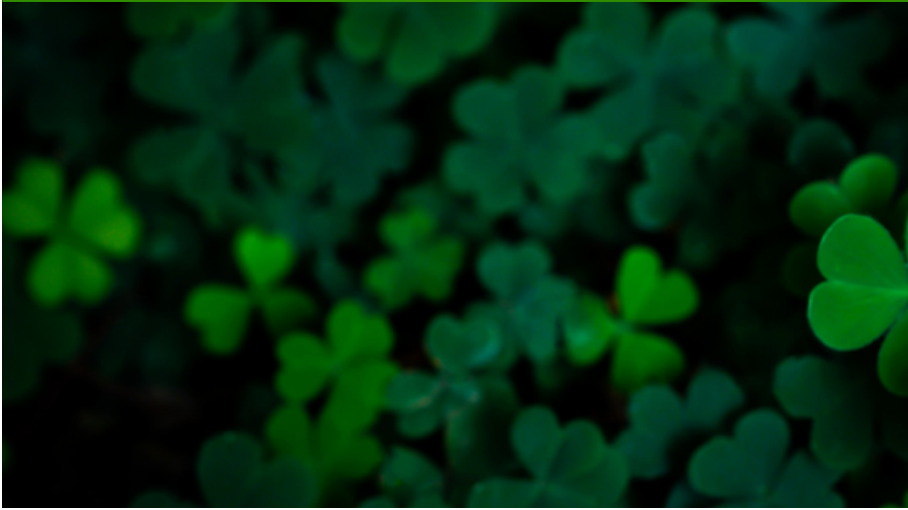


MARCH UPDATES | HEALTHY LIVING WEIGHT MANAGEMENT | (916) 983-8868



Welcome, we are glad to present our inaugural newsletter! We are thrilled to have you all as patients of Healthy Living Weight Management. For those who have just started their journey, welcome to our program and to those who have been with us, we are very proud of your progress and commitment.

Check Out our New Website

This month, we are excited to share all the changes and additions we have made to our program. We launched our weight clinic page as a one-stop shop to explore all our weight clinic resources and updates.

In order to access the pages, click on the link below and hover over Health Services. A drop-down menu should appear where you should see a Weight Management tab. If you proceed to hover over that tab, you will be able to see all of our newly launched pages that include our incentive program, a recipe page and a nutrition blog section.

Follow the link below:

<https://healthylivingpc.com/>

Announcements

This month we feel extremely lucky to have you all in our program! Our team is very happy to be there alongside your strides and accomplishments.

- **Patient Incentive Plan**

We launched this program in February, and it seems to be going well. We have been giving out a lot of tickets! Keep up the good work!

- **Save the Date**

We are launching a series of extracurricular patient activities this year starting with 'An Introduction to Health' presentation on **Thursday, March 21st**, at **5:30pm** in our Folsom office. Keep a look out for further details coming via MyHillChart email.

- **NUMETRA Orders**

Moving forward we are limiting orders to 4 boxes per flavor and 4 orders of chips per month. This will greatly help us manage our inventory. Thanks in advance for understanding!

Combined Clinic Weight Loss in February:

~150 lbs !!!



Check out our Salmon-Stuffed Avocados Recipe

Feel free to share recipes you have enjoyed making so we can add them to our website!



Irish Corned Beef and Cabbage

With St. Patrick's Day coming up, we hope you get to enjoy this healthy yet tasty modification of Irish Corned Beef by clicking the link above!



Exercise of the month: The Basic Squat

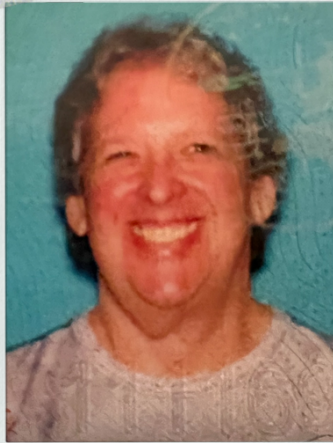
How to do a basic squat:

1. Start with feet a bit wider than hip width apart and toes pointed slightly outward
2. Keep chest up and out. Engage the abdominals and shift weight in heels with hips pushed backwards
3. Lower yourself into a squat until your heels begin to lift or your torso rounds
4. Push through your heels and keep your core tight as you stand up and squeeze glutes

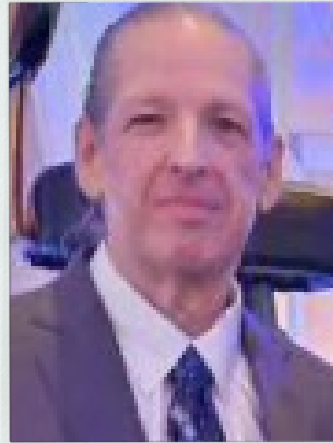
Click here to check out more info...

VISIT OUR WEBSITE TO CHECK OUT OUR RECIPES AND BLOGS

Patient Spotlight of the Month



BEFORE.



AFTER.

John C. - Age 54

I was always the biggest kid growing up. The most traumatic event was weighing in at 214 lbs in front of the whole gym class in 7th grade. My highest weight was 394 lbs. I had Roux-en-Y gastric bypass surgery at 35 and got down to 204 lbs for a few months, then it was a roller coaster ride going from 230 lbs to 270 lbs from the age of 36 to May of 2023 when I started this program.

The moon, stars, planets must have aligned because I found myself choosing a new provider and selected one with a weight-loss clinic. I ended up working with Annika and Kim. Everything just clicked. They've been nothing but supportive EVERY step of the way. Here's what I did besides buying supplements, showing up to appointments, eating a sensible diet and doing some exercise.

First, I read all the information in the binder they provided and wrote down questions. I then decided I was going to be successful and not beat myself up if I 'slipped', 'fell off the wagon', 'ate a single potato chip', whatever. I just decided I want the roller coaster to stop. I started at 271 lbs on May 19th, 2023. My goal was to lose a pound a week.

As of today, my weight ranges between 185 lbs – 190 lbs. Along with continuing the way that I eat, I am currently working with a personal trainer to put on muscle. I'm trying to remember it's not the number, but what my body composition numbers are and most importantly, how do I feel physically and mentally.

What I did to be successful:

- Weigh my food
- Prep my food for the week so I didn't have to worry about it
- Weigh myself daily
- WALK. I really should have started seeing a personal trainer, going to the gym and lifting weights sooner, but I just walked a lot

Let us know if you would like to be our patient spotlight for next month!!!!