



**MD WEIGHT
MANAGEMENT**

MAY 2020 NEWSLETTER



Managing weight, in general, is challenging, but we know it can be especially challenging while sheltering in place. We encourage you to use tools such as meal replacements to keep calories contained. Not only are they filling, but they can also reduce how often you need to go to the grocery store. Be sure to also get some sunshine at least once a day for fresh air and vitamin D!

Physical Activity Resources to Keep You Active at Home

24 Hour Fitness Live (YouTube)

Tune in anytime between 7am-6pm and you'll see a variety of free live stream workouts ranging from yoga, tai chi, Zumba, strength training, and more. Check out their YouTube channel to access the detailed schedule.

Yoga with Adriene (YouTube)

Choose between 10, 20, or 30 min yoga sessions with this free resource. Yoga with Adriene also offers specific exercises for beginners, back pain, and strength.

305 Fitness Live (YouTube)

Enjoy fun and energetic dance workouts live. This free live stream is available daily 9am & 3pm. Workouts range from 45-50 minutes and feature new instructors and workouts each time for variety.

Simple & Tasty Recipe of the Month

Created by an MDWM
Patient

Mint Chocolate Ice Cream

Ingredients:

1 MDWM Dark Chocolate
Pudding/Shake
1 MDWM Chocolate
Pudding/Shake
1½ cup Ice
¾ cup Water

Instructions:

Blend until completely mixed and is the consistency of ice cream



Managing Stress & Weight

While everyone is adapting to a new normal and routine, it is essential to keep stress levels managed for your weight and mental health. Consider some of the tips and reminders below to keep stress at bay.

Make a Gratitude List

While many are experiencing a plethora of challenges at this time, it can be helpful to see the opportunity for gratitude and appreciation. Take a few moments each day to think about what in your life you feel particularly thankful for today. Use this to help keep spirits up and positive.

Stay Connected

It is vital to continue to get support from all directions, even when social distancing. Stay connected with your loved ones, and consider re-connecting with people you have not talked to in awhile. Tired of being on screen all the time? Keep it to a phone call instead of video.



Reflect on Sleep Quality

Quality of sleep can directly influence weight. Poor quality or inadequate sleep can raise appetite hormones, leaving you hungrier. If you are struggling with this, try listening to meditations, stories, or music designed for sleep. Consider apps like Simple Habit and Calm, which both have free resources specifically for sleep.

Put a Cap on News Exposure

If you find that reading or listening to the news too often is creating more stress and anxiety in your life, consider setting a cap to the frequency per day. For example, set a rule of thumb that you only check the news at 10am and 3pm each day. Avoid tuning in too close to bedtime to minimize its influence on your sleep quality.

Get Moving

It's no secret that physical activity has multiple benefits, including stress reduction and uplifting mood, both of which are essential during this time. Connect with a buddy and commit to doing an exercise video together. Consider a free app like 7 Minute Workout to sprinkle in activity throughout your day.