



capitalhealth

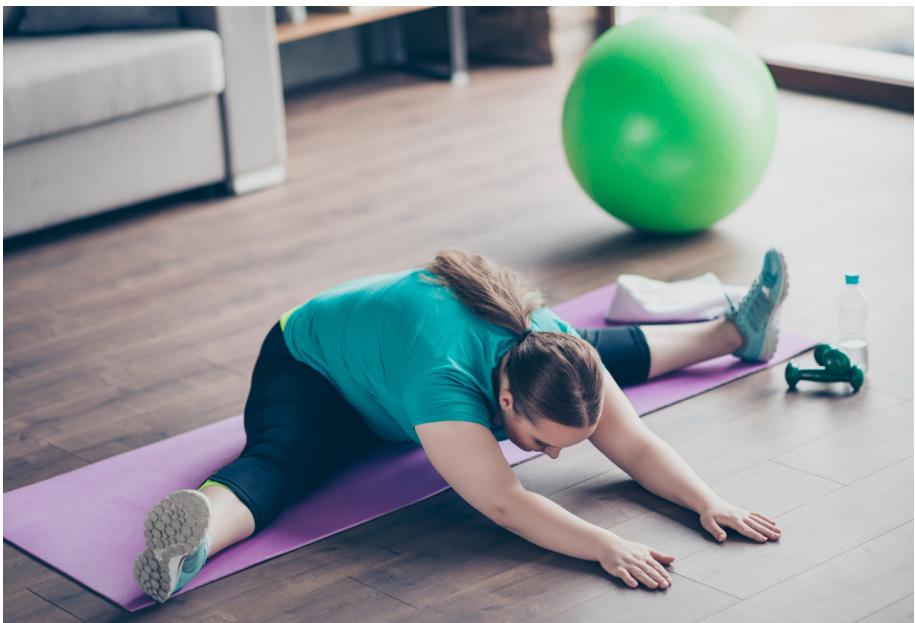
METABOLIC AND WEIGHT LOSS CENTER

MAY 2020

609.537.6777

capitalhealth.org/weightloss

Follow us on



STAYING ON TRACK WITH YOUR NON-SCALE GOALS AND VICTORIES

by Elizabeth George

Dietitian at Capital Health Metabolic & Weight Loss Center

When the scale isn't moving, it can be hard to feel motivated, but it's important to remember that when you're making healthy changes for planned weight loss you're actually gaining other health benefits. Focusing on the big picture and appreciating non-scale victories can help keep you moving in the right direction.

Non-scale victories can be varied—maybe your blood work is improving, or you’re noticing a difference in energy levels and sleeping better. When you exercise, you might be able to exercise for longer, or you’re finding movement to be easier and less painful. Whatever the case, be sure to keep up with your non-scale victories and focus on goals that don’t involve moving the scale!

When we have a "bad" day, it's easy to write the whole week off as a loss, but you can get back to your winning ways by tracking your non-scale *continued on page*

continued on page 2



IN THIS ISSUE

- Non-Scale Victories
 - Summertime Salads
 - Product of the Month

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 May Support Group for Post – Weight loss surgery patients is **Thursday, May 28** from 5 – 6 p.m. in the Wellness Center (4th floor of the medical office building). A guest speaker will be providing a small group training demo. Space is limited, so please RSVP by May 11 via the Baritastic app, the D.R.E.A.M. Team support group, or email at tbalestrieri@capitalhealth.org. Don't forget to wear comfortable clothes and sneakers!
 - * 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 Theresa Balestrieri at tbalestrieri@capitalhealth.org so she can e-mail 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 right at your fingertips, 24/7!
 - * Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on **Wednesday, May 20** from 6 -7 p.m. in the Cancer Center Conference Room. To register, call our office to speak to Amy at **609.537.6777**.
 - * For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at **609.537.6777** to schedule your first appointment with Dr. Chuna.

STAYING ON TRACK *continued*



victories with a goal calendar. Set a frequency for healthy activities each week, and track if you are reaching your goal. Possible goals to aim for are exercising for 30 minutes, four times a week; preparing your snacks ahead of time, five times a week; or meeting your fluid goals, five days a week.

Keeping up with these healthy habits throughout the month can lead to big non-scale victories.

Try these tips and tricks to reach some of your non-scale goals:



STAY HYDRATED

If you're struggling to keep up with your fluid intake, try spicing up your fluids. Infuse your water with fruits, such as berries or melons. If you are looking for something less sweet, cut up a cucumber and add it to your water. Try adding mint leaves with the cucumbers or by themselves for more variety! If iced tea is your go-to summer drink, try making your own using decaffeinated or herbal tea. Either brew your tea ahead of time and let it cool, or brew double strength and pour over ice for an immediate cool treat. Flavor with lemon or lime juice or your choice of artificial sweetener.



EXPAND YOUR EXERCISE OPTIONS

As the weather gets warmer, the possibilities for varying your activity expand. If you want to connect with the outdoors (while respecting social distancing), try going for a hike or walking through your local park. Take up bicycling through your neighborhood. If you have the space, try creating a vegetable garden. Either using a plot of land or raised garden beds, grow different vegetables for the summer. If you find you have a green thumb, you'll be stocked up on fresh produce for months!

– Feeling stuck in a rut with exercise? Create a goal to try a new exercise activity, video, or online program each week or as frequently as you feel possible! Search YouTube to find guided workouts at varying levels. Find what works best with your lifestyle and provides healthy, joyful movement.



MAKE TIME FOR MINDFULNESS

Do you normally track your sleep patterns? With an increase in healthy practices (such as more exercise and less caffeine consumption), sleep patterns can improve. Think back on how tired you felt last month, or six months ago. Have your energy levels improved? Is it easier to fall asleep? For those still struggling, practicing stress management can make an impact on your sleep patterns. Try light yoga or chair yoga to calm down before bed. Follow along with a meditation to slow down a hectic brain. Other activities, such as reading, taking a bath, or working on a puzzle can also be relaxing. Find what is most relaxing for you and try to include 10-15 minutes of the activity each day.



PREP FOR SUCCESS

Setting a goal to be ready for the week can involve preparing meals and snacks in advance. Set yourself up for success from the start and make a list of snacks and meals you want available for the week. Base your grocery shopping list on these options so you have a clear idea of what you are going to the store for, which helps prevent purchasing of impulsive options.

– If you occasionally find yourself too busy to make a meal, have an emergency plan in place. Try making a big batch of one of your favorite meals and portioning some out to freeze. On those hectic days, take your frozen meal out in the morning and let it thaw in the fridge so you can microwave it when you get home for a quick, easy meal!





SUMMERTIME SALADS CELEBRATION

These salads are a perfect side or entrée for Cinco de Mayo and beyond! For the Zesty Lime Shrimp Salad, reduce the serving size to eat as a side, or use the full serving size and pair with whole grain low-fat crackers. The watermelon feta salad is the perfect side for an open faced turkey burger!



ZESTY LIME SHRIMP SALAD

Serves 4 • Recipe and Image From SkinnyTaste.com

NUTRITION INFO – PER SERVING (1 cup)

197 kcal CALORIES • 7 g CARBOHYDRATES • 1.5 g SATURATED FAT • 3 g FIBER • 8 g FAT • 25 g PROTEIN

INGREDIENTS

- ¼ cup red onion
- 2 limes
- 1 tsp olive oil
- ¼ tsp salt
- 1 lb. jumbo cooked shrimp, chopped
- 1 medium tomato, diced
- 1 medium avocado, chopped
- 1 jalapeño, diced
- 1 tbsp chopped fresh cilantro
(can substitute with fresh parsley)

DIRECTIONS

1. In a small bowl combine red onion, lime juice, olive oil, salt and pepper. Let marinate for five minutes to mellow the flavor of the onion.
2. In a large bowl, combine chopped shrimp, avocado, tomato, and jalapeño.
3. Combine all ingredients. Add cilantro and gently toss. Season with salt and pepper to taste.



WATERMELON ARUGULA AND FETA SALAD

Serves 4 • Recipe and Image From SkinnyTaste.com

NUTRITION INFO – PER SERVING (1/4 of salad)

157.5 CALORIES • 11 g CARBOHYDRATES • 2 g SATURATED FAT • 1 g FIBER • 11.5 g FAT •
4 g PROTEIN • 9 G SUGAR • 219.5 MG SODIUM

INGREDIENTS

- 3 cups seedless watermelon, cubed and chilled
- 1/2 cup crumbled feta
- 7 oz. arugula
- 1/4 small red onion, sliced very thin
- 2 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- Kosher salt and fresh pepper

DIRECTIONS

1. Wash arugula and dry well.
2. In a large bowl whisk vinegar, olive oil, salt and pepper.
3. Toss with the remaining ingredients and serve.



Product of the Month: MOTIVATIONAL WATER BOTTLES

Keeping track of how much water you drink each day can be difficult, but using a marked water bottle can make it easier to track and help remind you to keep up with your fluid intake! Motivational water bottles can be purchased on Amazon, generally costing between \$10.99 – 20.00. If you want to customize your sayings, or have a reusable water bottle at home that you already use, feel free to create your own! Using a Sharpie, strips of duct tape, or a decal, make hourly or bi-hourly reminders to consume your fluids.

