

News to Lose

Merry Christmas!



Support Group December 2022

Topic: Christmas Celebration

Speaker: Lauren Harrison, RD

Date: Tues, December 6th, 2022

Time: 5:00 pm

Location: Conference Room 160

Join us for a holiday celebration of your success! Various healthy snacks will be catered and we will have guest lap-band speakers who will be giving tips on dealing with holiday stress/family! No RSVP needed.



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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

Can be emailed to any interested friends/family. Just have them call 317-621-2500 and we can send video links their way. They can also visit lapband.com to view informational videos and learn more.

When: **Whenever!**

Where: **ONLINE**

Phone: **317-621-2500**

9669 East 146th Street
Suite 340
Noblesville, IN 46060

Featured Patient of the Month: Lacy

Lacy started the program in June of this year and has lost over 50 lbs since! Great job, Lacy!



Lacy has lost 50 pounds!

www.lapbandindiana.com

Dr. Keith McEwen, MD

