

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

AUGUST 13, 2018

TURNING BACK THE CLOCK: 6 WAYS TO STAY SLIM AFTER 35

1. DON'T JUST SIT THERE! MOVE IT!!! WALKING IS A PRECIOUS AND SPECIAL GIFT. THE MORE YOU KEEP MOVING, THE MORE YOU CAN KEEP MOVING!

BE SUPER CONSCIENTIOUS OF YOUR PHYSICAL SELF THIS WEEK. PARK IN THE FARTHEST SPACE AND HIKE TO THE GROCERY STORE. WHEN YOU GET BACK IN YOUR DRIVEWAY (OR GARAGE), CARRY EACH BAG IN SEPARATELY. TAKE THE STAIRS – RATHER THAN THE ELEVATOR OR ESCALATOR. INSTEAD OF E-MAILING OR CALLING A CO-WORKER, GET UP AND WALK TO HIS / HER DESK AND DELIVER THE MESSAGE IN PERSON. DRINK ALL YOUR WATER – YOU'LL HAVE TO GET UP MORE OFTEN!

2. TO COUNTERACT LOSS OF BONE DENSITY (JUST ANOTHER LOVELY SIDE EFFECT OF THE AGING PROCESS!) ADD WEIGHT OR RESISTANCE TRAINING TO YOUR EXERCISE SCHEDULE. TWICE A WEEK WILL DO THE TRICK!

I TOOK SOME TIME AND FOUND A QUICK AND EASY ROUTINE. WITH THE RIGHT EXERCISES, YOU CAN PROTECT YOUR BODY AND ACTUALLY ENJOY MOVING MORE! IT'S NOT JUST ABOUT GETTING / STAYING IN SHAPE...IT'S ABOUT STAYING VITAL AND SURVIVING DAY-TO-DAY INJURY FREE. IF YOU DEDICATE JUST 15 MINUTES TWO TIMES A WEEK, YOU'LL NOTICE AN IMPROVEMENT IN YOUR BALANCE BY THE SIXTH WEEK!

3. BE MINDFUL OF YOUR PORTION SIZES. I PROBABLY TALK ABOUT THIS EVERY OTHER WEEK, IN SOME WAY OR ANOTHER. I CAN'T HELP IT! THE PORTIONS WE'RE SERVED IN RESTAURANTS (WHICH, UNFORTUNATELY, HAS CARRIED OVER TO THE MEALS WE EAT AT HOME!) IS NOTHING SHORT OF RIDICULOUS.

4. DECREASE YOUR STRESS LEVEL! EASIER SAID THAN DONE, I KNOW! FOR MANY OF US, STRESS IS A CONTRIBUTING FACTOR TO WEIGHT GAIN. STRESS SETS OFF THE RELEASE OF CORTISOL. WHEN WE'RE CHRONICALLY IN A STRESSED STATE, THIS HORMONE WILL BE ELEVATED IN OUR BLOODSTREAM, WHICH WILL IN TURN TRIGGER HUNGER. I DON'T KNOW ABOUT YOU...BUT I HAVE NO PROBLEM GETTING HUNGRY! I DON'T NEED THE HELP!

WHAT DO YOU DO TO MANAGE STRESS?

5. PROTEIN AND CALCIUM CAN BOTH ENHANCE YOUR WEIGHT LOSS. A BIT OF PROTEIN (LEAN, OF COURSE!) HELPS STABILIZE BLOOD SUGAR, THUS HELPING TO PREVENT HUNGER. REMEMBER, IT TAKES YOUR BODY LONGER TO BREAK DOWN PROTEIN THAN IT DOES EITHER FAT OR CARBOHYDRATE.

RESEARCHERS THEORIZE THAT CALCIUM BOTH ENHANCES BONE DENSITY AND HELPS MUSCLES BURN CALORIES MORE EFFICIENTLY! DRINK THAT MILK!

6. EAT SEVERAL TIMES A DAY – THREE REASONABLE MEALS, PLUS TWO OR THREE SNACKS. WEIGHT LOSS “TRICKS” SUCH AS SKIPPING BREAKFAST OR EATING ONE MEAL A DAY JUST WON'T CUT IT.

HOW DID YOU DO WITH “NO PIE?”

OUR “NO!” FOOD FOR THIS WEEK: **ANYTHING CHOCOLATE!!!**