

Weight Management Newsletter



IF YOUR HABITS DON'T CHANGE, YOU WON'T HAVE A NEW YEAR... YOU WILL JUST HAVE ANOTHER YEAR.

New Habits for the New Year!

To develop new habits, start small and specific (e.g. "floss one tooth" not "floss"), link new actions to existing routines (habit stacking), make the environment supportive, track progress, reward yourself, and be consistent, allowing for setbacks without perfectionism to create lasting change for better health, productivity, or well-being. Focus on realistic, meaningful changes like better sleep, learning, exercise, or hydration, and tell someone for accountability.

1

START SMALL

2

WORK ON
CONSISTENCY

3

NEVER MISS TWICE

If you fail, quickly get back on track and focus.

Strategies for Habit Formation

John Assaraf - Inncercise

Here are 3 core strategies based on his teachings:

1. Train Your Brain Through Focused Micro-Efforts: Instead of waiting for motivation, build mental muscle by tackling small, challenging tasks (like mental math or short writing) for just a few minutes daily. This creates new neural pathways, making your brain stronger and more capable of handling bigger goals, turning difficult actions into automatic habits.
2. Replace, Don't Just Break, Habits (Neuroplasticity): Your brain learns through repetition. Intentionally program new, empowering thoughts, emotions, and behaviors by consistently choosing actions that align with your goals, hard-wiring new "code" for success instead of just fighting old patterns.
3. Interrupt Resistance & Build Momentum: When you feel resistance (fear, procrastination), don't stop; take immediate, courageous micro-decisions to act. This trains your nervous system to trust your direction, building momentum. Visualize overcoming obstacles and create routines that support your goals, making self-control less of a struggle and more of an effortless

"Cutting-edge Techniques to Maximize your Fullest Potential."
- Dr. Srini Pillay, Harvard Psychiatrist and Brain Expert

INNERCISE

The New Science To Unlock Your Brain's Hidden Power



JOHN ASSARAF

New York Times Bestselling Author of "Having It All" and "The Answer"

Benefits of Gradual Weight Loss

Everyone wants to be at their goal weight tomorrow, however approaching weight loss with realistic expectations is beneficial. Average weight loss for our program is 1-2 lbs a week. There are expected plateaus along the way. A plateau is your bodies way of adjusting to changes, allowing long term success. Having the mindset that weight loss is a process and being ok with your bodies own individual timeline, helps ensure success. Slow and steady is the way to go!



Slow & Steady

Key Benefits of Gradual Weight Loss

- **Sustainable, Long-Term Results:** Individuals who lose weight gradually are significantly more likely to keep it off permanently because the changes are integrated into their lifestyle rather than being a temporary "diet".
- **Preservation of Muscle Mass:** When you lose weight too quickly, your body often breaks down lean muscle tissue for energy. A slow pace allows you to primarily target fat stores while retaining essential muscle, which is crucial for maintaining strength and a healthy metabolism.
- **Stable Metabolism:** Rapid weight loss can signal "starvation mode," causing your body to slow its resting metabolic rate to conserve energy. Gradual weight loss helps keep your metabolism stable and active, making it easier to burn calories efficiently over time.
- **Reduced Health Risks:** Rapid weight loss increases the risk of complications such as gallstones, extreme fatigue, and nutrient deficiencies. A balanced, gradual approach helps avoid these issues.
- **Better Hormonal Balance:** Sudden calorie restriction can disrupt hunger-regulating hormones like leptin and ghrelin, leading to increased cravings and irritability. Slow weight loss allows hormones to adjust more naturally, helping control appetite and mood.
- **Improved Relationship with Food:** Slow weight loss encourages a balanced diet and portion control rather than rigid restriction, fostering a healthier psychological relationship with food and reducing the risk of binge eating or disordered eating behaviors.
- **Time to Build Sustainable Habits:** A slower process provides time to develop and practice healthy eating patterns, regular physical activity (including strength training to help fill out loose skin), and effective stress management techniques that become part of daily life.
- **Potential for Less Loose Skin:** By allowing your skin more time to adapt and potentially shrink as you lose weight, a gradual approach may help minimize the amount of loose skin compared to very rapid weight loss. 

Meal prepping: Benefits and Recommendations

Meal prepping can save you tons of time on cooking throughout the week—that is, if you know how to do it properly. From planning out your meals, to chopping produce, to ensuring leftovers don't go to waste, there are lots of simple tricks that can make your time in the kitchen easy and efficient. There are four stages of meal prepping:

- Planning out your meals for the week ahead.
- Shopping for your ingredients.
- Preparing complete recipes or some of their components: chopping produce, batch-cooking grains/legumes/soups, and getting any other elements ready to use later in the week.
- Putting it all together as you assemble the full meals.

Some benefits of meal prep:

- Can help save money
- Can ultimately save time
- Can help with weight control, as you decide the ingredients and portions served
- Can contribute to an overall more nutritionally balanced diet
- Can reduce stress as you avoid last minute decisions about what to eat, or rushed preparation



Sample Eating Plan



1500-Calories 7-Day Meal Plan				
	Breakfast	Lunch	Dinner	Snack
Monday	<p>350 kcal</p> <ul style="list-style-type: none"> Scrambled eggs (2 eggs) with spinach & feta + 1 slice whole-grain toast 	<p>400 kcal</p> <ul style="list-style-type: none"> Grilled chicken breast (4 oz) with mixed greens, olive oil & lemon dressing 	<p>550 kcal</p> <ul style="list-style-type: none"> Baked salmon (5 oz) with roasted Brussels sprouts & quinoa 	<p>200 kcal</p> <ul style="list-style-type: none"> 10 almonds + 1 apple 
Tuesday	<p>350 kcal</p> <ul style="list-style-type: none"> 2 boiled eggs with avocado toast 	<p>400 kcal</p> <ul style="list-style-type: none"> Tuna salad with cucumbers, cherry tomatoes & olive oil dressing 	<p>550 kcal</p> <ul style="list-style-type: none"> Baked chicken breast (5 oz) with quinoa and Brussels sprouts 	<p>200 kcal</p> <ul style="list-style-type: none"> Greek yogurt with sunflower seeds 
Wednesday	<p>350 kcal</p> <ul style="list-style-type: none"> Oatmeal (½ cup) with walnuts (10g) and mixed berries 	<p>400 kcal</p> <ul style="list-style-type: none"> Greek salad with grilled chicken (3.5 oz), feta cheese (1 oz), and olive oil 	<p>550 kcal</p> <ul style="list-style-type: none"> Baked salmon (5 oz) with sautéed spinach and quinoa 	<p>200 kcal</p> <ul style="list-style-type: none"> Cottage cheese (½ cup) with almonds 
Thursday	<p>350 kcal</p> <ul style="list-style-type: none"> Greek yogurt (¾ cup) with chia seeds, walnuts & honey 	<p>400 kcal</p> <ul style="list-style-type: none"> Turkey wrap with lettuce, tomato & mustard in a whole wheat tortilla 	<p>550 kcal</p> <ul style="list-style-type: none"> Grilled cod (5 oz) with mashed cauliflower and green beans 	<p>200 kcal</p> <ul style="list-style-type: none"> Dark chocolate (85%, 1 oz) + green tea 
Friday	<p>350 kcal</p> <ul style="list-style-type: none"> Protein smoothie with banana, almond milk, protein powder & flaxseeds 	<p>400 kcal</p> <ul style="list-style-type: none"> Grilled tofu with spinach & chickpeas 	<p>550 kcal</p> <ul style="list-style-type: none"> Baked salmon (5 oz) with zucchini and quinoa 	<p>200 kcal</p> <ul style="list-style-type: none"> Peanut butter (1 tbsp) with celery sticks 

Recipe of Month

Ultimate Winter Salad

Toss it together veggies, candied pecans, and goat cheese.



Ingredients

FOR THE SALAD:

- 6 oz. shredded kale
- 1/2 small lemon, juiced
- 1 Tbsp. extra-virgin olive oil
- 6 oz. shredded vegetables, such as Brussels sprouts, cabbage, carrots
- 2 medium apples, cored and diced
- 1 1/2 cups candied pecans
- 4 oz. crumbled goat cheese
- 1 1/2 cups roasted butternut squash
- 1/2 cup pomegranate arils

FOR THE DRESSING:

- 1/2 cup red wine vinegar
- 4 tsp. whole grain or dijon mustard
- 4 tsp. pure maple syrup
- 1 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 1/2 cup extra-virgin olive oil

- 1 | Place the shredded kale in a very large salad bowl. Add the lemon juice and oil. Use your hands to massage the lemon juice and oil into the greens, about a minute or so. The greens should wilt slightly and take on a deep green color.
- 2 | Add the other shredded vegetables to the bowl as well as the chopped apple.
- 3 | Make the dressing by combining all of the dressing ingredients in a mason jar. Shake vigorously for 30 seconds and then pour it over the salad. Toss well to combine.
- 4 | Add the pecans, goat cheese, butternut squash, and pomegranate arils on top. Serve.

Supplement of Month

Start the new year with a reset , detoxification to help accelerate your weight loss. Supporting your main organ for detoxification the liver ,helps remove toxins improving and balancing weight regulation.



How Core Restore® Helps Your Body Detoxify[†]

REMOVE
Decrease the Total Burden of Toxins

RESET
Improve Liver Detoxification and Elimination Pathways[†]

REVITALIZE
Boost Mitochondrial Function and Recharge Cellular Energy Production[†]

Core Restore® is a comprehensive program that removes toxins, improves nutrient absorption, boosts energy levels and enhances digestion—helping you feel renewed and energized[†].

GENTLE
Optimize your body's natural cleansing process[†]

EFFECTIVE
Support all phases of liver detoxification[†]

CONVENIENT
Includes everything you need for the complete program, plus a step-by-step Patient Handbook

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Available at IHC Pharmacy
Centerville