

Celebrate! *A Healthy You*

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

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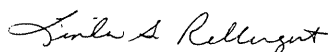
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Celebrate! A Healthy You

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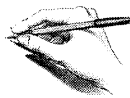
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Self-Reflection and Journaling in A New You

This is the second in a series of articles on the material presented in the class A New You: Health for Every Body.

Common sense and research indicate a connection between mind and body. For anyone thinking about trying to change eating or activity habits or attitudes towards body size, journaling can be helpful. The kinds of changes proposed in A New You class can be difficult because they may challenge long-held beliefs and habits. Journaling encourages participants to spend time thinking about these changes and provides an outlet for expressing feelings and concerns about the process of change. Writing in a journal is a nonjudgmental, nonthreatening way to work through change because no one else sees what is written.



Studies have shown that people benefit from expressing their feelings and thoughts in writing. In studies of people with asthma and arthritis, journaling was done along with their medical treatment. Individuals who wrote about their feelings were more likely than those who didn't to have fewer doctor visits, have improved

immune system, report fewer symptoms and enjoy a greater sense of well being.

As a tool for health improvement, you can use your journal to set behavior change goals, track progress toward reaching those goals and engage in positive self-talk. Self-talk can keep you going when there is pressure to give up. Your journal can help you explore barriers (actions, feelings and attitudes that get in your way) and help you think creatively about potential solutions. Through your journal, you can explore feelings about successes and slips, highlight accomplishments, and give yourself a pat on the back.

Self-reflection or journaling can take on many different forms. Some people like to write poems, others draw pictures. Another option is to clip items from magazines (or this newsletter) and tape them in your journal.

The actual journal itself is up to you. It can be as simple as lined or unlined paper clipped into a three-ring binder, a spiral notebook, or a bound book bought just for this purpose. If writing is not an enjoyable activity, consider using a tape recorder to record your thoughts and feelings.

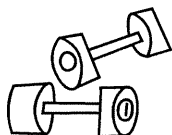
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Strength Training Slows Middle-Aged Spread

University of Pennsylvania researchers reported recently on results of a study that looked at the effect that strength or weight training had on the build up of abdominal fat in middle aged women. Fat deposits in the abdomen are associated with an increased risk of Type II diabetes, heart disease, gallstones and other health problems.

The 164 middle-aged women in the study were overweight or obese. They were divided into two groups. One group participated in a one-hour strength training program using weights while the other group was simply given a brochure recommending 30 to 60 minutes of exercise most days of the week.

The strength training group decreased their overall body fat by about 4%, while the other group remained the same. More importantly, the abdominal fat of the weight-lifters increased by just 7% while the others went up a whopping 21%.



Activity Suggestion for June

Play lawn games.

Remember all those games we used to play as children? Play with the kids or *like* a kid.

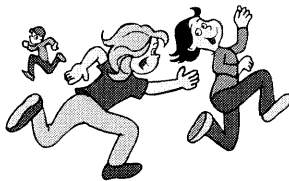
Tag and its many variations like Freeze Tag, Body Part Tag, Clothes Pin Tag.

Hide and Seek has many different ways to play too. For example, in Man Hunt, groups team up for the seeking. Capture the Flag is another variation as is Balloon War.

There are many ball games, some played with a net, some without—basketball, volleyball, four square, kick ball.

There are other things to throw like washers and Frisbees.

Rusty on how the games are played or want to check the rules? Do an Internet search for playing lawn games. One site is www.partygamecentral.com. Or, visit the library or bookstore to find a book on outdoor games and play.



Timely Tip #27

Plan an Active Vacation

The goal of most vacations is to have fun and to rejuvenate. An active vacation is a great way to reduce stress, lighten spirits and become or stay fit. Having fun is the primary objective, so be sure to match activities with family likes and dislikes as well as abilities and interests.

1. Choose a destination featuring fun outdoor activities—national parks for hiking, the shore for swimming and beach combing.
2. Take part in the fun. Vacations are a good time to try out activities you might not have a chance to try at other times of the year—water skiing, canoeing, hang gliding. Let loose and give it a whirl.
3. Alternate quiet activities with more challenging ones or this may feel more like work than fun. Inclement weather may also affect your plans so have a variety of possibilities in mind.
4. Try to include some activity into the trip as well as the destination. If driving, stop several times for an activity break. A short walk or game of Frisbee will keep the “when are we going to get there” moaning to a minimum. Layovers in airports or train stations provide time to stretch and walk off stiffness.
5. Don’t stop when the vacation is over. Decide to include fun, physically active events in your daily and weekly life. Take a mini-vacation every day and feel better physically and mentally.

Menu of the Month

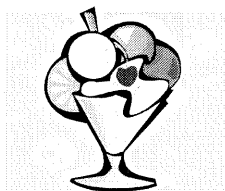
We've all heard that June is Dairy Month, so let's celebrate it with an ice cream sundae. Such cold, creamy treats are perfect refreshers after a day of vigorous physical activity like a hike or bike ride.

This month's offering is not so much a recipe as a guide for putting together a sundae to suit your preferences. Below are listed choices for the base—regular, premium, super premium, light or carb free ice cream plus fat free frozen yogurt—as well as topping choices. Just for fun are the little extras. Make your choices, then add up the nutrition information to compare with the tastiness of your personalized sundae. You decide what trade offs of calorie, fat and carbohydrate content versus serving size suit you best.

Sundae Base, ½ cup serving	Calories	Fat (g)	Carbohydrate (g)
Vanilla Ice cream	120	7	13
Premium Light Vanilla Ice Cream	100	3.5	16
Carb-free Vanilla Ice Cream	100	7	10
French Vanilla Ice Cream	150	7	19
Premium French Vanilla Ice Cream	150	8	17
Super Premium Vanilla Ice Cream	210	14	18
Fat free Frozen Vanilla Yogurt	100	0	19



Topping, 2 tablespoons, except as noted	Calories	Fat (g)	Carbohydrate (g)
Butterscotch or caramel topping	103	.1	27
Chocolate syrup	82	.3	22
Fudge topping	146	6	25
Marshmallow cream	88	.1	23
Pineapple topping	106	0	28
Strawberry topping	107	.1	28
Fresh blueberries, ½ cup	41	.3	10
Fresh raspberries, ½ cup	30	.3	7



Extras	Calories	Fat (g)	Carbohydrate (g)
Whipped cream, 2 tablespoons	52	5.6	0
Whipped topping from Pressurized can, 2 tablespoons	16	1.4	1
Cool Whip, 2 tablespoons	22	1.6	2
Cool Whip Light, 2 tablespoons	18	2	2
Sliced almonds, 1 tablespoon	32	3	1
Chopped walnuts, 1 tablespoon	45	4	1
Maraschino cherry, 1	8	0	2



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Don't worry about grammar, spelling, punctuation or quality of artwork. Get your thoughts and ideas on paper quickly. Record your "gut" reactions and true feelings, the good and the ugly. Play, experiment, be humorous and have fun. Remember, this is for your eyes only.



Set aside a quiet time on a regular basis for journaling. Find a quiet, comfortable, relaxed place free from interruptions or distractions. Many people find evenings are a good time of day to reflect. Like other habits, journaling will require a little effort to become an established part of your routine.

Self-reflection and journal writing are learned skills. You'll get better with practice. Many journal writers

use exercises to get started and to improve their skill. Following are some examples.

- ♥ Make a list of things that make you laugh or smile.
- ♥ Write about three things for which you are grateful today.
- ♥ List the 10 worst things about your current challenges.
- ♥ Write a letter to someone close to you explaining why you want to make changes.
- ♥ Write a poem that describes how you feel about your situation.
- ♥ Draw a picture showing the best thing about your day.
- ♥ Draw an outline of your body and mark any area that you think of as a problem. Pretend that the body part can speak. What does it say? What is the problem? How does it feel? Why does it feel that way? What can you do to make it better?

- ♥ Write down one health behavior change you want to make at the top of a page. Draw a line down the middle of that page. On one side list barriers or obstacles to making that change. On the other side list potential solutions.
- ♥ Find pictures in magazines that show people doing the kinds of things you would like to do and paste them into your journal.

Journaling is a very personal and individual endeavor. Try different techniques and use those which work the best for you.



Words to Consider

"I was thinking that we all learn by experience, but some of us have to go to summer school." —Peter De Vries

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." —Leo Buscaglia

"In every child who is born, under no matter what circumstances, and no matter what parents, the potentiality of the human race is born again." —James Agee

"A sound mind in a sound body is a short but full description of a happy state in this world." —John Locke

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