

Your Connection to Healthy Weight



Helpful, Healthy Information from
The Center for Bariatrics and Healthy Weight

December, 2021

Helpful Hints for You

As the year draws to a close, you may already be thinking about setting a New Year's resolution. Resolutions are a great way to set goals for yourself, and you can set yourself up for success by making your goals or resolutions "**SMART**."

S — Specific

M — Measurable

A — Attainable

R — Realistic

T — Time-bound

By making your goals **SMART**, you can set goals that are specific to *your* needs, that are realistic, and that offer a way to track your progress. **SMART** goals allow you to realize success and keep you on course so you don't ditch your goals by mid-February.

News to Use

Plant-Based Diets Can Help Lower Blood Pressure

High blood pressure is the leading risk factor for stroke and heart attack. Increasing fruit, vegetable, legume, and whole grain consumption through plant-focused diets has been proven to lower blood pressure. Adopting a strictly plant-based diet is not achievable for everyone, but reducing your animal product consumption (meat and dairy products) can still be effective. A study done by Joshua Gibbs, a student at the

University of Warwick School of Life Sciences, shows that following the DASH diet can lower blood pressure compared to a typical diet. A DASH diet encourages the consumption of fruits, vegetables, whole grains, nuts, and seeds, and low-fat dairy products and limits the intake of sweets, saturated fat, and sodium. Gibbs also states that decreasing consumption of animal products can lead to a 14% reduction in strokes, a 9% reduction in heart attack, and a 7% reduction in overall mortality.

Learn more about plant foods and blood pressure at: <https://www.sciencedaily.com/releases/2020/07/200724191441.htm>

Upcoming Events

FREE WEIGHT LOSS SEMINAR

Our informational seminar, led by Dr. Karleena Tuggle, Bariatric Surgeon and The Center's Medical Director, provides insight into the surgical options that may be right for you.

View at: <https://www.southernregional.org/services/center-for-bariatrics-healthy-weight/online-seminar/>

Or call 770-897-SLIM (7546) for more information.

WELLNESS WEIGH A WEIGHT LOSS SUPPORT GROUP

"How to Make and Achieve Goals in the New Year"

December 16

6:30 - 7:30 p.m.

Center for Bariatrics & Healthy Weight
at Southern Regional

RSVP to: 770-897-SLIM (7546)

Recipe of the Month

15-Minute Beef and Broccoli

Ingredients:

- 1 lb flank steak, sliced into bite-sized pieces
- 5 cups broccoli florets
- 1/2 cup low-sodium soy sauce
- 2 tbsp honey
- 4 cloves garlic, minced
- 1 tbsp brown sugar
- 1 tsp pepper
- 1/2 tsp dried rosemary

Directions:

1. Preheat oven to 425 degrees F. In a large bowl, whisk together soy sauce, garlic, honey, brown sugar, and pepper.
2. Add broccoli to bowl and coat with marinade. Place broccoli on baking sheet.
3. Add sliced steak to marinade and let sit for at least 10 minutes. Use slotted spoon to place marinated steak on baking sheet. Bake steak and broccoli in oven for 12 minutes, or until cooked through.



Southern Regional Medical Center