



**MD WEIGHT
MANAGEMENT**

JANUARY 2020 NEWSLETTER



A question to reflect on: how will this year be different from last year? What will you continue to build on and what will you start fresh with? Whatever your goals may be, be sure they are realistic, measurable, and observable in order to make them effective. Remember that 2020, just like any year, is not a year of perfection, but rather a year of progress and lessons.

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

Free Garden Day in SF

1/14/20 (Tue)

Visit the San Francisco Botanical Garden at the Golden Gate Park with free admission! A great way to get out of the house, enjoy nature, and get some steps in.

MLK Jr. *Free* National Park Day!

1/20/20 (Mon)

Get a nice hike in and enjoy the beauty of nature with free entry AND parking at all U.S. National Parks. A great opportunity to visit Yosemite, Sequoia, and more!

Fort Point Living History Day (Free)

1/25/20 (Sat) @ 10AM

Experience the live re-enactment of the American Civil War at the Fort Point National Historic Site. Watch infantry drills, artillery demonstrations, 1800's medicine discussions, and various exhibits.

Simple & Tasty Recipe of the Month

Cinnamon Latte

Ingredients:

1 pkt MDWM Vanilla Pudding/Shake
8 oz Hot coffee
¼ tsp Cinnamon or to taste

Instructions:

Combine all ingredients and stir well.



Two Key Essentials for 2020

Habits Instead of Willpower

Many people feel that to achieve weight-related goals, they must have more discipline and willpower. While willpower might get you through a day or two, it is not a long-term strategy. As you are thinking about the new year, reflect on *small* changes you can make towards building habits.

Need more structure for your physical activity? Start with one consistent day of the week for a 15 minute walk. Put a checkmark on a calendar when you have completed the walk. By starting small and monitoring your progress, you will begin to develop the habit of walking on that day of the week. Then you can always build up. Can't seem to get into the routine of tracking your food? Try a strategy called "habit stacking." Use a habit you already do (such as brushing your teeth) and attach it to your desired habit. For example, every time you are finished brushing your teeth, open up your food tracker app. For more strategies on building habits, check out these resources:

- *The Power of Habit: Why We Do What We Do in Life and Business* by Charles Duhigg
- *Atomic Habits: An Easy & Proven Way to Build New Habits & Break Bad Ones* by James Clear
- *Good Habits, Bad Habits: The Science of Making Positive Changes That Stick* by Wendy Wood



Get Organized

There are many factors in life that can deplete our energy. In order to conserve some of that energy so you can use it for weight control efforts, reflect on how you can add more organization in your life. Clutter and chaos can be draining so start the new year with some tidying. Consider a journal method that can help sort out your tasks, events, and thoughts in a way that is less overwhelming. *The Bullet Journal Method* is one way to simplify your to-do's using an analog method. Or consider a journal that provides you prompts like the *The Morning Sidekick Journal*. For the physical clutter either in your home or work environment, look into the KonMari method, a Japanese philosophy and strategy of de-cluttering based upon what brings you joy. See below for all the full resources:

- *The Bullet Journal Method: Track the Past, Order the Present, Design the Future* by Ryder Carroll
- *The Morning Sidekick Journal: Conquer Your Mornings, Conquer Your Life* by Habit Nest
- *Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up* by Marie Kondo