

Weight Loss Institute of Arizona

**6 convenient locations to serve you:**

4860 E. Baseline Rd —Mesa/Gilbert  
 1855 E Southern Ave—Tempe  
 8575 E Princess Drive #215—Scottsdale  
 9305 W Thomas Rd #480—Phoenix  
 16222 N. 59th Ave #D180—Glendale  
 6261 N La Cholla Blvd # 201—Tucson

Phone: 480-829-6100  
 Fax: 480-446-9475  
 E-mail: info@wliaz.com

Office Hours:  
 Monday—Friday 8:30 am—5 :00

**Support Group Meetings\*:**

Support group meetings are a vital part of your weight loss journey—we encourage you to join us at one or more meetings!

**May and June meeting(s) to be announced, we will be having support groups on different days/times/ locations to accommodate more people. Check our Facebook page or call the office to inquire about the exact date and time.**

**We look forward to seeing you at a meeting!**

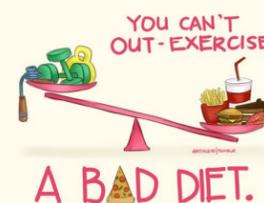
*\*Dates are subject to change. Please call the office to verify.*



Join our private Facebook page to stay up to date on our support group meetings, nutrition news, monthly challenges and to be in contact with our other patients!

On Facebook search: mike@wliaz or kathy@wliaz.com, and mallory@wliaz.com, click add as friend and we will add you to the group!

Our BRAND NEW protein powders are in! 30 servings per container for \$36.00. Flavors include Cookies & Cream and Dutch Chocolate. Both flavors are receiving thumbs up from patients who have tried them for taste and consistency. We have formulated the Whey Isolate ourselves with added fiber, b12, and Probiotics. This is a formulation you will not find anywhere else!



**Inside this issue:**

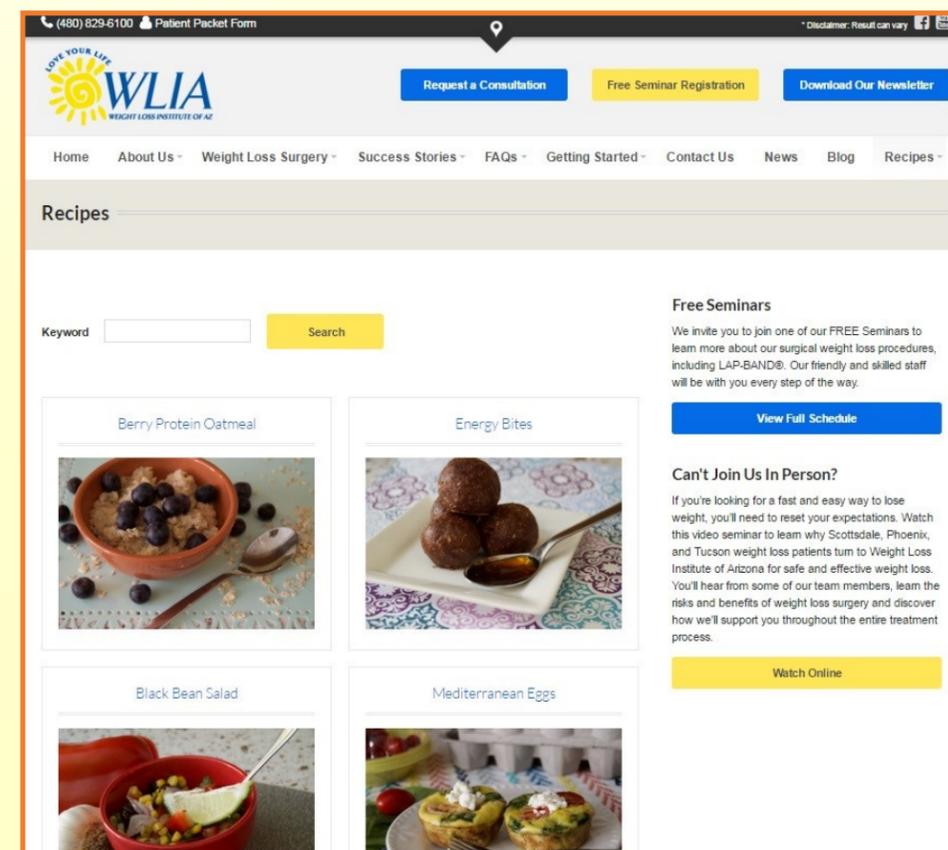
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# WLIA BARI-TIMES

A newsletter from the Weight Loss Institute of Arizona

May/June 2016

**New Addition to the Website!**

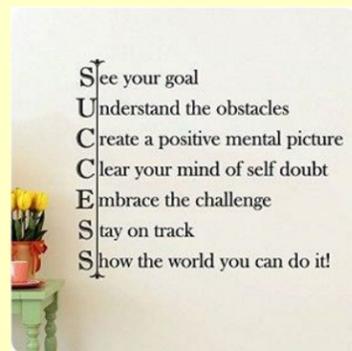


Tired of searching the internet for the perfect recipe to make for dinner? Look no further! Now introducing our "Recipe" tab on WLIAZ.com with dozens of WLIA dietitian approved recipes!

## 5 METABOLISM CALORIE-BURN MYTHS BUSTED

1. **The “fat-burn” zone on your exercise machine is the best setting for weight loss.** Not necessarily. The “fat-burn” zone on your exercise machine usually operates at a slower pace to keep you at less than 70% of your maximal heart rate. This allows you to burn a larger *percentage* of the calories from fat, but the *number* of calories you burn will be less than if you challenged yourself. Upping the intensity of your workout allows you to burn *more* calories overall, which is helpful for weight loss.
2. **Eating six small meals daily will boost your metabolism.** If the quality and quantity of calories you eat stays constant, eating six small meals instead of three square meals won't boost your metabolism. The pro of this strategy is that it may help you stave off the hunger pangs if you're cutting calories. The con is that it presents you with additional opportunities to overeat.
3. **Thinner individuals have a higher metabolism.** False! Thinner individuals generally have a slower metabolism than heavier individuals. Heavier individuals require more calories to maintain their larger organs.
4. **Late-night eating will mess with your metabolism and cause weight gain.** Your metabolism does ramp down at night, but your body will still handle the food you eat the same way. Again, focusing on calorie quality and quantity is most important.
5. **Drinking green tea will make you burn more calories.** Green tea contains catechins, which supposedly help with fat burning. Several small clinical trials suggest that drinking green tea may benefit weight loss, but the effect is small and the study results were inconsistent. If you like green tea go ahead and brew yourself a batch, but don't count on it for any sizeable metabolic spur.

Source: <http://blog.myfitnesspal.com/a-beginners-guide-to-your-metabolism/>



## WLIA Patient Spotlight! Kim L.

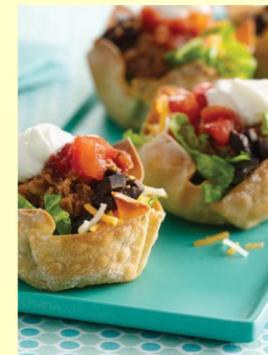


### An update from Kim:

“Right before I started this journey I was at my highest weight of 331 pounds but I starting watching my food and brought my weight down to 321 pounds by the time I went to WLIA. Working with Mallory by the time my gastric sleeve surgery came on November 26, 2015 I had lost 21 pounds and went into it at 300 pounds. Now just 4 1/2 months later I am down to 246 which is a grand total of 85 pounds. I have went from a starting size of 28 to wearing a size 16 /18. I now ride a bike and ride 3 to 4 miles a day, I walk my dog Isabelle around 5 to 6 miles daily, workout at the gym and eat no more then 6oz per meal leading with 4oz of protein. This has been the BEST decision I have ever made in my life and my only regret is I didn't do it sooner!”

**Congratulations on your success so far Kim! Keep up the great work!**

## Tiny Taco Salads



### Directions

Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.

Place each wonton wrapper into a cup of the muffin pan, and press it into the bottom and sides. Lightly spray with nonstick spray. Bake until lightly browned, about 8 minutes.

Let cool completely, about 10 minutes.

Meanwhile, bring a skillet sprayed with nonstick spray to medium-high heat. Add beef, and sprinkle with taco seasoning. Cook and crumble until fully cooked, about 5 minutes. Add beans, and cook and stir until hot, about 1 minute.

Evenly fill wonton cups in this order: lettuce, beef-bean mixture, cheese, chopped olives, salsa, and sour cream.

**MAKES 12 SERVINGS**

*Recipe Courtesy of [www.hungry-girl.com](http://www.hungry-girl.com)*

### Ingredients:

- 12 small square wonton wrappers
- 6 oz. extra-lean ground beef (4% fat or less)
- 1 tsp. taco seasoning
- 1/2 cup refried beans
- 1 1/2 cups shredded lettuce
- 1/2 cup shredded reduced-fat Mexican blend cheese
- 2 tbsp. sliced black olives, chopped
- 6 tbsp. chopped tomatoes, chunky salsa, or pico de gallo