



Move It. Lose It. Live Healthy.®

The Newsletter of the Healthy Body Weight Movement Volume 2, Issue 3

Move It. Lose It. Live Healthy.®: *A satisfied participant sums it up!*

What do you like most about the Move It. Lose It. Live Healthy.® program?

I love that it's education based. We actually learn how weight loss works and how to take ownership of eating habits.

What makes the program successful for you?

I don't have time to prepare complicated menus and hit the gym every day for elaborate workouts. But this program eases me into new routines and helps me make gradual changes.

What is your most exciting accomplishment with this program so far?

I lost five pounds in the first two weeks! Now I know I have control—I don't have to wear my "chunky" clothes forever. When I reach my goal, I *will* look and feel great. My early success has encouraged me to stick with the program!

Would you recommend the program to others?

Yes. I have recommended it to several clients and they are excited about learning more. I also started walking with a neighbor and I gave her a copy of your book. We're getting interested in eating healthy as well.

How has this changed your outlook on losing weight?

Weight loss can be fun instead of tedious. My attitude has changed 180 degrees. I enjoy healthy foods now and look for opportunities to squeeze in leg lifts and crunches. Instead of feeling hopeless about my body, I am inspired and excited. Your program adds a whole new addition to my life.

A Taste of Good Health, from My Home to Yours!

Think outside the bottle and enjoy this fresh tomato salsa. It's not just for dipping! Top baked potatoes, green salad, cooked legumes, baked fish or chicken with this salsa for a southwestern flair to any meal.

2 large ripe tomatoes, chopped—or 3 cups of *canned tomatoes, drained and chopped

1 Tablespoon lime juice

1/4 cup sweet onion or 4-6 green onions, chopped

2 garlic cloves, chopped

1 4-ounce can diced green chiles, undrained

*salt and black pepper to taste

Mild salsa: Add 1/4 - 1/2 teaspoon crushed red pepper

Hot salsa: Add 1 jalapeno pepper, seeded and minced (Be sure to wear gloves!)

Combine ingredients and chill 1-2 hours before use. Warm in microwave before adding to hot foods like cooked legumes or meat.

2 Tablespoons = 10 calories

*This choice increases the sodium content of the recipe.

Dear Move It. Lose It. Live Healthy.® Staff:

I'm a single mom raising a six-year-old son. He watches too much TV and snacks only on junk food. How can I get him moving more?

Running Out of Ideas

Dear Running Out of Ideas,

Unfortunately, there's no easy solution. You have to commit to his well-being. Start by turning off the TV and take a walk instead. If your son has a bike, suggest he ride as you walk beside him. If a park is nearby, hit the playground swings or let him run around. Invite a neighbor with a child so he will have a playmate. Some communities have recreational programs for young children that emphasize fun and play. Consider enrolling him in one of these. Finally, in the evening keep the TV off and put on some music. Move about the house to the beat—you and your son will have fun and lots of laughs doing this.

Make junk food an occasional treat. Instead, prepare raw veggies, fruit, and graham crackers to snack on and limit TV time to an hour a day. It's not easy to commit to your son's dietary well-being but it's worth it. Your son may also enjoy reading the *Heart "E" Heart and Friends Storybook—Ages 5 to 8*. This book would provide him the understanding as to why it is important to eat nutritiously and become more physically active. You can order it at www.healthybodyweight.com.

Move It. Lose It. Live Healthy.® Staff

I HAVE A QUESTION!

TRIVIA



- Boost your breakfast fiber by 4 grams. Eat a pear **or** two slices of whole wheat toast **or** 1/2 cup of raspberries.
- Having gestational diabetes in pregnancy increases your chances of developing adult onset diabetes. Sandra Sulik, M.D., at Upstate Medical Center in Syracuse stated in *Doc News* that the risk approaches 100 percent if you develop gestational diabetes during three consecutive pregnancies.
- Know your blood pressure safety zone levels. Prehypertension is a newly defined area of hypertension (high blood pressure) in which the upper number is 120–139 and the lower number is 80–89. Therefore, a good blood pressure reading is below 120/80. What is yours?
- The MyPyramid estimates that a moderately active 26-30-year-old male needs about 2,600 calories a day compared to a moderately active female of the same age, who needs about 2,000 calories a day. Where do you fit in? Check out the *Move It. Lose It. Live Healthy.*® book on pages 122-123 or www.mypyramid.gov.

What Is It?

Nutrition Facts

Serving Size: 8 fl oz (240 ml)

Servings Per Container: 4

Amount Per Serving:

Calories 50

	%Daily Value
Total Fat 0 g	0%
Sodium 110 mg	5%
Potassium 30 mg	1%
Total Carbohydrate 14 g	5%
Sugars 14 g	
Protein 0 g	

*Percent Daily Values are based on a 2,000 calorie diet

Note: Drink the whole thing? Multiply the sugars by 4 (14 x 4= 56 grams, or 14 teaspoons) for total sugar consumed.

Answer: Popular fluid replacement drink

Dehydration is a greater threat in hot weather because heat causes the body to lose water. Dehydration can be deadly if it shuts down your organs, so it should never be taken lightly. Children are more prone to dehydration because their bodies are about 75 percent water compared to 60 percent in adults. **Urine is the best way to detect dehydration.** Low volume and darker urine are signs of dehydration. If you notice these symptoms, drink more immediately.

Prevention is the key! Make these habits a part of your daily regimen:

Drink small amounts of water frequently. This is a better strategy than drinking large amounts at one time.

Drink cool beverages (40-50 degrees—that is refrigerator temp) when hot to cool the core body temperature and reduce sweating.

For faster absorption dilute fluid replacement drinks and juice with 50 percent water.

Avoid alcoholic or caffeinated beverages; these promote dehydration!

BE COOL. BE SMART. STAY HYDRATED.

FROM THE EXPERT!

The Newsroom

You Are Who You Are!

Have you ever wondered why after trying some new fad diet you eventually revert back to eating what you were eating before the diet? The explanation is quite simple. It is very difficult to change one's eating habits after years of living by them. We become used to consuming certain kinds of foods because we were raised on them. And old habits certainly do die hard!

If you want to lose those extra pounds that have accumulated over the years, you may be tempted to turn to a new fad diet. The fad diet may seem doable at first, requiring you to eat new and even exotic foods. Your diet may be easy to stick to for a while. But you can almost be certain that a few weeks into your new fad, you will find yourself eating the same (unhealthy, fattening, etc.) foods you have eaten your entire life. But give yourself a break. You are who you are!

So what can be done? Is there even any hope? Absolutely. Achieving a healthy body weight is possible for most individuals. Instead of trying one of those fad diets, focus on the foods you eat now. What can you eat less of? Where can you get by with smaller portions? Cutting your portion sizes has a substantial impact on your yearly caloric intake. (Notice that we said *yearly*. Reducing your body weight requires steady progress during an extended period of time—not a short six- or eight-week weight loss program.) Back to portion sizes. Imagine what would happen to your calorie intake in one year if you eliminated just one bread serving (biscuit, toast, doughnut) from your daily diet. Just this one simple change results in a caloric reduction of 18,000 to 55,000 calories a year—or a nifty five- to sixteen-pound weight loss! Supplement your new healthier eating habits with daily exercise and you are on your way to healthy long-term weight loss *your way!*

Take a Closer Look

Find the words below that are associated with breakfast. Look horizontally, vertically, backwards, and diagonally. For more info on breakfast, review pages 205-206, 227-230, and 235-236 in the *Move It. Lose It. Live Healthy.*® book.

W H O L E W H E A T C Y S T
A Z K F W T S N I M A T I V
L C E R E A L U M D T U U C
K U Q U I U M R D R E B I F
B R A I N P A O B E S I T Y
T V J T S T O A T M E A L S
A O S N U G Y H T L A E H T
S L A K L I M T A F W O L K
R R J M I N E R A L S E T P
B N O E N E R G Y P W L C U

BRAIN
BRAN
CEREAL
ENERGY

FIBER
FRUIT
GOOD DAY
HEALTHY

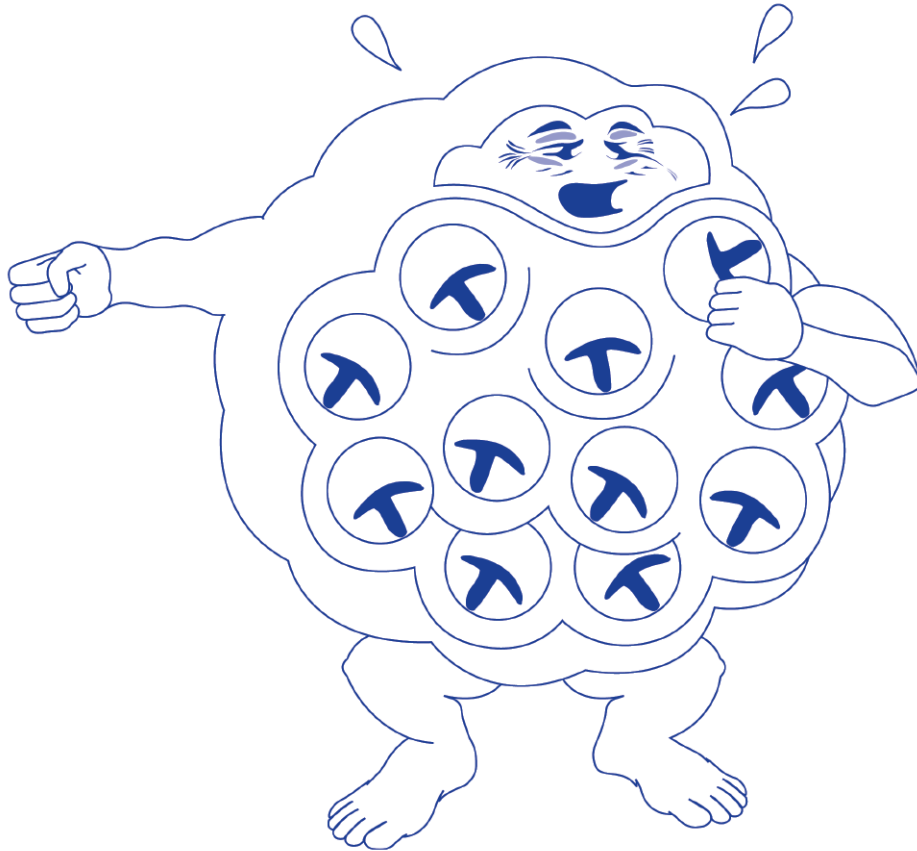
INSULIN
LOW FAT MILK
MINERALS
OATMEAL

OBESITY
VITAMINS
WHOLE WHEAT

HEY, KIDS, Meet HEART "E" HEART!



Do You Know Who I Am?



I Am B _____ 1,

Dear Mom and Dad,

All of us here at Move It. Lose It. Live Healthy.® hope you and your children have had an active and healthy summer so far. Another couple months and the kids will be on their way back to school!

There is still time to plan some great outings that involve the entire family and don't cost much money. Go to a state park and spend a lovely day hiking, swimming, and relaxing. (Wear sunscreen, though!) Bring along healthy snacks like veggies and fresh fruit. And don't forget to plan a fun day this fall at the orchard picking your own fruit—this is great fun for the kids and is beneficial too. It's never too early to teach young children to make healthy eating choices.

Please remember that unless we begin to provide more opportunities for our children to become active and eat nutritiously, there is a good possibility that their life expectancy will be drastically less than that of the current adult population. A grim statistic reveals that this country is raising more and more obese children. It is time to put a stop to our nutritional bad habits.

Make every day a Heart "E" Heart day for the entire family. Don't forget to check out the Heart "E" Heart storybooks on our website: www.healthybodyweight.com.



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