

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**



Announcements

- Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.
- Upcoming online WLS Support Groups:
June 24, 2021 at 5:00-6:00 pm (English) with Diana Beaton RDN
July 1, 2021 at 7:00- 8:00 pm (Spanish) with Carmen Diaz-Jusino

For more information or to sign up, please email diana.beaton@chartercare.org

Linda's Weight Loss Journey

- Hear about Linda's journey and how weight loss surgery changed her life. <https://vimeo.com/554328859>

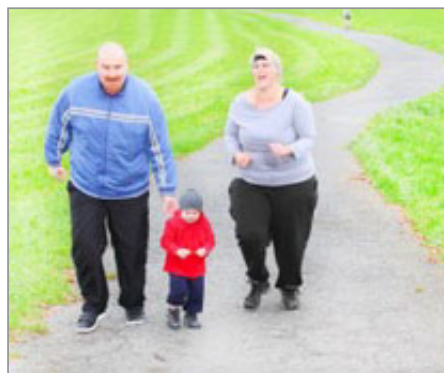


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A Better Way to Better Health Care

Are you getting enough physical activity?



Physical activity is important for a healthy life especially after bariatric surgery. It can help with weight loss and can improve anxiety, depression and sleep. Being physically active

has been shown to reduce the chance of getting diseases like cancer and diabetes. It's recommended that adults get at least 150 minutes of moderate-intensity cardiovascular activity per week. In addition, to maintain muscle mass, include strength training as a part of your exercise routine. Strength training is important as you get to the weight maintenance part of your weight loss journey.

Try to establish an exercise routine that works for you. If you currently don't have a routine, you can start one by picking just one day of the week to exercise. Gradually add to the time or the number of days you exercise. In the beginning if you are starting a routine, it's important to be consistent, then increase the amount of time you exercise or add another day to your routine. Choose activities you like.

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Set reasonable goals that you can achieve. Plan to exercise with a friend. It's a perfect time of year to begin.

Check out our Facebook page this month for more ideas on increasing movement and physical activity. See podcast episodes below.



Movement as Medicine (Episode 21)

Dr. Susan Mitchell, host of the podcast Bariatric Surgery Success, talks with Jennifer Smallridge, an exercise physiologist from Australia, about how to

get moving both before and after weight loss surgery. Jennifer is passionate about helping people add exercise to their lives for a healthier, more fulfilling life.

<https://www.breakingdownnutrition.com/blog/21-movement-as-medicine>



Working out with Holly Kerr (Episode 6)

Zach Niemiec, host of The Bari-Heart of It podcast, interviews Holly Kerr, a Certified Personal Trainer and Group Fitness Instructor, about work-outs for someone

who's had weight loss surgery. They discuss which activities may be good if you haven't been physically active in a while. You don't have to go to an exercise class to add movement to your day.

[Episode 6: Working out with Holly Kerr by The Bari-Heart of It • A podcast on Anchor](#)



June is strawberry harvest time.


Find a local farmer's market at www.farmfreshri.org



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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



Tofu with Pad Thai Peanut Sauce

What you'll need:

3 ounces firm tofu
scallion tops (green part) for garnish

For the sauce:

1 tbsp natural peanut butter
1 tsp sesame oil
1 tsp soy sauce
2 tbsp water
2 tsp grated ginger
2 tsp minced garlic

Directions:

1. Cut the tofu into bite size pieces. Mince the garlic and grate the ginger.
2. In a small bowl, combine peanut butter, sesame oil, soy sauce, water, ginger, and garlic. Set aside.
3. Heat a small skillet on medium-high heat and fry tofu on each side in a small amount of olive or avocado oil.
4. After the tofu is seared, turn off the heat and pour over the Pad Thai sauce. Coat the tofu evenly in the sauce.
5. Serve with sprinkled green onions and enjoy!

Tofu with Pad Thai Peanut Sauce can be paired with rice or noodles and vegetables for a complete meal.

Makes 1 serving: 225 calories, 13 grams protein, 9 grams carbohydrate, 2 grams fiber, 17 grams fat (13 unsaturated).

Recipe by Pitchaya Pattasema, from the BreakingDownNutrition.com website.