

News to Lose



Walk from Obesity is Sept. 17th!

Join us on Team Community Can-Doers

Time is running out to sign up! The Walk will officially start at 9:00AM. Registration and vendor tables will open at 8:00AM. **This year's location is Fairbanks Hall at the Indy Canal!** Sign up at the link below- right now -registration is only \$25!

[Walk from Obesity Event Page \(asmbsfoundation.org\)](https://asmbsfoundation.org)

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 RD, Lauren, 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!



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Community Health Noblesville

Is “busyness” making you unhappy?



Do you struggle with over-commitment? Never feeling like you have time for you? Read below for some tips on taking back your schedule and ultimately, your life.

1. **Are you in denial?** The first step to tackling the business problem in your life is recognizing you have one! If you constantly feel spent and over-booked, it is time to make a change
2. **Learn how to say NO:** Seriously, the first step to finding balance in your life is paring down on your commitments. Do you *have* to be in that committee or constantly checking your email?
3. **Start with 5 min of “you” time:** Just 5 min! I love using the app **Calm** to help me learn breathing exercises. This refocuses me on what is actually important and gets me out of the constant thought pattern I fall into
4. **Plan 1 day/week where your schedule is empty:** This day should be your “recharge” day. A day where you aren’t running yourself ragged with errands and you make it a point to be on your phone as little as possible! Actually experiencing the world around you will bring you so much more joy!

What gym is right for me?

Ever wondered if you could check out a gym before going or possibly have a discounted rate? There are many reasons why we don’t visit gyms but unmet expectations tend to be one of them. If a pool is important it may be vital for you to have that pool open during the hours you are off work.

Gym Ticket is a website designed to help you find a gym that is right for you. It will take location, cost, and classes into consideration. Check out their website below:

<http://www.gymticket.com/>

Do you have a gym you really like? Or a routine that works well for you? If so, please email Lauren at lbrankle@ecommunity.com





Apple “Donuts”

We love these cute “donuts” to satisfy our sweet tooth! They are fun for the whole family to make and calorie smart!

Ingredients

- 12 oz. reduced-fat cream cheese, softened, cut into thirds
- 2 tsp. honey, divided
- 1/2 c. melted chocolate
- 1-2 drops pink food coloring
- 3 apples (any variety, we like Granny Smith!)

Directions

- Divide cream cheese among three small bowls. In one bowl, add 1 teaspoon honey. In another bowl, add melted chocolate. In the last bowl, add remaining teaspoon honey and pink food coloring. Stir each bowl together until combined.
- Slice apples and use a biscuit or cookie cutter to hollow out centers.
- Spread mixtures on apple slices and top with sprinkles.

Nutrition per 3 slices: 300 kcal, 4 pro, 3 fiber

Slow and Steady Wins the Race

Do you feel like your weight loss is slow? Possibly even too slow? Many of our patients are shocked that our expectations of 4-8 lbs./month for weight loss are not higher!

There is a reason behind this. Weight loss tends to stay off much better when lost in slow and steady manner due to small, healthy changes vs a drastic, unsustainable change.

Many of us have been able to lose weight before...possibly even large amounts but we just can't keep it off! Studies show that crash dieting or “yo-yo dieting” can cause a sharp increase in the hunger hormone, Ghrelin. Ghrelin is the hormone that causes hunger. If you lose weight rapidly and possibly in an unhealthy manner, your body self-protects by increasing your hunger so you will eat more, thus slowing or even stopping your weight loss progress.

Losing weight at the recommended 1-2 lbs./week can seem tedious but will undoubtedly lead to long-lasting success. Remember, we are after long-term diet and lifestyle changes. Say goodbye to the short-term and hello to new way of eating and living!

Skyr Yogurt

This RD's favorite new yogurt is Icelandic Skyr! It has all the creaminess of full-fat yogurt without all the calories. And the ingredients are simple and real!

The vanilla and Peach Cloudberry are 2 of my favorites! I love adding frozen berries and fiber-rich cereal to make a hearty snack!

Featured Product of the Month: Skyr!



120 cal

15 g Pro

13 g Carbs

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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:

ONLINE

Please have any interested friends/family call 317-621-2500 to have a seminar sent to them or for a link for more info!

Featured Patient of the Month: Myrna

Meet Myrna; Myrna has had her lap band since 2014. Over the last 3 years Myrna has lost an amazing 115 lbs.! Myrna feels great and enjoys taking motorcycle rides and enjoying her newfound energy and activity level! Myrna says she is grateful to Dr. McEwen for turning her life around! Way to go Myrna! We are so proud of you and your hard work!

