

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:
March 25, 2021 at 5:00-6:00 pm (English) with Diana Beaton RD
April 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

Testimonials

Marybeth's decision to go for weight loss surgery was her own. Her doctor told her the pain in her ankles would get better if she lost 100 lbs. That wasn't an easy thing to hear. See her story here: [Marybeth - A Life Without Joint Pain | J&J Medical Devices \(jnjmedicaldevices.com\)](#)

Are you confused about what to eat after weight loss surgery?

Ask Kristin Willard, RDN, a Registered Dietitian who started a website designed to help you get started on your weight loss journey after surgery. Did you know you could eat dessert (sometimes!) after surgery? It's true. Everything in moderation. Let Kristin answer your questions about vitamins, meal prep and more at www.bariatricmealprep.com

Sign up and get a one-week meal plan for free.



Roger Williams
MEDICAL CENTER

A Better Way to Better Health Care

Simple Lifestyle Changes You Can Begin Today

There's no need to wait to start making healthier choices. You can make small changes every day that can have a big impact over time. To start, think of the overall "why" you have a particular goal. Do you want to feel better, sleep better, move more easily? Write it down. Keep a journal so you can track what you are doing. Don't take on too many tasks or goals at once.

Here's a tool to get started. It's called SMART, an acronym for Specific, Measurable, Achievable, Relevant, and Time-based. It helps to define your goal so you will know if you've achieved it. If your goals are too vague or poorly designed, you will be less successful. Here's how it works:

- S SPECIFIC**
What would you like to accomplish? Be as clear and specific as possible with what you want to achieve. The more narrow your goal, the more you'll understand the steps that are necessary to achieve it.
- M MEASURABLE**
How will you know if you've accomplished your goal? What evidence do you have that you're making progress. Set milestones so you can evaluate progress. You might have to make mid-course changes in the goal. That's okay.
- A ACHIEVABLE**
Can the goal be reached? Is it reasonable for your current situation and schedule? Setting goals that you can accomplish in a certain timeframe will help keep you motivated and focused.
- R RELEVANT**
When designing goals, make sure what you pick is something that meets your current needs. Does it align with your long-term goals?
- T TIME-BASED**
What is your time-frame? Do you want to accomplish a behavior by a certain date? Or do you want to increase the frequency of how often you do a certain action or task.

Following SMART goal setting can help keep you motivated and focused on specific activities. Don't be afraid to re-adjust and re-prioritize. Remember, it's a process.

Reward yourself in non-food ways for achieving your goals!



A Better Way to Better Health Care

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



Chocolate Peanut Butter Protein Shake

Course: Breakfast

Servings: 2 shakes

Calories: 95

Author: Steph Wagner RD

Ingredients:

1/2 cup fat-free plain Greek yogurt

1 scoop chocolate whey protein powder

1/2 cup ice cubes (adjust for desired consistency)

2/3 cup water

1 tbsp unsweetened cocoa powder

2 tbsp peanut flour (Ex: Pb2® or PbFit®)

Directions:

1. Blend together on high until smooth

Nutrition:

Serving: 0.5 shake | Calories: 95

Carbohydrates: 5g | Protein: 19g | Fat: 1g

For more nutritious bariatric recipes, see www.bariatricfoodcoach.com