



**MD WEIGHT
MANAGEMENT**

DECEMBER 2018 NEWSLETTER



2018 is coming to an end! It's an ideal time to reflect on all that you've achieved this year. Despite the challenges that came along the way, remember the wins you had – coming to group sessions when you had a rough day, opting for a healthy snack instead of the sweets in the break room, going for a walk during stressful times. All those wins add up ☺

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

ZooLights @ Oakland Zoo

**12/7/18 (Fri) until
1/6/18 (Sun)**

Get some fun activity in from 5:30pm-9:00pm. Bring the family for a stroll at the Oakland Zoo to enjoy a music-theme light show and lit up animal structures!
Bonus: free parking.

Lighted Boat Parade @ Fisherman's Wharf

12/14/18 (Fri)

From 6pm-8pm enjoy the scenic views of this holiday boat parade in the SF Bay. Boats will be lathered in gorgeous lights and holiday decorations.

SF New Year Eve's Fireworks @ the Embarcadero

12/31/18 (Mon)

Arrive by 11:30pm to get a good spot for the free waterfront fireworks downtown. The best viewing spots are between Mission and Folsom Street along the Embarcadero.

Simple & Tasty Recipes of the Month

Cinnamon Hot Cocoa

Ingredients:

1 pkt MDWM Hot Creamy Cocoa
1 tea bag Cinnamon flavored tea
(ex. Celestial Seasonings Bengal
Spice tea)
8 oz Hot water

Instructions:

Combine all ingredients and stir well.



Preventing the Dreaded Holiday Weight Gain

Weight gain around the holidays is a common dilemma, and often times it's because a single holiday turned into an extended holiday. Try using the tips below to help stay on track. Remember that maintaining your weight during this time is a huge accomplishment!



Pencil in Enough Activity

Whatever form of activity you can get in can help mitigate holiday weight gain. Even better if you can get the family involved for a scenic walk, ice skating, even a game of tag. The goal is to create a little bit of a buffer to balance some of the increased calories during this month. Add in extra steps by getting off the bus a few stops early, going to a more distant bathroom, walking a roundabout way to get the mail, etc. Any movement is helpful!

Prioritize Your Calories

Getting in physical activity is essential, but it's important to remember that it's difficult to burn off an entire meal. This is where prioritizing your calories comes in. Every time you're faced with a family style meal or potluck, try to prioritize what is really worth your calories. Maybe that side dish your mom only makes once a year trumps the mashed potatoes you can have anytime of the year? Also, keep in mind meal replacements can be helpful to use throughout the day to fill you up while keeping calories in check.

Be Aware of the Tiny Tastes

Little nibbles and samples here and there can seem trivial at the moment, but they can easily rack up in calories so best to track them in your food logs. When you feel the tracking starts to slip during the holidays, try taking pictures of your tiny tastes to have some sort of documentation. Scroll through your pictures throughout the day so you can reflect on how many nibbles occurred and when.



Think Out of the Box for Gifts

During this time of the year, it's common to gift others sweets and treats. This year, try gifting something without calories like candles, home décor, teas or coffees, water bottles or mugs, etc. When you're on the receiving end of the treats, stick them in the freezer to keep them out of sight or consider re-gifting to someone else.

