

SEPTEMBER 16, 2019

WARREN COUNTY HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

TAKE ACTION!!!

DON'T FORGET: THERE WILL BE **NO CLASS** MONDAY, OCTOBER 7TH!!!

SO, IT'S ALMOST FALL...REALLY, THIS YEAR IS FLYING BY! THINK ABOUT YOUR GOAL FOR YOURSELF...WHERE WOULD YOU LIKE TO BE BY CHRISTMAS? MORE IMPORTANTLY, WHERE WOULD YOU LIKE TO BE IN A WEEK? ONE WAY TO LOOK AT IT: THE TIME IS GOING TO KEEP MARCHING ON. WHETHER YOU PAY ATTENTION TO YOUR NUTRITION, WHETHER OR NOT YOU EXERCISE THIS WEEK – NEXT MONDAY IS GOING TO COME REGARDLESS!

MAKING THE LIFESTYLE CHANGES NECESSARY TO ACCOMPLISH THIS IS NOT EASY. HOWEVER, YOU HAVE SOME REALLY GREAT EXAMPLES SITTING AT THIS TABLE OF WHAT CAN BE POSSIBLE *IF YOU DO THE WORK!*

YOU PROBABLY ALREADY KNOW THE BASICS OF LOSING WEIGHT. IF YOU DON'T, A GOOD & SIMPLE PLACE TO START IS THIS SENTENCE: "EAT LESS, MOVE MORE!" HMMMM...WHERE IN THE WORLD HAVE WE HEARD THAT ONE?! ANOTHER VITAL FACTOR THAT YOU MAY'VE CONSIDERED BUT DON'T HAVE THE SLIGHTEST IDEA ON HOW TO ACTUALLY ACHIEVE IS DEVELOPING A POSITIVE, DETERMINED FRAME OF MIND. YOU HAVE TO ACTUALLY *EXPECT* THE CHANGES YOU'RE MAKING TO WORK! A POSITIVE MENTAL ATTITUDE WILL LET YOU SEE FAR ENOUGH INTO THE FUTURE TO REALIZE THAT WHEN YOU DO THE WORK, THE RESULTS WILL FOLLOW!

TELL YOURSELF YOU WILL DO IT. FOCUS ON NOT JUST WEIGHT LOSS...BUT ON EMPOWERING YOURSELF TO SET GOALS AND THEN MEET THEM. ONE VERY BASIC (BUT SIMPLE) STEP TO TAKE IS GIVING YOURSELF THE JOB OF KEEPING A FOOD JOURNAL.

IT'S IMPORTANT TO THINK POSITIVE THOUGHTS ABOUT YOURSELF & YOUR JOURNEY TO A HEALTHIER LIFESTYLE. YOU WILL ALMOST CERTAINLY FACE HARD TIMES DURING YOUR TRANSITION. (YOU PROBABLY FACED SOME TODAY!) THE KEY IS TO STAY FOCUSED ON YOUR GOAL! (GOALS?) I READ ON THE INTERNET TODAY, "**YOUR GOALS, MINUS YOUR DOUBTS, EQUAL YOUR REALITY!**"

POSITIVE SELF-TALK IS IMPORTANT. WE'RE NOT REALLY ACCUSTOMED TO "BUILDING OURSELVES UP," ARE WE?

SET YOURSELF UP FOR SUCCESS IN A VERY BASIC WAY. YOU KNOW YOU ARE GOING TO BECOME HEALTHIER & LOSE WEIGHT. THEREFORE, YOU NEED TO GET RID OF ALL THE JUNK FOOD IN YOUR HOUSE! (I KNOW WHAT YOU'RE THINKING! **DO NOT** EAT IT IN ORDER TO GET RID OF IT!!!)

IF IT'S THERE, I'LL EAT IT! IF YOU HAVE *ONLY* HEALTHY FOODS FROM WHICH TO CHOOSE, YOU'LL MAKE *ONLY* HEALTHY CHOICES! FILL UP ON THE RIGHT THINGS; HUNGER CAN BE A FIERCE COMPETITOR! YOU ALREADY KNOW THAT LOT OF FRUITS, VEGETABLES, & LEAN PROTEIN WILL KEEP YOU FEELING SATISFIED & ENERGETIC. WHEN YOU GO HOME TONIGHT, TAKE A LOOK IN YOUR PANTRY & IN YOUR REFRIGERATOR. ARE THERE ITEMS AVAILABLE THAT WILL HELP YOU REACH YOUR GOAL OF BEING A HEALTHIER, LIGHTER PERSON? IF THE FOOD YOU FIND ISN'T COMPATIBLE WITH BEING SUCCESSFUL, DO SOMETHING ABOUT IT AS SOON AS POSSIBLE!

JUST TO GIVE YOU SOME INSPIRATION, YOU'LL FIND A LIST OF HEALTHY, PORTABLE HIGH-PROTEIN SNACKS ON THE LAST PAGE!

THE NEXT PIECE OF THE PUZZLE IS EXERCISE! THINK OF EVERY OPPORTUNITY YOU CAN TO GET MOVING! PARK FARTHER AWAY FROM THE DOOR SO YOU CAN TAKE MORE STEPS, RATHER THAN DRIVING AROUND THE PARKING LOT FOR TEN MINUTES IN ORDER TO FIND THE CLOSEST ONE! SIMPLY GET OFF THE COUCH & SPEND SOME TIME OUTDOORS. NEXT, GET SOME TYPE OF ROUTINE IN PLACE, SO YOU CAN KEEP TRACK OF & BE INSPIRED BY YOUR PROGRESS. THIS WILL MOST LIKELY BE A GRADUAL PROCESS, SO YOU'LL HAVE TO MINDFULLY "STICK WITH IT!"

THIS ISN'T ACTUALLY A DIET, SO THERE'S NO ENDING POINT. IT'S ALL ABOUT LIVING EVERY DAY, MAKING THE RIGHT CHOICES FOR YOUR HEALTH. JUST AS WHEN YOU FORM A BAD HABIT, MAKING BETTER DECISIONS ABOUT WHAT YOU EAT & HOW YOU EXERCISE CAN BECOME ALMOST AUTOMATIC. YOU'LL BE CLOSER & CLOSER TO THE PERSON YOU WANT TO BE. YOU'LL HAVE THE ENERGY TO DO MORE THINGS. IT'LL HAPPEN!

MAKE THE DECISION TO LIVE A HEALTHIER LIFE WHEN YOU GET UP IN THE MORNING! WE ONLY GET ONE BODY, FOLKS! WE NEED TO TAKE GOOD CARE OF IT. THAT LAST SENTENCE MAY SOUND A LITTLE DEPRESSING...WHAT IF YOU HAVEN'T BOTHERED TO TAKE CARE OF YOURSELF IN YEARS? NO WORRIES; JUST START TREATING YOUR BODY WELL & YOU'LL BE SURPRISED AT HOW IT RESPONDS TO THE GOOD TREATMENT!

HEALTHY, PORTABLE, HIGH PROTEIN SNACK IDEAS!

- ½ CUP LOW-FAT COTTAGE CHEESE, TOPPED WITH YOUR FAVORITE FRUIT. MELON, BERRIES, WHATEVER – YOU COULD EVEN USE CANNED FRUIT. (NOT IN SYRUP, THOUGH!)
- BEEF OR TURKEY JERKY – CHOOSE A LOW-SODIUM BRAND.
- MIXED NUTS OR TRAIL MIX! PRE-PACKAGED IS VERY HANDY; IT'S GOT BUILT-IN PORTION CONTROL!
- PUMPKIN SEEDS! JUST ½ CUP HAS 14 GRAMS OF PROTEIN. (THE KIND IN THE SHELL, THAT IS!)
- HARD-BOILED EGGS – INEXPENSIVE & LOADED WITH NUTRIENTS!
- CELERY STICKS OR AN APPLE WITH PEANUT (OR ANY NUT) BUTTER IS A HIGH-PROTEIN & YUMMY SNACK.
- DELI ROLLUP...2 THIN SLICES OF MEAT (HAM, TURKEY, WHATEVER) PLUS A SLICE OF CHEESE WILL TIDE YOU OVER NICELY TILL THE NEXT MEAL. YOU COULD EVEN ADD SOME LETTUCE & TOMATO FOR EXTRA CRUNCH!
- MINI BEAN & CHEESE QUESADILLA! WHEN YOU'RE PACKING YOUR LUNCH, TAKE AN EXTRA MINUTE TO PREPARE THIS FOR YOUR AFTERNOON SNACK ATTACK: FOLD ½ CUP BLACK BEANS, 1 TABLESPOON SALSA, AND 1 SLICE CHEDDAR CHEESE IN A SMALL FLOUR TORTILLA. COOK IN A DRY NONSTICK SKILLET UNTIL THE CHEESE IS MELTED AND TORTILLA LIGHTLY BROWNED. THEN WRAP IT IN FOIL & STICK IN A PLASTIC BAGGIE!
- WARM COOKIE, ANYONE? IN A MICROWAVE-SAFE BOWL, MIX ¼ CUP OATS, 1 TEASPOON BROWN SUGAR, 1 TABLESPOON FLOUR, 1 EGG WHITE, ¼ TEASPOON VANILLA EXTRACT, ¼ TEASPOON BAKING POWDER, 1 TEASPOON CINNAMON, AND 1 TABLESPOON RAISINS. FLATTEN MIXTURE INTO BOTTOM OF BOWL & MICROWAVE ON HIGH FOR 45 SECONDS. COOL, POP OUT OF BOWL, & ENJOY! 162 YUMMY CALORIES.
- HUMMUS DIPPERS! PUT 2 TABLESPOONS OF YOUR FAVORITE HUMMUS IN THE BOTTOM OF THE CONTAINER. (TRAVEL COFFEE MUG, GLASS MASON JAR, WHATEVER.) STICK A HANDFUL OF VEGETABLE STICKS (CELERY, CARROTS, SNOW PEAS, ETC.) VERTICALLY IN THE HUMMUS, SCREW ON THE TOP, & THROW IT IN YOUR PURSE OR GYM BAG FOR AN EASY, ON-THE-GO, SUPER-HEALTHY SNACK.
- EDAMAME POPPERS! ONE CUP CONTAINS 17 GRAMS OF PROTEIN! YOU CAN USE THE PRE-COOKED FROZEN VARIETY. BRIEFLY MICROWAVE TO DEFROST (ABOUT 2 MINUTES) BEFORE COMMENCING TO MUNCH!

- PORTABLE CHEESE PLATTER...YOU CAN BUY “BALANCED BREAKS” FROM SARGENTO FOR LESS THAN 200 CALORIES. TO MAKE A VERSION OF YOUR OWN, USE A COUPLE CHEESE SLICES & A SMALL HANDFUL OF NUTS.
- NUTS, BY THE WAY, ARE ALL GOOD FOR YOU, IN THE CORRECT PORTION...BUT WALNUTS SEEM TO HAVE A (SLIGHTLY) BETTER EFFECT ON INFLAMMATION, JUST FYI.
- IF YOU HAVE EXTRA TIME & DON’T MIND A BIT OF WORK, MAKE ICE CREAM OUT OF FROZEN BANANAS IN YOUR FOOD PROCESSOR. I HAVEN’T DONE THIS FOR AWHILE, BUT I DO LIKE IT!
- YOU CAN ALSO WHIP UP SOME SILVER DOLLAR PROTEIN PANCAKES: MIX 4 EGG WHITES, ½ CUP ROLLED OATS, ½ CUP LOW-FAT COTTAGE CHEESE, 1/8 TEASPOON BAKING POWDER, AND ½ TEASPOON VANILLA EXTRACT. COOK ON A PREHEATED GRIDDLE (MEDIUM-LOW HEAT) UNTIL THE MIXTURE BUBBLES, FLIP, & COOK FOR ANOTHER 60 SECONDS. TOP WITH FRESH BERRIES OR A SLICED BANANA. WITHOUT THE FRUIT, THIS SNACK WILL “COST” YOU AROUND 300 CALORIES.
- GRAPE - & - CHEESE STICKS: THIS IS A LIL’ FANCY! DICE A HALF-INCH THICK SLICE OF CHEDDAR INTO SQUARES (END UP WITH 6 SMALL PIECES) & RINSE 12 GRAPES. ON 6 TOOTHPICKS, STACK THE GRAPES & CHEESE. JUST AN OUNCE OF SHARP CHEDDAR OFFERS 8 GRAMS OF PROTEIN, & THE CONTRAST WITH THE GRAPES IS DELIGHTFUL!
- BLUEBERRY FLAX MICROWAVE MUFFINS! YOU COULD MAKE THIS MUFFIN IN A JIFFY FROM SCRATCH IN THE MORNING: MIX ¼ CUP QUICK-COOKING OATS, ¼ CUP FRESH OR FROZEN BLUEBERRIES, 1 TEASPOON BAKING POWDER, 2 TABLESPOONS GROUND FLAX, 1 TEASPOON CINNAMON, 1 TEASPOON OLIVE OIL, 2 EGG WHITES, & A SPRINKLE OF SUGAR IN A MICROWAVE-SAFE TUPPERWARE CONTAINER. COOK ON HIGH FOR 50 TO 60 SECONDS. LET IT COOL, THROW A TOP ON IT, & ENJOY WHENEVER HUNGER STRIKES! I JUST FIGURED IT OUT...THIS IS WORTH AROUND 235 CALORIES.

THAT’S IT! SEE YOU NEXT MONDAY!

OUR “NO!” FOOD FOR THIS WEEK: **NO SALTY SNACKS!!!**

