

## Newsletter



Let's face it; dieting is hard enough most days of the year. But coping with holiday stress, along with all the high-calorie celebrating, makes it especially difficult to avoid unwanted pounds during the winter holiday season.

Diets tend to fail more often this time of year than any other time. In fact, most adults gain about one pound during the holidays. As the holidays approach, you have two healthy choices: to stick with your program and continue to lose weight (more power to you!), or to temporarily shift into maintenance mode until the celebrating is done.

1

### MODERATION

Enjoy special holiday foods in smaller portions.

2

### PROTEIN FIRST

Always fill up on protein first.

3

### STAY ACTIVE

Don't use holidays as reason to skip out on exercise.

## Plan activities that don't involve eating.

Here are some ideas for shifting the focus away from food during the holiday season:

- Volunteer in your community.
- Try a seasonal activity such as ice skating or winter hiking.
- Go on a walk and explore a new area with a friend or family member.
- Visit that museum or exhibit you've been wanting to see

Consider what new healthy traditions you can start this year. The possibilities are endless

## HABITS TO HELP STAY ON TRACK DURING THE HOLIDAYS

Prioritize certain foods over others. If you think about your grandma's homemade cookies all year long, go lighter on other desserts so you can really enjoy the good stuff.

Don't fast for the big meal. Instead, have a protein shake to help manage hunger until dinner.

Drink one cup of water before each meal. This will help you stay hydrated throughout the day.

Don't be too hard on yourself. The holidays are all about enjoying good company and good food.



# Top Fitness Trends 2025

First are wearable devices, mobile apps and data-driven training methods that are elevating fitness experiences. Using technology to increase client adherence and autonomy. The top three devices are Garmin, Venu 3 and the Fitbit Charge 6. Devices track sleep quality, energy levels, Heart Rate Variability (HRV), exercise efficiency and much more.



Mobile Exercise Apps were next as the number two trend, continuing the focus on technology. Top three Apps listed are : Better Me, Walk Fit & Muscle Booster. One of the fastest risers on the trends list, mobile apps landed as the second biggest trend just two years after coming in at #20. In 2023, there were 850 million fitness app downloads by nearly 370 million users. This popularity, along with complementing wearable technology, may have fueled the quick rise up the list.



The final trend is Data-driven Training Technology, benefits of data-driven training technology include better understanding of the physiological responses to an exercise stimulus in real-time, individualized coaching and instruction, even in a group setting where there may be various fitness levels, and the use of biofeedback (i.e., sleep, and heart rate variability) as critical components of training and recovery.



# Best Places to Inject Semaglutide

Semaglutide administered as a **subcutaneous injection**, which means it's injected into the fat layer just beneath the skin. This method helps the medication absorb gradually, maintaining stable levels in the body. The three most recommended areas for injecting semaglutide are:

- Abdomen (stomach area)
- Thighs (front of the upper legs)
- Upper arms (back of the upper arm)

Each of these sites has distinct advantages, and the right choice may depend on your lifestyle, comfort, and how your body reacts to the medication.

## Abdomen: The Most Common Site.

**This site may be associated with more side effects when starting-we recommend using the thigh initially to minimize side effects.**

For most patients, the abdomen is the best place to inject semaglutide. It offers several benefits:

- Larger surface area: This makes it easier to rotate injection sites and avoid repeated use of the same spot, which can reduce skin irritation or bruising.
- Easy access: Patients can comfortably inject semaglutide into the stomach area without assistance.
- Stable absorption: The fatty layer around the abdomen often supports consistent delivery of the medication into the bloodstream.

When using the abdominal area, stay at least two inches away from the belly button and rotate injection points to avoid overusing a single area.

## Thighs: A Good Alternative

The front of the thigh, particularly the upper third, is another safe and effective area for semaglutide injections. This site may be especially helpful for individuals who experience tenderness or irritation when using their stomach.

Some benefits include:

- Personal preference: Some patients feel less discomfort in the thigh.
- Ease of rotation: Alternating between left and right thighs helps distribute the medication evenly over time.

Thigh injections might be slightly slower in absorption compared to the abdomen, but they remain a valid and clinically sound option.

# Best Places to Inject Semaglutide

## **Upper Arm: Best for Assisted Injections**

The back of the upper arm can be used, especially for those who receive assistance with injections. This area has a consistent fat layer and may be a preferred site for patients who cannot access their stomach or thighs easily.

## **Where to inject compounded semaglutide**

### **Stomach**

Avoid your belly button.  
Inject your dose at least  
2 inches away from it.  
Avoid injecting along  
your waistline.

### **Upper Arm**

Aim for the fleshy outer  
surface - about 3 inches  
below your shoulder and  
3 inches above your elbow.

### **Thigh**

Aim for the outer side  
of your upper thigh.  
Avoid injection into the  
inner thigh.



# Recipe of the Month

## Protein Egg Bites

Starbucks egg bites!! Seriously the simplest recipe ever! I eat these every morning.

18 eggs

A cup of cottage cheese (full fat)

A cup of cheese of your choice grated

Then add what you like! I have a red pepper, yellow pepper, chives, salt, and pepper, and I'm crisping up some bacon I'll add about 10 slices.

Then blend til fluffy!

I spray my silicone cups with avocado spray and cook on 350 for 30 minutes

Side-note , I got the silicone egg bite silicone cups on Amazon fairly cheap



# Supplement of Month -Vitamin C

Vitamin C helps the fat-burning process run smoothly during physical activity. Research has shown that people with adequate vitamin C levels tend to burn more fat during exercise compared to those with low levels.

Available at [happyhormonecottage.com](http://happyhormonecottage.com) and IHC Pharmacy.



## ADRENAL C FORMULA CAPLETS

**\$36.00**

Stress dramatically increases the need for vitamin C, especially in the adrenal glands. Adrenal C Formula created by Dr. James Wilson is a sustained release, pH balanced vitamin C complex that neutralizes the excess acidity of ascorbic acid and delivers the specific trace minerals and bioflavonoids the body needs to fully utilize vitamin C and recover from stress.

### Additional Product Information:

Dr. Wilson created Adrenal C Formula especially for stressful lives. Its sustained-release, antioxidant complex of buffered vitamin C, bioflavonoids, and trace minerals provides the vitamin C your stressed body needs in the form it can use best.

\* This is a unique vitamin C formulated specifically to support the body during stress and aid in stress recovery, and it also makes an outstanding all-around vitamin C supplement for regular use.

## Vitamin C Gummies 250mg < > 120 Ct Nordic Naturals

**\$18.00**

- Healthy Immunity
- Antioxidant Protection
- 100% Vegetarian
- Immune System Support for Adults and Kids Ages 4+
- Non GMO Verified
- Third-Party Purity Tested

Vitamin C is an essential nutrient kids need for growth and development. In addition to supporting many of the body's physiological functions, vitamin C supports a healthy immune system and provides antioxidant protection. Nordic Naturals Vitamin C Gummies are delicious, sour, tangerine-flavored gummy slices that

