

# Roger Williams Life Changers

## Weight loss for a healthy life

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**Roger Williams  
Medical Center Weight  
Loss Surgery**



### Are you getting enough physical activity?

If you are just starting out and haven't been physically active for a while, you may want to try Chair Yoga. Go to YouTube and search for "[chair yoga for beginners](#)" (or for seniors). Chair Yoga is a great way to stretch and begin to notice how your body feels during movement.

Another great resource is Bariatric Fitness Rx. [Bariatric Fitness Rx Warm-Up - YouTube](#) This is designed for people who have had weight loss surgery. You can do these workouts at home on a computer, smart TV or even a phone.

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**Roger Williams**  
MEDICAL CENTER

A Better Way to Better Health Care

### Announcements

- Are you interested in learning more about weight loss surgery? See [Weight Loss Surgery | CharterCARE](#) on our website.

### Upcoming WLS Support Groups:

Due to new hospital guidelines regarding Covid, we will be continuing our support groups online.

**4th Thursday of the month at 5:00-6:00 pm** with Diana Beaton RDN

April 28, 2022

May 26, 2022

June 23, 2022

**1st Thursday of the month at 7:00-8:00 pm** with Carmen Diaz-Jusino

May 5, 2022

June 2, 2022

July 7, 2022

To join a support group, please email Diana at [diana.beaton@chartercare.org](mailto:diana.beaton@chartercare.org) You will receive a link to join the call. You can also join the call by phone. See our website [www.loseweightri.org](http://www.loseweightri.org) under "Patient Resources" for information on our support groups. We welcome people to join the call who have had surgery already and also for those who are pre-surgery or still deciding.

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You may want to start a walking routine. Walking is an inexpensive way to incorporate physical activity. Now that the weather is warmer, it's a great time to begin. You can walk alone, with a friend or family member, or check [www.meetup.com](http://www.meetup.com) to see if there are any walking groups in your area. Begin with 15-20 minutes, then increase your time or number of days you walk to improve your fitness.

Physical activity is important after weight loss surgery. Check with your doctor if you have questions about when to begin. The goal is to include more activity daily. It's a gradual process. Maybe that means working out in the yard, taking the stairs, or parking further from the store initially. Physical activity, along with good nutrition, helps with improving anxiety, depression and sleep. It also may reduce the chance of getting diseases like cancer and diabetes.

It's recommended that adults get at least 150 minutes of moderate-cardio activity or 75 minutes of vigorous-cardio activity per week. Strength training 2 times per week is also recommended. Here's a chart of some "moderate," "vigorous," and "strength training" activities:

Moderate activity (150 minutes)	Vigorous activity (75 minutes)	Strength training (1-3 sets, 8-12 reps)
Brisk walking	Running	Carrying heavy loads
Swimming	Hiking uphill	Heavy gardening
Yard and house work	Tennis	Planks
Cycling (<10 MPH)	Jumping rope	Push-ups (regular or on knees)
Dancing	Exercise classes (aerobics, kickboxing)	Lunges
Yoga	Cycling (>10 MPH)	Squats

It's important to pick activities you like. You will be more likely to stick with your routine if it's something you enjoy. Whatever you choose, try to be consistent. Start with small, measurable goals and add on after you've practiced it for a few weeks. The most important thing is developing healthy lifestyle habits that you can maintain over time.



## Tofu with Ginger and Garlic

### Ingredients:

- ½ 14 oz container of firm tofu
- 2 cloves of garlic
- 2" piece of fresh ginger
- 1 ½ Tbsp. avocado oil (or oil of your choice)
- ½ Tbsp. soy sauce (less sodium version)
- ½ tsp. toasted sesame oil

### Directions:

1. Cut block of firm tofu in half. Wrap other half for another meal, save in refrigerator.
2. Slice tofu into long slices, like in the photo.
3. Peel skin off ginger and grate into small pulp or chop finely. Put aside.
4. Put garlic in garlic press or mince into small pieces. Put aside with ginger.
5. Using a non-stick pan, sauté the tofu in the avocado oil. Brown on both sides. Add the ginger and garlic; continue to sauté with the tofu until the tofu is brown and almost crispy. Try not to burn the ginger and garlic.
6. Add the soy sauce and toasted sesame oil to the stir-fried tofu. Stir until coated. Remove from heat.
7. Serve with rice and cooked vegetables of your choice.

For more delicious tofu recipes, see Rainbow Plant Life.

[40 Terrific Tofu Recipes - Rainbow Plant Life](#)



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Email [Diana.Beaton@chartercare.org](mailto:Diana.Beaton@chartercare.org)