

SIOS Team Members

MANAGER -BARIATRIC

COORDINATOR

Ms Patricia Saran RN

SURGEONS

Dr Michael Talbot

Dr Vytauras Kuzinkovas

Dr Fadil Khaleal

Dr Alex Matthews

WEIGHT LOSS GPs

Dr Phillip Seeley

PSYCHOLOGISTS

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Ms Marie-Lisa Boukarim

DIETITIANS

Ms Eva Tamrakar

Ms Shannon Overs

ADMIN STAFF

Ms Maria Mattiello

Ms Anna Abate

This 'Xmust' we will...

It's the silly season, but there's nothing silly about your health.
Don't use 'Xmās' as an excuse to ruin all your hard work.

X/LIMIT.....

- *Soft drink.
- *Cordial.
- *Juice.
- *Ice cream.
- *Condiments.
- *Lollies.
- *Puddings.
- *Cakes & muffins.
- *Chocolate (except dark).
- *Fatty meats.
- *Salami or processed meats.
- *Large portions.
- *Eating for no reason.
- *Eating because it's the festive season.
- *Sitting in front of the TV.

MUST/ENJOY.....

- * The holiday season. Take a trip.
- * Outdoor activities & games.
- * Gatherings with family & friends.
- * Gathering around activities rather than food alone.
- * Protein in every meal—have turkey. It's a great source of lean protein.
- *Get plenty of vitamin D.
- *Learn a new hobby or become a volunteer.
- * Have something to eat at home before leaving for a party.
- * Make a detailed shopping list & stick to it.
- *Pack leftovers for lunch.



Our meaning of CHRISTMAS

C= Carry protein such as Optifast bar or 100 cal portion controlled snack.

H= Hot weather, so drink plenty of water.

R= Recreation and games . Enjoy outdoor sports, activities, picnics.

I= I = YOU = your health is your priority.

S= Snack only if hungry. Go for 40g fruit or vegetable piece.

T= Time management skills: Plan for 3 regular meals per day.

M= Meals as per Portion Perfection Plate.

A= Abandon excuses like *“It’s only Christmas once a year”*.

S= Stay true to your health as ‘health is wealth’.

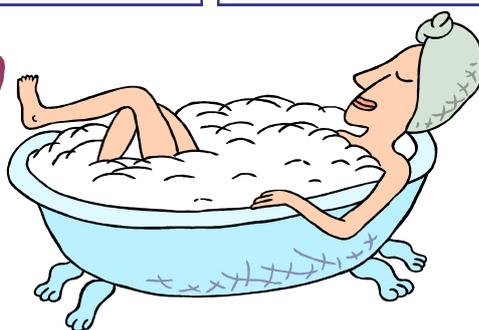


Fun activities for when you feel bored

It's the holiday season, so if you're looking for something to do, here are some suggestions. The list is endless....

Soak in the bath tub
 Plan a career change
 Read magazines or newspapers
 Collect things (stamps, coins, shells)
 Play card or board games
 Repair things around the house
 Go swimming
 Sing around the house or with groups
 Go bike riding or roller blading
 Book in for a massage
 Ring a friend

Arrange flowers
 Sketch or paint
 Discuss books
 Make a gift for someone
 Go to the beauty salon
 Go fishing
 Go bowling
 Dance
 Dress up and looking nice
 Go to museums, art galleries
 Buy new furniture
 Go bushwalking or hiking



Dr Seeley says.....

It's not the operation, it's the person.

Exercise is the lubricant of life.

Diet is a four letter word.

Life style is the goal.

Good sleep is necessary to be slim, smart & sexy.

Housekeeping



Our next support group will be held on Tuesday 5th February 2013 at 6.30pm @ SIOS.

Suggestions and topics for discussion can be emailed to info@sios.com.au

Got an email address? Email us at info@sios.com.au so that we can register your email address to receive important notices and improve communication with you.

Changed address, phone number or GP? Help us keep in touch with you and your GP. Please remember to update your details with the receptionist when you arrive.

Has your weight loss journey been successful? Your story could inspire and motivate other patients. Submit your story of approx 50 words with before & after pictures to info@sios.com.au and have your success story featured in a future newsletter.



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The Management and Staff of SIOS wish all our patients a happy, healthy and enjoyable Festive Season.

We thank you for your support and look forward to seeing you for your follow-up appointments

Warmest Wishes
THE SIOS TEAM



HOLIDAY CLOSURE

**Our last consulting day for 2012 will be
Wednesday 19th December and
our first consulting day for 2013 will be
Tuesday 8th January.**

**For emergencies only during this period, please call
0408 409 725.**

We're on the web!
www.sios.com.au