



**MD WEIGHT
MANAGEMENT**

JUNE 2019 NEWSLETTER



Now that we're halfway through 2019 (time sure does fly!), it's a great time to reflect. Think about small things in your life that might be depleting your energy, making it harder to focus on weight control. Could it be the cluttered shoe rack or closet you've been meaning to organize? Or your work desk you've been meaning to clean up? Small changes to de-clutter your physical environment can help towards retaining some of that much needed energy and focus for behavior change.

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

West Coast Craft Fair

**6/8/19 (Sat) –
6/9/19 (Sun)**

Explore this free event and shop from over 275 artist and designer vendors at the Festival Pavilion at Fort Mason Center. Visit westcoastcraft.com for more info.

Palo Alto World Music Day

**6/16/19 (Sun) @
3pm – 7:30pm**

Celebrate Father's Day with a *free* world wide music festival on University Avenue in downtown Palo Alto, featuring 50 musical groups and a variety of musical genres.

Japan Day Festival

**6/30/19 (Sun) @
12pm**

Enjoy free live Japanese performances and demonstrations including drums, harp, calligraphy, origami, and more at the outdoor Peace Plaza in Japantown. Visit japancentersf.com for more info.

Simple & Tasty Recipe of the Month

Berry Refresher

Ingredients:

1 pkt MDWM Wildberry Shake
A dash True Lemon or Lime, to
taste

Instructions:

1) Mix all ingredients together.
Enjoy over some ice.



Weight Plateaus

For anyone in weight control, plateaus will eventually happen. While they can be frustrating, know that maintaining your weight in itself is still an important accomplishment. Remind yourself of the successes you've had this year, no matter how small and remember that weight control is a continual process. If you do find yourself in that plateau, consider the factors below to see how you can make a budge.

Consider Your Exercise Routine

Your body adapts to your physical activity routine over time so if you've been implementing the same exercises since you started losing weight, consider mixing things up. Try a new class at your local recreation center, discover different exercise videos, swap between heavier resistance bands with less reps and lighter bands with more reps, etc.

Tracking Accuracy

Ask yourself whether something might be missing from your food records. Condiments, dressings, oils, sauces, beverages, and tiny tastes are all common to miss when keeping track of your food. These can potentially accumulate to a few hundred calories. If you're not sure how to track that little nibble, consider every nibble to be about 50 calories.



How's Your Sleep?

Inadequate sleep can affect various hormones in your body, which in turn can influence weight. Poor quality or too little sleep can increase ghrelin (a hormone that revs up your appetite) and decrease leptin (a hormone that drives down your appetite) leaving you hungrier throughout the day. Also, with less sleep there are more waking hours in the day to eat. Try setting an alarm as a reminder to go to bed at a consistent time each night.

Water Intake

What has your water and sodium intake been like lately? Water retention could be keeping that number on the scale from budging. Be sure you're staying adequately hydrated with at least 64 fl oz daily, or until the color of your urine is a faint yellow. Reflect on your intake of higher sodium foods, which tend to come from restaurant and processed foods. If you're having trouble getting the water in, try some low calorie flavoring drops or various citrus zests.