



# Aquatic & Rehab Journal

**“Get Results. Reclaim Your Life.”**

Volume 4, Issue 1

## How to Outwit Your Appetite

### Remember !

We are always here to answer your questions, provide referrals and assist you in any way we can. We truly care about your health. Need help? Please do not hesitate to ask ! We are happy to serve you.

281-325-0188

To find great recipes & tips like these check out these websites.

[www.eatingwell.com](http://www.eatingwell.com)

[www.realage.com](http://www.realage.com)

You can also check out:

[The Biggest Loser Family Cookbook](#)

### Tightening Your Belt? Let Us Help!

- Many of us are tightening our belts these days, First Colony Aquatic and Rehab Center wants to help! Are you or someone you know thinking about physical therapy? Come on in for a **free 15 minute consultation**. Our therapist will take the time to listen to your concerns, answer your questions and discuss options on how we can help you get back on track. Give us a call and set an appointment today!

- 281-325-0188

Looking to drop a few pounds? With just a few simple strategies you can outwit your appetite.

*Sleep on it.* People who do not get 8 hours of sleep experience hormonal fluctuations that increase appetite.

*Have some protein for breakfast.* You'll be less hungry later on and end up eating fewer calories.

*Start with soup.* A soup with clear broth, like vegetable soup, is about 130 calories per serving. Researchers claim it can help you eat 20% fewer calories at your meal.

*Box it up.* The more food that is in front of you, the more you will eat.

So, when dining out ask the waiter to pack up half of the meal before serving it to you. You will consume fewer calories and have lunch for the next day!

*Savor your food.* Pay attention to what you are eating. Everyone has had the experience of looking into an empty chip bag after your favorite TV show is over.

*Grab an apple.* Pack a healthy snack and you



will be less tempted to give into the drive through or vending machine. Apples are easy to grab on the run, keep you feeling fuller longer, and are only 55 calories.

The main idea here is to pay attention. Try some of these strategies to see which ones work best for you.

## Thin and Crispy Gourmet Hula Pizza

Try this version of pizza with out the guilt!

By Tina Pieper, Executive Assistant to Clinic Director

[The Biggest Loser Family Cookbook](#)

My family discovered thin and crispy pizza by coincidence. I was looking for a quick snack to feed the kids that tasted great. Our result was a new family favorite that can be made in minutes. You can also try your own version, leftovers are a great!

1 (about 8in.) low-fat, whole wheat flour tortilla

2 Tablespoons barbecue sauce

¾ oz, about 3 tablespoons goat cheese crumbles

3 tablespoons drained canned diced pineapple

1 1/2 teaspoon finely chopped cilantro, or more to taste.

Preheat the oven to 400

Place the tortilla on a non-stick baking sheet. Bake for 2 to 4 min. per side, or until crisp.

Remove from the oven and top evenly with the sauce, then the cheese, pineapple, and cilantro.

Bake the pizza for 2 to 4 minutes longer, or until the cheese is completely melted. Slice into wedges and serve!

Makes one serving = 217 calories