

News to Lose



Walk from Obesity is Sept. 30th!

Join us on Team Community Can-Doers

It is that time of year again! The Walk will officially start at 9:00AM. Registration and vendor tables will open at 7:30AM. **This year's location is Fairbanks Hall at the Indy Canal!** Sign up at the link below-right now -registration is only \$15 with code EARLYBIRD until August 30th!

<https://fundraise.asmbsfoundation.org/index.cfm?fuseaction=donorDrive.event&eventID=805>

All registrations include an official Walk from Obesity t-shirt. Please pick up your t-shirt at the Walk. Sizes available on a first come, first serve basis.

Children under the age of 12 are FREE, with a registered parent or guardian

This is a "set your own pace" event. Walk as much or as little as you want. Our NP, Jessie, will be participating for our office!

Check in at Fairbanks Hall for pre walk activities. Then join us for this year's Walk From Obesity on the canal. Free Parking, Vendors, Prizes, and Fitness Fun!



Inside this issue....

Evening Hunger	2
Exercise Blogs.....	2
Recipe of the Month ...	3
WL Expectations.....	3
Product Spotlight	4
Patient of the Month...	4



Community Health Noblesville

Curbing Evening Hunger



Do you struggle with night-time hunger? Are you craving sweets before bed? You are not alone! Here are some tips to help overcome those late-night urges!

1. **Don't skip breakfast!** Breakfast has long been touted as the most important meal of the day and it is true! Those who skip breakfast tend to have more evening hunger! Start your day off right with a protein-rich breakfast
2. **Strive for 20-30 grams of protein per meal.** This could be from meat sources like chicken, fish, or lean beef. Or from plant sources like edamame or beans.

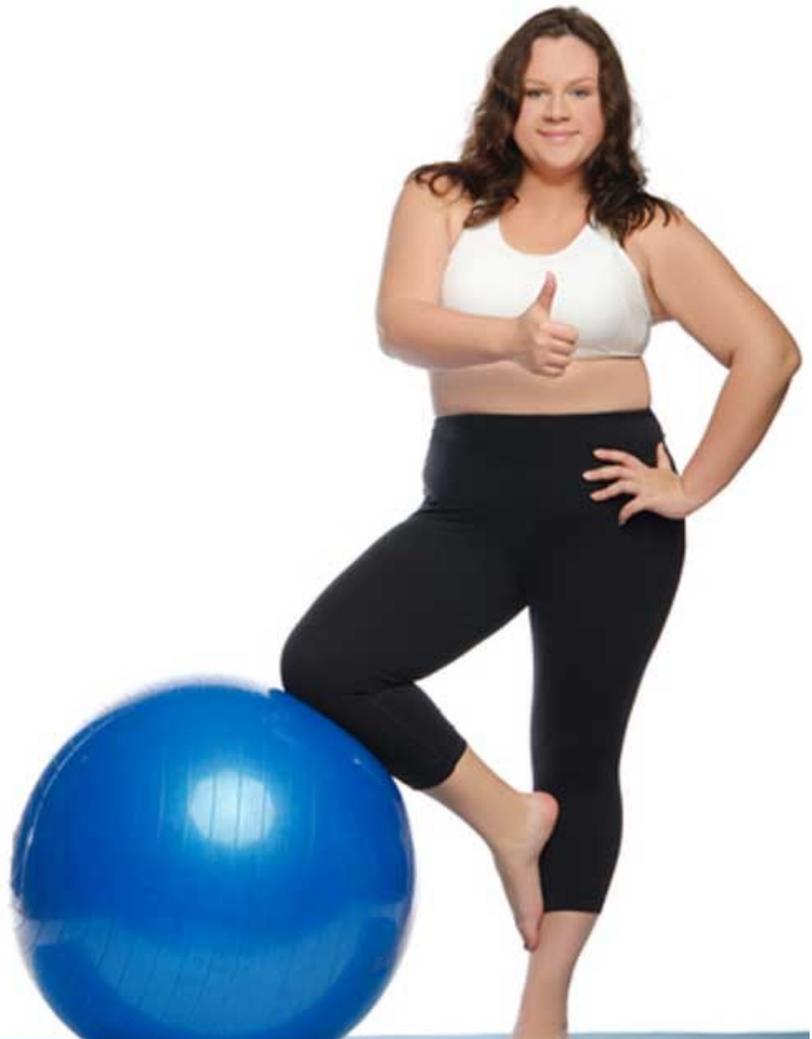
Protein helps keep you full longer and prevents rapid drops in blood sugar

3. **Don't skimp on fiber!** Fiber is the indigestible part of many fruits, veggies, and grains that help keep us full. Fiber slows gastric emptying which means you stay full longer. Fiber is also key in keeping you regular
4. **If you are going to snack, snack smart!** Check your food journal and look for nutrients that are missing—do you need an extra boost of protein? Maybe a fiber-rich snack. You won't be tempted to eat a whole bag of apples but you could definitely finish a bag of chips!

Fitness Blogs

Check out some inspirational plus-size fitness blogs! Fitness comes in all shapes and sizes and these bloggers understand that! All can be found by adding ".com" to the end of the names unless otherwise noted.

- Curvy Goddess Lounge
- Mind, Body, and Rebellion
- Plus-Size Princess
- Authentically Emmi
- Body-Positive Athletes (.wordpress.com)
- Too Fat to Run (.co.uk)
- Born to Reign Athletics
- Curvy Yoga





Chicken Zucchini Alfredo

Ingredients

- 3 large zucchinis
- 2 tbsp. extra-virgin olive oil, divided
- 3/4 lb. chicken breast
- kosher salt
- Freshly ground black pepper
- 1 tsp. Italian seasoning
- 2 cloves garlic, finely minced
- 3/4 c. half and half (or whole milk)
- 4 oz. cream cheese
- 1/2 c. freshly grated Parmesan (plus more for serving)
- 1/4 c. fresh chopped parsley

Directions

1. Make zucchini "pappardelle": Using a vegetable peeler, peel zucchini lengthwise to create long, thin strips. Lay flat on a paper towel-lined baking sheet until ready to use.
2. In a large skillet over medium-high heat, heat 1 tbsp. oil. Season both sides of chicken breasts with salt, pepper and Italian seasoning and cook until cooked through, 6 to 8 minutes per side. Transfer to a cutting board and slice into strips.
3. Add remaining tablespoon olive oil to the skillet. Add garlic and cook until fragrant, about 1 minute, then add half and half and cream cheese and cook, stirring often, until cream cheese is melted. Add Parmesan, then season with salt and pepper and simmer until the sauce has thickened, 3 to 5 minutes.
4. Fold in cooked chicken, zucchini pappardelle and parsley. Serve immediately.

Weight Loss Expectations

What are my weight loss expectations with a lap band? This is a question we hear most new patients ask but it is relevant to those who have a lap band as well!

With the lap band we talk in terms of excess body weight. We calculate this by taking your beginning body weight minus your ideal weight. For example:

Starting body weight = 250 lbs

Ideal body weight = 150 lbs.

Excess body weight = 100 lbs.

We then take your excess body weight and take a percentage of that to figure out your goals with the lap band. The lap band has shown to help people lose 53% of their excess body weight, and, with exercise, 70% overall.

So, back to the equation:

$100 \times .53 = 53 \text{ lbs.}$

$100 \times .70 = 70 \text{ lbs.}$

Using this equation we can tell you what your goals are with diet and life style changes, exercise of **at least** 150 min/week and consistent follow up.

It may be time to re-evaluate your "goal weight" and/or the methods you are using to get there!

If you have met your 53% goal but cannot get to your 70% goal it is likely you need to increase minutes of exercise or intensity of current exercise. 150-220 + minutes/week has been shown to be **VITAL** not only in losing weight but keeping it off.

Simply Protein Chips

We all crave crunch, salty snacks...it isn't just me, right?? So I am always on the look out for snacks that will fill my crunchy-craving without sending my total fat or sodium through the roof!

These simply protein chips hit the spot with flavor and protein in a crunchy salty form! These can be purchased at Walmart or on Amazon.

Featured Product of the Month



140 cal
15 g Pro
1 g Fiber

Follow Us!!

Pinterest

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

Facebook

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

Twitter

@lapbandindiana

Blog

obesitycenter.wordpress.com

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, August 16th at 6 pm**

Where: **Hamilton Healthcare Campus**

**9669 East 146th Street
Suite 160
Noblesville, IN 46060**

Featured Patient of the Month: Rick

Meet Rick: Rick is an absolute rock star! He started with our program in August of 2016 and since then has lost over 100 lbs.! Rick came to us with motivating and important goals like being healthy for himself and family and wanting to have less joint pain.

Rick has kept himself accountable through many life-changes by consistently returning for follow-up care and measuring his portions sizes. Congrats on your hard work Rick!

