

# News to Lose

*Happy Valentine's Day!*



## Support Group: February 2023

*Topic: Self-Love & Food*

*Speaker: Kate Fisch, LCSW*

*Date: February 21st, 2023*

*Time: 5:00 pm*

*Location: Conference Room 160*

*Join us for a great presentation by Kate Fisch over emotional eating and body image/self-love. This has been a highly requested topic over the years and Kate spoke at one of our groups in 2018 and did a great job! Please plan to attend if you can!*

## Next month: March 2023

*Topic: Meal Prep Savvy*

*Speaker: Lauren Harrison*

*Date: March 14th, 2023*

*Time: 5:00 pm*

*Location: Conference Room 160*



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Community Health Noblesville



## Eat Right while Traveling

*With spring break and other vacation opportunities just around the corner it is important to plan ahead when it comes to traveling! Having a few healthy snacks on hand can keep you from breaking your calorie budget day after day. Here are some ideas!*

1. **Keep a cooler in the car when traveling.** This allows you to pack snacks that need refrigeration such as yogurt, string cheese, etc.
2. **Pack protein powder in plastic baggies and insert into a shaker bottle if flying.** This allows you to mix up a protein shake on the plane to tide you over until you reach

your destination. All you need is water!

3. **Plan to make a grocery store run when you reach your destination.** If you have healthy items on hand for breakfast and lunch and keep dinner as your meal out you will be on track for most of vacation!
4. **If you are in a hotel ask for a mini fridge if possible.** Your coffee maker also allows you to easily make instant oatmeal! Just add enough water for 1 serving and then dried fruit/nuts. Voila!

## Exercise Apps...for your TV!

*If you own a SmartTV you may not know you can download exercise apps! These apps vary in price but create an easy platform to do workouts at home. Some of our favorite are:*

1. **The Daily Burn:** This app lets you choose from a variety of workout videos from beginner to expert level starting at \$10/month. From dance to yoga to bootcamp.
2. **Fitness Glo:** Fitness Glo has over 500 workout videos. Cost is \$12/month to start. This app also allows you to "schedule" classes. Just like you would at the gym!
3. **Pilatesology:** If pilates is your workout of choice pilatesology offers classes with 30 different trainers and levels. Cost is \$19/month or \$150/year.





## Brownie Batter Hummus Dip

*This is the perfect Valentine's treat that tastes sinful but is actually weight-loss friendly! Chickpeas make the perfect creamy base to add cocoa and vanilla. Try adding mini dark chocolate chips for extra texture!*

### Ingredients

- 15-ounce can chickpeas (1½ cups cooked)
- ¼ cup tahini
- ¼ cup maple syrup or agave syrup, to taste
- ½ cup cocoa powder (Dutch process or dark chocolate, if desired)
- 1 teaspoon vanilla extract
- ¼ teaspoon kosher salt

Serves 8; 130 kcal/2 Tbsp.

1. Drain the chickpeas.
2. To the bowl of a food processor, add the chickpeas, tahini, maple or agave syrup, cocoa powder, vanilla, kosher salt, and 2 tablespoons water. Puree for 30 seconds, then scrape down the bowl.
3. Taste; if necessary, add a bit more syrup to your liking. Add additional 1 to 2 tablespoons water and puree again to come to a creamy consistency.
4. Store refrigerated for 7 to 10 days.
5. Serve with pretzels (gluten-free if desired), green apple slices, and strawberries.

### Directions

### Stop the Night-time Snacking

*Do you constantly crave that pre-bedtime snack? Do you wake up at night wanting sweets? Here are some tips to help you put that evening snacking to bed!*

1. Do not skip breakfast! You have heard it a million times before but breakfast really is the most important meal of the day! Research shows, those who eat breakfast tend to lose more weight than those who skip it.
2. Load up on fiber! Fiber is an extremely undervalued nutrient. Fiber is the indigestible part of a plant that helps slow down gastric emptying keeping you full longer. Women should aim for 25 grams/day min while men should aim for 38 grams/day. Try adding oatmeal to your breakfast, berries as a snacks, and edamame with your stir fry to boost fiber intake!
3. Get sleep. At least 7 hours if possible. Studies show lack of sleep leads to increased sugar cravings and binging on sweets. Turning off the TV at least 1-2 hours before bedtime has been shown to improve quality of sleep as well.



## Yasso Yogurt Bars

When the sweet cravings hit you it is important to have healthy swaps on hand!

Yasso bars are this month's featured product because they are portion controlled and generally < 100 cal/ serving.

We also love that there are over 15 different flavors each with 5-7 grams of protein. Can be found at Kroger and Fresh Market.

## Featured Product of the Month



**100 kcal each**

**5 grams pro**

**Single serve**



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## New Patient Seminar

Tell your family and friends about your experience with Dr. McEwen and if interested we can send them a free seminar!

When: **ANYTIME**

Where: **ONLINE**

**Have interested friends/family/coworkers call the office to hear more about the lap band and the process to get started. The first visit is always FREE.**

## Featured Patient of the Month: Autumn

Meet Autumn! Autumn had her lap band placed in August of 2017. Since then she has lost 50 lbs. and feels amazing! She was initially nervous about giving up bread and soda but feels so much better now she knows it was worth it! She tells anyone thinking about getting a band to come to a seminar and "do it!". She loves the increased energy level she has and recently did a "closet purge" and got rid of many clothes that are now too big. We are so proud of Autumn and her hard work!!

