

Beat the winter woes

As much as we all like to deny it, winter is upon us. It gets dark early, the cold, wet weather is returning (some of you might say it never left!) and for most of us it's that little bit harder to get out of bed in the morning. The cold weather can make you more likely to reach for comfort foods, less likely to exercise and can even affect your mood.

Cold weather tends to move life inside – around the dining table, in front of the fire and snuggled under duvets. People often use the bad weather as a good justification for inactivity and think we need more food for fuel, despite our reduced movement.

It's important that the routines you follow for eating and exercising during the rest of the year continue during the winter months, to keep your weight loss journey on track. Here are some tips to help keep you active and eating right this season.

Make an exercise plan:

- Join a gym or even hire or purchase your own indoor exercise equipment
- Try a Wii Fit game console as a fun way to increase your activity indoors
- Increase your indoor incidental activity like taking the stairs at work, or even do some extra house work!
- Have a back up plan for when weather interrupts your outdoor exercise arrangements.

See Page 4 for winter food ideas

We hope you enjoy this edition.

Kind Regards
The SOS Banding Teams



**SURGICAL
OBESITY
SERVICE**

“Bandits Anonymous, Wellington”

The planning of this is still in its early stages and we'd love your input. Our aim is to have a seasonal get-together of Wellington band patients. Meetings would involve guest speakers, plus reminders and re-focusing from the Wellington Surgical Obesity Service team. If you wish to make contacts with other band patients this may be an opportunity to do that too.

We want to do everything we can to help you achieve your goals. These sessions would be for you, the patients, and we want to know what you want! If you are interested in attending something like this please give us a call to share your ideas.

Have Your Say

We would love to involve you in our up and coming newsletters. Please contact us if;

- You have ideas for Bandits Anonymous
- You would like to share your success story
- You have any recipes or products you enjoy
- You have any tips that have helped you on your journey so far

David's Bit...

As we move into winter, we can be moving into a danger time for weight loss. There are multiple reasons for this. Low light stimulates us to eat more, as does a low ambient temperature (as found in all the best restaurants!). Seasonal affective disorder causes a low mood- always a good stimulus to eat. Long dark winter evenings can lead to boredom snacking. Its also much harder to get out and walk in the evenings. All this together can certainly lead to a "mindless" increase in eating- i.e. old habits and natural brain responses can sneak in and increase our intakes.

To counter this, we need to plan ways around it. Keep the house warm and well lit. Figure out an evening exercise that can be done inside e.g. table tennis, badminton, squash, bowls. Take night classes at the local college and learn a new skill such as photography. Join a dance class. Get out and meet others who need to escape the same bind. Plan to succeed over winter!



Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.

Introducing...

Four new staff members have recently joined the SOS teams in Hamilton and Wellington.

Anna is now assisting Aileen in Wellington by answering patient queries, sorting out accounts and booking appointments. She is enjoying being part of a great team at SOS and meeting all the patients as they work positively towards their goals. Anna is studying towards a BHSc in Human Health and the Environment through Massey University. These studies focus on how environments influence people's health and Anna has particularly enjoyed learning how health is unique to every individual.

Kellie Kendall has joined the team in Hamilton as Medical Secretary. Kellie has previously worked in California as an administrator for an obesity surgeon, plastic surgeon and gastroenterologist. Kellie is married and has three daughters aged 12, 13 and 15 who keep her busy. She enjoys playing indoor netball and reading in her spare time. Kellie has a genuine interest in obesity practices and looks forward to meeting you.

Julie Hennessey, the Wellington dietitian, has taken off on her big OE. We thank Julie for all her hard work and wish her all the best for future endeavours. Ruth Kirkwood has now joined the team as the Wellington nutritionist/dietitian. Ruth has done a BSc in Human Nutrition at the University of Otago and is currently finishing her Post Graduate Diploma in Dietetics. Throughout her studies Ruth has had a particular interest in surgical dietetics and will be following everyone's journeys with great interest.

Wellington also has a new nurse, Victoria, who will be introduced in our next edition.

Paul's Story

I didn't have a weight problem in my early years, as I was very sporty and played rugby and rugby league, cricket and softball. I was always solid, but not overweight. Things changed when I had a back injury. The contact sport aspect of my life was over and I slowly started to put the kilo's on over the next ten to twenty years. I tried Weight Watchers, Jenny Craig and just about every diet known to mankind. I had a long spell off work when I had a second back injury about 6 years ago and I topped the scales at 158 kilos. This was through boredom and living a life like the movie Ground Hog Day where each day seems the same as the last.



My wife and children had probably had enough of a grumpy, always tired father and it was by luck that the wife and I watched a documentary on Discovery Channel about these two girls who had surgery to reduce their weight. One had a bypass the other a Lapband. My wife said, "you should get a Lapband," and the next day there was an add in the paper for an information evening at the Surgical Obesity

Service. I think this was fate, so I rang and the lovely receptionist said unfortunately the evening was full, so I thought, "oh well" but she said we will squeeze you in. In hindsight if she had not made room for the wife and I, the journey I have taken may not have happened.

I had my surgery in November 2009 and found it to be a simple overnight stay at the hospital with no problems at all from the operation. I have lost about 32 kilos to date and gained the energy that had been absent for so long. The main reasons I went ahead with the surgery was that my family have a history of diabetes and heart and stroke problems and prior to the Lapband I was showing no signs of any health issues but knew that if I didn't get my weight under control I would probably end up with the family problems. I should have done this when I was in my thirty's and I would have had more energy to run around and play with my children but I now know that they will have me around for a lot longer. The highlight of my year so far was that I could buy jeans and a jacket from a menswear department that was not for big guys but just XL not 5XL or larger.

I still have a way to go to reach my goal but can only see a bright future ahead for myself and my family.

At the Supermarket...

Wattie's "Big 'N Hearty Soup" is a quick and easy lunch option to have on hand when the cold weather sets in. These soups are big on flavour with wholesome, hearty pieces that will warm you up from the inside, out. There is a range of flavours available but choose one with a protein base like the Steak, vegetables and ale flavour.

These come in regular sized tins or in a handy heat & eat microwave bowl. They can be found on your local supermarket shelves.



Because of the high sodium (salt) content in these pre-prepared soups, it's best to keep them as a sometimes food but good to have in the pantry.

Where Are We...

242 Thorndon Quay, First Floor, above Living Edge Furniture Store, Wellington.. as well as 36 Grey Street, Hamilton

Please feel free to visit us at any time or contact us by phone 04 473 6887, Fax 04 473 6883, or email wellingtonbanding@xtra.co.nz

And phone 07 859 0185, fax 07 859 0187, or email dschroeder@wave.co.nz in Hamilton

Winter Food Ideas

Enjoy a hot drink

Reach for a hot drink as a snack or after dinner treat. Try a herbal tea (alpine tea is great for the bowels), a Jarrah or Ovaltine Light hot chocolate for something sweet, or Baker and Halls low calorie fruit syrup in hot water.



Beef and vegetable casserole - Serves 8

- 1 kg lean chuck steak cut into cubes
- 2 large onions
- 2 stalks celery cut into 1 cm lengths
- 4 sliced carrots
- 200g button mushrooms cut in half
- Half a capsicum sliced
- 2 cloves crushed garlic
- 2 tablespoons Worcestershire sauce
- 2 tablespoons soy sauce
- 1 teaspoon paprika
- 1 tin of your favourite tomatoes
- 1 tin of your favourite kidney beans
- 1 cup red wine (optional)
- 1 tablespoon cornflour to thicken

Place all ingredients except the beans and cornflour into a crockpot or slow cooker. Cook on low heat for at least 8 hours.

Half way through cooking add the beans. Approximately 20 minutes before serving, mix cornflour with a little water into a paste and mix into the casserole until the sauce thickens.

Serve with plenty of seasonal vegetables and rice or pasta or mashed potato on the side.



If you don't have a crockpot or slow cooker, cook in a casserole dish in the oven at 170°C for 2-2 1/4 hours, or until meat is tender.