

## Make Resolutions that last

The New Year is always a time of reflecting on the year past and re-focusing for the year ahead. Take some of these tips on board when making your 2011 resolutions.

**1. Make positive goals** and aim to promote positive behaviour, instead of focusing on negatives. Focus on what to eat, not what not to eat. Instead of thinking about the chippies or biscuits you want to avoid, make goals around increasing the good foods in your diet, maybe vegetables, or protein, whatever area you want to work on. This will help you feel less deprived.

**2. Set realistic goals** for weight loss. Even if you have a large weight loss target overall, try setting smaller goals in increments such as 3 or 5kgs. Achieving a small goal like this will give you a great sense of achievement and motivate you to keep going.

**3. Make SMART goals** (Specific, Measurable, Attainable, Realistic, and Time-specific). A vague resolution like "I will do more exercise this year" can be modified to, "For the next 3 months I will walk for 40 minutes in my lunch hour on 3 days of the week." This way you know exactly what you plan to do and can measure your success.

Also, remember to consider all the successes of 2010 too, not just the things you want to improve on. Consider what worked well for you and why, and how you can continue this great work in 2011.

Best wishes for the new year.

Kind Regards  
The SOS Banding Teams



## Refocus after the Christmas/New Year holiday

Christmas and summer holidays can cause changes in routine, and eating can become less structured than usual.

To regain some structure to your eating patterns, go back to basics. Get out your portion control plate and go back to the principle of eating 3 meals a day based on this plate model. This will help you get back in touch with your body's cues of hunger and satiety.



## Have Your Say

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

- 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

## Roast tomato and ricotta cheese frittata

Relax and catch up with the family while this frittata is cooking. Or, cook it in advance, chill, and take in the chilli bin for lunch at the beach or for a family picnic.



### Ingredients

Cooking oil spray  
250g cherry tomatoes  
3 eggs  
3 egg whites, extra  
200g low-fat ricotta or cottage cheese  
1/2 cup lite sour cream  
2 tablespoons chopped fresh oregano  
2 cloves garlic, crushed  
Baby rocket leaves to serve

### Instructions

Preheat oven to 200°C. Spray a 20cm round cake pan with cooking oil, line base and side with non-stick baking paper.

Place tomatoes in the pan. Cook in the oven for 10 minutes, or until slightly collapsed. Reduce oven temperature to 170°C.

Meanwhile, whisk together the eggs, egg whites, ricotta, sour cream, oregano and garlic until combined. Pour egg mixture over tomatoes and lightly tap the pan on the bench to evenly spread.

Bake for 45 minutes, until the frittata is just set. Remove from the oven and set aside in the pan for 10 minutes. Carefully turn the frittata out onto a chopping board. Cut into wedges and serve with rocket salad. Serves 4+

Source: [www.healthyfood.co.nz](http://www.healthyfood.co.nz)

## Updated Websites

Surgical Obesity Service has recently updated its websites.

The Wellington site can be accessed at:  
[www.obesitysurgerywellington.co.nz](http://www.obesitysurgerywellington.co.nz)

The Hamilton site can be accessed at:  
[www.obesitysurgery.co.nz](http://www.obesitysurgery.co.nz)

You can find previous editions of the Lapband newsletter under the “Media and News” tab at the top of our home page. We will also be adding various other links and resources to this area for your interest.

## Emergency deflation assistance video

This has been added to our website. It is intended to be used to assist medical professionals who are unfamiliar with Lapband deflations in case of emergency.

The video can be found by selecting the “Contact Us” tab from our homepage and following the “Emergency Assistance for medical professionals” link on the right hand side. It can be accessed from anywhere in the world. If at all possible, please always make SOS your first port of call for band-related assistance.

### Where Are We...

Feel free to visit or contact us any at time

#### Wellington:

242 Thorndon Quay, First Floor, above  
iRide Cycle Store

Ph: 04 473 6887, Fax: 04 473 6883

Email: [wellingtonbanding@xtra.co.nz](mailto:wellingtonbanding@xtra.co.nz)

#### Hamilton

36 Grey Street, Hamilton

Ph: 07 859 0185, Fax: 07 859 0187

Email: [dschroeder@wave.co.nz](mailto:dschroeder@wave.co.nz)

## Catherine's Story

Name: Catherine Smart-Simpson

Operation: Lap Band

Length of time post surgery: 11 months

I live in Blenheim and teach at Marlborough Girls' College. I am 35 years old and married to my partner of 17 years. I have two wonderful kids; Master 5 and Miss 7. In the last 10 years, I've been a human yo-yo, my largest being somewhere beyond 116kg. I know the Weight Watchers Point Value of every item in the supermarket. Even the Toilet Duck (0 points). You'd think, being a science teacher I would be smart enough to sort out my obesity issue. Turns out I was, with a clever bit of technology...The Lap Band.

So, what prompted this? 98kgs. Two kilos off three digits, again. And my 35th birthday rapidly approaching. It was time for a new, radical approach. My expectations of the Lap Band were simple:

1. I'd lose weight and keep it off
2. I'd decrease my risk of developing my dad's long list of afflictions
3. I'd be a better role model for my kids.

I told my family and work colleagues, not that I could have kept it secret. People soon noticed the Optifast diet. I was an interesting experiment for my fellow science teachers. The girls I teach had been worried I was seriously ill and were relieved to hear about my Lap Band, likening it to getting braces and openly wishing their obese family members would get one.

I was excited on the day of surgery but took a while to get over the anaesthetic. Boredom kicked in soon after recovery as I realised I had previously spent a lot of time:

1. thinking about food
2. preparing food
3. eating food
4. avoiding food
5. feeling guilty about food

I had previously read somewhere that men think about sex every seven seconds and thought that such obsessive commitment to any topic was impossible. I now realise I had been completely consumed in that way by food.

Generally, I've been pretty good and can now eat most things. I just need to chew. A lot. I've learnt that I tend to forget to chew when I'm yacking. Especially if the other hand is holding a cup of tea.

My quality of life is now great. I still take medication for blood pressure and depression but at least I now know they're both due to genes and not just obesity. I can now keep up with my own children and the ones that I teach. I only need seven hours sleep a night. I walk to work, I can carry books upstairs without having a rest on the landing. My marriage has never been better.

I've revelled in experiencing the following as a skinny chick:

1. Not having to ask if my arse looks big in something. It's size 12. It'll look good in a caftan.
2. Throwing out my Bridget Jones bloomers.
3. Wearing skinny jeans.
4. Finding boots that fit my calves without elastication and being able to tuck my skinny jeans into them with room to spare.
5. Wearing strapless items.
6. Wearing sequins in the day time without looking like a blimp flashing its hazard lights.
7. Finally looking like my pet (the greyhound).
8. Walking past my reflection and realising the fox looking back is me.
9. Work colleagues and my students telling me I'm looking good.
10. Walking down Lambton Quay and focusing on the clothing shops not the eateries.
11. Being welcomed into clothing stores and knowing everything will fit...or be too big.
12. Not being judged in the food court by strangers.
13. People saying I'm so lucky not to have a weight problem!



Everyone has a different experience with the Lapband. If you have a story you would like to share or have advice you think others would benefit from we would love to hear from you. If you would be willing you share your story to help and support others like you, please make contact at [wellingtonbanding@xtra.co.nz](mailto:wellingtonbanding@xtra.co.nz). Many thanks.