Hello Everyone! My name is Stephen Pope and I am a senior at the University of North Georgia finishing up my degree in Exercise Science. I am also an ACE certified Group Exercise Instructor and teach cardio-kickboxing at the UNG fitness center. I am excited to be able to share my exercise knowledge with you all and I look forward to helping you in any way I can!

Stephen

**National Walking Day** is Wednesday, April 1st. Join us at Lanier Park for a walk starting at 5:30 pm.

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**White Bean and Turkey Chili**

**INGREDIENTS:**
- 1 tbsp. canola oil
- 2 cups diced yellow onion
- 1 1/2 tbsp. chili powder
- 1 tbsp. minced garlic
- 1 1/2 tsp. ground cumin
- 1 tsp. dried oregano
- 3 (15.8 oz.) cans Great Northern beans, rinsed and drained
- 4 cups fat-free, less-sodium chicken broth
- 3 cups chopped cooked turkey
- 1/2 cup diced seeded plum tomato
- 1/3 cup chopped fresh cilantro
- 1/2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 8 lime wedges (optional)

**DIRECTIONS:**
Heat oil in large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté 2 minutes. Add oregano and beans; cook 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.
Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.

Yields: 8 servings (serving size: about 1 cup)
Calories 286; Fat 6g; Protein 32.4g; Carbs 24.3g; Fiber 5.5g; Chol 85mg; Iron 4.8mg; Sodium 435mg

So for those of you who are interested in 5K’s, we thought we would share with you a few resources/tips to get you on your way! Visit www.runnersfit.com/calendarresults.html for races that are coming up in our area. Registration is available for these directly from their website. The Bariatric Department volunteers at the Hall County Schools Fit Families 5K that will be held April 25th at 9 am at Laurel Park in Gainesville. This will be our 3rd year volunteering at this event. We would love for you to come out and join us!

Here are a few tips for you to be successful…

**Dress for success:** wear comfortable, loose fitting clothes and supportive shoes.

**Hydrate:** sip 20-32 oz. of water starting 2-3 hours before exercise.

**Plan:** pick a time and safe place that work for you and your schedule.

**Use the app as your guide:** the app is a tool, but this is YOUR workout. If you need a few more sessions before progressing to the next workout, do not be afraid to make changes.

**Pair up:** training for and running in a 5k with friends or family is a great way to stay motivated and to keep you and your partner accountable.

**Find a 5K that fits you:** there are plenty of races out there so find one that supports a cause you believe in or has fun/festive theme. This is how you are going to celebrate all the hard work you have done!

**Mix it up:** if you ever start to get burned out, do not be afraid to find another activity that you enjoy that will keep you active for a week or two until you want to get back to training.

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**Support Group Dates**

<table>
<thead>
<tr>
<th>Bariatric Support Group</th>
<th>Obesity Survivors Club</th>
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<tbody>
<tr>
<td>March 9th at 6pm</td>
<td>(More than 1 year out from surgery)</td>
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<tr>
<td>March 13th at 10am</td>
<td>March 16th at 6pm</td>
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<tr>
<td>April 13th at 6 pm</td>
<td>April 20th at 6 pm</td>
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<tr>
<td>April 20th at 10am</td>
<td>Meetings in Suite 260 at Lanier Meetings</td>
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<tr>
<td>in Blue Ridge Room</td>
<td>Park Campus</td>
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<td>at Lanier Park Campus</td>
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"The biggest failure you can have in life is making the mistake of never trying at all."

- **Set realistic goals** – Setting and achieving smaller short-term goals tends to build confidence, promote action, and yield success toward longer-term goals. In contrast, setting lofty goals only to fail tends to decrease confidence, increase frustration and may contribute to more stress, anxiety and even depression.

- **Do it for you** – Everyone wants to be liked and accepted, but trying to please others without regard to your needs often leads to increased stress, poor self-image, lack of confidence, and even sometimes isolation. Putting yourself first is often a hard change to make. We are taught to take care of others first, to not be selfish. So standing up for you, saying “I am worth it! I am important! What I think matters!” – is often very difficult. Take time for you and make sure you are pleasing the one person that matters – YOU!

- **Lifetime commitment** – Are you in it for a quick fix or the long haul? You had the surgery…now what? Are you cured? Those who understand that life-long lifestyle changes are required are more successful in the long-term with weight loss and weight maintenance. Relax and enjoy the journey.

- **No excuses** – This is a big attitude change and one that you have to be ready for. Thinking is not doing! Stop waiting for that magic day, that special time or that one thing to change in your life. If you find yourself saying things like “I really need to do ____ , but…” you may not be ready for change. That in between point can often be a source of anxiety. Making a decision and then acting on it – no excuses, although hard to do, can be very freeing and reduce anxiety. Are you ready for action?

- **Move! Move! Move!** – Above and beyond the obvious calorie-burning effects, activity strengthens the body, clears the mind, reduces stress, improves mood, and improves likelihood of maintaining any weight lost. Have you made time in your life to move? Developing coping skills, having a positive attitude, accepting yourself may have nothing to do with food, but are just as important in your journey for weight loss and a healthier you.

For anyone who has ever tried to lose weight, you know it is not just about the food. Our thoughts, feelings, emotions, etc. are tangled up in that effort as well. Stress, anxiety, and depression all have real physiological effects that often make weight loss difficult.

Taking the steps necessary to remedy stress and anxiety in your life may be as important as proper nutrition and exercise for successful weight loss. Below are some psychological characteristics common to people who are successful at losing weight and keeping it off. How do you compare?

- **Set realistic goals**
- **Do it for you**
- **Lifetime commitment**
- **No excuses**
- **Move! Move! Move!**
- **Support Group Dates**

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"The biggest failure you can have in life is making the mistake of never trying at all.”

-Unknown