

BMI UTAH NEWSLETTER

November 2024 801-746-2885

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Support Groups

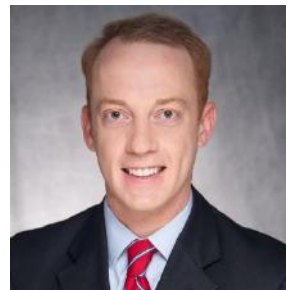
Tracey will do a Facebook Live Support Group on **Monday, Nov. 4 @ 1:45 PM MST.**

Tracey will do a Facebook Live Workout on **Monday, Nov. 18 @ 9:00 AM MST.**

Andrea will do a Facebook Live Support Group on **Monday, Nov. 18 @ 11:30 AM MST.**

Dr. Cottam will do a Facebook Live Support Group on **Thursday, Nov. 21 @ 7:30 PM MST.** He will discuss estradiol and weight loss.

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.

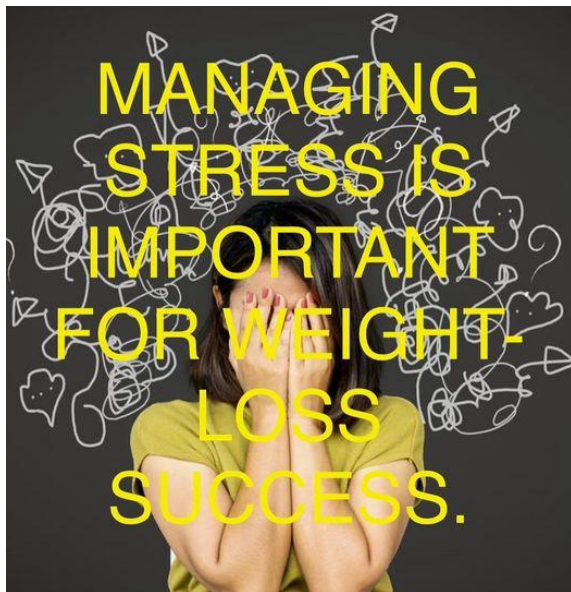


Let Us Celebrate You!

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!

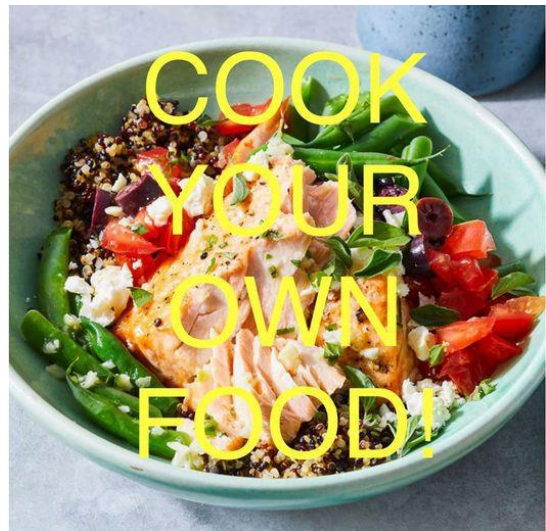
Weight Loss Tips

When you have the choice between walking up the stairs and taking the elevator, take the stairs. Walking up the stairs will burn calories as well as strengthen your glutes and your quads. Small changes like this can add up to make a big difference.



Managing your stress is important for successful weight loss. When you are stressed, the hormone, cortisol, increases, which can cause you to be hungrier. Stress also is often related to unhealthy behaviors like bingeing, eating junk food, or getting less sleep and exercise. Finding ways to manage your stress through techniques like exercising, journaling, or meditation is essential for your long-term success.

Many Americans no longer cook their own food. They rely on processed food, takeout food, or simply eating out. People who cook their own meals better control what they eat, and are able to eat healthier. If you're one of these people who doesn't cook, try to learn how. It'll be better for you and your family. This week we will share some easy healthy meals that you could try.



Asian Grilled Chicken

from skinnytaste.com

Ingredients

8 thin boneless skinless chicken breast cutlets, about 3 ounces each

For the marinade:

2 tablespoons lemon juice

2 tablespoons toasted sesame seeds, plus more for garnish

2 cloves garlic, minced

2 teaspoon fresh ginger, peeled and minced

2 green onions, minced

1/4 cup low sodium soy sauce, for gluten free, use tamari

1/4 cup teriyaki sauce

1 teaspoon honey

2 teaspoons sesame oil

scallions, for garnish



Instructions

1. Combine all marinade ingredients in a small bowl.
2. Pour the mixture over the chicken, turn the pieces to coat evenly, cover and place in refrigerator a minimum of 3 hours, but preferably overnight.
3. Preheat grill or grill pan set to medium-low heat and oil the grates so it doesn't stick.
4. Grill chicken top side down first until well browned charred, about 2 to 3 minutes, turn and cook on the second side about 2 to 3 more minutes, careful not to burn.
5. Transfer to a serving platter and garnish with sesame seeds and scallions.

Nutrition

Serving: 2 cutlets, Calories: 288.5 kcal, Carbohydrates: 8 g, Protein: 42 g, Fat: 9 g, Saturated Fat: 1.5 g, Cholesterol: 124 mg, Sodium: 1416.5 mg, Fiber: 1 g, Sugar: 4.5 g