



**MD WEIGHT
MANAGEMENT**

APRIL 2020 NEWSLETTER



We definitely understand how challenging the past few weeks have been. Please remember to have patience, compassion, and forgiveness with yourself. Reflect on how to work towards continual self-care. Consider rethinking your bedtime ritual to make it more relaxing and conducive to good quality sleep and rest. Make time for yourself and reach out to your support system. We're all in this together!

Physical Activity Resources to Keep You Active at Home

7 Minute Workout App

A free app that emphasizes workouts from home without any fancy equipment. The best part: they're only 7 minutes so they can be easily sprinkled throughout your day without feeling overwhelming.

Planet Fitness Live Stream Everyday @ 4pm

Visit Planet Fitness' Facebook at 4pm and there will be a different trainer each day with various workouts. Join hundreds of people around the world doing the same workout as you!

Paul Eugene Chair Exercises

Need low impact exercise, especially since your local pool is closed right now? Try some of Paul Eugene's chair exercises on Youtube. It's free, no equipment needed besides a chair, and he offers a very energetic and entertaining 30 minute workout.

Simple & Tasty Recipe of the Month *Ginger Almond Shake*

Ingredients:

1 pkt Vanilla Pudding/Shake Mix
1 cup Cold water
¼ tsp Almond extract
1-2 dashes Ginger powder

Instructions:

1) Combine all ingredients and mix well. Best served with lots of ice.

1 Ginger almond shake is 100 calories.



Staying on Track During Shelter in Place

It is understandable if you have been thrown off your routine lately. We want to make sure you have the support you need during this time. Please never hesitate to reach out to our team or to attend multiple virtual group sessions throughout the week. Read some tips below on how to stay on track while sheltering in place.

Keep the Streak

A fundamental principle when it comes to any kind of behavior change is to monitor your progress of that behavior. You can see a snapshot view of your progress by placing an X or checkmark on a wall calendar for each day you do that specific behavior. As you see the X's start to build and make a chain, this on its own can be a motivator. The goal is to keep the streak. You can use this concept for each day you keep food records or each night you go to bed before a certain time.



Evaluate Your Snacking Environment

Being home all the time also means around-the-clock availability of all the food in your house. Mindless snacking can be a common challenge. Reflect on your snacking environment as well as grocery shopping practices. Could certain snacks be put away in a different location (consider the garage!)? Could some treats be put in the back of the freezer? Consider setting a limit on how often snacks can be purchased from the grocery store. This is the time to double down on environmental control.



Manage Stress & Sleep

Stress and poor quality sleep can definitely take its toll on weight. Consider using an app like Headspace or Calm, which has breathing exercises, guided meditations, and bedtime stories. Or consider taking on a new house project to spark excitement along with keeping your hands busy. Also, remember that physical activity like walking is one of the most under utilized anti-depressants. Make sure to get some fresh air, vitamin D, and movement with a nice walk outside. Make it a goal to do one self-care exercise each day.

