



**MD WEIGHT
MANAGEMENT**

MARCH 2020 NEWSLETTER

Simple & Tasty Recipe of the Month

Chicken Omelet

Ingredients:

1 pkt MDWM Creamy Chicken
½ tsp. Baking powder
½ cup Hot water
1 cup Egg whites
2-3 T. Wheat bran
½ cup Water

Instructions:

- 1) Mix the soup and baking powder with the hot water and let stand about 5 minutes.
- 2) Add egg whites, bran, and remaining water.
- 3) Spray a skillet with cooking spray and heat over medium heat. Add mixture. When set, flip over omelet. Continue to cook to desired doneness.



The theme of this month could be marching through March! How are you going to add in extra steps throughout your day? Remember that every step counts and accumulates. Consider having a rule of thumb to follow such as parking in the farthest spot, walking up all escalators, doing laps around a building when you're early to a meeting, etc. Keep on marching!

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

Ocean Film Festival

**3/12/20 (Thurs) –
3/15/20 (Sun)**

Experience independent and global films highlighting marine life and science, ocean adventures, and more at the Cowell Theatre. Visit intloceanfilmfest.org for more info.

St. Patrick's Day Parade

**3/14/20 (Sat) @
11:30am**

A great family event filled with Irish performers, dancers, floats, and more. The parade route beings at 2nd Street & Market in downtown SF. Bundle up and go early for a good spot.

Flower Show @ Union Square

**3/22/20 (Sun) –
4/5/20 (Sun)**

View elaborate arrangements and displays of flowers from all around the world at the Macy's Flower Show in Union Square. Get steps in shopping while enjoying the décor.

How's Your Sleep?

Inadequate sleep or poor quality sleep can affect more than just your energy levels. Shorter sleep times have been associated with higher levels of ghrelin (the hormone that increases appetite) and lower levels of leptin (the hormone that decreases appetite). The overall effect is increased drive to eat. Not only that - with fewer hours of sleep, there are more waking hours of the day and thus more opportunities to eat. Reflect on how your sleep has been lately and if it might be affecting your appetite and weight. Read below for some tips on proper sleep hygiene.

What is Sleep Hygiene?

The term “sleep hygiene” refers to the different practices that can be implemented to ensure good quality and adequate sleep.

How Much is Enough Sleep?

The National Sleep Foundation recommends 7-9 hours of sleep for adults age 18-64 and 7-8 hours for adults age 65 and above.

IMPROVING SLEEP HYGIENE



* ***Assess Sleep Environment***

Reflect on how comfortable your bedroom is in terms of darkness, quietness, and temperature. The National Sleep Foundation recommends the bedroom to be between 60 and 67 degrees for optimal sleep. Consider using tools such as blackout curtains, humidifiers, fans, ear plugs, etc. to create an ideal environment for sleep.

* ***Increase Movement***

Physical activity during the day, even as little as 10 minutes, can improve sleep quality. Consider scheduling in a walk during your lunch break or getting off the bus one stop earlier.

* ***Consistency is Key***

Going to bed and waking up generally around the same time each day, including weekends, can help establish a routine for consistent adequate sleep. Try setting a nightly alarm for when it is time to start getting ready for bed.

If you feel a nap is needed mid-day, keep naps to 30 minutes or less. Note that naps do not make up for inadequate sleep, but rather function as a quick way to re-energize.

* ***Be Mindful of Food & Drinks***

Be particularly mindful of alcohol and caffeine too close to bedtime. While alcohol might make you sleepy, it can disrupt quality of sleep as your body processes the alcohol in the night. In addition, avoid heavy foods before bed as this can contribute to indigestion.

If you tend to get up in the middle of the night to go to the bathroom, consider significantly reducing the amount of liquid you drink after 7pm.