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Contact Us

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Special Announcements:

Seminar will be held on Mondays at 6pm. We hope you will join us and share your story with those beginning their journey. Please contact the office for the schedule.

May's Support Group is sure to be fun and action packed as we go back to our youth for "Field Day"! Look for your invitation soon or call the office for details. 336-878-6340

EXERCISING FOR YOUR SELF AND OTHERS

Charity events are a productive and meaningful way to keep active while benefitting not only your self but those assisted by your efforts. If you haven't previously participated in charity walk/run/ride events, here are some tips to locate and get involved with an event in your area.



With all the issues in our society which need assistance, it's easy to find a cause you can care about. Whether it's a disease which has afflicted a family member or a social issue you're passionate about, believing in the cause the event supports will help motivate you to the finish line. Some examples of causes/organizations you can research are:

- American Cancer Society/Relay for Life
- Alzheimer's Memory Walk
- ALS/Walk to Defeat ALS
- American Heart Association/Start! Heart Walk
- Multiple Sclerosis/Walk MS/Bike MS
- Juvenile Diabetes Research Foundation/Walk to Cure Diabetes
- Susan G. Komen Race for the Cure (Breast Cancer)
- Crop Walk for Hunger



And in this internet age finding an organization or event is easier than ever. Search online for national organizations holding local events in your area. You may also check the websites of your local news organizations, hospital, and YMCA for events more directly benefitting your community.



And if you can't find a team to participate with, forming your own team is easy. Many organizations utilize both corporate and family teams. So whether it's friends and family or the company crew, rally the troops and get marching for a good cause.



And while you may not be running for an Olympic medal, training for a 3 mile event will help create an exercise routine while the event itself will give you a goal to maintain your motivation. And training as a team could be the beginning of your own walking group!



****Please keep in mind the purpose of these events is to raise money for the organization and as such you will be asked to solicit donations or sponsorships. Some may even require a registration fee for your participation.****

“SHARI APPROVED RECIPE”

SALMON with CREAMY LIME-DILL SAUCE

Cooking spray
1 pound salmon fillet
¼ cup Dijon mustard
2 Tbsp. fresh dill or 1 Tbsp dried dill
2 Tbsp fat-free cream cheese
¼ cup lime juice
½ tsp garlic powder
½ packet artificial sweetener

1. Spray broiler pan with cooking spray. Place salmon in the pan, skin side down.
2. In a small bowl, combine ½ the mustard with 1 Tbsp dill and spread on salmon.
3. Broil salmon for 10-12 minutes until just opaque in the middle.
4. In another small bowl, combine remaining ingredients until creamy; pour over fish.

Makes 4 servings.

Calories: 231.27, Protein: 26.52g, Fat: 11.17g, Carbohydrates: 4.86g, Cholesterol: 71.86mg, Fiber: 1.54g, Sodium: 174.36mg

Serving Guidelines:

For Band:

Weeks 1-4: Puree 2 oz fish with 2 oz sauce

Weeks 5+: Serve 2-4 oz cooked fish topped with sauce

For Bypass:

Weeks 1-4: Puree 2 oz fish with 2 oz sauce

Weeks 5+: Serve 2-4 oz cooked fish topped with sauce

Remember:

**Registered
Dietician
Susan
Steelman**

is available by
appointment
for nutrition
counseling.

Please call the
office at 336-
878-6340 for
details.

Take advantage of
the resources
available at

**The Fitness
Center**

located at

Carolina
Regional
Heart Center

at High Point
Regional Health
System.

Call 336-878-6221

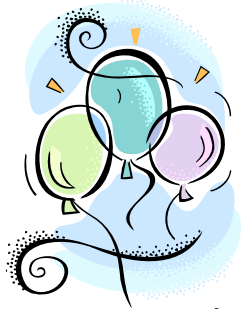
for more
information.

Happy "BAND"iversary!!

TIP OF THE MONTH

It takes about six months for **exercise to become a habit**. The external rewards will help get you to that point.

After it becomes a habit, it will be more difficult to skip your workout, and the internal rewards may be enough to sustain your motivation.



RCBS is proud to announce May 2010 marks our *One Year Anniversary* of providing Adjustable Gastric Banding. We would also like to congratulate our very first band patients – Douglas, Jessica, and Annie – on their anniversaries! And since we began with these first three patients, we have seen many of you take that first step as well to begin your own journeys; and many more are joining your ranks each month! As we celebrate this milestone, we also celebrate the achievements of our band patients.

As our band patients continue with their follow ups, band adjustments, and nutrition counseling, we see continued successes which only allow us as a program to continue to grow and help others begin their own journeys to improved health. We understand the unique dynamic of the adjustable band weight loss program and thank all of you for your dedication and for allowing us to be a part of your journey.

Congratulations on your continuing success!

Thomas Walsh ,MD

James Dasher, MD

Beth Talent, PA

Lori Love, RN

Susan Steelman, RD

Shari, Amy, and Emilee