

The Bariatric Scoop

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Lincoln
Trusted Compassionate Care



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While it may not feel like spring outside just yet, spring is here.

With the changing of the season, many are inspired to do a little spring cleaning. There is something refreshing about a clean space, open windows and fresh air.

Spring cleaning isn't just for our homes. We can also benefit from doing some personal spring cleaning. What does this mean? Why not use the changing of the season as a time to reflect on your current day- to-day choices. Taking time to really think about your day provides an opportunity to identify what is working well and any areas that need some extra attention.

Changes occur when we transition from winter to spring, some are obvious and help support our health, such as less darkness and longer daylight hours, in-season produce and more activities. Some changes may not be as obvious and may not support our health, including busy schedules which impact meal planning/prep times, longer days that make it harder to eat at consistent times, cookouts and social events that include food and drinks.

Being aware of the impact changes can and will have on our day to day choices is extremely valuable when it comes to your health and weight management success. With awareness comes the ability to identify daily choices needed to support health and choices that need a little "cleaning up" so they don't have a negative impact on health and well-being.

Take time today to do some personal spring cleaning. I promise you, you'll be glad you did.



Races for all Paces is happening June 7. Will you be participating? Consider connecting with family members, friends or fellow bariatric members. Form a small group so you can participate together. There is strength in numbers. Don't feel like you need to run. Many people walk the 5K and 1 mile event. I think this will be a fun and exciting day. Another nurse and I will be volunteering, along with our fur babies. We will be handing out water on the route. Come on out and say hi! We hope for a sunny, gorgeous day.

-Danyll



The races will begin and end on the track at EIU's O'Brien Field.

Register Now at:
www.sarahbush.org/races
or scan code.



Proceeds from this family friendly event benefit the SBL Dental program.

7 WAYS TO SNEAK MICROBURSTS OF ACTIVITY INTO YOUR DAY

How is the walking program going from the March newsletter? Any movement is good movement.

Here are more ways to keep moving. Research shows that even brief amounts of exercise can help you fortify your heart and lung health, manage your weight and simply boost your overall well-being. The best part is that you may be more likely to stick with your fitness plan because it's easier to fit into your hectic day. Your fitness mission, and we hope that you'll accept it, is to take a stealthy approach to fitting in more fitness with these sly and simple techniques:



1. Schedule physical activity just like you would any other appointment. Set a timer or reminder on your calendar so you remember to get up from your chair and stretch or go for a walk.
2. While watching TV, resist the urge to morph into a couch potato. Get up on your feet to walk or jog in place, practice yoga, lift weights or walk on a treadmill.
3. Take a few minutes to pull weeds or do other yardwork. You'll increase your heart rate and at the same time boost your home's curb appeal.
4. Tackle that to-do list. Paint the bathroom, organize your closet or clean out your garage. You'll be amazed at how much physical energy these tasks require.
5. Toss a Frisbee or softball outside for a few minutes with your kids or a friend.
6. Walk or bike ride through a park or neighborhood you've never explored before.
7. Take as many opportunities as possible to travel by foot, such as walking to restaurants or local attractions.

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Our private Facebook group has been active for a few months, and we would love for you to join us. The group is open ONLY to Sarah Bush Lincoln bariatric patients and is a place to share ideas, information and support each other. Group members have shared recipes, advice and encouragement. We would love for you to join us online. Please feel free to contact Danyll at dcox@sblhs.org or at 217-238-4961 for more information.



CURRIED PORK TENDERLOIN WITH APPLE CIDER

6 servings

Dietitian's tip: apple cider is unfiltered juice from apples. In the United States, cider is referred to as sweet (unfermented and alcohol-free) or hard (fermented and contains alcohol). In this recipe, the sweet flavor of the apple cider and chopped apples nicely complements the pork tenderloin.

16 ounces pork tenderloin, cut into 6 pieces
1 1/2 tablespoons curry powder
1 tablespoon extra-virgin olive oil
2 medium yellow onions, chopped (about 2 cups)
2 cups apple cider, divided
1 tart apple, peeled, seeded and chopped into chunks
1 tablespoon cornstarch

Directions:

Season the pork tenderloin with curry powder and let stand for 15 minutes. In a large, heavy skillet, heat the olive oil over medium-high heat. Add the tenderloin and cook, turning once until browned on both sides, about 5 to 10 minutes. Remove the meat from the skillet and set aside. Add the onions to the skillet and saute until soft and golden. Add 1 1/2 cups of the apple cider, reduce the heat and simmer until the liquid is half the volume. Add the chopped apple, cornstarch and the remaining 1/2 cup apple cider. Stir and simmer while the sauce thickens, about 2 minutes. Return the tenderloin to the skillet and simmer for the final 5 minutes. To serve, arrange tenderloin on a serving platter or divide onto individual plates. Pour thickened sauce over meat and serve immediately.

Nutrition Information: Serving size, about 3 ounces, Cholesterol: 70 mg Calories: 244 Sodium: 48 mg Fat: 8 g Carbohydrates: 19 g Saturated fat: 2 g Dietary fiber: 2 g Trans fat: 0 g Sugars: 13 mg Monounsaturated fat: 4 g Protein: 24 g



Lisa Steeples, SBL Bariatric patient to be featured in the May edition of Health Styles Magazine.

After doing research, Lisa discovered SBL's Bariatric Program and started it in May of 2023. She has lost 125 pounds and now weighs approximately 160 pounds. "I probably haven't weighed this since I was a teenager, and I plan to stay around this weight," Lisa said. Her need to lose weight became crucially important after her right leg was amputated in 2020 for an adverse reaction to medication she received while hospitalized in Springfield for a blood clot.

Health Styles is delivered to approximately 100,000 homes in the region. If you do not receive a copy in the mail, you can read it online at: <https://www.sarahbush.org/wellness-our-community/health-styles/>

A video version of Lisa's story will be featured on the Sarah Bush Lincoln Facebook page later this spring. A special thank you to Lisa for sharing her story. She hopes to inspire others with her story.

