



**MD WEIGHT  
MANAGEMENT**

## JULY 2018 NEWSLETTER



*With the barbeque parties and various potlucks that often occur during this time of the year, it can be a challenge to navigate those events while managing weight. As much as possible try to reduce your food exposure – stand in an area farthest from the table with the food, have foods covered with foil after the meal is over, mingle around with non-caloric drinks in hand. You can also get your loved ones involved and go for a group hike or start an active game!*

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

#### Shakespeare in the Park

7/1/18 (Sun) –  
9/23/18 (Sun)

Experience Shakespeare's Midsummer Night's Dream for free at several park locations including SF Presidio and McLaren Park. Visit [www.sfshakes.org](http://www.sfshakes.org) for more info on times and locations.

#### Salsa Festival on Fillmore

7/13/18 (Fri) –  
7/14/18 (Sat) @  
6pm-10pm

Make your physical activity fun and learn some salsa at this free 2 day event on Fillmore Street from Eddy to Geary. Join hundreds of others dancing to live music into the night!

#### Berkeley Kite Festival

7/28/18 (Sat) –  
7/29/18 (Sun)

Enjoy tons of beautiful kites, kite-flying demonstrations, fun music, and more at Berkeley Marina. You can even make your own free kite there. Free shuttles are available from the parking lot at Golden Gate Fields.

### Simple & Tasty Recipe of the Month

Created by an  
MDWM Patient

#### *Nacho Cheese Pasta Frittata*

##### Ingredients:

1 pkts MDWM Nacho Cheese Pasta  
5 fl oz Boiling water  
¾ cup egg whites  
¼ tsp dried green herbs like Italian Seasoning

##### Instructions:

- 1) Mix Nacho Cheese Pasta with hot water in a microwave safe bowl and stir thoroughly.
- 2) Microwave on high for 3 minutes.
- 3) Whisk in egg whites and sprinkle dried herbs on top.
- 4) Microwave for another 2-3 minutes until it is baked through but not too dry.



## Tips For Travel & Weight Control

*Traveling this summer and trying to figure out how to manage your weight at the same time? It's definitely a common challenge. Try to keep up the activity and make the most of any down time – early to your flight? Instead of waiting by the gate, take a brisk walk around the airport to get those steps you won't be getting on the plane. Read below for additional strategies to help with travel and weight control.*

### Pre-Planning is Key

Be prepared and have plenty of meal replacements on hand (packing extra is better than not enough). Pack a shaker bottle and consider even bringing a sponge for easy clean up. Find a hotel that has the amenities you need (a fitness room, fridge, and/or microwave). For those on transition or maintenance, look up ahead of time calorie information of the restaurants you think you'll be visiting. Most importantly, make sure you're keeping food records so you know where your calories are landing.



### Be Adventurous

While food is often times incorporated in the culture of traveling, try to plan in as many other non-food related activities that you can. Explore the area. Are there trails you can hike? Museums, exhibits, zoos, etc. you can visit? Any fun, local one-time classes you can take? What about shopping for souvenirs or local goods? Consider signing up for a guided bike or walking tour to get in activity while learning about your destination.



### Keep the Water Coming

With the excitement of traveling and in general being up and about, it can be easy to forget about the water. Be sure to stay well hydrated and pack your own refillable water bottle. This will help prevent water retention as well as any confusion between hunger or thirst – an added bonus that it helps keep bowel movements regular.

