

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JANUARY 29, 2018

CHANGING YOUR EATING HABITS FOR GOOD!

WE KNOW WE NEED TO DO THIS...IF WE DIDN'T, WE WOULDN'T BE SITTING HERE TONIGHT! HOWEVER, ADOPTING AN "ALL OR NOTHING" ATTITUDE IN REGARD TO MAKING CHANGES CAN AND OFTEN DOES RESULT IN FAILURE. IT CAN BE OVERWHELMING! REMEMBER, YOU CAN DO ANYTHING FOR 24 HOURS! TAKE IT A DAY AT A TIME. HERE ARE SOME TIPS TO HELP!

- *BE REASONABLE.* MAYBE YOU HATE BROCCOLI – BUT YOU KNOW IT'S GOOD FOR YOU. FORCING YOURSELF TO EAT SOMETHING JUST BECAUSE IT'S NUTRITIOUS IS SURELY GOING TO BACKFIRE! OF COURSE, YOU'RE GOING TO HAVE TO EAT SOME VEGETABLES ALONG THE WAY – SO INSTEAD, WHAT GREEN VEGETABLE CAN YOU EAT? YES, KALE IS A "SUPER FOOD"...BUT IF YOU CAN'T STAND IT, THERE ARE SO MANY OPTIONS!

YOU'LL DISCOVER CERTAIN MEALS / FOOD COMBINATIONS THAT ARE NOT ONLY HEALTHY, BUT ALSO PLEASING TO YOUR OWN PERSONAL PALETTE. KEEP THOSE FOODS IN YOUR KITCHEN AS YOUR OWN "GO TO" WHEN YOU'RE FEELING ESPECIALLY STRESSED.

- *PLAN YOUR SNACKS.* YOU MAY THINK YOU HAVE THE "WILL POWER" TO GET FROM ONE MEAL TO THE NEXT WITHOUT EATING – BUT IT MAY NOT BE THAT SIMPLE. WHEN HUNGER STRIKES, BE PREPARED. IF I DON'T BRING SOMETHING TO WORK WITH ME TO EAT BETWEEN BREAKFAST AND LUNCH, YOU CAN GUESS WHAT HAPPENS! A COUPLE EASY AND QUICK CHOICES WOULD BE A HANDFUL OF ALMONDS OR A BIG APPLE. THE APPLE CONTAINS PECTIN, WHICH PLUMPS UP IN YOUR STOMACH, THEREFORE MAKING YOU FULL TIL THE NEXT MEAL. NUTS ARE ALSO GREAT, AS LONG AS YOU MIND THE PORTION. THEY CONTAIN BOTH FIBER AND PROTEIN, WHICH CAN TIDE YOU OVER TIL LUNCHTIME. THE FAT IN NUTS IS THE HEALTHY KIND (MONUNSATURATED), WHICH IS HEARTH HEALTHY!
- *DON'T GO IT ALONE!* IF YOU CAN CHECK IN WITH SOMEONE WHO CARES (AND MAYBE EVEN SHARES YOUR DESIRE TO TAKE BETTER CARE OF THEMSELVES!) IT CAN REALLY HELP. THIS CLASS IS A GREAT SOURCE OF SUPPORT, IN CASE YOU HAVEN'T FIGURED THAT OUT YET!
- *SPEAKING OF GOALS – WHAT ARE YOURS?* LOSE WEIGHT, SURE. SHAPE UP YOUR UPPER ARMS? LOWER YOUR CHOLESTEROL? WHATEVER THE CASE MAY BE, TAKE STOCK OF WHAT YOU'RE ALREADY DOING AND WHY THAT'S NOT WORKING. WE CAN (AND MOST LIKELY HAVE!) DISCUSS WHAT WILL BRING YOU CLOSER TO REACHING YOUR DESTINATION. SUCCESS USUALLY BEGETS MORE SUCCESS! IF YOU CAN'T FIND YOUR INSPIRATION FROM WITHIN YOURSELF, MAYBE YOU'LL FIND IT HERE, ON MONDAY NIGHTS!

- *HYDRATE!* TRY STARTING YOUR DAY WITH A GLASS OF WATER. I WAS TALKING TO A CO-WORKER THE OTHER DAY, AND REALIZED THAT DRINKING ENOUGH WATER IN A DAY WAS A HABIT THAT I'D KIND OF LET SLIDE. I DO LIKE MY JAVA, BUT I DON'T START THE MORNING WITH A CUP OF COFFEE. INSTEAD, I TAKE MY THYROID PILL WITH A TALL GLASS OF WATER EVERY MORNING. KEEP TRACK, AND SEE HOW MUCH YOU ACTUALLY DRINK IN A DAY.

YOU MIGHT WANT TO RE-READ THE BLUE SHEET OF PAPER IN YOUR START-UP PACKET. YES, MANY OF THE THINGS WE CONSUME CONTAIN WATER – BUT IN THIS ARTICLE, THOSE ARE EXTRA. ACCORDING TO DR. BRUCE RANK, YOU SHOULD “DRINK WATER AS WATER” – 8 EIGHT-OUNCE GLASSES A DAY, AT LEAST. KEEP YOUR CONTAINER NEARBY – YOU'LL WANT TO DRINK THROUGHOUT THE DAY, FOR BEST RESULTS.

- *IF YOU ARE TRYING SOMETHING EXTREME, MAKE IT A TRIAL.* MY GIRLS AND I ONCE TRIED A VEGAN DIET PLAN FOR A COUPLE WEEKS. (MAYBE A MONTH. I DON'T REALLY REMEMBER.) IT WAS KIND OF JUST FOR THE HECK OF IT. WHEN YOU'RE TALKING ABOUT ELIMINATING ENTIRE FOOD GROUPS, I MYSELF CLASSIFY THAT AS A TYPE OF “CRASH DIET.” YOU CAN'T (AND MOST LIKELY SHOULDN'T) MAINTAIN AN EXTREME REGIMEN. FOLKS WILL ASK ME ALL THE TIME ABOUT THIS PLAN OR THAT...USUALLY, IT'S SOMETHING YOU CAN'T CONTINUE INDEFINITELY, BUT LIKE I SAID, THAT'S NOT ALWAYS A BAD THING. ONCE IN AWHILE, DESPERATE TIMES CALL FOR DESPERATE MEASURES, AND WE CAN USE THOSE COUPLE WEEKS TO KIND OF RE-SET AND RE-GROUP.
- *CONSIDER MAKING ONE CHANGE A WEEK.* LET'S SAY YOU HAVEN'T WORKED OUT IN YEARS. YOU SHOULD IMMEDIATELY JOIN A GYM *AND COME TO INSANITY WITH ME TONIGHT AND DRIVE TO GERMANTOWN IN THE MORNING AND WALK SADIE WITH ME!* JUST KIDDING. LOOK AT THE YELLOW PIECE OF LITERATURE IN YOUR START-UP PACKET; THAT'S WHAT IT'S FOR! GET MOVING, BUT BE SENSIBLE. SAME WITH EATING RIGHT – I DON'T KNOW HOW MANY TIMES SOMEONE LEAVES THIS BUILDING INSPIRED (WHICH IS NOT A BAD THING!) TO EAT BETTER. THEY'LL BUY A BUNCH OF FABULOUS LOOKING PRODUCE – AND THROW IT OUT IN A COUPLE OF WEEKS BECAUSE WHEN THEY GOT IT HOME, THEY REALLY DIDN'T WANT TO NOR KNOW HOW TO SERVE IT. IN ORDER TO INCORPORATE SOMETHING INTO YOUR FOOD PLAN, YOU NEED TO ACTUALLY HAVE A PLAN! SPINACH JUST DOESN'T FIX ITSELF!
- *DON'T FORGET MY FAVORITE SUPPER PLANNING TACTIC: A PROTEIN, A GRAIN, AND A VEGETABLE.* THERE ARE SO MANY VARIATIONS ON THIS PATTERN THAT YOU'LL NEVER, EVER RUN OUT OF IDEAS. I USE THIS PRACTICAL ADVICE WITH MY CLIENTS EVERY WEEK! I FIND THAT OFTEN BREAKFAST AND LUNCH ARE EASIER TO PLAN – THEN WE GET HOME AND JUST GET RUSHED. AS YOU UNDOUBTEDLY KNOW, THE REAL PROBLEM WITH MAKING SUPPER IS THE

“WHAT TO HAVE” PART. HEALTHY EATING TRULY DOES START AT THE STORE – PROBABLY NOT YOUR FAVORITE PART OF THE WEEK, BUT STILL A VERY IMPORTANT PART!

SOME DICKEY FAVES:

GRILLED CHICKEN ON TOP OF KROGER SOUTHWEST SALAD MIX
QUESADILLAS

GRILLED FISH (WE HAD SALMON LAST NIGHT)
CAPRESE SALAD (FANCY WORD FOR TOMATOES, FRESH MOZZERELLA, A LITTLE OLIVE
OIL, AND SOME SPICES)
GARLIC BREAD

CHICKEN SOUP WITH VEGETABLES AND NOODLES OR BARLEY

MEAT LOAF
BAKED POTATOES
GREEN BEANS



Accidentally went
grocery shopping on an
empty stomach and now
I'm the proud owner of
aisle 6.

HOW DID YOU DO WITH "NO CHIPS" LAST WEEK?

OUR "NO!" FOOD FOR THIS WEEK: PRETZELS! THIS INCLUDES SOFT PRETZELS, LITTLE PRETZELS, BIG PRETZELS, PRETZEL BREAD!

HAVE A GREAT WEEK! SEE YOU NEXT MONTH!