



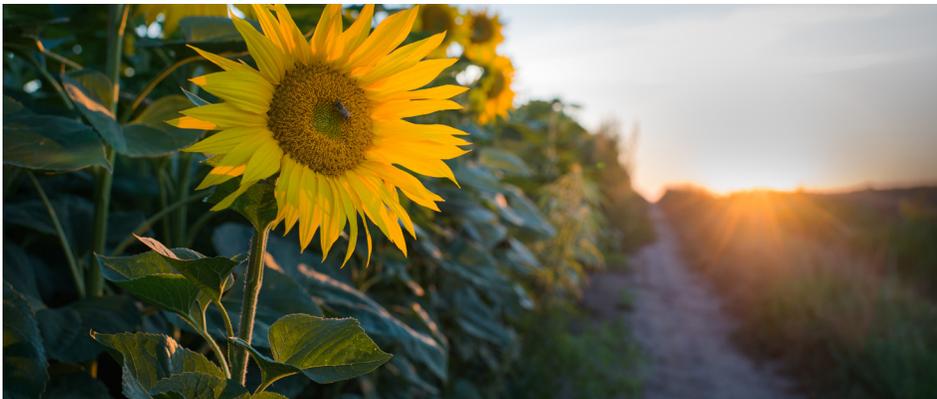
METABOLIC AND WEIGHT LOSS CENTER

What's Happening this Month:



IN THIS ISSUE

- Indoor exercises for the office or home
- Tips to stay active
- Product of the Month
- Recipe of the Month



AUGUST—EXERCISE FOR THE HEAT!

By Kristen Bryk, Nutrition Student from University of Pittsburgh

August is one of the hottest months of the year, and while the heat may have us dragging, it is more important now than ever to get up and get moving. There are lots of ways to stay active indoors during the intense heat of the day, but it is also a great time to get outdoors during the cool summer nights.

INDOOR EXERCISES — Sometimes it is difficult to find a time to fit exercise into our busy schedules, so we tend to neglect it. However, working out doesn't have to take place in a gym or on a track. In fact, you can work in little exercises whether you are sitting at your desk, watching TV, or going about your daily errands. The following exercises can be done almost anywhere so you can stay active all day.

OFFICE WORKOUTS — Aim to keep active while sitting at your desk by performing 2 or 3 of these exercises every hour or so.

continued on the next page

* Our support group this month is Wednesday, August 24 from 5–6 PM in the Radiation Oncology Conference Room at Capital Health Medical Center – Hopewell. Can't make it? Block out your calendar for our upcoming support groups September 28, October 26, November 9, and December 7. Same time, same place!

* **NEW DATE** for our Cooking Competition is September 30, 2016. Patients who have not submitted their names to Caroline but are interested in competing, please let her know ASAP! Otherwise, come join us at Capital Health Medical Center – Hopewell on that date at 6 PM to support our competitors and have a fun night with your surgical team and peers. Bring family and friends, and enjoy your Friday night and some tasty healthy recipes with us!

* 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 obtain support from you program and other post-op patients in our program right at your fingertips, 24/7!

* This month's information sessions for those interested in weight-loss surgery with our program: August 10 and 24 from 6 – 8 PM in the Radiation Oncology Conference Room at the Capital Health Medical Center – Hopewell. Call 609.537.6777 to register.

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

AUGUST—EXERCISE FOR THE HEAT! *continued*

- 1. CHAIR SQUATS**—Stand up just in front of your chair and clasp your hands out in front of you. Keeping your knees aligned over your feet and your chest bright, reach your seat down and back until it just hovers over or taps your chair. Perform 3 sets of 8 reps.
- 2. CHAIR TRICEPS**—Scooch off of your chair so your seat hovers just in front of it, and hold on to the edge keeping your knees and elbows at a 90-degree angle. Slowly lower your seat down and use your triceps to lift you back up. Perform 2 sets of 8 reps.
- 3. OBLIQUE CRUNCHES**—Sit up straight so you are not resting against your back, and bring your hands behind your head with your elbows open out to the sides. Using your obliques, crunch from side to side, dragging your elbow down towards your hip. Perform 2 sets of 15 reps.
- 4. SIDE LEG LIFT**—Stand behind your chair, keeping your hand on the back of it for balance. Raise your outer leg out to the side up to a 90-degree angle and slowly lower it back down to just a hover. Perform 15 reps and switch to the other side.
- 5. CALF RAISES**—Stand in front of your desk with your feet hip's width apart and your arms down by your side. Slowly raise up onto your toes and lower your heels back down until they just hover above the ground. Perform 2 sets of 30 reps.
- 6. CHEST SQUEEZES**—Sitting at your chair, bring your palms together in front of your chest so you have a slight bend in your elbows. Squeeze your palms against one another and hold for a 5-second count then release for a 5 second rest. Repeat 10 times and perform 3 sets.

- 7. KNEE PULL-IN CRUNCHES**—Hold onto the edge of your chair and raise your legs out in front of you, keeping your back straight. Use your abs to pull your knees into your chest and straighten them back out to the starting position. Perform 3 sets of 8 reps.

SOFA WORKOUTS

You can work your abs without even getting off the couch. Scooch to the edge of the couch so you have a straight spine and your feet are just resting on the floor. Perform 20 reps each of the following:

- 1. Knee to elbow crunches**—Raise opposite knee and elbow crunching them to your center and switch.
- 2. Oblique twists**—Raise your legs off the floor straight in front of you, and bring your hands together out in front of you. Twist your arms from side to side, using your core. Option to hold onto your water bottle or a book for added resistance.
- 3. Flutter Kick**—Raise your legs off the floor straight in front of you and bring your hands to the edge of the couch. Flutter your feet like you are swimming, trying to keep your legs straight and your spine tall for 30 second intervals. Aim for 3–4 sets.
- 4. Scissors**—Raise your legs off the floor straight in front of you and bring your hands to the edge of the couch. Begin to cross one leg over the other and switch, keeping legs and spine as straight as possible. Perform 3-4 sets at 30 second intervals.

continued on the next page

AUGUST—EXERCISE FOR THE HEAT! *continued*

TIPS TO STAY ACTIVE

Follow these tips to turn every day activities into mini workouts. Get your heart rate up and burn a few extra calories while doing daily tasks.

1. Opt for the stairs instead of the elevator wherever possible. Take the elevator to one floor below your destination and walk the extra flight.
2. While watching TV, use the commercials to get off the couch for quick interval workouts. Incorporate jumping jacks, planks, high knees, squats, crunches or calf raises during the 2-minute breaks.
3. Invite your family or friends to join you on walks after dinner each evening. Whether its around the neighborhood or in a local park, it's a great time to catch up on each other's days.
4. Pick up some fun (and cheap) workout clothes from TJ Maxx or Marshalls. You will feel all the more motivated to work out so you can show off your new outfits.
5. Stretch whenever possible. Do a few quick stretches when you get up each morning and, most importantly, after each workout. Your body will feel more limber, making working out and moving around easier. Try the phone app "Swork-it" for a full-body stretch routine with videos. It also includes other great exercise routines—see details later in this story.
6. Find a workout buddy. If you have a friend or family member counting on you to meet them for a quick walk or gym session, you will be held more accountable to get out there and get active. It is also nice to have someone to motivate you and cheer you on.
7. No workout buddy? No problem! Download an audio book app like Audible so you can listen to stories while you walk or jog. You'll want to keep going in order to keep listening and you will finally have enough time in one day to read that book you haven't had a chance to sit down with while getting in your daily exercise.
8. Park in a far away spot to get a little walk in on your way to your destination.
9. Get off your bus one stop early and walk the rest of the way.
10. In your own home, jazz up walking up and down the stairs—increase your normal climbing speed, skip steps or even practice a box jump (jump both feet up at once making sure to soften your knees upon landing).
11. Strap resistance bands to your desk chair and perform basic arm exercises while sitting at your desk: bicep curls, tricep extensions and chest presses.
12. Workout while getting ready: perform calf raises while brushing your teeth or squats while brushing your hair or getting dressed. Just adding a little extra movement to everyday tasks is sure to boost your metabolism and burn extra calories.
13. Switch out your desk chair for an exercise ball to engage your core to maintain balance and improve your posture while sitting at your desk.

continued on the next page

MORE TECHY WORKOUTS

Check out our website capitalhealth.org/weightloss and read our handout called “No Gym. No excuse” for great phone apps, DVDS, and on-demand workout ideas and suggestions. Here are some more we recently found and a reminder of some of our old favorites.

SWORKIT—One of our favorite FREE workout apps that provides you with detailed instruction videos for anything from stretching to cardio to strength exercises.

BARRE3—This app is definitely worth the \$4 because it has so much to offer. You can choose from a variety of workouts based on where you are, how much time you have to commit and what you would like to work. Workouts vary from about 4 to 11 minutes long and you can choose one to complete if you’re in a hurry, or mix and match for a full-body workout. There are also healthy recipes, daily tips and healthy lifestyle podcasts as well as a special feature to help you organize your shopping list.



This workout app is more like a game that will make you WANT to complete workouts in your office. There are 12 available 60-second workouts per day, and for each workout you complete, you earn a colored square. Your goal throughout the day can be to get at least all 12 squares or even complete each a few times. The workouts provide you with videos, diagrams, tips and timers to help you through each workout.

You can also find some great quick workouts on **YouTube**. Looking for a 10 minute yoga session? **Tara Stiles** offers a variety of yoga for all different circumstances. Want a core workout or cardio blast? Check out **Tony Horton’s** core and cardio videos as well as **Billy Blanks’** Tae Bo videos.

Looking for a local class (instead of just a gym membership) to keep you motivated? Check out **Orange Theory Fitness**, with locations in Princeton and West Windsor, NJ, as well as Langhorne, Willow Grove, Newtown, Gwynedd and Doylestown, PA. This class offers a large variety of workout classes to suit any and all of your needs and interests.

RECIPE of the Month

KALE, ASPARAGUS AND LEEK QUICHE WITH QUINOA CRUST



INGREDIENTS

- 1/2 cup, quinoa
- 1 cup water
- 1 large, egg, whole
- 1/4 cup shredded parmigiano reggiano
- 1 tsp olive oil
- 8–10 medium spears asparagus
- 1 leek, white and green parts
- 0.25 tsp, salt and pepper
- 4 large eggs
- 1 cup milk, fat-free or non-dairy
- 1/2 tsp thyme
- 1 cup loosely packed, kale, raw
- salt and pepper to taste
- 3 oz. fat free crumbled feta cheese

NUTRITION INFO—1/6 RECIPE

CALORIES 182 ■ PROTEIN 14g ■ FIBER 2 g
FAT 7 g ■ SUGAR 3 g ■ CARBOHYDRATES 16 g

DIRECTIONS

FOR CRUST:

1. Bring the quinoa and water to a boil, reduce the heat, simmer, covered, until tender and most of the water has been absorbed, about 15 minutes, remove from heat and let sit covered for 5 minutes.
2. Mix the quinoa, egg and parmesan, press into the bottom of a pie plate and bake in a preheated 375°F/190°C oven until lightly golden brown, about 10 minutes, before setting aside.

FOR QUICHE:

1. In large skillet, heat olive oil over medium and add leek and asparagus, stirring occasionally until asparagus is crisp-tender (about 7 minutes)
2. In large bowl, whisk together eggs and milk. Stir in chopped kale and pepper. Sprinkle crust with feta cheese and pour egg mixture over quinoa crust
3. Bake until center is set, about 45-50 minutes.



Products of the Month

RESISTANCE BAND set: resistance bands are great workout props that are much easier to transport than dumbbells but add the same amount of resistance to up the intensity of any exercise. Buy a set and keep one at home, one in the office and one in your bedroom for exercising anywhere, anytime.



KUMQUATS: This fun little fruit is in season this summer and tastes more like candy than a nutritious snack. Venture away from basic fruits by picking up a pint of kumquats from your produce aisle. For our candy kings and queens, try these as a healthy alternative! Your tastebuds experience both sweet and sour if you eat through the skin, just like some candies out there do! Yes, we said it—you can eat the rind/skin—just make sure you chew, chew, chew! Each Kumquat is about 13 calories with 3 grams of carbohydrates.