

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

MAY 29, 2018

ENVIRONMENTAL MANAGEMENT...AND A FEW OTHER TRICKS!

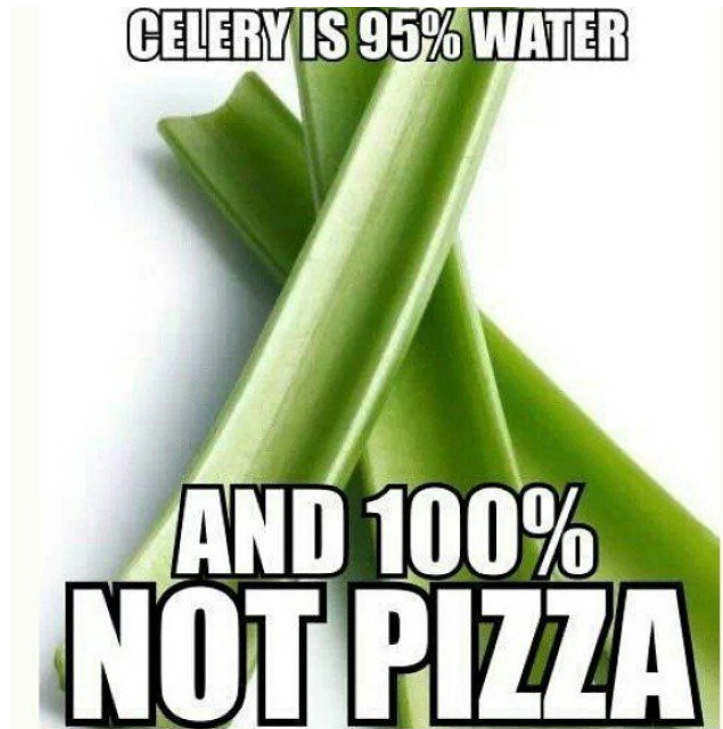
OKAY, FIRST OF ALL DON'T FORGET! THERE WILL BE NO CLASS FOR THE NEXT TWO MONDAYS. I'LL BE IN COLORADO! HOWEVER, IF YOU'D LIKE TO WEIGH IN, JUST HAVE THE PERSON AT THE FRONT DESK LET YOU GO BACK TO THE SCALE. (TELL HER YOU WANT TO WEIGH IN FOR CLASS.) WRITE YOUR NAME, THE DATE, & YOUR WEIGHT ON A POST IT- NOTE & PUT IT IN MY MAILBOX.

SO, IN YOUR PACKET , WHICH YOU RECEIVED WHEN YOU STARTED, THERE WAS A GREEN PAGE ENTITLED "THINGS TO DO BESIDES EAT!" (OR SOMETHING LIKE THAT!) IT'S BASIC ENVIRONMENTAL / BEHAVIORAL MANAGEMENT. EXTRA COPIES WILL BE AVAILABLE TONIGHT IN CASE YOU LOST YOUR ORIGINAL COPY. HERE ARE SOME OTHER SUGGESTIONS I'VE COME ACROSS RECENTLY. AS USUAL, NOT EVERY TIP CAN WORK FOR EVERY SINGLE PERSON SITTING AROUND THIS TABLE – BUT I'M SURE THERE WILL BE AT LEAST ONE THING YOU CAN TRY!

1. *DON'T BRING YOUR PHONE TO THE TABLE.* BETTER YET – LEAVE IT IN ANOTHER ROOM DURING MEAL TIME. BLUE LIGHT (AS IN SMART PHONES, COMPUTERS, & T.V.s – IN OTHER WORDS, ALL YOUR ELECTRONIC DEVICES) HAS BEEN SHOWN TO INTERRUPT SLEEP PATTERNS. WE'VE ACTUALLY TALKED ABOUT THIS. BUT NOW GUESS WHAT?! IT'S ALSO BEEN FOUND TO INCREASE INSULIN RESISTANCE! IF YOU'RE INSULIN RESISTANT, THAT MEANS THAT YOUR BODY DOESN'T ABSORB GLUCOSE EFFECTIVELY, WHICH MAY ALTER YOUR METABOLISM. THIS SEEMS TO BE MORE TRUE IN THE EVENING. IN LAYMAN'S TERMS, YOUR BLOOD SUGAR WOULD TEND TO RUN HIGHER, WHICH, OVER TIME, WOULD LEAD TO WEIGHT GAIN / HIGHER BODY FAT...WHICH WOULD PUT YOU AT RISK TO DEVELOP DIABETES.
2. THIS IS A SIMPLE ONE, YET MANY PEOPLE IGNORE IT: *LAY YOUR EXERCISE CLOTHES OUT THE NIGHT BEFORE!* MOST FOLKS DON'T LIKE TO GET UP IN THE MORNING, LET ALONE GET UP & EXERCISE. MY WORKOUT CLOTHES (I GUESS YOU'D SAY MY DOG-WALKING CLOTHES!) ARE HANGING ON A HOOK ON THE BACK OF MY BATHROOM DOOR. I DON'T HAVE TO LOOK FOR THEM. SHOES & SOCKS ARE IN THE LIVING ROOM. BOOM! SADIE & I ARE POUNDING THE PAVEMENT BEFORE I KNOW IT. SAME GOES WITH MY GYM BAG. IT'S PACKED & READY TO GO ON SUNDAY, SINCE I GO TO INSANITY CLASS ON MONDAY AFTER WORK. SOMETIMES I EVEN GET EXTRA CARRIED AWAY & PUT IT IN THE CAR SUNDAY NIGHT – ONE LESS THING TO DEAL WITH COME MONDAY MORNING!

3. LEAVE THE BIG PLATES IN THE CUPBOARD. EVERYONE HERE TONIGHT PROBABLY USES THEIR SALAD PLATES, RATHER THAN THEIR DINNER PLATES? IT'S BASED ON THE RATHER SIMPLE FACT THAT "THE MORE YOU'RE SERVED, THE MORE YOU'LL EAT." BUT DID YOU KNOW THAT COLORS CAN AFFECT YOUR CALORIC INTAKE, AS WELL? THIS SURPRISED ME, BECAUSE I REMEMBER A STUDY A LONG TIME AGO THAT FOUND THAT DARK, BRIGHT COLORS (THINK OF MOST FAST FOOD RESTAURANTS' DÉCOR) STIMULATE YOUR APPETITE. MORE RECENTLY, A STUDY IN THE JOURNAL *APPETITE* SHOWED THAT *PEOPLE WHO USE RED PLATES TEND TO EAT LESS!* THE THEORY IS THAT BECAUSE RED IS ASSOCIATED WITH THE WORDS "STOP" OR "DANGER," YOUR MIND WILL PUT THE BRAKES ON WHEN YOU SEE THE COLOR! THE BRIEF PAUSE CAN HELP YOU SLOW DOWN & EAT MORE MINDFULLY. WORTH A TRY!
  
4. STOP EATING IN YOUR CAR. THIS IS KIND OF YUCKY ANYWAY - & IT'S ALSO NOT THAT SAFE. SO QUIT IT!!! IT'S NOT LIKELY THAT YOU'RE EATING ANYTHING REMOTELY HEALTHY, FOR ONE THING! YOU'RE THINKING, WELL, IF I WAIT TIL I GET BACK HOME, OR BACK TO MY DESK, MY DRIVE-THRU FOOD WILL BE COLD – SO I REALLY HAVE TO EAT IT IN THE CAR! HEY! I DON'T WANT YOU TO GO TO THE DRIVE-THRU, ANYWAY! IF YOU MAKE (& FOLLOW) THIS RULE FOR YOURSELF, IT'LL BE ONE LESS PLACE YOU CAN EAT. THAT'S A GOOD THING.
  
5. A CHAOTIC ENVIRONMENT = FEELING OUT OF CONTROL = OVEREATING. *DE-CLUTTER YOUR KITCHEN!* I READ THIS IN THE PARADE SECTION OF THE DAYTON DAILY NEWS LAST WEEK. IN A RECENT STUDY, RESEARCHERS FOUND THAT FOLKS WHO SPENT TIME IN A MESSY KITCHEN TENDED TO EAT MORE COOKIES THAN THOSE IN A CLEAN KITCHEN. I CAN'T BELIEVE THEY DIDN'T ASK ME TO PARTICIPATE IN THAT STUDY!
  
6. YOU SHOULD NOT BE EATING IN EVERY SINGLE ROOM OF YOUR HOUSE. *DESIGNATE A SPECIFIC EATING PLACE.* DITTO FOR YOUR PLACE OF EMPLOYMENT. PUT YOUR PLATE DOWN ON THE TABLE (NOT THE COFFEE TABLE...BECAUSE THAT MEANS YOU'RE IN THE LIVING ROOM. SEE TIP #1!), FOCUS ON YOUR FOOD & EAT MINDFULLY. I DON'T USUALLY EAT AT MY DESK WHEN I'M HERE AT WORK – OF COURSE THERE'S A COMPUTER ON MY DESK, SO RATHER THAN PAYING ATTENTION TO WHAT I'M EATING FOR LUNCH, I'M PAYING ATTENTION TO THE LATEST, GREATEST, CRAZIEST THING ON THE INTERNET. AFTER THAT, I PROBABLY CAN'T EVEN RECALL WHAT I ATE FOR LUNCH. NO BUENO!
  
7. DON'T FORGET, *IT ALL STARTS IN THE GROCERY STORE!* YOU CAN'T EAT WHAT YOU DON'T HAVE (SO KEEP THE JUNK FOOD OUT OF YOUR HOUSE!) AND BY THE SAME TOKEN, IF YOU DON'T HAVE GOOD, HEALTHY FOOD AVAILABLE, YOU CAN'T MAKE DECENT CHOICES. MANAGE YOUR ENVIRONMENT!

8. OKAY, THIS IS FROM A STUDY CONNECTED TO COLORADO STATE UNIVERSITY, SO YOU KNOW IT'S JUST GOTTA BE GOOD INFO! *PAY ATTENTION TO THE "CRUNCH EFFECT" WHEN YOU'RE EATING.* WHEN LOUD NOISES MASK EATING NOISES, STUDY PARTICIPANTS ATE MORE COMPARED TO THOSE IN A QUIET ENVIRONMENT. TURN OFF THAT T.V.! SPEAKING OF CRUNCHY NOISES...BIG MACS DO NOT MAKE THE SAME NOISE AS DO CARROT STICKS & APPLES. JUST SAYIN'.



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OUR "NO!" FOOD: ICE CREAM!!!