

# Newsletter

October 4, 2021

---

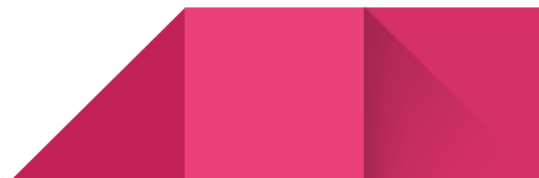


## Let's Talk About It:

Did you know that a mother's weight is the strongest predictor of obesity in her children? It's true, this influence starts pre-conception and continues throughout the child's life. If the father also has obesity, the impact on their children's weight is even greater. And while treatment of childhood obesity may be in the purview of pediatricians, the link between obesity in parents and the likelihood of overweight or obesity in children is clear. As a result, parents are the single most important factor in both a child's weight and the eating habits, and the patterns they develop at very young ages will contribute to or help them avoid obesity. This is evidenced by outcomes from a program called the First 1,000 Days that found that intervention starting essentially from birth yielded improved infant weight status with lower odds of being overweight, as well as improved postpartum care. This is critically important because children with obesity are highly likely to become adults with obesity. From birth to five years is a critical

---

time for developing obesity and children who begin kindergarten with obesity are five times as likely to become overweight or obese adults. Those with obesity by the time they are 10 to 13-years old have an 80 percent chance of carrying that with them into adulthood.



---

## Task For The Week

This week's task is homework and should be brought with you to your next visit, it requires you to think deeply and answer honestly. We will be taking a close look at why you chose to lose weight. Take each question seriously and take time to think your answer through, be as honest and detailed as possible in your answer. Make your answer at least a sentence or even better a paragraph long. Write down both the questions and your answers and bring them with you to your next visit.

1. Why did you decide to lose weight?
2. How much weight do you want to lose?
3. On a scale from 1 - 10, how important is it to you to lose weight?
4. Why did you choose that number?
5. Why not a higher number?
6. Why not a lower number?

[Leave us a review on Google!](#)

Visit and like us on Facebook using  
this link:

[Dr. O's Total Weight Loss  
Center - Home](#)



---

# Recipe of the week

## Baked Zucchini Chips

**Nutrition Facts Per Serving:** Net Carbs 2.3g, Fiber 1.4g, Total Carbs 3.7g, Protein 1.6g, Fat 7.2g, Calories 384

### Ingredients

1 Large Zucchini about  $\frac{3}{4}$  pound  
1 Tbsp of Olive Oil  
 $\frac{1}{4}$  Tsp Salt

### Instructions

Step 1. Preheat oven to 200 degrees fahrenheit. Line two baking sheets with parchment paper.

Step 2. Rinse and dry zucchini. Slice very thin, about  $\frac{1}{8}$  to  $\frac{1}{16}$  thick.

Step 3. Place zucchini slices in large mixing bowl, drizzle with olive oil, and gently toss taking care not to break the zucchini slices

Step 4. Place zucchini slices on the baking sheets so that they are not touching (they may be close as they will shrink with baking. Bake for 2 to 2.5 hours until crispy, turn off oven, open door and allow to cool for 30 minutes before removing the zucchini. Serve alone or with dip of choice.

**Notes:** recipe may be doubled to make more servings.

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

---

## Announcements

We are excited to announce that Vitruvian BodyWorks is now accepting appointments for Therapeutic **Massage** with **Christina**. Vitruvian BodyWorks is active on ClassPass <https://classpass.com/>, so those of you with a ClassPass subscription can now register for massages, classes, personal training or individual sessions 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/services may allow registrants past this time, availability is not guaranteed, so registering early is the best way to secure your spot.

---

## Q & A:

### What happens to body fat when we exercise?

When you exercise your body increases its need for energy, to meet that need it first uses up your stored glycogen, after about 30 - 60 minutes of aerobic (Cardio) exercise, your body starts to burn mostly fat. Experts recommend that you get a minimum of 30 minutes of cardio five times a week or 50 minutes three times a week. If you are just starting to exercise, work your way up to those goals over several weeks. They also recommend that you do full body strength training by doing either weightlifting or resistance training at least 2 days a week.

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)

© Dr. Q's Total Weight Loss Center  
4646 Central Ave. St. Petersburg, FL 33711  
(727) 273 - 2030  
[drqweightloss@gmail.com](mailto:drqweightloss@gmail.com)

