

Celebrate! *A Healthy You*

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

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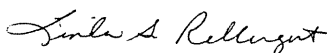
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Celebrate! A Healthy You

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What Kind of Eater Are You?

The class, A New You: Health for Every Body is based on the principles developed by Evelyn Tribole and Elyse Resch in their book Intuitive Eating. Tribole and Resch describe eight styles of eating. It is their view that seven of these styles lead to an unhealthy relationship with food which results in weight gain for many people.



1. **Distracted eaters** eat while doing something else. This might be watching television, working, reading the paper, or driving a car. To sit down and simply eat is viewed as a waste of time. Distracted eating can lead to chronic overeating and reduces satisfaction.
2. **Chaotic eaters** always seem too busy for regular meals. They work hard, volunteer, take part in their kids' activities. This person seems to thrive on tension. They are gulp 'n go eaters and rely on food which is quick and convenient, without regard to what is best for their body.
3. **Refuse-not eaters** eat just because food is there. They are especially vulnerable to candy jars or buffets at social gatherings.
4. **Waste-not eaters** are card-carrying members of the “Clean Plate Club,” influenced by the value of all-you-can-eat buffets and “supersized” meal deals.
5. **Emotional eaters** use food as comfort. Stress or uncomfortable feelings trigger eating, especially when alone. This person eats in response to an emotion rather than physical hunger.
6. **Careful eaters** are motivated by fitness and health. They have good intentions, but feel guilt when they eat food they consider bad. They anguish over each morsel. They may appear to be “perfect” eaters, but they are extreme in their vigilance and scrutiny.
7. **Professional dieters** are always either on a diet, just off a diet, or about to begin a diet. They have tried them all and are motivated by “feeling fat.” They often binge or engage in “Last-Supper” eating (eating one last large meal before the latest diet).
8. **Intuitive eaters** eat when they are hungry and stop when they feel satisfied. Young children are generally very good at this kind of eating. We all had that ability at one time. They make food choices without

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guilt, based on nutritional needs and appetite, and enjoy the pleasures of eating.

We may see ourselves in one or more of these categories. We all eat in response to these different triggers sometimes. Having one or a combination of the first seven eating styles *all* the time will work against internal signals of hunger and fullness.

The good news is we can relearn how to become an intuitive eater if we have lost it. The New You: Health for Every Body class (and future articles) covers the following concepts from Intuitive Eating:

- ◆ Making eating pleasurable because eating is one of life's great pleasures.
- ◆ Coping with emotions using non-food actions and breaking the food-mood connection.
- ◆ Rejecting the diet mentality and understanding the risks of dieting.
- ◆ Learning how to incorporate sound nutrition advice into making food choices.
- ◆ Knowing how to sense fullness.
- ◆ Honoring hunger.
- ◆ Making peace with food and eliminating "illegal" foods.

If you are not now an intuitive eater, relearning those skills will be a process which requires time and effort. It may mean overcoming years of diet habits and thinking, and sometimes going against the well-meaning advice of people who care about you and who you care about too. In the process your weight may go up or down or stay the same. But freeing yourself from the diet culture will lead you to improved health and greater trust in yourself.



Timely Tip #28

We're at the half-way mark for 2006, a good time to look back at New Year's resolutions and see how things are going. Timely Tip #22 in January's issue of Celebrate! offered pointers on setting and achieving goals.

If you've been successful, congratulations on a job well done! Reaching goals brings a great deal of satisfaction and accomplishment. Did you celebrate your success? Celebration or reward is an essential part of the process. Then, did you set a new challenge for yourself?

If you've been less than successful, take a few moments to analyze what happened in an effort to get back on track.

- ◆ Was your goal realistic for you? Almost everyone has things they think they *should* do, but how many of them are likely to really be important and achievable? If you don't feel truly committed to your goal, it will not happen.
- ◆ Did your goal consist of small steps or giant leaps? Take your lesson from the tortoise not the hare and focus on making slow but steady progress. Small, doable steps will get you where you want to go.
- ◆ Did you write down your goal? This simple act can be amazingly effective.
- ◆ Did you track your progress? By tracking progress daily, you reinforce the efforts you make toward achieving your goal.
- ◆ Did you set up a reward system and carry it through? The most effective reward system is one that is immediate and consistent. Rewards can be as simple as a sticker on a calendar or a call to share the good news with a friend.

Above all, keep trying. In her book The Frontiers of Management, Rosabeth Moss Kantor wrote that one of the wisest sayings is that everything can look like a failure in the middle. But it's only a failure if you quit.

“My, Have You Lost Weight?”

This question may be well-meaning, but for anyone who has struggled with eating and weight it is a question that may provoke feelings of discomfort or even anger. Comments regarding weight loss, weight gain or size tell the world that the packaging is more important than what is inside, that how we look is more important than who we are.

Despite the old saying, words can hurt and what we say does matter. How then can you respond to inappropriate and unwanted comments about size and weight? Dawn Atkins, Mary E. Atkins and Julie O'Reilly had the following suggested comebacks in an article titled “But What Do I Say?” posted on Earthlink.net.

In response to “My, have you lost weight?”

- ◆ I hope not. There's not enough of me to go around now.
- ◆ That's funny, it was there last time I looked.
- ◆ Yes, repeatedly, but it kept coming back so I guess we were meant to be together.

◆ No, but if you mean I look fine, thank you. But in the future...

◆ I don't think it is appropriate to ask me about my weight.

In response to “Does this make me look fat?”

- ◆ Do you mean “does it look good?” But if you want to talk about weight, you've got the wrong person.

◆ Fabulously so! Ruebens would be proud.

◆ Why doesn't anyone ever ask me if their clothes make them look smarter?

◆ You are beautiful and your weight doesn't matter.

In response to “I just lost X pounds.”

◆ I'm sorry, I wish you liked and accepted yourself instead.

◆ Did you know that dieting is very unhealthy and makes you gain weight?

◆ I do not discuss dieting.

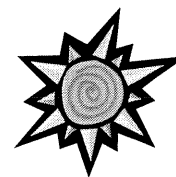
◆ What you do with your body is your own business.

◆ I care about you and will support you in doing the same but not in starving yourself.

Activity Suggestion for July

July in Missouri means hot, humid weather which can lead many to avoid outdoor activity. Don't throw in your sweat-soaked towel and just sit in the easy chair in front of the air conditioner. Try some of these strategies instead to help you stay active in hot weather.

- ♥ Get out during the very coolest times—early morning or later in the evening.
- ♥ Drink plenty of water before, during and after activity to help your body stay cool and sufficiently hydrated.
- ♥ Wear loose fitting, light colored and airy clothing.
- ♥ Reduce the intensity of your activity. Go a little slower or walk instead of jog. Extend the warm-up and cool-down phases, and spend less time on the more intense part of your movement session. You can pick up the pace again once the weather is more moderate.
- ♥ Jump in the water. Swimming is an excellent activity, but there are more wet ways to stay active. Wading, canoeing, running through the sprinkler, water balloon fights are just the start. Remember to apply waterproof sunscreen before diving in!
- ♥ Move indoors to an air-conditioned facility like the mall or a gym. Mall walking is easier to do before stores open for business when you might have to dodge strolling shoppers.
- ♥ Play indoor games that involve movement like bowling, ping pong, even Twister.



Menu of the Month

Grilling is a great way to prepare summer meals. The smoky flavor tastes so good, while the heat and mess stay outside. **Grilled Pork Chops in Ginger Marinade** cook quickly and have a wonderful Asian take on barbeque. This recipe is very versatile too. If you're in a big hurry, you can cut the grilling time to 7-10 minutes by using ¾-inch thick chops. For smaller or larger families, simply multiply or divide the ingredients to prepare the required number of servings. However, leftover chops make a great second meal sliced thinly and tossed with your favorite green salad.

Complete your grilled meal with some of summer's bounty from the garden: corn on the cob, fresh tomato slices (with basil if you like) and icy watermelon. Enjoy!

Recipe courtesy of National Pork Board. For more information about The Other White Meat, visit TheOtherWhiteMeat.com.

Grilled Pork Chops in Ginger Marinade

4 boneless center cut pork chops, 1½-inch thick
 2 cups dry white wine OR distilled vinegar
 ½ cup sliced green onions
 4 tablespoons minced fresh ginger OR 1 tablespoon dry ginger
 2 tablespoons reduced sodium soy sauce
 2 tablespoons sesame oil
 2 cloves garlic, minced



Combine all ingredients in a plastic self-sealing bag; seal bag and refrigerate 2-24 hours. Remove pork from marinade; discarding marinade. Grill chops, over indirect heat in covered grill, for 12-15 minutes, turning once.

Serves 4.

Nutrition information per serving: 198 Calories, 24g protein, 8g fat, 1g carbohydrates, 178mg sodium.




Words to Consider

"Liberty means responsibility. That's why most men dread it."
 —George Bernard Shaw

"There is more treasure in books than in all the pirate's loot on Treasure Island and best of all, you can enjoy these riches every day of your life."
 —Walt Disney

"An optimist is a person who sees a green light everywhere, while a pessimist sees only the red stoplight. . . The truly wise person is color-blind." —Albert Schweitzer

"Life is the sum of your choices." —Albert Camus

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