

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JANUARY 22, 2018

CHANGING YOUR EATING HABITS – PERMANENTLY!

WE TALK ABOUT MAKING CHANGES EVERY WEEK. I TRY NOT TO USE THE TERM, “DIET,” BECAUSE THAT USUALLY IMPLIES A FINITE AMOUNT OF TIME. IN ORDER TO LOSE THE POUNDS (AND, MORE IMPORTANTLY, MAINTAIN THAT LOSS!) YOU’LL NEED TO (MAYBE) CHANGE *WHAT* YOU EAT AND (FOR SURE) CHANGE *HOW* YOU EAT. HERE ARE SOME TIPS THAT’LL HELP YOU DO THAT!

I DO LOVE THE NEW “FREESTYLE” WEIGHT WATCHERS COMMERCIALS...BUT IT’S STILL ALL ABOUT PORTION CONTROL, NO MATTER HOW MANY TIMES YOU HEAR THE PHRASE, “YOU CAN EAT WHATEVER YOU WANT!” SOMETIMES WE HAVE TO GET DOWN AND DIRTY ABOUT WHAT IT IS THAT WE WANT...LET’S AGREE RIGHT NOW THAT WHAT WE ALL WANT IS TO FIT INTO OUR JEANS! THAT MAY MEAN FORGOING CERTAIN FOODS, IF YOU’RE LIKE ME & SIMPLY CAN’T CONTROL THE AMOUNT THAT YOU EAT. IF I START ON A SLEEVE OF GIRL SCOUT COOKIES, FOR EXAMPLE, THAT SLEEVE IS A GONER! COOKIES IN PARTICULAR ARE A “BINGE FOOD” FOR ME – I’VE PROBABLY NEVER EATEN JUST ONE IN MY WHOLE ENTIRE 57 YEARS! IF YOU HAVE A “BINGE FOOD” IN YOUR LIFE, KEEP IT OUT OF YOUR HOUSE. PERIOD. THAT BEING SAID, HERE ARE SOME SUGGESTIONS THAT YOU CAN APPLY TO YOURSELF NOW!

1. CLOSE YOUR KITCHEN. RUTHIE TELLS US THAT LUCILLE BALL NEVER, EVER ATE AFTER 4 PM. SHE DID STAY THIN HER WHOLE LIFE, BUT 4 PM DOESN’T QUITE WORK FOR ME. FROM WHAT I RESEARCHED (AND BY WHAT I RESEARCHED, I MEAN WHAT I GOOGLED!) SEVERAL ARTICLES, AND A NICE, GENERAL CONSENSUS SEEMS TO BE TO STOP EATING AFTER 7 PM. THE IDEA IS THAT YOU’LL HAVE ENOUGH TIME TO DIGEST YOUR SUPPER BEFORE BEDTIME – AND, MEANWHILE, YOU’LL ELIMINATE NIGHT TIME (AND MOST LIKELY) UNHEALTHY SNACK FOODS. (WHICH, BY THE WAY, SHOULDN’T BE IN YOUR HOUSE ANYWAY!) THIS LEADS ME TO THE NEXT TIP:
2. ENVIRONMENTAL MANAGEMENT! GET RID OF THE JUNK IN YOUR PANTRY. REMEMBER WHAT I TOLD YOU I DO WITH THE FRUIT THAT I BUY? (IN CASE YOU DON’T: I LEAVE IT BY THE SINK WHEN I UNPACK MY GROCERIES. BEFORE I GO TO BED THAT NIGHT, I WASH IT AND CUT IT UP. IT’S IN A BOWL, COVERED, FRONT AND CENTER IN THE FRIG. I TURNED IT INTO FAST FOOD!) IF YOU DON’T HAVE SNACK CRACKERS OR CANDY BARS (OR WHATEVER!) TO CHOOSE FROM, YOU WON’T EAT IT – YOU CAN’T EAT WHAT YOU DON’T HAVE, RIGHT?!? OUT WITH THE BAD, IN WITH THE GOOD STUFF...YOU’RE SETTING YOURSELF UP FOR SUCCESS!

3. DO REWARD YOURSELF – LOOKING FORWARD TO SOMETHING IS ONE OF THE MAINSTAYS OF DELAYED GRATIFICATION! HOWEVER. (YOU ALREADY KNOW WHAT I’M GOING TO SAY...WAIT FOR IT...) DO USE A *NON-FOOD REWARD!!!* EVERYONE IN THIS ROOM PICTURED A HOT FUDGE SUNDAE WHEN I SAID THE WORD, “REWARD.” (YEP, I’M A MIND READER!) PUT ON YOUR THINKING CAP. PERSONALLY, WHAT WOULD BE A REWARD TO YOU? I’VE ALWAYS THOUGHT OF “TIME” AS BEING AN ELUSIVE AND VALUABLE COMMODITY. IT’S DIFFERENT FOR EVERYONE, THOUGH. SOME OF US ENJOY TIME TO OURSELVES. MAYBE YOU DON’T GET ENOUGH TIME WITH YOUR SIGNIFICANT OTHER, OR A FAVORITE FRIEND? MAYBE YOU’RE THAT PERSON WHO THINKS THAT TIME WELL SPENT IS TIME SHOPPING – OR READING-OR WHATVER. YOU FILL IN THE BLANK. TO BE EFFECTIVE, THE REWARD MUST NOT BE VAGUE, AND IT MUST BE PROMPT. TRY USING A CONTRACT.

MORE ON THIS: THE REWARD CAN BE EXTRINSIC – AS IN COMING FROM THE OUTSIDE (THINK NEW BOTTLE OF NAIL POLISH, GOING TO A MOVIE, ETC.) OR INTRINSIC (A SENSE OF PRIDE IN YOUR ACCOMPLISHMENT IS WORTH MORE THAN ALL THAT OTHER “STUFF,” THAT’S A FACT!). THE REWARD MUST ALSO BE TIMELY – IF YOU’RE NOT REWARDED CLOSE TO THE SAME TIME THAT YOU MEET YOUR GOAL, YOU PROBABLY WON’T REALLY ASSOCIATE IT WITH THE DESIRED CHANGE IN BEHAVIOR. THE REWARD MUST ALSO BE APPROPRIATE – DON’T OVER-REWARD. LOL DON’T GIVE YOURSELF A TROPHY FOR PARTICIPATION! DON’T FORGET TO CELEBRATE YOUR PROGRESS WITH OTHERS - A GOOD EXAMPLE? HOW DO YOU FEEL WHEN YOU GET A STICKER ON MONDAY NIGHT FOR LOSING WEIGHT?

4. KEEP A FOOD JOURNAL. WHERE HAVE YOU HEARD THIS BEFORE??? KEEP YOURSELF ACCOUNTABLE! WRITE IT DOWN, AND THEN...TURN IT IN!!! (TO ME!) BY RECORDING YOUR FOOD, YOU’RE MAKING YOURSELF ACCOUNTABLE TO YOUR OWN BIGGEST CRITIC. (WHO KNOWS, YOUR “CRITIC” MAY TURN OUT TO BE YOUR “CHEERLEADER!”) IF YOU TURN YOUR FOOD RECORD IN TO ME, THAT PROBABLY MEANS THAT YOU’RE COMING TO CLASS! WHAT FOLLOWS IS THAT YOU’RE NOT ONLY MAKING YOURSELF ACCOUNTABLE TO THE CLASS, BUT YOU’RE SURROUNDING YOURSELF WITH SUPPORTIVE AND LIKE-MINDED FOLKS, AS WELL! BONUS!

IF YOU CAN STOP HANGING OUT WITH NON-SUPPORTIVE PEOPLE, THAT’D BE GREAT. IT’S NOT ALWAYS POSSIBLE, HOWEVER. IF NEED BE, TRY EXPLAINING YOUR MISSION TO TAKE BETTER CARE OF YOURSELF TO THEM. YOU MAY GAIN AN ALLY, OR YOU MAY EVEN GAIN A PARTNER IN CRIME!

5. LIMIT EATING AWAY FROM HOME. REALLY, I'M NOT COUNTING EATING YOUR LUNCH AT YOUR DESK, OR GOING TO YOUR DAUGHTER'S HOUSE FOR SUPPER. I'M TALKING ABOUT GOING TO THE DRIVE-THROUGH, STOPPING FOR DONUTS – THAT KIND OF THING. EATING OUT 20 OR 30 YEARS AGO WAS A SPECIAL OCCASION. AS EVIDENCED BY THE MANY RESTAURANTS IN JUST ABOUT ANY GIVEN TOWN YOU CAN THINK OF, IT'S BECOME COMMONPLACE – AND THAT TURNS INTO SOMETHING NOT-SO-SPECIAL.

WHAT WOULD WORK FOR YOU AND YOUR FAMILY? I SPOKE WITH A CO-WORKER THE OTHER DAY, AND SHE SAID THAT IT WOULD BE SUPER TOUGH TO GIVE UP EATING OUT AFTER CHURCH ON SUNDAYS. SO BE IT! MAKE THAT YOUR “SPECIAL, EAT-OUT DAY.”

THAT BEING SAID, TRY ORDERING FIRST. (SOMEONE TELL ME WHY!) WE'VE HAD SEVERAL LESSONS ON EATING AWAY FROM HOME – LET'S GO AROUND THE ROOM AND GIVE OUR OWN PERSONAL “EATING AWAY FROM HOME” TIP FOR SUCCESS.

HOW DID YOU DO WITH “NO CANDY!” FOR THE LAST TWO WEEKS?

OUR “NO!” FOOD FOR THIS WEEK: CHIPS!!!

(YES! THAT INCLUDES FRITOS, CHEETOS, PRETZELS...ANYTHING CHIP-LIKE!)

SEE YOU MONDAY! HAVE A FABULOUS WEEK!