

The Bariatric Scoop

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 Sarah Bush
Lincoln
Trusted Compassionate Care

WINTER WELLNESS: 7 TIPS FOR STAYING HEALTHY DURING THE HOLIDAYS

The holidays are a wonderful time for family, friends and celebrations, but winter can take a toll on your physical and mental health, even during the festivities. So what can you do to stay healthy this winter?



Drink water

Winter may be a good time for hot cocoa and cider, but always make water your drink of choice. While hot beverages can be great for warmth, remember to keep it balanced with at least 8 cups of water per day. A glass of water with and between each meal can keep you hydrated, healthy and ready to fight off any germs winter may bring.

Stress less

Over-the-top holiday excursions can be stressful, which isn't how you should feel in this joyful season. Focus on your holiday traditions and don't worry about the rest. Make time for friends, family and good cheer and embrace relaxation when you can.

Sleep enough

Don't neglect the value of sleep. Do all that you can to stick to your typical sleep schedule, even around all the celebrations and traveling. Avoid or limit caffeine, alcohol, daytime napping and large meals before bed. These factors can interfere with a good night's rest.

Dress warmly

Remember headwear that fully covers your ears, wear mittens rather than gloves and pull on well-insulated socks when dressing for the weather. Instead of wearing one big coat, dress in several layers of loose, warm clothing. This will better protect you against wind, snow and rain. If your clothes become wet, change them as soon as possible.

Limit time in the cold

Pay attention to weather forecasts and windchill readings. Dress accordingly, but also watch for signs of frostbite, such as red or pale skin, prickling and numbness. Seek emergency help right away if you experience any signs of hypothermia, including intense shivering, slurred speech, loss of coordination or fatigue. You can avoid these cold-weather hazards if you take measures to protect yourself against the cold, such as packing an emergency supply kit and warm clothing while traveling.

Exercise

Cold air sometimes can discourage you from keeping up with your fitness routines. It's easy to let these habits slide for the season, but remember that regular activity can keep you healthy, both mentally and physically. Choose an indoor exercise if the temperature is below zero or the windchill is extreme. Workout apps or online exercise programs are great tools to get you moving in the comfort of your home. If you prefer to exercise outside, dress appropriately. Too many layers can make you overheat, so choose layers you can easily remove.

Keep the germs away

Three words, wash your hands! This is one of the best ways to avoid getting sick and spreading common winter illnesses, such as colds. Germs accumulate through nearly everything you do or touch, so wash your hands frequently. Wash your hands for at least 20 seconds, scrubbing all surfaces and rinsing well. Also, get flu and COVID-19 vaccines to avoid being sick during the coldest time of year.

Following these tips can ensure you have a safe, happy and healthy holiday season.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/winter-wellness-healthy-holiday-tips>



PAN-ROASTED PORK TENDERLOIN

6 servings

- 2 (1-lb.) pork tenderloins, trimmed of fat
- Kosher salt or fine sea salt
- 2 lb. carrots, peeled and cut into 2- to 3-inch pieces
- Freshly ground black pepper
- 3 Tbsp. extra virgin olive oil
- ½ cup canned chickpeas, drained, rinsed and patted dry
- ½ cup fresh orange juice
- ½ cup water
- 2 Tbsp. unsweetened dried cranberries
- 1 Tbsp. packed light brown sugar
- 1 star anise pod
- ¼ tsp. pimentón (Spanish smoked paprika)
- 1 Tbsp. unsalted butter

Directions:

Preheat Oven
Place rack in center of oven. Preheat oven to 400°F. Season pork generously on all sides with salt and pepper. In a 12-inch ovenproof skillet, heat oil over medium-high heat. Add pork. Sear on all sides until browned, about 6 minutes total. Transfer the pork to a large plate; set aside.

Add carrots to pan. Cook and stir until browned at the edges, about 5 minutes. Add the chickpeas and 1/2 tsp. salt. Cook for 1 minute more. Using a spatula, make two wide channels through the vegetables. Place pork tenderloins in the channels so they rest directly on the pan surrounded by the carrots.

Transfer pan to oven. Roast 10 to 15 minutes or until an instant-read thermometer inserted into the center of a tenderloin registers 145°F. The center should be rosy when cut into with a knife. Transfer the pork to a carving board; tent loosely with aluminum foil. Let rest for 10 minutes.

Carefully place the pan with the vegetables over medium heat. Add orange juice, water, cranberries, brown sugar, star anise, and paprika; mix well. Bring to simmer and cook, stirring occasionally, until the sauce is reduced by half, about 3 minutes. Stir in butter, parsley and oregano. Season to taste with salt.

To serve, cut the pork on a slight diagonal into slices 1-inch-thick. Serve with roasted vegetables.

Nutrition Information: 330 Calories, 12g Fat, 23g Carbs, 32g Protein



<https://www.bhg.com/recipe/pan-roasted-pork-tenderloin-with-carrots-chickpeas-and-cranberries/>



Michelle Schultz, RD
SBL Registered Dietitian

The holidays are here and while this can bring about many emotions, it's critical you remain focused on your health. According to the National Institute of Health, holiday eating can result in an extra pound or two every year. Over time, holiday eating can add up, especially when you have numerous holiday events to attend, and you allow the holiday eating to become your everyday eating. While it's important to enjoy the holidays, they should not come at the expense of your health. Follow the tips below to support healthy eating this holiday season.

MICHELLE'S HEALTHY HOLIDAYS TIPS

- Plan ahead as much as you can. The more you know, the more prepared you can be.
- Stay as consistent as you can with your eating schedule. Avoid skipping meals, as this will impact your energy level, and may lead to overeating.
- Go to gatherings to gather, not to eat. Focus on enjoying those you are with and time shared together.
- Take a healthy dish to share.
- Notice plate size and use a small plate if available.
- Survey the food before you begin filling your plate.
- Eat what you love and leave what you like.
- Add protein to your plate first then add color such as vegetables and/or fruit.
- Pace don't race. Savor each bite and allow plenty of time. Embrace the enjoyment one bite can produce.
- Stay active. Keep to your usual exercise routine as best as you can. Remember what matters most is that you simply move your body.
- Don't neglect rest. The more rested you are, the better you'll feel.



20 SURPRISING OUTDOOR WINTER ACTIVITIES: NO SNOW REQUIRED!

Is anyone else looking forward to experiencing all the fun outdoor winter activities? Maybe you've resolved to try and embrace winter despite being less than enthusiastic about it. Whether you're a fan of the cold or not, outdoor play is super important for kids, even in the winter! If you need some extra convincing, check out these awesome benefits of nature play for kids! The only problem for us is that we're not always guaranteed snow. Here are some of our favorite fun outdoor winter activities, no snow required!

1. Build a fort
2. Build a fire
3. Play obstacle course backyard games
4. Have a winter picnic
5. Go for a hike
6. Visit a botanical garden or nature preserve
7. Make bird feeders
8. Try cardboard box sledding
9. Go to the playground
10. Go on a nature scavenger hunt
11. Visit local holiday light displays
12. Fly a kite
13. Attend a winter festival
14. Go ice skating outdoors
15. Explore a historic village
16. Visit a nature center
17. Learn nature photography
18. Snuggle up and read in a hammock
19. Play backyard games
20. Try street hockey

