

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

OCTOBER 22, 2018

READY OR NOT, HERE COME THE HOLIDAYS!!!

FIRST OF ALL, A COUPLE REMINDERS: OUR THANKSGIVING FEAST IS NOVEMBER 5TH AT 4:30! (SO NOT NEXT MONDAY, BUT THE MONDAY AFTER!) FOR THE NEW FOLKS: YES, IT'S A FULL MEAL! FOR THOSE NOT-SO-NEW: AS USUAL, WE'LL BE SAMPLING DIFFERENT FESTIVE, YET LOWER CAL, HEALTHY DISHES. HOPEFULLY YOU'LL WANT TO TRY SOME OF THEM AT YOUR OWN HOLIDAY CELEBRATIONS; RECIPES WILL BE PROVIDED! ALSO, THE HEALTH DEPARTMENT WILL BE CLOSED THE FOLLOWING MONDAY, THE 12TH, IN OBSERVANCE OF VETERANS DAY.

'TIS THE SEASON (OF OVER-INDULGENCE, THAT IS!) SO LET'S TALK TURKEY! AND BY TURKEY, I DO MEAN CANDY! A STUDY IN THE JOURNAL *APPETITE* STATES THAT THE MOOD-ENHANCING PROPERTIES OF A PIECE OF CANDY LAST A MERE THREE MINUTES! KEEP THAT IN MIND BEFORE YOU POP OPEN THE WRAPPER...OR, BETTER YET, BEFORE YOU EVEN PICK IT UP! IS IT REALLY WORTH IT???

REMEMBER WAY BACK WHEN YOUR KIDS (OR YOU!) WERE LITTLE? THEY DUMPED ALL THEIR LOOT ON THE LIVING ROOM FLOOR AND SORTED IT INTO PILES. THERE WERE DIFFERENT CATEGORIES, AND IT PROBABLY WENT SOMETHING LIKE THIS: "NO WAY WOULD I EAT THAT," "NOT TERRIBLE, WOULD EAT IT IF THAT'S ALL THERE IS," "PRETTY GOOD," AND "LOVE IT! HANDS OFF, EVERYONE ELSE!" TIME TO ACT LIKE A KID AGAIN! IF WHAT'S IN THE CANDY DISH ISN'T SOMETHING YOU ABSOLUTELY LOVE, DON'T BOTHER WASTING THE CALORIES. LEAVE IT BE! DON'T FORGET TO BE KIND TO YOURSELF: DON'T BUY THE STUFF YOU CAN'T LEAVE ALONE IN THE FIRST PLACE! I'VE BEEN HAPPY TO DISCOVER THAT THERE ARE ACTUALLY A FEW (*VERY FEW, BUT STILL!*) TYPES OF CANDY THAT I REALLY DON'T LIKE. LUCKILY, EVERYONE ELSE SEEMS TO DISAGREE! I CAN HAND OUT TREATS WITHOUT BEING CONSTANTLY TEMPTED. YAY!!!!

HERE'S ANOTHER "WHEN YOU WERE A KID" RULE TO FOLLOW: LIMIT YOURSELF TO ONE OR TWO SMALL PIECES (A COUPLE TIMES A WEEK, NOT EVERY NIGHT!) AND DON'T FORGET THAT YOUR BODY NEEDS TO REST/ FAST EVERY NIGHT FOR TWELVE HOURS. CUT YOURSELF OFF BY 7 PM AT THE LATEST.

ALSO, WATCH YOUR SUGAR INTAKE - NOT JUST THE FAT. YES, THINGS LIKE JELLY BEANS, GUMMY BEARS AND LICORICE ARE FAT-FREE. HOWEVER, THEY'RE NOT CALORIE-FREE! WHEN YOU EAT MORE CALORIES THAN YOU CAN BURN, DON'T FORGET THAT YOUR BODY WILL STORE THEM AS FAT...NO MATTER WHAT THE SOURCE! THEY'RE ALSO TERRIBLE FOR YOUR TEETH.

I SAY THIS EVERY YEAR, BUT I THINK IT BEARS REPEATING: ONCE HALLOWEEN NIGHT IS OVER, GET RID OF ANY EXTRA CONTRABAND! OUR TRICK-OR-TREAT IN GERMANTOWN IS FROM 6 – 8. ONCE IT GETS

CLOSE TO 7:30, ANYONE WHO COMES TO OUR DOOR WILL GET BIG HANDFULS OF CANDY! I TELL KEN TO GET RID OF IT!

FOLLOW YOUR NORMAL ROUTINE AS FAR AS NUTRITION GOES. IT'S OKAY TO "BANK" SOME CALORIES – BUT JUST AS IT'S A SUPER TERRIBLE IDEA TO GO TO THE GROCERY STORE ON AN EMPTY STOMACH, YOU DON'T WANT TO HAND OUT TREATS WHEN YOU'RE FAMISHED. I DON'T HAVE TO TELL YOU WHAT WILL HAPPEN. I'M SURE EVERYONE IN THIS ROOM HAS EATEN HALLOWEEN CANDY FOR SUPPER ON OCCASION! KNOWING BETTER AND DOING BETTER ARE USUALLY TWO DIFFERENT THINGS!

WHAT DOES 150 CALORIES OF HALLOWEEN CANDY LOOK LIKE?

(HINT! IT DOES NOT LOOK LIKE THIS!)



OKAY, JUST SO YOU CAN PREPARE YOURSELF:

FOR AROUND 150 CALORIES, HERE ARE SOME EXAMPLES OF WHAT YOU COULD REASONABLY ENJOY:

- 3 MINI YORK PEPPERMINT PATTIES
- 2 FUN-SIZE PACKAGES OF MILK CHOCOLATE M & Ms
- 6 MINI 3-MUSKETEERS
- 6 ROLLS OF SMARTIES
- 7 HERSHEY'S KISSES
- 5 SNACK SIZE TWIZZLERS

OKAY, FOR ALL OF YOU WHO GET THIS LESSON BY E-MAIL...YES, OF COURSE SOME WISEACRE IN CLASS TONIGHT SAID, "WOW! I CAN HAVE *ALL THAT* FOR 150 CALORIES?!" JUST FYI, WE ARE PRETTY HILARIOUS PEOPLE, AND YOU DO MISS A LOT BY NOT ACTUALLY ATTENDING CLASS! IN CASE YOU ARE REALLY AND TRULY THAT CLUELESS, IT'S "OR," NOT "AND" AFTER EACH DIFFERENT TYPE OF CANDY ON THE ABOVE LIST!

YOU CAN DO THIS! JUST THINK OF ALL THE WORK YOU'VE PUT IN THIS YEAR. A MOMENT ON THE LIPS...

OKAY, SO HOW DID YOU DO WITH "NO CANDY OR FRIED FOOD?"

OUR "NO!" FOOD FOR THIS WEEK: _____

HAVE AN AWESOME WEEK! SEE YOU MONDAY!

