

WHY SOCIAL SUPPORT FOR WEIGHT LOSS MATTERS

They're an underrated weight-loss tool, but social support systems or programs may have a bigger effect on your success than you think.

3 Reasons Why Social Support is Helpful to Your Weight Loss Program

It keeps you motivated. One of the biggest benefits of having a social support system is motivation. Weight-loss progress isn't always linear. Especially when you feel discouraged, knowing you have friends or a community in your corner can help you keep progressing toward your goal.

It encourages accountability. Social support systems can come in many different forms, including friends, family, coworkers and community-based programs. Different systems work for different people, but all of these provide a source of accountability, which can be an encouraging factor. ***Join Healthy Size Clinic for weekly weigh-ins and support!***

You can learn new tools & ideas.

Outside resources can also teach you how to better handle & navigate any of the difficulties you may encounter. Having a community means you get to problem-solve together. Chances are, others have encountered the same issues & may be able to suggest solutions that worked for them.

CREAMY TACO SOUP

INGREDIENTS:

- 1 tbsp olive oil
- 1 small onion finely chopped
- 2-3 cloves garlic minced
- 1 lb ground beef *
- 1 red bell pepper diced
- 1 large tomato chopped
- 1/2 jalapeno chopped **
- 1 cup heavy cream
- 2 tbsp taco seasoning
- Salt and black pepper to taste
- 1 1/2 cups beef broth
- For Garnish (optional)
- Fresh cilantro chopped
- Avocado sliced
- Mozzarella shredded
- Jalapeno sliced
- Lime juiced and sliced

NUTRITION

Serving Size: 1 bowl
Calories: 382 kcal
Carbs: 11 g
Protein: 19 g
Fat: 30 g
Fiber: 3.9 g
Sugar: 4.1 g

Note

*You can also use ground chicken or turkey or any other meat of choice

**Optional. Don't add it if you like your soup mild.

DIRECTIONS:

1. Heat up a large pot or Dutch oven to medium-high heat. Add in the olive oil and onion. Cook until translucent for about 3-5 minutes.
2. Add in the garlic and ground beef. Brown the beef up for about 7-8 minutes, stirring throughout until it's cooked.
3. Now, add bell pepper, tomato, jalapeno, heavy cream, taco seasoning, salt, and black pepper. Stir and let it cook for 4-5 minutes until the tomatoes have softened and everything has been mixed through thoroughly.
4. Pour in the beef broth and mix it in well. Lower the heat and let it simmer for 15-20 minutes. The soup will thicken up.
5. Serve in a bowl. Top up with cilantro, sliced avocado, shredded mozzarella cheese, slices of jalapeno, drizzle with fresh lime juice, and top up with lime slices.

2026

August



AUGUST IS NATIONAL WELLNESS MONTH



EAT WELL

REST

EXERCISE

WELLNESS CHECKS

HYDRATE

1307 Norh Cutting Ave.
Jennings, La 70546
337-824-5200



BEING PREPARED IS SIMPLE

Back-to-school time is busy for both kids & parents. It is a time for adjusting schedules, making sure everyone has what they need & getting back into the groove, which requires time & preparation. During this busy time, be sure to make yourself & your healthy lifestyle a priority. Always have healthy snack options at hand, as well as options for healthy, convenient meal ideas for busy days.



CELEBRATE NATIONAL WELLNESS MONTH

Prioritize Self-Care -Whether it's running a bubble bath, watching your favorite show, going for a walk, curling up with your favorite book, focus on activities that make you happy and relaxed.

Get Moving -No matter if it's a run around the park, trying out a new workout class, or walking, keeping active is the ultimate mood booster.

Unplug and Disconnect– Prioritize taking breaks from your screens and technology to recharge your batteries, it will do a world of good.

Treat Yourself With Healthy Foods- It's easy to opt for fast food and take-out, but experimenting with new recipes and whipping up some wellness eats will be great for your physical and mental health.

Focus On Better Sleep Habits- Sleep has a huge part to play in our physical and mental wellbeing. You should try your best to get around 7-9 hours of sleep per night and go to sleep at a similar time everyday. This way you'll feel energized and ready to take on the day.

QUICK HEALTHY SNACKS CAN HELP KEEP YOU AND YOUR CHILDREN ON TRACK FOR A HEALTHY LIFESTYLE. BELOW ARE A FEW OPTIONS!

Chopped fresh vegetables	Protein chips
Turkey pepperonis/ Turkey sticks	Protein shakes
P3 portable snacks	Low fat cheese sticks
Sugar free Jell-O	Turkey jerky
Sugar free pudding	Boiled eggs
Dannon Light + Fit Greek Yogurt	100 calorie nut packs

BACK TO GOOD HABITS

