

# BMI UTAH NEWSLETTER

February 2026 801-746-2885

[Volume 105]

## Support Groups

Andrea will do a Facebook Live Support Group on **Thursday, February 19 @ 1:00 PM MST.**

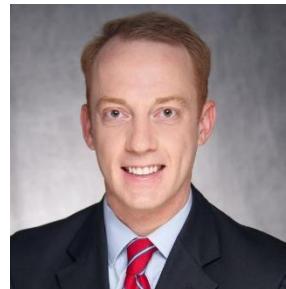
Dr. Cottam will do a Facebook Live Support Group on **Friday, February 6 @ 5:00 PM MST.**

If you are a BM I 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.



SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS  
ASPIRE. LEARN. TEACH. INSPIRE.

A graphic with the word "Support" in large, colorful, 3D-style letters (red, yellow, green, pink, blue, red) held up by several hands. The background is a light purple color.



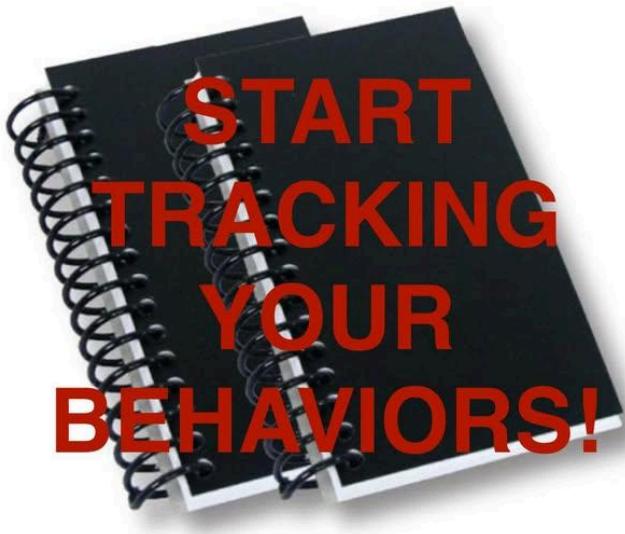
## Let Us Celebrate You!

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!

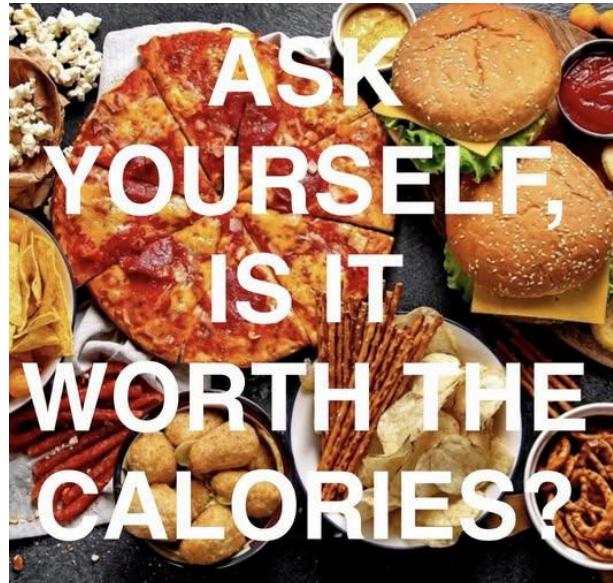
# Weight Loss Tips



Before you eat anything, ask yourself, "Is it worth the calories?" We often eat things mindlessly without really deciding if the food will really satisfy us or if we will enjoy it enough to justify the calories. Just being mindful with this question will help you make better choices.



Along your weight loss journey, focus on small, consistent changes – such as reducing your calorie intake by 100 to 200 calories a day, walking an extra 10 to 15 minutes, using a smaller plate, or drinking more water. Small daily behavioral shifts can be more effective than drastic unsustainable changes.



Tracking your food intake and physical activity has been proven to help in managing your weight. With tracking, your awareness of your food intake and physical behaviors is increased. You can do this on a mobile app or just keep a small notebook with you and write things down.

# Congratulations!

Sandy Dellow had a SADI-S in August of 2024. 16 months out, she has gone from 256 pounds to 123 pounds. She now wears a 4/6 in pants, small shirts, and even her shoe size is smaller. She goes to the gym 3 to 4 times a week and does both cardio and weights. She has a walking pad she uses while working at a stand-up desk at home for typically 45 minutes a day, Monday through Friday. Her migraines are gone and she doesn't have to use arthritis medication anymore because all the weight is off her knees. Her life has changed even more since starting hormone replacement therapy with BMI of Utah. She claims. "I am loving this journey." Way to go, Sandy! Keep up the good work!



# Crockpot Curry Chicken

from bariatricfoodie.com

## Ingredients

1 lb. boneless, skinless chicken thighs  
1/4 tsp. each salt and pepper  
1 medium yellow onion, cut into slices  
1 1 red bell pepper, cut into strips  
1 1 large carrot diced  
1 c. frozen peas  
3 tbsp. curry powder  
1 tsp. garlic minced  
2 c. light coconut milk  
1 c. low-sodium chicken broth  
1 tbsp. corn starch  
1 tbsp. water  
3 c. cauliflower rice



## Instructions

1. Wash chicken and pat dry. Sprinkle with salt and pepper.
2. Place chicken, onion, carrots, peas, bell pepper, curry powder and garlic in a crockpot. Add chicken broth and coconut milk and cook on low for 4 hours.
3. Remove chicken from crockpot and gently shred on a plate.
4. Add equal parts cornstarch and water to a small mixing bowl and blend thoroughly until a paste forms. While the chicken is out of the crockpot, add the cornstarch mixture to the liquid in the crockpot and stir. Allow that to cook about 10 minutes before adding the chicken back in.
5. Continue to cook an additional hour before serving hot atop cauliflower rice.