

ALOHA

A Lifetime of Healthy Achievements



Communique'

Updates for Support Group Participants ~ Provided by: Kristi Fregia Rucks, PT ~ Margee Romportl, RD, CD ~ 715.847.2819

Feature Article:

Self-Sabotage... What and WHY???

Sabotage can interfere with your own efforts to make changes. What would cause you to sabotage your weight-loss efforts? Can you relate to any of these?

Old habits are more comfortable. Even though old behaviors are nonproductive, they actually feel more comfortable to us because we know what to expect. Heading into uncharted territory may feel uncomfortable. Basically, the more you travel the same path, the more difficult it becomes to change directions. Only by breaking out of old routines can you make exciting new discoveries. You may discover that those old habits are not as comforting as you once thought.

Change is tough. Change takes time to plan for and is not easy. But, sometimes the things that are most difficult give us the greatest reward. Change takes patience, self-discipline, perseverance, responsibility and sacrifice. Without change there can be no breakthroughs! Throughout history, the greatest achievements have come only after countless failures. Imagine what our world would be like if we all gave up! We would not have phones, computers, even electricity.

Immediate gratification. If you are someone who wants immediate results, then you will probably never be the healthiest or most content you can be later on. People tend to sabotage their new and healthy habits, because they are not seeing the fruits of their labor immediately.

Living a healthy lifestyle, takes time for your mind and body to become regulated. Give your mind and body the courtesy and the time they need to adjust and you'll reap the benefits of a lifetime of wellness.

Fear of the unknown. Many fear what hasn't even happened yet. Why? Most likely, it is an irrational idea that change may lead to other problems. But how could you ever know that if you haven't experienced those changes? Fear can result in preventing us from the experience of a whole new life! Cross the bridge of fear if and when the circumstances happen. Don't worry about what cannot be controlled.

Emotions. Your emotions may have a stronger hold on you than you ever imagined. Yes, both positive (the "feel-good" feelings) and negative (the "feel-bad" feelings) emotions can cause you to sabotage your efforts in a single moment. Emotional highs and lows are both culprits in sabotaging efforts, especially with weight management. When we feel "high", we feel invincible and simply forget that we have to remain conscious in the choices we make. For instance, let's say you just got a promotion. What is the first thing you do? Many say, "Let's go celebrate".

Celebration is more than understandable and deserved, but how is it that we celebrate? Usually, we celebrate with a nice expensive dinner out on the town and other potentially harmful substances (alcohol, etc.). So, we make a decision, either unconsciously or consciously that, "I deserve to splurge or get drunk" because I have earned the right. At that moment, our "feel-good"

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emotions have taken over and may leave us with a mess to clean up later.

Sometimes, negative emotions, or "feel-bad", can wreak havoc on our achievements as well. Most of us do not enjoy feeling down, and many of us turn to food (or other substances) as an escape from those issues that we *choose* not to deal with. Yes, this is a choice we make.

Obstacles! Yes, roadblocks are inevitable! Unpleasant and unexpected situations arise from time to time. So what! Should you use them as an excuse to quit your efforts at becoming healthy? If you think of barriers as a challenge rather than a threat, it is more likely you will triumph over them.

Continuous effort will break down the barriers and conquer "immoveable" mountains! Don't judge yourself as bad or worthless if you have a setback. Basically, stop judging yourself at all.

Survival of the fittest is the ageless law of nature. The fittest are those that have the ability to adapt to rapidly changing conditions and endure difficult situations. Don't get discouraged by a temporary defeat. You can do anything you want to if you stick to your plan long enough. Each step, whether it brings success or failure, supplies you with new understanding and enriches your journey.

Excuses. Too many of us have grown accustomed to blaming others for our misery. It is time to act like an adult by taking responsibility for your own actions.

Once you can learn to take responsibility, it is up to you to push on. If you look for external reinforcement, you are giving power to those around you. Once you give up that power, you are doomed to accept others' expectations of how you should look, how you should act, how you should feel, etc. This is a sure-fire way of sabotaging your efforts at anything you attempt to accomplish!

Aspirus On The Move!

Are you getting the support you need? We often hear from patients they need more contact with staff during the process to get on track and stay on track with their weight loss journey. We have a solution!

The program includes 2 monthly video segments, 1 monthly exercise challenge and, 2 self-monitored weigh-ins a month. The cost is \$15 for a month, \$80 for 6 months, or \$150 for an entire year. We are also offering body fat analysis appointments to patients over a year out from surgery for \$15.

This program is "portable", hence the name "Aspirus On the Move". You can watch the videos on your own time at home, or set up a time to come in and use the equipment in our office.

We all know the importance of accountability for lifelong success, call today to stay on track for a lifetime.
715-847-0024

Future Support Group Meetings:

Our support group is facilitated by a certified Bariatric Support Group Leader and Success Habits Instructor as well as a Registered and Certified

Dietitian. Meetings are a free service provided by Aspirus Bariatrics. **Join Us!!**

*****Weather Alert*** Please remember if after school or evening programs are cancelled in Wausau due to inclement weather, support group will be cancelled. If there is any question please call the hospital switchboard at: (715) 847-2121.**

Day Time Support Group:

- Second Wednesday of every month
- 11:30-12:30 p.m.
- Aspirus Bariatrics Waiting Room- 3rd Floor Suite 320

Night Time Support Group:

- Third Tuesday of every month
- 6:30 – 8:00 p.m.
- Medallion Room at Aspirus Wausau Hospital

Upcoming Night Group Topics:

May 20th: Everything You Always Wanted to know about Nutrition for WLS... Admission for the evening= Bring a protein based recipe to share with Margee and the group. Bring any nutrition/diet questions/concerns that you may have. Margee will be available to offer answers, opinions, and/or admit she doesn't know the answer and will get back to you with the correct answer!

June 17th: Q & A: No matter where you are on your journey through weight loss surgery we always have questions to ask or experiences to share. Come learn and share! We will also do some protein product sampling.

July 15th: Tribute to the Losers! A popular topic from year to year when we ask everyone who has lost weight through weight loss surgery to bring in an old article of clothing

to "show and tell" their weight loss story. If you need inspiration to stay on track, or if you have not had surgery yet this is a topic you do not want to miss.

August 19th: Nutrition Potpourri Margee will bring printed recipes that have been collected from the May group as well as past patients/ sources. She will also have a discussion on protein supplements good, bad and ugly.

Featured Recipe: Mediterranean Cod

This fish dish could easily be adapted to whatever type of fish you like.

- 1 medium tomato
- 1 Tbsp. onion
- 2 fresh basil leaves
- ¼ cup black olives
- 1/8 tsp. garlic powder
- 1 tsp. olive oil
- 1 Tbsp. balsamic vinegar
- 3 tsp. lemon juice
- 6 ounces cod

Preheat oven to 425°. Lightly coat a shallow baking dish with non-stick cooking spray.

Wash and chop tomato, onion, basil, and olives. In a small bowl, combine tomato, green onion, basil, olives, garlic powder, olive oil, vinegar and 1½ tsp. of lemon juice. Let stand at room temperature.

Rinse and pat dry the fish with a paper towel. Place fish in prepared baking dish. Drizzle fish with remaining 1 ½ tsp. lemon juice and top with the tomato mixture.

Bake until just cooked through, approximately 10 to 12 minutes, or until fish flakes easily with a fork.

Yield: 2 servings
Nutrition content per serving: 21 grams protein

Support group members work together and help each other on the journey which gastric bypass surgery takes us. We welcome your comments on this communiqué. To share a recipe or suggest a topic, talk to either Kristi or Margee.

Phone: (715) 847-0024 or 1-888-764-3233, or e-mail kristif@aspirus.org or margeer@aspirus.org

