



**MD WEIGHT
MANAGEMENT**

SEPTEMBER 2020 NEWSLETTER



One of the best ways to stay focused is to come up with a daily game plan. Whether it be in a notebook planner or your phone, jot down your to-do list for the day and then prioritize. Something to ask yourself is: where does my health fall on that priority list and how much time do I usually commit to it? Reflect on whether things need to be moved around on that list. And remember that we're all a working progress!

Recent Research on COVID-19

More research has been coming out regarding the connection between COVID and excess weight. A recent study published in *Annals of Internal Medicine* with data from almost 7,000 patients with COVID showed that risk of mortality was 2x more likely for those with a BMI >40 compared to those with a BMI between 18.5-24. MDWM is here to support you at this time of uncertainty. We want to help you focus on your health to reduce the risk of COVID and any other conditions. We continue to offer safe virtual group sessions weekly with minimal in-person contact to start our total meal replacement program. Please reach out to us anytime if you or someone you know is interested in taking the next steps in their weight loss and health journey.

Simple & Tasty Recipe of the Month

Fudgesicles

Ingredients:

1 pkt MDWM Chocolate
Pudding/Shake Mix
4 oz. Cold Water

Instructions:

Combine ingredients in bowl with wire whisk until smooth. Spoon into popsicle containers. Freeze until solid.

Makes 2 fudgesicles.

Each fudgesicle is 50 calories each.



Keeping Up the Physical Activity

With the layers of challenges that have presented itself this year, physical activity has taken a back seat for many. It is essential to remember though that physical activity is not only helpful for weight, but is also one of the most underutilized anti-depressants. See tips below on how to keep movement in your routine while staying indoors.

Make a Schedule

Having some structure in your routine can make life feel a little less chaotic. Commit to a scheduled time to do your physical activity. If you have a work calendar, create a meeting with yourself to ensure time is blocked out. Consider having a workout buddy to do an online class with at the same time, or simply an accountability partner you can message when you are about to do exercise. Once you have completed your activity give yourself credit for it by check marking that day on your calendar. This also makes it easy to see at a glance how many days in the week you have exercised.



Find the Right Resource

There is no shortage of online exercise resources, but it can take some trial and error to figure out the ones that work best for you. Here are some suggestions to get you started:

- *Yoga with Adrienne* – great for beginners just getting started with yoga. Free on YouTube.
- *YMCA 360* – a variety of on-demand videos from core conditioning to dance fitness to active older adult exercises
- *24 Hr Fitness Live* – a new schedule comes out each week for a variety of free classes accessible on their YouTube channel.
- *7 Minute Workout* – a free app that focuses on using your own body weight for strength training. All workouts are timed to be exactly 7 minutes.

Not interested in online resources? Try taking this time indoors to focus on strength training. Resistance bands and dumbbells are handy to have and lift while watching TV. Cans of soups or beans can also work too!

Less Sitting, More Moving

Even if you are not actively doing a workout, anytime you can sit less will be advantageous for your weight and reducing risk for co-morbidities. Insert movement where ever you can in the day. This could mean marching in place when watching a show, pacing back and forth when talking on the phone, or joyfully dancing to your favorite music.