



Health in Season

Change starts within each of us – step by step, season by season.

JOURNEY HEALTH QUARTERLY NEWSLETTER

SPRING 2025



The Journey Begins

Welcome to the First Edition of Health in Season!

Thank you for making the leap and choosing to walk this path with me –your trust means everything. Health in Season is more than a newsletter; it's my love letter to you and a reflection of the shared journey we're on toward our best health, through every phase and season of life.

Each quarter, I'll share updates, timely insights into the ever-evolving world of healthcare, and personal reflections on the science, trends, and ideas shaping the way we care for our bodies, minds, and spirits. My goal is to keep you informed, inspired, and connected to the heart of our mission: evidence-based, compassionate, whole-person care that truly supports YOU on your journey.

Here's to growing, thriving, and staying in season—together.

Warmly,
Katelin

SEASONAL SPOTLIGHT

A Personal Reflection on Health and Wellness in Our Current Season



Spring. A season of renewal, soft starts, and steady growth. Just as nature is beginning to bloom again, our bodies and minds are invited to refresh and realign. In health, spring mirrors the process of healing and change: subtle shifts that, over time, lead to vibrant transformation.



This season reminds us that growth doesn't have to be loud to be powerful. It can be quiet, intentional, and deeply rooted – just like the work we're doing together. There is nothing I love more than seeing the perseverance of those tiny green plants that rise from my garden beds each spring. Their return is a quiet triumph – a reminder that resilience is built in the dark, with roots that hold steady despite heavy snow, biting winds, and frozen ground.

Spring challenges us to find the commitment that is rooted deep within all of us. Whether it's recommitting to your exercise routine or the excitement of planting fresh seedlings in your vegetable garden, spring is the perfect metaphor for progress on your journey: emerging, unfolding, thriving.

MOVE IN SEASON

Practical Tips to Keep your Body Moving with Purpose, No Matter the Season

Spring HIIT Walk

Why do I recommend this?

HIIT (high intensity interval training) is quick, invigorating, and provides a powerful jumpstart to your metabolism long after the activity has ended. Alternating intensity in your workout helps balance blood sugar and support cardiovascular health. Walking is low-impact (avoiding the wear and tear of high-impact workouts on our joints and pelvic floors.) Doing this activity outside is the perfect way to shake off winter and boost your mood. Bonus – playing outside is FREE!



Time: 20 minutes

Equipment: None

Difficulty level: beginner (increase intensity per your fitness and comfort level)

Warm-up (3 minutes):

Start with a relaxed, steady walk. Breathe deeply. Setting into a rhythm. Intensity is low (you should be able to speak in full sentences without feeling breathless)

HIIT (4 cycles, 2 minutes and 30 seconds each)

- Brisk walk (1 minute) – push your pace, arms swinging, you should be speaking in near-full sentences, but be a little bit breathless
- Power walk or light jog (30 seconds) – increased intensity, speaking in 1 or 2 words sentences. (If you are staying low-impact and don't have access to a hill you can raise and lower your arms overhead to increase intensity)
- Recovery walk (1 minute) – slow pace, catch your breath, bring your heartrate down. Speaking again in near-full sentences.

Cool down (3 minutes):

Slow your pace. Stretch your arms overhead. Roll your shoulders. Breathe deeply (inhaling while your belly expands, exhaling while your belly contracts.)

SAVOR THE SEASON

Seasonal Recipes That Celebrate The Gifts That Nature Provides

Protein Chia Pudding

Author: Brittany Mullins

Why do I recommend this?

Berries are rich in antioxidants and fiber, which support hormone balance and satiety, reduce the risk of cancer, and provide blood sugar stability. Chia seeds are “nature’s sprinkles” and packed with omega-3s that support healthy cholesterol, brain and skin health. With approximately 20 grams of protein per serving, this recipe will provide lasting energy and satiety to get you through the “spring cleaning” we’re all meaning to do! With only 5 minutes of prep time required, it’s an easy make-ahead meal that you can plan in advance, and also take with you to stay on track with your nutrition goals. For those with “picky palates” the variations on this recipe are endless!

Prep time: 5 minutes

Rest time: 2+ hours (overnight is easy!)

Total time: 2 hours 5 minutes

Ingredients:

- 1 scoop (25 grams) vanilla protein powder (I use “orgain” organic plant-based pea protein powder, but whey is also a great choice!)
- 1 ¼-½ cups unsweetened vanilla almond milk (plus more as needed)
- 4 Tablespoons chia seeds (I buy Bob’s red barn)
- ½ Tablespoon maple syrup honey or sweetener of choice (optional! The berries are sweet already)
- ¼ teaspoon vanilla extract (optional, but a definite for me)
- ½ cup Greek (or non-dairy) yogurt (careful! Read the nutrition label – yogurts are a sneaky source of hidden sugars. Look for one with less than 5 grams of sugar per serving)
- Toppings (optional): fresh berries, granola, and nut butter.



Instructions

1. In a bowl or mason jar, whisk together almond milk and protein powder until protein powder has dissolved. If you’re using a mason jar, you can put the lid on and shake the mixture to combine.
2. Add chia seeds, maple syrup and vanilla. Stir or shake mixture until well combined. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds.
3. Cover and put the mixture in the fridge to “set” for 1-2 hours or overnight. The chia pudding should be nice and thick, not thin or liquid.
4. When ready to serve, portion chia pudding into two glasses with layers of granola, if desired. Top with ¼ cup Greek yogurt each, fresh berries, additional granola and nut butter or toppings of choice. A mason jar or glass container with lid can be a great choice for travel!

Nutritional Information: Serving size: ½ recipe without additional toppings (e.g. granola, berries)

Calories: 243kcal | Carbohydrates: 13g | **Protein: 19g** | Fat: 14g | Saturated Fat: 3g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 2g | Sodium: 299mg | Potassium: 288mg | **Fiber: 6g** | **Sugar: 3g**

SEASON OF CHANGE

Mindful Interventions for Lifestyle Change, Growth and Living Intentionally

Spring Grounding Meditation: 5-Minute Outdoor Reset

Celebrate the warmth and sun of the season by carving out time to reconnect your mind and your body with nature.

Why do I recommend this?

An outdoor meditation offers an additional bonus for your nervous system—connecting with nature (sight, sounds, smell) stimulates the parasympathetic nervous system (“relaxation state”) to lower cortisol and reduce stress. Natural light will boost serotonin, which can reduce symptoms of anxiety and depression and help you reset your circadian rhythm (your sleep-wake cycle) to promote improved sleep, hormone regulation, and energy levels.



Location:

Find a quiet place outdoors where you can sit comfortably with your eyes closed.

Tip: bring a timer so you won't be distracted wondering when your session is over.

Instructions:

- Close your eyes or soften your gaze
- Take a deep breath in and let your belly extend. Feel the air passing through your nostrils—cool, fresh, and full of possibilities.
- Exhale slowly and let your belly retract—imagine release anything heavy that winter may have left behind.
- Place your hands on your belly or over your heart to connect to the rhythm of your breath and your body.
- Tune in to your body and use your senses (other than sight) to be present:
 - What can you hear? Listening to the sounds around you (birds, breeze)
 - What can you feel? Feel the ground supporting you and the breeze on your face
 - What can you taste?

Repeat silently:

- Inhale: With each breath, I awaken.
- Exhale: With each moment, I grow.

End practice with a deep, grateful breath.

SHIFTING SEASONS

What's changing in Health and Wellness

As the seasons transition, so does the landscape of health and wellness. In this section, we explore the latest developments in healthcare, from emerging research and policy changes, to new approaches in metabolic health and hormone therapy. Stay informed and empowered as we navigate these shifts together.

On Friday, April 4th, 2025, The Centers for Medicare & Medicaid Services (CMS) announced that it is NOT finalizing an approval of Part D coverage of anti-obesity medications (AOMs). (Here's a link to the CMS website: www.CMS.gov) In simple terms, this means that AOMs will continue to be considered "plan exclusions" (not covered) for approximately 67.9 million American people who are eligible for Medicare and Medicare advantage plans. It means millions of people will continue fight a chronic, progressive, relapsing, deadly disease without the option to consider lifesaving interventions, unless they can afford it privately.

For me personally, this announcement felt like a punch in the gut. For years I have sat across from patients and supported them in their metabolic health journey. I held their hands as they bravely asked me for help for the first time. I celebrated with them as new medication options became affordable and available to add to their toolbox. And far too often, I cried with them, as I shared the heartbreaking news that they don't have coverage, or their coverage changed and their medication must be stopped. As an obesity specialist, there is nothing more frustrating for me than knowing an incredible, life changing tool may be just out of reach. On April 4th, 2025, I grieved.

And yet, on April 8th, 2025, I still opened the doors to Journey Health, because I decided a long time ago that I will continue to fight despite the goliath road blocks ahead. I continue to fight by bringing each of my patients the same level of enthusiasm, compassion, and advocacy, no matter what their insurance coverage is.

I continue to fight by staying up-to-date and passionate about the other pillars of obesity medicine that are just as essential as medications. I continue to fight by joining and supporting important advocacy groups, such as the Obesity Action Coalition (OAC), as they take on the formidable task of educating and collaborating with new leadership at HHS and CMS. And I continue to fight by supporting my obesity medicine and primary care peers alike, whether they're in private practice or not, because the millions of patients who need our help don't deserve to be stratified by their location, income or insurance coverage.

Today, I wrote this newsletter. I hope it sparks something in you that makes you want to continue the fight with me. If you're wondering how to start, you can visit the OAC to learn how to get involved on a local and national level.

<https://www.obesityaction.org>