

BMI UTAH NEWSLETTER

January 2023 BMI of Utah 801-746-2885

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Support Groups

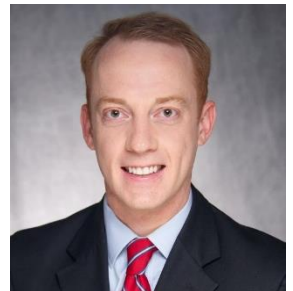
Dr. Mooers will do a Q&A support group on Zoom on **Thursday, Jan. 12 @ 7:00 PM MST**. We will post the Zoom link on the Online Support Group page the day before.

Tracey will do Facebook Live workout on **Monday, January 16 @ 11:45 AM MST**.

Tracey will do a Facebook Live Support Group on **Monday, Jan. 23 @ 11:45 MST**.

Andrea will do a Facebook Live Support Group on **Monday, Jan. 30 @ 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.



Congratulations!

Congratulations to Alan Motley! He is down 135 pounds! Here is his story in his words: "I started my journey at 300 lbs. I am down to 165. This surgery has opened up so many opportunities for me. I felt so good after my surgery that I became a volunteer firefighter with the Spring Creek VFD. I also joined a mine rescue team for a local mine which helped me gain my EMT license. I am currently in my dream job of mine rescue chief. It just amazes me all the changes in my life and the energy this opportunity has given me."



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!

SPINACH & RED PEPPER FRITTATA from bariatricfoodcoach.com

INGREDIENTS

- 1 small onion, diced
- 1 red bell pepper, diced
- 4 strips turkey bacon, diced
- 1/2 tsp each salt and pepper
- 1 cup loosely packed baby spinach, chopped
- 8 large eggs
- 2 oz shredded parmesan cheese



INSTRUCTIONS

1. Heat oven to 375 F.
2. Heat a non-stick skillet to medium high heat. Make sure skillet is oven safe.
3. Sauté onion, bell pepper and turkey bacon until onions are translucent and turkey bacon is starting to crisp. Sprinkle salt and pepper and stir.
4. Add spinach and stir. Cook 30-60 seconds or until spinach starts to wilt.
5. Whisk and add eggs, moving pan around a bit for eggs to surround the pan evenly.
6. Sprinkle with cheese and move to oven for 8-10 minutes or until eggs look set.
7. Remove with hot pad and let cool before serving.

Way to Go!



Congratulations to William Drake! He is down 200 pounds since his weight loss surgery! This is his story in his own words:

“After military service I struggled with the ability to maintain a healthy weight. I kept going up and down in weight, and after my daughter was born, I jumped to 375 lbs! At that point I realized I had to do something drastic, I couldn't keep living this way. Now I weigh 175 lbs! The last time I was this weight was basic training! This has been hard—changing your entire life never is easy, but it was worth it.”

Weight Loss Tips

Plan your meals each week. When you plan ahead what you will eat for each meal, including snacks, you are more likely to eat healthy and stick to your carb and calorie counts. Planning can also make your shopping more efficient and less likely to derail your goals.





If you have a family, you probably do a lot of cooking, which can often lead to a lot of mindless tasting. Be mindful of tasting as you cook. Those carbs and calories can add up quickly.

Before parties or other events, practice your excuses for not eating. Often hosts and other guests will try to push excess food onto you. Be ready with an excuse. It can be a simple, "No thank you,". Or "I'm saving room for ____." Whatever your excuse, if you are prepared with it, turning down the unneeded food will be easier.

**Practice Your
Excuses!**