

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



April
Fools'
Day

Happy Spring!

Welcome to our April "Fool's" newsletter. No tricks here, just incredible progress and clinic updates to share. We hope you had a wonderful and peaceful Easter with family and friends.

With Spring in full swing, we hope you are able to take advantage of the nice weather (and longer days!) to get in more outdoor activity.

Stay Updated on Weight Clinic Through our Website!

We are excited to share all the changes and additions we have made to our program. Our recipes page on the weight clinic website continues to evolve as we add more recipes; both weight clinic created recipes and patient recommended ones. Make sure to keep a look out for new nutrition blogs and get familiar with the incentive program point system.

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, plus much more.

Follow the link below:
<https://healthylivingpc.com/>



Announcements

- **All Star Patients:**

This month we created a patient recognition wall for all patients who have lost 5% or more of their body weight. Keep your motivation strong, you all are doing great! You never know, next time you come in, your name might be on the board!

- **Quarterly Activity:**

Thank you to everyone who attended our presentation 'An Overview of Health' this month. We hope you enjoyed it and learned something new as well. We hope to see more of you at the next activity!

- **NUMETRA Products**

We introduced new Numetra products which many of you seem to enjoy. These products include peanut bars, honey mustard chips and sloppy joe. Please let us know what your favorite products are.



Combined Clinic Weight Loss in March:

~158 lbs !!!

PRO-TIP

Earn up to 6 tickets per week by exercising 5x/wk and daily tracking your food



[Check our Grilled Chicken and Quinoa Salad](#)

Click the link above and check out this delicious nutrient dense salad on our website



[Protein Rich Lentil Patties](#)

Thank you to Vicki for recommending this delicious and protein rich meat substitute!



[Exercise of the month: Glute Bridge](#)

[How to do a bridge:](#)

1. Lie on your back, bend your knees, and plant your feet hips width apart. Then place your hands face down to the side
2. Tighten your core and glute muscles
3. Raise your hips until your knees are in line with your shoulders
4. Try to hold your bridge 10-30 seconds
5. Repeat this step 3-5 times

[Click here to check out more info...](#)

VISIT OUR WEBSITE TO CHECK OUT OUR RECIPES AND BLOGS

Patient Spotlight of the Month



Vicki P. - Age 55

My father passed away a year and a half ago with a long list of medical issues due to excessive weight and a sedentary lifestyle. It really made me take a look at myself, as I was getting older, to see how life stresses began weighing on me. For the first time in my life, I had high blood pressure and had to go on medication to control it. Then, at 55 years old, I hit my highest weight of 217 pounds. I had low energy, wasn't sleeping well and started having other health issues and decided it was time to make a change. I did not want to have the same struggles my father had as I continued to age. I spoke with Annika about seeing a nutritionist to assist with my weight loss and she mentioned the weight clinic.

I immediately scheduled an appointment with Kim, and it was exactly what I needed to jump start my weight loss journey. I was a bit skeptical to use the meal replacements at first, but am so glad I did. They really helped to narrow my focus to only having to make two meals a day which felt more manageable. I found that it was best to create a meal plan over the weekend and do any meal prep then. This way when things got busier for me throughout the week, I did not just grab the easy junk food that I was used to in order to make a quick meal.

I soon started recognizing what triggered me to want to eat. Staying up late at night was one, so I started going to bed earlier. Stress was another big trigger, so I turned to meditation and taking mindfulness classes to assist with learning how to better deal with the stress in my life. Journaling has also become a daily activity which helps me to take a moment and really look inside myself regarding my goals for both my weight loss journey and my life.

Overall, I have found this to be much easier than I thought it was going to be. Anoud and Annika are a great support system! I weigh in, track my meals and exercise every day, which assists me to look at what works for me and what needs improvement. I am exploring new recipes as I am changing eating habits. I am down 35 pounds, I have lost 3 inches on my waist, thighs, and hips, (so glad I took measurements at the beginning to compare!) and most importantly, my health issue has resolved itself. I am close to reducing my blood pressure medicine and my BMI has reduced by 4 points. My body fat has reduced by 7%.

Thanks to everyone at Healthy Living that is my support system, whether it being words of encouragement, having new options for meal replacements, etc.

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