

# Weight Management Newsletter



## Sleep & Weight Loss

- Sleep is essential to regulating the hormones that affect hunger and appetite.
- Poor sleep can lower your metabolism, making it harder to burn calories.
- Establishing healthy sleep habits can support your weight loss efforts.
- Regular physical activity and avoiding heavy meals before bed can improve sleep quality and weight management.

**Lack of  
Sleep can  
Increase  
Appetite**

**Sleep  
Increases  
Metabolism**

**Physical  
Activity  
Improves  
Sleep  
Quality**



## Tips for sleeping better while losing weight

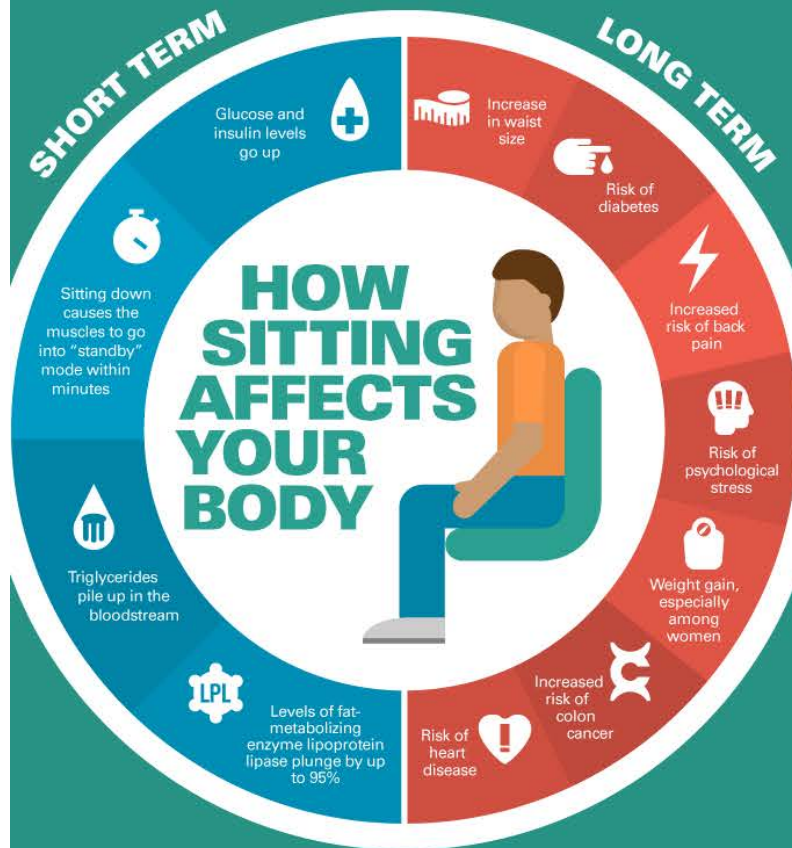
- **Keep a regular sleep schedule:** Big swings in your sleep schedule or trying to catch up on sleep after a week of late nights can cause changes in metabolism and reduce insulin sensitivity, making it easier for blood sugar to be elevated.
- **Sleep in a dark room:** Exposure to artificial light while sleeping, such as a TV or bedside lamp, is associated with an increased risk of weight gain and obesity.
- **Don't eat right before bed:** Eating late may reduce the success of weight loss attempts.
- **Reduce Stress:** Chronic stress may lead to poor sleep and weight gain in several ways, including eating to cope with negative emotions.
- **Be an Early Bird:** People with late bedtimes may consume more calories and be at a higher risk for weight gain- Early birds are typically able to maintain weight more easily than night owls.

# SITTING

## THE NEW SMOKING?

Humans just weren't designed to sit all day. Lots of continuous sitting is bad for you, whether it's at a desk, behind the wheel, or on the couch. You can't cancel out the effects with a workout, either.

All that sitting causes the body to slow down, and effects can range from high sugar levels to stress, weight gain, and heart problems. This constellation of effects even has a new name: "sitting disease."



## YOU CAN BEAT SITTING DISEASE

Simple ways to sit less and move more during your work day



Take a 100-second walking and stretching break every 20 to 30 minutes. Your eyes, neck, and shoulders will thank you. (Try a free program to remind you to take breaks.)

Take a look at your commute – can you park further away, or get off the train or bus a stop early? That creates a little walk twice a day.



Choose the stairs whenever it's practical (coming up from the subway, or in your office building or garage). It's more intense than walking.

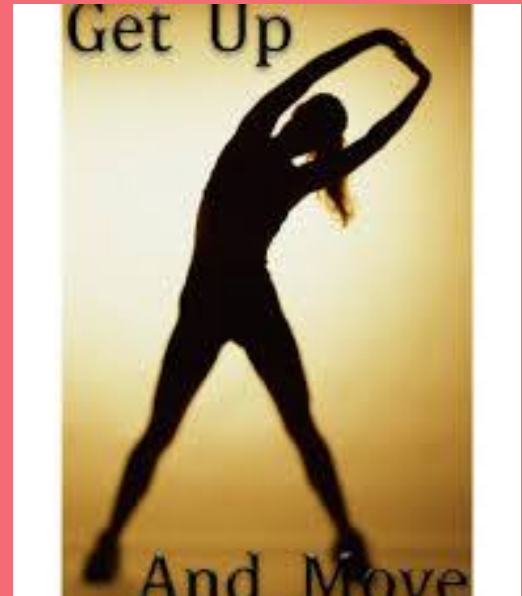


Take your one-on-one or small team meetings to the street. If you don't need to look at a screen or board, you don't need to be indoors.



Move at lunchtime. You don't need to fit in a full workout – even a 10-minute walk gets your muscles moving and clears your head.

**MOVE MORE & SIT LESS!!**



# Recipe of the month

## Very simple CHOCOLATE MOUSSE

### What you need:



3½ ounces/100g dark chocolate (70% cacao), broken into pieces



2 large eggs, separated



2 tablespoons sugar



berries and yogurt or whipped cream, to serve

My two favorite words in one name, *simple* and *chocolate*. Craving something sweet when you're low on time can often lead to grabbing an ultra-processed prepackaged treat or digging through whatever desserts are left lurking in the freezer. Prepare this easy, throw-it-together mousse ahead of time and you'll solve the problem beautifully.

### How to make it:

- Place the broken-up **dark chocolate** in a heat-safe bowl with  $\frac{1}{4}$  cup/60ml of **water** and set it over a saucepan of simmering water (making sure the bowl does not touch the water). Stir the chocolate from time to time until it's melted, fully combined with the water, and smooth.
- Remove the bowl from the heat and let the chocolate cool for 4–5 minutes. Then stir in the **egg yolks** and set aside.
- Whisk the **egg whites** in a bowl with the **sugar** until stiff. Using a large metal spoon, fold 1 spoonful of the sweetened egg white into the chocolate mixture, and then follow with the rest. Fold gently, so as not to knock out the air from the egg whites.
- Pour the chocolate mousse mixture into four small glasses and refrigerate the mousses for 2–3 hours, until set. Serve topped with some **berries** and a little **yogurt or whipped cream**.

**Note:** Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

Makes 4 / Prep time: 25 min, plus setting  
GLUTEN-FREE



FOUNDER OF KETO KAMP

## BEN AZADI



# METABOLIC FREEDOM

A 30-DAY GUIDE TO

RESTORE YOUR METABOLISM,  
HEAL HORMONES & BURN FAT

### Key Episode Takeaways ✨

1. Gradually lower carb intake and increase healthy fats to become fat-adapted before introducing fasting periods.
2. Incorporate intermittent fasting and extended fasting periods to boost autophagy and metabolic fasting.
3. Avoid inflammatory foods like vegetable oils, alcohol, and artificial sweeteners.
4. Consume nutrient-dense whole foods, including grass-fed meats, vegetables, and healthy fats.
5. Achieve metabolic flexibility by alternating between fat and sugar burning through strategic carb cycling.
6. Incorporate lifestyle strategies like walking, stress management, and gratitude practice.
7. Monitor progress through measurements like weight, body fat percentage, and blood work.
8. Consult additional resources and supplements for enhanced results, if desired.