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2 snacking habits to avoid

2 messages

the long game by mbg <hello@hello.mindbodygreen.com>

Tue, Jun 25, 2024 at 4:59 AM

Reply-To: thelonggame@mindbodygreen.com

To: michellebvartan@gmail.com

mindbodygreen

June 25, 2024

Good morning! Today, I'm reflecting on how I exercised in my 20s: I would race against other women to grab the last available elliptical on the gym floor, climb on, and go up and down and up and down for an hour. All the while, men fought over weight benches. If I could go back in time, I'd tell her, "get off the machine and get on the bench!"

But since there is no time machine, I'll practice gratitude for being more educated about body composition *now*. In fact, research shows that starting weight training later in life still has beneficial effects for years to come. It's never too late to start!

If you could go back in time, **what behavior would you change? And how are you better caring for yourself now?** Let us know by replying to this email.

— Michelle Vartan, Writer & Editor

These 2 eating habits combined can influence weight

The accumulated effect of small habits often leads to greater consequences, and this especially rings true when it comes to nutrition and eating. In a new study, researchers wanted to understand **if eating late at night and skipping breakfast were individually or jointly associated with weight gain and increased waist circumference.**¹

In other words, is the combination of the two eating habits the weight gain culprit?
Or are they each just as “bad” on their own?

Here’s what they found:

- Those who had both eating patterns (skipping breakfast and late-night eating), **experienced faster weight gain and larger waist sizes** than those who did not.
 - This was also after adjusting for diet quality and energy intake.
- The annual increase was only a little over 1 pound in weight and 0.16 inch in waist size (but, like all habits, the outcome can add up over time).
- Not surprisingly, associations were stronger in those with poorer diet quality.

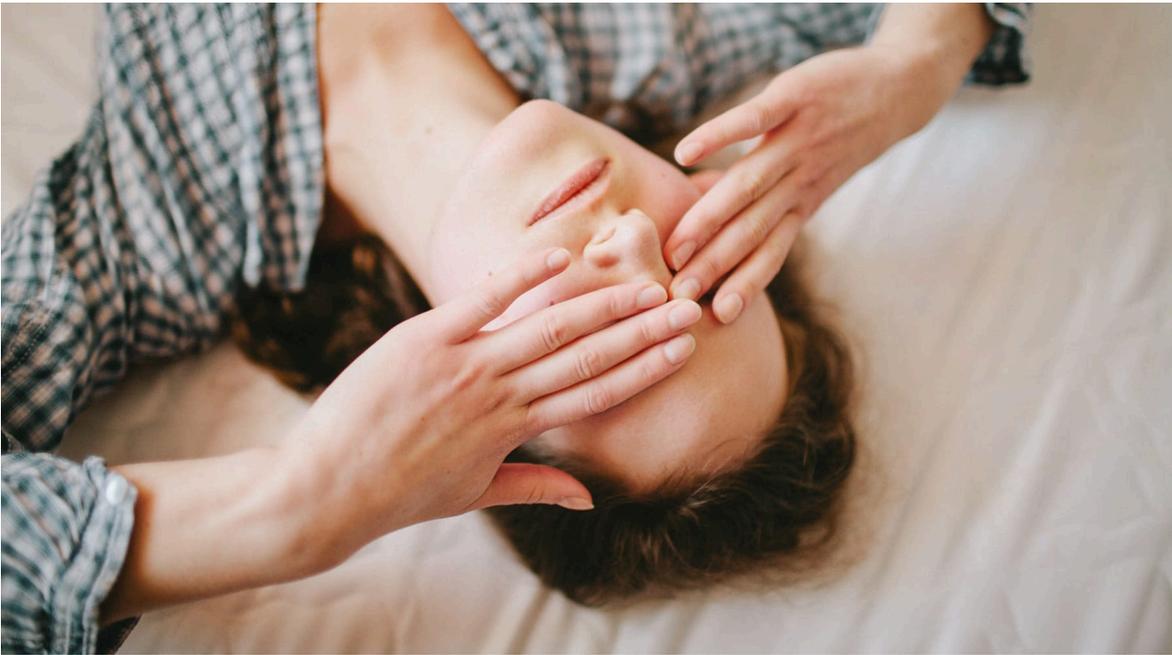
The Gist: To maintain a healthy weight and body composition, eat dinner early, avoid the late night snack if possible, and have a satisfying, fueling breakfast come morning.

+ Weight loss hacks

- Ease post-meal cravings [with these RD tips](#)
- Make yourself a [protein-packed breakfast](#)
- Daytime habits to [curb late night snacking](#)

Presented by **mindbodygreen**

How to fight brain fog & low mood*



Credit: Sergey Filimonov / Stocksy

Struggling with brain fog? Rest assured: There are lifestyle changes that can help improve mental clarity, including movement and nutrition.

The bad news: getting the right, brain-boosting nutrients in a standard diet can be a challenge.

mindbodygreen's brain guard+ harnesses the power of three powerful compounds that you're definitely not getting enough of in your typical diet: citicoline, resveratrol, and kanna.*

1. **Citicoline:** Supports attention² and mental energy.^{3*}
2. **Resveratrol:** SupportsEnhances brain blood flow and significantly improves overall cognitive performance.^{4*}
3. **Kanna:** SupportsEnhances brain blood flow and significantly improves overall cognitive performance.^{5*}

These nutrients work together to give you improved memory, executive function, and mood.*

Finally find mental clarity*

It's never too late to pick up those weights

Thankfully, more folks are becoming aware of the importance of weightlifting for long-term health. While it's great to start early, don't worry if you didn't pick up the habit until later in life.

A new study found that **lifting heavy weights starting in your late 60s or early 70s, provided benefits years later.**⁶

- The study followed 451 adults for 1 year: A third practiced supervised heavy weight lifting 3x a week (focusing on the legs), a third did moderate-intensity training, and the final group did no extra exercise on top of their everyday movement.
 - In case you want to know what “heavy lifting” looked like in the study: Each move involved 3 sets of 6-12 reps using at least 70% of the max weight a person could lift for one rep.
- The researchers checked back in four years later: They found that **weightlifting provided a protective effect against muscle loss in the legs.**
- Yikes: Those in the other groups lost muscle strength at the four year check in.

+Getting started:

- [How to build muscle & prevent injury](#) for women over 40
- The 9 best (& CPT approved) [weight benches](#)
- One editor's experience when she started [weight lifting](#)

Just Desserts



Credit: Susan Brooks-Dammann / Stocksy

- Try this [chocolate 'nice' cream](#) for a healthier alternative
- This [dark chocolate raspberry pudding](#) is packed with fiber
- Could [these desserts](#) help you sleep?
- [Chocolate treats](#) that won't spike your blood sugar

Find your mental edge

This next generation nootropic improves memory, fights brain fog, and supports mental processing speed.*

Think clearer*



Low Lift Tip Of The Week

Aloe vera is the MVP of summer skin: The botanical juice soothes burns, provides lasting hydration, and helps skin look younger for longer.

If you're using fresh gel from the plant, here are 3 storage tips:

1. Store it in a fridge, where it can last for up to a week
2. Use an air-tight, amber-colored jar to protect it from air and light
3. Pour it into ice cube trays and freeze it for long-term use

Learn more: Our guide to [preparing and storing aloe vera gel](#).

That's it for ***the long game***—thanks for playing. Have a great week!

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Credential check:

- *Written by mindbodygreen's Writer & Editor, Michelle Vartan*
- *Expert reviewed by Molly Knudsen, M.S., RDN*

**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.*

1 [The American Journal of Clinical Nutrition](#)

2 [Food and Nutrition Sciences](#)

3 [NMR In Biomedicine](#)

4 [Nutrients](#)

5 [Evidence-Based Complementary and Alternative Medicine](#)

6 [BMJ Open Sport & Exercise Medicine](#)

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Michelle Vartan <michellebvartan@gmail.com>
To: Michelle Vartan <michellebvartan@gmail.com>

Mon, Aug 19, 2024 at 8:49 AM

Sent from my iPhone

Begin forwarded message:

From: the long game by mbg <hello@hello.mindbodygreen.com>
Date: June 25, 2024 at 4:59:44 AM PDT
To: michellebvartan@gmail.com
Subject: 2 snacking habits to avoid
Reply-To: thelonggame@mindbodygreen.com

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