

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body

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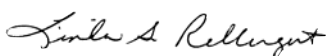
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Celebrate! A Healthy You

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More Evidence on Failure of Diets

The New Year is a natural time for making resolutions. One highly popular resolution is to go on a diet and lose weight. However, such resolutions frequently end within a few weeks, leaving feelings of frustration, guilt and failure.



Two studies just published found that at best, nationally-recognized diet programs resulted in only small weight loss for the people able to stick with the diet for a year. One study was done at the University of Pennsylvania, the other at Tufts University in Boston.

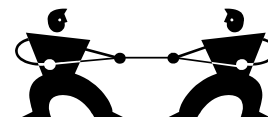
The research done at Tufts University involved 160 volunteers who were assigned to one of four well known diets—Atkins, Ornish, Weight Watchers or Zone Diet. The average weight loss after a year was 5 to 7 pounds. Would most dieters feel that was enough for a year's worth of deprivation?

Further, in this study as in others, drop out rates were high. About half of those following the Atkins and Ornish diets dropped out before the year was up. Those on the Zone diet or Weight Watchers did better. Still, about 35% of them dropped out during the study.

The second study, conducted by the University of Pennsylvania School of Medicine, was a review of other research on diets published in scientific journals from 1966 to 2003. Just 10 studies were found that met good research standards, according to Dr. Thomas Wadden lead author of this new research. And, most of these studies did not include people who had dropped out of the programs, making the program results "definitely best-case scenarios," said Dr. Wadden. Except for one trial of Weight Watchers, these studies do not show that these programs are effective, according to Dr. Wadden and his team.

Dr. Wadden went on to say that diet programs are "fighting biology." Even in the best of circumstances, people will regain a third of what they lost in one year and two-thirds in two years and they may be back to base line in five years."

If diets do not work, should we all just give up in the battle of the bulge?



Rather than resolving to go on a diet, a better approach is to make a permanent change in eating habits. And, instead of thinking the change

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12 Steps to a Healthy, Active Lifestyle

1. **Forget the fads.** Diet and exercise fads come and go, but fail to offer a permanent solution. When you hear about the latest diet or workout, ask yourself: Is this something I really enjoy doing? Can I eat this way for the rest of my life?
2. **Be realistic.** Any eating plan or activity has to work for your family and your situation. It needs to fit your schedule, your budget, your likes and dislikes. For example, if you don't have time to get to the gym or if you hate running, look for different activities.
3. **Make a commitment.** Write down some important reasons for changing your eating or activity habits. Share a written or verbal promise to make healthier choices with your friends or family.



4. **Start slowly.** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, or walking after dinner, and make it a habit.
5. **Be consistent.** The human body responds well to consistency. If you decide to eat breakfast, make eating breakfast part of your daily routine rather than an occasional thing.

6. **Stick with it.** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start walking more, make a plan to walk after dinner for 21 days. If you want to start eating breakfast, make a plan with 21 breakfast menus you'd love to eat.
7. **Be flexible.** Life is full of surprises, and plans may need to change. If an early meeting makes breakfast at home impossible, you need some alternatives, like desk-fast at work. If you have an evening commitment and can't get in your after dinner walk, fit one into your lunch break.



8. **Be creative.** Make a list of all the possibilities—like all the breakfast options that you enjoy for eating at home, at work or from a vending machine. List all of the possible ways to fit in 10 to 30 minutes of walking into your life—like walking the dog, walking with a friend, walking to the store, or walking around the mall.
9. **Stock up on options.** Once you have a list of possibilities, stock up. Fill your cupboards, car and desk drawers (anywhere you might eat breakfast) with healthy options. It's always good to have options, like indoor ideas when the weather is lousy. With a list of all the ways you like to move you'll always have a fun option.

10. **Plan ahead.** When situations pose problems, make a healthy plan. Have a meeting where giant cinnamon rolls are served? Plan to eat half a roll or bring fruit with you. Make room for fitness in your busy schedule by putting activity on your calendar, like walking from 7:00 to 7:30.
11. **Forgive yourself.** Healthy eating does not have to be perfect eating. If you miss a few days of healthy eating, no biggie. Just get back on track ASAP. If you miss a day of activity, it's no big deal. Just put on your shoes and get your walk in today. The goal is at least 30 minutes of activity, at least 5 days a week.



12. **Congratulate yourself.** Becoming more active or changing eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for any healthy changes. Let your friends and family know about your successes so they can celebrate with you.

Adapted from "12 Ways to Create a Healthy Eating Style" and "12 Ways to Create an Active Lifestyle" from Eat Right Montana, a coalition promoting healthy eating and active lifestyles.



Timely Tip #10

Celebrate **Healthy Weight Week, January 16 to 22, 2005.**

This Timely Tip comes from Healthy Weight Network at www.healthyweight.net/hww.htm.

Healthy Weight Week is a time to celebrate healthy lifestyles that last a lifetime and prevent eating and weight problems. Eat well, live actively, and feel good about yourself and others.

Healthy Weight Week celebrates a healthy nondiet lifestyle for everyone. It helps people move ahead to health-promoting habits they can live with the rest of their lives—sound habits that prevent eating and weight problems instead of intensifying them.

Healthy Weight Week is a time to stop dieting and get on with living our lives in healthy ways, feeling good about ourselves and others.

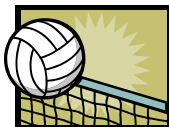
"We want to shift our national focus to health and wellness," says Frances Berg, founder of Healthy Weight Network.

"Diets don't work. Neither do pills or potions. What works is to develop a sound, healthy lifestyle that allows excess weight to come off naturally. This takes time, but it is the healthy and lasting way to lose weight," says Berg.

Instead of diets, choose a healthy lifestyle and celebrate Healthy Weight Week every week of 2005.

Activity Suggestions for January

Don't let winter weather keep you from being active and having fun. Laugh at the weather while you—



Play ball! Many ball games can be played indoors, even in the family room if a foam ball is used. Volleyball, basketball, catch, keep-away, and others require a little open space and a soft ball or balloon. Don't worry too much about playing according to the rules; just have fun!



Splash in a pool. Playing in a heated indoor swimming pool when outside temperatures are frigid is twice the fun of summer swims. Pretend you're on a Florida vacation by going to a community pool. Or, spend the night in a motel with an indoor pool for a true mini-vacation.



Work to the music. No time to play? Make your chores seem more enjoyable by doing them to music. Choose music with an up tempo and move to the beat. Household jobs like dusting and vacuuming will be done in no time.

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has to be a radical change like no more sweets, or eat only salad for lunch, consider something small and manageable. For example, choose water instead of one soft drink per day, or eat a piece of fruit instead of cookies for a snack. This approach will cut about 100 calories per day, an amount that could result in the loss of about 10 to 12 pounds per year on average.

Celebrate! will focus on the process of change in the upcoming months. The goal is to help readers make small, permanent changes that will result in better health during 2005. Join us in making a healthy change rather than dieting your New Year's resolution.



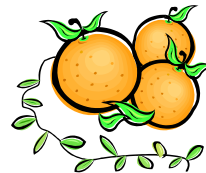
Menu of the Month

Citrus fruits are a bright spot of sunshine in the cold, dreary days of winter. This is their peak season for availability so quality is high and prices are low. It makes sense as well as cents to include them in meals and snacks often.

Four-Star Citrus Ambrosia adds a light, sweet finish to a hearty winter meal of pork chops or roast, baked sweet potatoes and green beans. Chopped nuts could be substituted for the toasted coconut in the ambrosia if desired.

Four-Star Citrus Ambrosia

Grated peel of ½ tangerine
 1 carton (8 ounces) lowfat vanilla yogurt
 2 tangerines, peeled, segmented, seeded
 2 oranges, peeled, cut into half cartwheel slices
 1 grapefruit, peeled and sectioned
 3 tablespoons coconut, toasted
 Fresh mint leaves (optional)



Stir tangerine peel into yogurt; chill. Divide fruit into four dessert dishes; chill. To serve, spoon yogurt mixture over fruit. Sprinkle each serving with toasted coconut and garnish with fresh mint leaves, if desired.

This is an official 5 A Day recipe and provides four servings.

Nutritional information per serving: 155 calories, 2g fat, 23g carbohydrate, 3g fiber, 47mg sodium.

Note: This recipe may be divided in half if desired.



Words to Consider

"Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity." –Louis Pasteur

"If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal." –Dale Carnegie

"Winners are losers who got up and gave it one more try." –Dennis DeYoung

"Be not afraid of growing slowly, be afraid only of standing still." – Chinese proverb

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