



**MD WEIGHT
MANAGEMENT**

JULY 2019 NEWSLETTER



With the barbeque parties and various potlucks that often occur during this time of the year, it can be a challenge to navigate those events while managing weight. As much as possible try to reduce your food exposure – stand in an area farthest from the table with the food, have foods covered with foil after the meal is over, mingle around with non-caloric drinks in hand. You can also get your loved ones involved and go for a group hike or start an active game!

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

Shakespeare in the Park

7/6/19 (Sat) –
9/22/19 (Sun)

Experience Shakespeare's Midsummer Night's Dream for free at several park locations including SF Presidio and McLaren Park. Visit www.sfshakes.org for more info on times and locations.

AIDS Walk @ Golden Gate Park

7/14/19 (Sun)

Get some steps for a great cause! Join this 10K walk that raises funds for dozens of Bay Area AIDS service organizations. To register and for more info go to: sf.aidswalk.net

Berkeley Kite Festival

7/27/19 (Sat) –
7/28/19 (Sun)

Enjoy tons of beautiful kites, kite-flying demonstrations, fun music, and more at Berkeley Marina. You can even make your own free kite there. Free shuttles are available from the parking lot at Golden Gate Fields.

Simple & Tasty Recipe of the Month

Almond Cheesecake

Ingredients:

1 pkt MDWM Cheesecake
4 oz Cold water
1-2 drops Almond extract

Instructions:

1) Mix all ingredients. Add more or less water depending on desired consistency.

Tip: stick in the freezer for approximately 30-45 min to obtain a more cheesecake like texture



Blue Zones: Living Past 100

The Blue Zones are five areas around the world that have a higher population of people living past 100. What can we learn from these five Blue Zones to help live healthier and longer lives? National Geographic explorer, Dan Buettner, characterized several commonalities amongst these regions that likely contribute to their longevity.

Blue Zone Regions

- 1) Ikaria, Greece
- 2) Loma Linda, California
- 3) Ogliastra, Sardinia
- 4) Okinawa, Japan
- 5) Nicoya Peninsula, Costa Rica

Lots of Plants

While Blue Zone regions still eat meat, plants make up the bulk of their protein and diet in general. Legumes, nuts, seeds, whole grains, vegetables, and fruit are all staples, which make for very nutritious and filling meals.

Dedicated Time to De-stress

Even those who live in Blue Zones experience stress from time to time, but a distinguishing factor is that it's often not *chronic* stress. Whether it's through prayer, meditation, or a catnap, they have a built in routine to manage stress on a regular basis.

Eating Until 80% Full

People in the Blue Zones don't overindulge in their eating. The Okinawans even have a saying called "Hara hachi bu" which is a Confucius teaching to stop eating when their stomach is 80% full.

Solid Support System

In the Blue Zones, family comes first. Caring for aging parents and spending time with their children are top priorities. In addition, people in the Blue Zones tend to have a social network that supports healthy behaviors. This solid family and friend support system may help in reaching your goals.

Built In Physical Activity

Across the board, all Blue Zone regions seem to build activity into their life and not by going to gyms. People tend to take care of gardens and walk and/or bike to their destinations. If they do intentional exercise, it's an activity they enjoy doing.

