

# BMI UTAH NEWSLETTER

August 2023 801-746-2885

[Volume 75]

## Support Groups

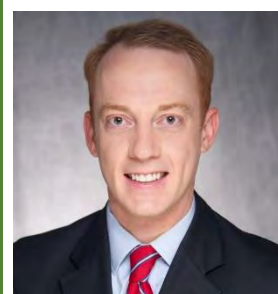
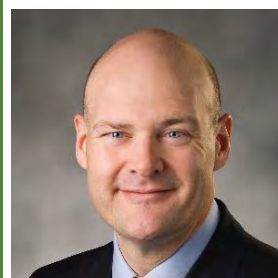
Tracey will do Facebook Live workout on **Tuesday, Aug. 1 @ 3:15 PM MST.**

Dr. Mooers will do Q & A Support group on Zoom on **Thursday, Aug. 3 @ 7:00 PM MST.** The meeting ID is 831 1484 5868 and the Passcode is 356176. The link is <https://us02web.zoom.us/j/83114845868?pwd=eklvTXc4L0R1Q2pHL3psQWhvZldlOQT09>

Tracey will do a Facebook Live Support Group on **Tuesday, Aug. 22 @ 11:30 AM MST.**

Andrea will do a Facebook Live Support Group on **Monday, Aug. 28 @ 1:00 PM MST.**

If you are a BMI patient, please join our Facebook online support group to participate in the online groups. Look for "BMI Online Support Group" in Facebook groups and ask to join. This is an amazing forum to ask questions, participate in online support groups, voice concerns, celebrate successes, and help others who are on your same journey.



## Let Us Celebrate You!



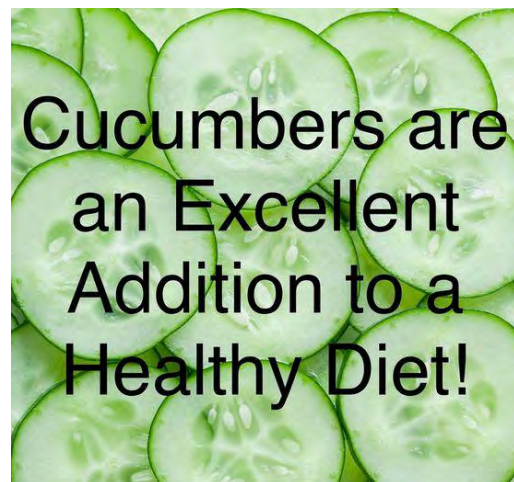
Since we are seeing less patients in person, we have less patients to photograph and feature. **We need your inspiration!** If you would like to be featured in our next newsletter, message us on Facebook or email [amycottam@yahoo.com](mailto:amycottam@yahoo.com). We love celebrating your successes!

# Weight Loss Tips



Berries are an excellent fruit choice for your healthy diet. Naturally sweet strawberries, blueberries, raspberries, and blackberries are full of soluble fiber that will promote satiety. Strawberries only have 53 calories for a one cup serving and the other berries all have less than 84 calories for a cup. They are great additions to oatmeal, salads, yogurt, and smoothies. If you're craving something sweet, turn to berries!

Cucumbers are an excellent addition to your healthy diet. They can keep you hydrated and have plenty of fiber. They also contain vitamin A and K and are low in calories. They can be added to salads, used with dips, or utilized as an excellent base for salsa. Look for ways to add this low calorie, healthy option to your diet.



Summer is a great time to indulge in healthy tomatoes. Tomatoes are high in water content and low in calories. Studies have also shown tomato consumption can help boost your metabolism. Homegrown tomatoes, and those from the farmer's market are especially delicious this time of year, so it is a great time to incorporate them into your healthy routine.

If you slip back into unhealthy habits because of a holiday party, don't use it as an excuse to give up. Use it as a motivator to reset and start again. Holiday parties and family get-togethers can be hard when you are trying to eat healthy. Everyone makes mistakes, but successful people don't let the mistake derail their entire goal. Just keep trying!



# Congratulations!

Mark Preston had surgery 10 months ago and is down 125 pounds! He has a 14-year-old son who weighs 125 pounds, so he figures that he has lost a whole teenager off his back. He says that surgery has been life changing. He feels great and is so glad he had this surgery. This is a photo of the recent wedding of his daughter! Way to go, Mark! All of us at BMI Utah are proud of your hard work and success!



# Detox Cucumber Salad from [goodfoodbaddie.com](http://goodfoodbaddie.com)

## Ingredients

- 2 English Cucumbers, sliced
- 4 Roma Tomatoes, chopped
- 1 Large Avocado (or 2 small avocados)
- 1/2 Red Onion, chopped
- 3 tbsp Fresh Dill, chopped
- 1/4 cup Basil, chopped
- 1 (14oz) can Artichoke Hearts, drained
- 1 Red Bell Pepper, chopped

## Vinaigrette

- 2 tbsp Fresh Squeezed Lime Juice
- 2 tbsp Extra Virgin Olive Oil
- 2 tbsp Red Wine Vinegar (or Apple Cider Vinegar)
- 1/2 tsp Sea Salt, plus more as desired
- 1/8 tsp Black Pepper, plus more as desired

## Instructions

1. Combine all the chopped ingredients and fresh herbs in a large bowl.
2. Then, whisk the vinegar, olive oil, and lime together in a small dish. Pour the mixture over the salad and toss until all ingredients are evenly coated! Season with salt and pepper to your liking. Enjoy!

