

Roger Williams Life Changers

Weight loss for a healthy life



Want the latest news and information from our program? Visit Facebook and search for:

Roger Williams
Medical Center Weight
Loss Surgery

Online Support Groups

Good news! We are starting support groups for people who are getting ready for weight loss surgery. Support groups are a great way to ask questions and review important information prior to surgery. You'll need a computer or phone that connects to the internet and has a camera.

The first session is scheduled for Thursday, January 28th at 5:00 pm-6:00 pm.

For more information, or to sign up, please contact Diana Beaton at Diana.Beaton@chartercare.org We will be starting more groups in the near future. Let us know if you are interested.

Online Weight Loss Surgery Seminar

Prior to the coronavirus pandemic, we offered in-person seminars for people interested in learning more about weight loss surgery. The seminar is now available on our website <https://www.chartercare.org/services/weight-loss-surgery/weight-loss-surgery-seminars> or on YouTube [RWMC Weight Loss Surgery](#) to view at anytime.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care



New Dietitian Joins Weight Loss Surgery Team

We are happy to announce a new member of our team, **Diana Beaton RD**, a registered dietitian, who will join Gina Lombardi RD in providing nutrition counseling and support both before and after surgery. Both Diana and Gina are available for telehealth or in-person visits. Diana will be working at several locations in addition to the 41 Sanderson Rd, Smithfield office. They include Warwick, Greenville and East Providence. For an appointment with either Diana or Gina, please call our office at (401) 521-6310.

Are You Ready to Start an Exercise Routine?


Happy New Year 2021! If you are thinking about getting into a better exercise routine, now's a good time to start. Starting is always the hardest part, but once you get going, it gets easier. In *Eight Ways to Start a Fitness Routine You Can Stick With*, Cari Wira Dineen gives suggestions for building healthy habits rather than just trying to use will power. "Motivation can change over time," says fitness trainer Kayla Itsines, "but a habit will never let you down. Habits help push you forward even when you have low motivation." "Forgive yourself for a slipup," says Dayna Lee-Baggey, PhD. "There's evidence to suggest that if we can be kind and compassionate to ourselves when we fall off the wagon, we're more likely to get back on the wagon faster." For more tips, see [How to Start a Workout Routine That You Can Stick With | Real Simple](#). (from Real Simple, 1/29/20).

Holly Honjo on YouTube

I started watching Holly Honjo a few months ago. She has beginner workouts on YouTube for people who are overweight or who have never exercised before. Be sure to start slow if you are just beginning an exercise routine. I like Holly's honesty. She's candid about her struggles and started her own YouTube channel because she couldn't find good workout routines online for people in larger bodies. She shares her life story including her family and pets. She recently paused her show, but there's still a lot of content you can view. Here are two that may be good to start with. Remember to go at your own pace. You can always modify the exercises until you get more practice. Have fun!

<https://youtu.be/JSKTtnVcDdU> <https://youtu.be/8IwNI8r-jo>

Stay Connected!

 Join us on Facebook at www.facebook.com/RWMCWeightLossSurgery. Have a good tip for staying active in the winter during this pandemic? or a nutrition, fitness or bariatric app that has been helpful? Tell us about your success. What you've discovered may be helpful to others.

Email Diana.Beaton@chartercare.org



Chicken & Spinach Skillet Pasta with Lemon & Parmesan

Makes 4 Servings

Recipe from [EatingWell.com](https://www.eatingwell.com)

Ingredients:

- 8 ounces penne pasta
- 2 tablespoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast or thighs, trimmed, if necessary, and cut into bite-size pieces
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cloves garlic, minced
- ½ cup dry white wine
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tablespoons grated Parmesan cheese, divided

Directions:

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt and pepper; cook, stirring occasionally, until just cooked through, 5 to 7 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon juice and zest; bring to a simmer.
3. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.