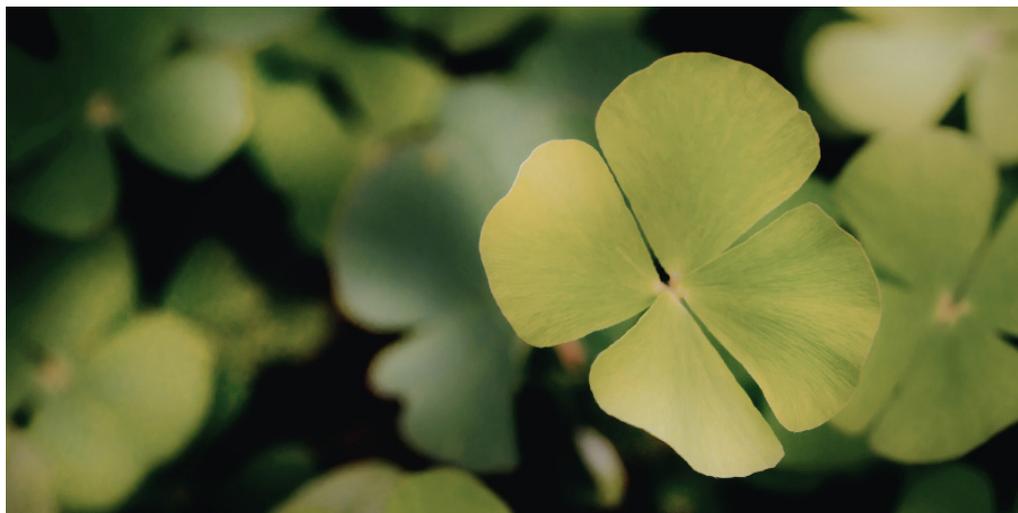


The *Bariatric Beat* at Regional West

March 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 at the bottom of this page or visit RWMCWeightLossOptions.com to register.



SCAN ME

Success Stories

Congratulations to Jamie Green, our newest member of the 100 lbs. down club! Jamie achieved her amazing weight loss through SADI-S surgery. We are so proud of the work she has done and continues to do! Well done, Jamie. If you'd like to join Jamie on the path to weight loss, call our clinic at 308-632-2872.



Upcoming Events:

In-Person Support Group

April 1, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

The Truth About Long-Term
Bariatric Lifestyle

In-Person Support Group

May 6, 2026

5:30 to 6:30 p.m.

Regional West Medical Plaza
South, Conference Room 1

Neurology of Craving
Dopamine Cycles and
Behavioral Reinforcement

Ask the Expert

Strength for Life: Building Muscle for Lasting Bariatric Success

This month's bariatric support group explored the powerful role strength training plays in long-term weight management. Using insights from the article "Pick Up the Weights and Get Off the Treadmill for Faster Results" by Roger E. Adams, participants discussed why building and maintaining muscle is essential after bariatric surgery.

Many people assume cardio is the most important exercise for weight loss. While activities like walking or treadmill workouts are excellent for heart health, strength training offers unique metabolic benefits. Resistance exercises help preserve lean muscle mass, which can decline during rapid weight loss after surgery. Maintaining muscle supports metabolism, improves strength for daily activities, and helps patients sustain long-term weight loss success.

Guidelines from the American Society for Metabolic and Bariatric Surgery emphasize the importance of regular physical activity that includes both aerobic exercise and resistance training. During the discussion, patients shared their own experiences with exercise, barriers they face, and creative ways they incorporate strength training into daily routines.

The biggest takeaway from the group was that exercise does not need to be extreme to be effective. Small, consistent efforts such as using resistance bands, bodyweight exercises, or light weights; can build strength, support metabolism, and improve overall health. Strength training is not just about building muscle; it is about building a stronger, healthier life after bariatric surgery.

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

Dietitian's Corner by Amber

Warm Berry Compote with Yogurt

- 1½ c. frozen or fresh berries, such as blueberries, strawberries or mixed berries
- ¼ tsp. ground cinnamon
- 1 tsp. honey or maple syrup, optional
- 1 c. plain Greek yogurt or unsweetened plant-based yogurt

Add berries and cinnamon to a small saucepan over medium heat. Cook for eight to 10 minutes, stirring occasionally, until berries soften and release juices. Stir in honey or maple syrup, if using. Spoon warm berries over yogurt and serve immediately.



Health Tips

Strength Training After Bariatric Surgery

1. Start small. Begin with light resistance or bodyweight exercises two to three times per week.
2. Focus on form. Proper technique prevents injury and makes exercises more effective.
3. Combine cardio and strength. Walking, biking, or swimming, paired with resistance training, provide balanced benefits.
4. Be consistent. Short, regular workouts are more effective than occasional intense sessions.
5. Celebrate strength gains. Notice improvements in energy, balance, and daily activities — not just the number on the scale.

