



**MD WEIGHT  
MANAGEMENT**

FEBRUARY 2018 NEWSLETTER



## Simple Yet Tasty Recipe of the Month

### *Vanilla Chai Tea*

#### **Ingredients:**

- 1 tea bag Chai tea
- 12 fl oz. Hot water
- 1 pkt Vanilla Pudding & Shake

#### **Instructions:**

- 1) Steep tea bag in hot water for 10 minutes.
- 2) Slowly stir in vanilla pudding & shake packet (*Note: to prevent clumping, make sure water isn't too hot*)

1 Vanilla Chai Tea contains 100 calories and 15g protein.



*Morale and motivation for losing weight tend to be higher at the beginning of the year, but we want to help you maintain this throughout the year!*

*Remember what your motivations are besides weighing less: to be able to pick up your grandkids easier? To discontinue some medications? To be a role model for your children or other family members? Whatever your motivations may be, be sure to write them down and keep them near and dear. You never know when you might need those reminders to keep you moving forward.*

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

#### **KP SF Half Marathon & 5K @ Golden Gate Park**

**2/4/18 (Sun)**

Whether you're walking or running, you'll experience the beautiful views of the Pacific Ocean and Golden Gate Park during this course. Register at [www.getfitkpsf.com](http://www.getfitkpsf.com)

#### **Tulipmania Festival @ Pier 39**

**2/10/18 (Sat)-  
2/18/18 (Sun)**

Stop and smell the fresh tulips. Enjoy over 39,000 beautiful blooming tulips and free guided tours at Pier 39 in SF. Visit <https://www.pier39.com/tulipmania> for more info.

#### **SF Chinese New Year's Parade**

**2/24/18 (Sat)  
@ 5:30pm**

Celebrate the year of the dog and join in the Chinese New Year's festivities. See elaborate floats, dragon dances, firecrackers and more all throughout Chinatown. Get there early for a good spot!

## How To Handle Those Pesky Cravings

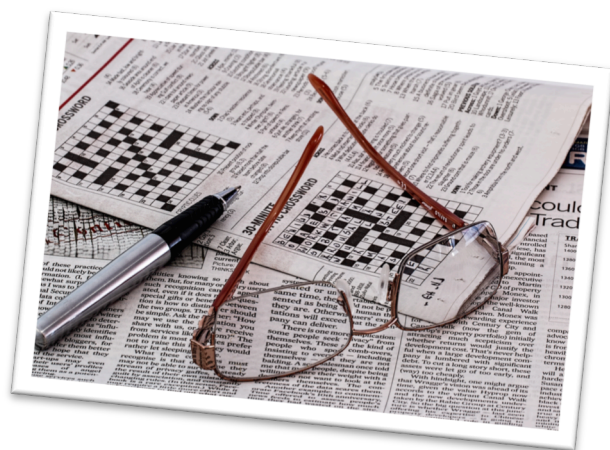
*With stores now filled with Valentine's Day candy and chocolates, it can be easy for cravings to take over. Learning how to problem solve and navigate these situations is key for successful weight management.*

### First Ask Yourself: Hunger or Craving?

It's important to be able to distinguish between hunger and craving. Hunger is a physiological response: your brain and stomach working together to motivate you to eat anything with calories. Cravings tend to be less physiological and are targeted towards a very specific food. Unlike hunger, cravings can go away without eating. If you're hungry, be sure to have some meal replacements on hand for a filling calorie controlled meal. If you're having a craving, try the tips below to help ride it out.

### Find Some Visual Distractions

Out of all the sensory cues, sight tends to trigger cravings the most (think of TV commercials and other ads). Try to replace the mental imagery of the craving with a visual distraction. Examples are: crossword puzzles, Sudoku, word searches, adult coloring books – something to “push out” visuals of the food. You might find that while you're distracted, the craving has passed.



### Keep Stress Levels in Check

Cravings often come during times of stress and anxiety so learning how to properly relieve your stress could reduce craving frequency. Try a guided meditation app, like Headspace or Calm, to take a few minutes for yourself and clear your head. And of course, there's always good ol' exercise to decrease stress hormones and increase endorphins.

### Implement Environmental Control

“Out of sight out of mind” is a mantra often heard in weight management. Try to lessen your exposure to food when possible: walk around the house during TV commercials, put treats in the crisper of the fridge instead of on the middle shelf, cover leftovers with foil instead of plastic wrap. See where you can make little changes in your environment to keep unnecessary food visuals to a minimum.

