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Healthy Ideas For A Healthy Workplace



Bypassing a Crisis

As one-third of the platinum-selling pop group Wilson Phillips, Carnie Wilson describes herself as having been the heavy girl between the two pretty ones. Overweight since childhood, her weight reached 300 pounds in 1999.

Wilson was pre-diabetic, suffering from high blood pressure, high cholesterol, sleep apnea, Bells Palsy, and circulatory and disc problems. “I’d wake up gasping for air,” she said. “I couldn’t breathe when I bent over to tie my shoes and once broke a toilet seat while I was sitting on it.”

Facing a medical crisis, Wilson decided to have gastric bypass, a procedure that surgically reduces the size of the stomach.

Wilson warns there’s more involved than just surgery. “That simply makes you feel full faster,” she said. “It doesn’t change the way you think about food. You have to do that yourself.” She says that calcium, iron, B-12 supplements, and staying active are just part of the ongoing commitment required to making the entire process successful.

“It’s about healthy decisions when you eat,” Wilson says. “I used to have two servings of macaroni and cheese. Now it’s two spoonfuls.” Although most junk food doesn’t appeal to her anymore, Wilson doesn’t deny herself and admits to sometimes having a quarter of a donut for dessert.

She maintains that gastric bypass is not a quick fix and it’s not right for everyone who is overweight. “This is for people in poor health – or who will be soon and might not live long as a result,” she says.

Gastric bypass is not appropriate for everyone. Only your doctor can tell you which weight loss options will be most suitable for you, but eating a healthy diet and getting regular physical activity are important first steps for everyone. *–Jeff Silver*

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