

How to stay motivated after the weight loss honeymoon is over

Article from Obesity Action Coalition



Yes, there **is** such a thing as a weight loss honeymoon. How do you stay motivated once all the excitement settles down and weight stops coming off as quickly?

The weight loss honeymoon

The beginning of your weight-loss journey is thrilling. You see physical and emotional changes every day. People may start to recognize your weight loss and compliment you. You're feeling confident and you have

a clear goal in your head for the coming months.

But after making changes to your lifestyle and in other places, what happens when the excitement starts to fade? For some people, this happens when weight loss slows down and they hit a plateau. For others, it happens when they run out of energy or start to return to old habits.

Tips for staying on track

There will be many ups and downs to your weight journey, but if you want to keep your momentum after the weight-loss honeymoon, try the tips below.

Reignite your "why"

We start off strong in any effort when we are motivated by a compelling cause or a goal. Don't let your "why" slip out of sight. Do you have an old picture of yourself that inspires you to keep going? Hang it up. Are you trying to get healthier to be active with your family? Pull out a picture of them and talk to them daily. Don't let your "why" leave your side!

Focus on small goals too

While you'd love to see a big drop in what the scale reads, don't forget about the smaller goals you can reach every day. Here are some examples:

- Try a new healthy recipe using what you've learned about nutrition
- Explore a new exercise you couldn't do before
- Aim to no longer need a certain prescription medication
- Work on lowering your average blood pressure

Think about your growth

While your ultimate goal may be weight loss, this journey is about your personal growth, too. You will learn to make lifestyle changes that keep you happy and healthy. You will devote more time to self-care, even if you're always busy. You will have to learn patience and navigate a lot of emotional hurdles. All of these experiences will strengthen you, so reflect on them often.

Switch things up

Boredom can derail you fast! Find new ways to spice-up your healthy routines. Explore new recipes and cuisines with flavors you haven't tried before. Try a new exercise or pass-up the gym one day for a run in your neighborhood. Instead of working out alone, invite a friend.

Commit to consistency

There will be times when your successes tempt you to "slack off" more than you might want to. Temptation is the real deal, but remember you are devoted to consistency and moderation. If you can strike a balance between healthy lifestyle habits and taking a break every now and then, you'll stay on the right track. Just don't use the "every now and then" excuse, well, every day.

Conclusion

Remember that your journey with weight is for you, your health and all of the amazing things of which you are capable. The honeymoon period is exciting but it does end. To continue going strong, remember these essential elements that will ensure long term success.

Recommended supplements

Northern Light Surgical Weight Loss follows guidelines issued by the American Society for Metabolic and Bariatric Surgery (ASMBS). Based on their clinical recommendations, we would like to make sure that your supplements are taken correctly.

For Pre-Weight Loss Surgery patients (please start as soon as you are in the program):

- Multivitamin Complete with Minerals (with total 36mg iron per day) – See chart below for options
- One Calcium with vitamin D (500-600mg Calcium and ≥ 400 IU vitamin D per pill), taken twice a day

For Post-Weight Loss Surgery patients:

- Multivitamin Complete with Minerals (with total 36mg iron per day) – See chart below for options
 - One Calcium with Vitamin D (500-600 mg Calcium and ≥ 400 IU vitamin D per pill), taken twice daily
 - B complex containing 12-50 mg Thiamin (B1) per day*
 - Vitamin B 12: 500mcg per day*
 - Vitamin D: 2000IU daily in addition to what is in multivitamin and calcium pill*
- (*These extra supplements are not needed if using the Celebrate multivitamins – See chart below)

Tips:

- ✓ Avoid taking iron-containing multivitamins and calcium supplements together for best absorption
- ✓ Vitamin/mineral supplements are often better tolerated if taken with meals
- ✓ You may take 2 multivitamins with breakfast, 1 of the Calcium/D at lunch, and the 2nd calcium/D with dinner
- ✓ If you are taking prescription weekly dosage of vitamin D (typically 50,000 IU), you do not need to add 2000 IU vitamin D noted above
- ✓ Iron – Additional supplementation may be needed and will be discussed after surgery

Bariatric Surgery Vitamin/Mineral Supplementation Options:

Product	Form	Serving size	Additional Daily Supplements needed	Total Daily Supplements
Celebrate Multi Complete 36	Chewable	2	2 Calcium/D	4
	Capsule	3		5
Celebrate MC Restrictive 45	Chewable	1		2 Calcium/D B Complex 500 mcg Vit B 12 2000 IU Vit D
	Capsule		7	
Women's One-a-Day	Pill	2	2 Calcium/D B Complex 500 mcg Vit B 12 2000 IU Vit D	
Flintstone's Complete with Minerals	Chewable	2		

*Your specific regimen may differ based on recommendations by your surgeon/NP/PCP/Dietitians after reviewing your lab results.

Surgical Weight Loss Support Groups

We encourage regular attendance to these groups. Attending groups is one way to reaffirm the importance of your commitment to surgery. Studies show those who attend groups, weigh themselves regularly, and record dietary intake are more likely to manage their weight. **Send an e-mail to Lynn Bolduc if you would like to be put on a reminder list for any one of the groups.**

Did you know...

- Regular attendance at support group doubles the likelihood of successful weight loss after surgery
- Those who regularly attend support group have 3.7x greater success with weight loss surgery

Bangor: Northern Light Eastern Maine Medical Center (for all patients, before and after surgery)

When	Where	Time	Leaders	Upcoming Groups
First Friday of every month	Mason Auditorium (January and February) Brandow Conference Room* (starting in March)	4:30 - 6:30 pm	Lynn Bolduc, RD (February, and April) and Tama Fitzpatrick, RD (January, March, and May)	Feb 7, 2020 Mar 6, 2020 Apr 3, 2020 May 1, 2020

Guest speakers/surgeons: TBA

*Location changes starting March 2020

Online: (Guest speakers/surgeons: TBA)

Third Tuesday of every month	Online	5-6 pm	Northern Light SWL Dietitians	Jan 21, 2020 Feb 18, 2020 Mar 17, 2020 April 21, 2020 May 19, 2020
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Bangor: Northern Light Health Center, Union St. - Staying On Track Support Group (for patients who have had weight loss surgery):

When	Where	Time	Leaders	Upcoming Groups
Second Wednesday of every month	Northern Light Endocrine and Diabetes Care, Classroom 905 Union Street, Suite 11	5-6 pm	Dr. Nina Boulard, Clinical Psychologist	January 8, 2020 February 12, 2020 March 11, 2020 April 8, 2020 May 13, 2020

*Due to the small room size and sensitivity of topics discussed, we ask that you come alone to this group.

This group is now open to **ANYONE** who has had weight loss surgery. The group size is typically small.

Presque Isle: Northern Light A R Gould (Previously known as TAMC)

First Wednesday of every month	McCain A Conference Room	5-6 pm	Ben Mayhew, RD Thomas Merrow, RD Angel Hebert, RD	January 8, 2020* February 5, 2020 March 4, 2020 April 1, 2020 May 6, 2020
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Waterville: Northern Light Inland Hospital

First Wednesday of every month	Medical Arts Building Conference Room	5-6:30 pm	Dr. Toder (Feb) Lynn Bolduc, RD (Mar) Dr. Kronholm (Apr, May)	February 5, 2020 March 4, 2020 April 1, 2020 May 6, 2020
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Struggling with weight regain after your surgery?

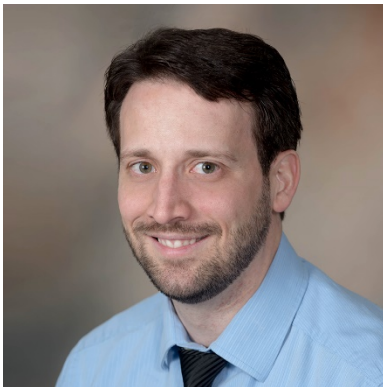
Beginning in January, we have a new program to help. It is called **RETRAIN YOUR POUCH**. This is a 14-week program offering nutrition, psychology, body composition testing, metabolism testing and a visit with our bariatric nurse practitioner to evaluate results along the way. The program consists of five visits over the 14-week period (week 1, 3, 6, 12 and 14).

To be eligible you must be:

- At least 18 months postop
- Up-to-date on your lab work to evaluate for vitamin/mineral deficiencies

No referral is needed for those who had surgery at Northern Light Eastern Maine Medical Center. If you had surgery at another institution, we will need a referral. Please contact the Northern Light Eastern Maine Medical Center Surgical Weight Loss office at 973-6383 to get signed up or for more questions.

Tele-Anemia brings care to people close to home



Kael Mikesell, DO, medical director of Northern Light Patient Blood Management, evaluates patients every day with anemia. Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues. Dr. Mikesell also oversees the Northern Light Anemia Care at the Lafayette Family Cancer Institute in Brewer, where patients can have their anemia treated. Once every other week, he also hops on a video screen and sees patients at Northern Light Inland Hospital who have benign forms of anemia.

Up until two months ago, patients from the Waterville area, where Inland Hospital is located, would have to travel an hour each way to Brewer to have that appointment. Now, they can consult with Dr. Mikesell via a telemedicine video conference. According to Dr. Mikesell, once he receives a referral, he will review a patient's charts, develop a tentative treatment plan and schedule a Tele-anemia conference.

"I'm sitting here in this office at the Lafayette Family Cancer Institute. They're down at Inland Hospital, and were using video to discuss back and forth with one another," explains Dr. Mikesell, "If we determine that an infusion for their anemia is needed, that occurs at the Inland infusion clinic."

Dr. Mikesell says he's already getting positive feedback about the program from patients from the Waterville area. "We need to treat people where they're at. I'm a big proponent of that. This provides us the opportunity to keep them in their own community."

The program may be expanded to other Northern Light Health member hospitals in the future.

Resources

Quarterly Newsletter: SKINNY

Hard copies of the newsletter are distributed at the support groups and dietitian visits. The SKINNY is published four times per year. If you want to receive this newsletter electronically, please e-mail lbolduc@northernlight.org or mikikomarzilli@northernlight.org and they will add you to our distribution list. Once on the mailing list, you will receive monthly electronic e-mail reminders about support groups.

Online Information Session

The Northern Light Surgical Weight Loss comprehensive informational session is available online. The 60 minute video is broken up into 10 chapters, so it does not have to be watched all at once. If you or someone that you know is interested, please visit northernlighthealth.org/SWL and click on “**Surgical Weight Loss Information Sessions**” and then [Online Information Session](#) to read more. Once you have finished watching the online class, fill out the form located below the video links or call 973-6383 if you are interested in joining the program.

It is also a great refresher for those who have already had weight loss surgery

Online Physical Therapy videos

Check out our Physical Therapy (PT) videos. The 50 minute PT session is divided into six short chapters and is available for those starting the program, as well as those who would like to refresh their knowledge on a well-balanced exercise plan. northernlighthealth.org/SWL-Physical-Therapy.

Check out our patient stories

Please visit northernlighthealth.org/SWL. Click on “**Testimonials**”

Support Group

We now offer an Online Group on the third Tuesday monthly at 5-6 pm for those who wish to participate. If you are interested in participating in our online support group, please email Lynn at lbolduc@northernlight.org or tfitzpatrick@northernlight.org

2020 Clothing Swaps at Northern Light Eastern Maine Medical Center

In an attempt to help our patients as they change sizes quickly after weight loss, Northern Light Surgical Weight Loss has been having clothing swaps since 2000. We ask that you consider donating gently used, clean clothing. You do not need to donate clothing in order to take advantage of the swap. You can take clothing without giving and give without taking. No money will be exchanged. The clothes not taken at the end of the night are given to charities such as Salvation Army, Goodwill, or Shoestring Thrift shop. People usually bring the clothing between 4 and 4:30 pm on the night of the clothing swap and the swap part happens immediately after the support group (6:30 pm) in 2D. This is a patient-led activity which can always use more volunteers. Please contact Lynn Bolduc at lbolduc@northernlight.org, if you are interested in how to pay-it-forward.

Dates: May 1, 2020
November 6, 2020

Location: Grant 2D Conference Room
Time: 6:30-7 pm

*Please note: We do not have a way to store clothing brought in advance and left at our offices.

For those with a genetic predisposition to obesity, not all exercise is equal

(Performing different kinds of physical exercise differentially attenuates the genetic effects on obesity measures: Evidence from 18,424 Taiwan Biobank Participants. Lin, et al. *Plos Genetics*. Aug 1, 2019. Summarized by Mikiko Marzilli, MS, RD, LD)



Obesity is complicated, as it is caused by an interplay of multiple genes and lifestyle factors, which include sedentary lifestyle and inactivity. While it may be common knowledge that regular physical exercises could blunt the genetic effects on Body Mass Index (BMI), it remains unclear if all types of exercise are equally effective.

A new research from Taiwan University suggests that certain exercises are more effective for weight loss in individuals with a genetic propensity for obesity. The

researchers investigated 18,000+ Hen Chinese individuals between the ages of 30 and 70 for gene-exercise interactions with the following 18 different types of exercise which are common in Taiwan:

- Walking
- Exercise walking
- Jogging
- Cycling
- Mountain climbing
- Stretching exercise
- International standard dancing
- Swimming
- Tai Chi
- Dance Dance Revolution (DDR)
- Yoga
- Qigong
- Others
- Weight training
- Badminton
- Table tennis
- Basketball
- Tennis

Five obesity measures such as Body Mass Index (BMI), body fat percentage, waist circumference, hip circumference, and waist-to-hip ratio were investigated in this study to assess the effectiveness of these exercises on obesity and body composition changes.

Findings

The researchers found that the regular physical activities generally reduced the negative genetic contribution of not only BMI, but also body fat percentage, waist circumference, and hip circumference. They did not observe significant effect on waist-to-hip ratio improvement with overall regular physical activities. Of the 18 exercises examined in the study, regular jogging appears to be the most effective exercise in lowering the genetic effects on all five categories, especially BMI, body fat percentage, and hip circumference. For reduction of BMI alone, five other exercises stood out as being superior to those predisposed to obesity: mountain climbing, walking, exercise walking, international standard dancing, and a longer practice of yoga.

Factors to think about

The researchers suggest that the reason why popular exercises such as cycling, stretching exercise, and quigong resulted in weaker association with the Genetic Risk Scores was because those exercises overall require less energy to perform. They also suggest that swimming in cold water can stimulate appetite and food intake, which compromises the energy burned from swimming. Dance Dance Revolution (DDR), a computer based dancing game, is not as formal as International dancing, and the extensity of the exercise varies too much to assess effectiveness. Other higher-intensity exercises such as weight training, badminton, table tennis, basketball, or tennis had few subjects which may have impacted the results negatively.

Limitations

It should also be noted that the study was solely based on Hen Chinese individuals, and may not be generalized to wider populations across the globe.

The level of physical activities were also based on self reports, which could be highly subjective. Finally, certain exercises that were reported, such as basketball and tennis, vary too much in activity level to derive accurate results.

Although hereditary factors play a big role in obesity, performing different kinds of exercise can modify this relationship to various extents. Further investigation is needed to determine which types of exercise helps to shed weight more effectively.

How to stay active in cold weather

(Article altered from American Heart Association How to Stay Active in Cold Whether)



When winter blows in, you can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure!

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

Benefits to keep in mind

1. No heat and humidity to deal with. Winter's chill might even make you feel awake and invigorated.
2. You may be able to work out longer in cold weather—which means you can burn even more calories.
3. It's a great way to take in the sunlight (in small doses). Not only can light improve many people's mood, it also helps you make vitamin D.
4. Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

Outdoor Activities

Enjoy outdoor activities such as brisk walking or hiking, jogging or running, raking leaves, shoveling snow, ice skating, sledding, cross-country skiing, and snowshoeing!

Stay warm, stay safe

Staying warm and dry when heading out to exercise in cold weather is all about layers. A little preparation can keep you safe from cold weather hazards like hypothermia and frostbite.

Cold temperatures, strong winds and damp conditions (like rain and snow) steal your body heat. For example, according to the National Weather Service, a 30-degree day with 30-mile-an-hour wind feels like about 15 degrees. And if you get wet (from rain, snow or perspiration) that effect is only magnified. That's why layers of clothing are so important. They help trap the heat and form a kind of insulation against the elements.

Resist your instinct to start layering with cotton. Once cotton becomes wet with sweat or snow, the moisture is trapped and will actually make you feel colder (and heavier). For your first layer, you want something that pulls moisture away from your skin, like the moisture wicking fabrics used in high-performance sportswear. Next, add a layer of fleece; finally, top with a thin waterproof layer.

Know the signs

Hypothermia means the body temperature has fallen below 35 degrees Celsius or about 95 degrees Fahrenheit. It occurs when your body can't produce enough energy to keep the internal body temperature warm enough. It can be life threatening. **Symptoms** can include: lack of coordination, mental confusion, slowed reactions, slurred speech, cold feet and hands, shivering, and sleepiness.

Children and the elderly may be at more risk because they may have limited ability to communicate or impaired mobility. Elderly people may also have lower subcutaneous fat and a diminished ability to sense temperature, so they can suffer hypothermia without knowing they're in danger.

Stay hydrated

Don't forget to drink water when exercising in cooler weather. Thirst isn't the best indicator that you need to drink. Aim for 6 to 8 cups of non-carbonated, non/low-calorie drinks per day.

Bye-bye, couch potato!

If the winter weather prevents you from getting outside, don't just reach for the remote. Make your time inside count. There are many ways to get physical activity indoors—no gym required. Hand weights or resistance bands are a great addition, but not necessary. You can also wear a heavy backpack to add intensity to your workout.

Indoor activities

You can also enjoy indoor activities such as home workout circuit, dancing, active housework like vacuuming and sweeping, mall walking, bowling, roller skating, stair climbing, and yoga or other fun group classes at your local gym, studio, or community center.

Fit in fitness

Many organizations such as Center for Disease Control, US Dept of Health and Human Services, and American Heart Association recommend physical activities of at least 150 minutes of aerobic exercise per week (plus 2 or more days of toning exercise per week) to improve your quality of life. Move more, with more intensity, and sit less.

Recipes

Recipes suitable for Phase 4 diet plan (Adjusted from girlsgonestrong.com)

You may substitute cottage cheese with Greek yogurt for Phase 2 diet plan

Servings: 1 - Calories 228, Protein 34 g, Total Carbs 10 g, Total fat 3 g, Dietary Fiber 0 g

Candy Cane Protein Shake

Ingredients

- 1 cup unsweetened almond milk
- 1 scoop vanilla protein powder, such as Unjury
- ½ cup cottage cheese
- 3-6 drops of peppermint extract, to taste
- 1-2 packets Truvia/stevia based sweetener, to taste
- 2-5 ice cubes, to desired thickness

Instructions

1. Add all ingredients to a blender
2. Blend until completely combined



Gingerbread Protein Shake



Ingredients

- 1 cup unsweetened almond milk
- 2 scoops vanilla protein powder
- ½ cup cottage cheese
- ½ tsp cinnamon
- ¼ tsp ground ginger, to taste
- ½ tsp butter extract
- ½ tsp vanilla extract
- 1-2 packets Truvia/stevia based sweetener, to taste

Instructions

1. Add all ingredients to a blender
2. Blend until completely combined

Beef Jerky

Recipe suitable for Phase 5 diet plan (Shared by Tammara and Bill)

Per serving (approximately 1/30th of total) - Calories 308, Protein 40 g, Total Carbs 1 g, Total fat 14 g, Dietary Fiber less than 1 g.

Ingredients

- 1/3 cup apple cider vinegar or red wine vinegar
- 1/3 cup Worcestershire sauce
- 1/3 cup soy sauce (low sodium works)
- 1 Tablespoon black pepper
- 1 Tablespoon red pepper flakes (optional)
- 1 clove garlic minced
- ½ teaspoon kosher salt
- 1 or 2 teaspoons liquid smoke (any flavor)
- 3 lbs. London broil steak or leanest beef roast you can find, sliced in 1-inch stripes, about 1/8" thickness - Thicker meats results in longer cook time



Instructions:

1. Mix all the ingredients and marinate the meat for 1 to 2 days
2. Cook at 160° for 1.5 hours. Flip the steaks over, and then cook for another 1.5 hours. You may need to cook longer depending on the thickness of the jerky.
3. Once cooled, place them in a Ziplock bag and keep refrigerated.

Hannaford: Individual or Small Group Tour for Surgical Weight Loss Patients and Families



Sign up to tour the store one on one or with a small group. Tours are available at the Broadway and Airport Mall locations and are scheduled as requested.

To sign up, please contact Caitlin Ratten, MS, RD, LD
by email Caitlin.Ratten@hannaford.com
or stop by the Hannaford Customer Service Desk.

Michealene's Story

I was athletic growing up and didn't struggle with my weight the way a lot of people did. I was a child of the 80's and 90's and was a teen when the peak of the supermodel craze and diet fads were all the rage. As an athlete, I was constantly trying to be stronger, better, faster. As a girl, I wanted to be thinner, taller, and a lot more like the models I saw gracing the covers of the magazines I was reading. At age 11, I started my first fad diet and so began the vicious cycle of crash diets and disordered eating. This disordered eating never stopped and when I entered my mid-20s and began trying to have children without success, the depression, along with the extensive hormones prescribed for infertility, caused my weight to balloon out of control. Year after year, my weight crept higher and the depression grew more intense. I found comfort in food and gave myself the slack to indulge as I felt sorry for myself for the years I longed to be a mother without the wish ever coming true.



At 33 years old and still childless, I was told I would need a hysterectomy. For many, this would have been the worst information, especially after more than 12 years of infertility and more than 10 miscarriages. Though there was a sting that came along with this information, for me, it was finally the end of a very long road. I could finally stop putting myself and my body



through all of this and maybe, once and for all, get both my mind and body healthy again.

Three months after my hysterectomy, I received the most beautiful call of my life.

A baby boy had been born and needed parents and my husband, Ian, and I were asked to adopt the baby. We arrived at the hospital where we met our newborn son, Jude, and our lives were forever changed. All the sadness that we had carried from the years of infertility melted away as we watched our little one grow.

However, in the throes of happiness and being a brand new mom, I still hadn't taken the time to get my own health in order. At this point, I was well over a hundred pounds overweight, but I was active, happy, and decided to accept that I was just going to be a larger woman from now on. As my son became a toddler, though, I started to notice that everything was hard for me to accomplish: getting him into his car seat, helping him tie his shoes, changing his diaper, and playing with him on the floor with his toys. These tasks were enough to send me to the cabinet for ibuprofen later that evening. I decided I'd had enough and sought the help of my providers who referred me to Northern Light Surgical Weight Loss, where I made the decision that I would take every step possible to be successful. I went to the group support meetings, the nutritionist and most importantly, I started seeing a therapist. My



therapist helped me get to the root of my disordered eating and the addictions it had created. In December 2018, I went in for surgery for the gastric sleeve. One year later, and still in therapy, I am down 106 pounds and am as healthy as I have ever been, both mentally and physically.

The tools that I have received through Northern Light Surgical Weight Loss are some of the best of my life. This surgery is not a quick fix. It is not a fad diet. It is not a one and done and then you never have to think of it again. It is a life change. A change for which I will forever be grateful.



We Need Patient Stories!

One of our favorite parts of putting together this newsletter is being able to publish our patients' stories of success. If you are interested in sharing your story for a future edition of the skinny, please contact us!

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