

## WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

MARCH 12, 2018

### FAT PROOF YOUR LIFE!

FIRST OF ALL, NEXT WEEK'S CLASS WILL BE ON TUESDAY, THE 20<sup>TH</sup>, RATHER THAN MONDAY. MAKE A NOTE OF IT!!! OTHERWISE, SAME TIME, SAME PLACE!

WE'VE DISCUSSED THE IMPORTANCE OF ENVIRONMENTAL MANAGEMENT MANY A TIME... KEEPING THE WRONG FOODS OUT OF YOUR HOUSE IS EVERY BIT AS IMPORTANT AS BRINGING THE RIGHT FOODS HOME FROM THE GROCERY STORE. IF ONLY IT WERE THAT SIMPLE! MANY TIMES, YOUR OWN HOUSE IS THE LEAST OF YOUR WORRIES. EVERYWHERE WE TURN, WE'RE CONTINUALLY OFFERED CALORIE-DENSE FOOD IN BIG PORTIONS - AND WE DON'T EVEN HAVE TO TRY VERY HARD OR SPEND VERY MUCH MONEY TO GET IT! IF YOUR GOAL WAS TO FATTEN SOMEONE UP, YOU COULDN'T DREAM UP A BETTER SITUATION THAN THE ONE WE HAVE NOW!

WHAT FOLLOWS ARE SOLUTIONS TO SOME OF YOUR CHALLENGES!

1. FOOD IS EVERYWHERE, ALL THE TIME! TURN ON THE T.V., FIRE UP YOUR LAPTOP, OR OPEN A MAGAZINE...COOKING SHOWS, NON-GROCERY STORES SELLING FOOD, THE LIST GOES ON AND ON. AS A MATTER OF FACT, THERE WERE 32% MORE FOOD ADS ON T.V. IN 2011 THAN IN 2007. THAT'S COUNTING BOTH 30- AND 15 SECOND SPOTS. ACCORDING TO YALE UNIVERSITY RESEARCH, THE AVERAGE PERSON WATCHES 20 MOUTHWATERING COMMERCIALS A DAY! THE LATEST DATA I COULD FIND FOR THIS RESEARCH WAS IN 2014, SO THAT MAY NOT BE QUITE ACCURATE FOR THIS YEAR. I CAN PRETTY MUCH GUARANTEE YOU THAT IT'S NO LESS THAN THAT, THOUGH! TALK ABOUT ANNOYING, RIGHT?

ONE PROBLEM IS THAT SEEING OR SMELLING FOOD ACTIVATES PRE-EATING RESPONSES, LIKE SALIVATING. (ACTUALLY, JUST THINK ABOUT WHAT HAPPENS WHEN WE TALK ABOUT FOOD IN HERE!) JUST AS SMELLING CINNABON AT THE MALL CAN TRIP YOUR "SPLURGE" TRIGGER, LEAVING YOUR WEIGHT TRACKER OUT WHERE YOU CAN SEE IT CAN ACTIVATE YOUR "STAY-HEALTHY" ONE! RESEARCH SHOWS THAT OVERWEIGHT GROCERY SHOPPERS WHO WERE HANDED A RECIPE WITH HEALTH-RELATED WORDS PRINTED ON IT BOUGHT LESS JUNK THAN THOSE WHO GOT OTHERWISE IDENTICAL RECIPE CARDS. THESE REMINDERS WORK SUBTLY – PUT AN OLD PICTURE OF A SLIMMER YOU ON THE FRIDGE TO GIVE YOUR BRAIN THE HINT!

A VERY SIMPLE, BUT TRIED-AND-TRUE METHOD TO GET YOURSELF TO LEAVE THE JUNK IN THE STORE: *EAT BEFORE YOU LEAVE HOME TO SHOP*. WE'VE ALL BEEN TO KROGER WHEN WE'RE HUNGRY. IT'S A DISASTER WAITING TO HAPPEN!

2. THERE'S TOO MUCH VARIETY! FOR EXAMPLE, I'VE ALWAYS TOLD YOU TO STAY AWAY FROM BUFFETS. IF YOU HAVE JUST A FEW BITES OF EVERYTHING, YOU'LL STILL CONSUME FAR MORE CALORIES THAN YOU WOULD IF THERE WERE ONLY TWO OR THREE FOODS ON YOUR PLATE. EVEN WHEN YOU'RE NOT IN ALL-YOU-CAN-EAT SITUATIONS, HAVING TOO MANY FOOD CHOICES CAN REALLY SABOTAGE YOUR FOOD PLAN. THAT'S BECAUSE WHEN YOU DEVOTE MENTAL ENERGY TO REVIEWING ALL OF THEM, YOUR BRAIN GETS OVERWHELMED AND YOUR WILL POWER SUFFERS.

CONSIDER THIS: PEOPLE IN OTHER COUNTRIES TEND TO HAVE THE SAME THING FOR BREAKFAST AND LUNCH EVERY DAY. HERE, THERE'S NO REAL PATTERN. ONE DAY YOU MAY SKIP BREAKFAST, THE NEXT MORNING IT'S LEFTOVER PIZZA, AND THE NEXT MORNING YOU BUY A CARAMEL LATTE. ALL THIS "FOOD FREEDOM" LEADS TO TAKING IN MORE CALORIES!

VARIETY CAN BE A GOOD THING IN THAT YOU TEND TO HAVE A BETTER NUTRIENT INTAKE OVERALL. SOME WEIGHT LOSS EXPERTS SUGGEST EATING MORE OR LESS THE SAME BALANCED BREAKFAST AND LUNCH EVERY WEEKDAY, CHANGING UP DINNER TO PREVENT BOREDOM. ONE THING'S FOR SURE, YOUR CALORIE RECORD WOULD BE VERY SIMPLIFIED!

3. FAT AND SUGAR ARE HIJACKING OUR BRAIN... WE'VE DISCUSSED THIS QUITE A BIT IN THE PAST – THE FAT, SUGAR, AND SALT *MAGICAL COMBO!* REMEMBER WHEN I'VE USED THE TERM "ELECTRIC FOODS?" THEY AFFECT OUR BRAIN IN THE SAME WAY DRUGS AND ALCOHOL DO, MAKING THEM MORE ADDICTIVE (THE JUNK / FAST FOOD, THAT IS!) THAN ANYTHING YOU COULD MAKE AT HOME. THESE FOODS ARE ENGINEERED TO LIGHT UP THE PLEASURE CENTER IN OUR BRAINS WHILE THROWING OFF OUR BODY'S "I'M FULL" SIGNALS, SO IT'S HARD TO FEEL SATISFIED NO MATTER HOW MANY CHEETOS WE EAT! I USED THE TERM "HIJACK" BECAUSE OUR BRAINS / BODIES DON'T ACTUALLY RECOGNIZE SOME OF THE JUNK WE EAT AS REAL FOOD, SO THEREFORE WE DON'T "KNOW WHAT TO DO WITH IT"...AND IT MAINLY GETS STORED AS EXTRA FAT.

ONE IDEA FOR CHANGE IS TO SUBSTITUTE AN ACTIVITY YOU ENJOY – LIKE MAYBE GOING TO AN EXERCISE CLASS WITH A FRIEND, OR PLAYING A GAME ON YOUR COMPUTER. THEY HAVE THE SAME PLEASURE-PRODUCING EFFECT ON BRAIN CHEMISTRY AS *HYPERPALATABLE* FOODS, MINUS THE CALORIES!

4. ...AND OUR GUT! YOU KNOW WE ALL HAVE A MIX OF GOOD BACTERIA, WHICH HELP US BREAK DOWN FOOD AND FIGHT OFF SICKNESS, AND BAD BACTERIA, WHICH CAN MUCK UP DIGESTION, METABOLISM AND IMMUNITY. THE LATEST RESEARCH SUGGESTS THAT A DIET HIGH IN FAT AND LOW IN FIBER CAN CAUSE A PROLIFERATION OF BAD BUGS, WHICH TELL YOUR DIGESTIVE TRACT TO STORE MORE CALORIES AS FAT. (ON THE OTHER HAND, GOOD MICROBES TELL YOUR DIGESTIVE SYSTEM TO LET MORE CALORIES THROUGH UNABSORBED. YAY!) WHAT THIS MEANS IS THAT IF TWO WOMEN EAT THE SAME 100 CALORIE CANDY BAR, THE ONE WITH A HEALTHIER MIX OF BACTERIA MIGHT ABSORB JUST 80 CALORIES, WHILE THE OTHER MIGHT ABSORB ALL 100!

REMEMBER THAT TO SLOW THE ABSORPTION OF CALORIES, AIM TO GET 25 GRAMS OF FIBER A DAY! FIBER INCREASES THE PRODUCTION OF MUCUS IN THE GUT, AND GOOD BACTERIA NEED MUCUS TO SURVIVE!

5. GET ENOUGH SHUT-EYE! MANY TIMES WE UNDERESTIMATE THE IMPORTANCE OF NORMAL THINGS, LIKE SLEEP! ABNORMALLY BUSY SCHEDULES AND STRESSED-OUT LIFESTYLES CAUSE US TO PRODUCE HIGH LEVELS OF THE STRESS HORMONE CORTISOL, WHICH IN TURN WILL PREVENT US FROM FALLING ASLEEP ONCE WE DO TURN IN FOR THE EVENING.

NOT ONLY DO WE FEEL EXTRA-GROGGY WHEN WE DON'T GET ENOUGH ZZZZ'S...IT CAN ALSO INCREASE LEVELS OF THE HUNGER HORMONE *GHRELIN*, (REMEMBER GROWLIN' GHRELIN?) REDUCE LEVELS OF THE SATIETY HORMONE *LEPTIN* AND GIVE MORE CLOUT TO GENES – INCLUDING THE BAD KIND THAT TELL YOUR BODY TO GAIN WEIGHT THE SECOND YOU STRAY FROM YOUR FOOD PLAN OR TAKE A BREAK FROM YOUR EXERCISE ROUTINE! THE MORE PEOPLE SLEEP, THE LESS SWAY THEIR GENES HAVE OVER THEIR WEIGHT, AND THE MORE DIET AND EXERCISE MATTER!

TO GET YOUR SEVEN OR MORE HOURS, SKIP CAFFEINE IN THE EVENING, POWER DOWN YOUR ELECTRONICS AT LEAST AN HOUR BEFORE BEDTIME, GO TO SLEEP AND GET UP AT ABOUT THE SAME TIME EVERY DAY, AND MAKE SURE YOUR BEDROOM IS PITCH-BLACK.

6. OUR SOCIAL CIRCLE IS GROWING – AND NOT IN A GOOD WAY. AFTER TRACKING MORE THAN 12,000 HEALTH CARE PROFESSIONALS FOR 32 YEARS, HARVARD MEDICAL SCHOOL RESEARCHERS FOUND THAT THEIR SUBJECTS’ OBESITY RISK WAS 57% GREATER IF THEY HAD A CLOSE FRIEND WHO WAS OBESE, 40% GREATER IF A SIBLING OF THEIRS WAS OBESE, AND 37% GREATER IF THEIR SPOUSE WAS OBESE. A COUPLE OF THOUGHTS ON THIS...FOR ONE THING, UNHEALTHY ACTIVITIES ARE CONTAGIOUS. CAN YOU THINK OF AN EXAMPLE? ALSO, IF THE MAJORITY OF THE PEOPLE IN YOUR LIFE ARE CARRYING EXTRA POUNDS, BEING OVERWEIGHT CAN BEGIN TO SEEM LIKE THE NORM.

TRY TURNING SOCIAL TIME INTO SLIMMING TIME. MEET A FRIEND FOR A WALK, INSTEAD OF SEEING A MOVIE!

7. WE LOOOOOVE A BARGAIN! WE’RE PROBABLY ALL GUILTY OF BUYING THINGS WHEN THEY SEEM LIKE A GOOD DEAL – AND SINCE WHEN WOULD SOMETHING LIKE A HUGE BAG OF FRITOEES BE CONSIDERED A GOOD DEAL, CONSIDERING THE FACT THAT THEY’D BE AN EASY WAY TO GAIN A COUPLE POUNDS?! IF YOU REALLY MUST BUY THE JUMBO BAG, RE-PACKAGE THEM INTO SERVING SIZED BAGGIES WHEN YOU GET HOME.
8. PORTION SIZES KEEP CLIMBING! A REPORT IN THE *INTERNATIONAL JOURNAL OF OBESITY* EXAMINED 52 WELL-KNOWN PAINTINGS OF JESUS’ LAST SUPPER, COMPARING PORTIONS AND DISHWARE. THE RESULTS: SINCE 1000 A.D., THE SIZE OF ENTREES HAS GROWN BY 69%, BREAD BY 23% AND PLATES BY 66%!
9. HEALTH HALOS ARE BLINDING US. BUYING THE LIGHT VERSION OF PACKAGED FOODS INSTEAD OF THE REGULAR KIND COULD MAKE YOU HEAVIER. GUESS WHAT! WHEN PEOPLE WERE SERVED TREATS THAT HAD A “LOW FAT” STICKER ON THE PACKAGE, THEY ATE UP TO 47% MORE THAN THOSE WHO WERE SERVED THE SAME SNACKS MINUS THE LABEL, ACCORDING TO A CORNELL STUDY. IN FACT, JUST SEEING THE PHRASE *LOW FAT* CAUSED FOLKS TO CONSUME AN EXTRA 89 CALORIES IN A SITTING! WE THINK WE’RE BEING “GOOD,” SO WE COMPENSATE BY EATING MORE! (EFFECTIVELY DEFEATING THE PURPOSE!!!)

ODDLY ENOUGH, KNOWING ABOUT THE HALO EFFECT DOESN’T MAKE US ANY LESS SUSCEPTIBLE TO IT. SO WHETHER YOU’RE REACHING FOR RICE CAKES OR OREOS, COUNT OUT A SINGLE SERVING, THEN

CLOSE UP THE BOX OR BAG. EVERY TIME YOU STICK TO A REASONABLE PORTION INSTEAD OF OVEREATING, YOUR RESISTANCE MUSCLE GETS A LITTLE STRONGER AND YOUR GIVING-IN ONE GETS A LITTLE WEAKER! PRACTICE MAKES PERFECT!

10. WE PAY FOR EVERYTHING WITH PLASTIC. STUDIES SHOW THAT WE'RE MORE LIKELY TO SPLURGE ON AN EXPENSIVE ITEM WHEN WE USE A CREDIT CARD, BECAUSE SWIPING DOESN'T FEEL LIKE SPENDING MONEY. NOW A STUDY IN THE *JOURNAL OF CONSUMER RESEARCH* SHOWS THAT WE ALSO BUY LESS-HEALTHY FARE WHEN WE PAY WITH CREDIT INSTEAD OF CASH, BECAUSE OUR BRAINS TRICK US INTO THINKING THAT IF IT DOESN'T COUNT FINANCIALLY, IT DOESN'T COUNT CALORIEWISE EITHER! UH-OH!

TRY USING CASH WHEN BUYING GROCERIES AND WHEN EATING OUT. IF YOU'RE ON SOMEWHAT OF A BUDGET, YOU'LL BE MORE MINDFUL OF HOW MUCH YOU'RE SPENDING – AND THEREFORE MORE MINDFUL OF HOW MUCH YOU'RE EATING!



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SEE YOU TUESDAY! OUR "NO!" FOOD FOR THIS WEEK: **CANDY!!!**