



**CONTACT US**  
 (231) 737 8446  
 info@drbriangluck.com  
<https://www.facebook.com/drbriangluck>

*November 2022*



**5 WAYS TO STAY ACTIVE THIS WINTER**

Exercise during the winter months can be challenging. Here are five ways to stay active!

- 1. Stairs:** Running or walking up and down the stairs of your home, apartment complex, or office building can be a great workout for your heart and legs.
- 2. Mall Walking:** Malls are perfect for walking as they are temperature and weather controlled, well lit, and provide great visual distractions which can make your time walking seem to fly by.
- 3. Workout Online:** Thanks to Netflix, YouTube, and Wii you can get a great workout in the comfort of your own home. You can choose an exercise that you prefer, such as yoga, pilates, aerobics, or zumba, there's something for everyone.
- 4. Try dancing inside:** Whether you have a partner or you're alone, dancing is a great way to break a sweat while having fun.

**TIPS TO STAY ON TRACK DURING THANKSGIVING**

These guidelines should help assist you in enjoying your holiday meal without all of the dietary stress

- 1. Protein First:** Be sure to focus on eating protein-rich foods that are available and eat them before others, with vegetables being 2nd and starches coming last. Consider pre-gaming with a protein/nutrition shake before your Thanksgiving meal to start out ahead.
- 2. Eat small plates, slowly.** Try to make small plates and take time to slowly enjoy your meal.
- 3. Keep moving!** Add some type of movement or exercise as part of your day.
- 4. Drink up!** be sure to get plenty of water/liquids.
- 5. Be careful with the leftovers.** You can't be tempted by food that is not there so get rid of it to prevent overeating after your meal.

If you have any questions about what you can and cannot eat during Thanksgiving you can consult our dietitian to help answer any dietary questions. rebecca@drbriangluck.com

**REBOOT YOUR BRAIN SERIES: BODY DYSMORPHIA!**

Behavioral Health Professional Shelly Tjapkes, LPC, will discuss body dysmorphia, i.e. how we see ourselves in the mirror. It involves an imagined physical defect or a minor defect that others often cannot see, often leaving us feeling anxious and affecting our lives negatively.

Support groups are not recorded due to patient interaction. We offer numerous other avenues for support including Back on Track Classes, Reboot series, as well as Focus on Fitness Events. Please check out our website and Facebook Events page for the schedule and link to join events.

Thurs. Nov. 10 @ 6:30 PM  
<https://www.drbriangluck.com/support-group/>

**We're here to Support you**

**Back on Track Class**  
 Tues November 8 @ 6PM

**"Reboot Your Brain" Series**  
**Body Dysmorphia**  
 Thurs Nov 10 @ 6:30 PM  
**Building the Muscle of Willpower**  
 Thurs Nov 17 @ 8 AM  
 Monday Nov 21 @ 6:30 PM

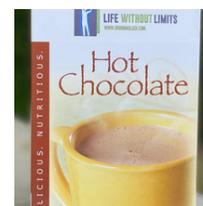
**FOCUS ON FITNESS**  
 Cardio Drumming  
 Thursday Dec 1 @ 7 PM  
 1206 Whitehall Rd

**PUMPKIN PIE PROTEIN DRINK**

- INGREDIENTS**
- 1 Scoop Vanilla Protein Powder
  - 1 Cup of Skim Milk
  - ½ Cup Canned Pumpkin
  - ½ of a Banana
  - A pinch of Cinnamon



- DIRECTIONS**
- Combine all ingredients in a blender.
  - Blend on high speed for 1 minute.
  - Tips for you: For creamier and thicker shakes, use a frozen banana or reduce milk and add additional ice cubes.



**Cinnamon Hot Chocolate**

**PROTEIN PACKED:** Each packet is loaded with 15g of protein per serving, one cup of hot cocoa will satisfy a sweet craving and curb any hunger cravings that you may have! 1 box with 7 packets for \$11