

BMI UTAH NEWSLETTER

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Support Groups

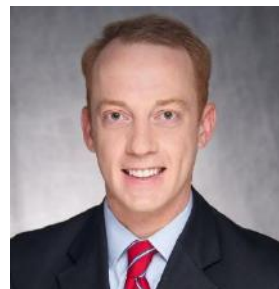
Our PA Madison will do Facebook live Q & A Support group on **Friday, Nov. 3 @ 11:30 AM MST.**

Tracey will do Facebook Live workout on **Monday, Nov. 6 @ 2:45 PM MST.**

Tracey will do a Facebook Live Support Group on **Monday, Nov. 20 @ 2:00 PM MST.**

Andrea will do a Facebook Live Support Group on **Monday, Nov. 27 @ 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. We love celebrating your successes!

Weight Loss Tips

Don't eat out of the bag or package. If you're going to have a snack, make sure you measure out a portion in a bowl or a smaller bag. When you eat out of the bag, box, or carton, you often don't realize how much you are mindlessly eating. Be intentional!



Life can be busy, so it is difficult to find the time to exercise. However, if you think about N.E.A.T. (non-exercise activity thermogenesis), you can add a lot of activity to your day. N.E.A.T. is the activity you have to do throughout the day that is not formal exercise but is aerobic. For instance, it might include raking the leaves, mowing the lawn, walking the sideline at your grandchild's soccer game, or walking around the store. Look for ways to increase this activity throughout your day and you will still get some exercise in, even when life is busy.

Don't drink your calories. The body does not recognize liquid calories to add to satiety, so these calories are "empty calories." In other words, your body can take in endless liquid calories and never feel full. Water is the best choice. Diet drinks are better than calorie filled drinks, but they can make you feel hungrier and increase your sweet cravings. Stick with water!



Incorporating weights into your workout will help you build muscle mass, which burns calories even when you are resting. Weight training can tone your body, build strength, and improve bone density. Not only does weight training help your physical body, it can also release endorphins which boost your mood and happiness, and it often improves your sleep. You can achieve results with short workouts three to four times a week.

Sharing Our Expertise

Our entire surgical center team traveled to Colorado Springs to work with Medtronic on how to improve their surgical robots in a surgical center setting. We enjoyed sharing our expertise and learning about the latest innovations in the industry.



Easy Fish Tacos

from bariatricmealprep.com

INGREDIENTS

For Baja Sauce Mixture:

¼ cup cottage cheese

¼ cup yogurt

¼ teaspoon cumin

Juice of half a lime

2 cups shredded cabbage (I used a package)

1 tomato, chopped

For tacos:

1 lb. raw shrimp, shelled and deveined, tails removed

1 teaspoon olive oil

½ teaspoon cumin

Chopped cilantro (garnish)

Chopped green onion (garnish)

Corn tortillas

INSTRUCTIONS

Mix together cottage cheese, yogurt, cumin, salt and lime juice. Add cabbage and tomato. Mix and set aside.

Mix shrimp with olive oil and cumin. Sauté shrimp mixture in saucepan over medium heat for about 5-10 minutes (until shrimp are cooked through).

Remove from heat.

Heat tortillas if eating. Then add cooked shrimp mixture on top. Then top **with sauce mixture and garnish with cilantro and green onion**

NOTES

If eating during soft diet stage, just eat shrimp mixture

Also tastes good as a lettuce wrap

