifications from your smart phone and/or allow you to change your music from your synced music library.

### DVDS/ INTERNET/NETFLIX/ON DEMAND

>>We know DVDs are considered to be from the Stone Age these days, but some of the workouts that come on DVDs are too good to give up. We have some suggestions for DVDs that we love but suggest using them on your computer or laptop or purchasing a portable DVD player so you can bring the ones you like with you wherever you travel. Why not shut the door to your office for 10-20 minutes and pop-in a strength training DVD or find a ten minute workout on YouTube? Maybe get other co-workers together to do it on your break in a common room or after work for 30 min before you head home. Don't forget about Netflix and on-demand workouts! TV and the Internet also prevent you from using the weather as an excuse that you know, as a patient of ours, is not allowed! Here are some of the DVDs, TV, and online workouts you might want to try.

- Leslie Sansom's Walk Away the Pounds DVD—Walk anywhere from 1 to 5 miles in your living room! It might seem boring, but Leslie includes a lot of other strength and aerobic exercises that make the time fun and pass quickly. (Beginner Fitness Level)

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- Zumba Fitness Beginner and Zumba Fitness Cardio Party DVDs—Dance workouts to burn calories. (Beginner Fitness Level)
- Ripped DVDs with Jari Love—A basic but great DVD for strength training/weight lifting. Just make sure to set up dumbbells with various weights. (Beginner-Intermediate Fitness levels—has advanced and modified exercises for every workout)
- Trainonline.com, Body Rock.TV —Free workouts at your fingertips for all fitness levels. (Beginner-Intermediate Fitness Levels)
- YouTube—HomeFitness TV and BeFit YouTube Channels—Tons of videos with celebrity trainers such as Jillian Michaels. (All Fitness Levels)

- P90X DVD—Great strength workouts for both intermediate and advanced fitness levels! Also includes advanced pylometric workouts.
- Shaun T Workout videos—T25 is a great combination of cardio and strength for intermediate fitness levels done in just 25 minutes.
- Insanity and Max 30 —Nothing makes you sweat more but are meant for advanced fitness levels. The name says it all!

Our featured **PRODUCTS OF THE MONTH** for August are all the above.

## RECIPE of the Month

### HEALTHY BURRITO BOWL

The Recipe of the Month was given from our student, Kristen Byrk from Westchester University. She also gave us some products and recipes for future newsletters. **THANKS KRISTEN!**

You can use this salad for two meals. If you split the recipe in half, just make sure to get enough protein (at least 10 g) when you use it again for a second meal. You can also double the recipe to make it into a few meals for the week. It's simple but great for a meal prep day!

**NUTRITION INFO:** *One entire salad equals 350 calories*  
 42.5 g Protein ■ 36.3 g Carbohydrates ■ 4 g fat  
 8.3 g Fiber ■ 241 mg Sodium

### DIRECTIONS

Microwave black beans with chicken broth, oregano, cumin, cayenne, and garlic powder on high for 30 to 45 seconds until heated. Set aside.

Add red cabbage to your bowl, and spoon the black beans on top. Layer sliced chicken, Greek yogurt, salsa, and cilantro and green onions, and enjoy immediately!



### INGREDIENTS

- 1/4 cup black beans
- 1 teaspoon chicken broth
- Pinch of cumin
- Pinch of cayenne
- Pinch of garlic powder
- 1/2 cup red cabbage, sliced thin
- 3 ounces precooked grilled chicken breast, sliced thin
- 2 tablespoons nonfat Greek yogurt
- 2 tablespoons fresh salsa
- Fresh cilantro, for garnish
- Sliced green onions, for garnish