

News to Lose

Merry Christmas!



Support Group December 2020

Topic: TBD

Speaker: Weight Loss Success Matters

Date: December 17th, 2020

Time: 8:00 pm

Location: PHONE CALL

*RSVP: To Register call 425-436-6287
and enter code 504739#*



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Community Health Noblesville

Non-Scale Victories



We talk often about non-scale victories or NSV's but what do they really mean? A non-scale victory is a weight loss victory that doesn't have anything to do with the scale! Here are some examples:

- 1. Less joint pain!** *Less joint pain may be your first indicator that you are losing weight! Every pound of weight lost is like losing 3 lbs. of pressure in your knees!*
- 2. More energy!** *Less weight means there is less*

of YOU to carry around. You may notice you can walk further, need less sleep, and don't hit that 2pm slump like you used to

- 3. Needing less medications.** *This is our favorite one! Many new patients have goals to reduce their medication list. Losing weight helps improve cholesterol, blood sugar, blood pressure, and more!*

Fitness Gift Ideas

If you haven't made your list for Santa yet, here are some gift ideas that can help keep you active and on track for weight loss!

- 1. Tone It Up Resistance Bands.** Cost \$18. 1 light resistance band and 1 heavy. Find at My.ToneItUp.com
- 2. S'well Reusable Water Bottle.** Cost \$25. BPA Free. Keeps drinks cold for 24 hrs and hot for 12. Perfect for helping you stay hydrated! Find on Amazon
- 3. MisFit Fitness Band** Cost \$20-\$80. Comes in a wide variety of styles for rmen and women. Can be found on Amazon or at Kohls
- 4. Oster blender with Travel Bottle** Cost \$15-\$20. This cordless blender is the perfect small size with a to-go cup built in! Found on Amazon.





Parmesan-Roasted Cauliflower

The combination of meaty, caramelized, roasted cauliflower florets and some just-this-side-of-burnt onions has become our go-to winter side dish recipe!

Ingredients

1 head cauliflower, cut into florets

1 medium onion, sliced

4 sprigs thyme

4 garlic cloves, peeled

3 Tbsp. Olive Oil

Kosher salt and fresh cracked black pepper

1/2 cup grated Parmesan

Directions

- Preheat oven to 425°. Toss cauliflower florets on a large rimmed baking sheet with onion, thyme, garlic, and oil; season with salt and pepper.
- Roast, tossing occasionally, until almost tender, 35-40 minutes.
- Sprinkle with Parmesan, toss to combine, and roast until cauliflower is tender, 10–12 minutes longer.
- Serve warm

Holiday Stress

The holidays can be a wonderful, joyous time of year but for many, the hustle and bustle leave us feeling overwhelmed. If you find yourself reaching for the goodies on the counter or mindlessly snacking to deal with Holiday stress there are better ways to cope! Here are some tips:

1. **Acknowledge your feelings:** If you recently lost a loved one or are lonely during the holidays that is ok! It is important to reach out to a loved one and share your feelings
2. **Plan and stick to a budget:** Holidays usually bring about financial stress to an unprepared family. Create a budget together and stick to it to avoid debt-related stress.
3. **Keep your healthy habits.** Your weight loss journey should not be set aside. Continue to make time for walks and meal-prep as this will help boost your mood and keep you on track!



Egg-Land's Best Hardboiled Eggs

Eggs are a tried and true, perfect protein but can be time-consuming to make on busy mornings. If you need a healthy snack that is ready in an instant pre-peeled, hard boiled eggs are a great staple to keep on hand! 2 eggs are only 100 kcal and have 11 grams of protein. Top with salt and pepper for a quick snack

Featured Product of the Month



100 kcal/
2 eggs

11 g Protein/
2 eggs

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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: **ANYTIME**

Where: **Friends/family can call to have a link to our online seminar emailed to them!**

In Memory Of Lynn

As many of you may already know Lynn Adamczyk passed away last month. She was a patient and friend of Dr. McEwen's and the practice for many years. Not only was she an incredible advocate for the lap band but a kind and caring individual who was always willing to reach out to those in need of help or encouragement. If you would like to make a donation in her memory please consider donating to the Wounded Warriors Project, Humane Society of Hamilton County, or The National Brain Tumor Society.

