



**MD WEIGHT
MANAGEMENT**

JANUARY 2019 NEWSLETTER



Simple & Tasty Recipe of the Month

Creamy Pumpkin Spice Oatmeal

Ingredients:

1 pkt MDWM Oatmeal
5 oz. Hot water
1 pkt MDWM Pumpkin Spice
Pudding & Shake
3 oz Cold water
1/8 tsp Pumpkin pie spice or
cinnamon

Instructions:

- 1) Prepare oatmeal according to package directions.
- 2) In a separate bowl, prepare the pumpkin pie pudding with 3 oz cold water and spices.
- 3) Combine the pudding with the prepared oatmeal and stir.



Now that 2019 has arrived, what are your hopes and goals for the year? The best way to reach your goals is to break them down into smaller stepping-stones. Think about your 6 month goal and what your action plan will be in the next month to work towards that goal. Is it to slowly increase your walks by 10 minutes each week? Or maybe to work your way up to tracking everyday? Whatever it maybe be, just remember that we're here to help!

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

Free Garden Day in SF

1/8/19 (Tue)

Visit the San Francisco Botanical Garden at the Golden Gate Park with free admission! A great way to get out of the house, enjoy nature, and get some steps in.

MLK Jr. Free National Park Day!

1/21/19 (Mon)

Get a nice hike in and enjoy the beauty of nature with free entry AND parking at all U.S. National Parks. A great opportunity to visit Yosemite, Sequoia, and more!

Fort Point Living History Day (Free)

**1/26/19 (Sat) @
10AM**

Experience the live re-enactment of the American Civil War at the Fort Point National Historic Site. Watch infantry drills, artillery demonstrations, 1800's medicine discussions, and various exhibits.



Essentials for 2019

It's that time of the year again when new year's resolutions are declared. Our goal is to help you make changes stick and develop life long habits. Here are some essential strategies to keep in mind throughout the year.



Write Down Your Motivations

Motivation may come quickly at first because it's a new year, but when things get tough a few months from now, it can be easy to forget why you started on this path in the first place. Write down three motivations for getting healthier, and be specific here. Is it to have more energy to chase after the grandkids or be more focused at work? Is it to walk up that hill without being out of breath and your joints hurting? Is it to be a role model to others in your family? Keep these motivations somewhere close and refer to them often throughout the year.



Come Up with Plan B and C

While it would be nice if plan A went as you expected all the time, often life can throw curveballs. And this can especially be the case when it comes to healthier eating and regular physical activity. When you're thinking about your goals and action plans for the new year, always be sure to come up with back up plans. With the cold weather lately, it can be easy to dismiss your usual outside walk. Maybe your plan B is to do Paul Eugene chair exercises on Youtube. Did a recent family or work gathering get in the way of your planned nutritious meal plan? Maybe your plan B is to eat a meal replacement or a Healthy Choice Power Bowl beforehand and order an appetizer at the gathering. The goal is to think of strategies early on so that you're less likely to be caught off guard.

Find the Right Tracking Method

Phone apps like MyFitnessPal or LoseIt are a great way to track your food intake and physical activity, but if you're feeling like your tracking is starting to slip or that apps just aren't your forte, try some other methods. The most important part is to have some kind of record and documentation of your food and your journey. Maybe a wellness planner like Life & Apples, which is a healthy habit tracker and a gratitude journal in one, could be helpful. Or if you're feeling confident in your food records, but want something different to track your activity, try a fitness journal like TrainRite. Other methods can be taking pictures of your food or writing on brightly colored post-it notes. Whatever it may be, remember that tracking is a key predictor for long term weight loss success.