

BMI UTAH NEWSLETTER

January 2026 801-746-2885

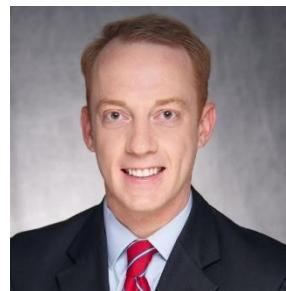
[Volume 104]

Support Groups

Andrea will do a Facebook Live Support Group on **Wednesday, January 7 @ 11:30 AM MST.**

Dr. Mooers will do a Facebook Live Support Group on **Wednesday, January 14 @ 12:30 PM MST.** He will discuss healthy lifestyle choices and answer general questions.

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.



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

	S	Specific: The goal must be very specific and grounded in something that's significant to you.
	M	Measurable: The goal must have some sort of measurement (days, pounds, miles, etc.).
	A	Achievable: The goal must be realistic and reasonable.
	R	Relevant: The goal must relate to what you're hoping to accomplish.
	T	Time-bound: The goal must have a timeframe and that timeframe must be reasonable.

In the New Year, focus on making sustainable changes. Few people can sustain drastic changes. Small changes are easier. Changes like eating more protein and vegetables or adding a few minutes of weightlifting or walking to your routine can be done easily and sustained.

When you set goals for the new year, try to make them SMART. Be specific with what you want to accomplish such as "Stop eating white flour." Have a way to measure the goal such as keeping a food journal to check our progress. Make sure you spell out ways you can achieve the goal such as, "Instead of cereal in the morning, I'll eat eggs." Make sure you care about the goal and that it is realistic. And finally, set a time period, so you can have a specific time to measure progress such as, "Stop eating white flour for two weeks."



Limit your sugary drinks and alcohol consumption. Both types of drinks are filled with empty calories that don't add to satiety and are filled with carbs that spike your blood sugars and slow your metabolism. Water is always your best choice.

Roasted Vegetables

from cookingclassy.com

Ingredients

2 medium bell peppers cored, chopped into 1-inch pieces (I used 1 red 1 yellow)
2 medium carrots, peeled and sliced into 1/4-inch-thick slices
1 small zucchini, end trimmed, sliced through the length then cut into 1/2-inch pieces
1 medium broccoli crown, cut into small florets (reserve stem for another use)
1/2 medium red onion, peeled and cut into 1-inch chunks
2 Tbsp olive oil
1 1/2 tsp Italian seasoning
2 - 3 cloves garlic, minced
Salt and freshly ground black pepper
1 cup grape tomatoes (optional)
1 Tbsp fresh lemon juice



Instructions

1. Preheat oven to 400 degrees.
2. Place bell peppers, carrots, zucchini, broccoli, and red onion on a rimmed 18 by 13-inch baking sheet*
3. Drizzle with olive oil (broccoli needs a little more than the other veggies), sprinkle with Italian seasoning, garlic, salt and pepper then toss to coat.
4. Spread into an even layer, roast in preheated oven 15 minutes.
5. Remove and toss in tomatoes, return to oven and roast 10 minutes longer.
6. Drizzle with lemon and serve warm.

We Now Have a Location in Elko

Dr. Cottam is coming to Elko again to see patients. He will be there on February 5th. If you would like to schedule an appointment with him in Elko, give the office a call at 801-746-2885.