

Weight Management MAY 2026 Newsletter



Protein Focused
30-40 Grams 3x Day



Eat local produce
[https://
www.localharvest.org](https://www.localharvest.org)

Top 3 Priorities For Weight Loss

Focus on high-protein, nutrient-dense foods (egg whites, chicken, fish, greek yogurt) to boost metabolism and keep you full, reducing late-night snacking.

Take advantage of spring/summer produce like leafy greens, asparagus, and berries. Shift away from heavy, processed winter foods to fresh, whole foods

Take advantage of longer daylight hours for walking, cycling, or swimming, aiming for 150-300 minutes of moderate activity per week.

1

**PRIORITIZE PROTEIN
AND FIBER**

2

**LEVERAGE SEASONAL
EATING**

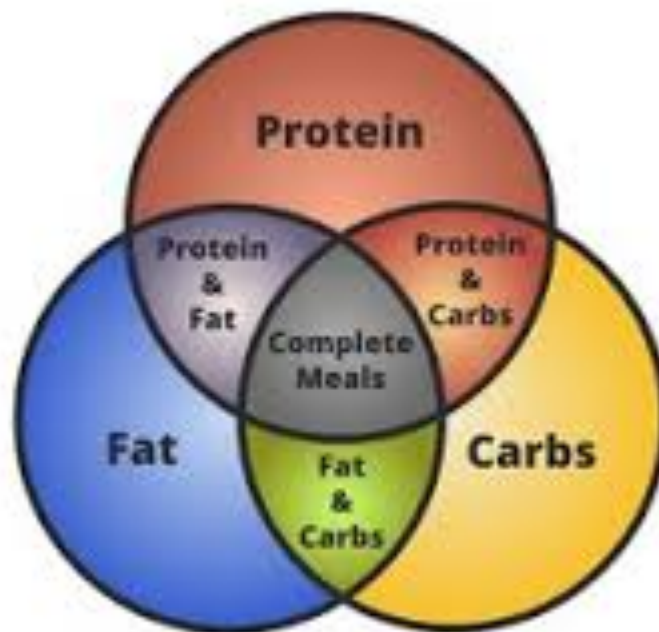
3

**BOOST ACTIVITY
OUTDOORS**



Macro Tracking for Success - Using Chat GPT

MACRONUTRIENTS



How to plan your weight loss diet using Macro-tracking in ChatGPT

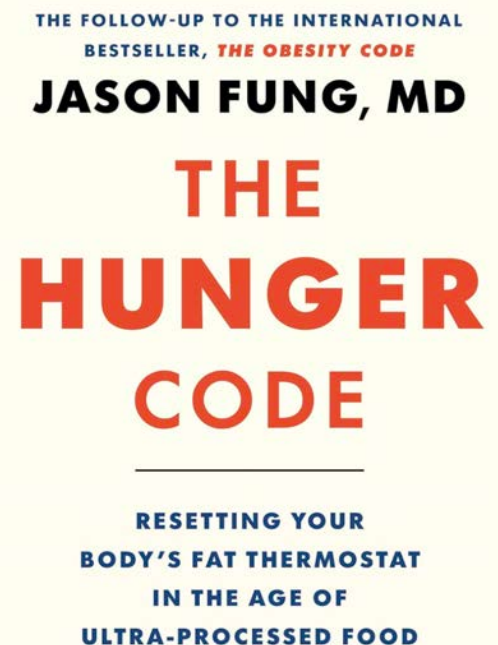
- Set Up the AI Coach: Start a new chat with a prompt like: "You are my nutritionist. Track my daily protein, carbs, fat, and calories. I will provide food items or photos. Keep a daily total in a table."
- Log Meals/Photos: Describe your meal (e.g., "150g chicken breast, 1 cup rice") or upload a photo of your plate for an AI-powered estimated macro count.
- Get Daily/Weekly Totals: Ask for a daily report table to see total calories and macros for the day.
- Get Remaining Macros: Ask: "I have 40g protein and 20g carbs left, suggest a dinner."
- Fine-tune & Adjust: Perform weekly check-ins with weight updates, training frequency, and compliance to get adjustments.

Metabolism Hacks

Dr. Jason Fung's "The Hunger Code" (2026) explains how to reset the body's "fat thermostat" to sustainable weight loss by addressing the root causes of hunger, rather than just cutting calories. Fung argues that hormonal imbalances, driven by ultra-processed foods and eating frequency, drive excessive hunger. The book offers 50 tips to break emotional/social eating cycles.

Key Concepts from The Hunger Code:

- **The Body Fat Thermostat:** The body has a set point for fat levels managed by hormones (specifically insulin). If the thermostat is too high, the body increases hunger and slows metabolism to regain weight.
- **Three Types of Hunger:** The book distinguishes between:
 - **Homeostatic:** Genuine physical need for fuel.
 - **Hedonic:** Pleasure-seeking, often triggered by emotional needs and processed foods.
 - **Conditioned:** Habitual eating driven by environmental cues (e.g., eating in the car).
- **Breaking the Habitual Cycle:** The focus is on reducing "food noise" and repairing the hormonal environment. This is achieved by cutting out ultra-processed foods, changing the types of food consumed (e.g., more fiber), and changing when we eat.
- **Practical Application:** The guide offers 50 actionable tips and "Three Golden Rules" to manage cravings, stop emotional eating, and reset metabolic health.



Weight Loss Plateau - What is it ?

During the first few weeks of losing weight, a rapid drop is typical. In part, this is because when you initially cut calories, the body gets needed energy by releasing its stores of glycogen. Glycogen is a type of carbohydrate found in the muscles and the liver. Glycogen is partly made of water. So when glycogen is burned for energy, it releases water, resulting in weight loss that's mostly water. But this effect is temporary. As you lose weight, you lose some muscle along with fat. Muscle helps keep up the rate at which you burn calories (metabolism). So as you lose weight, your metabolism declines, causing you to burn fewer calories than you did at your heavier weight.

To lose more weight, you need to either increase your physical activity or decrease the calories you eat. Using the same approach that worked at first may maintain your weight loss, but it won't lead to more weight loss.

How can you overcome a weight-loss plateau?

When you reach a plateau, you may have lost all of the weight you will lose on your current diet and exercise plan. Ask yourself if you're satisfied with your current weight or if you want to lose more. If you want to lose more weight, you'll need to adjust your weight-loss program. If you're committed to losing more weight, try these tips for getting past the plateau:

- **Reassess your habits.** Look back at your food and activity records. Make sure you haven't loosened the rules. For example, look at whether you've been having larger portions, eating more processed foods or getting less exercise. Research suggests that off-and-on loosening of rules contributes to plateaus.
- **Cut more calories.** Further cut your daily calories, provided this doesn't put you below 1,200 calories. Fewer than 1,200 calories a day may not be enough to keep you from constant hunger, which increases your risk of overeating.
- **Rev up your workout.** Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Guidelines suggest that you spread out this exercise during the course of a week. For even greater health benefit and to assist with weight loss or maintaining weight loss, at least 300 minutes a week is recommended. Adding exercises such as weightlifting to increase your muscle mass will help you burn more calories.

Fitness Trends 2026



AI and Wearable Technology: Devices now go beyond tracking to direct "programming," adjusting workouts in real-time based on sleep, heart rate, and metabolic data. AI-equipped machines automatically set resistance based on user data.

Hybrid and Strength Training: Combining strength, cardio, and mobility in one session is increasing. Gyms are swapping cardio machines for more functional strength, weightlifting stations, and specialized, accessible, and high-energy classes.

Low-Impact, High-Intensity: Workouts like walking (e.g., 12% incline-3 mph-30 minute treadmills), pilates, barre, and rowing are surging because they provide high results with lower injury risk and lower barriers to entry.

Holistic & Mind-Body Health: There is a stronger emphasis on combining mental health with physical activity, including recovery-focused sessions, yoga, and meditation.

Recovery-Focused Fitness: Increased focus on longevity, wellness routines, and recovery techniques like cryotherapy and massage.

Community-Based Workouts: In-person, social, and, in many cases, outdoor activities are rebounding, with run clubs, group classes, and boutique fitness experiences.

Functional Fitness: Workouts aimed at improving daily life, strength, and longevity rather than only for aesthetic results, becoming increasingly popular across all age groups.

Sheet-Pan Balsamic Salmon & Asparagus

This Sheet-Pan Balsamic Salmon & Asparagus is an easy, flavor-packed dinner that comes together quickly. Salmon, asparagus and red onion roast in a savory balsamic-soy glaze with garlic and Dijon for a perfect balance of tangy and rich. Finish with a squeeze of lemon for a bright, fresh touch.



Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon reduced-sodium soy sauce
- 1 large clove garlic, grated
- 1 teaspoon Dijon mustard
- 1/4 teaspoon crushed red pepper, plus more to taste
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper

Step 1

Preheat oven to 400°F.

Step 2

Whisk 2 tablespoons vinegar, 1 tablespoon oil, 1 tablespoon soy sauce, the grated garlic, 1 teaspoon mustard and 1/4 teaspoon each crushed red pepper, salt and pepper together in a large bowl. Add salmon, asparagus and red onion; toss to coat.

1 1/4 pounds skinless center-cut salmon fillet, cut into 1 1/2-inch

1 pound asparagus, trimmed and cut into thirds

1 medium red onion, cut into 1- to 1 1/2-inch

Step 3

Spread the salmon mixture evenly on a large rimmed baking sheet; roast until the salmon is just cooked through and the asparagus is tender-crisp, 12 to 14 minutes. Serve with lemon wedges.