



Hi All,

March is soon to be a memory and Easter is on its way. With these events comes the departing of many of our patients to their summer/fall homes. So, I thought I would send out a reminder to those of you leaving to make sure you put us on your "to do" list. Make an appointment to get back in before you head north to get your meds or lipo injections. Also, remember you can continue your weight loss while you are gone by sticking with the protocol you have signed up for and doing weekly, every other week or monthly phone calls with your counselor.

A few key things to remember:

- **Daily weight**
- **Water**
- **Weigh and measure food**
- **Journal**
- **Stick with the food on your list**
- **Exercise**

For those of you who are permanent residents, as always, we are here to help you. One of the biggest things that gets our patients off track are vacations! You can stick to good eating habits even when traveling or when the kids get out of school. You just need to be very intentional about it. So, keep your appointments to help you with accountability to stay on track with your lifestyle changes.



Hoppy trails.

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