



**METABOLIC AND
WEIGHT LOSS CENTER**

IN THIS ISSUE

- Cold weather and the holidays are not excuses for not exercising this winter. Become stronger than your strongest excuse and see our ideas on how to stay active this season.
- See the details on how to enter our WINTER WORKOUT RAFFLE in this issue. You could win a product of your choice sold at the Capital Health Metabolic and Weight Loss Center!
- See our featured Recipe and Product of the Month.
- **HAPPY HOLIDAYS!**



**Cut Out The Cold Weather Excuses,
STAY FIT THIS WINTER**

With already one snow storm down and apparently plenty more to come, we need to plan ahead for staying active. The excuses, "it was too cold" or "I was snowed in," are not going to fit into our healthy lifestyle plan.

The last thing you want is to look back at your first winter after surgery, when you are losing the most weight, and say, "I wish I exercised more then."

It also is important to be active during the holidays. Aim for 30 minutes daily. It might be a good idea to get your workout done in the morning before the chaos of our holiday schedule commences. Or try 3 sets of 10 minute exercises for days you know will be hectic. You also can make fun, active winter and holiday activities a part of your weekend or vacation days. See some of our ideas on page 2.

**What's Happening
this Month:**

- ***Winter Workout Raffle:** Submit a photo how you are staying active this winter and holiday season.
- ***2015 Support Group Dates:** Clear an hour of your schedules now on **January 21, February 18, March 18 and April 22** from 5 to 6 p.m. for our post-op support groups in 2015! Pre-op patients are also welcome. Sign up online under "Patient Classes" on our website or e-mail Caroline. Groups will be held in the Oncology Conference Room.
 - ** Don't forget, you can swap clothes in the "Capital Closet" from 4:30 to 5 p.m. before the support group. Bring in your clean clothes that no longer fit and "shop" for clothes that might be your size!
- ***We now sell Quest Bars!** Come buy a single bar or variety box for an on-the-go high protein, high fiber option.
- ***Bariatric Advantage Products are available for sale.** Protein shakes, multivitamins, calcium, B12 and Iron supplements can be purchased in our office. Make sure you have what you need before your pre-op appointment.
- ***Check out our website for Nutrition and Diet Resources.** Go to "Educational Materials" and find information on your pre-op diet, post-op diet, protein shake ideas, meal and snack recipes, goals sheets and more.
- ***Information Sessions:** For those interested in learning more about weight-loss surgery and our program, sign up online for our next dates — December 17 and January 7 at 6 p.m.
- ***Visit our website at capitalhealth.org/weightloss** and "Like" Capital Health Metabolic and Weight Loss Center on Facebook for additional support, motivation, recipes and program updates.

Don't forget to share your photo of how you are staying active this holiday and winter season! See details on page 3 on how to enter our WINTER WORKOUT RAFFLE.

Here are some helpful tips to get your workouts through the cold winter months:

... **Video Games:** Active video games such as Xbox 360 Kinect PlayFit, Nintendo Wii Fit, and Nintendo Dance Dance Revolution can really get your heart rate up! Practice strength training, aerobics, yoga and balance all from the comfort of your warm home.

... **Walk Inside:** Visit the local mall to get your holiday shopping done or use Capital Health Medical Center – Hopewell as an indoor walking path after appointments (use the stairs instead of the elevator). We also know how far the walk from the parking lot is so park your car in the furthest spot and don't forget your pedometer.

... **Winter Outdoor Activities:** Bundle up and head out for some ice skating, snowman-building, snowball throwing, sledding (down large hills so you have to climb back up) or even snowboarding or skiing. Make it a fun activity with family and friends.

... **Shovel Your Driveway:** Just 30 minutes of shoveling can burn over 200 calories! Don't hire someone or use your snow plow. Save money and increase your activity. Just make sure to be safe with very heavy snow—lift with your legs not your back.

... **Exercise DVDs or OnDemand TV Programs:** Many TV carriers offer free workout programs with your subscription. Depending on the workout, a lot of these do not require a lot of room.

DVDs are cheap these days and you can order a lot online. One DVD we recommend if you miss your outside walks is Leslie Sansom's walking DVDs. You can walk 1, 2, 3, 4 or 5 miles in your living room. It also burns more calories than a regular walk because she includes variety in your step and includes additional exercises while you walk.

... **Phone Apps:** If your smartphone is with you wherever you go, bring your workouts too! Our favorite apps, as well as some of our patients', are the Sworkit ones. Whether you need cardio, strength, or stretching exercises, you can get them for every body part with these apps and they also show you the correct form.

... **Hit the Gym:** A gym membership can be a great gift to yourself or put it on your holiday gift list. We recommend joining a gym that you can take classes or that has personal training for great motivation that forces you to stick to your exercise appointment.

... **Exercise Equipment at Home:** eBay, Craig's List or Amazon usually have good deals on exercise bikes, treadmills, ellipticals, and strength training equipment. Ask your loved ones for a holiday gift that will benefit the whole family.

... **At the office or while watching television at home:** Use exercise equipment for under the desk like a bike pedal or ankle weights, stand at your desk, set a timer every 30 minutes to get up and move, walk or exercise during commercial breaks at home or walk on a treadmill while watching television.



WINTER WORKOUT Raffle

We would like to include the photos on our Facebook page to share ideas and motivate others so you do not have to include yourself in the picture. For example, take a picture of:

- * Your feet in ice skates
- * Your workout DVD playing on television
- * The winter scenery on your walk
- * Your gym while in it or walking in
- * Your completely shoveled driveway

We trust you are actually doing the activity you photograph!

If you want to be in the photo, feel free! Either way, your name or information will not be shared. Only the photo you allow us to post. All names who submit a photo will be entered into a random name generator and two names will be randomly generated as our winners. Those winners will be notified in the New Year on January 6!

START MOVING AND SNAPPING!

+ Motivation Corner

“Exercising and eating healthy should be like brushing your teeth. Do it until it comes naturally.”

— Caroline Lazur

“It’s not who you are that holds you back, it’s who you think you’re not.”

— Unknown

“If it does not challenge you, it does not change you.”

— Fred Devito

Remember during the holidays: “Don’t give up what you want most in life for what you want in the moment.”

Featured Product of the Month



SHARP CHEDDAR LIGHT OR EXTRA LIGHT CABOT CHEESE (50% OR 75% REDUCED FAT)

Also comes in Jalapeno, Habenero and Monterey jack varieties

— Sharp Cheddar Light

70 calories, 4.5 g fat, <1 g carb, 8 g protein

— Sharp Cheddar Extra Light

60 calories, 2.5 g fat, <1 g carb, 9 g protein

Cabot Light and Extra Light cheese are great to substitute for regular cheese in recipes to reduce the calories and fat without sacrificing taste. Also, 1 ounce still has 8-9 grams of protein.

You can even have 2 ounces of this cheese for 120-140 calories and 16-18 grams of protein!

Cheese is usually always high in sodium so be mindful of the portion size and sodium content—especially if you were told to be on a low sodium diet.





RECIPE of the Month

SLOW COOKER, PASTA-FREE LASAGNA WITH TURKEY BOLOGNESE SAUCE

SERVES 6 — Serving Size 1/6 of recipe
(with about palm size of meat or size of deck
of cards and 50% reduced fat Cabot cheese)

Calories per serving : 248 calories Fat: 10 g fat
Carbohydrates: 13 g Fiber: 5 g Protein: 21 g

INGREDIENTS

- 4 small zucchinis or two small-Medium eggplants, ends cut off (you can sub two large zucchinis or one large eggplant)- OR USE BOTH!
- 1 pound ground lean turkey meat (93-99% lean), browned (we like to brown it w/ cooking spray, 1 tbsp red wine vinegar and all or some of the following spices: 1 1/2 teaspoons Italian seasoning (or equal parts dried basil, oregano, and thyme), 1 teaspoon freshly cracked black pepper, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon paprika, 1/2 teaspoon crushed red pepper flakes, 1/4 teaspoon salt, 1/4 teaspoon ground or whole fennel seeds
- 1/2 cup of tomato sauce (60 calories or less per 1/2 cup)
- 8 oz low-fat cheese of choice (we like Cabot 50% or 75% reduced sharp cheddar OR Trader Joe's Lite shredded Mozzarella cheese); freshly shredded
- 1 15oz container of fat-free ricotta cheese or fat-free or low fat cottage cheese (tastes just as delicious!)
- 1/2 cup Parmesan cheese, freshly grated
- 2 egg whites (not necessary if using oven but you still can)
- 1 tablespoon dried parsley flakes
- Salt and pepper

DIRECTIONS

1. Thinly slice (unpeeled) zucchini length-wise into thin strips and/or eggplant in to thin circles.
2. Brown turkey meat with desired seasonings (about 15-20 min)
3. Create cheese filling by combining fat-free ricotta or cottage cheese, Parmesan cheese, 2 egg whites, parsley flakes, salt, and pepper.
4. Create a layer of zucchini and/or eggplant at the bottom of your slow cooker. (It's okay if pieces overlap.) If you are making it in an oven, preheat oven 350-375 degrees. Put a small amount of sauce at the bottom of a casserole dish—just top lightly, cover bottom and follow the layers the same as below.
5. Top zucchini or eggplant with a rounded 1/2 cup of cheese filling, 1 cup meat, 1-3 tablespoons sauce and then shredded light cheese
6. Continue layering vegetables, cheese filling, meat, sauce and light shredded cheese until you only have enough zucchini/eggplant left for top layer.
7. Before you add the top layer of zucchini/eggplant, add whatever sauce, meat, and cheese you have left.
8. Top with zucchini/eggplant and remaining light mozzarella cheese.
9. Cover, and cook on low for 6-8 hours in slow cooker. If in the oven, cook for 40-45 minutes.
10. Turn off slow cooker or oven and let rest for at least 30 minutes, so lasagna can set.