



## METABOLIC AND WEIGHT LOSS CENTER



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- "RUNWAY TO HEALTH" Fashion Show-Make sure to RSVP
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## What's Happening this Month:

### \* Attend Our Support Groups in May and June:

— Our May support group will be on Wednesday, **May 20 at 5 pm**. We will start with a mindful eating activity followed by an "Ask the Surgeon" segment with Dr. Jooyeon Chung. Prepare your questions for Dr. Chung in the upcoming weeks!

*Location:* Capital Health  
Medical Center – Hopewell,  
Oncology Conference Room

\* Don't forget you can swap clothes in the "Capital Closet" from 4:30 – 5 pm before the support group. Bring in your clean clothes that no longer fit and "shop" for clothes that might be your size.

\* If you cannot attend the May support group, attend **Wednesday, June 24 at 5 pm**.

\* **Friday, May 29** is our fashion show—"RUNWAY TO HEALTH!" Read further in this newsletter for details.

\* Upcoming free information sessions for those who are interested in weight-loss surgery: **Wednesdays, May 20, June 10 and June 24**, all taking place at **6 pm** in the **NJ PURE Conference Center at Capital Health Medical Center – Hopewell**

**SALE THIS MONTH: BUY 5 QUEST BARS AND GET 1 FREE (\$13.95 + tax)** or buy a whole box and the 12th bar is on us (30.69 + tax)!

## Don't Let Any Success Go Un-Celebrated!

We always stress how important it is to take time to celebrate each success in your goal setting process toward health, from your mini-goals all the way up to your long-term goals.

By taking time to celebrate every success, no matter how big or small, it will build your confidence and make it easier to keep pushing to reach those large-scale future goals. Not to mention, a celebration can give you closure on goals you've been working toward for a while, provide encouragement to continue, and make every success even more worthwhile.

So now that you accomplished that goal in your journey to long-lasting health, are you ready to celebrate? Your celebration doesn't have to be a big deal. It can be something you do alone or something you share with others. It just has to make you feel good and help you enjoy your accomplishment. Remember — your definition of success is unique to you. Don't let others compare you to theirs.

## Don't Let Any Success Go Un-Celebrated! cont'd

Here are some great ways to celebrate your successes, both big and small.

1. Take a deep breath.
2. Share the news with friends, family and colleagues.
3. Give your goals a one-day break.
4. Reflect on the path you took.
5. Write down your success and put it where you can see it every day.
6. Write a Facebook post, Tweet it, or Instagram it!
7. Take time for a nap.
8. Thank everyone who supported you.
9. Watch a favorite TV show or movie.
10. Support someone else in reaching his or her goal.
11. Cross it off your master list of goals.
12. Go for a walk somewhere you've been wanting to visit.
13. Take a long drive without a destination with a good music playlist.
14. Treat yourself with some couch time.
15. Do something you enjoy but rarely have time to do.
16. Take a day off from work.
17. Get a massage.
18. Make a date to spend time with a friend.
19. Write your success story to share in a newsletter or e-mail to clients and colleagues.
20. Spend the day with your family.
21. Start a success journal.
22. Buy yourself something new.
23. Have a party (recommended only for the big goals!).
24. Write a blog post about it.
25. Buy yourself personal training sessions or workout classes.
26. Sleep in.
27. Plan a getaway.
28. Plan a day trip to the shore.
29. Call a babysitter.
30. YOUR CELEBRATION GOES HERE: \_\_\_\_\_



Keep in mind that in order to get the most out of your celebration, make sure you do it soon after reaching your accomplishment and before moving on to your next goal!

RUNWAY TO HEALTH IS MAY 29!



YOU ARE INVITED

CAPITAL HEALTH Metabolic & Weight Loss Center

is proud to partner with *rd + taylor* to present



A FASHION SHOW

CELEBRATING the success of courageous  
individuals from our weight loss surgery program

FRIDAY/MAY 29/2015

NJ PURE Conference Center  
Capital Health Medical Center – Hopewell



Shopping and Cosmetics · Refreshments · Fashion Trends for Summer

*Doors Open at 5:30 PM / Show Begins at 7 PM*

ADMISSION IS FREE OF CHARGE

RSVP by May 25, 2015 to [rdonington@capitalhealth.org](mailto:rdonington@capitalhealth.org)

Our program's first big event is almost here. CAPITAL HEALTH METABOLIC & WEIGHT LOSS CENTER is hosting a Fashion Show on May 29. You deserve a day to celebrate you! The event celebrates the success and health of some of our courageous patients who will be approaching their one-year anniversary from having weight-loss surgery! We invite all of our pre- and post-surgery patients to attend to celebrate as well as those who are reconsidering weight-loss surgery. No matter where you are in your journey, you and your health deserve a celebration. You do not want to miss this event—*Dr. Chung knows how to throw a good party!*

**IT'S STILL NOT TOO LATE TO RSVP.**

See details on the invitation above. Hope to see you on May 29!

## RECIPE of the Month

### SKINNY SHRIMP SALSA — *Skinnytaste.com*

Don't fill up on salsa and chips at Cinco de Mayo or upcoming summer parties without getting your protein. This recipe from *Skinnytaste.com* is low-fat, low-carb and high in protein. Try it these ways:

- Make it into a meal. Add black beans to boost the fiber and protein and make it into a meal or salad. Add more lettuce or try broccoli slaw if desired.
- Serve it as an appetizer at your next event with "scoop-like" veggies (bell peppers, celery, etc.) or a low-calorie chip like Special K chips or a high protein chip like Quest chips.
- Stuff it into hard boiled eggs for a snack or meal.
- Wrap it in a lettuce wrap for a shrimp salad lettuce taco.
- Stuff it into a steamed, halved, and seeded zucchini.

### INGREDIENTS

- 16 oz. cooked peeled shrimp, diced fine
- 4 vine ripe tomatoes, diced fine
- 6 tbsp. red onion, finely diced
- 3 tbsp. jalapenos, diced fine (more or less to taste)
- 2 tbsp. minced cilantro
- 2 limes, juice of (or more to taste)
- 1/2 tsp. kosher salt

### DIRECTIONS

Combine diced onions, tomatoes, salt and lime juice in a non-reactive bowl and let it sit for about 5 minutes. Combine the remaining ingredients in a large bowl, add salt to taste and adjust as needed. Refrigerate and let the flavors combine at least an hour before serving.



SERVINGS: 8 ■ Serving Size: a little over 1/2 cup  
Calories: 74.9 ■ Fat: 0.9 g ■ Protein: 12.5 g  
Carb: 4.4 g ■ Fiber: 0.9 g ■ Sugar: 0.2 g  
Sodium: 278.2 mg



### Featured Product of the Month

**CONVERSATION CARDS** are a great way to avoid rushing meal times and to take the focus off of food when you are attending or hosting your next event. Taking a summer road trip or getaway? Use these to strike conversation with those you are traveling with instead of snacking. We got the idea from a patient of ours who uses them at family dinners to slow down meal time and also strike conversations with her daughter. We looked into some different brands online and love "Tabletopics." You can purchase the original set or, if you want them for a specific event, there are cards geared toward specific events. Each set is \$25 and comes with 135 questions.



### +Motivation Corner

"Whenever you see a successful person, you only see the public glories, never the private sacrifices to reach them." —Vaibhav Shah

"If you do what you always did, you will get what you always got." —Anonymous

"Success is the sum of small efforts, repeated day-in and day-out." —Robert Collier

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't." —Anonymous