

BMI Newsletter

Support Groups

Tracey will do Facebook Live workouts on
Thursday, Jan. 9 at 7:15 AM MST. New Year's Metabolic Booster.
Thursday Jan. 16 @ 7:15 AM MST. How to Use a Foam Roller
Thursday Jan. 23 @ 7:15 AM MST Abs and Squats Part 2
Thursday Jan. 30 @ 7:15 AM MST Breathe, Stretch, Repeat

Andrea & Tracey will be holding a "Back on Track Class" on Thursday, Jan. 9 @ 1:00 PM MST in our Main BMI Clinic. Patients must go to the website to sign up.

Dr. Richards will to an Online Support Group focusing on the New Year being a new start Wednesday, Jan. 18 @ 7:00 PM MST.

Andrea and Tracey will do a Facebook Live Support Group on Thursday, Jan. 23 @ 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.



Surgeons We are Training

Dr. Cottam enjoyed teaching surgeons from across the country about the Loop Duodenal Switch (SADI-S). Surgeons from the University of Nebraska, the University of Texas at Houston, Chicago, and Maine came to learn and observe. We hope they will implement this life changing procedure in their practices!

Congratulations to Our Amazing, Hard Working Patients



Zeek Bair

Judy James



Richard Wahlquist

Trevor

Zeek Bair is two years out from his Loop Duodenal Switch with Dr. Richards, and he is doing amazing with his diabetes resolved, healthy eating habits, and increased activity, Zeek is quite an example to us all! Thank you for continuously sharing your journey with us and keep up the good work!

Judy James is six months out from converting her Sleeve Gastrectomy to a Loop Duodenal Switch with Dr. Medlin, and she is down 71 pounds from her highest. Judy is doing a great job navigating foods and activity and is mindful of what goes into her body.

Richard Wahlquist is 4 years out from a Sleeve Gastrectomy with Dr. Cottam! He is down 135 pounds and maintaining it! His motivation for his weight loss was to go hiking and backpacking and a desire to do the things he loves. He goes to the gym each week, skis, and is an avid cyclist. That is a lot of activity, and he is killing it!

Trevor is a year out from a Gastric Sleeve with Dr. Richards and is down 80 pounds. He is doing awesome with increased activity and good eating habits. Despite some injuries, he is still working out and killing it!

Way to Go!



Danyel Turner is a year out from a Sleeve Gastrectomy with Dr. Medlin and down 65 pounds and is killing it! Danyel does Zumba, Pound, and Yoga. She has increased her activity and practices good eating habits.

Alexandria Camden is a little over a year out from a Sleeve Gastrectomy with Dr. Cottam! She keeps up on her proteins and fluids and has been consistent with her diet. She has been maintaining her weight well and has been increasing her activity at the gym!

Weight Loss Tips

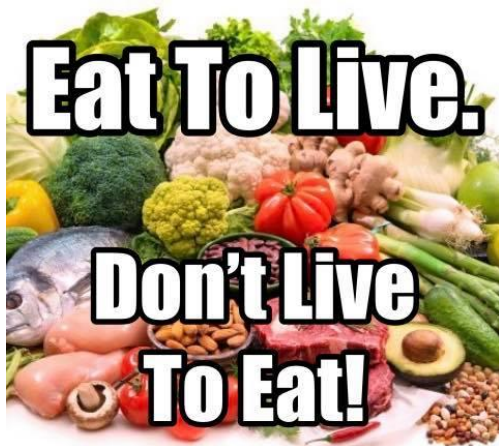


As many of you are watching football or movies during this month, remember to not eat chips or other packaged foods from the bag. You will tend to mindlessly overeat. Rather portion out a reasonable portion into a bowl or individual bag. Generally, you want to avoid these empty calories, but if you can't do that, at least be mindful with your choices.

Many people spend a lot of time cooking and baking. This can lead to weight gain because it's easy to taste-test your dishes and end up eating a lot more than you realize.

Tasting your dishes can be important, especially if you're cooking for others — but a tiny bite is probably more than enough.

Making sure that you aren't hungry while cooking, will make it easier to keep the tastes small.



It is important to remember the mantra: Eat to live-don't live to eat. So much of life revolves around food, and food is essential for life, but we all need to find new ways to add to our joy that go beyond food. Focus on food being fuel, and feed your body the healthiest fuel you can.

If you set new year's goals, make sure they are SMART goals. 1. Be **specific**. Don't just say, "I want to lose weight." Rather set a specific number or some other specific idea such as losing an inch around your waist or walking a mile in a certain amount of time. 2. Make sure that goal is **measurable**. 3. Be **accountable** to someone with the goal. 4. Be **realistic**. If you set a goal that is too difficult, you can become discouraged. 5. Finally, have a specific **time** frame, so you have a date where you can measure your progress.



PF CHANG'S CHICKEN LETTUCE WRAPS from damndelicious.net

Yield: 4 SERVINGS prep time: 10 MINUTES cook time: 10 MINUTES total time: 20 MINUTES

A copycat recipe that you can easily make in just 20 minutes. And it tastes a million times better too!

INGREDIENTS:

- 1 tablespoon olive oil
- 1-pound ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 tablespoon Sriracha, optional
- 1 (8-ounce) can whole water chestnuts, drained and diced
- 2 green onions, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 1 head butter lettuce



DIRECTIONS:

Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.

Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha until onions have become translucent, about 1-2 minutes.

Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.

To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.

BMI of Utah

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