

# Weight Management Newsletter



## Give Yourself the Gift of Better Health

This holiday season focus on better health as the perfect gift for yourself and those you love.

Be an example of someone that makes better choices during the holiday season. Try decreasing portion sizes of your favorite holiday dishes. Stay active throughout the season. Stay protein focused, filling up on protein first.

**1**

### PORTIONS

Proteins use a palm sized portions for women and two palm-sized portion for men.  
Vegetable's and fruit use one cupped hand portion.

**2**

### ACTIVITY

Combination of at least 150 minutes moderate intensity aerobic activity with strength training at least two days a week.

**3**

### PROTEIN

0.5 to 0.7 grams per pound of ideal body weight distributed throughout the day.

1. Set achievable goals over holidays, maybe focus on maintaining rather than losing for those few weeks.
2. Plan ahead, bring a healthy dish to gatherings.
3. Don't skip meals or bank calories. Skipping meals prior to your gathering in order to eat more can backfire, leading to frequent snacking and overindulging.
4. Fill up on healthy vegetables and foods first. While no food needs to be off limits, make it a goal to eat healthy foods first. This will help to minimize your intake of less nutritious foods.
5. Practice mindful eating.  
Stop eating when you are almost full. Wait at least 20 minutes before eating more. If you're going to have less nutritious foods, eat smaller portions. This will allow you to enjoy your food – and party – more.
6. Be careful with alcohol intake. While alcohol should be avoided during your weight loss journey, if you are to have a drink, set a limit. Alcohol intake can lead to poor food choices and overeating.
7. Stay hydrated. Aim to drink at least 64 ounces of water per day. "You can infuse your water with seasonal fruits, like cinnamon and pear, cranberries and mint, or orange and pomegranate, to add a festive touch and help you drink more.
8. Get active. Plan ahead and schedule your exercise. "You can even start new active traditions that don't revolve around food. A few suggestions? "Hiking, holiday fun runs or walks, walking the luminaries at the Botanical Garden, ZooLights or even going for a walk around your neighborhood are great ways to exercise while also enjoying your loved ones."
9. Remember the importance of sleep. Lack of sleep can impact your metabolism and can lead to less impulse control (think less sleep = more cookies) so it's important to make sure you get good, restful sleep during this busy time of the year.
10. Get back on track right away. Gaining weight, giving into impulses and cravings or less physical activity does not mean that your weight loss journey is over. Tomorrow is a new day to restart your usual eating and get back on track. You can be successful with your weight loss journey during the holiday season by planning ahead. Shifting your focus from food to new traditions, family and loved ones can help bring joy back to the holidays.

# Pilates

Pilates is a form of exercise, but it's on a different level than weight lifting. Although both forms of exercise use resistance training, they do it in different ways. Pilates tends to use lighter weights or body weight and higher reps to improve mobility and stability, versus weight lifting, which tends to lean towards higher weight with lower reps.

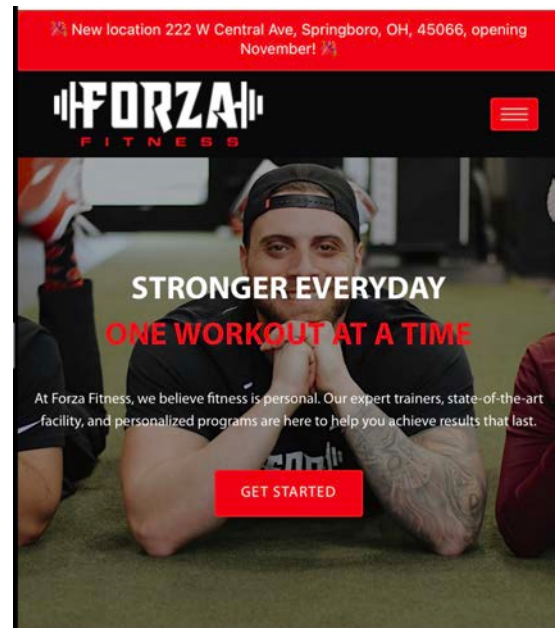
Pilates can be practiced using a yoga mat or a reformer machine, making it either a group or an individualized workout option.

Pilates offers stability, core strength, muscle-building, girdle stability, hip stability, and lower back stability. Pilates is a great way to focus on alignment and stabilization, with lower weight training versus heavy lifting.

# Weight lifting

Weight lifting and strength training lead to muscle growth, but they also have benefits that include increased bone density, weight loss, and a potential decrease in chronic conditions. Other benefits include becoming stronger and putting on muscle, an increased metabolism, a healthy cardiovascular system, and mental benefits as well.

## Local Contacts for Pilates & Strength Training



# Targeting Midsection Fat Loss

Maintaining a trim midsection does more than make you look great—it can help you live longer. Larger waistlines are linked to a higher risk of heart disease, diabetes and even cancer.

Here's how to whittle down where it matters most.

## 1. Curb carbs instead of fats.

When Johns Hopkins researchers compared the effects on the heart of losing weight through a low-carbohydrate diet versus a low-fat diet for six months—each containing the same amount of calories—those on a low-carb diet lost an average of 10 pounds more than those on a low-fat diet—28.9 pounds versus 18.7 pounds. An extra benefit of the low-carb diet is that it produced a higher quality of weight loss.

## 2. Think eating plan, not diet.

Ultimately, you need to pick a healthy eating plan you can stick to. The benefit of a low-carb approach is that it simply involves learning better food choices—no calorie-counting is necessary. In general, a low-carb way of eating shifts your intake away from problem foods—those high in carbs and sugar and without much fiber, like bread, bagels and sodas—and toward high-fiber or high-protein choices, like vegetables, beans and healthy meats.

## 3. Keep moving.

Physical activity helps burn abdominal fat. One of the biggest benefits of exercise is that you get a lot of bang for your buck on body composition. Exercise seems to work off belly fat in particular because it reduces circulating levels of [insulin](#)—which would otherwise signal the body to hang on to fat—and causes the liver to use up fatty acids, especially those nearby visceral fat deposits.

## 4. Lift weights.

Adding even moderate strength training to aerobic exercise helps build lean muscle mass, which causes you to burn more calories throughout the entire day, both at rest and during exercise.

## 5. Become a label reader.

Compare and contrast brands. Some yogurts, for example, boast that they're low in fat, but they're higher in carbs and added sugars than others. Foods like gravy, mayonnaise, sauces and salad dressings often contain high amounts of fat and lots of calories.

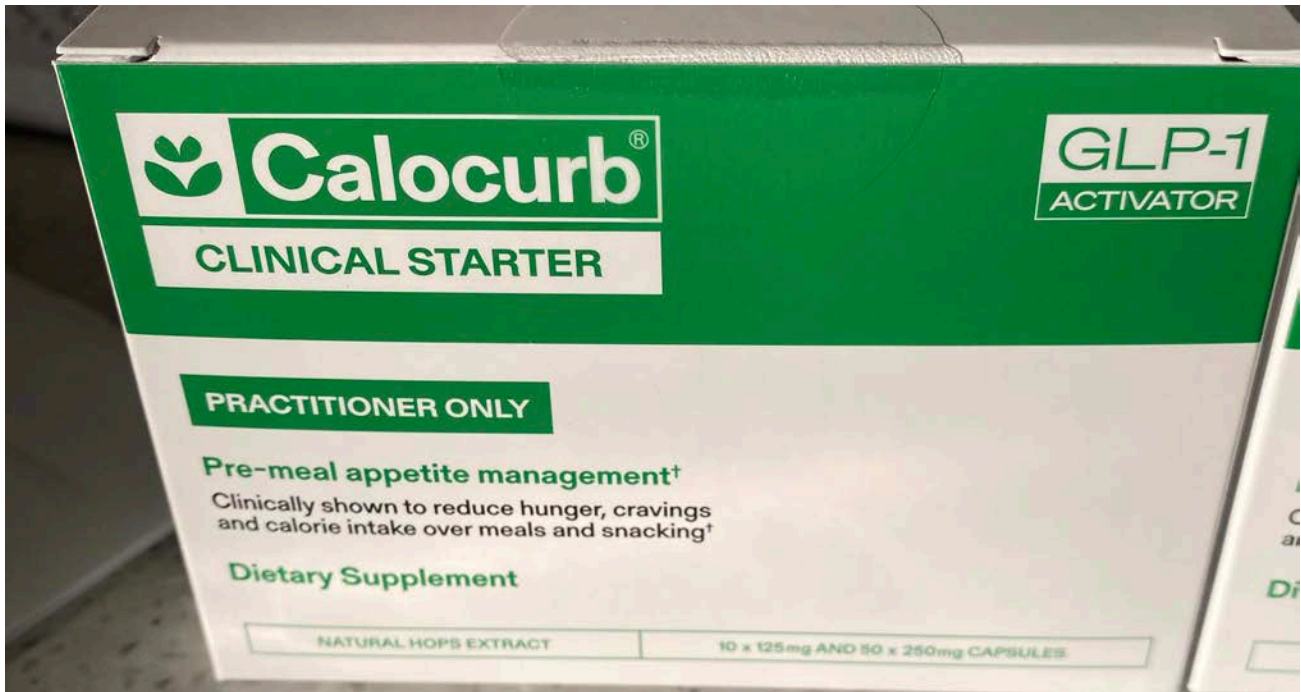
## 6. Move away from processed foods.

The ingredients in packaged goods and snack foods are often heavy on trans fats, added sugar and added salt or sodium—three things that make it difficult to lose.



# Supplement of Month

## New product Alert!



Calocurb is designed to be taken every day to support your health goals.

	Day 1	Day 2	Day 3	Day 4	Day 5+
AM	●	●	●	●	●●
PM			●	●	●●

We recommend starting with one capsule per day, one hour before a meal. Increase to two capsules twice daily, one hour before meals over 5 days. This dosage helps the body naturally adjust to Calocurb. On stopping a daily regime, we recommend the five day build-back protocol.

**Day 1 - 2:** Take one capsule one hour before a meal.

**Day 3 - 4:** Take one capsule twice daily, one hour before meals.

**Day 5+:** Take two capsules twice daily, one hour before meals.

**Max:** Four capsules daily.

Best results when taken on an empty stomach, one hour before meals. The effects of Calocurb can last for up to six hours after taking a capsule. You can tailor your dosage daily, to take between 1-4 capsules.

Chat with U

Calocurb may be used along with Semaglutide or Tirzepatide to enhance results. It may also be helpful when transitioning to maintenance after weight loss goals are achieved. Available at IHC pharmacy Centerville.



DAVID MALOSH

## 3 Spaghetti Squash and Meatballs

Spaghetti and meatballs is a cold-weather classic, but a generous serving can weigh you down. For a lighter variation, swap pasta for spaghetti squash. It still has all the delicious flavors of the original, but it's less dense and arguably more presentable!

- ☐ 1/2 cup Italian-style breadcrumbs
- ☐ 1/2 cup grated parmesan cheese, plus more for topping
- ☐ 3 Tbsp. chopped fresh parsley
- ☐ 2 Tbsp. milk
- ☐ 1 (24-ounce) jar marinara sauce
- ☐ 2 Tbsp. torn fresh basil, plus more for topping
- ☐ 1/2 tsp. red pepper flakes (optional)
- ☐ 1 cup shredded mozzarella cheese (about 4 ounces)

### Ingredients

- ☐ 3 medium spaghetti squash (4 to 5 pounds total), halved, seeds removed
- ☐ 2 Tbsp. olive oil
- ☐ 1 3/4 tsp. kosher salt
- ☐ 1 1/2 tsp. black pepper
- ☐ 1 lb. ground beef
- ☐ 2 garlic cloves, minced
- ☐ 1 large egg
- ☐ 1/2 cup Italian-style breadcrumbs
- ☐ 1/2 cup grated parmesan cheese, plus more for topping
- ☐ 3 Tbsp. chopped fresh parsley
- ☐ 2 Tbsp. milk
- ☐ 1 (24-ounce) jar marinara sauce
- ☐ 2 Tbsp. torn fresh basil, plus more for topping

- 1 | Position racks in the upper and lower thirds of the oven and preheat to 400°. Line 2 baking sheets with parchment paper. Place the squash cut-side up on one of the baking sheets. Drizzle with the oil and sprinkle with 1 teaspoon each salt and pepper. Flip the squash cut-side down and bake on the lower rack until fork-tender, about 45 minutes.
- 2 | Meanwhile, combine the beef, garlic, egg, breadcrumbs, parmesan, parsley, milk and the remaining 3/4 teaspoon salt and 1/2 teaspoon pepper in a large bowl. Mix with your hands. Form into 30 meatballs (about 1 1/2 tablespoons each) and place on the prepared baking sheet.
- 3 | When the squash has cooked for 30 minutes, put the meatballs on the upper oven rack and bake until cooked through and the squash is tender, about 15 minutes.
- 4 | Let the squash cool for 10 minutes, then carefully flip over. Use a fork to loosen the flesh and separate it into spaghetti-like strands, keeping the skin of the squash intact.