



The Milestone

A point in time, marking a key event or accomplishment

December 2009

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

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

Website:
www.owlo.com

Email:
nutrition@owlo.com

Phone:
405-360-7100

Fax:
405-364-9112

Address:
3400 W Tecumseh
Suite 205
Norman, OK 73072



Happy Holidays!



With the Holiday Season officially here it's time to start thinking about the new year. With the new year come resolutions, so we thought we would throw out a few Bariatric New Year's Resolutions for everybody to consider.

1. Regularly attend support groups
2. Keep a food journal
3. Reach your protein goal daily
4. Exercise every day
5. Use supplements and vitamins daily
6. Reach 64oz fluid goal daily
7. Avoid carbonated and caffeinated beverages
8. Reach a personal weight goal

Hopefully there are some ideas in here that you may want to incorporate into your New Year's Resolutions. Happy Holidays and best wishes in the New Year.

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Calling All Models

We are still taking on models for the February 19, 2010 fashion show, so if you're interested send an email to etroutt@owlo.com and we'll send all the information you need. Also, more information regarding the fashion show will be on the web shortly.



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 **Sarah**. Sarah had RNY surgery in November of 2008.

- How much weight have you lost since surgery?
200 pounds
- Do you meet your protein goal daily?
Yes.
- What are your favorite Meal Replacements or Protein Supplements?
Chike, Nectar and Smart Forme bars.
- Do you have any health conditions that have improved?
Yes, high blood pressure and sleep apnea have both improved.
- What is one piece of advice you have for other Bariatric patients?
Attend Support groups and make sure to have your physicians monitor your meds after losing a lot of weight.



Recipe Corner

High Protein Frappaccino Ingredients

- 1 package New Direction Chocolate Beverage
- 1 scoop Simply Vanilla Matrix protein drink
- 2-3 drops of hazelnut extract

Mix ingredients in blender with 9-10 ounces of water and ½ cup ice.

Nutrition Facts; Calories: 320; Carbs: 11; Protein: 50g; Sugar: 7g; Fat 7.5g



Remember to keep sending protein shake recipes to etroutt@owlo.com!



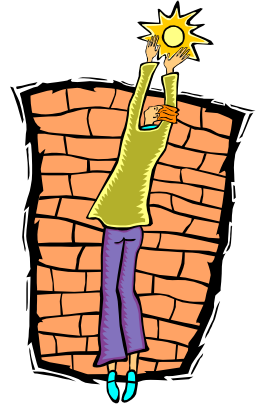
Weight Loss Goals

How to set long-term goals

Set goals you can achieve, both long-term and short-term. Setting long-term goals are great, they show that you are motivated to make a change. However, daily life can often get in the way of your BIG goal, causing you to drop your long-term goal. It is important to set small goals, to help you reach your larger goal over time.

Goals can be anything from weight loss to changes in lifestyle, the list below can assist you in setting goals:

- Increase Exercise
- Reduce Calories
- Eat more fruits/vegetables
- Limit “junk food”
- Weight loss
- Inches lost
- Decrease in clothing size



How to achieve long-term goals

Setting goals and actually achieving goals are two separate things. It's easy to set a goal of weight loss, but actually losing weight can become difficult. Once you have set your goals, you must determine how you will accomplish them. The question you must answer, is what can I do on a daily basis that will assist me in my weight loss efforts?

Tips:

- Eliminate extra helpings
- Add 5 minutes of exercise
- Choose fruits and vegetables over fried snacks
- Replace high calorie drinks with calorie-free, caffeine-free and carbonation-free drinks

What is needed for success

Think about your past weight loss attempts. Why were they ultimately successful or unsuccessful? Determine the type of support needed to help you achieve your goals.

- Family, friend support
- On-line support
- Support groups

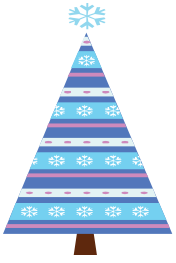
How to maintain long term goals

Reaching your goal takes a lot of hard work, but maintaining that change is difficult too. It may also be necessary for you to set maintenance goals:

- Record in a food journal
- Set a warning weight



Remember - set yourself up to succeed when setting weight loss goals!



December



<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2 Woodward Group 6-7	3 OWLO AGB Group 6-7	4	5
6	7	8 OWLO RNY Group 6-7 McAlester Group 5:30-6:30 Enid Group 7-8	9	10 NWOKC Group 6-7	11 	12 Saturday Support Group 4pm CHRISTMAS PARTY!!
13	14 Ada Group 5:30-6:30 Wichita Group 6-7	15	16	17 Ft. Smith Group 7-8	18	19
20	21	22 Madill Group 5:30-6:30	23	24	25 	26 
27	28	29	30	31 		

