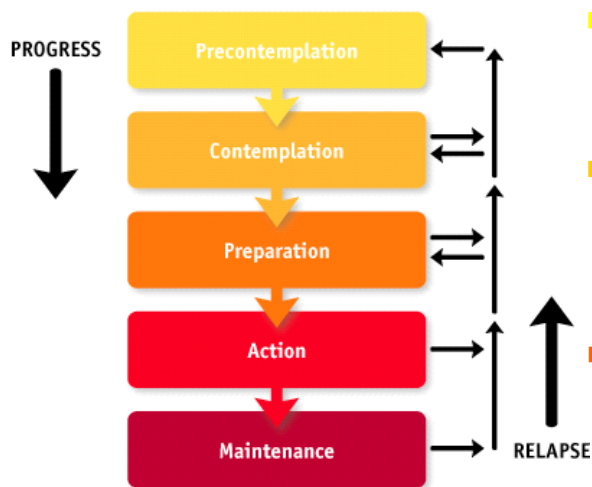


# PUBLIC HEALTH NEWS

HIGHTSTOWN HEALTH DEPARTMENT ■ ■ ■ SPRING 2010

## YOU GOTTA CHANGE!

**ARE YOU READY TO MAKE A CHANGE?** There is a *process* that moves you from thinking about making a behavior change towards actually reaching a desired goal ... whether it's choosing a healthier diet, exercising more, losing weight, even finding a new job. Change is rarely a single, independent event: rather, it occurs gradually through a series of steps. Once you understand where you are in the **STAGES OF CHANGE** \* you can consciously move forward towards your goal.

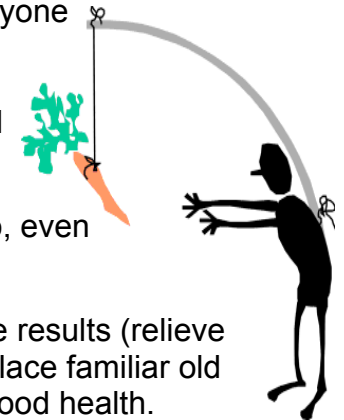


- **PRECONTEMPLATION.** You don't even consider doing anything differently - you're unaware, uninterested or unwilling to make any change.
- **CONTEMPLATION.** You are ambivalent (not sure if the effort is worth the outcome) about changing. Although you may not be ready to act, you are gathering information that can help you to assess the "pros and cons" of a change.
- **PREPARATION.** You make the decision to change and begin planning what you will need to do to take action. You may even experiment with a small sample change, such as trying a lower fat version of your favorite food.

- **ACTION.** This is when you actually change a behavior. It moves you from the *thinking about it* to the *doing it* part of the plan. This is where old behaviors are replaced with new choices. This stage of change takes time and practice as you establish new lifestyle habits.
- **MAINTENANCE.** A new way of doing things is being established. Relapses ("slips" of going back to your old ways) are a normal, and almost unavoidable part of moving towards lifelong change. A relapse is not a failure. Use it as an opportunity to review what didn't work, and then fine tune your strategies to stay committed to your goal. You may find yourself "recycling" through the stages of change several times before a change becomes truly established.

**CHANGE** is never easy, especially long term lifestyle changes. If it was, everyone would do it effortlessly. Remember to ...

- Identify what **motivates** you. Knowing what you will gain (the pay-off) will make what you have to change or sacrifice (the cost) less powerful.
- Be **compassionate** with yourself. There's a reason for everything you do, even when the reason isn't obvious or it doesn't serve your health goals.
- Take the time to identify **specific alternatives** that will give you the same results (relieve stress or boredom, serve as a reward, save money). You will need to replace familiar old habits that are barriers to good health with new behaviors that promote good health.

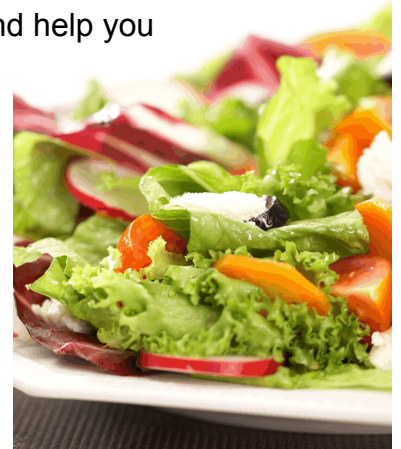


\* **Stages of Change** is based on Prochaska & DiClemente's *Transtheoretical Model* of intentional change.

# 10 PORTION CONTROL TIPS

Effective weight management is a matter of **calories in ... calories out**. While eating a low fat diet is healthier in general, weight management ultimately depends on limiting **TOTAL** calories. Portion control is the key.

1. **STORE LEFTOVERS SEPARATELY** in individually sized containers. That way, when you reach for something to reheat, you can easily retrieve just enough for one helping.
2. **SAY YES TO SALADS** before lunch and dinner to curb your appetite and help you feel full sooner.
3. **MASTER MINI MEALS** that will keep your blood sugar stable and control hunger. Since you'll never get too hungry, eating small healthy meals throughout the day can help prevent impulse snacking and over-eating at meals.
4. **SINGLE OUT TRIGGER FOODS**. It's difficult to stop eating (let alone keep track of) tortilla or potato chips straight out of the bag. Buy snack foods in single serving size bags or divide a big bag into smaller, sandwich size baggies.
5. **KEEP SECONDS OUT OF SIGHT** by filling plates in the kitchen. Keep serving dishes away from the table where it's easy to reach for seconds ... or thirds.
6. **MAKE MEAT A SIDE DISH** rather than the entree of your meal. Use high fiber veggies and healthy grains as the main course of your meal and you'll feel fuller while eating fewer calories.
7. **THINK SMALL**. Instead of buying giant size oranges or apples, look for small pieces of fruit. Or buy grapes, kiwis, tangerines, or berries that are naturally portion controlled.



8. **BE A KID AT HEART**. Skip the Super Sized Value Meal and order a Kid's Meal when you go to fast food restaurants to control portion size (and save money).
9. **TREAT YOURSELF**. Indulge a craving before it gets out of hand. Allow yourself to have a forbidden food once in a while to prevent you from feeling deprived.
10. **SET SERVING STANDARDS**. Learn to "eyeball" standard portion sizes by actually measuring out sample servings.

## HIGHTSTOWN HEALTH DEPARTMENT



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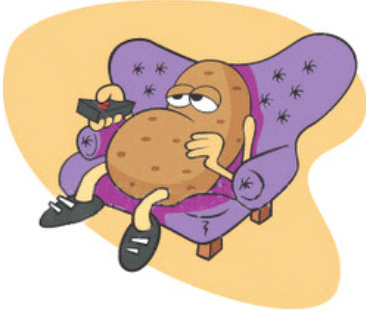
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# 10 EXERCISE TIPS



**NO WAY!** I can't exercise because ...

- I already have a health problem - diabetes, heart disease, asthma, arthritis - that I don't want to make worse than it already is.
- Between work, family, and all my other demands, I'm just too tired to exercise.
- Exercise is boring!

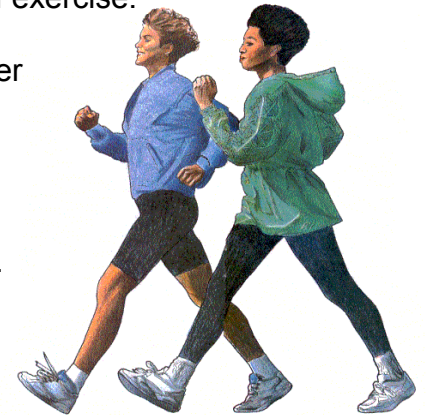
Sound familiar? If adding exercise to our lives was easy, EVERYONE would be doing it! Set a realistic goal by adding only **15 minutes** of any exercise to your life on most days of the week.

Here's a tip: look for small ways to be energy **IN-EFFICIENT** throughout your day. We're all focused on saving time by doing everyday activities in the most efficient way possible. Start to notice opportunities to exercise (move) that are hidden in your daily activities.

1. Pace around the house while talking on the phone - invest in a headset for comfort. Walk in place while watching your favorite TV show.
2. Don't delegate chores to others. Do yard work, wash the car, vacuum, mop the floor, walk the dog - your tasks get completed and you've done your 15 minutes (or more!) of exercise.

One gentle way of adding exercise is to simply **WALK**. Invest in a stepometer (a pedometer that counts steps instead of measuring distance).

3. Park in the far side of the parking lot. Use the time you saved hunting for a "good" parking spot to walk to your destination.
4. Meet a friend at a restaurant within walking distance from work or home.
5. Use the stairs instead of the elevator or escalator.
6. Take a walk around your neighborhood before work or after dinner.
7. Take a tour and window shop on all levels of the local Mall.



## JOINING A FITNESS CLUB?

- Convenience is important. Choose a club that is close enough, and not overcrowded.
- Ask for a guest pass or a trial membership, then visit the club when you would normally use it.
- Make sure the club has the type of equipment, and any classes, that you want.
- Check certification of the fitness staff - both aerobics and weight trainers.
- Review the contract carefully before signing and verify what the membership fee includes, e.g. personal trainer, use of equipment, classes, child care, etc and the cost for any extra services.

Of course, there are more efficient ways to add at least 15 minutes of exercise to your life. The benefits of exercise are cumulative: the most you move, the better you'll feel!

8. Have some fun with your kids. Dance to music, take a walk, ride your bikes, play tag, use a fitness DVD together on a rainy day.
9. Make a "date" with a friend or co-worker to exercise. A commitment to someone else will help keep you both on track and motivated.
10. Try a new way of exercising - join a yoga, aerobics or dance class.

**NOTE:** *Talk with your health care provider prior to beginning any exercise program if you have a preexisting medical condition or have been sedentary.*

# THE 100 CALORIE DIFFERENCE

Since a pound of body fat = 3,500 extra calories, you can lose up to 10 pounds in a year by cutting **100** calories from your usual daily intake. Add **100** (or 200) calories worth of exercise and ... well, you can see the potential for reaching a reasonable, long term weight loss goal that you can maintain!

Lose **100** calories a day by cutting out - or cutting back on - one **TREAT** a day:

- 2 Oreos, chocolate chip or Fig Newton cookies
- 8 potato chips or cheese Doritos
- 11 Wheat Thin or 5 Triscuit crackers
- 10 large jelly beans or 3 Twizzlers
- 1 "fun size" Butterfinger or Baby Ruth candy bar
- 10 sticks of chewing gum or 4 squares of bubble gum

Do you **DRINK** your calories? Pay attention to the portion sizes of the drinks below, which are smaller than a usual serving. For example, a can of soda is 12 ounces and a single serve bottle is 20 ounces. All of these beverage servings have **100** calories:



- 8 ounces regular (sugar) soda
- 8 ounces Snapple ice tea
- 8 ounces Dunkin Donuts coffee with cream & sugar
- 8 ounces beer or 12 ounces lite beer
- 6 ounces whole milk
- 6 ounces regular (sugar) lemonade
- 5 ounces red wine

Even if you choose a healthy treat, think small. Fruit is good for you, but too many calories from any food is, well ... too many calories.

- Small orange (45) + small apple (55) = 100 calories
- Large orange (86) + large apple (110) = 196 calories

Don't want to change what you eat? **BURN 100** calories by:\*

- 15 minutes of dancing
- 15 minutes of swimming
- 17 minutes of gardening
- 20 minutes of lawn mowing
- 20 minutes of walking (3 mph)
- 23 minutes of active playing with your children
- 23 minutes bicycling
- 30 minutes of playing frisbee
- 30 minutes of housework
- 85 minutes of reading a book



Calculate other types of exercise for your weight at [www.healthstatus.com/cbc.html](http://www.healthstatus.com/cbc.html)

\* Calories burned by someone who weighs approximately 150 lbs.

## KEEP A FOOD DIARY.



Can't figure out why you can't lose or maintain your weight? Write down **EVERYTHING** you eat ... yes, everything! You may be surprised by how many extra "unconscious" calories you are eating every day. Not sure about the calories? You can buy an inexpensive calorie counter book, or visit these websites for many common foods:

[thecaloriecounter.com](http://thecaloriecounter.com) ■ [caloriecount.about.com](http://caloriecount.about.com) ■ [calorieking.com](http://calorieking.com)