

Crista's NEW LIFE

17 months ago I was sitting in my parents dining room during one of our many family cookouts. I was horrified at what I saw. A couple of months ago I had just gotten married and turned 24 years old. I clearly remember thinking "I am only 24, how did I get so fat?" I couldn't answer the question, so I plopped yet another huge portion of spaghetti on my plate. My sisters went outside to feed the horses and they asked if I wanted to come, I said "no I'm still eating." The truth was I wasn't even hungry. I was a size 30 and 300 pounds and I could not walk the acre that I needed to in order to get to the barn. I remember thinking "if only I was thin." The next week, I saw the commercial for St. Elizabeth Center for Comprehensive Weight Loss.

I have to admit that the first 6 months of recovery were not easy. There were many times I became over full and got sick. There were also a few times that I ate sugar and got sick. The part that I found to be the hardest was that one week I could tolerate food, and the next week I couldn't. But I did what Dr. Woodruff and the staff at CCWL had told me to do. I found as time went on these occurrences and my weight lessened. By the time I was 6 months out I had lost almost 100 pounds. Now after being out of surgery 15 months, I just wish I would have gotten the surgery earlier. I missed out on so much. NOT ANYMORE!

Since having the surgery, I returned to college full time. I am carrying a 3.8 GPA while waitressing. I am also the "Suzy Homemaker" of our household. I can spend 18 hours on my feet without even feeling fatigued. I also do yoga and Thai Chi regularly. When I am not doing yoga I am running or hiking.

I have also become a poster child for CCWL, by modeling with 6 other post-op patients in their most recent ad campaigns. My friends and family have made me the spokesperson for the Roux-en-Y surgery. I now receive about 4 calls a month from friends of my family who are interested in the surgery.

Other than my parents and sisters, nobody in Ohio knew me thin. I moved here from New York when I was 20 and 200 pounds. I gained 100 pounds in about a 3 years time. Now being 160 pounds, and a size 7/8 when I run into someone I have not seen in a while they don't recognize me. This is a great compliment.

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Crista Before Surgery



Crista Continued



**Crista feeling
FANTASTIC!!**

The best compliment so far happened about one month ago at a family members funeral. I said hello to my husband's Great Aunt and Uncle. After about 5 minutes of conversation his Great Aunt told me she could not recall my name. I told her who I was and their mouths dropped. They had thought Bill (my husband) had divorced me and was dating someone much smaller. They were embarrassed but I was on cloud nine!

I truly want to thank Dr. Woodruff and the entire staff of the Center for Comprehensive Weight Loss for changing my life. From the moment I placed the first phone call 17 months ago, every association with CCWL has been kind, compassionate and helpful. Without the supportive staff of CCWL, I probably would not have gone through with the surgery.

My life before surgery and my life after does not compare! Now, I can shop at normal stores, I can run to the car if it is raining, I can fit in the seats at the movies, I can bend over and tie my shoes and I can go running and hiking. I am now on the other side of the camera and I truly can smile. I can feel beautiful and

I CAN LIVE!



Romaine with Apple, Pecans and Blue Cheese

Salad

- 4 1/2 cups hearts of romaine lettuce,
torn into pieces
- 1 large unpeeled apple, chopped
- 1 Hass avocado, cubed
- 1/2 cup chopped red onions
- 1/4 cup toasted pecan pieces

In a large bowl combine salad ingredients.
Toss with 1/2 cup Creamy Blue Cheese

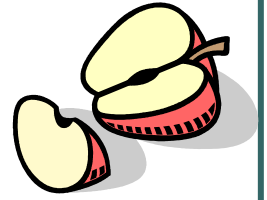
Dressing. Serves 4

Creamy Blue Cheese Dressing

- 1/3 cup (about 2.5 ounces) blue
cheese
- 2 Tbs. white vinegar
- 1 tsp. Dijon mustard
- 1/3 cup orange juice
- 8 ounces plain non-fat yogurt

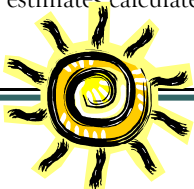
In a small bowl, mash cheese with a fork.
Add vinegar, mustard, juice and yogurt; stir
to combine thoroughly.

Makes 1 1/2 cups

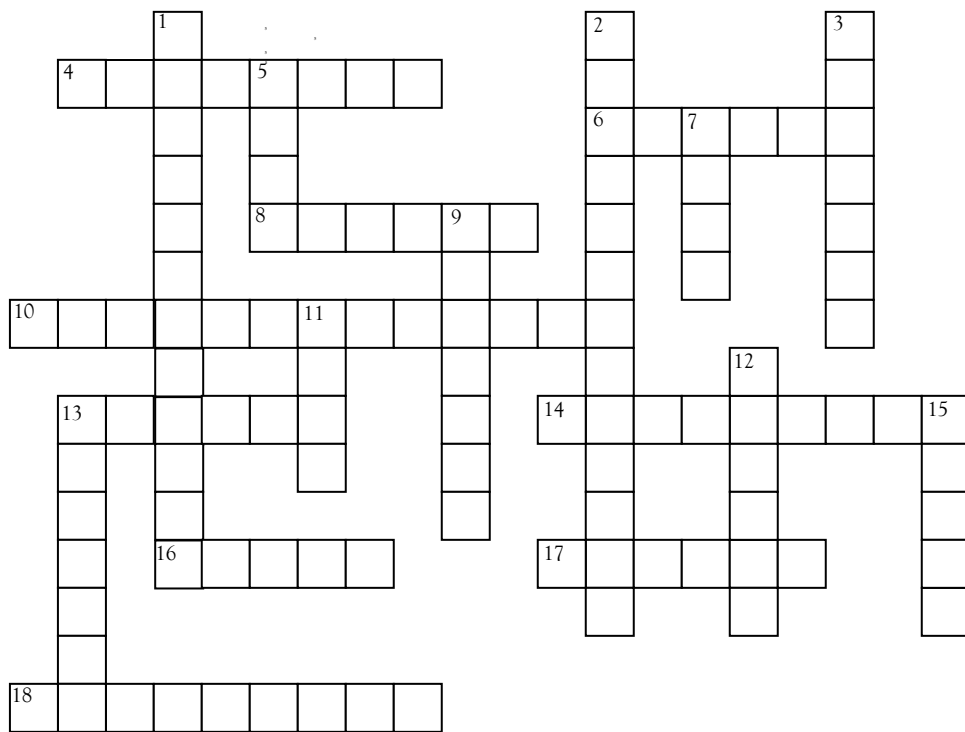


How to have **Fun** in the sun and burn calories!

Activity	Calories Burned in 45 minutes	As good as
Playing tag	281	Running on treadmill for 25 minutes (at 6 mph)
Building a sand castle	113	20 minutes of Yoga
Playing Beach volleyball	430	42 minutes of step aerobics
Running under a sprinkler	306	68 minutes of water aerobics
Swinging on a swing	102	Walking briskly on treadmill for 30 minutes (at 4 mph)
Playing miniature golf	153	14 minutes on elliptical trainer
Throwing a frisbee	153	19 minutes on stationary bike
Playing croquet	128	11 minutes of kickboxing
Playing touch football	408	34 minutes of spinning
* estimates calculated for a 150 pound person	Sources: CalorieControl.org; Calories-perhour.com; Fit Happens, by Joanie Greggains; FitResource.com	Health Magazine



Bariatric Crossword Puzzle



ACROSS

4. 75 cm intestine connection
6. Person performing surgery
8. An increase in self _____ is achieved via weight loss
10. Term for weight loss surgery
13. Baby food consistency
14. Staff member providing nutritional guidance
16. Term for "new" stomach
17. Post operative condition resulting from strain/lifting
18. Provides payment coverage for insurance

DOWN

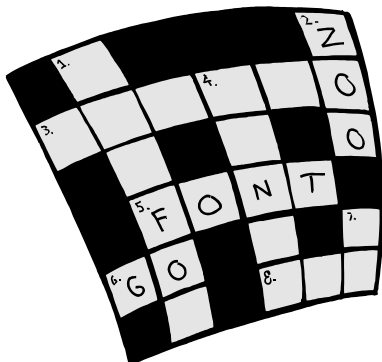
1. Meetings that assist with coping
2. Method of defining an individuals size
3. Type of intervention for obesity
5. Goal
7. Provided by nursing staff
9. Emotion counselor has for patient
11. 438.46 insurance _____ for gastric bypass
12. First phase of post of diet
13. Deficiency causing hair loss
15. Staff member providing care

10 essential traits for a Happy Life-Health Magazine



1. **Love of learning-** a fervor for acquiring new skills, satisfying curiosity, and building on knowledge. Follow your inquisitiveness. Make a list of three things you enjoy or value, and choose one you would like to know more about or be better at. Having a practical purpose can be a big motivator.
2. **Creativity-** a flair for producing something new, surprising, or unusual. The key is to let your inhibitions go. Whether you try painting, writing, playing music or dancing, do it with a playful spirit.
3. **Humility and modesty-** recognizing the true measure of your abilities and achievements and appreciating those of others. Write down the names of three friends you most admire, then list the traits you most appreciate in them.
4. **Humor-** the ability to find something to laugh at even in times of trouble, and a knack for helping others do the same. Watch a funny movie or your favorite sitcom. Read an amusing book. Laugh at yourself by identifying three of your goofiest quirks and describing them in a journal.
5. **Persistence-** the strength to work toward a goal in the face of obstacles, difficulties or discouragement. If you've tried and failed at something that matters to you whether its losing weight or keeping your New Year's Resolutions think about what didn't work and how to do better next time.
6. **Gratitude-** a sense of thankfulness. Instead of counting sheep when the lights go out, count your blessings. Think of three things you're grateful for that happened during the day: a friendly word, good news at work, any small success.
7. **Forgiveness-** the capacity for letting go of hurt and anger. Write a forgiveness letter. First, think of someone who hurt in the past and the anger you feel at the memory of what happened. Then write a letter explaining your feelings and saying that you forgive the person. Don't send it- just the act of writing the letter, experts say, will jump-start the healing process.
8. **Appreciation of beauty and excellence-** the ability to recognize and take pleasure in the good things in life. Stop and smell the roses- literally, if there happens to be a garden in bloom nearby set aside a morning or afternoon to do nothing but savor something.
9. **Spirituality-** the belief in a transcendent dimension of life. You don't have to go to church to tap your spiritual side. Devote 10 minutes a day to meditation, first thing in the morning or just before bed; this can be a prayer or simply quite contemplation that allows you to go beyond yourself.
10. **Vitality-** a feeling of energy and aliveness. Get up, do something. Nothing enhances a sense of vitality more than physical activity, especially one you love.

Crossword answers



ACROSS

4. Roux limb
6. Doctor
8. Esteem
10. Gastric bypass
13. Pureed
14. Dietician
16. Pouch
17. Hernia
18. Insurance

DOWN

1. Support group
2. Body mass index
3. Surgery
5. Lose
7. Care
9. Empathy
11. Code
12. Liquid
13. Protein
15. Nurse