

Your Connection to Healthy Weight



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

December, 2019

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 create 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 using **SMART** to set goals you are creating them to fit *your* specific needs, making them realistic, and setting up a successful way to track your progress. **SMART** goals should allow you to realize success and may keep you on course so you don't ditch your goals by mid-February.

News to Use

It is well known that individuals who are overweight and obesity have an increased risk of multiple chronic diseases, such as cardiovascular disease, hypertension, and Type 2 diabetes. Recent research now shows a link between obesity and poor brain health and function. A decade-long investigation compared brain health of obese individuals with that to those with a healthy weight. The results found that those with obesity had a lower cerebral volume. Researchers say that reducing ones weight and improving their heart health can lead to increased brain health and function. A diet rich in fish, fruits, vegetables, heart-healthy fats, and whole grains can promote brain health. To learn more, see the link below:

<https://www.usnews.com/news/health-news/articles/2019-11-21/aha-news-obesity-other-factors-may-speed-up-brain-aging>

Upcoming Events

FREE WEIGHT LOSS SEMINAR

December 21 and January 18
10 a.m.—12 noon
Southern Regional Education Center

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. To sign up or for information, call: 770-897-SLIM (7546) or email: srga-bariatrics@primehealthcare.com.

WELLNESS WEIGH A WEIGHT LOSS SUPPORT GROUP

January 18; 12 — 1 p.m.
Southern Regional Education Center

Support you need on your journey to wellness and a healthier you.

Recipe of the Month

Makes 4 *complete* meals

Chicken & Butternut Squash Meal Prep Bowls

Ingredients:

- 3 boneless, skinless chicken breasts, cubed
- 2 cups wild rice
- 1 Tbsp. olive oil
- 1/4 cup honey mustard
- 1 cup brussel sprouts, sliced in half
- 1/2 medium butternut squash, diced
- 1 red pepper, chopped
- 1 small red onion, chopped
- 4 cloves garlic, minced
- 1 tsp. dried sage
- 1 tsp. salt
- 1/2 tsp. pepper

Instructions:

1. Preheat oven to 450° F. Cook wild rice according to instructions on stove top or in rice cooker.
2. Add all veggies to large baking sheet, toss with olive oil, garlic, sage, salt and pepper. Coat chicken in honey mustard and add to the same pan. Place pan in oven for 15-18 minutes, until chicken is cooked through.
3. Evenly divide chicken, veggies, and rice into 4 separate meal prep containers and enjoy for up to five days when stored in the fridge.

