



**MD WEIGHT  
MANAGEMENT**

## MAY 2019 NEWSLETTER



*Feeling like you're hitting a wall and weight loss has stalled? Consider thinking about the FITT principle, which stands for frequency, intensity, time, and type of exercise. Changing any one of these factors in your physical activity routine could be helpful in getting that weight moving again. Remember that any movement is better than no movement. With the nicer weather lately, see where you can add in an extra walk and even better when you can involve friends and family!*

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

#### Bay Area Dance Week

**5/1/19 (Wed)-  
5/5/19 (Sun)**

Choose from hundreds of free dance performances, classes, and workshops located all throughout the Bay Area. Visit [bayareadance.org](http://bayareadance.org) to see all available events.

#### Mother's Day 5K Run/Walk

**5/12/19 (Sun) @  
9AM**

Celebrate Mother's Day with the whole family while keeping it active! Enjoy views of Crissy Field and Marina Green. Includes a ½ mile kids run. Visit [dserunners.com](http://dserunners.com) to register.

#### Carnaval SF Grand Parade

**5/26/19 (Sun) @  
9:30AM**

Starting on the corner of 24<sup>th</sup> and Bryant St, enjoy multicultural music and dance of the Bahamas, Cuba, Jamaica, Puerto Rico, Trinidad, and more. Visit [www.carnavalsanfrancisco.org](http://www.carnavalsanfrancisco.org) for more info.

## Simple & Tasty Recipe of the Month

### *Horchata*

#### **Ingredients:**

1 pkt MDWM Vanilla Pudding & Shake  
1 dash cinnamon, or to taste  
1 dash chili powder, or to taste  
4-5 Ice cubes

#### **Instructions:**

1) Combine shake mix and seasonings and stir well.

2) Add ice cubes.

1 Horchata is 100 calories.



## The Different Types of Exercise

*With more light during the day and sunnier weather, there's more opportunity for outdoor activity! Be sure to think about the various kinds of exercise and whether or not you're incorporating a mix of aerobics, strength training, and flexibility. Also be sure to check out some of the free resources offered here in San Francisco!*

### Aerobics

Aerobic exercises such as walking, swimming, and cycling, have major cardiovascular benefit by strengthening the heart and lungs. It can help lower blood pressure, cholesterol, and blood sugars. Not to mention, it certainly helps with burning calories. Additional benefits include improving sleep quality, mood, and energy. Pick an aerobic activity that is most enjoyable to you – maybe a Zumba class, a walking tour, or biking around your favorite park.



### Strength Training

When it comes to your metabolic rate, strength training is really the only factor that people have control over. Building more muscle can increase the amount of calories you burn per day. Best to incorporate at least 2 days per week of strength training. This can include resistance bands, free weights (or soup cans!), climbing stairs, weight bearing exercises, and heavy gardening counts as well!

### Flexibility Exercises

Flexibility exercises can sometimes be pushed down on the priority list, but they are essential for maintaining and increasing your range of motion. They're also crucial in preventing injuries. Make sure before and after any kind of exercise, you make time for some stretches. Consider also stretching when you're watching TV, or try a yoga or tai chi class which both emphasize flexibility.

### FREE Resources in San Francisco

- **Always Active** provides free exercise classes to qualifying seniors in SF. Visit [alwaysactive.org](http://alwaysactive.org) for more info.
- There are several free walking tours available throughout SF, run by **Free Tours by Foot**. Visit [freetoursbyfoot.com](http://freetoursbyfoot.com) to register.
- **Yoga to the People** offers donation-based yoga classes everyday on 16<sup>th</sup> & Mission. No registration necessary. Visit [yogatothepeople.com](http://yogatothepeople.com) for more info.

