

Roger Williams Life Changers

Weight loss for a healthy life

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**Roger Williams
Medical Center Weight
Loss Surgery**



Announcements

Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Upcoming WLS Support Groups

We will be continuing our support groups online. Please feel free to join us!

4th Thursday of the month at 5:00-6:00 pm (in English)

- January 25, 2024
- February 22, 2024

1st Thursday of the month at 6:00-7:00 pm (in Spanish)

- January 4, 2024
- February 1, 2024

To join a support group, please email Diana at diana.beaton@chartercare.org. You will receive a link to join the meeting. You can also join the call by phone. See our website www.loseweightri.org under "Patient Resources" for information on our support groups.

Goal Setting After Weight Loss Surgery

Weight loss surgery can be life-changing, but it's also a life-long commitment. The weight loss journey comes with many hurdles. It's easy to lose motivation and revert to old ways. This is where goal setting comes in. Setting goals after weight loss surgery is essential for tracking your progress and staying motivated. Here are some examples of how to set realistic goals.

1. Set Short-Term and Long-Term Goals

Setting goals creates a plan that can guide you in your weight loss journey and keep you moving forward. It's important to set goals that are realistic and achievable. Long-term goals such as "becoming more fit" or "eating healthier," can be broken down into smaller, short-term goals. If you do this, you will be able to achieve your long-term goals.

2. Be Specific with Your Goals

You want your goals to be specific. For example, if your goal is to "eat more fruit and vegetables," your goal could be "I will have one serving of vegetables at dinner" and "1 serving of fruit per day." Having a specific goal makes it easier to know if you've accomplished it.

3. Set Goals that Can Be Measured

Your goals should be measurable in order to tell if you are achieving them. It also can be motivating to see progress. If one of your long-term goals is to lose a certain amount of weight in a year, doing a weekly or monthly weigh-in will help you keep track of your progress.

4. Make Adjustments as Necessary

It's okay to adjust and re-adjust your goals. The goals you have at 6 months after surgery will probably not be the same goals you have at 2 years after surgery.

5. Find Support

Your weight loss journey is a long-term goal. Having someone to talk to about issues and challenges is critical to staying on track. Ask for help if you need it! Your bariatric surgeon, dietitian and other team members are there for you. Your friends, family or support group may also be helpful. Having someone to talk to can make a big difference in your ability to reach your goals.



Creamy Chicken Vegetable Fettucine

Ingredients:

- 1 tablespoon butter or olive oil
- 1/2 onion finely chopped
- 2 celery sticks finely chopped
- 1/2 teaspoon ground pepper
- 1/2 teaspoon salt
- 3/4 cup frozen peas
- 2 carrot sticks
- 8 ounces sliced mushroom
- 1/3 cup flour
- 4 cups chicken broth
- 1 cup Parmesan cheese (divided)
- 4 ounces cream cheese (light)
- 4-5 zucchini, spiralized
- 1 lb chicken breast cooked and shredded

Directions:

1. Preheat oven to 350.
2. Melt butter (or olive oil) in saute pan. Add onion, celery, pepper, salt, carrots, and mushrooms. Saute for 5-10 minute or until soft. Add flour and mix until vegetables are coated.
3. Then slowly add broth and stir quickly until flour is absorbed. Bring mixture to a boil, reduce heat and simmer 5 minutes, stirring frequently. Remove from heat.
4. Add 1/2 cup Parmesan cheese and cream cheese, stirring until cheese melts. Add the peas, chicken. Stir until blended.
5. Coat a casserole with non-stick spray and place zucchini noodles inside 9x 13 casserole dish. Pour chicken and vegetable mixture over. Sprinkle with 1/2 cup Parmesan cheese.
6. Bake at 350 for 30 minutes. Mixture will somewhat soup like. Dish into bowls.

From BariatricMealPrep.com



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 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip or recipe to share. Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org