

News to Lose

Happy Memorial Day!



This Month's Support Group:

Chair Yoga

This is a great opportunity for you to learn basic yoga poses to build core strength and flexibility! Perfect for all shapes and sizes. Rebecca McGuckin is a certified yoga instructor and will be leading us through a simple and relaxing yoga sequence.

Please RSVP to lbrankle@ecommunity.com as we need to be sure there are enough chairs for everyone.

When: WEDNESDAY, May 3rd 2017 @ 6:30 pm

Where: Our building—exact location TBD

What: Chair Yoga

Why: Exercise can be intimidating! Learn a low-impact way to get started with basic balance, core, and flexibility.

Next month we will be discussing lap band myths and facts. A great support group to attend if reading online has you confused!



Inside this issue...

Help! I'm hungry!.....	2
Best Fitness Bands	2
Recipe of the Month ...	3
Memory Boosters.....	3
Product Spotlight	4
Patient of the Month...	4



Community Health Noblesville



Help! I'm Hungry!

I had my lap band placed but I am still hungry! What gives?

The lap band is a tool that will only work when used correctly. So what does this mean? It means we have to consume *quality* calories coming from the right foods at the right time to ensure our lap band is working the best way it can. Here are some tips!

1. **DON'T** drink while you are eating—this “washes” your food down too fast preventing the feeling of satiety
2. **DO** eat your protein food **FIRST**—this helps ensure you meet your 60 gram protein goal which helps keep you full
3. **DO** trust your doctor—Dr. McEwen has over 10 years of experience and knows the best techniques to help you control hunger
4. **DO** keep a food journal—this is the only way to ensure you are within the calorie goals given and are also getting enough protein, fiber, fluids, etc.

Best Fitness Bands

Fitness bands are a great way to track your activity! Check out our list of the best 4 bands on the market!

Moov Now | \$12 | Target
6 mos. Battery life! No screen.

Samsung Gear Fit 2 | \$128
3 day battery life. HR tracker

Garmin Vivosmart HR + | \$150
6 day battery life. HR tracker

TomTom Spark 3 | \$153
2 week battery life. Has music!





Spring Pea Salad with Strawberries

Ingredients

- 8 cups mixed salad greens
- 2 cups shredded rotisserie chicken
- 1 cup snow peas and/or snap peas, trimmed
- $\frac{3}{4}$ cup sliced strawberries
- $\frac{1}{2}$ cup shelled fresh peas
- $\frac{1}{4}$ cup crumbled feta cheese
- $\frac{1}{4}$ cup chopped fresh mint
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons champagne vinegar
- 1 teaspoon honey
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper

[Nutrition Facts]

- 4 servings (8 oz. each)
- 339 calories
- 23 grams protein

Directions

1. Arrange greens, chicken, snow (or snap) peas, strawberries, peas and feta on a serving platter.
2. Whisk mint, oil, vinegar, honey, salt and pepper in a small bowl and drizzle over the salad.
3. Serve chilled

Feast at the Farmers Market

Farmers markets will be back in full swing come May! These markets are a great place to find fresh, sustainable, and often-times organic produce at an affordable price. Farmers markets make it easy to add delicious and nutritious fruits and vegetables into your diet! Check out the list below for some local options.

Noblesville

May 6th-Oct 14th
Intersection of SR 32/19
Saturdays 8-12

Fishers

May 6th—End of Sept.
Nickel Plate District Amphitheater
Saturdays 8–12

Indianapolis City Market

222 East Market Street
Indianapolis, IN 46204

M-F from 7 a– 9 p

Sat 8 a—9p

Closed Sunday

Rebellion Bean Crisps

There is something about a crunchy, salty snack that is just so satisfying! Usually these come in the form of something high in carbs, fat, or both! Luckily, there is a new snack on the market that will satisfy your cravings without all the guilt!

Our Little Rebellion! Now has bean crisps! Only 100 kcal per ounce with a decent amount of protein and fiber. Make sure to portion control!

Featured Product of the Month



100 Cal, 4 g protein, 3 g fiber

Follow Us!!

Pinterest

<http://pinterest.com/lapbandindiana/>

Facebook

<https://www.facebook.com/MCEWENMD>

Twitter

@lapbandindiana

New Patient Seminar!

Tell your family and friends to join us to hear Dr. McEwen talk about lap band surgery and to hear from guest speakers about their experience. The next seminar will be:

When: **Wednesday, May 7th at 6 pm.**

Where: **Hamilton Healthcare Campus**

**9669 East 146th Street
Noblesville, IN 46060**

Featured Patient of the Month: Emily!

Emily has lost 95 lbs with her lap band so far! Emily says her NSV non scale victory is actually enjoying being in the photographs with her husband and kids instead of being behind the lens taking them.



95 Pounds lost!!



#nsv taking photos with your family

