

# HEALTHY WAYS TO SATISFY YOUR **SWEET TOOTH**



## Reeses-Inspired Protein Shake

### INGREDIENTS

- 1 Serving RM Chocolate Peanut Butter Shake\*
- 1/2 tsp Pumpkin Pie Spice (or desired amount)
- 8 oz water
- Ice (as desired)

**Note: 1 Serving RM Shake or Drink = 2 oz protein**

### DIRECTIONS

Combine ingredients in a blender, adding ice as needed until desired consistency is achieved.



## NEW! **SAMPLER PACKS**

Try 6 of our most popular protein shake & drink flavors with the NEW Sampler Pack – available online. Or, mix and match any flavor you'd like at one of our locations.

## Healthy "Sour Patch Kids"

### INGREDIENTS

- 3 cups fresh blueberries
- 1 package Sugar-Free watermelon JELL-O® (powder)
- 1 package Sugar-Free lemon JELL-O® (powder)

**Note: 3/4 cup blueberries = 1 fruit serving**

### DIRECTIONS

Mix JELL-O® flavors (keep as powder) in a small bowl and set aside. Pour about 1/4 of the mixture onto a plate. Rinse blueberries and pat until mostly dry. Add a few blueberries at a time to the plate of JELL-O® mix and roll around until completely coated. When coated, remove the blueberries and place in a separate bowl. Repeat the process, adding more JELL-O® mix to the plate as needed, until all blueberries have been coated. Place your bowl of JELL-O® covered blueberries into the refrigerator for at least one hour before enjoying.



## Meringue Cookies

### INGREDIENTS

- 6 egg whites
  - 1 tsp lemon juice
  - 1/2 serving of 1 RM Vanilla Protein Drink\*
  - 6 Tbsp Swerve® Confectioners Sugar
- Note: 1 egg white = 1 oz protein;  
 1/2 Serving RM Shake or Drink = 1 oz protein**

*Hint: add any sugar-free Jello® flavors for extra sweetness & taste if desired!*

### DIRECTIONS

Preheat the oven to 210°F. Prepare a cookie sheet by lining with parchment paper. Whisk/whip the egg whites with a squeeze of lemon in a metal or glass bowl until you see stiff peaks. Beat in Swerve® Confectioners Sugar for approximately 15 seconds, being careful not to over-mix. With a piping bag (or plastic snack bag with a corner snipped off), pipe out 1-inch wide dollops onto the lined cookie sheet. Bake cookies for 45 minutes. When done, turn off the oven and allow the cookies to cool completely.

# FITNESS BASICS



**Anita Terlizzi**, RM Fitness Expert & Certified Personal Trainer

**If you don't already exercise regularly, starting can be overwhelming. So, here are a few simple workouts you can do.**



## Squats

- 1 Stand with feet a little wider than hip width, toes facing front.
- 2 Drive your hips back — bending at the knees and ankles.
- 3 Sit into a squat position while still keeping your heels and toes on the ground, chest up and shoulders back.
- 4 Strive to eventually reach parallel, meaning knees are bent to a 90-degree angle.



## Side Lunges

- 1 Stand tall & step your right leg out to side.
- 2 Bend your right leg at the knee while keeping the left leg straight.
- 3 Imagine you are sitting into a small chair behind you, then push off that heel and stand tall again.



## Standing Bicycles

- 1 Stand tall, with both hands behind your head.
- 2 Rotate your right elbow as you raise and meet your left knee.
- 3 Return your leg back to the starting position, then repeat the movement on the opposite side.



## High Knees

For 30 seconds (or as long as desired), run or march in place, bringing your knees up to chest level.

Speed will be dependent on your cardio fitness level.

*\*Always consult with your RM Medical Provider prior to beginning a workout regimen. RM3© patients are advised to limit their fitness level to 30 minutes of low-intensity exercise per day.*

*For more fitness tips from Anita Terlizzi, visit [redmountainweightloss.com/blog](http://redmountainweightloss.com/blog)*

# 3 TRICKS TO KEEP YOU MOTIVATED



**Dr. Kim Feinstein, Psy. D.**  
Clinical Psychologist & Weight Loss Specialist

## Positive Self-Talk

Positive self-talk can boost productivity, motivation and confidence! When you speak to yourself in a way that builds up self-esteem, you are able to achieve feelings of renewal and confidence.

### How to do it:

Become mindful of the way that you are speaking to yourself. For instance, do you ever think “I can’t do this,” or “this is too hard?”

Once you become aware of the thoughts that are undermining your success, you can begin to look for opportunities to rephrase your negative thoughts into more positive ones, such as “I deserve a lifetime of health,” or “I can overcome my cravings”.

## Goal Visualization

Highly successful athletes & artists have been known to use visualization to help them achieve their ultimate goals. The science behind why visualization works is that imagining, or creating a mental image of success, helps us to improve confidence & resilience. When you have a mental image of your end-goal, you will feel empowered to keep working towards your goal!

## The 5 Rs Method

Achieving a large goal can be overwhelming, but the 5 Rs method may help you put your efforts into perspective.

### THE 5 Rs METHOD

<b>STEP 1 Establish Relevancy</b>	<b>STEP 2 Determine Risks</b>	<b>STEP 3 Consider Rewards</b>	<b>STEP 4 Identify Roadblocks</b>	<b>STEP 5 Remove Barriers</b>
Define why achieving your goal is important to you.	List the negative effects of not achieving your goal.	List positive effects of achieving your goal.	List potential obstacles to achieving your goal.	Develop an action plan for overcoming potential roadblocks to success.

### EXAMPLES

Desire to live a long, happy life	Fatigue	Improved body image	Stress	“To tolerate cravings, I will use the 5 Ds method (Delay, Distract, Distance, Determine, Decide)”  “ I do not have time to cook everyday, so I will meal-prepare in advance of each week.”
Be a better role model to your children	Mental Health issues	Less risk for health problems	Menopause	
Feel less tired	Hypertension	More active social life	Negative self-talk	
	Type 2 diabetes	Better mood	Busy schedule	
	Decreased mobility		Strong cravings	
			Unsupportive peers	

**For more information on the psychology behind weight loss, motivation, and more, visit [redmountainweightloss.com/blog](http://redmountainweightloss.com/blog)**