

HEALTHY LIFESTYLES

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Doc Says.....

“STOP

THE

POP!”

EXILIS

You’ve seen the pictures, pamphlets, and posters and possibly wondered what the Exilis hype is all about. No, Dr. Andruss is not turning her practice into a trendy med spa. Her goal has been, is, and always will be to help people live happy, healthy lives. However, many patients who have achieved an ideal weight, and are enjoying a healthy lifestyle, still find troublesome bulges. Some who have lost significant amounts of weight have loose or saggy skin. With the desire to offer a complete package or “one stop shopping,” instead of referring these patients out, the decision was made to add body contouring to the practice.

So, just what is Exilis body contouring? Exilis uses multipolar radio waves to tighten skin as well as “melt” fat and remove it from the cells.

One thing patients have learned from the success they have found over the years with Dr. Andruss is that when you look good – you feel good. So although body contouring is not an essential component in the weight loss journey it is a fabulous reward in the end. This is just one more way Dr. Andruss is able to help people look and feel their best.

What’s Your Story?

Let’s laugh, cry, struggle, and celebrate together! Hearing stories from others helps motivate and support us in our weight loss journey. We want to know about your successes, humorous moments, obstacles overcome, and just plain feel good times. Just write your story down and hand it to Dr. Andruss or anyone on the staff. If we publish your story in the newsletter or on the website, you will get a FREE VISIT with the doctor! Please include your name, although we will not publish it.



Did you know? The number one cause of obesity is.....DIET SODA! (turn over)

Exercise Tip of the Month

Question: *What type of exercise is best?*

Answer: A **combination**. Each type of exercise has its own unique benefits. Both for weight loss and for health your routine should include aerobic, resistance, and stretching exercise. Alternate days for aerobic and resistance, but stretch every day.

Aerobic Exercise improves the health of your heart and lungs. It also increases metabolism, burning calories both during the exercise and for a couple hours after. Aerobic exercise includes activities such as walking, jogging, biking, swimming, dancing, zumba, etc.

Resistance Training is often overlooked when starting an exercise routine, yet it is vitally important. It improves the health of your musculo-skeletal system. As we age, we lose bone density and muscle mass. Resistance training helps keep bones strong and maintain muscle mass. It decreases the chance of osteoporosis. It may also soothe the symptoms of arthritis. You do NOT need an expensive gym membership to exercise. Resistance bands are quite inexpensive and could be a perfect way to exercise for some. Regular household items such as soup cans or water bottles can also be used as weights. Your own body can be used as resistance with exercises such as pushups, chin-ups, crunches, lunges, etc. Next month's newsletter will begin a series of suggested resistance exercises which can be done at home with little or no cost.

Stretching Exercise is also often overlooked, but important. Stretching loosens and lengthens muscles, and reduces the risk of injury.



August is

STOP

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POP

Month



KEEP IT SIMPLE RECIPIES

Grilled Chicken with Basil Tomatoes

4 boneless skinless chicken breast halves	4-5 tomatoes chopped
2 bell peppers	5 cloves garlic chopped
Several large fresh basil leaves	2 tsp. fresh oregano (optional)
Pinch of thyme (optional)	1 Tbsp. extra virgin olive oil
salt and pepper	



One at a time, put chicken breast pieces in a baggie (do not seal) and pound to an even thickness. Season chicken with salt and pepper (also great with garlic salt) and set aside. In a pie pan (preferably disposable), mix together chopped basil leaves, tomatoes and garlic, oregano, thyme, and olive oil. Cut peppers in ½" to 1" strips. Place Peppers, chicken, and pie pan on a medium hot grill. Grill until chicken and peppers are well marked - 5-10 minutes. Turn and cook until done - 3-5 additional minutes. Remove from grill and serve.