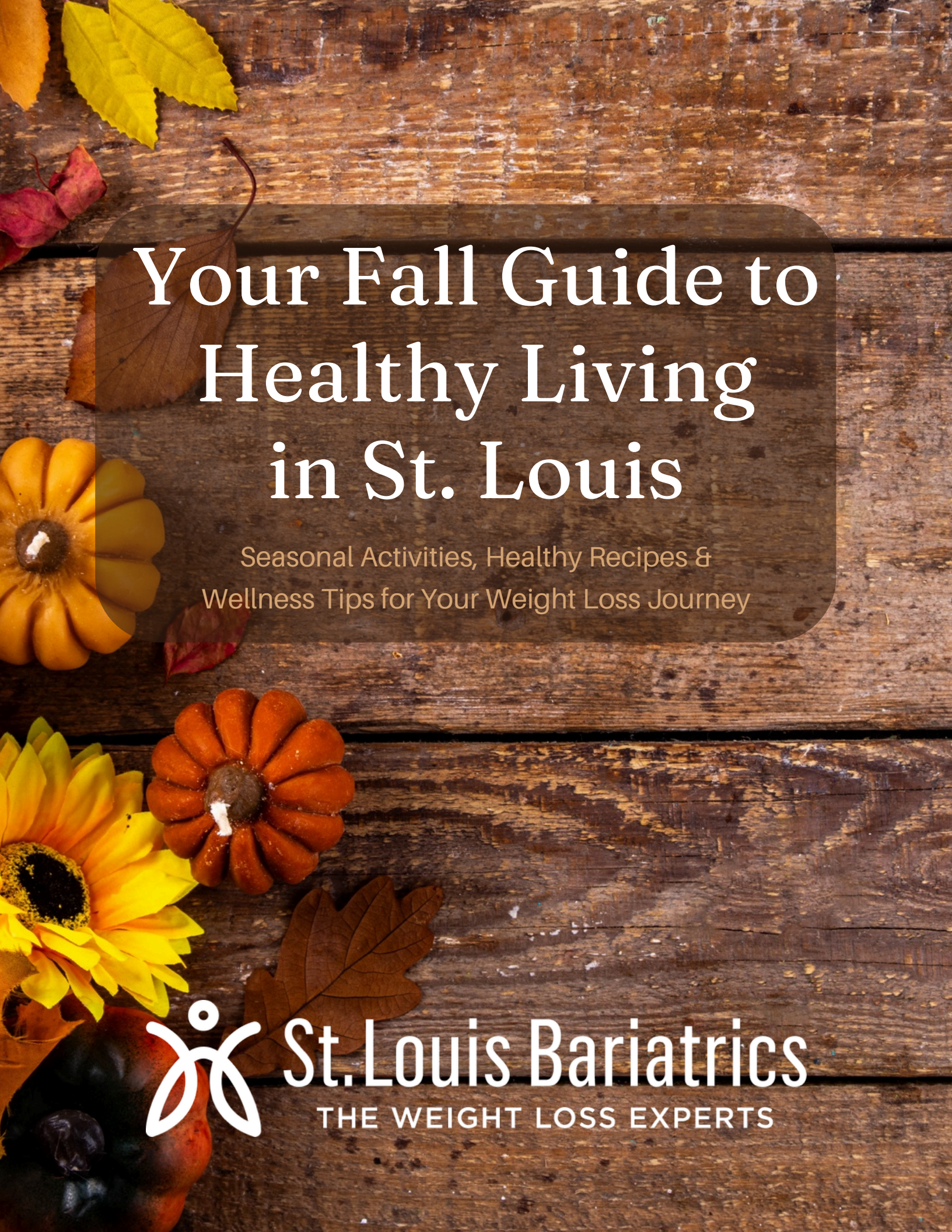


The background of the entire page is a rustic, dark brown wooden surface with visible grain and texture. Scattered across the left side and bottom are several autumn-themed decorations: yellow and orange leaves, a large yellow flower, a smaller orange flower, and a dark brown leaf. A semi-transparent dark brown rounded rectangle is centered on the page, containing the main title and subtitle.

Your Fall Guide to Healthy Living in St. Louis

Seasonal Activities, Healthy Recipes &
Wellness Tips for Your Weight Loss Journey



St. Louis Bariatrics
THE WEIGHT LOSS EXPERTS

Table of Contents

1. [Healthy Fall Eating Tips](#)
2. [Healthy Pumpkin Recipes](#)
3. [Healthy Campfire Recipes](#)
4. [Walks, 5Ks & Outdoor Activities](#)
5. [Hiking in St. Louis](#)
6. [Outdoor Exercising](#)
7. [Dr. Jay Snow & St. Louis Bariatrics](#)
8. [Why Choose Bariatric Surgery](#)



Healthy Fall Eating Tips

Focus on Protein First - After bariatric surgery, protein is your priority. Aim for 60-80g daily. Fall favorites like turkey, chicken, and fish pair perfectly with seasonal veggies.

Embrace Fall Vegetables - Butternut squash, sweet potatoes, and brussels sprouts are nutrient-dense and satisfying. Roast them with olive oil and herbs for maximum flavor.

Watch Portion Sizes - Use smaller plates at fall gatherings. Take one serving and wait 20 minutes before considering seconds.

Stay Hydrated - Cooler weather can trick you into drinking less water. Aim for 64oz daily. Try warm herbal teas like cinnamon or apple spice.

Avoid Liquid Calories - Skip the pumpkin spice lattes loaded with sugar. Opt for sugar-free versions or black coffee with cinnamon.

Plan Ahead for Events - Eat a protein-rich snack before fall festivals and parties so you are not tempted by high-calorie fair food.

Choose Whole Foods - Apples, pears, and figs are in season. Enjoy them fresh rather than in pies and pastries.



Healthy Pumpkin Recipes

Pumpkin Protein Smoothie

1 cup canned pumpkin puree, 1 scoop vanilla protein powder, 1/2 cup unsweetened almond milk, 1/2 tsp cinnamon, ice. Blend until smooth. Only 180 calories with 25g protein - perfect post-surgery!

Roasted Pumpkin Soup

1 small pumpkin (cubed), 1 onion, 2 cloves garlic, 4 cups low-sodium chicken broth, 1/2 tsp nutmeg. Roast pumpkin and onion at 400F for 25 min. Blend with broth and spices. High in fiber, low in calories - great for bariatric patients.

Pumpkin Spice Protein Muffins

1 cup pumpkin puree, 2 scoops protein powder, 2 eggs, 1/4 cup Greek yogurt, 1 tsp baking powder, pumpkin pie spice. Mix and bake at 350F for 18 min. Makes 8 muffins - only 95 calories each with 12g protein.

Pumpkin Overnight Oats

1/3 cup oats, 1/2 cup almond milk, 1/4 cup pumpkin puree, 1 scoop protein powder, chia seeds, cinnamon. Mix and refrigerate overnight. A filling breakfast that keeps you satisfied all morning.



Healthy Campfire Recipes

Foil Packet Chicken & Veggies

4oz chicken breast, sliced bell peppers, zucchini, onion, garlic, Italian seasoning. Wrap in foil and cook over coals 20-25 min. High protein, low carb, and zero cleanup!

Grilled Cinnamon Apples

Core and slice apples, sprinkle with cinnamon and a touch of sugar-free sweetener. Wrap in foil and grill 10-15 min. A guilt-free dessert that tastes like apple pie without the crust.



Protein Hot Chocolate

Heat unsweetened almond milk over the fire, stir in sugar-free cocoa powder and a scoop of chocolate protein powder. A cozy campfire drink with 20g protein and minimal sugar.

Campfire Turkey Lettuce Wraps

Cook seasoned ground turkey in a cast iron skillet over the fire. Serve in butter lettuce cups with diced tomatoes and avocado. A bariatric-friendly alternative to burgers and hot dogs.



Tip: Bring a food scale and measuring cups camping. It is easy to overeat outdoors. Pre-portion snacks like jerky, cheese sticks, and nuts in small bags before your trip.

Walks, 5Ks & Outdoor Activities

Great GO! St. Louis Halloween Race

A fun 5K through downtown St. Louis in October. Costumes encouraged! Walk or run - perfect for all fitness levels. A great first race.



Pumpkin Patch Fun

Visit Eckerts Farm, Rombach Farms, or Thies Farm. Walking through pumpkin patches and corn mazes burns more calories than you think - great family activity!



Turkey Trot 5K

Held Thanksgiving morning in Forest Park. Walk or run before the big meal! Families welcome. Burn calories before your holiday dinner and start a healthy tradition.

Forest Park Walking Paths

Over 6 miles of paved paths perfect for walking. The fall foliage makes it one of the most beautiful times to explore. Free and accessible year-round.

Creve Coeur Lake Trail

A flat 3.8-mile loop around the lake. Ideal for beginners or those early in their fitness journey. Beautiful fall colors reflect off the water.



Tip: Start with 10-15 minute walks and gradually increase. Consistency matters more than intensity. Aim for 150 minutes of activity per week.

Hiking in St. Louis

Castlewood State Park

Located along the Meramec River with trails ranging from easy to challenging. The River Scene Trail (1.8 mi) offers stunning fall views. The bluffs provide a great cardio workout.



Cliff Cave Park

Explore limestone bluffs and caves along the Mississippi River. The main trail is about 2 miles and mostly flat - perfect for those building endurance.

Lone Elk Park

A hidden gem with easy-to-moderate trails and wildlife viewing. Watch for elk, bison, and deer. The White Bison Trail (2.5 mi) is flat and family-friendly.

Queeny Park

Over 6 miles of trails in West County. The Owl Creek Trail is a moderate 2-mile loop through beautiful wooded areas. Great for active adults looking for a challenge.

Pere Marquette State Park (IL)

Just across the river with 12 miles of trails and breathtaking fall colors. The Goat Cliff Trail rewards hikers with panoramic views of the Illinois River valley.



Hiking burns 400-550 calories per hour and builds strength, endurance, and mental wellness. It is one of the best exercises for weight loss patients.

Outdoor Exercising

Why Exercise Outdoors in Fall?

Cooler temperatures make outdoor workouts more comfortable. You burn more calories as your body works to stay warm. Plus, natural sunlight boosts vitamin D and mood.

Park Bench Workouts

Use any park bench for step-ups, incline push-ups, tricep dips, and seated leg raises. A full-body workout with no equipment needed. Try Forest Park or Tower Grove Park.

Outdoor Yoga & Stretching

Many St. Louis parks offer free fall yoga classes. Tower Grove Park hosts weekend sessions. Yoga improves flexibility, reduces stress, and supports recovery.

Cycling the Katy Trail

The longest rail-trail in the country runs through Missouri. The flat terrain is perfect for beginners. Fall colors along the Missouri River are spectacular.

Interval Walking

Alternate 2 minutes of brisk walking with 1 minute of easy pace. This boosts metabolism and cardiovascular fitness. Do this on any trail or neighborhood sidewalk.

Remember: Always get clearance from your physician before starting a new exercise program. Start slow and listen to your body.



Meet Dr. Jay Snow

Your Weight Loss Expert in St. Louis

Dr. Jay Snow is a board-certified bariatric surgeon and the founder of St. Louis Bariatrics. With years of experience and thousands of successful procedures, Dr. Snow is dedicated to helping patients achieve lasting weight loss and improved health.

Why St. Louis Bariatrics?

Personalized Care - Every patient receives a customized weight loss plan tailored to their unique needs, health history, and goals. Dr. Snow takes time to understand your journey.

Comprehensive Programs - From bariatric surgery (gastric sleeve, gastric bypass) to medical weight loss and revision surgery, St. Louis Bariatrics offers the full spectrum of weight loss solutions.

Lifetime Support - Your journey does not end after surgery. Dr. Snow and his team provide ongoing nutritional guidance, support groups, and follow-up care to ensure long-term success.

Proven Results - Patients consistently achieve significant, sustained weight loss and resolution of obesity-related conditions like diabetes, sleep apnea, and joint pain.

Revision Surgery Expertise - If a previous bariatric procedure did not deliver the results you expected, Dr. Snow specializes in revision surgery to help you get back on track.

Start Your Weight Loss Journey Today

Call (314) 366.4874

or

StLouisBariatrics.com



Why Choose Bariatric Surgery?

While medical weight loss programs can help some patients, bariatric surgery offers a more powerful, long-lasting solution for those with significant weight to lose.

Surgery vs. Medical Weight Loss

Greater Weight Loss - Bariatric surgery patients typically lose 60-80% of excess weight, compared to 10-15% with medication and diet alone. Surgery changes your body's metabolism at a fundamental level.

Disease Resolution - Type 2 diabetes, high blood pressure, sleep apnea, and joint pain often resolve completely after bariatric surgery. Medical weight loss may only partially improve these conditions.

Improved Quality of Life - Patients report dramatically better energy, mobility, confidence, and mental health. Many say they wish they had done it sooner.

Is Surgery Right for You?

If you have a BMI of 35+ or a BMI of 30+ with obesity-related health conditions, you may qualify for bariatric surgery. Dr. Snow offers consultations to help you explore your options with no pressure.

Long-Term Success - Studies show bariatric surgery patients maintain their weight loss for 10+ years. Medical weight loss often leads to regain once medications are stopped or motivation fades.

Hormonal Changes - Surgery physically changes hunger hormones (ghrelin) and satiety signals. You feel less hungry and more satisfied with smaller portions. Medications cannot replicate this effect permanently.



Take the First Step This Fall

Start your weight loss journey today
(314) 366.4874 StLouisBariatrics.com