



MD WEIGHT MANAGEMENT

JULY 2020 NEWSLETTER



Start the second half of the year on a positive note! While the world has been through a whirlwind of challenges, find the silver lining. Acknowledge your successes and resilience during this time. Reach out for support from all directions, including your team at MDWM. Remember that weight control is about progress, not perfection.

Physical Activity Ideas to Help Prevent “Quarantine 15”

YMCA360

The YMCA is providing free on-demand fitness videos for all ages and fitness levels. Explore Tai Chi, yoga, barre, dance, active older adults, bootcamp, and more at ymca360.org/on-demand. Videos range from 5 minutes to 30 minutes.

Couch to 5K (C25K) App

This free app is perfect for beginners who don't know where to start. It consists of daily programs to gradually build up your endurance and stamina for jogging and running. It can map your runs so you can easily track your progress.

CorePower Yoga

Enjoy a selection of free on-demand yoga classes each week. Videos range from 20 minutes to 45 minutes. You can also choose to subscribe to unlimited access to over 300 yoga classes. Visit corepoweryoga.ondemand.com for more information.

Simple & Tasty Recipe of the Month

Almond Cheesecake

Ingredients:

1 pkt MDWM Cheesecake
4 oz Cold water
1-2 drops Almond extract

Instructions:

1) Mix all ingredients. Add more or less water depending on desired consistency.

Tip: stick in the freezer for approximately 30-45 min to obtain a more cheesecake like texture



Learning About Calories

The topic of calories is ubiquitous in the weight management world, but have you ever wondered what exactly is a calorie? Take a deeper dive into calories and how to make your meal plan more calorie efficient.

What is a Calorie?

A calorie is a unit of energy. The calories in the food we eat is essentially a measurement of how much energy that food item stores in its chemical bonds. When our bodies break down those chemical bonds, the stored energy is released and used to run all our necessary bodily functions and daily activities. Each person needs a unique amount of calories/energy (depending on height, weight, sex, age, and physical activity). When someone intakes more calories/energy than the body needs, it gets stored as fat (energy for later use).



Healthy Plate Model: A Way to Contain Calories

The Healthy Plate Model is a calorie efficient way to build your meals.

Before putting any food on your plate, look at the size of your plate. It is recommended for plate size to be 9 inches when measured right across the center. This size will give you enough room to still have a filling meal, but also keep calories contained.

Fill $\frac{1}{2}$ your plate with non-starchy veggies and have it be the *first* component that goes on your plate. This ensures there is only so much room left for everything else. $\frac{1}{4}$ of the plate is for your lean protein and the other $\frac{1}{4}$ is for your starchy veggie or whole grain. This ensures adequate protein and fiber to keep you full for longer.

Where Do Calories Come From?

Our bodies obtain calories/energy from 4 sources:

- * Protein (4 calories per gram of protein)
- * Carbohydrates (4 calories per gram of carb)
- * Fat (9 calories per gram of fat)
- * Alcohol (7 calories per gram of alcohol)

What Does *Not* Have Calories?

Water and fiber do not have calories. Since our bodies cannot break down fiber, it goes through our digestive system intact, providing a sense of fullness along with easier bowel movements. Foods that are high in water and fiber, such as vegetables and fruit, tend to be lower calorie foods.

