



**MD WEIGHT
MANAGEMENT**

NOVEMBER 2018 NEWSLETTER



It's important, particularly around this time of the year, to remember the journey you've been on and the journey that continues ahead. While you head into the holiday season, consider journaling your wins no matter how big or small, as this can be helpful to keep the motivation running through the holidays. And remember to ask for support when you need it!

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

Free National Park Day

11/11/18 (Sun)

Enjoy FREE entry to Muir Woods, SF Maritime National Historical Park, and all other national parks. A great excuse to get the family out and activity in! More info here:

<https://www.nps.gov/planyourvisit/fee-free-parks.htm>

Building Lighting Ceremony @ Embarcadero Center

**11/16/18 (Fri)
4pm-7pm**

This FREE annual event features Disney on Ice, fireworks, the lighting of four iconic SF buildings, and other festivities! A fun way to kick off the holiday season.

SF Turkey Trot @ Golden Gate Park

11/22/18 (Thurs)

A fun run/walk event suitable for the whole family on the morning of Thanksgiving. Come in costume, if you'd like! To register visit: www.sanfrancisco-turkeytrot.com/2018

Simple & Tasty Recipe of the Month *Holiday Cappuccino*

Ingredients:

1 pkt MDWM Cappuccino

8 oz. Hot water

1 dash Ground ginger, or to taste

1 dash Ground nutmeg, or to taste

Instructions:

Combine all ingredients and stir well.

One cappuccino is 60 calories





Tips On Common Holiday Dilemmas

Figuring out how to navigate the holidays while managing your weight is no easy task. The key is walk in with a plan in hand. Try making a conscious effort to bump up the activity the day of and the day after an event, and as much as possible keep those food records going. Read on for additional tips on common holiday challenges.

Hosting a Large Dinner

Take advantage of the fact that you're in charge of the plates. Use 9" plates to serve food instead of ones that are restaurant sized. You might find that you'll serve yourself less food when the plate is smaller. Also, once the meal is complete, start packing the food for your guests to take home instead of leaving all the food out to potentially graze on throughout the night.

Attending a Large Dinner

Prevent going in hungry! Have a snack or meal replacement beforehand and plenty of water. At the dinner, try to stick with the Healthy Plate model: $\frac{1}{2}$ your plate non-starchy veggies (leafy greens, Brussels sprouts, etc.), $\frac{1}{4}$ plate lean protein (turkey, chicken, etc.), and $\frac{1}{4}$ plate starch (potatoes, stuffing, etc.). If you're going to be having alcohol, consider going with a lighter beer or a wine spritzer.

Treats at Work

Whether it's leftover Halloween candy or holiday baked goods, treats can commonly pop up at work. If possible, try to cover the food with foil during off-meal times and choose an alternate route to get where you need to be. If you absolutely have to pass by the food, ask yourself some of these questions: "Have I had these before? Do I know what they taste like? Are they really that special? Am I actually hungry?" This might help with deciding if having the treat is worth "spending" the calories on. If it is, just be sure to log it!

Holiday Travels

It's understandable that holiday traveling can get hectic. The best strategy is to be as prepared as you can be. Make the time to pack healthy snacks (protein bars, lean jerky, freeze dried edamame, single serving packets of nuts, etc.) and meal replacements for your travel. Check to see if where you're staying has a scale, or consider bringing your own along. Plan in activities that involve movement like ice-skating, hiking, or even walking around the mall. Every step counts!

