

# BMI UTAH NEWSLETTER

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## Support Groups

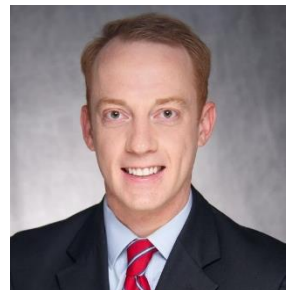
Tracey will do a Facebook Live Workout on **Monday, May 6 at 3:45 PM MST.**

Dr. Mooers will do a Zoom Support Group on **Tuesday, May 7 at 7:00 PM MST.** The Zoom link is <https://us02web.zoom.us/j/9975103059?pwd=NVVXR3dLMUt4cHQrVUV5NTF6N1VtQT09&omn=83048013104> The Meeting ID is 9975103059 and the Passcode is 5dRCpL

Tracey will do a Facebook Live Support Group on **Monday, May 13 @ 2:45 PM MST.**

Andrea will do a Facebook Live Support Group on **Monday, May 20 @ 2:30 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.



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



# 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](mailto:amycottam@yahoo.com). We love celebrating your successes!

## Teaching Surgeons

Last month Dr. Cottam hosted surgeons from Arkansas and New York. They came to learn about and observe the Loop Duodenal Switch. We love sharing this life saving procedure with surgeons from all around the world and hope they can incorporate it into their practices!



# Weight Loss Tips

Eat only at the table. Don't eat while you're standing up, in the car, on the phone, or watching TV. As you limit eating to one specific spot, it will be easier to not be distracted and be conscious of how much you are eating. Not only does it help you slow down and eat less—if you do it with your family, it is a great way to strengthen your bonds.



Pack your lunch. If you pack your lunch, you can make healthy choices. You can try things like tuna, egg salad, or lean meat and add snacks like string cheese, fruit, nuts, or cut-up vegetables. It is much more difficult to eat healthy at a restaurant. It is also easier to avoid temptation when you have already packed wise choices.

Incorporate weight lifting into your exercise routine at least 2 to 3 times a week. Increasing your muscle mass increases your metabolism. It is also very helpful as you age, and it strengthens your joints. If you have never lifted weights, learning proper form and techniques will help you avoid injury.



As you navigate your journey towards weight loss, don't do it alone. Find a work out buddy. Get your family members to change their eating habits with you. Join a support group, and don't forget to seek the help of the professionals at BMI Utah when you need extra guidance. The support and accountability of including others will make you more successful!



# Balsamic Roasted Broccoli

from [walderwellness.com](http://walderwellness.com)

## Ingredients

2 heads broccoli, chopped into florets  
2 Tbsp extra virgin olive oil  
1 cup balsamic vinegar  
1 cup fresh basil, chopped  
Salt to taste



## Instructions

Preheat oven to 400F.

Chop heads of broccoli into florets. In a large bowl, toss broccoli florets with olive oil and salt.

Spread broccoli on a large baking sheet. Place in oven for 20 minutes.

While the broccoli is in the oven, add balsamic vinegar to a small saucepan and bring to a boil. Once boiling, reduce heat to a simmer.

Continue to simmer balsamic for 10-15 minutes, stirring occasionally.

Remove from heat.

Remove broccoli from oven and serve into a bowl. Drizzle with balsamic reduction and sprinkle with freshly chopped basil. Enjoy!

## Notes

\*While best enjoyed immediately, this dish can be kept in the fridge for a couple days and enjoyed cold as well.

\*Do not over-reduce balsamic reduction. It may not appear super thick after 15 minutes of cooking, but it will still continue to thicken as it cools! If you find that it's too thick, thin it out with a bit of water.

\*Any leftover balsamic reduction can be kept in the fridge for later use!