

BMI UTAH NEWSLETTER

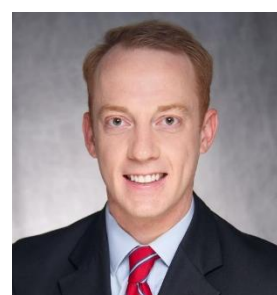
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Support Groups

Andrea will do a Facebook Live Support Group on **Monday, August 17 @ 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 answer the questions 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. We love celebrating your successes!

Weight Loss Tips

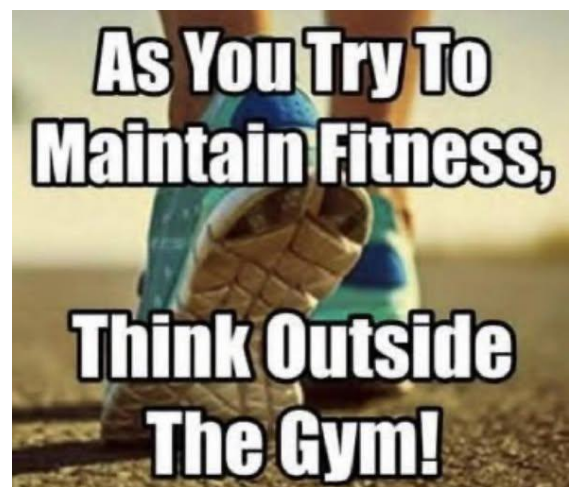


If you are not a lover of going to the gym, many alternatives are cheaper and less crowded. Taking a walk or a hike in the cooler, beautiful mountains is a great option. You can take online classes or do lunges, crunches, and sit-ups in your living room. No matter what you do, try to add some exercise to each day.



Apples are a great choice if you're having a craving for something sweet. Apples are high in fiber and water, allowing them to digest slowly and keep you full longer. Apples also have a low glycemic index, so they prevent insulin spikes and sugar cravings.

Focusing on high volume, low-calorie food is especially easy in the summer. Replacing pasta with spiralized zucchini or your rice with cauliflower rice is especially good if you're using fresh ingredients. Take advantage of all the fresh, summer vegetables to increase the volume you are able to eat, without increasing your calorie intake.



Don't confuse thirst with hunger. Sometimes when you feel hungry, you are actually thirsty. This is especially true in the hot summer when the heat can be dehydrating. So if you are feeling hungry, try drinking water first before turning to food.



Sugar Free Apple Crisp

from healthyrecipesblogs.com

Ingredients

- 2 medium Fuji apples (peeled, cored, and sliced into ½ inch thick slices)
- 1 cup raw walnuts (unsalted and chopped or pecans)
- 4 tablespoons unsalted butter (melted)
- ½ teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract
- 2 tablespoons granulated sweetener

Instructions

1. Preheat the oven to 375°F. Arrange the apple slices in one or two layers in a square 9-inch baking dish (or a baking dish of a similar capacity). You can also use four individual baking dishes.
2. In a medium bowl, using a fork, mix the chopped walnuts, melted butter, cinnamon, vanilla, and (if using) sweetener.
3. Using a rubber spatula, pour the mixture over the apples, spreading it evenly.
4. Bake the coated apples until the walnut topping is golden and the apples are tender, for about 25-30 minutes.
5. Divide the apple crisp among four plates. Drizzle with the pan juices and serve.

