

WARREN COUNTY HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

SEPTEMBER 9, 2019

SMALL BITS ADD UP!!!

WHERE FITNESS & NUTRITION ARE CONCERNED, WE REALLY NEED TO LOSE THE “ALL OR NOTHING” MENTALITY. “BUT I DON’T HAVE TIME!” IS PROBABLY THE EXCUSE I HEAR MOST OFTEN. “I’LL START WALKING WHEN THE WEATHER GETS NICE” IS A CLOSE SECOND. A CLIENT TOLD ME IT WAS “TOO HOT” LAST WEEK... IN ABOUT A MONTH, IT’LL BE “TOO COLD!” WHETHER IT BE TO BUY/PREPARE/EAT HEALTHY FOODS, OR TO HIT THE GYM FOR A GOOD WORKOUT, SOME OF US JUST CAN’T SEEM TO MAKE THAT FIRST STEP. MAYBE IT’S FEAR OF FAILURE, MAYBE SOMETHING ELSE. WE’RE ALL BUSY, OF COURSE, SOME MORE THAN OTHERS. REALIZE THAT WE ALL HAVE THINGS THAT NEED TO BE DONE, AND WE ALL HAVE 24 HOURS IN A DAY! YES, SOME FOLKS ARE NATURALLY BETTER AT PRIORITIZING – BUT WHEN YOU PUT YOURSELF FIRST, YOU’RE ACTUALLY ACKNOWLEDGING THAT WHEN YOU TAKE BETTER CARE OF YOURSELF, YOU REALLY CAN, IN TURN, DO A BETTER JOB AT – WELL, DOING YOUR JOB(S)!

NO TIME TO GO TO THE GROCERY STORE? YOU’RE KIDDING, RIGHT? YOU HAVE TO FEED YOURSELF & YOUR FAMILY, SO THIS IS NOT EVEN AN OPTION. THIS ISN’T REMOTELY CLOSE TO ONE OF THE THINGS I ENJOY SPENDING MY HARD-EARNED MONEY ON, BUT THAT’S JUST TOO BAD! HERE ARE SOME IDEAS TO MAKE THIS TASK (POSSIBLY!) A LITTLE LESS PAINFUL...

DO WHAT RUTH DOES. GO EARLY IN THE MORNING! IT’S IN GENERAL AN UNPOPULAR TIME TO BE OUT OF BED, LET ALONE AT KROGER. YOU’LL BE RELATIVELY LONELY, WHICH IN THIS CASE IS A GOOD THING! IT’S EASIER TO CONCENTRATE, AND IF YOU NEED TO STOP & READ A LABEL THERE WON’T BE ANYONE PUSHING THEIR CART INTO YOUR HEELS!

I TEND TO GO ON FRIDAY AFTERNOON, SINCE I GET OFF WORK EARLY. SOMETIMES THE SHELVES ARE FULLY STOCKED, & SOMETIMES THEY’RE QUITE PICKED OVER! WORSE CASE SCENARIO, I HAVE TO ASK FOR SOMETHING FROM THE BACK. ONCE IN AWHILE I HAVE TO ASK FOR A RAINCHECK.

MY SISTER TALKED ME INTO TRYING CLICKLIST. (I HAVEN'T ACTUALLY DONE IT YET – I WAS ACTUALLY IN THE PARKING LOT, READY TO GO IN AND WE WERE TALKING!) I LIKE PICKING OUT MY OWN GROCERIES, BUT SHE TOLD ME SHE SAVES A LOT OF MONEY DOING THIS. HMMMM!

UNLESS YOU'RE A FAN OF CROWDS, TRY TO AVOID SHOPPING AROUND THE SUPPER HOUR. 4 TO 6 IS A VERY BUSY TIME...YOU'LL NOT ONLY HAVE TO DEAL WITH EVERYONE AND THEIR BROTHER, BUT THE CHECKOUT LINES ALSO TEND TO BE TEDIOSLY LONG!

NO TIME TO COOK?!? BELIEVE ME, I KNOW ALL ABOUT THIS! I'M THE QUEEN OF QUICK, CHEAP & EASY MEALS. REMEMBER, IT ALL STARTS AT THE GROCERY STORE. IF YOU HAVE THE RIGHT FOODS AVAILABLE & HAVE A LITTLE CREATIVITY & FLEXIBILITY, YOU CAN COME UP WITH A FEAST FIT FOR A KING (LUCKILY I DON'T LIVE WITH ANY KINGS!) IN LESS THAN 45 MINUTES. HERE'S A BASIC RECIPE YOU CAN USE WITH WHATEVER FISH FILLETS HAPPEN TO BE ON SALE THIS WEEK:

HONEY-MUSTARD FISH FILLETS

BRUSH EACH FILLET WITH A MIXTURE OF 1 TEASPOON HONEY & ONE TEASPOON DIJON MUSTARD. BROIL (LINE PAN WITH FOIL FOR EASIER CLEAN UP!) FOR 3 – 5 MINUTES. TURN OVER, BRUSH THE OTHER SIDE WITH HONEY-MUSTARD MIXTURE, AND BROIL 3 – 5 MINUTES MORE, OR UNTIL FISH FLAKES EASILY WITH A FORK. FOR BEST RESULTS, BE SURE TO THAW FILLETS FIRST.

IF YOU HAVE A BASIC FOOD PLAN FOR THE WEEK (IN OTHER WORDS, A MENU!) YOU'LL FIND LIFE IS MUCH SIMPLER. YOU CAN TAKE A CHICKEN BREAST, STEAK, PIECE OF FISH OR A PORK CHOP OUT OF THE FREEZER IN THE MORNING (OR THE NIGHT BEFORE!) & WHEN YOU GET HOME, ADD A GRAIN & A VEGETABLE. YOU'RE GOOD TO GO!

DON'T FORGET THE CONCEPT OF "BATCH COOKERY!" THESE DAYS, IT'S KNOWN AS "MEAL PREP." NOTHING NEW, JUST FANCIED UP THE NAME! FOR EXAMPLE, I TOOK A FROZEN CONTAINER OF CHILI OUT THIS MORNING – I HAVE FROZEN GRATED CHEESE FROM THE .99 SALE AT KROGER ABOUT A MONTH AGO TO TOP IT OFF. I DID THE SAME WITH POTATO SOUP LAST WEEK. EASY!

ANOTHER EXCUSE I HEAR FREQUENTLY IS THAT THERE'S NO TIME TO PACK / EAT A HEALTHY LUNCH. BY TAKING CARE OF THIS THE NIGHT BEFORE, YOU'RE TAKING GOOD CARE OF YOUR "FUTURE SELF" & AT THE SAME TIME MAKING MAXIMUM USE OF ALL THE GOOD PRODUCE YOU BOUGHT AT THE GROCERY STORE! I'VE SAID THIS BEFORE: WHEN YOU'RE CLEANING UP THE KITCHEN AFTER SUPPER, THROW A LUNCH TOGETHER & YOU'LL BE SET FOR THE NEXT DAY. THIS NEVER TAKES ANY MORE THAN 5 OR 10 MINUTES. NO BIG DEAL AFTER SUPPER & BEFORE BED – BUT COME 6:30 IN THE MORNING IT BECOMES A VERY BIG DEAL INDEED!

NOW DON'T TELL ME YOU HAVE NO TIME TO EXERCISE! YOU ONLY NEED 30 MINUTES A DAY - & YOU CAN BREAK IT UP INTO MANAGEABLE CHUNKS OF 10 MINUTES AT A TIME, IF NEED BE. START WITH A QUICK EXERCISE WHEN YOU WAKE UP. SOME STRETCHES ARE ALWAYS A GOOD WAY TO BEGIN YOUR DAY, & IF YOU DO 25 JUMPING JACKS YOU'LL BARELY NEED ANOTHER CUP OF COFFEE! LATER ON, A LUNCH BREAK COULD BE THE PERFECT TIME TO RE-ENERGIZE & GET THE BLOOD FLOWING TO YOUR BRAIN! I SEE FOLKS WALKING UP & DOWN THAT LONG DRIVEWAY OUT FRONT ALL DAY! INSTEAD OF A COFFEE BREAK, IT'S A WALK BREAK. THE LAST 10 MINUTES COULD COME IN THE EVENING, EVEN WHILE YOU'RE WATCHING TV. IF YOU PREFER TO GET OUT OF THE HOUSE, TAKE A BIKE RIDE WITH ONE OF YOUR KIDS OR A POWER-WALK AROUND THE NEIGHBORHOOD.

FIRST THINGS FIRST. IF YOU'RE A MORNING PERSON, LIKE ME, WAKE UP A LITTLE EARLIER & GET YOUR WALK "OUT OF THE WAY!" I REALLY LOVE THE SOLITUDE OF THAT TIME OF DAY. TO INCREASE YOUR CHANCES FOR SUCCESS, LAY OUT YOUR WORKOUT CLOTHES (AND SHOES!) THE NIGHT BEFORE. WITH SOME PLANNING, YOU'LL HAVE IT DOWN TO A SCIENCE.

CONSIDER CUTTING DOWN ON SOME OF YOUR MEDIA TIME. LOVE TO SURF THE 'NET? GOT A NIGHTLY DATE WITH YOUR T.V.? CUT OUT ONE HALF-HOUR SITCOM & VOILA! A SLOT JUST OPENED UP & YOU CAN FIT EXERCISE INTO YOUR BUSY SCHEDULE! YOU SHOULDN'T BE LOOKING AT ANY SCREENS RIGHT BEFORE BEDTIME, ANYWAY. THE "BLUE LIGHT" FROM YOUR ELECTRONIC DEVICES INTERFERES WITH YOUR ABILITY TO GO TO SLEEP.

IN LIEU OF THAT SUGGESTION (ABOVE) BECOME AN *ACTIVE* T.V. WATCHER! YOU'D BE SURPRISED AT HOW EASY IT IS TO WORK UP A SWEAT DURING COMMERCIALS. I WENT TO A SEMINAR ONCE, & LIZ BONIS WAS THE SPEAKER. SHE DEMONSTRATED EXERCISES SHE DOES DURING COMMERCIALS. WE WERE ALL GLISTENING!

MIX IN SOCIALIZING. EVEN THOUGH I'M ALONE WHEN I WALK IN THE MORNING, I'M NOT LONELY! HOWEVER, I ALSO LOVE WALKING & CATCHING UP WITH FRIENDS. IT'S THE ONLY "MULTI-TASKING" THAT I'M GOOD AT!

OUR "NO!" FOOD FOR THIS WEEK: **NO SNACK CRACKERS!**

SEE YOU MONDAY!

