

Your Connection to Healthy Weight



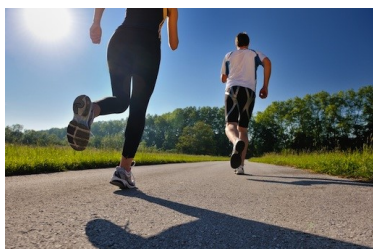
Helpful, Healthy Information from
The Center for Bariatrics and Healthy Weight

June, 2021

Helpful Hints for You

Summer has arrived and it's a great time to take your exercise outside. Here are a few summer tips to help you adjust to taking your activities out doors after the winter:

- **Take time to adjust to the conditions:** Start exercising slowly and seeing what your limits are before you increase your endurance.
- **Stay Hydrated:** Take water breaks when needed to prevent dehydration. Always bring a water bottle with you!
- **Fitness Buddy:** Ask a friend to join you in exercise to help you stay motivated.
- **Find your favorite activity:** Participate in different activities that you enjoy and can do outside, like running, hiking, walking or yoga.



News to Use

The American Society for Metabolic and Bariatric Surgery (ASMBS) recommends mild exercise 20 min/day 3-4 days/week. This improves cardiovascular fitness, reduces the risk for surgical complications, promotes healing and improves post-operative recovery.

Exercise is important after surgery to improve quality of life, and will also help you reach and/or maintain your weight loss goals more efficiently. Below is a timeline for exercise after surgery

- **1st Month:** Light walking at 10 min per day and working your way up to 30 min per day, 5 days a week
- **2-3 Months:** Add variety to your cardio workout by using the elliptical or stationary bike.
- **4-6 Months:** Start to add resistance training (weights) to your routine. Start out with light weight and progressively work your way up.
- **6-12 Months and Beyond:** Perform both cardio and weight training exercises and increase frequency and intensity as you get stronger.

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

"COOKING HEALTHY MEALS: 101"
July 17th; 12 noon — 1 p.m.

Southern Regional Medical Center
Center for Bariatrics & Healthy Weight

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

Recipe of the Month Chocolate Energy Bites

Ingredients

- 1/2 cup natural creamy peanut butter
- 1/2 cup sugar-free mini chocolate chips
- 1 cup old fashioned oats
- 1/2 cup ground flax seeds
- 1 Tablespoon honey
- 2 Tablespoon unsweetened cocoa powder
- 1 Tablespoon chocolate protein powder
- 2 Tablespoon water

Makes 8-12 servings at 150 calories, 8.6 g protein, 10.9 g carbs, 11.5 g fat per serving

Total Time: 10 minutes

Servings: 8-12

Preparation:

1. Combine all of the ingredients in a medium bowl. Stir to combine. If mixture looks to dry, add a bit more water (1/2 Tablespoon at a time).
2. Place in the refrigerator for 15-30 minutes so they are easier to roll. Roll into 8 bites and store in the fridge for up to a week.



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