



**MD WEIGHT  
MANAGEMENT**

## FEBRUARY 2020 NEWSLETTER



*With Valentine's Day candy up front and center at many grocery stores, reflect on how you can create the most favorable environment you can for weight control. Some people find it helpful to do their grocery shopping online to reduce impulse buys. Others have a list they stick to and get in and out as quickly as they can. Whatever your strategy might be, remember to continually connect with your support team, meaning your loved ones, close friends, and us!*

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

#### SF Chinese New Year's Parade

**2/8/20 (Sat)  
@ 5:15 PM**

Celebrate the year of the rat and join in the Chinese New Year's festivities. See elaborate floats, dragon dances, firecrackers and more all throughout Chinatown. Get there early for a good spot!

#### Tulipmania Festival @ Pier 39

**2/8/20 (Sat)-  
2/17/20 (Mon)**

Stop and smell the fresh tulips. Enjoy over 39,000 beautiful blooming tulips and free guided tours at Pier 39 in SF. Visit [www.pier39.com/tulipmania](http://www.pier39.com/tulipmania) for more info.

#### The Super Run @ Almaden Lake Park

**2/15/20 (Sat)  
@ 8 AM**

Dress up as your favorite superhero for this family friendly 5K event in San Jose. To register or for more info, visit: [www.superflyfoundation.org](http://www.superflyfoundation.org).

## Simple & Tasty Recipe of the Month

### *Frozen Truffles*

#### **Ingredients:**

1 pkt MDWM Hot Cocoa  
2 oz Water  
Non-stick Cooking Spray, as needed

#### **Instructions:**

- 1) Prepare baking sheet with non-stick cooking spray.
- 2) Combine cocoa mix and water together until smooth.
- 3) Use a small spoon to form 6 truffles.
- 4) Freeze at least 1 hour.



## What Should My Goal Weight Be?

*It's a more complex question than you may think. While some people may go off of Body Mass Index (BMI) to determine their goal weight, there is a lot more to consider. Shooting for a "normal" BMI may not be the most appropriate goal, especially if it means losing such a large amount of weight that it feels unattainable. Consider some of the points below before settling on an official goal weight.*

### Body Mass Index

Body Mass Index, or BMI, is a measurement calculated by taking one's weight in kilograms and dividing by the square of one's height in meters. It can be used as one of many other assessments to determine health risk. While BMI is meant to estimate body fat, it can be overestimated in those who have a muscular build and underestimated in those who have lost muscle. BMI is not necessarily used to establish goal weights.

### Focus on Health

It doesn't take a 100 lb weight loss to start seeing improvements in health markers such as blood pressure, cholesterol, blood sugars, etc. In fact, the Diabetes Prevention Program found that 5-7% weight loss from baseline resulted in a 58% reduction in diabetes risk. Instead of focusing solely on BMI, focus on getting to a weight where your health status is improved. Fortunately, losing only part of any excess weight is often enough to improve several weight-related medical conditions.

### Consider Quality of Life

Ask yourself what lifestyle you're willing to sustain to maintain your goal weight. If maintaining your goal weight entails exercising intensively 2 hours every day, do you feel you could still keep a high quality of life? Would you be happier overall with a more realistic lifestyle, even if that weight is higher than your original goal weight? Think of a goal weight where you feel you would have the healthiest life that you actually enjoy.



### Reflect on Current Lifestyle

When you were at your lowest adult weight, were you in a very different phase of your life than today? For example, was that a time before you had kids and thus had more time and energy to devote to meal planning and activity? Reflect on what your life is like now and what is realistically feasible. Avoid dismissing a possible weight goal as too high because you recall "feeling fat" at that weight. Remember that how your body functions now is likely not the same as how it functioned in your 20's. Metabolic rates, flexibility and ease of movement, digestion – just to name a few- are likely all different now than before.