

# Celebrate! *A Healthy You*

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

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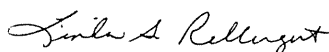
## Available on the web:

<http://extension.missouri.edu/stcharles/celebratenl/index.htm>

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## A New You: Health for Every Body

*With this issue of Celebrate! we begin a new series of articles on the material that is presented in the class A New You: Health for Every Body. This series is in response to a request from readers who are not able to attend A New You class in person. While much of the content of Celebrate! is based on the principles and material covered in the New You class, this series of articles will come directly from the lectures and activities presented during each session.*

### Let's Begin

Welcome to a New You: Health for Every Body. This program is built around a health promotion framework which encourages you to move away from diets and excessive exercise and toward a gentler, non-diet approach to active living in a healthy body. The primary goal is to help you gain new attitudes and learn new information and strategies to help you live a life focused on health, not on body weight.

Today in our culture we face a real irony. It has never been easier to become fat, nor harder to be fat. We are not as physically active as previous generations. We have a bountiful food supply that is heavily promoted, available at a fairly low cost, is very tasty and ready in minutes. At the same time, we are bombarded with messages on how we should look—tall and thin for women, and tall and muscular for men.

Being fat or not having the 'ideal' body size can be very difficult.

Obesity is a major public health issue, with potentially serious consequences. And, it is on the rise. However, the typical dieting approach to losing weight is not working for most people. Further, it is often an unhealthy approach.

Let's look at some myths and realities, and examine a new approach.

### Myth #1: weight is completely under our control.

Genetics and environment have tremendous influences on body shape and size. Can you control your shoe size or your height? Can you control the walkability of your neighborhood, or the number of fast food restaurants in your community? We can control what we eat and how active we are—two things which do affect weight.

### Myth #2: fat is bad.

Some fat is needed for our bodies because it carries essential nutrients, helps regulate body temperature and helps protect some organs.

### Myth #3: large people are unhealthy.

There are many factors affecting health and there are many ways to assess health. People of many different sizes can be fit and healthy.

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### **Myth #4: diets reduce weight.**

Diets rarely work in the long term, and many are unhealthy. This point will be more thoroughly considered in future articles.

### **Myth #5: Diet and exercise will make a person thin.**

Eating and physical activity have a greater impact on overall fitness and health than on body shape and size. If everyone ate exactly the same food and engaged in the same level of physical activity, there would still be a variety of body shapes and sizes.

The three components of this approach are pleasurable and healthful eating, physically active living and respect for body size differences—yours and others.

### **Pleasurable and Healthful Eating**

Eating can and should bring great pleasure and satisfaction to life. Rushed and distracted eating limits satisfaction. How much of your own eating is from true biological hunger, and how much is from a search for satisfaction that has nothing to do with food?

### **Physically Active Living**

Research from the Cooper Institute in Dallas shows that fitness plays a huge role in long-term health and wellness. The Surgeon General recommends each adult accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all days of the week. Enjoy lifestyle physical activity every day.

### **Respect Body Size Differences**

Size acceptance includes respect for yourself and others. Human beings come in a wide variety of shapes and sizes. Accept and value every body, including yourself.

Recognize that people of all sizes and shapes can reduce their risk of poor health by adopting a healthy lifestyle.

Challenge your own size-prejudice beliefs.

Some of the ideas in *A New You* may be very different from the way you have thought about issues of size and weight. I encourage you to read with an open mind and consider trying some of the activities. Join in as we Celebrate a Healthy You!



## **Timely Tip #25**

### **Celebrate No Diet Day, May 6**

International No Diet Day was established to challenge the cultural attitudes and values that contribute to chronic dieting, weight preoccupation, eating disorders and size discrimination.

The goals of International No Diet Day include:

- ◆ Increasing public awareness of the dangers and futility of dieting, weight loss surgery, and obsession with thinness.
- ◆ Affirming that beauty, health and fitness come in ALL sizes.
- ◆ Affirming every person's right to eat normally, enjoy physical activity and emotional well-being.
- ◆ Helping change the way people of size are perceived and treated by society.

International No Diet Day is an opportunity to break diet myths. Embrace these healthier alternatives:

- ◆ Listen to your body's signals for when to eat and when to stop. Eat when you are hungry, stop when you are full.
- ◆ Take foods off the "good" and "bad" lists. Taste, savor and enjoy all foods to their fullest.
- ◆ Enjoy a variety of foods and preparation styles. Be creative. Try something new. Have fun making changes.
- ◆ Take time out for yourself. Rejuvenate yourself through exercise and/or relaxation to bring balance back into your life. Find an activity you enjoy and make time just for YOU.

Plan now how you will participate in No Diet Day and Celebrate A Healthy You!

## Powerful Protein

Every cell in the body is made of protein. The need for protein is greater at times of growth—infancy, childhood, adolescence and pregnancy, but it continues to be important throughout life for repair and maintenance of all body tissues. Proteins also control body processes and provide protection from bacteria and viruses. If too little fat and carbohydrates are eaten, the body will use protein for energy. However, then they are not available for all the other jobs protein normally does.

The body makes protein from amino acids. Some of these amino acids can be made by the body, but others must be gotten from the food we eat. These are known as essential amino acids and are found in meat, poultry, fish, eggs, milk, cheese, yogurt and soy. Sometimes these foods are called “complete” proteins because they have all the essential amino acids. Other foods—legumes like beans and peas, nuts and seeds, grains and

most vegetables—have some of the essential amino acids but not all and are known as “incomplete” proteins.

Eating a combination of incomplete protein foods or adding some complete protein to incomplete will provide the essential amino acids. Rice and beans is one example of such a combination.

The amount of protein recommended every day for adults is about 63 grams for men and 53 grams for women. A 3.5 ounce portion of roast beef has 29 grams of protein. One cup of milk has about 8 grams of protein. Whole grain bread products have about 4 grams and vegetables contribute another 1 to 2 grams per serving. All of the different sources of protein are included in the amount of food recommended by MyPyramid. Eating foods from grain, vegetable, milk and meat-bean group will ensure that enough protein is available to take care of all the

growth, repair and maintenance needs of the body.

Protein may also play a role in eating satisfaction. A recent small study at the University of Washington School of Medicine found that people who ate 30% of their calories from protein, 20% from fat and 50% from carbohydrate reported feeling less hungry than on a low protein, high fat diet. In a second phase of the research when subjects were free to eat as many calories as they wished while maintaining the same protein-fat-carbohydrate ratio, they actually ate fewer calories. A larger study is planned which could affect current eating recommendations. Just a word of caution: this was a very small study with only 19 people. Also, any potential harmful consequences of eating larger amounts of protein was not investigated.

## Activity Suggestion for April



### Participate in the Katy Trail Challenge

The Katy Trail Challenge encourages everyone regardless of age to walk, jog or cycle the equivalent of 225 miles, the length of Katy Trail State Park. You don't have to actually go to the Katy Trail, although that would be great too! Rather, you can walk, jog or bicycle wherever you live and participate by keeping track of your activity. Note, cyclers are required to accumulate twice the distance or 450 miles.



The first 1,000 participants to complete the Challenge will be rewarded with a T-shirt from the Missouri Department of Natural Resources and Missouri Department of Health and Senior Services. A follow-up survey will be sent along with the T-shirt. As an incentive to complete the survey, those who return completed surveys will be entered in a drawing to win an accommodations package for two in a Missouri state park. The package includes two nights of lodging and evening meals.



To participate in the Katy Trail Challenge, mail in the enclosed registration form and pre-challenge survey and then move your way over the course of the next year. The Challenge must be completed by the end of March, 2007. Color in the miles on the trail map as you complete them. Start today, take the Katy Trail Challenge! I'll be looking for you on the Trail.

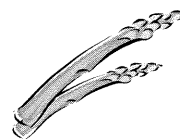
## Menu of the Month

April brings a gentleness and softness in warmer breezes, and in the lovely soft greens of young growing vegetation. Enjoy this tender season with a spring brunch. **Special Spring Frittata** showcases asparagus, one of the tastiest vegetable treats of spring. It also includes ham and cheese which are salty enough so no additional salt is needed. Add fruit salad, store-bought or home-baked muffins and coffee to complete the meal. Serve your brunch outdoors to enjoy blooming trees, bulbs and flowers.



### Special Spring Frittata

¾ to 1 pound asparagus  
 1 teaspoon butter or margarine  
 ¼ cup diced baked or boiled ham  
 3 eggs, beaten  
 Freshly ground pepper to taste  
 2-3 tablespoons grated Swiss cheese



Wash and trim asparagus. Remove tips and set aside. Cut spears into 1-inch pieces and place in medium nonstick skillet. Add water to almost cover and bring to a boil. Cook for 1 minute, then add asparagus tips and cook for another minute. Drain off water.

Melt butter or margarine in same skillet and toss in ham. Pour beaten eggs over ham and asparagus in skillet. Season with pepper and sprinkle with cheese. Cover and cook over medium-low heat until eggs are set and cheese has melted. Loosen edges and slide onto serving plate.

Makes 2 servings. Nutrition information per serving: 243 calories, 20g protein, 4g carbohydrates, 16g fat, 473mg sodium.

Note: for 4 servings double all ingredients and cook in medium to large skillet. For more than 4 servings, prepare in two or more batches.



### Words to Consider

"A person without a sense of humor is like a wagon without springs - jolted by every pebble in the road." —Henry Ward Beecher

"Anybody who believes that the way to a man's heart is through his stomach flunked geography." —Robert Byrne

"Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed." —Charles Schulz

"Handle them carefully, for words have more power than atom bombs."  
 —Pearl Strachan Hurd

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