

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JANUARY 8, 2018

JUST A FEW GOOD TIPS!

FIRST OF ALL, HERE'S OUR SCHEDULE FOR THE NEXT TWO MONTHS:

JANUARY

- 15TH NO CLASS; MLK DAY
- 22ND CLASS
- 29TH CLASS

FEBRUARY

- 5TH CLASS
- 12TH CLASS
- 19TH NO CLASS; PRESIDENTS DAY
- 26TH CLASS

NOW, HERE ARE A FEW "WORDS OF WISDOM" PASSED ON BY SOME BIG LOSERS!

1. PAY ATTENTION TO EVERY LITTLE THING YOU PUT INTO YOUR MOUTH...FOODS AND DRINKS! WRITE THEM DOWN – WHETHER IT'S WITH A COMPUTER-BASED TRACKER OR WITH A GOOD OL' PEN & PAPER! IT'S WORTH THE TIME. IF YOU ASK RUTH LOKEY, SHE WILL ABSOLUTELY VERIFY THAT THIS SIMPLE TASK WAS (AND IS) ONE OF THE KEYS TO HER SUCCESS. MINDLESS EATING IS RESPONSIBLE FOR MORE CALORIES THAN YOU THINK.
2. UNDERSTAND PORTION SIZES. GUESS WHAT! MOST RESTAURANTS IN THIS DAY & AGE FILL PLATES WITH TWO OR THREE TIMES MORE THAN A STANDARD SERVING. YIKES! IT'S OK TO EAT OUT – JUST BE AWARE OF HOW MUCH YOU'RE EATING AT ONE TIME!
3. DON'T DIET! "DIETING" IMPLIES A LIMITED TIME COMMITMENT. I DON'T WANT YOU TO "JUST" LOSE WEIGHT...I WANT YOU TO LOSE WEIGHT *AND* KEEP IT OFF! WE'RE WORKING EVERY WEEK TO CHANGE YOUR RELATIONSHIP WITH FOOD.

4. IF YOU CRAVE SOMETHING, EAT IT. ACCORDING TO SEVERAL ARTICLES I READ TODAY, IF YOU DON'T EAT WHAT YOU'RE CRAVING, YOU'RE MUCH MORE LIKELY TO OVERINDULGE LATER. THESE FOLKS I READ ABOUT CLAIM TO HAVE SOME TYPE OF TREAT EVERY DAY...THEY JUST MAKE SURE IT FITS INTO THEIR PLAN.

5. WHEN YOU STUMBLE (YES: WHEN, NOT IF!) GET BACK UP. REMEMBER: AFTER A SLIP-UP, THE MOST IMPORTANT MEAL IS YOUR NEXT ONE. DON'T SKIP MEALS, DON'T FAST, DON'T PUNISH YOURSELF BY STARVING. YOU'LL HAVE BAD DAYS. AN 800 CALORIE MISTAKE IS ONE THING – A WHOLE WEEK OF THOSE MISTAKES IS QUITE ANOTHER! RECOGNIZE THAT THIS IS REAL LIFE, & WE GRADE ON A CURVE. YOU GET A DO-OVER.

6. FIND A HOBBY. HOW MANY TIMES HAVE YOU CAUGHT YOURSELF EATING WHEN YOU HAD ABSOLUTELY NO BUSINESS DOING SO? NOT HUNGRY IN ANY WAY, SHAPE OR FORM – JUST BORED?!? FIND SOMETHING THAT YOU CAN ENJOY & THAT WILL OCCUPY YOUR TIME. IF IT HAPPENS TO BE COOKING, MAKE SURE YOU LEARN TO MAKE YOUR FAVORITE RECIPES WITH HEALTHY INGREDIENTS!

7. BE STUBBORN. REFUSE TO FAIL! THIS ISN'T AN EASY THING YOU'VE DECIDED TO TAKE ON, SO REALIZE THAT IT'S GOING TO TAKE SOME WILL POWER.

8. USE YOUR SCALES! IF YOU DON'T OWN A SCALE, HERE'S A BETTER IDEA: COME IN TO CLASS ON MONDAYS & USE MINE! ALMOST EVERYONE I KNOW WHO HAS LOST WEIGHT & MAINTAINED THAT WEIGHT LOSS HAS MADE THIS PART OF THEIR DAILY RITUAL. IT'S FAR EASIER TO ADJUST YOUR ROUTINE WHEN YOU'VE GAINED TWO OR THREE POUNDS THAN WAITING TIL YOU'VE SOMEHOW GAINED TEN!

9. TALK ABOUT IT. HAVE A SUPPORT SYSTEM. I CAN'T THINK OF A BETTER GROUP OF PEOPLE THAN THE FOLKS SITTING AROUND THIS TABLE TONIGHT – IN LIEU OF THAT (IF YOU'RE READING THIS IN AN E-MAIL OR ON OUR WEBSITE) WELL, THAT'S WHAT FRIENDS ARE FOR!

10. RECOGNIZE THAT FOOD CAN BE AN ADDICTION. STOP A MINUTE TO THINK ABOUT NOT ONLY WHAT YOU'RE EATING – BUT WHY YOU'RE EATING IT! IF YOU THINK YOU HAVE AN ADDICTION TO FOOD YOU MAY NEED PROFESSIONAL HELP. YOU'RE NOT ALONE!

HOW DID YOU DO WITH “NO CARAMEL OR CHOCOLATE” FOR THE LAST TWO WEEKS? OUR “NO!” FOOD FOR THE NEXT TWO WEEKS: **CANDY!!!**

SEE YOU JANUARY 22ND!!!