

# Newsletter

September 27, 2021

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## Let's Talk About It:

You may have seen in the news this past week that The Trust For America's Health Organization released their annual report on obesity in America. "The State of Obesity: Better Policies For A Healthier America 2021". The topic that was discussed the most by the news outlets was that in 2020 for the first time adult obesity was at or above 35% in 16 states. Historically no state was over 25% before 2000 and as recently as 2012, no state was over 35%. Even more disturbing is the fact that in 2020 more than half the adults in every state were either overweight or had obesity.

Why the huge jump in 2020? COVID-19. Corona virus has affected people's lives in many ways but the effects discussed below seem to be the most impactful on the country's weight gain. During the pandemic there has been a reduction in physical activity due to gym, park, school, community center and recreation facilities closures and reduction in active commuting due new working at home standards. There have also been new challenges in maintaining healthy eating

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standards due to economic hardship, increased food insecurity, food safety concerns, and closure or reduced access to usual food stores, restaurants, and farmers markets. Further there has been an increase in sedentary behavior and mental distress caused by financial strain due to business closures or modifications, or employment loss or reduction, social isolation to maintain physical distance and reduce exposure to COVID-19. So what are the consequences of the increased levels of overweight and obesity? Well, as we've previously discussed it increases risk for a range of diseases including higher complication rates for COVID-19, diabetes type 2, high blood pressure, heart disease, arthritis, depression, sleep apnea, liver disease, kidney disease, gallbladder disease, pregnancy complications and cancer. Along with this come higher medical care costs than are incurred with healthy weight adults, a 2016 study found that obesity increased annual US medical care costs by \$149 billion per year and increased indirect non-medical costs also run into the billions due to missed time at work, lower productivity, premature mortality, and increased transportation costs. Finally being overweight or obese also affects the military. It is the most common reason young adults don't qualify for the military and due to increasing numbers of overweight or obese active service men and women the military spends over \$1 billion in weight related issues.

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## Task For The Week

This week's task is to celebrate your successes.

Take a look back over your weightloss journey so far.

Write down all the successes you have had, even the little ones.

These may include things like moving into smaller clothing sizes, getting stronger, being more active, having the courage to do something that you couldn't do before, the number of pounds you have lost, things that you can do today that you couldn't do before you started losing weight, overcoming the urge to quit, having committed to a weight loss program, saying no to offered food, whatever your personal success have been, write them down.

Read back over the list and give yourself a hug.

Next, start a new list of goals that you wish to attain, could be fitting in the next size down pair of pants, walking daily, starting to jog, getting out of a chair easily without having to use the arm rests, losing five more percent in the next month. Whatever you choose as your up-dated goals, make them S.M.A.R.T. and feel free to share them with me at your next visit.

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## Recipe of the week

### Cauliflower, Artichoke, Spinach, Chicken Casserole

**Nutrition Facts Per Serving:** Net Carbs 9g, Fiber 6g, Total Carbs 15g, Protein 43g, Fat 17g, Calories 384

#### Ingredients

- 1 Tbsp of Olive Oil
- 1 pound of Chicken breast cubed
- 1 Can (14 Oz) Quartered Artichoke Hearts
- 2 Tsp minced garlic (about 2 cloves)
- ½ Cup of Chicken Broth
- 4 Cups Riced Cauliflower
- 3 Cups Raw Spinach
- 1 ½ Cup Greek Yogurt Plain
- 1 Cup Mozzarella Cheese
- ¼ Tsp Black Pepper
- ¼ Tsp Salt

#### Instructions

Step 1. Preheat oven to 375 degrees F. Lightly coat a 9 x 13 in a baking dish with cooking spray.

Step 2. Rinse and drain spinach then coarsely chop. Drain Artichoke hearts and chop.

Step 3. Heat oil in a large pot over medium heat. Add chicken, sprinkle with salt and pepper and saute, stirring, until opaque on all sides about 4 minutes. Add garlic and cook, stirring for 1 minute. Add artichoke hearts and broth, cook, stirring until liquid is reduced and the chicken is cooked through, 4 minutes. Remove from heat and stir in cauliflower rice, spinach, yogurt and 1/2 Cup of mozzarella.

Step 4. Transfer the mixture to the prepared baking dish and sprinkle the remaining 1/2 cup of mozzarella over the top. Bake until the cheese is melted and starting to brown in spots, 20 - 25 minutes, remove from the oven and let rest for 5 minutes before serving.

**Notes:** Greek yogurt may be substituted with Coconut Yogurt if dairy sensitive and Daiya plant based mozzarella cheese which claims to melt like the real thing.

If you have a recipe you would like to share, please send it to [drqweightloss@gmail.com](mailto:drqweightloss@gmail.com)

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## Announcements

Dr. Q's Total Weight Loss Center is pleased to announce the addition of Crystal Fricano to the team. As a receptionist Crystal will be working in the mornings Tuesday - Saturday and all day on Thursday.

Vitruvian BodyWorks is now offering Therapeutic **Massage**, Call today sign-in to Class Pass or MindBody to schedule your appointment with **Christina!**

We are excited to announce Vitruvian BodyWorks has new classes and a new instructor.


The new instructor is: **Joanna** ((Teen classes Tues - Fri: Gen Z Grind, Yolo Yoga), adult classes include Circuit Training, Chair Yoga, Yin-Yin Yoga). These classes are in addition to **Joan** and **Nancy's** Yoga and Zumba classes. All Classes \$10.00.

Vitruvian BodyWorks is active on ClassPass <https://classpass.com/>, so those of you with a ClassPass subscription can now register for classes, book personal training or individual sessions, and soon, reserve for a massage or Call 727-273-2030, email or register virtually using the [Mindbody](#) app.

Private classes in Yoga \$60.00, or Personal Training sessions with Larry-Gerard for \$50.00 are also available.

**Larry-Gerard** is offering drop-in Personal Training sessions Monday thru Friday at 8AM, 9AM, 4PM, and 5PM.

Please make any reservations at least five hours in advance. While some classes may allow registrants past this time, availability is not guaranteed, so registering early is the best way to secure your spot.



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## Q & A:

### What actually happens to fat as I lose it?

Would you believe that you sweat it, pee it, and breathe it out. Yes you heard me correctly, as you shed pounds the body eliminates it through a series of complicated metabolic pathways. The byproducts of fat metabolism leave your body as water (sweat) through your skin and kidneys (urine), and as carbon dioxide in your breath from your lungs. What's left is energy to fuel your cells for the processes that keep you alive and for any activity that you do as well as heat that regulates your body temperature.

Got a question, topic, or idea that you would like to see included in this newsletter. Email us at [drqweightloss@gmail.com](mailto:drqweightloss@gmail.com)

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