

News to Lose

Happy New Year!!



Next Support Group Feb 2020

Topic: Snack Swaps

Speaker: Lynn

Date: February 3rd

Time: 6:30 pm

Location: Conference Room 160

RSVP: email lbrankle@ecommunity.com

Join us at February's support group for a sampling of healthy snack alternatives brought by Lynn! Lynn has had her band nearly 10 years and understands the importance of keeping tasty, low-cal foods on hand for when cravings hit!

Get insight into tips, tricks, and habits of successful patients and info on not only how to lose the weight, but how to keep it off as well with the help of the band. Please bring any friends, family, or co-workers interested in lap band surgery as this is a great opportunity for them to learn more!



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Community Health Noblesville

SMART Goal Setting

Many people take the start of a new year as a way to refocus and set new goals or “resolutions”. But not all goals are created equal. A SMART goal is a goal with a plan and helps you achieve what you set out to. Lets break it down:

1. **S = Specific.** You want to create a specific goal like “losing 10 lbs.” vs. “I want to lose weight”. The more specific, the better.
2. **M = Measurable.** Create a goal that you can measure progress towards. If your goal is to get better at time management how are you going to track that progress?
3. **A = Achievable.** Possibly the

most important tip of all is coming up with a goal that is achievable. You don't want to set the bar so high you are doomed to fail

4. **R= Realistic.** Keep your goals within the realm of possibility. If you have never jogged in your life you may want to start with a 5k walk/run instead of a full marathon.
5. **T= Time Bound.** Your goal needs to have a date or dates that keep you on track. When do you want to lose the 10 lbs. by? Or how many days/week will you work out? Be specific.



Healthy New Year's Resolutions

If you plan to make a resolution for the new year but aren't sure what your goal should be here are some weight-loss friendly ideas!

1. **Increase minutes of activity each week to 150 or more.** Minutes of activity can be ANYTHING. From walking the dog to cleaning the house to yoga to swimming! This helps not only your weight loss but mood as well!
2. **Set aside 5-10 minutes for YOU each day.** Quiet time is a simple and easy way you can take some time for you each day to reset and refocus. Try taking a few minutes to breath in the car when you get home or when you wake up.
3. **Increase your fruits/veggies to 5 servings/day!** This will increase your fiber and satiety after a meal! Adding more colorful foods into your diet is a great way to start this.





Slow Cooker White Chicken Chili

This is the perfect high-protein way to warm up this winter. A slow cooker makes this an easy dinner to prep ahead!

Ingredients

- 1 ½ lb. Boneless, skinless chicken breasts or thighs
- 1 medium onion, dice
- 1 medium bell pepper, any color; diced
- 1 small jalapeno, seeds and membranes removed and finely diced
- 6 cloves garlic, minced
- 2 ½ tsp. ground cumin
- 1 tsp. dried oregano
- 1 Tbsp. chili powder
- 1 tsp. salt, plus more to taste
- ½ tsp. black pepper
- 1 ½ cups chicken broth
- 1 14-ounce can full-fat coconut milk
- Juice of ½ lime
- ½ cup fresh cilantro, chopped

Directions

1. Add onion, peppers, garlic, and spices (cumin through black pepper) to the bottom of a slow cooker. Arrange chicken on top of vegetables in a single layer.
2. Add broth and place lid on slow cooker.
3. Set heat to LOW and cook 6-7 hours or until chicken is done and vegetables are tender.
4. Remove chicken from slow cooker and shred with two forks. Return chicken to slow cooker.
5. Turn heat to HIGH. Add coconut milk, stir and replace lid. Continue heating an additional 10-15 minutes or until soup is heated through.
6. Stir in lime juice and cilantro. Serve in bowls garnished with chopped cilantro and lime wedges, if desired.

Sagging Skin

*Many people have concerns that when they lose weight they will have saggy or “loose” skin. While extreme cases like this are seen on shows like *The Biggest Loser*, skin integrity and weight loss varies from person to person and plays a big role in how your skin will fare. Here are some tips to keep your skin nourished and healthy!*

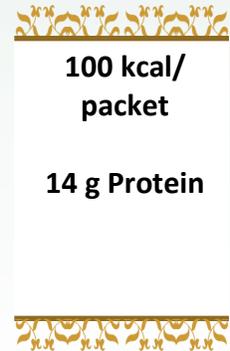
1. **Keep up on the SPF!** While this may not be our focus during the winter the sun's rays can still damage skin. It is important to always use a lotion with a broad-spectrum SPF of 30 or more....especially during the summer months
2. **Eat plenty of produce specifically vitamin-A rich foods!** Vitamin A rich foods have lycopene which helps offset damage from the sun. Aim to have 2 servings of a red fruit/veggie daily like tomatoes or red peppers.
3. **Drink up!** We know water is important for our health but it is especially important for our skin! Aim to drink 64 oz./day or half your body weight in ounces...whichever is higher.
4. **Consult a local plastic surgeon if you have concerns.**

Starkist Tuna Salad

Tuna is a simple and easy way to help meet your protein goal for the day! Starkist has pre-made tuna salad packets that total 100 calories and keep your tuna from being too dry.

Try pairing your tuna salad with celery or cucumber slices for a quick and simple meal. Or add some tabasco or buffalo sauce for a kick!

Featured Product of the Month



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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: **Monday, January 20th at 6pm**

Where: **Hamilton Healthcare Campus**

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

Featured Patient of the Month: Hope

Meet Hope! Our Transformation Tuesday of the month. Hope started with us in 2016 and since then has lost over 40 lbs.! Hope stands at 4' 11" so this 40 lbs. has made a huge difference in her life! She no longer needs her diabetes medication and has so much more self-confidence! Hope wants to tell anyone thinking about getting a Lap Band to "not think of weight loss as a chore but as an opportunity". Way to go Hope!

