

BMI Newsletter

Support Groups

We will be holding ten groups this month.

Tracey will do Facebook Live workouts on Thursday, Aug. 8, 15, 22, 29 at 7:15 AM MST.

Andrea and Tracey will do a Facebook Live Support Group on Thursday, Aug. 15 & 29 at 2:30 PM MST.

Andrea & Tracey will be holding "Back on Track Classes" all summer. August's classes will be Thursday Aug. 8, 15, 22, and 29 at 1:30 PM MST in our Main BMI Clinic. Patients must go to the website to sign up.

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. Please join.



A Month of Celebration!

Rachel is living her best life and could not be happier with her results!

Patrick is doing amazing! He says he used to have anxiety doing the simplest things and now he just "does!" His grandma said to his wife yesterday after watching him in the yard, "Does he ever stop?" Patrick is compliant, owns his choices, and stays active—swimming, doing yard work, and walking!

Aubrey Valdez is 6 months out and has lost 100 pounds! She is looking forward to more amusement parks and more traveling as it is easier now because she does not need to use the seatbelt extender. She wishes she would have done it sooner!

Tod is only 10-15 pounds from his ideal weight! At 6 months out he does cardio and weights. He utilizes good fuel sources and we could not be prouder!

Long Term Weight Loss Success!



Kristy Grimes



Dawn Perry



Ashlynn Miller



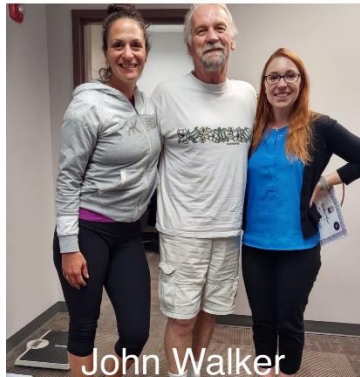
Tara Davidson



Geraldine Thomas



Alan Harris



John Walker



Karalee Johnson

Kristy Grimes had the Sleeve Gastrectomy with Dr. Richards a year ago and is killing it with her weight loss! She is down 55 pounds and feeling great! With increased activity, good dietary habits, and regular follow ups with the BMI team, she has had great success, and with these habits will have lifelong success!

Dawn Perry had an earlier Bypass converted to a Loop Duodenal Switch six month ago with Dr. Cottam and is doing amazing! She had her Bypass in early 2000's with great results for 15 years. According to Dawn, one day she remembers when she ate a piece of cherry pie and her diet went out the window. She then gained a lot of her weight back. Her advice to everyone is don't forget your past and maintenance is a lifetime effort!

Geraldine Thomas is doing great! She is living an active lifestyle with great dietary habits!

Alan Harris is having great success with his Sleeve Gastrectomy which was done by Dr. Cottam last December! He is compliant, has great eating habits, and leads an active lifestyle!

Ashlynn Miller had a Sleeve Gastrectomy seven months ago and has lost over 100 pounds. She is very compliant with her diet and goes to the gym 4-6 times a week. She comes in regularly for follow-up visits to keep herself on track.

Tara Davidson had a Sleeve Gastrectomy 2 and 1/2 years ago with Dr. Daniel Cottam. She is doing awesome!

John Walker is living a healthier lifestyle, can move better, has increased his activity, and has established lifelong healthy eating habits! He has lost over 100 pounds since having the Sleeve Gastrectomy with Dr. Richards a year ago, and he follows up consistently with our Team!

Karalee Johnson has lost 130 pounds since having the Loop Duodenal Switch with Dr. Cottam last August! Karalee always brings great questions to her appointments, has regular follow ups with our BMI Team, and is compliant! Karalee has established great eating habits, mindfulness, and beneficial activity regimens to keep herself successful. Through the ups and downs, Karalee has taken it upon herself to stay motivated and keep a positive attitude!

Congratulations to our Amazing, Hard-Working Patients!



Derk Jones is down 80 pounds in six months since having the Loop Duodenal Switch with Dr. Cottam! He is diligent about coming in for his consultations with BMI's follow up team. Activity, good dietary habits, and being mindful contribute to his success so far!

Roger had the Loop Duodenal Switch done with Dr. Richards 5 months ago and has lost 80 pounds! He is doing great and ready to maintain! Roger is compliant with diet and activity and is living a healthier life!

Richard Seaman is 5 years out, over 100 pounds down from the start, and has maintained! Richard can be found being active everywhere and anywhere! Being on his boat on the lake is a favorite!

Kim has been an example from day 1! Compliancy and owning her choices are key to her success. Between good dietary habits, activity, and a stellar mindset, her success is amazing!



Eric Paradee is one of the most dedicated, strong willed, and strong-minded individuals. Since his bariatric surgery, he has undergone numerous orthopedic surgeries. Not only has he been recovering from them, he has come out on top ready, willing, and determined to get to his next goal. He is down over 300 pounds!

Richard and Jessica are compliant as patients and stellar examples to those around them! Their oldest child has instilled his own workout regimens from watching Mom and Dad! They have enjoyed surfing and running around the beaches and have increased energy and activity! They keep each other on their toes!

Jamie and Kevin Stills have both done awesome! Jaime is 2 years post op from a Sleeve Gastrectomy with Dr. Cottam. Kevin is 6 months from a Sleeve Gastrectomy with Dr. Cottam.

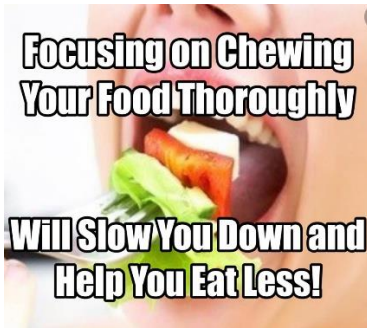
Brandon Parry walks 15,000 steps a day, does weights, and has great dietary habits.



LET'S CELEBRATE!

It's time to celebrate your success!!! We have a new brag board to post all the fun things you are up to. We want to know what you are doing since having surgery. Focus on your accomplishments from kiteboarding and paragliding with Dr. Medlin, rock hounding with Jessica and her daughter or enjoying time with her family and grandchildren like Kim. Big or small we want to celebrate your achievements! Email amycottam@yahoo.com with pictures and achievements!

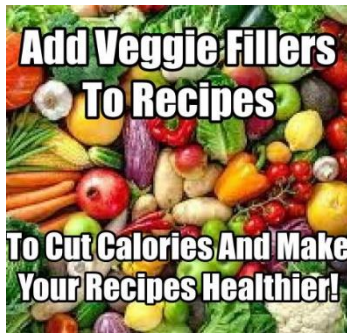
Weight Loss Tips



Focus on thoroughly chewing your food. Keeping this focus will slow you down, and you will be more mindful with your eating and consequently eat less. Many studies recommend chewing 32 times with each bite, but if that feels like too much, at least try to concentrate on completely chewing each bite before you take the next one.



Sometimes it's hard to find time for formal exercise, but if you try, you can squeeze in extra steps each day. Some ideas include trading your power mower for a push version, parking your car at the back of the lot, sweeping the drive or raking the leaves instead of using a leaf-blower, getting off the bus a few stops earlier, taking the stairs every chance you get, or cranking the music and getting your heart rate up the next time you mop or vacuum. Be creative and look for ways to move more each day.



Bulking up your meals with veggies is one easy way to cut calories while filling you up fast. For example, swap in mushrooms for half the ground meat in most recipes, add cauliflower to mashed potatoes, or use zucchini in place of pasta.



Dairy is healthy option which contains calcium, magnesium, and conjugated linoleic acid (a type of fatty acid which has been shown to promote fat loss in several studies). Plain Greek yogurt, cheese, and cottage cheese are much lower in carbs and have been shown to reduce appetite and promote fullness. Many dairy options are full of added or natural sugars, so avoid options with high carb counts.

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*Aspire, Learn, Teach,
Inspire*

Find us on the Web:
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SURGICAL & MEDICAL WEIGHT LOSS SOLUTIONS
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Summer of Strength Program

Join Andrea and Tracey to strengthen yourself mentally, emotionally, and physically this summer! Sign-up for any of the *Back on Track* classes or *In-Person* workouts!

Back on Track Class

- ▶ Are you struggling to keep yourself on track with your goals?
- ▶ Do you need help getting back on track?
- ▶ Sign-up for any of our Back on Track Classes!
- ▶ Topics include: **Metabolism, Meal Planning, Breaking Down Emotional Barriers with Eating, Fitting Exercise into Your Day, Meditation, and More!!**

Workouts

- ▶ Wanting to start an exercise routine, but need a workout buddy?
- ▶ Come join us for a group workout!
- ▶ Workouts will be most Thursdays throughout the summer.
- ▶ Look for locations in Salt Lake, Davis, and Utah Counties!
- ▶ Workouts include: **Metabolic Boosters, Walking Programs, Pilates, and More!**

Come get your strength on starting June 13th!

Go to www.bmiut.com to sign-up!