



## JANUARY IS SLOW COOKING MONTH!

This is a great time to break out and dust off the crock pot. Benefits of slow cooking are:

- Use less electricity than the oven
- Low temperatures tenderize less expensive cuts of meat
- One-step prep—throw everything in, turn it on and go!
- Cook in bulk—make enough to store and freeze for lunches or dinners when there's no time to cook.
- A variety of foods can be cooked in crock pots, like soups, stews, main dishes, side dishes, meats and poultry.

We're on the web  
<http://www.wliaz.com>

Visit our website at [www.wliaz.com](http://www.wliaz.com) to learn more about us, read our blog and access tasty recipes!

### 5 Convenient Locations:

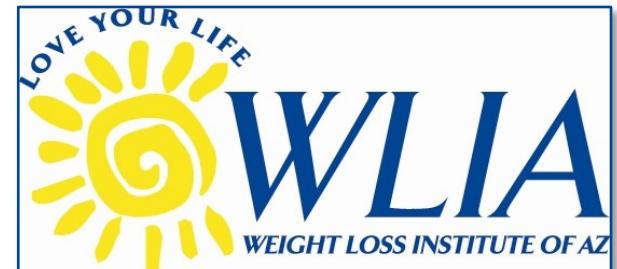
4860 E Baseline Rd—Mesa/Gilbert  
1855 E Southern Ave—Tempe  
9305 W Thomas Rd #480—Phoenix  
16222 N 59th Ave #180—Arrowhead  
6261 N La Cholla Blvd # 201—Tucson

### Contact Us:

Phone: 480-829-6100  
Fax: 480-446-9475  
E-mail: [info@wliaz.com](mailto:info@wliaz.com)

### Office Hours:

Monday—Friday: 8:30 am—5:00 pm  
Saturday: By Appointment Only



### Upcoming Support Group Meetings

We host support groups twice a month—in the West Valley and East Valley—in the evenings at our various locations.

Support group meetings are a vital part of your weight loss journey—we hope you can join us!

Call for the January/February meeting schedule or check our private Facebook group(s) for dates and announcements.

Dates subject to change, please call the office to verify.

## POMEGRANATE BREAKFAST QUINOA



### Ingredients:

1 1/2 cups White Quinoa  
1 1/2 cups Almond Milk  
1 1/2 cups Water  
1 cup Pomegranate Seeds  
3 tbsp. Golden Raisins  
3/4 tsp Pumpkin Spice  
1/2 cup Toasted Pecans, Chopped  
2 tsp Agave Nectar (optional)

Start your day right with this warm, hearty dish!

### Instructions:

- Add almond milk, water, pumpkin spice, and quinoa in a pot.
- Bring the mixture to boil, then reduce the heat to low-medium. Let the mixture simmer for 15 minutes or until most of the liquid is absorbed.
- When quinoa has finished cooking turn the heat off.
- Add raisins, pecans, and pomegranate seeds.
- Measure 1/2 cup into a bowl. Allow quinoa to cool, enjoy.

Find this recipe and others at [www.wliaz.com](http://www.wliaz.com)!

# BARI-TIMES

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## EAT RIGHT THIS YEAR

Each January, millions of Americans make resolutions to eat healthy and lose weight, but many lose steam along the way. If you have trouble keeping your resolutions or meeting your goals, make this the year you create a solid plan that sets you up for success!



### Start by Assessing Your Food Choices and Lifestyle

Keep track of what you eat and drink and how much physical activity you get so you can identify behaviors you would like to change.

### One Large Goal can Seem Overwhelming

Break big goals into smaller, more specific goals, and include a list of realistic changes in your daily routine to achieve these specific goals. For instance, divide big and vague goals like "I will eat better" into smaller, more

specific goals like "I will eat one more piece of fruit per day." Remember, while your goals should be challenging, they should also be reachable.

### Make Sure the Goals You Set are Measurable

The goals must provide answers to "How much?" or "How many?" so you can easily review and track your progress. Evaluate your progress every week or two, and update your plan based upon your current progress or circumstances. Make sure you

are giving yourself enough time to achieve each smaller goal so you are not discouraged if you haven't met them.

### Seek Help from a Qualified Health Professional

A registered dietitian nutritionist is your best source of reliable and up-to-date food and nutrition information. An RDN also can help you determine measurable and achievable goals, as well as a plan to help you achieve them and support along the way.

Article from [eatright.org](http://eatright.org)

## KICKIN' IN THE NEW YEAR



Time to break out of our comfort zone and try a new activity! Mark your calendars to come to a group kickboxing class with all of your WLIA friends.

Date: January 14

Time: 2:00pm

Place: Title Boxing Club  
Ahwatukee Foothills Towne Center

Address: 5037 E Ray Rd,  
Phoenix, AZ 85044

RSVP to:

[Sarah.Burke@wliaz.com](mailto:Sarah.Burke@wliaz.com)



### Class details:

60 minute session  
All fitness levels welcome  
Fee (\$15-20) covers class and hand-wraps

## GET SOCIAL, STAY CONNECTED



**WLIA** uses several types of social media to help you stay connected, updated and motivated. Be sure to take advantage of all of these resources!

**Facebook**—Search *Weight Loss Institute of Arizona* and like our page to see posts with tips, articles and updates! Join us online for support group meetings broadcast LIVE if you can't make it in person. To be part of our private Facebook group, send a friend request to *Mike Murphy RD, Ariel Whittaker Dietitian, or Sarah Burke Registered Dietitian*.



**Pinterest**—send an email to [mike@wliaz.com](mailto:mike@wliaz.com) to join the WLIA Bariatric Surgery Board. This is a private group where you can find and share great recipes.

**Instagram**—Follow @weightlossinstituteofaz to see what's happening at WLIA. Support successful patients, get updates about products and more!

**YouTube**—Subscribe to our channels "Mike Murphy Dietitian" or "Weight Loss Institute of Arizona" to watch inspirational videos.

Social media makes it easy to keep you in the loop!

### MINDFUL EATING TIP:

#### Reflect

Before you begin eating, take a moment to reflect upon how you feel. Are you rushed?

Stressed? Sad? Bored? Hungry? What are your wants, and what are your needs? Differentiate between the two. After you have taken this moment to reflect, then you can choose if you want to eat, what you want to eat, and how you want to eat.

For more tips, read "10 Tips for Mindful Eating: Just in Time for the Holidays" by Wynne Armand, MD on the Harvard Health Blog at [www.health.harvard.edu/blog](http://www.health.harvard.edu/blog)

You are never too old to set another goal or to dream a new dream.

—C.S. Lewis

### 30 MINUTE WORKOUTS FOR ANY SCHEDULE

BY HEATHER MANGIERI, MS, RDN, CSSD, LDN

**W**ho isn't in a time crunch these days? Even with the best intentions, it's easy to fall off the workout wagon after a hiccup in a weekly routine. Yet, the beneficial effects of exercise are undeniable and far outweigh any risk in most adults. Current recommendations suggest adults get at least 150 minutes of moderate-intensity aerobic exercise a week such as brisk walking or cycling, and two to three days of muscle-strengthening activities.

It's best to spread your activity out during the week, as well as breaking it up into smaller chunks of time throughout the day. In fact, "research continues to emerge supporting the notion that small bouts of exercise accumulated throughout the day may provide many of the same benefits as one continuous bout of activity," says Jessica Matthews, MS, an exercise physiologist at the American Council on Exercise. So, if you can't seem to find

30 consecutive minutes in a day for your workout, you can still fit it in by splitting up the time.

How do we put those recommendations into practice? "Making time for physical activity starts with changing our mindset and treating workouts just as you would any other important appointment or commitment," says Matthews. "To help make fitness a priority, block off time in your day planner and treat it just as you would any other obligation."

#### 10-Minute Mini-Workouts

Matthews suggests taking 10 minutes in the morning, afternoon and evening to do some form of activity. This can include 10 minutes of body-weight exercises (push-ups, crunches, lunges, squats, etc.) in the morning, a 10-minute brisk walk during your lunch break at work and 10 minutes of yoga-inspired stretching in the evening.

**Involve the Family in Daily**

#### Fitness

Thirty minutes will fly by if you get the kids engaged in something that they, too, can enjoy. Grab the family and head out for a walk, game of tag or bike ride.

#### Clean with Purpose

Don't just sweep the floor, scrub the floor. Don't just unload the dishwasher, dance with the dishes. Minutes add up fast when you move more during your clean-up time.

30 minutes of activity accumulates when you seek out opportunities, such as taking the stairs, parking far away and doing yard work.

If you can't seem to find the self-motivation needed to make it happen, consider recruiting a workout partner or hiring a fitness professional. Knowing that someone is expecting you at a certain place or time can help to enhance accountability for being more active.

## PATIENT SPOTLIGHT



## Ayofemi Foster

Ayofemi has lost a total of 50 lbs in 3 short months since undergoing the gastric sleeve. She is very close to her weight loss goal, but she has already completed some major health-goals! She no longer depends on diabetes medication to control her blood sugar levels, and her blood pressure is normal without the help of medications. Way to go Ayofemi!



### SPICE IT UP!

You can liven up any dish with fresh or dried herbs. Adding herbs to boost flavor will allow you to cut added salt, fat and sugar from your meals. Be sure to add these versatile herbs to your spice rack:

- Black pepper
- Cayenne pepper
- Oregano
- Cumin
- Garlic powder
- Onion powder
- Bay leaf
- Curry powder
- Thyme
- Smoked paprika
- Nutmeg
- Turmeric
- Clove
- Cinnamon
- Chili powder
- Italian herb seasoning blend

Add to these as you try new herbs and spices!

### SHOW YOUR SUPPORT

**R**esearch shows that bariatric patients who attend support group meetings after surgery often achieve better weight loss than those who do not attend support group meetings.

This makes sense if you think about it, because anything is easier when you know you are

not alone. Support group meetings provide a place for you to ask questions, talk about your concerns and meet new friends.

We encourage all patients to participate in our support group meetings to help you stay on track. We host meetings twice a month in both the

East and West Valley at our various locations. To find out when the meetings are you can call the office, ask your registered dietitian or look at the private Facebook group(s) for more details.



### SLEEPLESS IN PHOENIX

TIPS FROM SLEEP.ORG

**T**hink about your sleep last night – did you get enough? If you're like most Americans, you probably didn't, either because it was hard to fall asleep, you didn't sleep long enough, or you had trouble staying asleep. Have you heard of circadian rhythms? These are our bodies' natural sleep/wake cycles. Modern day technology often fights against these natural rhythms

and the consequence is we have poor sleep. Establishing good sleep habits can go a long way to promoting better sleep. Try these tips to start catching some quality ZZZ's:

1. Stick to a consistent sleep schedule – go to bed and wake up at the same time. This may be hard to do and may also sound too simple, but it helps keep your

2. Limit tech use before bed – just as light helps you wake up in the morning, it can also keep you awake at night.
3. Open your blinds – light signals your brain that it's time to wake up. Let the sun shine in or if you're awake before the sun, turn on your brightest lights to get your brain going.

**YOU KNOW ALL THOSE THINGS YOU'VE ALWAYS WANTED TO DO? YOU SHOULD GO DO THEM.**

ELITE DAILY