



Weight Loss Institute of Arizona

3 convenient locations to serve you:
 1855 E Southern Ave—Tempe
 8575 E Princess Drive #215—Scottsdale
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Office Hours:
 Monday—Friday 8:30 am—5:00 pm
 Saturday By Appointment only
 wliaz.com

Upcoming Support Group Meetings*:

Tempe—Tuesday, June 21
 5:30 pm—Tempe Office

West Phoenix—Wednesday, June 22
 5:30 pm—Banner Estrella Medical Center—
 Conference Center (9201 W Thomas Road)

Tempe—Tuesday, June 21
 5:30 pm— Tempe Office

West Phoenix—Wednesday, June 22
 5:30 pm—Banner Estrella Medical Center—
 Conference Center (9201 W Thomas Road)

We hope you can join us!



May 7th Support Group Meeting— Scottsdale

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

**Super Summer Sale:
 Protein Powder**

Buy 3 jars of WLIA protein powder
 and receive 1 free!

Only \$108!

Bonus gift: Receive 1 free bottle of WLIA multi-vitamins (112 count) when you take advantage of this special sale!



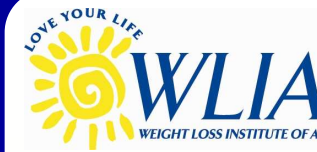
Sale ends August 31, 2011

Powder can be purchased at any
 WLIA office.

Follow us on Facebook and Twitter!



Stay up-to-date on all the important
 happenings at WLIA!



Quick Bites:

- Tracking your calories can help you lose weight.
- Increasing your sleep time and reducing your stress can affect your weight loss.
- Protein powder is on sale!

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BANDED Together

A newsletter from the Weight Loss Institute of Arizona

June/July 2011

How Many Calories Do YOU Eat Each Day?

By Mike Murphy, RD

If you just shrugged your shoulders signaling an "I have no clue" response, you are not alone.

Most of us pay no attention to the amount of calories we consume on a daily basis. We almost always check the price before we buy a food item. Would it be wrong to suggest that we just as importantly and intently check the calories per serving as well?

If you have two eggs for breakfast with a piece of toast, you should have some idea that this meal would equal about 210 calories. If you pour some cereal in a bowl and add milk, the amount of calories can vary wildly depending on how much you pour. Would it take long to measure both the cereal and the milk so you are aware of your total calories for that meal? Of course not.



If you know how many calories you consume each day by looking at labels and measuring serving sizes, you will be more likely to lose weight easier with your band and/or maintain your already healthy weight. But, writing down what you eat or recording calories can be bothersome. And most people do not keep up with it on a long-term basis.

Here's a fun way to make yourself more aware of the calories you eat: Assume

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Increased Sleep + Reduced Stress = More Successful Weight Loss?

Sleep deficiency might be hampering your weight loss! Research shows that not enough sleep and too much stress could be sabotaging your weight-loss and management goals. A study recently published in the *International Journal of Obesity* shows that getting 6 to 8 hours of sleep a night, while managing your stress effectively may dramatically increase weight loss.

The study, from Kaiser Permanente Center for Health Research, involved almost 500 overweight men and women who

volunteered to participate in a 26-week intervention looking at their diets and lifestyles. Results include:

- The average study subject lost 14 lbs.
- 60% of participants lost at least 10 lbs.
- Those who slept at least 6 - 8 hours every night and reported having the least stress were *twice* as likely to lose at least 10 lbs, compared to those who reported being sleep-deprived and experiencing the most stress.

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How Many Calories (continued)

your total daily calories should hover around 1,000 to 1,200 per day with a band (depending on your activity level). This is about 7000 – 8400 calories per week. Start the calorie countdown on Monday morning and subtract every calorie you eat from your total weekly calorie count. Try to make healthy food choices, but to start, just look at total calories. By Sunday night, you should be at or near zero calories left. This will give you a good starting point on your typical eating habits and daily calories consumed.



Once you get into it, the easier it will become and, eventually, you come to a point where you will just mentally add up your calories each day to get a ballpark figure. You can use free websites and apps such as myfooddiary.com, fitday.com, livestrong.com, and sparkpeople.com. The WLIA body band system is also a great tool to use to keep track of your calories eaten and calories burned – they are available at all three WLIA offices!

Mike Murphy, RD can be reached by calling the main WLIA office at 480-829-6100.

Sleep & Weight Loss (continued)

How do you get more sleep and reduce your stress?

- **Take notice of your stress throughout the day.** Utilize deep-breathing or meditation techniques to reduce your stress levels throughout the day.
- **Go to bed earlier.** Set an alarm for 30 minutes BEFORE you need to go to bed— this is your signal to start getting ready for bed.
- **Make your bedroom a calm and restful place.** Remove all distractions. Make the room as dark as you can by covering your clock, hanging dark drapes, etc.

- **Avoid eating before bedtime.** Do not eat within a few hours of bed time. This helps avoid acid reflux, but it might help you cut down on calories as well!
- **Don't exercise too close to bedtime.** Exercise generates endorphins and adrenaline—biochemicals that disrupt sleep.

The bottom line: Small changes in your sleep habits and stress levels can help you lose more weight and maintain your weight loss.

Pina Colada Protein Smoothie



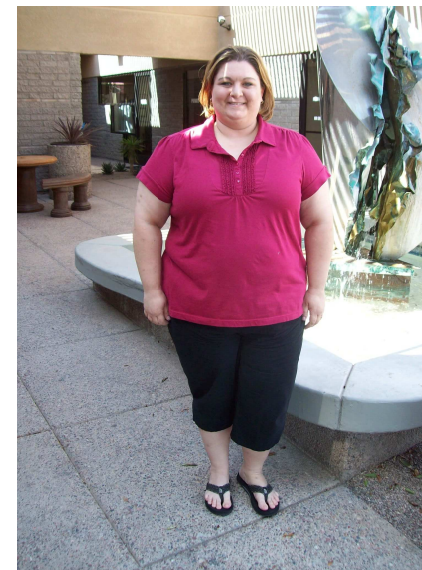
This tasty tropical treat is ideal for the hot summer months! It will cool you off and help you meet your daily nutritional requirements!

Ingredients:

- 1 cup skim milk
- 1 scoop protein powder
- 1/2 packet of sugar-free vanilla pudding mix
- 1–2 drops pineapple extract
- 1-2 drops coconut extract

Blend with ice, or simply mix well and serve over ice.

Patient Spotlight—Deanne M



Deanne is the lucky winner of our free Lap-Band contest we held at the beginning of the year. She had her surgery in early March and is well on her way to achieving her weight loss goals.

Hi, I'm Deanne! I am 36 years old and an ex-college athlete. I have always struggled with my weight but not to the extreme as it has been the past 10 years. I topped out at 323, and this was my low point. I talked to my husband and he and I came to the conclusion that something had to be done.

We started doing serious research on how to finance the surgery. I came across the WLIA link to enter to win a free Lap-Band procedure so I did - and I won! This has to be the biggest blessing of my life so far. I have been banded since March 10th and I am down to 286! My life is on the fast track to being the healthy again thanks to WLIA and Dr.'s Orris and DeBarros!

For updated pictures or to follow Deanne's progress, check out Deanne's blog on wliaz.com! Click on the red button on the left side of the home page.

Vegetable Quiche Cups

These tasty quiche cups are portable and healthy - a great alternative to a fast food breakfast! Make them in bulk and freeze – they can be reheated as needed.

Ingredients:

- 1 package (10 oz) frozen, chopped spinach
- 3/4 cup liquid egg substitute
- 3/4 cup shredded, reduced fat cheese
- 1/4 cup diced green peppers
- 1/4 cup diced onions
- 3 – 4 drops hot sauce (optional)

- Microwave the spinach on high for 2 1/2 minutes. Drain off excess liquid.
- Line a 12-cup muffin pan w/foil baking cups. Spray the cups w/nonstick cooking spray
- Combine the egg substitute, cheese and veggies
- Pour equally into 12 muffin cups
- Bake at 350 F for 20 minutes or until a knife inserted in the center comes out clean

Any combination of veggies can be used – use your favorites!

**Serving size:
2 muffin cups**

- 77 calories
- 9 grams protein
- 3 grams carbs
- 3 grams fat
- 2 grams sat fat
- 2 grams fiber

Move of the Month: Seated Lat Raises

Note: Before engaging in any exercise, please consult your doctor to ensure you can do so safely.

This exercise works the deltoid muscle – the top or cap of the shoulder.

- Choose a chair or exercise ball that allows you to keep your knees at 90 degrees and your feet flat on the floor
- Sit up tall during each exercise and use your abs (stomach muscles) to maintain good posture.

- Sit with good posture holding light-medium dumbbells at your sides
- Keeping the elbows slightly bent and wrists straight, lift the arms up to shoulder level - palms face the floor
- Lower slowly back to starting position

No dumbbells? Use what you have – canned veggies, bottles of juice, etc!

Start with one set of 15 raises. When you feel comfortable, do 2 – 3 sets of 15 reps.

