

Bariatric *focus*

HELPING PATIENTS STAY FOCUSED ON WEIGHT LOSS EVERY DAY

With All The Upcoming Hectic Holiday Weeks, You Will Need These Few Helpful Tips And Lots Of Self-Discipline.

'Tis The Season To Be Jolly... And Gain Weight?



The holiday season is undoubtedly a time for rejoicing. Unfortunately, the average adult does a little too much celebrating during this time of year, which leads to extra baggage when the New Year rings in. Festivities that include indulging in extra helpings, snacking on seasonal treats, and little to no workout time all contribute to the increase in dieters in January.

So, this holiday season buck the trends and avoid the Seasonal Seven (the average weight most of us will gain between Thanksgiving and the New Year). That's one trend you don't want to participate in! With the average weight loss after gastric banding surgery at one-two pounds a week, you can easily set yourself back 7 weeks to recoup all of your hard won weight loss.

Even though this time of year may bring upon additional stresses and challenges, there are ways to find balance and maintain a healthy lifestyle. Though at times it may seem impossible to bypass the season's traditional foods, there are many ways to partake in the fun without increasing your clothing size. The holiday celebrations don't have to be eliminated or avoided. You can have a great season while also maintaining your weight and your fitness regimen.

Moderation is the word of the season. It's the secret to achieving a fun but also healthy holiday time. With a moderate approach both to what you eat (or don't eat) and how much exercise you do (or don't do), you can avoid packing on weight AND also partake in all the fun of this time of year. So this season, get a head start on the New Year instead of starting January with extra pounds to lose.

Here are some tips to help you during those hectic holiday weeks:

- Plan ahead. Before the holidays sneak up on you, create a plan for incorporating fitness & good nutrition into your routine.
- Weigh in at least weekly. It's a good motivation.
- If you work in an office setting be prepared for the deluge of guilty treats your co-workers will graciously want to share. Stash your own healthy snacks in your desk so you won't be tempted to overindulge when your grumbling stomach demands a 3:00 snack time.



- Don't put your fitness goals on hold until the New Year. If you can't exercise as often during this time period as you normally do, simply reduce the frequency and/or duration of your exercise.
- On days that you really lack motivation or time for your complete exercise routine, commit to do just 10 minutes of exercise (that is still a lot better than zero minutes!). You'll probably end up doing more than that once you get started.
- Exercise at home. You'll be more inclined to follow-through on your exercise commitment if you don't have to drive somewhere to get to a "gym".
- When attending a holiday function, try to

eat ahead of time to lessen your hunger.

- At holiday dinners, skip the gravy, dressings, and high-calorie condiments.
- When at a party, scout out healthy food options (such as vegetable sticks - without dip, fruit pieces, plain chicken pieces, etc) rather than doing a grab and run on all the unhealthy selections.
- Avoid wasting calories on alcoholic beverages. The average alcoholic drink contains 150 - 200 calories per glass! If you partake in these beverages, choose wisely. For example, instead of having a full glass of wine, try mixing half a glass of wine with sparkling water or diet soda.
- When running errands, pack some healthy snacks to have on-hand. Then, after you work-up a big appetite, you won't be tempted to grab something at the mall food court or the fast food restaurant on the way home.
- Don't linger at the party buffet or in the kitchen. If you do, you'll struggle to keep from unconsciously shoveling food into your mouth.
- Focus on socializing. Remember one of the great things about the holidays is spending time with friends and family. During get-togethers try to spend the majority of time sharing conversation instead of sharing desserts.

Hopefully these tips will help you find a balance between staying fit and also enjoying the fun of the season.

Support Group Meeting

Tuesday

17

Our next gastric banding support group meeting is Tuesday, November 17 at 7 pm. See you there!