

BMI Newsletter

Support Groups

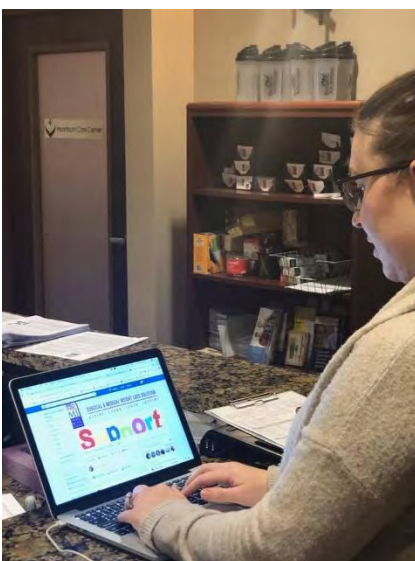
Dr. Cottam will do an Online Q & A Support Group on Tuesday, Feb. 11 @ 7:00 PM MST.

Tracey will do Facebook Live workouts on Thursday, Feb. 13 at 7:15 AM MST. Love Your Upper Body with Upper Body Weights.

Thursday Feb. 27 @ 7:15 AM MST. Love Your Abs.

Andrea and Tracey will do a Facebook Live Support Group on Thursday, Feb. 27 @ 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.



Our Online Support Group

We encourage you not to use the online support group as a forum for your personal appointment; however, when there's a general question asked, a lot of times our providers get to it quickly.

Congratulations to Our Amazing, Hard Working Patients!



Andrew Mierins is doing exceptionally well as he is only 3 months out from a robotic Duodenal Switch with Dr. Medlin and is down 82 pounds! Andrew has a good awareness of foods and the mental game food poses. He even realized when he had a bite of a sugary pie that he can no longer do that, or he will want more! With complete mindfulness, he is a huge winner. He walks 3-5 miles daily and has increased activity all around.

Patrick Flannery is a year out from a Sleeve Gastrectomy with Dr. Medlin! He is down 135 pounds since surgery and is killing it! Patrick says he is so active he cannot make himself relax. He says, "I got a turbo boost with the surgery." He is able to buy clothes off the rack and at a mainstream store.

Tammy Jolley is down 90 pounds since her Sleeve Gastrectomy with Dr. Richards a year ago and is killing it! She is doing step classes that she hasn't done in 20 years and is not only keeping up, but performing! She says it is amazing to not have all that weight and be more confident!

Kari Fellows is 4 months out from a Loop Duodenal Switch with Dr. Cottam and says, "I feel like a new woman!" Since the beginning of her journey in May, she is down 78 pounds and feels amazing! She has instilled good eating habits, walks 10,000 steps daily, and is starting yoga!

Way to Go!



Lance Norris

Stevie Koestner

Bill Monson

Kevin Stills

Lance Norris is 7 months out from his Loop Duodenal Switch and doing awesome! He is down over 100 pounds since his surgery in May. He has been increasing his activity and continuing his healthy eating habits!

Stevie Koestner is doing so amazing six months out from a Loop Duodenal Switch with Dr. Cottam! She is cruising with losing 50 pounds so far, increased activity, lower A1C levels, and good eating habits!

Bill Monson came into the office to buy his vitamins and was so proud of how well he is doing. He is 6 months out from a Loop Duodenal Switch with Dr. Cottam and says it's the best thing he has ever done!

Kevin Stills is 1 year out from a Sleeve Gastrectomy with Dr. Cottam and is a little over 100 pounds down. He hikes 4x a week for 4 miles amongst other exercises! He has proper nutrition and is mindful of



Krin Watterson

Charlotte Krenzer

Eric Paradee

Jared Sano

Krin Watterson is doing great a little over a year out from her Sleeve Gastrectomy with Dr. Medlin! She is down 52 pounds and is insanely active! With a positive attitude, good eating habits, and a million different activities, we are not surprised at her success!

Charlotte Krenzer is 3 years post op from a Loop Duodenal Switch with Dr. Cottam and is down 105 pounds! She says her success is due to good dietary habits, keeping her protein up, and being creative with cooking!

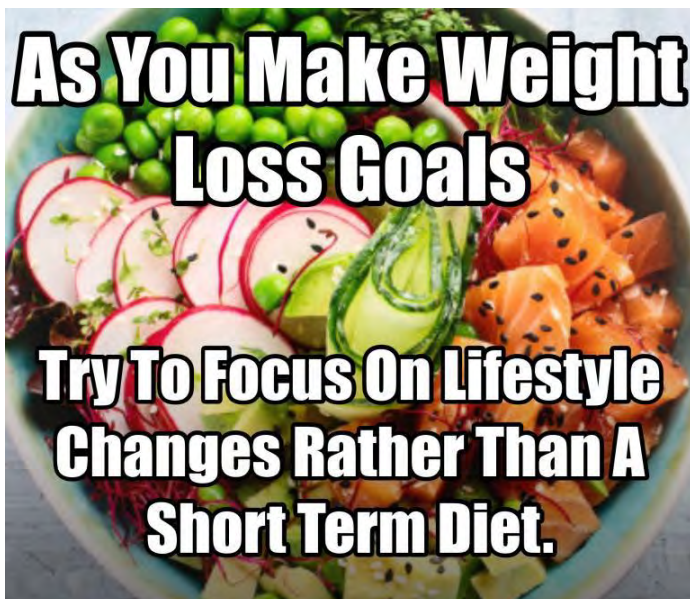
Eric Paradee has been a wonderful patient who has lost over 400 pounds since he had surgery with Dr. Medlin and has been an Inspiration to us all. His life has changed for the better as he can do a lot more now that he has lost a lot of his weight. He looks amazing!

Jared Sano is a year out from a Loop Duodenal Switch with Dr. Cottam! He is doing amazing and is down 145 pounds! Jared is super active as he is strength training, doing winter hikes, and rowing.

Weight Loss Tips



Most everyone faces moments when hunger strikes and you need a snack. If you have healthy choices prepared and easily accessible, it is easier to make a healthy choice. Have vegetables or fruit cut up and ready to snack on. Keep nuts, cheese, meat, or sugar-free yogurt easily accessible. It is easier to make the right choice when you plan ahead!



If you made New Year's resolutions to eat better, chances are you've already had a bad day or made some mistakes. This is OK. Everyone falls off the wagon now and then. The trick is to get right back on and not let the setback discourage you. People who succeed with weight loss aren't perfect—they just keep trying. Don't give up. If you need help after surgery, we have people in the office who can help you get back on track. If you have not had surgery, we have surgical and medical tools that might help. Give BMI Utah a call 801-746-2885



It's not enough to go on a "diet" and eat healthy foods and exercise for only a few weeks or even months if you want long-term, successful weight management. These habits must become a way of life. Lifestyle changes start with taking an honest look at your eating patterns and daily routine.

As you recognize what challenges you, you can better strategize and plan for how you can change to achieve long term success. Remember that you're planning to change your life. It won't happen all at once, so don't give up when you have setbacks. Stick to your healthy lifestyle, and the results will be worth it.

Buffalo Cauliflower

from mincerepublic.com

A delicious twist on the classic buffalo chicken wing. Buffalo cauliflower with a hot zesty sauce and a cooling yogurt dip.

INGREDIENTS

4 cups cauliflower florets
3 tbs butter
1/4 cup buffalo sauce
(optional) green onions for garnish
favorite dipping sauce (I used Ranch)



INSTRUCTIONS

Preheat oven to 425 degrees.

In a sauce pan, melt butter. Add buffalo sauce and combine well.

Pour buffalo sauce over cauliflower florets in a bowl. Combine well.

Place on a lightly greased light baking sheet. Don't overcrowd.

Bake at 425 degrees for 20 minutes. Flip.

Bake for another 20 minutes.

Let cool for 5 minutes.

Serve with your favorite dipping sauce.

BMI of Utah

1046 East 100 South
Salt Lake City, UT 84102
(801)-746-2885
reception@bmiut.com
*Aspire, Learn, Teach,
Inspire*

Find us on the Web:

www.bmiut.com



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