



OKC RNY New Beginnings January 2005

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<http://okcrnynewbeginnings.tripod.com/main/>

2005 Thoughts from Tonja Martin

We all know New Years resolutions are made and broken very quickly. Most resolutions do not see the end of the month of January. We all have set too big of a goal and then feel defeated we fell short of the promise we made to ourselves. What I have found that works better in my life is to stop setting huge impossible goals and to take small, achievable steps by changing patterns or habits in my life daily. Also, to acknowledge my successes daily first versus just thinking about what I felt I failed at.

My New Beginning to Success in 2005

- ◆ I resolve daily to just Thank God for all I have in my life to be grateful for. I resolve to never forget what I can do now that I could not do a month ago. I resolve to acknowledge all the blessings in my life now. I will write it down and it can be anything I choose that day, whether it is weight lost, sharing a moment with a loved one, or a comment said to me that made me acknowledge myself as a success in any area of my life.
- ◆ I resolve not to be just a certain weight or a certain size of clothes. I do resolve to be stronger each day, healthier and to take the absolute best care of myself every day. By doing so, I am the best I can be today.
- ◆ I resolve to start walking each day - it is free and can be done anywhere - indoors or outdoors! Walking is the best cardiovascular exercise we can get. This does not mean I have to become a marathon walker - just walk 5 minutes at a time if that is all I can work into my busy schedule. I have set a personal goal to do this as many times a day as possible. I am shooting for adding another five minutes consistently for 30 minutes of walking a day minimum. If I set a goal by mileage - I am overwhelmed, but I can do anything for five minutes!
- ◆ I resolve to make this the year I start truly facing myself and acknowledging my success! I resolve to make this the year I start seeing myself realistically. The only way I can do this is by taking photographs once a month in front of a doorway or a window in our homes. Label them with the date taken and watch the new me melt away!
- ◆ I resolve to take my measurements, weight once a month, and write them down in my Success Journal.
- ◆ I resolve to know my food habits and know that I am getting all my protein and water in everyday! Start a food journal - track your water and food. At the end of the day, I can assess myself where I can improve my individual water and protein intake.
- ◆ I resolve to get on a vitamin regime now! Maybe as part of food journal - make a note that I took your vitamins and supplements each day.
- ◆ I resolve to see myself every step of the way as a success in my WLS journey. I resolve to remember where I started and to see where I am now in comparison.
- ◆ The only way I can do this is to write it down, either in a paper journal or on my computer, I will be honest with myself.
- ◆

Please join us in 2005 to make our journey a success!

Tonja Martin

OKC NY New Beginnings Founder & Proud Member

In order to help ensure your success, here are some simple strategies to follow:

- Plan ahead.
- Get all the food in your home that you will need to follow the food plan. Stock your pantry and refrigerator with healthy foods and snacks. Get rid of trigger foods. (Out of sight, out of mind!)
- Remember: Protein First!!!! 80-100 grams per day!!!!
- Take a daily multivitamin/mineral supplement, as well as a calcium supplement and any additional supplementation required by your doctor
- Drink lots of water. Aim for a minimum of 64 ounces per day.
- Keep a daily food and exercise journal.
- This shows you just what you put in your mouth every day. It also helps keep you on track and eliminates "mindless eating."
- Seek out a circle of support.
- Spend time with people who will encourage and motivate you. (Think Support Group). Avoid those who will sabotage your plan.
- Reward yourself with nonfood items.
- When cravings hit, buy you a new novel or lipstick, go to a movie or get a manicure.
- Weigh yourself no more than once a week.
- Daily shifts in your body's fluid level may give you discouraging results!

Remember the "Rules of the Tool"

Here are the magic "rules of the tool" (are you ready?):
 Diet and Exercise. Seriously. The good news is that diet and exercise, supported by your pouch/tool, can help you achieve your goal weight with excellent energy and without uncomfortable hunger.

PROTEIN COUNTER--(amounts in Grams)

<u>Meats</u>	<u>Beans</u>	<u>Soups</u>
Bean Burrito (2) – 14 grams	Chick Ps/Hummus ½ C - 5.9 grams	Chicken Noodle, 1C - 3.4 grams
Beef Burrito (2) – 27 grams	Green Peas, ½ C - 6.1 grams	Chilli&Beans, 1C - 18 grams
Beef, 3oz – 20 grams	Kidney Beans, ½ C – 7 grams	New Eng Clam Ch, 1C - 4.8 grams
Bologna, 1oz - 3.8 grams	Lima Beans, ½ C - 7.3 grams	Tomato, 1C - 2.5 grams
Cheeseburger, 3.5oz - 17.8 grams	Navy Beans, ½ C – 7 grams	Vegetable, 1C - 3 grams
Chicken Salad, 2oz - 4.9 grams	Pinto Beans, ½ C – 7 grams	
Chicken, 3oz – 25 grams		<u>Grains/Cereals</u>
Egg, 1 – 6 grams	<u>Dairy Products</u>	Rice, 1C Brown - 6 grams
Hot Dog, 1- 7 grams	Milk, 1C – 8 grams	Noodles, 1C - 6 grams
Lamb 3oz – 23 grams	Cheddar/Swiss, 1oz – 7 grams	White Bread, 1slice - 2.2 grams
Liver, 3.5oz – 26 grams	Cottage Cheese, ½ C – 12 grams	Whole Wheat, 1slice - 2.6 grams
Sub w/ColdCuts 8oz - 21.8 grams	Yogurt, 1C – 7 grams	Crackers, 4 saltines – 1 grams
Turkey, 3oz – 27 grams	Butter, 1Tbsp - 0.1 grams	French Fries 20-25 - 3 grams
Venison-dried 3.5oz - 31.4 grams	Parmesan Ch 1oz – 10 grams	Bagel, 1 (about 2oz) – 6 grams
	Ice Cream, 1C – 6 grams	Cornbread - 3.3 grams
<u>Fish</u>	<u>Nuts</u>	English Muffin - 5.1 grams
Atlantic Perch, 3oz – 20 grams	Peanut Butter, 1Tbsp - 4 grams	Bran Muffin 1med - 3.1 grams
Crab, 3oz steamed - 16.5 grams	Peanuts, ¼ C - 9 grams	Cheerios, 1 ¼ C - 3.8 grams
Flounder, 3oz - 20.5 grams	Pinenuts, ¼ C - 8g grams	Granola, ¼ C - 4 grams
Haddock, 3oz – 16 grams	Soy Nuts, Roast. 1/3C - 12 grams	Shredded Wheat 2/3 C – 3 grams
Halibut, 3.5oz - 26 grams	Sunflower Seeds, 1oz - 6.5 grams	Wheat Germ, 1Tbsp – 2 grams
Lobster, 3oz - 17.4	Walnuts, ¼ C - 6 grams	Grits, ½ C Cooked - 1.7 grams
Oysters, 6 med – 6 grams		Quinoa, ½ C – 5 grams
Salmon, 3oz – 17 grams	<u>Other Proteins</u>	Semolina Pasta 1C – 4 grams
Shrimp, 3oz - 18 grams	Cheese pizza, 1slice - 7.7 grams	Kamut/Spelt Pasta 1C – 10 grams
Snapper 3oz - 22.4 grams	Chef Salad w/ turkey, Ham & cheese, 1.5C – 26 gms	Oatmeal ¾ C - 4.6 grams
	Tofu, Firm ¼ Block - 12.8 grams	

"You Can Think Yourself Thin"

You're more likely to lose weight if you change your attitudes and feelings about food-- and yourself.
This includes learning the difference between Physical Hunger and Emotional Hunger

What Do You Hunger For?

Physical Hunger

- Builds gradually.
- Strikes below the neck (growling stomach).
- Occurs several hours after a meal.
- Goes away when full.
- Eating leads to satisfaction.

Emotional Hunger

- Develops suddenly.
- Strikes above the neck (a "taste" for ice cream)
- Occurs at random times
- Persists despite eating.
- Eating leads to a feeling of guilt or shame.

The Person in the Mirror

Walking past the mirrored glass, I take a timid peek
I see a person staring back, I'm too choked up to speak
The puffiness at last is gone, the skin pink and glowing
The Many pounds that melted off finally now are showing
Hard to believe until recently this same person was dying
Stuffing the food to ease the pain ~Heart broken and crying
Life evolved around each snack, I lived for every meal
Anything to numb the hurt, I didn't want to feel
When did I get so attractive? When did God remove the grief?
When did this miracle happen? Who provided this relief?
What a gift! A second chance!
I thank God every day, for his grace in showing me there is a better way.
I walk, I dance, I make love too. My heart is filled with gladness
I am out of bondage, I am out of pain. There is no room for sadness.
This person in the mirror smiles softly back at me
I have good cause to be so please, I've finally been set free!

---Author Unknown---

Meeting Information

Edmond/North OKC Live Meeting

When: 4th Thursday of each Month

Where: Edmond Medical Center

1 S. Bryant

Classroom 1 (Ambulatory Care Pavilion)

Edmond, Oklahoma

Time: 5:45 pm to 8:15 pm

South Oklahoma City Live Meeting

When: Second Saturday of Every Month

Where: Physician's Hospital of Oklahoma

Cafeteria

3100 SW 89th Street

Oklahoma City, Oklahoma

Time: 9:30 am to noon

Commitment To Yourself

Here's to a new you! By committing to changing your lifestyle, you are taking a giant step toward meeting your personal fitness and health goals. Please read this form, fill in your name, and sign it. Put it somewhere you can see it each & every day to let it serve as a daily reminder of the commitment you have made to your well being.

I, _____

- Commit to trying my best and striving to achieve my health goals despite setbacks and difficulties.
- Commit to offering support to myself and those who need to be motivated.
- Promise to care for myself and give myself positive feedback.
- Commit to following the program to the best of my ability.
- Promise to ask questions if I am confused or unsure about the diet and fitness plans.
- Commit to the program and will not quit until I reach my fitness goals.
- Promise to not let life's hassles and problems derail my progress.
- Promise to make my well-being a priority.
- Promise to let all my close friends and relatives give me support during my journey.
- Commit to attend Support Group meetings and be an active participant both at meetings and on-line.
- Promise to stop emotional eating and deal with my problems head on.
- Promise to love my body no matter what size I am.
- Promise to reward myself by celebrating my successes.

Your Signature

Date

Congratulations!

You have just made a commitment to yourself to take care of yourself and become healthier and happier.

OKC RNY New Beginnings Support Group Meeting Dates & Times

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