



Surgical Obesity Services

Next Christchurch clinic: 28th April 2012

*Say hello to
beautiful baby*

MYA

(9 weeks)

Congrats Zola and Nat!!



ENDORPHINS - THE HAPPY MOLECULE!

Sure..exercise is not your favourite word. Some probably despise it with a passion, but the many benefits of physical activity have been proven time and time again!

Along with the obvious benefits like weight loss and increased bone and cardio vascular fitness, keeping fit and active also increases your body's production of Endorphins - the happy molecule, that gives you a "high" similar to that of chocolate and even falling in love!!

Keeping active does not necessarily mean slaving over the treadmill for hours on end. The team at SOS recommend finding something that you enjoy and taking part in regular activity to help maintain your weight loss in the long term.

This could be fitness classes, Zumba, team sports, yoga or even something as basic as parking your car far away and walking or taking the stairs. Anything that will get your heart rate up. Remember.... sweat is fat crying!

To get the ball rolling, I have found a personal trainer who is willing to conduct small group training sessions at a local park in Hamilton. Training will be in groups of 5-8 members and will involve a combination of fun and exciting cardio and strength routines. Sessions will be 45mins to 1hr long.

I would like to get a list of people who are interested at this stage, so email me your name and number. Remember, SPACES ARE LIMITED!

Waikato/Bay of Plenty February Support Group
A message from Barbara Sanders

Yes it's that time again. January is fading fast and time for our monthly get together is fast approaching!

It would be wonderful to see as many of you as possible to kick off the new year now that most of us are out of holiday mode. We've grown so much in numbers in the last few months. The friendship and support we share is fantastic to witness. So don't miss out! Come and meet the newbies and "Pay it forward"! We have nearly 30 people on the roll now so hopefully we'll need a really big table.

Our next meeting is as follows:
Sunday 12 February
The Cook, Cook Street, Hamilton
2pm to 4pm

If you're planning on coming please do let me know as I might have to actually book us some tables for the first time ever!(I'd like to be able to ring The Cook by Friday 10th at the latest)
I look forward to seeing YOU there!

Kind regards
Barbara

RSVP to : 021 139 3805 or email : chickie_babe@ihug.co.nz

'EatMe' competition:

There were no entries for this months competition, will carry it over for Feb! Get those entries in! Everyone will have suffered a weight plateau/gain at some stage post-op, right? This can often happen around the festive period when you are surrounded by tasty treats and endless Christmas parties. What are some positive strategies you have in place to get the weight loss going again? I look forward to all your replies!



Explore Body Image in Expressive Arts Group

Who and what do you see when you look in the mirror? It may be that you are happier with what you see now than what you saw before you had your surgery, but perhaps you are struggling to keep up with the changes in your body or finding that your body isn't quite what you expected it would be. Would participation in an expressive arts group focusing on body image and body satisfaction be of interest to you? I am planning a FREE 6 week group (two hours each, one night a week), for women only, that will be a safe space to explore feelings about your new body and hopefully make a positive difference in your life.

We will be making art, but don't worry, you don't need to be able to draw to get all you can from the group. We will also be moving our bodies in new, enjoyable ways as we explore these themes. Other ways to express ourselves might also come up and we will be encouraged to give it a try!

*This is part of Dione Evans' Masters in Arts Therapy and will be starting in **February 2012**, here in Hamilton.*

Dionee had surgery in December 2011 and is on the same journey as you! If you are interested or would like more info contact Dione Evans, on 021 877 214 or dionee@gmail.com.

Hamilton Emotional Wellbeing Support Groups

SOS Hamilton has recently started up our Emotional wellbeing support groups. These will be held towards the end of each month and are conducted by Donna Southwick - our consulting Therapist.

**To register your attendance email Donna at profree@xtra.co.nz
February support group is at the Claudlands CCS rooms on Tuesday 28th Feb at 7.30pm.**