



The Milestone

A point in time, marking a key event or accomplishment

APRIL
2009

THE MONTHLY E-NEWSLETTER OF OKLAHOMA WEIGHT LOSS OPTIONS • NORMAN, OK

Send in your questions, recipes, comments, or topics of interest!

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Moving Forward Into Spring

Finally, it's April and spring is here. Now that the weather is warmer, it's time to get out of the house and begin increasing your physical activity. There are many benefits of exercise including:

- a healthier heart
- better ability to cope with stress
- improved ability to fall asleep and better sleep
- increased energy
- increased mental acuity
- stronger muscles
- stronger bones and joints



While providing all of these benefits exercise also **burns calories**, which is especially important for those who are working on maintaining weight loss or trying to reach a weight loss goal. Studies also show that people who exercise not only feel better but live longer.

You don't have to go through killer workouts in order to see or feel the benefits of exercise. For general health benefits it is recommended that adults get a minimum of 150 minutes of moderate to vigorous exercise every week. Moderate to vigorous exercise includes activities such as walking briskly, bike riding, pushing a lawn mower and water aerobics. Start with small realistic exercise goals and increase the duration, frequency or intensity of the exercise every week. Before you know it you will have reached your goal, feeling better physically and mentally.

OWLO News

Balance Program to Resume!!

Our new dietician Christy Olson has taken over the BALANCE program and plans to hold meetings every Thursday at 5:30 in the evenings starting May 14th. Thanks Christy!



Center of
Excellence
BARIATRIC SURGERY

OWLO along with Norman Regional Hospital is recognized by ASMBS as a *Center of Excellence* in bariatric surgery. The program is also accredited by the Joint Commission for bariatric care. These distinctions require the highest level of patient care. This unique honor sets OWLO apart from other programs.



Norman Regional
BARIATRIC PROGRAM



Patient Spotlight

This month we would like to feature **Susan**. Susan Had RNY surgery in November of 2007.

- How much weight have you lost since surgery?
104 pounds.
- Do you meet your protein goal daily?
Most days I do.
- What are your favorite Meal Replacements or protein supplements?
I usually drink nectar twisted cherry protein drinks.
- Do you have any health conditions that have improved?
Yes, my diabetes and breathing have both improved.
- What is one piece of advice you have for other Bariatric patients?
Make sure to follow your Physician's orders.



Recipe Corner

Chicken & Mushrooms in White Wine

Ingredients

Vegetable cooking spray
1 pound skinless, boneless chicken breast *halves*
4 tablespoons flour
Kosher salt and black pepper
2 tablespoons olive oil
2 tablespoons butter
2 cups sliced mushrooms
1/2 cup white wine
1/3 cup low-sodium chicken broth
1/2 cup shredded mozzarella cheese
1/3 cup shredded or grated Parmesan cheese
1/4 cup thinly sliced green onions



NUTRITION FACTS:

Per Serving:
Calories 241
Protein 30 g
Fat 10 g
Carbs 6 g
Sugar 0 g
Sodium 203 mg— 5 grams

Directions:

Preheat oven to 375 degrees. Coat a long baking dish with vegetable spray. Cut each breast half in half again *lengthwise*. Place each piece between heavy plastic wrap and pound flat to 1/8-inch thickness. Sprinkle very lightly with salt and black pepper and dredge lightly in flour.

In a large skillet over medium heat melt half of the butter with half of the olive oil. Add half of the chicken pieces and cook for 4 minutes or until golden and crispy, turning once. Transfer to baking dish and repeat with remaining butter, oil and chicken. To skillet add the mushrooms; cook and stir until tender. Add wine and broth and bring to a boil. Boil gently 5 minutes or until mixture is reduced to half and thickened; pour over chicken. Sprinkle with mozzarella, Parmesan and green onions. Bake, uncovered, for 15-20 minutes. Makes 6 servings.



Chicken & Mushrooms in
White Wine

10 TEN Tips for Taming Cravings 10

- 1. Recognize your emotional triggers.** Loneliness, stress and boredom can often be triggers to start eating; especially comfort foods. Next time when confronted with this situation try to replace eating with another activity.
- 2. Know your environmental triggers.** Your environment can also play a role in how much you eat. For example people often overindulge at parties simply because they are having a good time. Your home can also be a trigger to start eating, so try to limit eating in your house to only one room and remove high fat goodies from your house completely.
- 3. Wait those cravings out.** Cravings can vary in intensity. They may gradually build up, then peak in intensity, and then fade away, almost like waves in the ocean. If you realize that cravings will come and go, you can prepare yourself. The next time that urge hits you, try waiting about 20 minutes for it to subside. Keep yourself busy doing something to take your mind off of it and it just might go away.
- 4. Get moving!** Not only does exercise take your mind off eating, it may help to suppress your appetite.
- 5. Separate eating from other events.** All too often, eating is combined with watching television or reading. So, do nothing else when eating.
- 6. Drink, Drink DRINK!!** Drinking water between meals is an effective way to curb cravings. Liquids take up space in your stomach, thereby giving your appetite center the message "I'm full!"
- 7. Eat regular meals and snacks.** It's important to eat at least three meals a day at around the same time each day. Having a regular eating schedule can actually help reduce the number of cravings you get.
- 8. Fit in fiber.** Fiber is an indigestible carbohydrate that has no nutritional value but does help increase satiety. In general, foods with fiber will help you feel full longer.
- 9. Turn up the Heat!** If you like hot spicy foods tend to satisfy your taste buds quicker than blander foods, so you usually eat less. Spicy foods can also speed up your metabolism.
- 10. Pump up the protein.** Eating protein foods will keep you full longer, reducing potential for cravings. If you eat a lot of carbohydrates, you will crave carbohydrates. Stick with protein; it is more beneficial to you.





APRIL



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 <u>Band Group</u> Moore Medical Center North Atrium 6-7 pm	3	4
5	6	7	8	9 <u>Bethany Support Group</u> Lake Overholser Church of the Nazarene 6-7 pm	10 Good Friday	11
12 Easter Sunday	13 <u>Ada Support Group</u> Central Church of Christ 5:30-6:30 pm	14 <u>Bypass Group</u> Moore Medical Center North Atrium 6-7 pm <u>McAlester Support Group</u> McAlester Regional Hospital Wellness Center 5:30-6:30	15	16 <u>Band Group</u> Moore Medical Center North Atrium 6-7 pm <u>Ft. Smith Support Group</u> Ft. Smith Public Library 7-8 pm	17	18 <u>Saturday Norman Group</u> Norman Regional Hospital (Education Center) 11:00 am
19	20	21 <u>Enid Support Group</u> Cedar Ridge Wesleyan Church 7-8 pm	22	23	24	25
26	27	28 <u>Bypass Group</u> Moore Medical Center North Atrium 6-7 pm <u>Madill Support Group</u> Integris-Marshall Memorial Hospital 5:30-6:30	29	30		

