

# Bariatric Healthy Living

## Set SMART Goals

New resolutions are certainly common in January, but the start of the school year may also help give you that “fresh start” feeling. The summer is over - our days and weeks now have more structure. This is a great time to get back on track (if you got off) or to continue to stay on track to build a solid foundation for the difficult holiday months that are closely following. Don't wait for January 1<sup>st</sup> to start setting new goals. The most successful weight losers are ones that are constantly setting new goals and achieving them regardless of the calendar month. Even when you reach your weight loss goal you will need to continue to set new behavior change goals to continue with maintenance. Weight maintenance is a continual process that requires ongoing growth to be successful. SMART goals are one of the best ways to stay on target with your weight loss. SMART goals stands for:



- S – Specific**
- M – Measurable**
- A – Attainable**
- R – Realistic**
- T – Timely**

This mnemonic is commonly used in project management and the business world but it will also help to ensure that you reach your personal aspirations. This system will help you to make goals like: “This week I will walk for 30 minutes on Tuesday and Thursday night from 7-7:30pm” v. “I want to start exercising more.” SMART goals offer a clear-cut path to success whereas other goals are more whimsical and less concrete. It is also helpful to tell someone your goals and write them down to add a form of accountability. Try using this new system to create a new SMART food or exercise goal for each week.

## Nutrition Challenge: Avoid the Halloween Candy

Halloween is fast approaching – it is a tough holiday that focuses on candy. All types of candy are “slider foods:” foods that go through your stomach quickly. Slider foods do not keep you full and therefore are dangerous because you can tolerate large portions of them. They can also cause dumping syndrome. Here are a couple of tips to join in the festivities without sacrificing your weight loss goals:

- Purchase trick-or-treat candy on the same day as Halloween, there is no need to get it early and have it tempt you in your cupboard
- Buy only the amount of candy you need for your trick-or-treaters
- Give away all the rest of your candy to your last trick-or-treater
- Bring the extra candy in to co-workers – but put it away from your desk
- Buy candy you don't like – for example if you like chocolate, purchase pixie sticks or fireballs to give away.
- Give away sugarless gum (no gum is allowed after surgery anyways)
- Give away baseball cards, small toys, or quarters
- When your kids bring home candy, tell them they need to keep it in their room



## Fitting in Fitness: Sign up for a Walking Race

Walking is one of the best, and most sustainable forms of exercise. The only problem is sometimes we can get stuck in a rut and forget to change up our walking routines, just as we should with any exercise regimen, to continue benefiting from it. Try signing up for a race this fall, either a local 5K (3.1miles) or try for the Rothman 8K November 22, 2009 (5 miles). Sign up with a friend and start training together. It is inspiring to be a part of a big community event like a race. Don't worry about going slow, participants can be from age 3 to 93, and you can take as long as you need to complete it. Search for area races in your local newspaper or on the internet.



### Share your thoughts at our Support Group

1st Thursday of every month 6-7:30pm  
 1100 Walnut Street, 5th Floor Waiting Room

**Next Meeting: Thursday November 5th**

### Turkey Chili Crock Pot

#### Ingredients:

- 2 medium onions, diced
- 5 garlic cloves, minced
- 1 jalapeno (optional), minced
- 1 yellow bell pepper, diced
- 1 lb ground skinless turkey breast (or 96% lean ground beef or ground extra-firm tofu)
- 1/4 cup chili powder
- 24 oz tomato puree or crushed tomatoes
- 1 16 oz. can kidney, pinto or black beans
- Salt and pepper to taste

#### Directions:

1. Brown turkey and onions over medium heat in pan.
2. Add all ingredients into the crock pot stir gently to mix.
3. Set on low for 5-9 hours
4. Makes about 12 half-cup servings

**Nutrition info per serving:** 105 calories; 12.5 g protein; 12 g carb; 3.5 g fiber; 1 g fat.



Questions or comments? Contact us at  
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