

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JANUARY 28TH, 2019

WE WILL HAVE NO CLASS THE 18TH OF THE MONTH (THREE MONDAYS FROM NOW!) THE HEALTH DEPARTMENT WILL BE CLOSED FOR PRESIDENTS DAY!

A LITTLE MATH!

AS ALWAYS, THE DIET INDUSTRY IS EXPLODING WITH FAD DIET PLANS. THIS IS NOTHING NEW...I'M SURE WE'VE ALL HEARD MANY VERSIONS OF DIFFERENT "AMAZING" WEIGHT LOSS PLANS OVER THE YEARS! BY AMAZING, I MEAN ANYTHING THAT LEADS YOU TO BELIEVE YOU CAN "DROP TWENTY POUNDS IN TWENTY DAYS." (OR SOME VARIATION OF THAT MYTH!) CABBAGE SOUP DIET, HOT DOG DIET, ETC. ETC.! NATURALLY, WE ALL LIKE THE IDEA OF LOSING WEIGHT FAST. THE TRUTH IS, THOUGH, YOU DIDN'T PUT ON TWENTY POUNDS OVERNIGHT – SO WHAT WOULD MAKE YOU THINK YOU CAN (OR SHOULD!) LOSE IT THAT QUICKLY? MATTER OF FACT, THE AVERAGE AMERICAN GAINS ABOUT A POUND A YEAR DURING THE FALL AND WINTER SEASONS...AND THEN KEEPS IT ON DURING THE OTHER TWO! YOU ALREADY KNOW THAT THE BEST WAY TO LOSE WEIGHT (AND *KEEP IT OFF!*) IS TO GO ABOUT IT METHODICALLY. TO CHANGE YOUR *LIFE*, YOU MUST CHANGE YOUR *LIFESTYLE!* YOU CAN ASK ANYONE IN THIS ROOM WHO HAS BEEN SUCCESSFUL, AND YOU'LL LEARN THAT LOSING WEIGHT CAN INDEED BE LIFE CHANGING!

THE MAIN PROBLEM WITH FAD DIETS IS THAT THEY'RE MEANT FOR SHORT TERM USE. THEY'RE ALWAYS INFERIOR, NUTRITIONALLY SPEAKING. SO WHY BOTHER? IF YOU'RE GOING FOR A LIFESTYLE CHANGE, YOU MAY AS WELL DO IT THE RIGHT WAY AND INVEST YOUR TIME IN SOMETHING THAT WILL ACTUALLY BENEFIT YOUR OVERALL HEALTH! SO THIS KIND OF "DIET" – REALLY MORE OF A LIFESTYLE CHANGE – WILL BE ONE YOU CAN MAINTAIN. RATHER THAN USING SOME KIND OF WACKY GUIDELINES – OR PRODUCTS – TO LOSE WEIGHT, ONLY TO RETURN TO YOUR FORMER, UNHEALTHY EATING PATTERNS ONCE YOU REACH YOUR GOAL WEIGHT, GIVE THIS A TRY:

EAT LESS, MOVE MORE!!!

I'VE RECENTLY BEEN ASKED TO REVISIT THE HIGH-FAT, HIGH-PROTEIN, LOW (OR NO) CARB REGIMEN. AS I ALREADY SAID, I'M NOT A FAN OF ANYTHING THAT I'D CLASSIFY AS A FAD DIET. MY DEFINITION OF A FAD DIET IS PRETTY MUCH ANY PLAN THAT LEAVES OUT A FOOD GROUP. IN THIS CASE, IT'S FRUIT, STARCHY VEGETABLES, AND GRAINS. NO FRUIT? COME ON, NOW! IF SOMETHING SOUNDS RIDICULOUS, IT PROBABLY IS.

THESE TYPE FOOD PLANS ARE MEANT TO PUT YOUR BODY INTO A METABOLIC STATE CALLED KETOSIS. WHEN YOU'RE IN KETOSIS, YOU BURN YOUR EXCESS BODY FAT FOR FUEL. THE OTHER WAY YOU CAN BURN YOUR EXCESS BODY FAT FOR FUEL IS THIS: *BY EATING LESS CALORIES THAN YOUR BODY NEEDS TO MAINTAIN YOUR CURRENT WEIGHT.* THAT'S IT. IT'S NOT MAGIC. IT'S MATH.

LET'S TAKE IT A LITTLE FURTHER. HERE'S THE EQUATION, IN THE SIMPLEST OF TERMS:

(EXAMPLE) 180# WOMAN

X 11 (THE APPROXIMATE CALORIES PER POUND IT TAKES TO MAINTAIN 180#)

—

1,980 (CALORIES / DAY TO MAINTAIN 180#)

WITH ME SO FAR? THERE ARE A FEW WAYS TO CALCULATE CALORIC NEEDS. USING THIS EASY METHOD KEEPS THE MATH VERY BASIC! SO, LET'S SAY THIS GAL WANTS TO LOSE 15#, AND SHE'S TAKING IN 1,600 CALORIES PER DAY.

1,600

X 7 (DAYS IN A WEEK!)

—

11,200 (CALORIES TAKEN IN ONE WEEK)

WE WEIGH IN ONCE A WEEK HERE, USUALLY, SO...

1,980

X 7

—

13,860 (CALORIES NEEDED TO MAINTAIN 180# FOR ONE WEEK)

SO, LIKE I SAID, OUR GOAL IS TO EAT LESS, MOVE MORE – IN OTHER WORDS, WE'RE TRYING TO TAKE IN LESS CALORIES THAN OUR BODIES NEED TO MAINTAIN OUR CURRENT WEIGHT (BECAUSE WE DON'T WANT TO MAINTAIN OUR CURRENT WEIGHT!) WE'RE TRYING, EVERY DAY, TO CREATE WHAT'S CALLED A CALORIE DEFICIT. TO ILLUSTRATE – IT'S LIKE OVER-DRAWING YOUR CHECKBOOK! WE ALL KNOW HOW TO DO THAT – BUT IN THIS CASE, IT'S A GOOD THING!

SO, HERE'S WHAT WILL HAPPEN WHEN YOU DO THIS!

$$\begin{array}{r} 13,860 \\ - 11,200 \\ \hline 2,660 \end{array}$$

THIS FIGURE, 2,660, WILL BE YOUR *CALORIE DEFICIT*. THERE ARE 3,500 CALORIES IN ONE POUND, SO:

$$2,660 / 3,500 = .76 \quad (\text{NET CALORIE DEFICIT!})$$

.76 = $\sim \frac{3}{4}$ OF A POUND WEIGHT LOSS FOR ONE WEEK.

OBVIOUSLY, YOU CAN ENHANCE THIS LOSS BY NOT ONLY TAKING IN LESS CALORIES – BUT BY ALSO MOVING MORE! YOU’LL BURN CALORIES BY EXERCISING, WHICH OF COURSE YOU ALREADY KNOW. SIMPLE IN THEORY – BUT NOT SO EASY IN REAL LIFE. IF IT WERE, YOU MOST LIKELY WOULDN’T BE HERE TONIGHT, CORRECT? ANYWAY! AT THIS RATE, IT WILL (NOT CONSIDERING THAT YOU COULD BURN EXTRA CALORIES BY EXERCISING) TAKE THIS WOMAN AROUND 15 WEEKS TO LOSE 15 POUNDS. THAT’S ABOUT 4 MONTHS. JUST IN TIME FOR SHORTS SEASON!

WHEW! IT’S NOT EASY – BUT IT’S TOTALLY WORTH IT, I PROMISE!

SO – HOW HARD WAS IT TO GIVE UP CHOCOLATE FOR TWO WEEKS? I THOUGHT IT WAS ROUGHHHH!

THIS WEEK’S “NO!” FOOD IS: **CHIPS!!!**

HAPPY SUPER BOWL SUNDAY! SEE YOU MONDAY!

SPEAKING OF SUPER BOWL, I FOUND A FEW EASY AND LOW-CAL SNACKS YOU MIGHT TRY!



BUT FIRST, HERE'S ONE YOU SHOULDN'T!!!