

# Your Connection to Healthy Weight



Helpful, Healthy Information from  
**The Center for Bariatrics and Healthy Weight**

September, 2021

## Helpful Hints for You

### Pillars of Health and Wellness

Health and wellness is more than just being free of disease or injury. There are numerous aspects to consider on the road to wellness:

- **Nutrition:** Necessary to keep your energy levels high for your favorite activities and social events.
- **Movement:** Moving the body produces endorphins which help improve your mood. Trying thinking about exercise as a way to reward your body instead of a punishment for eating “bad” foods!
- **Stress Management:** Stress can negatively effect your health. Try to find different way to handle stress, such as finding a new hobby or listening to music.
- **Sleep:** Essential for recharging the body and mind and to decrease the risk of chronic diseases. Aim for at least 7-8 hours each night.



## News to Use

Taking a daily multivitamin is imperative after bariatric surgery. Medical professionals recommend multivitamins to ensure your nutritional needs are met, as the surgery will limit the amount of food you can eat. Vitamins come in different forms, including pills, capsules, and even chewable gummies. Your multivitamin should include:

- **Vitamin D:** Keeps bones, teeth, and muscle healthy and aid in calcium absorption; known as the “sunshine vitamin” because you can receive this vitamin from sun exposure.
- **Calcium:** Important for bones, muscle, and nerve function.
- **Vitamin B12:** Strengthens immune system, maintains energy levels, and central nervous system function
- **Thiamine (Vitamin B1):** Plays role in growth, development, and function of cells and generates energy from nutrients
- **Iron:** Necessary to make hemoglobin which carries oxygen from lungs to the rest of the body and aids in the production of red blood cells.

## Upcoming Events

### FREE WEIGHT LOSS SEMINAR

Our informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center’s Medical Director, provides insight into the surgical options that may be right for you.

View at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546) for more information.

### WELLNESS WEIGH

#### A WEIGHT LOSS SUPPORT GROUP

#### *How to Choose the Perfect Snack*

**September 16; 6:30 p.m. — 7:30 p.m.**

**Center for Bariatrics & Healthy Weight**

*\*Please RSVP ahead of time; attendance is limited to adhere to Covid-19 policies.*

## Recipe of the Month

### Fruited Yogurt Parfait

#### Ingredients

- 1-8oz glass or mason jar
- 1/2 cup vanilla Greek yogurt
- 1/4 cup of your favorite fresh or frozen fruit
- 1/8 cup granola

#### Preparation

1. In the glass or mason jar, layer yogurt, fruit, and granola.
2. Enjoy!

**Makes 1 serving at 163 calories, 10.2 g protein, 23.8 g carbs, 3.3 g fat per serving**



**Southern Regional Medical Center**