



**MD WEIGHT
MANAGEMENT**

OCTOBER 2020 NEWSLETTER



With only three more months left in the year, it's time to start preparing for the holidays and reflecting on how 2020 went. List at least three accomplishments from this year that you're proud of and at least one goal you want to continue to work on. When reflecting on the year, think more about uplifting and improving yourself rather than shaming and criticizing. We're here to support you!

Recent Relevant Research

A recent study published in *BMJ Open Diabetes Research & Care* demonstrated that a meal replacement shake for breakfast and afternoon snack reduced after-breakfast blood sugars by 47% in those with type 2 diabetes. They also found that a lower percentage of participants in this group reported cravings for starchy foods compared to before the study. This study reinforces how meal replacements can continue to be a tool in your weight control journey. The MDWM team is dedicated to providing you the support you need to get through the ups and downs of weight management!

Simple & Tasty Recipe of the Month

Gingerbread Latte

Ingredients:

1 pkt MDWM Gingerbread
Cooking Pudding & Shake
1 pkt Instant coffee
½ cup Non fat milk

Instructions:

Combine all ingredients together
and enjoy!



Exciting New Resources!

With the holidays around the corner, it's important that you feel equipped with the right tools. In addition to the clinical and group support we provide, we have two additional resources below to add to your toolbox.

Perform for Life Partnership



We are excited to announce our official fitness partner to our program, Perform for Life! This family of fitness professionals are all Certified Strength & Conditioning Specialists with degrees in kinesiology, exercise science, or a related field. If you are wondering how to get started with an exercise routine that entails cardio, strength, flexibility, and balance, Perform for Life is here to help. As an MD Weight Management patient, you can sign up for virtual group classes or 1:1 personal coaching for a 20% discounted rate. For more details on pricing and scheduling, please reach out to Zachary Hurley at zachary@performforlifesf.com.



Quick & Delish Meal Planning Workshop

Our own dietitian, Alicia Connor, is hosting an exciting new virtual series solely dedicated to meal planning. Alicia has designed this series to help you create a meal planning system to fight repeat fatigue (the boredom of cooking or ordering the same meal over and over). The series consists of 4 Saturday workshops from Oct 17-Nov 7, 2020 at 12pm-1pm via Zoom. You'll focus on the essential concepts of meal planning, one week at a time. After participating in these workshops, you'll cultivate your own skills to make reliable, delicious, and creative meals. Space is limited so be sure to save your spot today. Pricing and registration is available at: <https://www.quickanddelish.net/meal-planning-workshop-series> You also view several cooking videos for free on the Quick & Delish by Alicia Connor YouTube channel:

<http://bit.ly/QuickandDelishonYouTube>

