

WINNING INFORMATION

January, February and March 2021

Upcoming events: - Please note that due to the coronavirus these groups are subject to time and day changes. Please call 527-2946 for the most up-to-date information.

Bariatric Support Group: 6:00-7:00pm, by Zoom meeting. Jan 21st topic: Kick off the New Year! Your Toolbox— What tools do you have?; Feb 18th topic: Assessing Self Awareness & Happiness; and March 18th topic: What is the Rush? Unrealistic Weight Loss Expectations

Non-Surgical Weight Loss Information Sessions: Jan 5th, Jan 19th, Feb 16th, & March 16th at 8:30-9:30am or Feb 2nd & March 2nd at 3:45-4:45pm. Call to register.

Surgical Weight Loss Informational Session: Jan 13th at 5:00pm or Feb 10th and March 10th at 3:00pm

If you are interested in any of the programs offered at the Weight Institute please contact our office at **603-527-2946**

“Success is the sum of small efforts repeated day-in and day-out”



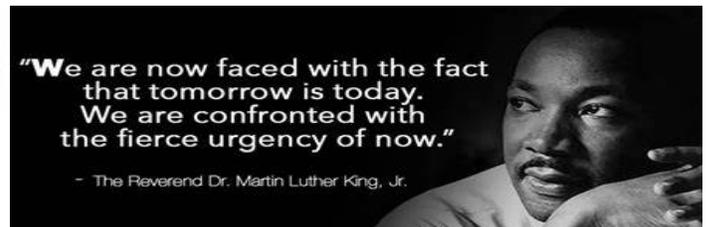
BRAELYNNE’S BALANCED BITES

March is National Nutrition Month! This year’s them is Personalize Your Plate!

While there are healthy changes that most people can benefit from (such as eating more vegetables), there is no one-size-fits all. Everyone has different body types, health goals, genes, and tastes. Dietitians can help create individualized eating plans to fit each person’s needs.

Some tips to help get you started on personalizing your plate:

- Identify your goals (overall health, weight loss, muscle gain, etc.)
- Look at your schedule and preferences. Do you tend to prefer small meals and snacks, or three larger meals during the day? Choose the option that fits your lifestyle.
- What type of proteins do you tend to choose? More plant-based like beans, or more animal-based like meat and fish? Choose what you prefer.
- Do you eat a variety of fruits and vegetables, or are you looking to expand your pallet? Aim to try a new fruit or vegetable at least once a week to find out what you like best.
- What is the ratio of vegetables to starches for most of your meals? Does it align with your health goals? If weight loss is the goal, have twice as many vegetables as starch. If muscle gain is the goal, have about equal portions of starch and vegetables.



ASIAN SPICED PEARS FOR THE CHINESE NEW YEAR (FEBRUARY 12TH)

Ingredients:

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|---|-------------------------------|
| 4 pears | 1 tbsp. butter |
| 1 tsp Chinese 5 spice (or 4 anise stars) | Lemon juice from 1 lemon |
| 2 Cinnamon sticks (or 1 tsp ground cinn.) | 4 packets of sugar substitute |
| 1 tsp vanilla | |

INSTRUCTIONS

1. Preheat oven to 325F. Wash pears and cut in half. Core the pears by using a spoon to scoop out the seeds.
2. Immediately squeeze lemon juice over the pears to prevent them from turning brown
3. In small sauce pan put the butter, sugar substitute, Chinese 5 spice, vanilla, and cinnamon and a small squeeze of lemon juice and heat until bubbly
4. Spray oven safe pan with a little spray oil. Place the pears with cut side up. Pout the spice and butter mixture over the pears. Sprinkle with a little ground cinnamon if desired.. Bake for 30-40 minutes or until fork tender and slightly caramelized. Serve warm.

Source: <https://www.hwcmagazine.com/recipe/asian-spiced-pears/>



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EXERCISE EXPLAINED



2020 was a unique year and thank goodness it is over! The corona virus changed how we do a lot of things and exercise is no exception! Many people have realized they don't need a brick and mortar gym to get a good workout and are turning to other ways to increase their heart beat and build muscle. Looking forward here are some of the top exercising trends for 2021:

- **Digital Fitness** or virtual fitness— Many people are turning to YouTube for their workout. Others are using on demand and subscription services like Peloton, Daily Burn and Jazzercise On Demand. Apps on phones or tablets are also seeing an uptick in use like the Nike Training Club, Fitness Point and My Fitness by Jillian Michaels.
- **Wearable technology** like fitness trackers, smart watches and smart clothing. Smart clothing has hardware that can connect by Bluetooth to your phone. An example is Nadi X yoga pants which vibrate to let you know you are not in a correct yoga position. Sensoria Fitness Socks have sensors that track your steps and gives tips to improve your running style.
- **Outdoor Group classes** are being more requested in the new year.
- Watch for **Recover and percussive therapy** as we become more mobile again. Percussive therapy is a form of vibration therapy. It has been marketed as products like the “vibrating gun” which decreases soreness and increases range of motion.



ELIZABETH'S 2 CENTS

February is National Heart Health month!

There are many ways we can protect our hearts through diet and exercise. One way to is ensure we are getting enough Omega 3 fats in our diet. Omega 3s fats may protect your heart by:

- Keeping the lining of your arteries smooth and free of damage.
- Decreasing triglyceride levels.
- Decreasing inflammation. It is believed that the hardening of the arteries which starts heart disease is an inflammatory response.
- Decreasing risk of blood clots.

Omega 3s have protective factors that reduce the risk of developing cardiovascular disease and reduce the risk of death from cardiovascular disease. You may now be asking: What is an Omega 3? It is the type of fat found in fish. The fattier the fish the more Omega 3s! High fat fish include:

Salmon ♥ Sardines ♥ Mackerel ♥ Trout ♥ Herring ♥ Tuna

Other (non-fishy) sources include:

Seaweed ♥ Chia seeds ♥ Hemp Seeds ♥ Ground Flax Seeds ♥ Walnuts

For good heart health it is recommended to have 2 fish meals a week. When preparing these fish meals make sure to focus on baked and not fried fish! For Valentine's day be sure to show your loved ones how much you love them by serving a heart healthy meal!

STEVIA SWEETENED MERINGUE FOR VALENTINES DAY FEB 14TH

Ingredients:

1/2c liquid egg whites (about 3 large egg whites)
1/4 tsp cream of tartar
2 tbsp. powdered pure stevia

Directions:

1. Preheat oven to 215F and line a cookie sheet with parchment paper.
2. Beat the egg whites for about 5 minutes until they begin to stiffen.
3. Slowly add the cream of tartar while beating the egg whites.
4. Slowly begin to add in the powdered stevia while still beating the egg whites and continue beating. Total beating time should be about 10 minutes. You will know when you are done beating when you can flip the bowl over and nothing comes out.
5. Use a spoon or piping bag to dollop egg whites onto the parchment paper.
6. Place tray in oven for 25 minutes. Rotate tray and bake for another 22-24 minutes.
7. When they are done, turn off the oven and let them sit in the oven for about 15-20 minutes longer. Then transfer them to an airtight container.

