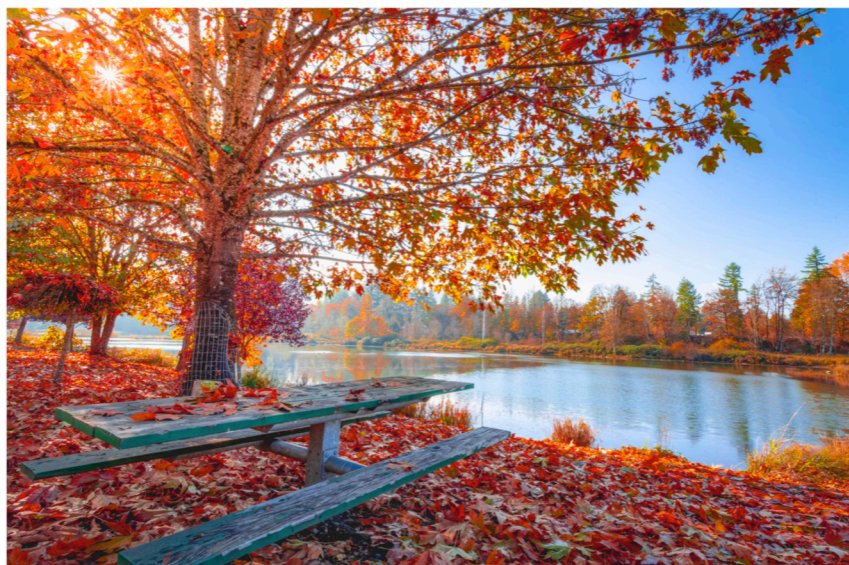




**MD WEIGHT
MANAGEMENT**

OCTOBER 2019 NEWSLETTER



With only three more months left in the year, it's time to start preparing for the holidays and reflecting on how 2019 went. List at least three accomplishments from this year that you're proud of and at least one goal you want to continue to work on. When reflecting on the year, think more about uplifting and improving yourself rather than shaming and criticizing. We're here to support you!

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

Fleet Week in SF

**10/6/19 (Sun) –
10/14/19 (Mon)**

Explore this exciting week-long event that includes Navy ship tours, ship parades, and Blue Angels air shows, veterans art exhibits, and more. Visit fleetweeksf.org for more information on times and locations of events.

Half Moon Bay Art & Pumpkin Festival

**10/19/19 (Sat) –
10/20/19 (Sun)**

Carve some pumpkins and explore hundreds of art & craft booths. Don't miss the parade as well. A great family event located on Main St. in Half Moon Bay.

Bay Area Science Festival

**10/26/19 (Sat) –
11/2/19 (Sat)**

Explore over 50 free events around the SF area featuring exhibitions, workshops, and more all related to science and technology. Check out bayareasciencefestival.org for more info.

Simple & Tasty Recipe of the Month

Pumpkin Cheesecake

Ingredients:

1 pkt MDWM Pumpkin Pie Shake
1 pkt MDWM Cheesecake
1-2 dashes cinnamon, to taste
4-5 oz. Cold water

Instructions:

- 1) Combine all dry ingredients together until well mixed.
- 2) Add cold water. Cheesecake will set in about 5 minutes. Best if chilled first before serving.

Tip: Try freezing for about 30-45 minutes before serving for a richer texture.



Getting Ready for the Holiday Season

Holiday season is approaching fast! Make a plan to prepare for upcoming challenges related to the holidays. Use the tips below to get started on how to stay on track this season.

Environmental Design

Environment plays a huge role on food choices. Make your environment as favorable as you can so that you are not relying on willpower. For Halloween, consider buying your least favorite candy or passing out non-candy items like school erasers or stickers. With all the holiday treats appearing at the grocery store, consider doing your grocery shopping online with services like Instacart, Farmstead, or Good Eggs. Also, be sure to keep your desk environment well stocked with healthy snacks such as meal replacements, freeze dried edamame or chickpeas, single serving nuts, whole pieces of fruit, etc. This might make it less likely that you will resort to whatever is available in the break room.



Reflect on Your Support System

A solid support system is essential anytime of the year, but is especially important when it comes to the holidays.

Think about who is on your support team already, and who you might need to reach out to. Ask for help when it comes to what's in the home environment or when you need a walking buddy. Discuss with your support team what healthy options and activities they would be excited about during the holidays.

Focus on Maintaining

With the increase in treats and exposure to foods this time of the year, consider focusing on maintaining your weight instead of weight loss. Be sure to keep food records with a method that works for you whether it is an app, journal, picture-taking, or a combination of methods. Also, consider what your physical activity routine will be like during the holidays. Think of ways you can get family and friends involved such as a morning hike or after-dinner walk.

