

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

APRIL 30, 2018

BACK TO BASICS!!!

MOST EVERYONE IN THIS ROOM WOULD LIKE TO LOSE 10 – 30 POUNDS...WHETHER THAT'S YOUR FINAL GOAL, OR YOU'D MERELY CONSIDER IT A GOOD START, KNOW THAT IT'S TOTALLY WITHIN YOUR POWER TO ACCOMPLISH IT. THERE'S NO REASON WHATSOEVER TO THINK, "I CAN'T." YOU CAN!

IN THE PAST, YOU MAY'VE THOUGHT THAT LOSING WEIGHT MEANT GOING ON A STRICT DIET. FIRST OF ALL, I'VE ALWAYS TOLD YOU THAT THE WORD "DIET" IMPLIES A SHORT-TERM ACTION, WHICH WE'RE REALLY NOT ABOUT HERE. I KNOW IT'S KIND OF A MODERN CATCH PHRASE, BUT WHAT'S NEEDED IS A *LIFESTYLE CHANGE. OVERHAUL. RE-GROUP.* WHATEVER YOU WANT TO CALL IT – YOU NEED TO START SEEING YOURSELF DIFFERENTLY. IT MAY TAKE AWHILE FOR OTHERS TO GET ON BOARD, BUT EVENTUALLY IT'LL HAPPEN.

REALLY, THE ONLY WAY YOU CAN LOSE WEIGHT IS TO CREATE A CALORIE DEFICIT: TAKE IN LESS THAN YOUR BODY BURNS. IN OTHER WORDS, EAT LESS, MOVE MORE!

I DON'T HAVE TO TELL YOU THIS, BUT PROBABLY ONE OF THE EASIEST THINGS IN THE WORLD IS EATING MORE FOOD THAN WE NEED. FOOD IS LITERALLY EVERYWHERE. WHO DOESN'T WANT A DONUT WHEN THEY'RE SITTING BY THE COFFEE POT IN THAT BIG, WAXY, WHITE BOX IN ALL THEIR DONUT-Y GLORY?!? YOU PROBABLY ALREADY ATE BREAKFAST BY THE TIME YOU SEE THEM, BUT YOU DIDN'T HAVE YOUR BREAKFAST DESSERT YET, AM I RIGHT??? JUST AN EXAMPLE OF ONE OF THOSE LITTLE STORIES WE TELL OURSELVES TO JUSTIFY YET ANOTHER "JUST THIS ONE TIME!" SOMEONE BROUGHT THEM IN FOR AN OCCASION – OR BETTER YET, NO REASON AT ALL! HOW GENEROUS AND THOUGHTFUL! THEY'RE FREE! I HAVEN'T HAD A DONUT IN - UMMM, WELL, SINCE LAST WEEK WHEN SOME KIND SOUL BROUGHT THEM IN FOR US! TRUST ME, THERE'S ALWAYS GOING TO BE A REASON TO EAT. YOU CAN'T CHANGE THAT, BUT THE ONE THING YOU CAN CHANGE IS YOUR REACTION TO THAT!!!

WE LOSE WEIGHT WHEN WE LEARN TO EAT LESS FOOD. IF WE CAN BECOME MORE AWARE OF HOW WE HANDLE OUR "FOOD LIFE," WE CAN THEN WORK TOWARD EATING MORE APPROPRIATELY! WHAT DOES THAT MEAN, YOU ASK? WELL, WE EAT WHEN WE'RE HUNGRY. WE EAT WHEN AND WHAT OUR BODIES NEED. WE VIEW FOOD MORE AS FUEL, AND LESS AS ENTERTAINMENT!

"BUT KATHY," YOU SAY, "MY FRIEND WENT ON A PALEO (OR WHATEVER!) DIET AND IT WORKED FOR HER!" SOUNDS SIMPLE. YOU FEEL LIKE YOU SHOULD TRY IT. YEP, A DIET CAN AND WILL WORK – BECAUSE WE ARE TOLD EXACTLY WHAT TO EAT. UNDOUBTEDLY THE DIET IS RESTRICTED IN CALORIES, SO WHY WOULDN'T IT WORK? GUESS WHAT, THOUGH! JUST AS SOON AS WE GO OFF THAT DIET, MOST OF US GAIN EVERY BIT OF WEIGHT LOST BACK. THIS IS DUE TO THAT FACT THAT THE DIET DIDN'T ACTUALLY MAKE US REALIZE WHAT WE WERE DOING TO GAIN WEIGHT IN THE FIRST PLACE.

WHAT WE'D LIKE TO DO, OF COURSE, IS TO PERMANENTLY LOSE WEIGHT! WHERE ARE THE EXTRA CALORIES COMING FROM? LET'S FIND OUT, AND THEN LET'S ELIMINATE THOSE PESKY THINGS - AND THEN SWITCH THEM OUT WITH BETTER EATING HABITS. DON'T TELL ANYONE, BUT THIS IS ONE OF THE "SECRETS" TO LASTING AND PERMANENT WEIGHT LOSS!

LET'S TAKE A FEW MINUTES TO GO OVER THE FOLLOWING QUESTIONNAIRE AND GET A FEELING FOR YOUR OWN PERSONAL FEELINGS ABOUT WEIGHT MANAGEMENT.

HOPEFULLY YOU'RE READY TO MAKE SOME POSITIVE CHANGES, BECAUSE YOU'RE HERE TONIGHT! THINK ABOUT IT...WHAT STATEMENT BEST DESCRIBES HOW YOU FEEL RIGHT NOW?

- A) I DON'T LIKE THE WAY I'VE BEEN TREATING MY BODY. I'M READY TO MAKE SOME CHANGES, AND I NEED SOME HELP!
- B) I KNOW I PROBABLY NEED TO EAT DIFFERENTLY, BUT I REALLY LIKE THE WAY I EAT. ISN'T THERE A DIFFERENT SOLUTION, LIKE MAYBE A SPECIAL DIET OR PILL I COULD TAKE?
- C) I WOULD LIKE TO CHANGE THE WAY I EAT, BUT I HAVE NO WILL POWER SO I'M SURE I CAN'T STICK WITH IT. BESIDES THAT, I ACTUALLY DON'T EAT THAT MUCH. THERE'S PROBABLY SOMETHING MEDICALLY WRONG WITH ME.
- D) I DON'T EAT THAT BADLY. I DON'T EAT ANY MORE THAN MY FRIEND I HANG OUT WITH, WHO IS THINNER THAN I AM. THERE AREN'T MANY CHANGES YOU'RE GOING TO BE ABLE TO SUGGEST THAT WILL MAKE A DIFFERENCE.
- E) I'M NOT INTERESTED IN CHANGING THE WAY I EAT. I FEEL LIKE I DO ENOUGH ALREADY, SO THROWING SHOPPING AND COOKING INTO MY ROUTINE WILL NOT BE AN OPTION. CAN I JUST INCREASE MY EXERCISE AND GET THE RESULTS I WANT?

IF YOU PICKED A: OBVIOUSLY, YOU'RE READY TO BEGIN CHANGING YOUR EATING PATTERNS NOW!

IF YOU PICKED B: YOU KNOW YOU NEED TO MAKE SOME CHANGES, BUT IF YOU'RE BEING COMPLETELY HONEST, YOU DON'T THINK IT'S A GOOD TIME TO DO SO. (FYI, THERE'S ALWAYS, ALWAYS GOING TO BE A BIRTHDAY PARTY, A BANQUET, OR SOMETHING THAT'LL GET IN YOUR WAY!)

IF YOU PICKED C: YOU'RE NOT ALONE! EVERYONE FEELS THIS WAY AT ONE TIME OR ANOTHER...POOR ME!!! STICK AROUND. WE TALK ABOUT REAL SOLUTIONS IN HERE.

IF YOU PICKED D: I GET IT. IT IS HARD TO STAY WITH A PROGRAM LIKE THIS, BECAUSE THE RESULTS ARE NOT IMMEDIATE. ROME WAS NOT BUILT IN A DAY! RUTH ALWAYS TELLS US THAT SHE RARELY LOST A POUND IN ONE WEEK. DON'T FORGET, THOUGH...SHE'S KEPT THE WEIGHT OFF FOR YEARS! LASTING RESULTS ARE WHAT WE'RE AFTER.

IF YOU PICKED E: YOU'RE TOTALLY RIGHT, YOU CAN EAT ANY WAY YOU WISH. HOWEVER, IF YOU GIVE IT A CHANCE, YOU'LL BE SURPRISED AT NOT ONLY HOW MUCH BETTER YOU LOOK, BUT ALSO HOW MUCH BETTER YOU FEEL! ASK DEANNA HOW MUCH BETTER LIFE IS FIFTY POUNDS LIGHTER!

NOW, FOR A LITTLE ENVIRONMENTAL MANAGEMENT! IT STARTS IN THE GROCERY STORE AND YOUR KITCHEN. YOU NEED THE RIGHT TOOLS (FOOD!) IN ORDER TO PROPERLY TAKE CARE OF YOUR PERSONAL PROPERTY (YOUR BODY!) I FOUND THIS ON THE INTERNET, SO I BORROWED IT...PREPARING TO EAT HEALTHIER IS LIKE RE-PAINTING YOUR KITCHEN!

STEP #1: GETTING RID OF THE "OLD PAINT!"

THESE FOODS ARE TOO TEMPTING TO KEEP IN YOUR KITCHEN. STOP BUYING THEM!

WHOLE MILK	WHOLE MILK CHEESES	ICE CREAM	CANDY BARS
COOKIES (SOB!)	ICE CREAM BARS	BUTTER	MAYONNAISE
POTATO CHIPS	SALAD DRESSINGS	LARD	SAUSAGE
FRUIT DRINKS	SOFT DRINKS	BACON	
POTATO FLAKES	FRUIT FLAVORED SNACKS	SNACK CRACKERS	

STEP #2: CLEAN THE SURFACES!

MOVE NOT-SO-HEALTHY FOOD ITEMS THAT WE MIGHT USE A LITTLE TOO OFTEN RIGHT NOW TO THE BACK OF THE PANTRY SHELVES OR REFRIGERATOR.

WHITE FLOUR	SUGAR	SALTINE CRACKERS	OILS
BREAD CRUMBS	JAMS & JELLIES	PRETZELS	

STEP #3: ADD A NEW LOOK TO THE PANTRY!

REPLACE SOME UNHEALTHY FOODS WITH FOODS THAT GIVE MORE NUTRITION BANG FOR THE BUCK!

FLAVORED VINEGARS	FRUIT LEATHERS	SALSAS	NUTS
HIGH FIBER BREAD	NON-STICK COOKING SPRAY	WATER-PACKED TUNA	OATMEAL
CANNED VEGETABLES	PEANUT BUTTER	TOMATO SAUCE	OLIVE OIL
VEGETABLE JUICE	WW FLOUR / PASTA		

WHOLE GRAIN CRACKERS, RICE, ETC.

STEP #4: FRESHEN UP YOUR REFRIGERATOR SHELVES

ADD SOME DIFFERENT FOODS TO YOUR SHOPPING LIST!

FLAVORED WATER	UNSWEETENED TEA	LOW FAT COTTAGE CHEESE	LIGHT CHEESE
LOW FAT YOGURT	SKIM OR 1% MILK	LOWER FAT MEATS	FRUITS
VEGETABLES	LEMONS & LIMES	HERBS & SPICES	

YOU'RE ON YOUR WAY!

HOW DID YOU DO WITH NO CHIPS?

OUR "NO!" FOOD FOR THIS WEEK: DRY CEREAL

SEE YOU NEXT MONTH!!!