

# New Hope News

December edition

## News Alert:

**Support Group Meetings will be held at West. Suburban Hospital Starting. January 16, 2006  
Every Third Monday of the month.**

## Exercise Tips from the Experts.



Thousands of Americans will be joining health clubs this month hoping to slim down for the New Year. But it's not just the exercise but how you exercise that can make all the difference. In this Healthy Living report, we talked with a local fitness expert on ways you can get the most out of your workout.

Xcel Fitness personal trainer Mike Rosas says he believes having a fitness coach is the best way to get through a workout.

**“Somebody to push you. You'll definitely get better results.”**

If you're determined to go it alone, he has a few tips that can help. First, Mike says basic exercises that work out large muscle groups get results.

## Recipe of the Month:

### Fresh Lemon Greens on Red Pepper Focaccia

Prep: 10 minutes

Cook: 19 minutes

- 1 (13.8-ounce) can refrigerated pizza crust dough
- Cooking Spray
- 1 1/4 cups bell pepper strips (about 1 medium)
- 1/4 cup (1 ounce) crumbled reduced-fat feta cheese with basil and sundried tomatoes
- 2 teaspoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried basil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon bottled minced garlic
- 1/4 teaspoon crushed red pepper
- 5 cups gourmet salad greens
- 3/4 cup grape or cherry tomatoes, halved
- 1/3 cup thinly sliced red onion

1. Preheat oven to 400°.
2. Unroll pizza dough; place on a baking sheet coated with cooking spray. Press into a 13 x 9-inch rectangle. Arrange bell pepper strips in a single layer over crust. Bake 19 minutes or until crust is lightly browned. Remove from oven and immediately sprinkle with feta cheese.
3. While crust is baking, combine olive oil and next 5 ingredients in a small bowl; stir with a whisk. Combine salad greens, tomatoes, and

**“With my clients, I hit a lot of legs. They're a large muscle group and that burns a lot of calories and that's ideal for weight loss,”**  
Rosas said.

**A great way to work the quads and glutes is by doing squats with a large exercise ball. In addition to working two major muscle groups, the ball also promotes better posture.**

**“A lot of people have desk jobs where they're hunched over all day. The stability ball promotes good posture,”** Rosas said.

**Mike says another great exercise is a basic lunge that also works the quads and glutes.**

**Push-ups are great for working the chest area and you can add the exercise ball to make them more difficult. A seated row can improve posture and strengthen the back.**

**As for the stomach, Mike says there's really no easy way around it.**

**“Everyone says how can I see my stomach. I say don't worry about crunches. It's more about how you are eating, cardio, the whole picture,”** Rosas said.

**That's right. You have to get rid of the fat through diet and exercise before you can have abs of steel.**

**Other tips: remember to vary your workout routine and if you're new to exercise, start out slow, maybe 2-3 days per week. If you do, you'll be less likely to burn out and more likely to stick with your program, long term.**

**onion in a large bowl. Pour dressing over salad; toss gently.**  
4. Cut focaccia into 4 rectangles; top each focaccia rectangle evenly with greens. Serve immediately.

**Yield: 4 servings (serving size: 1 focaccia rectangle and 1 1/4 cups greens).**

### **Help Wanted**



***New Hope News is looking for some interested people to help with our monthly newsletter. We need you to share your ideas, concerns and any questions you think would benefit our readers. See Denise Robinson for more information***

***New Hope Surgical***  
7411 Lake Street Ste# 2100  
River Forest IL 60305

***NEEDED: New Hope Testimonials for our Wel Site.***

### **News:**

**New Hope Surgical Group Monthly Newsletter is to keep us informed with our questions and concerns and sometimes yummy recipes. To keep this going we are asking for your help. We are all busy with our own lives, and we understand this. But this is a very important part of our lives too. So please help us keep our newsletter going**

**“Results should come slowly and if they come slowly they'll last for the duration,”  
Rosas said.**

**The trainer we talked to says he can't emphasize enough the importance of starting out slow. He says too many people with New Year's resolutions burn themselves out working out in January and by February, they quit altogether. We hope these tips help for a healthier New Year.**

Jan 8, 2003 1:41 pm US/Mountain

## **Mission Statement**

**New Hope Surgical strives to restore health in those suffering from morbid obesity and its related diseases. We are committed to serving our patients with the highest quality minimally invasive, laparoscopic weight loss surgery, compassionate support groups, beneficial nutritional consultations, and valuable psychological consultations. We desire to give hope to individuals who have been affected physically, mentally, and emotionally by morbid obesity. Our goal is to improve our patient's long term quality of life by increasing their weight loss and decreasing the severity of their co-morbidities.**