



**MD WEIGHT
MANAGEMENT**

NOVEMBER 2019 NEWSLETTER



While many people think of food when it comes to the holidays, reflect on the deeper reasons as to why holidays are special to you. Focus on the family and friends you get to see and strategize how you could involve them in your healthy lifestyle changes. Try out an ice skating rink, start a game of family tag, or enjoy some outlet shopping together. Ask for support where you need it so you can finish the year strong!

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

Free National Park Day

11/11/19 (Mon)

Enjoy FREE entry to Muir Woods, SF Maritime National Historical Park, and all other national parks. A great excuse to get the family out and activity in! More info here:

<https://www.nps.gov/planyourvisit/fee-free-parks.htm>

Building Lighting Ceremony @ Embarcadero Center

**11/22/19 (Fri)
4pm-7pm**

This FREE annual event features Disney on Ice, fireworks, the lighting of four iconic SF buildings, and other festivities! A fun way to kick off the holiday season.

SF Turkey Trot @ Golden Gate Park

11/28/19 (Thurs)

A fun run/walk event suitable for the whole family on the morning of Thanksgiving. Come in costume, if you'd like! To register visit: www.sanfrancisco-turkeytrot.com/2018

Simple & Tasty Recipe of the Month *Holiday Shake*

Ingredients:

1 pkt MDWM Vanilla
Pudding/Shake Mix
6 oz. Water
2 Ice cubes
¼ tsp Vanilla extract
¼ tsp Rum extract
1 dash Ground nutmeg, or to taste

Instructions:

Mix in blender at high power.
Sprinkle nutmeg on top before
serving.



Mindfully Eating During the Holidays

With the holiday season and the extra food challenges, it is especially important to be mindfully eating. Mindful eating doesn't necessarily mean eating right 100% of the time. It means taking out the distractions, slowing down, and actually savoring your food to help prevent from overdoing it on the calories. Try some tips below on mindful eating.

Use the Hunger Scale

Before, during, and after a meal ask yourself the question, "Where am I on the hunger scale?" The hunger scale ranges from 1-10 and is a way to quantify how hungry or full you are. A 1 or 2 on the scale means you are well beyond hunger (think "hangry"), where you'll likely be driven to go towards less helpful foods. A 9 or 10 on the scale means you are uncomfortably full, to the point of physical pain. The goal is to avoid both ends of the extremes. Consider the sweet spot to be between 3 to 6.

If you are at a 3 (solidly hungry, but not "hangry"), best to eat a snack within the hour to prevent from getting to a 1 or 2. If you are at a 6 (solidly full, but not stuffed), best to start hitting the breaks, especially since you will feel even fuller as you continue to digest.

Ask yourself often, "Where am I on the hunger scale?"

Reduce the Multi-tasking

Eating while working, watching a movie, driving, or doing any other task can make it more difficult to recognize how much you just ate or if you even enjoyed it. With multi-tasking, usually the signal to stop eating is when your fingers feel the bottom of the snack bag. Try taking out the distractions. Set a goal for the week to choose a meal that you will eat (and *only* eat). Reflect on how that experience is different from when you eat and multi-task. If multi-tasking is a must, plan ahead and portion out an appropriate amount to prevent from mindlessly eating too much.

Slow it Down

Because our brain and gut take some time to communicate with each other, it can be easy to overstuff yourself if you eat too fast. Some strategies that might help slow down your pace are:

- * Eat with your non-dominant hand
- * Take sips of water in between each bite
- * Set a goal to finish *after* a slower eater at your table finishes
- * Place your utensil down after two bites
- * Make conversation with those around you

