

# 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.

**4th Thursday of the month at 5:00-6:00 pm** with  
Diana Beaton RD

April 27, 2023

**2nd Thursday of the month at 7:00-8:00 pm** with  
Carmen Diaz-Jusino (in Spanish)

April 6, 2023

To join a support group, please email Diana at [diana.beaton@chartercare.org](mailto: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](http://www.loseweightri.org) under "Patient Resources" for information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

## Make the Most of the Upcoming Spring Season

Spring is right around the corner, and it's time to shake off the winter cobwebs! The change of seasons can inspire us to get organized and start healthier habits. Here are some tips for changing your routine and making the transition to a new season.

### Spring Cleaning

Spring cleaning can have a positive effect on your weight loss journey. While you're tackling your cleaning projects this Spring, consider giving your refrigerator and pantry a cleaning. Do an inventory of what foods you have on hand. When we try to improve the way we eat, our efforts can get sabotaged by having snack food or other tempting items around. Get rid of items that get in the way of your progress and stock your kitchen with healthier foods. This can set you up for success by having nutritious foods within easy reach.

### Get Outside

Let the warmer weather inspire you to get outside more. Even if you currently have limited ability to do certain activities, spending time outdoors is still a worthwhile endeavor. Being in nature has been shown to decrease depression. Here are some examples of what you can do this spring to enjoy the weather, and get active:

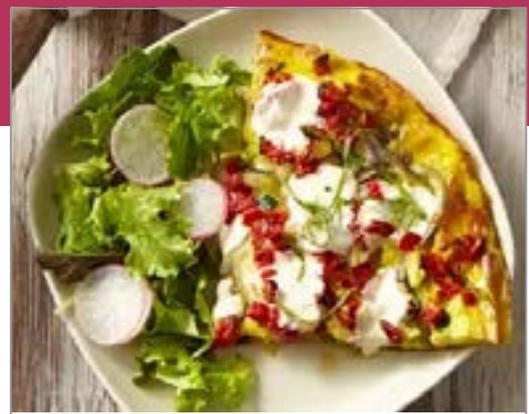
- 1. Just Walk.** Walking in your neighborhood, downtown, or local park is a great exercise and it gets you out of the house to enjoy the weather. Check the newspaper for weekend activities that look interesting. Try walking in a different neighborhood or area of Rhode Island.
- 2. Do Yard Work.** It's likely your lawn or yard will need some care this spring. Working outside in the yard is a great opportunity to do some light physical activity. Pulling weeds, pruning bushes, mowing the lawn, or even planting a garden can increase strength in your arms, shoulders, and back as you enjoy the fresh air.
- 3. Join Recreational Activities Near You.** When you start losing weight, you begin to feel more energized. Spring is a great time to start a recreational activity. Try to pick an activity you like. Maybe ask a friend or family member to go with you. You may find that you like an activity you've never tried before. Enjoy the outdoors or maybe make new friends.

### Stay Hydrated

It's important to stay hydrated year-round, but especially when the weather is warmer or you are doing physical activity. Hydrating throughout the day is important for combatting fatigue and false hunger. Be sure to include fruits and vegetables daily. They contain water and are packed with important vitamins and minerals, but they can also help you stay hydrated.

### Mental "Cleaning"

When it comes to mental cleaning, it's really about getting rid of older beliefs that don't support you anymore and focusing on the positive. Take the time to remember why you're on this weight loss journey and use that as motivation. Having a positive attitude, surrounding yourself with supportive people, and being kind to yourself is crucial for sticking to your goals and reaching them.



## Mozzarella, Basil & Zucchini Frittata

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 ½ cups thinly sliced red onion
- 1 ½ cups chopped zucchini
- 7 large eggs, beaten
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¾ cup pearl-size or baby fresh mozzarella balls (about 4 ounces)
- 3 tablespoons chopped soft sun-dried tomatoes
- ¼ cup thinly sliced fresh basil

### Directions:

- Position rack in upper third of oven; preheat broiler.
- Heat oil in a large broiler-safe nonstick or cast-iron skillet over medium-high heat. Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.
- Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler until the eggs are slightly browned, 1 1/2 to 2 minutes. Let stand for 3 minutes. Top with basil.
- To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices and serve.

**Serving Size:** 1 slice; 292 calories; protein 18g; carbohydrates 8g; fat 21g.

[www.eatingwell.com](http://www.eatingwell.com) July/August 2014.



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Email [Diana.Beaton@chartercare.org](mailto:Diana.Beaton@chartercare.org)