

Weight Management Newsletter



Summer Weight Loss Success

Focus on simple, sustainable habits to stay on track:

- Prioritizing Lean Protein: Aim for 25g to 40g of protein per meal. It keeps you full, preserves muscle mass, and boosts metabolism.
- Seasonal Produce: Load up on water-rich fruits and vegetables like watermelon and cucumbers. They increase meal volume without piling on calories.
- Beat the Heat with Exercise: Take advantage of outdoor activities like swimming or brisk walking, but schedule them during the coolest parts of the day—early mornings or evenings—to stay safe
- Hydrate Strategically: Drink water consistently. Thirst is often mistaken for hunger, and dehydration slows down your metabolism. Mind the Summer Drinks: Be mindful of "empty calories." Limit sugary iced coffees, lemonades, and alcoholic beverages, choosing clear spirits with club soda or dry wines instead.
- Maintain Consistency: Set realistic, sustainable goals rather than attempting drastic restrictions.

Tips For Increasing Protein

Aim to eat a source of protein with each meal and snack throughout the day. 30 grams 3 times a day.

Salmon

A fan favorite fish lives up to its reputation when it comes to nutrition. It's a good source of lean protein, and also boasts omega 3 fatty acids that decrease inflammation. Aim for 2-3 servings or 8-12oz/week) Focus on seafood for maximizing protein and omega-3 intake.

Protein content: 17g protein per 3oz wild caught Alaskan salmon 5 oz is 30 grams

Chicken

Chicken breast is a fan favorite among athletes for a reason — it contains significantly more protein by weight compared to thighs, and it's very versatile

4 ounces of chicken has 30Gm of protein

Greek yogurt

If yogurt is part of your regular rotation, good on you — it's an excellent source of not only protein, but also calcium and gut-friendly probiotics. Did you know that not all yogurt necessarily contains probiotics, or the beneficial bacteria that contributes to a balanced gut microbiome

Protein content: 9g protein per ½ cup. Mixed with 1 scoop. Protein powder 22GM “Just Ingredients “ ,Brand protein powder. Total 31GM protein .

Eggs

Eggs are often called the “perfect food,” and it's true! A great source of protein , and are also fantastic when it comes to keeping our brain sharp. Egg whites are responsible for the protein content and the yolks contain a host of other cognitively-friendly nutrients such as choline. “Amino acids, the building blocks of protein, are necessary for the production of neurotransmitters in the brain, which play a key role in cognitive function.

2 whole eggs =12 GM add 2/3 cup of egg whites to equal 30 GM

Cottage cheese

If you love yogurt, give cottage cheese a chance — it actually inches out Greek yogurt in the protein category by delivering about three extra grams of protein, so it's a great way to mix things up. Try it with sweet toppings such as fruit and nuts (just like you enjoy with your yogurt!), or build cottage cheese toast with savory add-ins like tomatoes and basil. Protein content: 12g protein per ½ cup-Try 3 eggs and 1/2 cup cottage cheese in a scramble - 30Gm protein for 300-350 calories

Summer Exercise



Summer exercise is all about finding the balance between staying active and beating the heat. Prioritize low-impact, cooling activities like swimming and paddle-boarding, or time your outdoor strength and cardio sessions for early mornings or evenings to avoid peak temperatures

Water Workouts (Best for beating the heat)
Swimming: Provides a full-body cardio and resistance workout without putting excess stress on your joints.
Kayaking & Paddle-boarding: Excellent for building core stability, back strength, and upper body endurance.
Water Aerobics: Offers the resistance of water without needing to be an advanced swimmer.

Outdoor Activities (Best for enjoying nature)
Beach Volleyball: A high-intensity, full-body workout that burns significant calories while keeping the pace playful.
Trail Running or Hiking: Take advantage of the long daylight hours by exploring shaded local trails.
Sunrise Yoga: Start your day with intuitive stretching outdoors before temperatures and humidity peak. 🌿
No-Equipment Parks Workouts If you are traveling or lack a gym membership, you can use park benches and open grass for a great 20-40 minute routine:
Squats & Reverse Lunges: 3 to 4 sets of 10-12 reps.
Push-ups: Can be modified on your knees or against a sturdy park bench.

Recipe Of Month



Greek Yogurt Parfait

Ingredients

1/2 cup Greek Yogurt

1 scoop protein powder (Try “Just Ingredients “ Brand - Vanilla Bean Flavor)

Whip Mix together with a fork till creamy then layer mixture in cup

Add berries of choice between layers of yogurt

Supplement Of Month



<https://shop.mindbodygreen.com/products/creatine>