

NEWSLETTER

MARCH 2026 

WEIGHT MANAGEMENT

Kootenai Member
Health & Wellness Clinic

Powered
By **PMR**
HEALTHCARE
SINCE 2005

01 Nutrition

The food you fuel your body with influences your metabolism, hormones, *and* hunger signals— that means nutrition is the cornerstone of any weight management plan!

Prioritize **whole, nutrient-dense foods** (lean proteins, vegetables, fruits, healthy fats, and high-fiber carbohydrates) to control your appetite, stabilize blood sugar, and support steady energy levels throughout the day.

PMR Clinic Members can talk to their doc about how to improve their nutrition!

02 Movement

An object (or person!) in motion stays in motion— and movement is **key** for weight management. Daily movement supports fat loss while improving cardiovascular health, strength, and long-term weight maintenance (plus, it has a huge impact on mental health!).

Regular physical activity—**combining aerobic exercise with resistance training**— also improves insulin sensitivity and builds muscle mass (keeping your metabolism efficient!).

PMR Clinic Members can talk to their doc about safe ways to start moving more!

03 Healthy Support

PMR Clinic Members have a support system to help reach goals— their PMR medical team!

Talk to your doc about weight management if:

- You've been struggling to lose/gain weight.
- Weight loss/gain is affecting your energy, mobility, blood pressure or blood sugar.
- You're starting a new diet, exercise program, or weight loss medications.

PMR Clinic Members have the support and encouragement they need to create a safe, personalized, and sustainable plan to support both weight management and overall health.



Weight Management Fundamentals

Last month we talked about the important first steps to take on your weight management journey: establish goals, and find your baseline. Now it's time to work on the fundamentals!

Want to lose inches and fit into your old skinny jeans? Looking to bulk up for a special event? All weight management goals start with the same three foundational building blocks: **nutrition, movement, and healthy support!**

Here are some **successful strategies to help nail all three!**

- **Plan Ahead:** Create a weekly menu, meal prep, and keep healthy snacks on hand for when hunger strikes. Schedule your workouts in advance to ensure you have time to move.
- **Keep Track:** Utilize apps (free!) that track your calorie intake, macros, water intake, physical activity, etc.
- **Monitor Progress:** Visit your PMR Clinic for weigh ins, blood pressure checks, and more to see your health improving!
- **Be Flexible:** Life happens— but that's no reason to give up! If you have a setback, analyze the cause, adjust, and move forward.

Try Your Luck At Your PMR Clinic

New patients will be automatically entered into a *MONTHLY* drawing for a **\$25 Amazon gift card!** Make an appointment & begin using your PMR Clinic membership today!

All patients who get an annual wellness physical in 2026 have the chance to win **up to \$150!** See our website for more details, + call to schedule your appointment today!