

Support Group Minutes 6/14/18

- Marie Smith, RD was the guest speaker who talked about “Back to Basics”
 - She went over the Rules of 60’s (protein, water, exercise)
 - Portion control
 - Focus on low carbs and low sugars
 - Work on tracking
 - The 3 main things to focus on:
 - Planning
 - Schedule time to plan ahead of time
 - Make a grocery list ahead of time and only purchase what is on the list
 - Controlling portion sizes
 - Measuring and using a food scale
 - Using baby spoons (small bites)
 - Plate size (portion sizes)
 - Eat slowly
 - Put utensils down
 - No distractions
 - Take 30 minutes to eat your meal
 - Stop eating when you are no longer hungry VS stop eating when you are full (because if you eat to the point that you are already full, you went too far)
 - Tracking
 - Using an app or paper/pen
 - Helps you to keep on track
 - Helps to make sure you are getting a balanced diet
 - Tips:
 - Froedtert link for recipes: <https://www.froedtert.com/bariatric-surgery/recipes>
 - Can have 1 protein shake for a meal replacement per day
 - Create SMART goals (specific, measurable, attainable, realistic, timely)
- Western Racquet personal trainers (Tad and Dan) were also guest speakers
 - Discussed how they have developed a bariatric exercise program specifically for our bariatric patients (2 times a week from 6:30pm-7:30pm)
 - Cost is \$55/month for the 2 sessions a week, a consultation, access to the CP club, access to Western Racquet
 - **If interested, please let Mary know as soon as possible because they need around 10 people for the class to start**
 - Program flyer distributed
- Prevea Bariatrics now has an app/website that is available only to our patients (flyer distributed during the meeting)
- **Reminder to bring in before and after photos if you would like to share**
- Prevea Bariatrics will be getting a new full body scanner that we are really excited about and will hopefully be available at the end of July
- **The July support group may be moved to a different location—Mary or Jessica will be in contact with everyone via phone once the location has been determined (ideas: walk around Botanical Gardens, Voyager Park, UWGB trails...)**