

Why Weight

LET'S GET MOVING →

Today is the Day to Get Moving

By Katlyn Frye, MS, RD, CPT

Now that the weather is getting nicer, the sun is shining and setting later each day, it's that time of year when we see a lot more people outside! Now is YOUR time to get active.

Among our patients, walking is by far the most popular way to get and stay active. For those of you who easily get bored with your workout routine, workout with friends/family members, want a new place to walk your dog or just want to explore the natural beauty in the area you live try checking out :

1. Sherando Park – Stephens City
2. Third Battle of Winchester Battlefield Park – Winchester
3. Jim Barnett Park – Winchester
4. Abrams Creek Wetlands Preserve- Winchester
5. State Arboretum of Virginia – Boyce
6. Clearbrook Park, Clearbrook

Make sure to check out these parks online before going to see all that they have to offer. Planning your time at one of these locations (or elsewhere) in advance will help you stay accountable & help to make plans with others!

Working on Weight Loss: Things to Keep in Mind

By Dr. Angela Harden-Mack

When working on weight loss, your experience will not be the same as someone else's experience. Here are a few tips to help you on your weight loss journey:

1. Try not to compare your results (with a weight loss medication or "diet") to someone else's results – every *person* is different and so is every *body*
2. Weight loss will not be the same every week
3. Be prepared for plateaus, they are common – so try to prepare in advance to help address these
4. After you reach your goal, have a maintenance plan ready to go. Work on the plan for at least 6 months – with 12 months or more being the goal!

Recipe Corner: Savory Salmon Cakes

By Jennifer Adsit, RD

Recipe borrowed from <http://www.eatright.org/>

Crab cakes are a popular dish, but not always practical or affordable. This quick and easy recipe uses salmon and other ingredients that can be kept on hand for preparation on busy days. Salmon is packed with protein as well as omega-3s, which have anti-inflammatory properties that may help fight heart disease. Serve with a spring mix salad for healthy meal.

Ingredients

1 7.5-ounce can salmon, skin removed
¼ cup plain, dry bread crumbs
½ cup finely chopped red onion
2 tablespoons chopped fresh dill, or 1 teaspoon dried
1 egg, lightly beaten
1 tablespoon reduced-fat mayonnaise
2 teaspoons horseradish*
Vegetable oil cooking spray



Directions

1. Mix all the ingredients except the cooking spray in a medium-size bowl.
2. Form into 4 equal-size patties.
3. Coat a medium nonstick pan with the cooking spray; heat over medium heat.
4. Cook the salmon cakes on both sides until golden brown.

*Chili sauce may be used instead of horseradish.

Nutrition Information

Serving size: 2 patties -- *Serves 2*

Calories: 280; Total fat: 11g; Saturated fat: 2.5g;
Cholesterol: 155mg; Sodium: 300mg; Total
Carbohydrate: 16g; Dietary Fiber: 1g; Protein: 27g.

Team Spotlight: Jessica King - Bariatric Program Patient Navigator

Where is your hometown? Virginia Beach, V.A.

What was your first job? Pack's Frozen Custard

What's your favorite meal? My favorite are potlucks (of course!), and I also love fruit

What is your favorite team to cheer for? DC United!



Where would you go on a dream vacation? Disney World with my family, since I've never been

Tell us one thing people don't know about you. I aspire to be an extreme couponer

What do you like to do on weekends? Hang out with my husband, son & our two dogs, and "research" a.k.a. Pinterest in my jammies.

What is the last book you read? I am currently reading "Yes, Please" by comedian Amy Poehler

What is one of your favorite songs? Cheeseburger in Paradise by Jimmy Buffet (you can't NOT smile when you hear it)

How long have you worked at the Valley Health Metabolic & Bariatric Program? 3 years in March

What's your favorite part about working here? The absolutely amazing staff and being able to see patients transform their lives.

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Upcoming Events/Classes

Surgical Support Group led by Katlyn Frye, MS, RD, CPT – Wed., April 13th at 6:00 p.m. @ WMC Conference Center

Supermarket Savvy LES taught by Katlyn Frye, MS, RD, CPT – Thursday, April 7th @ 11 AM in Classroom

Understanding Weight Management LES taught by Jennifer Adsit, RD – Thursday, April 14th @ 9 AM in Classroom

Food Myths LES taught by Katlyn Frye, MS, RD, CPT – Thursday, April 21st @ 4 PM in Classroom

Spending Your Calorie Salary LES taught by Jennifer Adsit, RD – Thursday, April 21st @ 11 AM in Classroom

Comprehensive Medical Support Group: Eating Style led by Program Dietitian – Thursday, April 28th @ 4 PM in Classroom