



Your Connection to Healthy Weight



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

August, 2023

Prevent Muscle Loss

Loss of muscle mass can be a possible side effect from bariatric surgery. If muscle is not regularly used — through mobility and exercise — muscle will be used for energy and lead to loss of muscle mass. All of this is preventable. Mobility or exercise is vital for bariatric patients pre- and post-surgery to maintain muscle and aid in weight management and reduce obesity-related complications. It improves cardiovascular health, muscle strength, joint flexibility, and mitigates mobility-related issues like osteoarthritis and deep vein thrombosis. In addition to the physical benefits, enhanced mobility and exercise boosts mental well-being and social participation, and can alleviate depression and anxiety that are commonly experienced during the weight loss journey.

Prioritize mobility and exercise to maintain muscle mass and reap the benefits of improving your physical, emotional, and social well-being. That goes for bariatric patients and the general population alike.

Resistance Training

Use it, lose it or build it!

We all know exercising is good for you. Resistance training shows that it improves cardiovascular health, muscle strength, and flexibility, which leads to improving your mental well-being, self-esteem and reducing anxiety and stress. All of this increases your mobility and promotes a holistic approach to a bariatric patients' health — enhancing physical, emotional, and social well-being.

Resistance training is fairly easy, and strengthens and maintains muscles without necessarily bulking up. It can be done anywhere using free weights, resistance bands, or bodyweight exercises like pushups and squats. Try to incorporate resistance training into your exercise routine — you'll see a great benefit to your overall well-being. Of course, remember, when you start adding weights, gradually work up to 2-3 sets of 8 to 12 repetitions.

[Resistance Train to Prevent Muscle Loss \(eatright.org\)](https://eatright.org)

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.

FOOD TALK: BETTER U

Southern Regional has partnered with GA SNAP-ED, UGA, and USDA to bring *Food Talk: Better U* to our community.

The program offers 4 FREE interactive classes with physical activities, cooking demos, and tastings. Classes will be held in the hospital's Magnolia Café on August 9, 16, 23, and 30 from 5:30 – 7PM. Register at: srgamarketing2@phsi.us.

Recipe of the Month Blueberry Barbecued Chicken

Ingredients

- ½ cup diced onion
- 1 tablespoon olive oil
- 2 cups frozen wild blueberries
- ¼ cup ketchup
- ¼ cup balsamic vinegar
- ¼ cup dark brown sugar
- ½ teaspoon salt
- 6 (6-ounce) boneless, skinless chicken breasts

Directions

Before you begin: Wash your hands.

1. Prepare and heat grill.
2. Add olive oil and sauté onion for 2 minutes to a medium saucepan to medium-high heat. Add blueberries, ketchup, balsamic vinegar, brown sugar, and salt. Stir well. Bring to a simmer, stir occasionally for 4 minutes.
3. Blend until smooth. Transfer into a bowl for serving and one for grilling.
4. Pound flat chicken breast to ½-inch. Place them on the grill. Cook for 5 minutes on each side.
5. Spread blueberry barbecue sauce evenly over chicken; and, grill for an additional minute on each side.
6. Serve with reserved ½ cup blueberry barbecue sauce.



Nutrition Information — Serving size: 1 chicken breast; *Serves 6*. Cals: 292; Total fat: 6g; Sat fat: 1g; Chol: 94mg; Sodium: 385mg; Carbs: 22g; Fiber: 1g; Sugars: 18g; Prot: 35g; Potassium: 397mg; Phosphorus: 267mg.

[Blueberry Barbecued Chicken Recipe \(eatright.org\)](https://eatright.org)



Southern Regional Medical Center