



**MD WEIGHT
MANAGEMENT**

DECEMBER 2019 NEWSLETTER



2019 is coming to an end! It's an ideal time to reflect on all that you've achieved this year. Despite the challenges that came along the way, remember the wins you had – coming to group sessions when you had a rough day, opting for a healthy snack instead of the sweets in the break room, going for a walk during stressful times. All those wins add up ☺

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

ZooLights @ Oakland Zoo

**12/6/19 (Fri) until
1/5/20 (Sun)**

Get some fun activity in from 5:30pm-9:00pm. Bring the family for a stroll at the Oakland Zoo to enjoy a music-theme light show and lit up animal structures!
Bonus: free parking.

Lighted Boat Parade @ Gabrielson Park

**12/14/19 (Sat)
@ 6PM**

Enjoy the scenic views of this holiday boat parade in Sausalito. Boats will be lathered in gorgeous lights. They'll also be fireworks and a dance party!

SF New Year Eve's Fireworks @ the Embarcadero

12/31/19 (Tue)

Arrive by 11:30pm to get a good spot for the free waterfront fireworks downtown. The best viewing spots are between Mission and Folsom Street along the Embarcadero.

Simple & Tasty Recipes of the Month

Cinnamon Vanilla Tea

Ingredients:

1 tea bag Cinnamon flavored tea
(ex. Celestial Seasonings Bengal Spice tea)

8 oz Hot water

1 pkt MDWM Vanilla
Pudding/Shake Mix

Instructions:

Combine all ingredients and stir well.



Friendly Holiday Reminders

Holidays can bring an extra layer of difficulties and stress when it comes to weight control, but they don't have to derail you. Keep the below tips in mind to help prevent straying too far from your health goals. Use all your tools to end the year proudly!



Keep Yourself Accountable

Staying accountable is essential to mitigate weight gain. Even when you eat something off plan or you have a tiny taste here and there, be sure to track it in your food log. When you set physical activity goals, let some friends and family know. Consider sending them pictures of yourself on that walk or hike as a motivator. Create various reminders to yourself related to water drinking, tracking, weighing, activity, etc.

Stay Kind to Yourself

There's a fine balance between staying accountable to yourself while remaining kind to yourself. Remember that you are human. Slips or lapses will occur in life. The goal is not to be perfect, but rather to prevent a lapse from becoming a full relapse back to old behaviors. Reflect on how you can learn from the lapses, and remember that you can start course correcting right away (there's nothing magical about Mondays!).

Consider Other Gifts

During this time of the year, it's common to gift others sweets and treats. This year, try gifting something without calories. Some ideas could be:

- Candles, aromatherapy, or other home décor
- Teas or coffees
- Water bottles, mugs, or insulated tumblers
- Spice blends
- Yoga mats or blocks, or other fitness items
- Books or photo albums
- Kitchen gadgets
- Pens or notebooks

Reflect on Your Goals

Assess the goals you have made for yourself and reflect on whether they are the right goals.

Effective behavior goals are realistic, specific, measurable, and observable. Swap out any generic goals like "I'll be mindful of my holiday meal" to "I'll make sure half my plate is filled with vegetables and I'll keep to one dessert choice."

