



**MD WEIGHT  
MANAGEMENT**

## MARCH 2018 NEWSLETTER



*Whether it's Bay Area traffic, family to care for, or taking control of your weight, stress can easily accumulate. Have a list on hand of activities to do, places to go, and people to call to help keep stress levels in check. Also, a friendly reminder that physical activity is effective, yet often underutilized, for stress relief (a bonus to its weight control benefits). Whatever your outlet may be, prioritize moments for yourself to breathe and clear your head.*

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

#### The Super Run 5K (Superhero cape provided)

**3/10/18 (Sat) @  
8:00am**

Bring the kids and dress up in costume for this superhero themed 5K at Little Marina Green in SF! All ages welcomed. Go to [thesuperrun.com](http://thesuperrun.com) for more info and to register.

#### St. Patrick's Day Parade

**3/17/18 (Sat) @  
11:30am**

A great family event filled with Irish performers, dancers, floats, and more. The parade route beings at 2<sup>nd</sup> Street & Market in downtown SF. Bundle up and go early for a good spot.

#### Flower Show @ Union Square

**3/25/18 (Sun) –  
4/8/18 (Sun)**

View elaborate arrangements and displays of flowers from all around the world at the Macy's Flower Show in Union Square. Get steps in shopping while enjoying the décor.

### Simple Yet Tasty Recipe of the Month

#### *Chocolate Salted Double Caramel Pudding*

##### **Ingredients:**

1 pkt MDWM Chocolate Salted  
Caramel Pudding & Shake  
4 fl oz. Water  
1-2 splashes Torrani Sugar-free  
Caramel Flavoring Syrup

##### **Instructions:**

1) Combine all ingredients and stir well.

1 Chocolate Salted Double Caramel Pudding contains 100 calories and 15g protein.



## Build In Activity Regardless of Weather

*The wind and cold weather lately can make it easy to pass on the physical activity. However, successful weight control requires consistent activity throughout the year, despite how it looks outdoors. Use the tips below to spark some ideas on how to stay active no matter the season.*



### Check Out an Indoor Mall

Stay warm indoors, window-shop, and get steps in all at the same time. Pick up the pace a bit and walk the entire mall course for a bump in burned calories. Bring a friend or family member to pass the time by faster. Some tips to keep in mind: steer clear of the food court and walk the stairs wherever you can find them.

### Try Some Desk Exercises

Get some activity in right at your desk. Try doing some leg lifts in your chair or consider getting a desk peddler you can place underneath your desk. You can also do chair squats by lowering yourself into your chair until you just hit the edge and go back up. Work out your triceps by grabbing a book, holding it behind your head, and extending your arms up.



### Make Use of Technology

In our tech-savvy society, we now have several options to do activity wherever we please. Try an app like Sworkit or search free videos online for guided workouts you can do at home. Also, check out your local library for a plethora of DVD options for cardio, strength training, and yoga.



### Bundle Up and Buddy Up

Although it might be chilly outside, you can always add a few extra layers to bundle up. To keep yourself accountable (and to have some company), find a walking buddy. Enjoy the beautiful views of the Bay Area and hike some trails. Visit [trails.com](http://trails.com) for a list of trails near you.

