

# The *Bariatric Beat* at Regional West

January 2026



## Special Announcements

### Introducing Our Wednesday Support Group

Embark on this exciting journey with our support group, scheduled for the first Wednesday of every month. Join us as we build a supportive network to celebrate successes and navigate challenges together.

### Education Seminar

You can discover all you need to know about stapling bariatric procedures through our free education seminar. Scan the QR code to the right or visit [RWMCWeightLossOptions.com](http://RWMCWeightLossOptions.com) to register.



**SCAN ME**

### Success Stories

“My whole life I have been overweight. Growing up, I was always athletic and involved in sports but could never shake the extra weight. After getting married and having children, my weight soared to 293 pounds, and in January 2025 I finally had enough. I started doing my best to lose weight on my own and was able to lose about 20 pounds before coming to a halt. I couldn’t do anything to get the scale to move again. I made an appointment to see Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator, in April and since then, with her help, I have lost another 100 pounds. I am now 172 pounds, less than I weighed in high school.

Amber and the Medical Weight Management program helped me to get my life back. She kept me accountable with tough love when I offered excuses. My advice for others is stick with it, don’t take the tough conversations personally, accept the advice they offer you, and ultimately remember that it is hard, but you can do it.” – Lauren Gartrell

## Upcoming Events:

### In-Person Support Group

Feb. 4, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Body Image, Self Compassion,  
and Adjusting to Rapid  
Physical Changes

### In-Person Support Group

March 4, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza  
South, Conference Room 1

Resistance Training for  
Metabolic Protection

## Ask the Expert

### Staying Motivated for the Long Haul

One of the most common questions raised in our support group is how to stay motivated when the initial excitement fades and real-life sets in. What we learned together is that motivation is not something you either have or don't have. It changes over time, and that is normal. Long-term success comes from understanding this reality and planning for it rather than feeling discouraged by it.

Motivation often dips during periods of stress, fatigue, or routine. This does not mean you are failing; it means you are human. Progress is not defined by perfection but by your ability to adjust, regroup, and continue moving forward in smaller ways. When motivation is low, consistency matters more than intensity. Doing something, even if it feels minimal, keeps you connected to your goals.

We also talked about the importance of self-compassion. Harsh self-talk and all-or-nothing thinking can quickly derail progress. Treating setbacks as learning opportunities allows you to refocus without shame. Support systems, including follow-up visits and group connections, play a critical role in maintaining momentum over time.

Remember, weight management is a long-term journey, not a short sprint. Success is built through habits, routines, and realistic expectations that can withstand life's ups and downs.

Warmest regards,  
Amber Schulze, MSN, APRN, FNP-C, Bariatric Coordinator

### Dietitian's Corner by Amber

#### Chicken Stuffed Bell Peppers

- 1 Tbsp. olive oil
- 1 lb. skinless chicken breast
- 1 tsp. Italian seasoning
- Dash of ground pepper
- 1 c. cherry tomatoes
- 2 1/2 c. reduced fat shredded mozzarella
- 3/4 c. part skim ricotta
- 1/3 c. basil
- 2 cloves garlic, minced
- 4 bell peppers, halved (seeds removed)
- 1/2 c. low-sodium chicken broth
- Drizzle balsamic glaze

Preheat the oven to 350 °F. In a large skillet over medium heat, heat oil. Add chicken and season with Italian seasoning and pepper. Cook until chicken is golden, about eight minutes per side. Transfer to a cutting board and let cool for five minutes, then dice. In a large bowl, stir together cherry tomatoes, cooked chicken, 1 1/2 cups mozzarella, ricotta, basil, and garlic, and season with pepper. Arrange the bell peppers in a baking dish. Stuff tomato mixture into the peppers and sprinkle the tops with the remaining cup of mozzarella. Pour chicken broth into the bottom of the baking dish (to help the peppers steam) and cover with foil. Bake for 40 minutes or until the peppers are tender and the cheese is melted. Garnish with more basil, drizzle with balsamic glaze, and serve.

#### Nutrition Information

Serving Size: 1 serving (1/2 pepper), Calories: 259, Fat: 12g, Carbs: 10g, Fiber: 3g, Sugar: 1g, Protein: 31g



## Health Tips

### Five Helpful Tips to Stay Motivated

1. Focus on small, achievable actions rather than big outcomes
2. Adjust your goals during stressful periods instead of quitting
3. Use routines to guide you when motivation is low
4. Practice supportive self-talk when progress slows
5. Stay connected to your support group and care team

