

Your Connection to Healthy Weight



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

January, 2021

Helpful Hints for You

Stay Active During the Winter

Due to the COVID-19 pandemic and cold winter weather, many individuals are staying indoors. It can be challenging to stay active during this time. Although this is true, it is critical to continue engaging in physical activity daily.

Here are some helpful tips you can use to keep yourself and your family active while indoors:

- **Stay motivated**— remind yourself why it is important to stay active throughout the year.
- **Join a gym or health club**— fitness centers offer a variety of classes such as yoga, cycling, water aerobics and dancing.
- **Exercise at home**— jog around the house, non-weight bearing exercises
- **Walk at the mall**— the mall is a great place to walk, it is free and there is plenty of ground to cover.
- **If possible, take the stairs**

News to Use

Consume Enough Vitamin D

Vitamin D is one of the most common nutrient deficiencies in the US. About 42% of Americans are deficient in vitamin D. This percentage significantly increases in elder and persons with dark skin due to decreased abilities to produce vitamin D. Vitamin D promotes calcium absorption, thus promoting healthy bones and teeth. Furthermore, vitamin D supports immune, nervous system, lung function, cardiovascular health, regulates insulin levels, and reduces risk of cancer. Since we receive most vitamin D from the sun, staying inside can have an impact on vitamin D levels. It is important to engage in outdoor activities whenever possible and consume calcium rich foods daily. Alternative sources of vitamin D include supplementation and consuming foods high in vitamin D. Speak with your physician to determine your vitamin D levels before taking vitamin D supplements.

[Click here](#) for vitamin D food sources!

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**
"MANAGING YOUR TIME AND GOALS"
January 16th; 12 noon — 1 p.m.
Southern Regional
Education Center

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

Recipe of the Month Chicken Tortilla Soup

Serves 8

Ingredients

- 32 oz low-sodium chicken broth
- 2/3 cup low-fat ranch dressing
- 2 cups shredded rotisserie chicken
- 2 (14.5 oz cans) tomatoes with green chiles
- 1 package mild taco seasoning
- 1 (14 oz package) frozen corn, southwestern blend
- Optional toppings: sour cream, avocado, crunchy tortilla strips, low-fat cheese

Directions:

1. Add all ingredients into a pot over medium-high heat and allow to come to a slow boil.
2. Reduce heat to low. Cover partially with a lid and cook for 20 minutes.
3. For the last 5 minutes of cooking, remove the lid and simmer.
4. Remove from the heat and let stand for 5 minutes before serving. This will allow the soup to thicken and cool.

Other Options:

- 1) Feel free to get creative and use different ingredients such as ground turkey, black beans, bell peppers, and lime

