



**MD WEIGHT  
MANAGEMENT**

JANUARY 2018 NEWSLETTER



*The New Year is here! Many view this time as a clean slate but we hope you also view it as a time of reflection - learning from your previous ups and downs. Think about what habits you would like to swap out for healthier habits and know that we are here for you every step of the way! Here's to 2018!*

New Year's Special: Refer a friend to join our Jan or Feb group and BOTH of you will each get \$100 of meal replacements FREE!

### Save the Date: Local Events to Get You Out of the House

#### Gratitude in the Park - Free Yoga Classes

**Every Saturday at 10:45AM**

Meet at the Garfield Statue in front of the Conservatory of Flowers in SF for an outdoor donation-based yoga class. Bring own mat or towel. All levels are welcomed.

#### MLK Jr. Free National Park Day!

**1/16/18 (Tue)**

Get a nice hike in and enjoy the beauty of nature with free entry AND parking at all U.S. National Parks. A great opportunity to visit Yosemite, Sequoia, and more!

#### Winter Sunrise Tour of Muir Woods (Free)

**1/14/18 (Sun) & 1/28/18 (Sun)**

Experience a guided sunrise tour through Muir Woods learning about local plants and animals while getting in plenty of activity. RSVP by calling (415) 388-2596

## Simple Yet Tasty Recipe of the Month

### *Coconut Hot Chocolate*

#### **Ingredients:**

1 pkt Creamy Hot Cocoa  
¼ tsp Coconut extract, or to taste  
1 cup Hot water

#### **Instructions:**

Combine all ingredients and stir well.

1 Coconut Hot Chocolate contains 70 calories and 12g protein.



## The S.M.A.R.T Way to Start Off the New Year

*It's that time of the year again – resolutions are declared, gyms suddenly get crowded, “detoxes” and “cleanses” are experimented with... These tend to be temporary changes that eventually fizzle out. We want to help you make changes that will stick. Use some of the tips below to help keep you on track in the new year!*

### S.M.A.R.T Goals & Small Changes

Remember that it took years for you to build the habits you had coming into the program, which means it will also take time to develop new, improved habits. Create Specific, Measurable, Achievable, Realistic, and Timely (S.M.A.R.T) goals to slowly make changes, such as “walking 15 min at lunch 4x/week starting today” or “change into my gym clothes right after work 3x/week starting tomorrow.” See where you can make small, *realistic* changes that are sustainable for you in order to reach your long-term goals.



### Non-Food Related Rewards

People can be the toughest critics on themselves sometimes! Be sure to give yourself credit for your accomplishments, no matter how big or small. Maintaining motivation is a common weight management challenge, and giving yourself non-food related rewards may help keep this motivation up. Treat yourself to some new fitness clothes or equipment, a mani/pedi or a massage, new gardening tools or other household items – you deserve to feel good about what you've accomplished!



### Gratitude Journal & Positive Affirmations

With the frustrations of weight management, it can be easy to dwell on the negatives in life. Consider keeping a gratitude journal, listing at least three things you are thankful for everyday. Also, add in positive traits that you like and admire about yourself. This can be a simple notebook or email to yourself, or search online to find actual gratitude journals with visually appealing layouts. Keep this handy for those times when you need something uplifting. Remember to stay kind to yourself.

