

BMI Newsletter

Support Groups

Dr. Cottam will do a Support Group on Wednesday, Jan. 5 @ 7:00 PM MST. He will take questions and talk about Vitamin D and your health.

Tracey will do Facebook Live workout on Monday, Jan. 10 @ 2:00 PM MST.

Tracey will do a Support Group on Monday, Jan. 17 at 11:30 AM MST.

Andrea will do a Facebook Live Support Group on Wednesday, Jan. 26 @ at 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 during the pandemic, 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!

Happy New Year from all of us at BMI Utah. We hope this is a life changing year where you discover a new, healthy life!

Teaching Surgeons from Around the Country

Last month Dr. Cottam enjoyed hosting surgeons from Long Island, Brooklyn, and New Jersey. They came to learn about and observe the loop duodenal switch (SADI-S). We hope they are now ready to implement this life changing procedure in their practices.



Weight Loss Tips

Even when there is limited time to formally exercise, you can find ways to add extra movement to your daily routine. Take the stairs instead of the elevator, park in the back of the parking lot, walk while talking on the phone, or take extra trips as you unload groceries. Be creative and look for ways to move more during your normal routine. Having a watch that counts steps can add a bit of individual competition as you try to increase your steps each day.



It can be easy to get out of your exercise routine in December and especially when snow covers the ground, but the new year is the time to recommit. It's important to keep moving and keep your healthy fitness habits going. Make a goal to find a way to exercise at least five times a week.

While high vitamin D levels don't directly affect weight loss, high levels are important for your immune system, your mental health, and your overall health. Vitamin D is essential for controlling insulin levels and other hormones which can affect weight loss. High vitamin D levels have been associated with better outcomes when you contract Covid and have been associated with lower stress and anxiety levels. Many people in United States have low vitamin D. Taking a supplement daily is important as well as including foods high in vitamin D into your healthy diet. Fish and eggs are especially good sources. Our office can also give you a vitamin D shot that lasts for months if you don't want to take it every day. Raising your vitamin D level will impact you in many positive ways, and it is as easy as taking a daily supplement.



As you try to move more and exercise daily, finding a workout partner could help. People exercise for an average of 34 minutes longer with a friend than they do alone. Having a partner also increases your accountability.

ROASTED PARMESAN BRUSSELS SPROUTS

from bariatricfoodcoach.com

INGREDIENTS

- 1 lbs. brussels sprouts
- 2 tsp. olive oil
- 1/2 tsp. each sea salt and black pepper
- 1/2 cup reduced fat grated parmesan cheese
- 2 oz. shredded parmesan cheese

INSTRUCTIONS

1. Heat oven to 425. Remove outer leaves and cut Brussels sprouts in half.
2. Toss with olive oil, grated parmesan cheese, salt and pepper. Spread out on a baking stone or line a baking sheet with foil.
3. Roast Brussels sprouts in the oven about 18 minutes. Remove from oven and sprinkle shredded parmesan cheese over the top. Return to oven for about 2 minutes.
4. Remove again and serve.

