



Surgical Obesity Services

Blair Watson completes Iron Man

Next Christchurch clinic:
Saturday 25th June 2011

Ironman WA – Busselton 2010



I got to Western Oz on Thursday and the weather was OK at 25 degrees and overcast. It was slightly muggy but looked like it was shaping up to be a good weekend. After a leisurely look around Perth, it was in bed by 7pm and asleep like a light. The next day we were on our way to Busselton (2.5 hour trip), we stopped in at Bunbury for coffee (my first one for a week) and then continued to Busso. I was feeling really good and

relaxed, I thought I would have been more nervous with the weight of expectation on my shoulders after the misfire at Port Mac earlier in the year. In reality, I was absolutely ready for the event, I had done all the training, eaten all the right things, hydrated really well, and most importantly I was injury free.

Race day rolled around and I was up at 3am for the first of 2



“up and gos” for breakfast. It had taken a long time to work out what was the best fuel for me and the easiest to get down early in the morning so I can definitely vouch for the these little packets of liquid gold. Transition was a buzz at 5am with 1452 athletes all milling around doing last minute checks on their bikes and other gear.

Geography bay is a really picturesque

place and the swim is out and back along the southern hemispheres longest pier at exactly 1.9km long right in the middle of the bay. When you stand and look at it – it looks a very long way out (and you can't even see the last bit). Swim start was good, not too many hands and feet in my face and at 1.22mins I was out of the water and heading to transition 1 to grab my bike. I was already feeling way better than at Port Mac and I put it down to having a gel halfway into the swim leg.

On the bike and it was OK, 8kms into it I picked up a draft penalty and had a 4min enforced stop at the 30km mark. It actually worked out all right as it gave me time to have a rest and fuel up and I felt very fresh after it. The 120km mark came and went and I was now in unknown territory as this is where I pulled out at Port. 6.09mins and I was off the bike and into transition 2 still feeling Ok but my vision wasn't very good so I stayed in transition for a few more minutes just to try and clear my head.



Onto the run course and my legs were starting to feel pretty heavy, so after a long struggle I settled into a good walking pace and promised myself that I would get this done. 7.5hrs later and with a whole new appreciation on life and where I had come from, I heard the words I had listened to in my head for the last years training “Blair Watson – you are an Ironman”.

It just goes to show we can do anything we put our mind to, if you want it badly enough.....

Operation Feb 07 – total weight loss to date 80kgs

Ironman WA – 3.8km swim (1:21:41hr), 180km cycle (6:09:31), 42.2km run (7:20:09)

Eat Me competition:

This month I asked for fun exercise regimes for those who lack the motivation. The winner is Liz with her story and regime below:

-I have been a gym member for the past 10 years but found I was going slower and slower on the treadmill but since my op I am doing an hour exercise program 3 to 5 times a week that includes 30mins cardio on hill climb! swiss ball exercises and weights. I found a trainer that understood my limitations and was supportive to my situation. My trainer is amazing and did a fitness & strength test and created me a program. At our gym we have a selection of classes that are free with gym membership which include Body Combat, Body Attack and Body Balance which I love. Its a mix of Tai Chi, Yoga and Pilates and a dash of ballet! I have also decided to do a woman's triathlon so have borrowed a bike, and grabbed a training partner who is grateful, our goal in March to walk 5 km, ride 10km and swim 300m. I also enjoy aqua aerobics and they have classes for the bigger people. Today Im off to Zumba, this is my 2nd session and loving it!

Aqua aerobics is low impact and lets you move freely which is difficult when you are big and you can wear a t-shirt at the lido.

Zumba is great if you like to dance and really get your heart racing, who cares if you have 2 left feet!

Body balance stretch and strengthen weary muscles and it finishes with a meditation, great way to end the week.

The **gym program** is created for me and has a goal to work for but would become boring if I didn't have the other things. Its nice to have someone to show you how to do things properly and if you have the money a trainer can do it with you.

The **triathlon** has an end date and great for people who need a goal to work towards. I enjoy **exercising alone** as I spend all day with people but the time I **exercise with a partner** its a great motivator and talking through the hard bits can help distract you. Liz

-My fun way to get a bit of exercise in:

This is also popular with my 8 year old who has health issues and needs more exercise. My 8 year old and I have collated a CD especially for my wii fit step regime. They are fast and modern songs with a great quick beat to step to. I turn the sound off on the wii fit and step to the beat so I can have a faster pace. Also have the sound up very loud...Before you know it the 30mins is completed. I do this twice a day. My daughter also enjoys working out with mum as they are some of her favorite songs. Sharyn

Next month I would like you to give me some ideas for healthy children's snacks for after school, the winner will get a free protein powder. You can get free protein powder samples from www.eatme.net.nz



Mince based Pizza!

Ingredients:

- 500g lean mince beef
- 1 onion, finely chopped
- 1 cup soft whole-meal breadcrumbs (I use rolled oats instead to get better nutrition)
- 1 egg
- 2 Tbsp sauce/chutney such as tomato, plum
- 1-2 tsp dried herbs such as oregano, basil, Italian
- 1/2 tsp salt
- black pepper

Mix all the ingredients together. Lightly oil a baking tray. Press and shape the mixture into a 1 cm thick circle. Bake at 180C for 10 minutes.

Top with pizza sauce, vegetables and sprinkle with mozzarella or Edam cheese. Bake for 5-10 more minutes. YUM, low carb and high protein!

Anne



New products: Lite Ice Tea - Green Tea flavour

Lipton is now making a lite version of some of its iced tea flavours. They have a great refreshing taste. Check the label on the back for the sugar-free option. They are not all sugar-free so read carefully. Should be available from most super-markets



Reminder about B12

Everyone who has had a gastric bypass needs to be taking B12 **sublingual (under the tongue)** supplements. Vitamin B12 is absorbed in your stomach with the help of an enzyme, because you are only using a very small part of your stomach after a gastric bypass you will not absorb B12 well, hence over time, deficiency occurs. Some people are already on injections for life and these people do not need to take B12 sublingual tablets, however, you could use them before an injection is due OR you can change over to B12 tablets completely-but you need to take them everyday for the rest of your life. If you are not on anything for B12 we strongly recommend that you take the B12 dots/nuggets or drops, daily, and they must be placed **under the tongue**. Go to a Health Food Store and get some B12 dots or nuggets or go online to www.healthpost.co.nz to get **Twinlab B12 dots** or <https://www.healthchemist.co.nz/product/solgar-vitamin-b12-1000mcg-nuggets-100-p5215.html> to get **B12 nuggets** and start using them ASAP. Please tell others who have had a gastric bypass that they need to begin to take these as well. **These products are most commonly sold at Health Food Shops, not Chemists**

Obesity surgery information evening in New Plymouth:

There is a free Weight Loss Surgery seminar on Friday 25th March at Quality Hotel Plymouth International, New Plymouth. It starts at 7pm and anyone interested in finding out more about weight loss surgery is welcome. Dr David Schroeder will be speaking on the weight loss surgery procedures we offer in Hamilton and Wellington. Please RSVP to our Hamilton rooms if you are interested in attending. 07 8590185

