

NATIONAL NUTRITION MONTH

March is National Nutrition Month!

The theme for 2024's National Nutrition Month is Beyond the Table. Beyond the Table refers to looking more closely at where your food is coming from, purchasing from local vendors or farmers markets, focusing on sustainability, and awareness of food safety and storage practices. This may include growing your own produce and herbs during the summer, or stopping by the local farmers market on Saturdays in the spring to support local farmers and businesses.

Aiming to reduce food waste by repurposing leftovers and planning meals ahead of time are ways in which we can act in a more sustainable manner. This year's theme also refers to the various ways we eat whether it be at home, on the go, at a restaurant or a special event. Making plans ahead of time for healthy food choices is an important part of ensuring a healthy lifestyle.



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Today's Inspiration:

"There's no elevator to success. You have to take the stairs."

Taking the first step in the right direction is the key to success. Everyone has bumps in the road, but how you respond to those bumps define who you are on your weight loss journey. Don't succumb to the challenges that you face.

STAFF SPOTLIGHT

Leslie Davis, Registered Dietitian

- **Why did you become an RD?** I struggled keeping off extra pounds growing up and tried crazy fad diets to lose weight in college. I finally learned how to eat healthy and keep off unwanted pounds. I wanted to be able to teach others about nutrition and make realistic changes in behaviors to attain their health goals.
- **Favorite food?** Mediterranean
- **Favorite Vacation Spot?** St. Augustine, Florida
- **Have you met anyone famous?** Emmett Smith
- **Fun fact-** I have 6 children age 13- 28
- **Best advice you've been given?** Believe that nothing is impossible.
- **Favorite part of working at Atlanta Bariatrics-** Experiencing the excitement from the patients as they achieve their weight loss goals, improve their health and get back to doing activities they love.



NURSE'S CORNER

Ways to Burn More Calories at Work

Finding time for a workout during the work week can be a challenge. We all know the health benefits of exercise, but with our busy schedules, we often struggle to find the time to do it. With any exercise, you should always review with your doctor first. Consider these helpful tips for ways to improve your energy at work and burn those calories!

Try adding a walk. If you take the bus, and the weather is great, try getting off at an earlier stop and walk the rest of the way. For those of you who drive, try parking further away from work to help get a short walk in before your shift begins. Try walking up the stairs instead of the elevator, and taking the long way around the office.

To help prevent being idle during the day, try adding in a walk during your lunch break and stretching at your workstation to keep the blood flowing. This can keep blood flowing more easily through your body and help improve your cardiovascular health.

Find a group. Finding a group of coworkers and friends that are working on their fitness will help ensure staying on track and provide support on a bad day to keep moving.

When acceptable, try taking a phone meeting outdoors to enjoy the open space.

For more great tips like these, follow our dietary and weight loss news blog at <https://www.atlantabariatrics.com/news/blog/>



SPRING INTO ACTION

Looking for different exercise ideas?

- During tv commercial, get up and do jumping jacks or lunges or even grab some cans of food to lift while you are watching your favorite shows
- Go hiking- good hiking spots- check out the AllTrails free app on your phone to locate hiking and biking trails- join “meet up” groups online to make new friends and go on local hikes- visit your local recreational equipment stores and sign up for a planned hike with a group
- Join a rec sports league-Fowler Park in Cumming has many options.
- Sign up for a fitness class - many gyms offer free trials or a “drop in” class rate
- Invest in an under desk treadmill/walking pad
- Do active projects around your house and yard to get in extra steps and do some light lifting as well
- Sign up for a fun 5K race and gradually build up to walking or running the race

RECIPE SPOTLIGHT

Cowboy Caviar

Ingredients:

- 3 roma tomatoes, diced
- 2 ripe avocados, diced
- ½ cup red or white onion, diced
- 15 oz black beans, no salt added, rinsed and drained
- 15 oz black eyed peas, no salt added, rinsed and drained
- 1 ½ cups frozen (thawed) or canned corn
- 1 cup bell pepper (any color), diced
- 1 jalapeno, diced and seeded (optional)
- Handful of cilantro, chopped

Dressing:

- ⅓ cup olive oil
- ½ lime, freshly squeezed
- 2 tbsp red wine vinegar
- Pinch of salt and pepper



Steps:

Whisk together dressing ingredients in a small bowl. In a separate bowl, combine diced vegetables, black beans, black eyed peas, corn, jalapeno, and cilantro. Pour dressing over vegetable and bean mixture. Serve with halved mini bell peppers, protein chips, or tortilla chips.