

# The *Bariatric Beat* at Regional West

December 2024



## Special Announcements

### Introducing Our Wednesday Support Group

Embark on this exciting journey with our support group meeting, held on the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

### Education Seminar

Dive into our free education seminar for a comprehensive understanding of benefits, potential risks, and the overall process. Scan the QR code at the bottom of this page or visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) to register. Empower yourself to make informed decisions for a healthier life!

### Success Stories

We're celebrating success stories! If you've achieved your weight loss goals through our medical weight management program or bariatric surgery, we'd love to hear from you. Share your journey to inspire others and showcase your incredible transformation. With your permission, we'd like to feature your photo and story to highlight the life-changing results of your achievements. Send your story to [Amber.Schulze@rwhs.org](mailto:Amber.Schulze@rwhs.org) today!

## Upcoming Events:

### Dr. Holloway Lap Band Presentation and Appointments

Dec. 11, 2024

Surgery, Vascular Diagnostics  
Please call 308-632-2872  
to make an appointment.

### In-Person Support Group

Jan. 8, 2025

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Join the Discussion: Is  
Obesity a Condition or a  
Calling for Change?



## SCAN ME

## Ask the Expert

### Balanced eating: Progress, not perfection!

All or nothing nutrition can lead to harmful eating habits, especially when perfectionism defines success or failure. This rigid mindset often contributes to eating disorders like bulimia, binge eating, or anorexia and creates fear or irrational thoughts around food. It can also trap individuals in unhealthy cycles of extreme dieting. Instead, aim for balance by embracing “shades of gray,” or moderation and flexibility. Focus on incorporating diverse food groups to meet nutritional needs and adjust for age and environmental changes. If you’re considering a strict diet plan, ask questions: is it sustainable? Have you tried it before? What worked or didn’t?

Flexibility and nutrition support long term health without creating undue stress. Remember, progress takes time, and balance is the key to avoiding frustration or setbacks. Nutrition is both art and science; focus on consistency, not perfection.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

### Dietitian’s Corner: Focusing on Nutrition

by Karen Johnson, RD, CSO, LMNT, and Lori Miller, RD, CDCES, LMNT

Spinach and red pepper frittatas are a perfect holiday brunch for Christmas morning. The vibrant red peppers add a festive touch, making it ideal for sharing with family and guests. Prepare the egg mixture the night before to save time.

#### *Spinach and red pepper frittatas*

- 1 small onion, diced
- 1 red bell pepper, diced
- 4 strips of turkey bacon, diced
- ½ tsp. salt and pepper
- 1 cup of loosely packed baby spinach, chopped
- 8 large eggs
- 2 oz. shredded parmesan cheese

Heat the oven to 375 °F and heat a non-stick skillet to medium high heat. Make sure the skillet is oven safe. Sauté onion, bell pepper, and turkey bacon until onions are translucent and turkey bacon is starting to crisp. Sprinkle salt and pepper and stir. Add spinach and stir. Cook 30 to 60 seconds or until spinach starts to wilt. Whisk and add the eggs, moving the pan around a bit for eggs to surround it evenly. Sprinkle with cheese and move to the oven for eight to 10 minutes or until eggs look set. Remove with a hot pad and let it cool before serving.



## Health Tips

### Every Minute Counts

Regular physical activity, even in short bouts, can significantly impact weight, BMI, and waist circumference. Current guidelines suggest aiming for 150-plus minutes per week of moderate to vigorous exercise, which benefits overall health and reduces obesity risk. Activities can be accumulated in as little as one-minute intervals or through sustained 10-minute sessions. Both methods contribute to long term health improvements.