



Hi All!

Whew, it has been a whirlwind season! We are starting to get some breathing room here at the office. Most of our snowbirds have returned home and we are starting to get our summer patients returning. I just wanted to give a few reminders/tips of things to watch out for this summer.

1. Vacations-You can exercise (walk, swim, bike) wherever you go. Choose restaurants with healthy food options (look them up on line before you go). Pack healthy snacks for the trip (hard to find them in airports or gas stations).
2. Keep up with your lipos!
3. Continue to journal, drink plenty of water and weigh/measure your food.
4. Finally, if you get off track, get back in to see your counselor to get back into a healthy lifestyle.

Hope you all have a wonderful summer!

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PS-To help you stay on track we are happy to give you some practical help. If you need more Lipos we will give you 3 Lipos with the purchase of 3 Lipos (one time)from now until June 10, 2019. Just tell us you got the email!