

A Guide to Understanding Your Weight...



Managing Weight

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- Understanding Your Weight • Assessing Your Weight Status • Choosing The Right Foods •
 - Understanding Portion Size • Getting Your Five A Day • Exercising To Manage Weight • Recognizing Fad Diets •
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Understanding Your Weight

Thinking About Weight

According to several health experts, overweight and obesity has become the number one health problem in the United States today. The majority of Americans are either overweight or obese (extremely heavy), and the end appears to be nowhere in sight. Making the issue even more critical, obesity claims approximately 300,000 lives each year, second only to cigarette smoking.



Part of addressing this escalating health issue is taking personal responsibility for your own weight. The first step is to honestly and accurately assess your weight to determine just how many pounds you may need to lose. This brochure will outline ways to assess your weight as well as explore some simple strategies to help you maintain a healthy weight.

Did You Know?

- ✓ A weight loss of five to 10 percent in excess body weight can significantly reduce risk factors and provide health benefits
- ✓ Overweight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems, and psychological disorders such as depression
- ✓ Obesity-related costs in the US total approximately \$100 billion annually
- ✓ Americans spend an estimated \$33 billion each year on weight loss products and services
- ✓ Each year, an estimated 300,000 US adults die of causes attributable to obesity
- ✓ Type 2 diabetes is nearly 3-4 times more prevalent in overweight adults than in lean adults
- ✓ Men who are more than 20 percent overweight have a 20-30 percent increase in death from prostate cancer
- ✓ The percentage of children and adolescents who are defined as overweight has more than doubled since the early 1970s

Source: Surgeon General, CDC, and Dr. Donnica.com

Why Are We Gaining So Much Weight?

Certainly, there are several contributing factors for why Americans are gaining so much weight—a problem so widespread is bound to be pretty complicated. But after all is said and done, experts agree on at least three key factors driving overweight and obesity in the US today. They are outlined below.

Factor #1: The Working Life

The world of work is changing. Cell phones, pagers, faxes, and e-mails now dominate our working lives. And while Americans aren't working any less, they are moving less. 100 years ago, most people made their living through hard physical work—farming the land, building railroads, and burning calories. Today, more than half of us sit in front of a computer all day, burning very few calories at all. Even those of us not using computers during the day are burning fewer calories because of technological advancements that make our work easier.

Factor #2: Food, Food, Food

Food is abundantly available—in fact, it's everywhere. And America is eating it up. Americans now spend more money on fast food than on higher education, personal computers, computer software, or new cars. They spend more on fast food than on movies, books, magazines, newspapers, videos, and recorded music—combined. Consider this: In 1970, Americans spent about \$6 billion on fast food; in 2000, they spent more than \$110 billion.

Factor #3: Our Sedentary Society

In total, there are 168 hours in every week. The vast majority—nearly 70%—are devoted to sedentary activities. Consider that employed adults work an average of 47 hours per week. In addition, the typical American spends 16 hours and 55 minutes sitting in front of the TV, and averages 50.6 hours of sleep. These three everyday activities alone account for over 113 sedentary hours per week—almost five days of not moving!

Sources: Fast Food Nation, The Overworked American, and The National Sleep Foundation

Shedding Pounds The Right Way

Listed here you'll find three key things to keep in mind when attempting to lose weight—they will be referenced throughout this booklet. Don't forget to check with your healthcare provider before making important changes, and remember to take it slow. Getting hurt is no fun, and it will set you back in reaching your goals.

1. Adjust Your Diet.

A few simple changes can make a big difference when it comes to what you eat. Because one pound of fat is equal to 3,500 calories, cutting just a few hundred calories out of your diet each day can go a long way. Easy ways to cut calories include eating less dressing and sauce and substituting an apple or banana for your afternoon candy bar.

2. Increase Physical Activity.

We're not talking about running a marathon here—in fact that's the last thing you want to do if you're just getting started. Begin to increase physical activity by making small changes like parking your car farther away from the entrance of a store or taking the stairs instead of the elevator. Later, you may want to start taking short walks in the evening hours after work.

3. Avoid Fad Diets.

Stay away from fad diets at all costs. Why? Plain and simple, they just don't work. The only way to lose weight and keep it off is to adjust what you eat and get more activity into your daily routine.



Assessing Your Weight Status

The Right Weight

One of the most important steps people can take to protect their health is becoming aware of their true weight status. Our weight, be it healthy or not, can be an important risk factor for a number of diseases such as heart disease, cancer, and diabetes. In fact, more than 300,000 Americans die each year from diseases caused or worsened by overweight and obesity. So, it's important to know your true weight status.

You're probably wondering, "How can I determine my true weight status?" Unfortunately, because we tend to underestimate our weight, and overestimate our health, we need some help. The best way to measure our weight status is, "by the numbers." This means using a tool like Body Mass Index (BMI). Don't worry, it's not as scary as it sounds, and understanding BMI could be one of the most important things to know about your health. The rest of this brochure will help you understand a little bit more about this tool for determining your weight status.

Body Mass Index

Body Mass Index (BMI), is one of the best measures of our true weight status. Put simply, BMI is a common measure expressing the relationship of weight-to-height, and is an easy calculation using inches and pounds.

When calculated, your BMI will help you determine your true weight status as either underweight, normal, overweight, or obese. These BMI ranges are based on the effect of weight status on disease and death. Generally, as a person's BMI increases, so does their risk for a number of health conditions and diseases.

These include the risk of premature death, heart disease, high blood pressure, osteoarthritis, cancer, and diabetes.

Calculating Your BMI

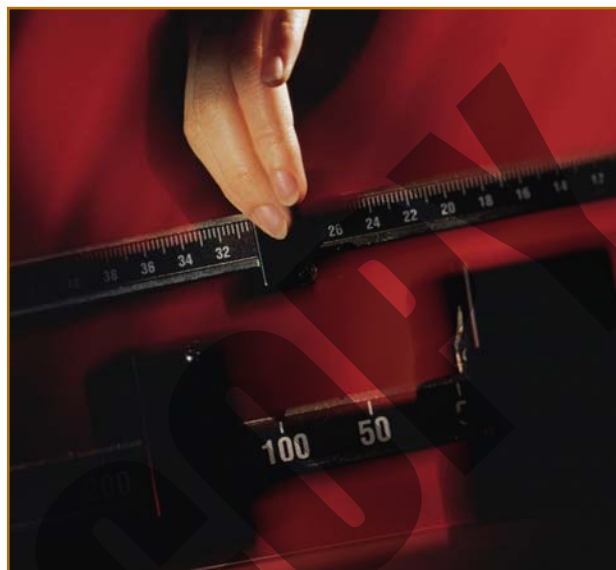
The BMI Chart found on the following page (*Chart 2*) makes determining your BMI easy. Simply find your height and weight and circle the number where the two



lines intersect. This is your BMI. Once you have determined your BMI, you can use this number to determine weight status (using *Chart 1*—underweight, normal, overweight, or obese). BMI values for adults are interpreted using a fixed number, regardless of age or sex, using the following guidelines:

Chart 1

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and above	Obese



Using *Chart 1*, we can tell that a BMI of 28.5 is clinically defined as being overweight. As *Chart 2* shows, as BMI increases, your risk for disease increases as well.

Chart 2

		Body Mass Index Table																																			
		Normal					Overweight					Obese					Extreme Obesity																				
BMI		19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)		Body Weight (pounds)																																			
58		91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59		94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60		97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61		100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62		104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63		107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64		110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65		114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66		118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67		121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68		125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69		128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70		132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71		136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72		140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73		144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74		148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75		152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76		156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.
http://www.nhlbi.nih.gov/guidelines/obesity/bmi_tbl.pdf

Choosing The Right Foods

The Mediterranean Diet: 50 Essential Foods

Recently, the “Mediterranean Diet” has received increased attention as a healthy way to reduce weight and maintain excellent health and body weight over the course of your lifetime. The term “Mediterranean Diet” refers to the traditional diet consumed by people who live around the Mediterranean Sea. And while foods consumed in that part of the world often differ from country to country, the common thread is a plant-based diet low in meat and moderate in fat—with much of the fat coming from olive oil. Numerous studies attest to the health benefits of this diet and prove that traditional Mediterranean foods are ideal for long-term weight management.

The following list comes from Mary Flynn, PhD, expert on the Mediterranean Diet and author of *Low Fat Lies, High Fat Frauds, And The Healthiest Diet In The World*. Flynn suggests stocking up on the following items and making them a regular part of your diet. Doing so will help you manage your weight and live a long, healthy life—all the while enjoying what you eat!

- 1 | Anchovy fillets or paste
- 2 | Artichokes—canned or jarred
- 3 | Asparagus—canned or frozen
- 4 | Beans—canned (such as cannellini, red beans, and chickpeas)
- 5 | Bread—pita or high-fiber
- 6 | Breakfast cereal—especially high fiber, minimum five grams per serving (such as Shredded Wheat, All Bran, Fiber One, Grape Nuts, and oatmeal)
- 7 | Broccoli—frozen
- 8 | Canola Oil
- 9 | Capers
- 10 | Carrots—fresh
- 11 | Cheese—like swiss, provolone (nothing wrong with the occasional piece, but don't overdo it—you want to stay away from saturated fat), also grated parmesan or romano, part-skim mozzarella
- 12 | Chicken/beef broth—canned or bouillon cubes
- 13 | Chicken breasts
- 14 | Canned clams
- 15 | Eggs
- 16 | Feta cheese—crumbled
- 17 | Fruits—canned (such as peaches and pears packed in juice, not syrup)





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| 18 Garlic cloves | 35 Raisins |
| 19 Grape juice—purple (especially if you can't drink alcohol or red wine) | 36 Red wine—one-half glass to one glass with dinner (omit if there is a health reason preventing you from drinking wine) |
| 20 Green/Red peppers—fresh | 37 Rice—preferably brown (brown rice is higher in fiber and more nutritious) |
| 21 Ham—lean and sliced (use only occasionally) | 38 Roasted red peppers—jarred |
| 22 Herbs and spices (such as salt, red pepper flakes, black pepper, fresh or dried basil, oregano, parsley, and rosemary) | 39 Shrimp—frozen |
| 23 Fresh Lemons | 40 Spinach/Kale—frozen |
| 24 Lentils—dry | 41 Tomatoes—canned and paste |
| 25 Lentil soup—canned | 42 Tomatoes—fresh (in season) |
| 26 Milk—nonfat | 43 Tuna—canned in water |
| 27 Mushrooms—fresh and canned | 44 Turkey—sliced (occasional use of meat is okay, but avoid ground beef) |
| 28 Olive oil—preferably extra virgin | 45 Various fresh fruits in season (such as grapes, figs, tangerines, plums, oranges, strawberries, apples, etc.)—three times a day |
| 29 Olives—canned and packed in brine (sliced, whole) | 46 Various fresh vegetables in season (such as arugula, eggplant, spinach, broccoli, broccoli rabe, kale, asparagus, cucumbers, etc.) |
| 30 Onions—red and white | 47 Vegetable medleys—frozen |
| 31 Pasta—short noodles like ziti for easy measuring, preferably high-fiber, four grams of fiber per serving (for a good-tasting, high-fiber pasta, try Delverde whole-wheat pasta) | 48 Vinegar—balsamic |
| 32 Peas—canned or frozen | 49 Walnuts and other nuts—shelled |
| 33 Pine nuts (pignolis) | 50 Yogurt—plain |
| 34 Potatoes—fresh | |

Understanding Portion Size

Portion Your Platter

You don't have to stop eating all your favorite foods in order to eat healthy. In fact, you can still enjoy ice cream or occasional fast food, as long as you control your portions and are physically active on most days of the week. Remember, like most things in life, the key to eating healthy is moderation.

So how much is too much? Well, serving sizes are designed to help you determine how much to eat at meals so you won't over-indulge on some of your favorites. Check out the suggestions listed here to help you judge if you're eating the right serving sizes. With the help of some visual aids, eating the right amounts won't be such a challenge.



How Much Is That?

The following comparisons will help you estimate the right amount of food to eat in one sitting.

- ✓ Three ounces of meat is about the size of a single deck of cards
- ✓ One serving of meat, fish, or poultry is about the size of a computer mouse
- ✓ One-half cup of cut fruit or vegetables, pasta, or rice is about the size of a small fist
- ✓ One cup of milk, yogurt, or chopped fresh greens is about the size of a tennis ball
- ✓ One ounce of snack food (e.g., pretzels, chips) is about one large handful
- ✓ Three ounces of grilled fish is about the size of your checkbook
- ✓ One ounce of cheese is about the size of four dice
- ✓ Two tablespoons of peanut butter is about the size of a ping pong ball
- ✓ An average-sized bagel is about the size of a hockey puck (about half the size of the gigantic bagels we're used to!)

You don't have to stop eating all your favorite foods in order to eat healthy.

Eating Out: Tips For Eating Smaller Portions

Try the following tips the next time you visit your favorite restaurant—they'll help you control your portion sizes.

- ✓ **Order a chicken sandwich.** Try ordering a grilled chicken sandwich the next time you visit a fast food restaurant. By substituting a grilled chicken sandwich for a cheeseburger with the works, you'll save about 150 calories.
- ✓ **Order the small fries.** By eating only a small order of fries instead of the "super-sized" fries, you'll save about 300 calories.
- ✓ **Don't drown yourself in soda.** A small soda has 150 fewer calories than a large one.
- ✓ **Share and share alike.** This is simple math. If you share an entrée with a friend the next time you visit a restaurant, you'll only eat half as much.
- ✓ **Order an appetizer.** But only an appetizer! Getting an appetizer instead of a main course can help control the amount you eat because appetizers are often much smaller than entrées.
- ✓ **Get it to-go.** Ask for half your meal to be packaged in a "to-go" box, and eat it for lunch the next day.

Staying at Home: Tips for Eating Smaller Portions

OK, so those are some tips for eating out, what about reducing portion sizes when eating at home? Check out the following tips.

- ✓ **Don't "bag it."** If you're snacking at home, put a few pretzels or chips in a small bowl instead of eating by the handful right out of the bag.
- ✓ **Go single.** Instead of buying snack foods in bulk (or even by the box) buy single servings—this way you won't eat the whole box/bag in a moment of weakness.
- ✓ **Take half off.** When using butter, sour cream, mayonnaise and cheese, use only half the amount you usually do. It may take some getting used to, but it's

easier than going without. Also, check out some of the low-fat varieties of these spreads, they can be very good. Remember: Just because it's low fat or low calorie, doesn't mean you can eat as much as you want. Calories add up, even when you're eating low-calories or low-fat food.

Still Hungry?

Cutting portion sizes takes some getting used to. If, after attempting to cut your portion size, you're still feeling hungry, try filling up on fruits and vegetables. The American Cancer Society recommends five or more servings of fruits and vegetables each day to help prevent cancer, and chances are you're not getting enough. By filling up on fruits and vegetables, you'll not only cut your cancer risk but you'll also be substituting low calorie, high-fiber food for higher calorie foods and snacks. Plain and simple, in the battle to cut portion size, fruits and vegetables will help you feel full and save on calories at the same time. Give 'em a try!

Source: American Cancer Society



Getting Your Five A Day

The Power Of Fruits & Vegetables

Only 1 in 5 Americans eats the recommended 5 servings of fruits and vegetables each day.

But, what would you think if someone told you that consuming the daily-recommended number of fruits and vegetables could dramatically reduce your risk for serious diseases like heart disease or cancer? Would you doubt it? If so, you may just be surprised by the amazing preventive power of fruits and vegetables.

Getting Your Five In Three Easy Steps

By now we know that eating five to nine servings of fruits and veggies every day isn't easy. Our lives are extremely busy, and sometimes just finding enough time to eat is difficult—let alone finding time to eat the recommended amount of fruits and vegetables.

But have no fear—there's no reason to get down about our diets. Below you'll find three strategies that will help you eat great throughout the day, no matter where you are, what your budget is like, or how much time you have. Let's take a look.

Step #1: Incorporate Fruits & Vegetables Into Every Meal.

If you think about it, fruits and veggies are actually some of the fastest and simplest foods to eat and cook with. Below you'll find some ideas on how to fit fruits and vegetables into your daily eating routine.

Breakfast

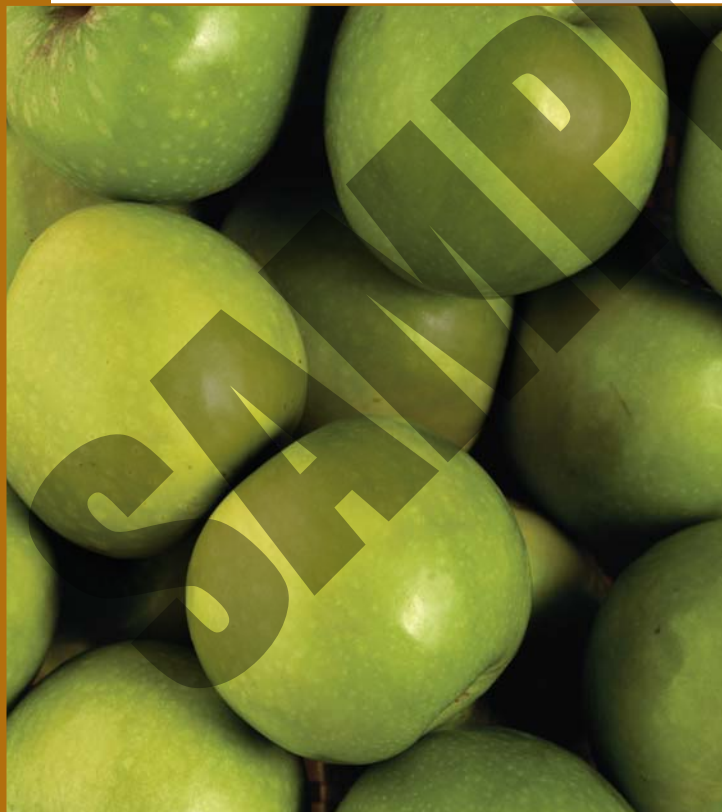
Slice a banana or some strawberries on top of your usual bowl of cereal. You may also want to drink some fruit juice. As long as it's 100% juice, just six ounces counts as one serving toward your five a day.

Lunch

Pack some carrot sticks or broccoli for dipping instead of those greasy potato chips. Not only will you get one of your five a day servings out of the way, but you'll cut fat and calories at the same time.

Dinner

There's nothing like a baked potato as part of a healthy dinner—as long as you don't load it up with toppings that increase calories and fat. Also, cooking up a can of corn or green beans in the microwave is about as simple as it gets.





Step #2: Make Your Fruits & Veggies Work For You.

Depending on what you buy and when, fresh fruits and veggies can be expensive. But they don't have to be. Check out these tips for saving big when it comes to getting your five a day.

Be a Bargain Hunter

When learning how to shop smart for fruits and vegetables, you'll need to learn your prices. Once you have a good idea of what constitutes a good deal, you'll be able to load up on your favorite items. Don't forget, it helps tremendously if you can buy produce that's in season and local. You won't pay extra to have it shipped.

Freeze!

Once you learn to recognize a bargain when you see one, chances are you'll have too much produce to eat before it spoils. The solution? Just freeze it. There's nothing wrong with freezing fruit. It keeps very well and in some cases, can make fruit even easier to work with. Consider refrigerating bananas, the skins may darken, but they'll last a few days longer.

Let It Grow

Looking for the ultimate money saving technique when it comes to getting your five a day? Grow a garden! Sure, there will be some expense wrapped up in seed, water, and fertilizer, but the cost will be quite low. Plus, there's nothing quite like the feeling of eating homegrown food. Eat healthy and start a new hobby all at once!

Only 1 in 5 Americans eats the recommended 5 servings of fruits and vegetables each day.

Step #3: Get Your Five On The Go.

There's no doubt that Americans are working harder, and spending more time at work than at any other point in history. But this is no excuse to eat poorly—in fact, quite the opposite is true. If we're going to maintain our work pace, we have to make sure we're getting the nutrition and energy we need. The fact is, you can get your five a day no matter where you are.

Eating Away from Home

The key to getting your Five A Day—even when you're away from the house—is substituting. Just because your favorite restaurant has certain menu items, doesn't mean you have to stick to them. Try substituting fresh fruit for fries, or vegetables in place of potato chips.

Eating in the Car

Americans are spending more and more time in their cars—either commuting to and from work, or racing around running errands. To eat healthier when you're out and about, try keeping some dried fruit in your glove compartment, or bring something easy like cauliflower or grapes to snack on in between stops.

At Work

Most foods people consume at work come straight from the vending machine. And these foods, rather than being loaded with healthy vitamins and minerals, are packed with extra calories and loads of fat. The following tips can help you eat healthier when you're at the office.

- ✓ Bring fresh fruit for everyone at your next staff meeting, instead of bagels or donuts.
- ✓ Store dried fruits such as raisins in your desk. This way, there's no reason to hit the vending machine.
- ✓ Collect recipes for salads or other healthy dishes that are quick and easy to prepare.

Exercising To Manage Weight

Stretching

If your idea of stretching is to reach across the table for another chicken wing, think again. Stretching is a great way for everyone to prevent aches and pains and can also help prevent injuries from overuse and repetitive motions, which account for one-third of all missed workdays. So what do you need to know about stretching? Remember the four basics—how to start, how to stretch, how often, and how long.



How Do I Start?

Warming up can help your stretching results. A light warm-up before stretching can help increase your range of motion, but will not prevent injury. Try jumping jacks or walking in place to get the muscles active and warm.

How Should I Stretch?

Slow and controlled—not fast—and avoid bouncing. Also, it's best to hold the stretch continuously for 15 to 30 seconds per muscle group. If you feel any pain, back off. Pain is your body's way of telling you that you have gone beyond your limits.

How Often?

One stretch per muscle group, once a day should be sufficient. However, some muscle groups may require more stretching.

How Long?

For 15 to 30 seconds per muscle group. Research shows that this is effective for both immediate and long-term results. These recommendations are for healthy individuals. If you are injured or have other health conditions, be sure to consult your physician before starting a routine.

Source: Physicians and Sportsmedicine

“If your idea of stretching is to reach across the table for another chicken wing, think again.”

Start Slowly & Build

When starting an exercise program, most of us have the very best of intentions. We want to jump right in and lose those extra pounds. But it's important to remember that beginning an exercise program is something you'll want to take slowly. After you've become better conditioned to regular exercise, you'll want to step it up, but slow and safe is the best prescription when first getting started.

So what exactly is slow and safe? When you first begin, try exercising 3 times a week for 20 minutes, working up to a goal of exercising for 30 minutes, 4 to 6 times a week. And you don't have to get in all your exercise at one time. You may want to exercise twice a day for fifteen minutes or take three, 10-minute walks. In fact, multiple, quick exercise sessions (like exercising during your lunch break) may help you incorporate exercise more easily into your busy schedule.

Building your capacity and sticking with it means positioning yourself for success. To give yourself a better chance of sticking with it and achieving your goals, try exercising with a friend or a family member—it makes exercise more fun and adds an element of accountability. Also, mix up your activities. Try walking, swimming, or riding your bike to add variety to your exercise routine.

6 Tips For Safe Exercise

Are you a “weekend warrior?” Do you try to push yourself during exercise or sports even when you know you shouldn't? If you answered, “yes” to these questions, you're a prime candidate for an exercise injury. In addition to following the central recommendations in this brochure, keep the following six quick tips in mind to stay even safer when exercising.

1 | Get good advice. Consulting a professional—like personal trainer—on how to use equipment and build your ability will help you improve your skills and exercise safely. Often, an initial consultation is free of charge.



2 | Wear proper clothing. Lightweight, breathable clothing is important when exercising indoors or in high heat/humidity. Remember to wear several layers when exercising in cold temperatures. Also, try to stay comfortable—tight clothing can cause irritation and chaffing.

3 | Get equipped. Safety equipment—whether you like the way it looks or not—can go a long way in helping you prevent injury. Helmets are especially important if engaging in outside activities like bicycling or rollerblading.

4 | Don't make the same mistake twice. Injuries are often the result of overuse—running too fast or too far, too soon. If you get injured or experience discomfort, don't just “work through it” blindly. Determine how it happened and correct the problem.

5 | Get plenty of rest. Exercising before an old injury has time to fully heal can lead to another injury. If you're still in pain, or the injury site is still inflamed, don't exercise.

6 | Continually educate yourself. Even after you're in great shape, and you've worked through most of your questions, it's still a good idea to try to learn more about exercising properly. A variety of great websites and books are available to help keep you in the know.

Recognizing Fad Diets

Why Fad Diets Don't Work

The plain and simple fact about fad diets—regardless of what they promise—is this: **THEY DON'T WORK.** And not only are they ineffective, but some can also be very dangerous for you. But despite their danger, millions and millions of Americans are looking for “quick-fix” weight loss solutions.

There are many reasons fad diets are flawed, but they all share one thing in common. They don't encourage behavior change. Losing weight, and keeping it off for life requires you to make actual lifestyle changes. You have to develop good eating habits, and make physical activity a part of your life. And believe it or not, this isn't breaking news—the word “diet” actually comes from the Greek word “diaita,” which means, “manner of living.” Even the ancient Greeks understood that losing weight was a matter of making lifestyle changes.

Fad Diet Flaws

The following are common flaws shared by fad diets...

- ! First and foremost, fad diets do not encourage ● lifestyle changes—the central aspect of healthy, successful weight management.
- ! Fad diets violate the first principle of good ● nutrition—eat a balanced diet that includes a variety of healthy foods.
- ! Super foods don't exist. It's important to eat ● moderate amounts of food from all food groups, not large amounts from a few.
- ! Fad diets aren't enjoyable. They tend to be so ● bland and boring that most people can only hold out for a short period of time.

Read on to learn more about spotting fad diets, and what it takes to lose weight safely.



Spotting Fad Diets

Losing weight takes hard work and dedication. You've got to exercise when you feel like sitting, and eat healthy foods when that cheeseburger and fries is calling your name. The fact is, ninety-five percent of all dieters falling for false promises and miracle solutions regain their lost weight plus more within 1 to 5 years. The following characteristics will help you spot a fad diet a mile away...

Identifying A Fad Diet: What To Look Out For

Miracle foods that burn fat.

There are no such thing as "foods that burn fat." Healthy weight loss involves nutritious eating and increased physical activity.

Bizarre quantities.

Look out for "miracle diets" that involve bizarre quantities of food. You're better off paying attention to the portion sizes of foods you normally eat. Oftentimes, portion sizes are twice what they should be for healthy eating.

Rigid menus.

A healthy diet is a balanced diet. If you find a diet that rigidly restricts what you eat, take a closer look—it may be a fad diet.

Specific food combinations.

As far as combinations are concerned, the two most important combinations involved with managing your weight are diet and exercise. Eat nutritiously and exercise more.

Rapid weight loss.

Be aware of diets or programs that promise rapid weight loss. In a typical, healthy weight loss program, you shouldn't lose more than 2 pounds per week.

No physical activity involved.

Managing and losing weight is a matter of calories in, calories out. To burn calories in a healthy way, you need to increase the amount of physical activity you're getting. When you find a diet that doesn't involve physical activity—it's not healthy.

The Usual Suspects: 5 Popular Fad Diets

There are literally hundreds and hundreds of fad diets on the market today. In fact, the diet industry has become a booming business—Americans spend more than \$30 billion per year on diet plans, equipment, and supplements. But Americans are still gaining weight. That's because fad diets, like the popular ones below, can't help you lose or maintain weight safely. Avoid these fad diets at all costs.

Suspect #1: The Food Specific Diet

Food specific diets are diets that require you to eat a specific food designed to encourage weight loss. These types of diets, especially if sustained over a long period of time, can deny your body important nutrients it needs to function properly.

Suspect #2: The High-Protein, Low-Carbohydrate Diet

The idea behind this fad diet is that cutting "carbs" will cut calories. And while this diet can be effective in cutting calories, it fails to acknowledge the important role carbohydrates play in providing your body the energy it needs for an active life.

Suspect #3: The High-Fiber, Low-Calorie Diet

Although fiber is an important part of a healthy diet, and can play an important role in weight loss, this diet typically encourages the consumption of unusually high levels of fiber, which can cause diarrhea, bloating, and cramping.

Suspect #4: The Liquid Diet

Although liquid diets can produce short-term weight loss, they fail in a major way because they do not encourage any behavior change. Liquid diets can very often be too low in calories, which will eventually inhibit your body's ability to lose weight.

Suspect #5: The Fasting Diet

Fasting actually slows your body's ability to lose weight. When you fast, your body isn't getting the fuel it needs. Instinctively, your body begins storing fat and burning muscle, which slows your metabolism—making it harder to lose weight.



Managing Weight

A Guide to Understanding Your Weight

Important information on Weight Management

Nutrition Fast Facts

- ✓ The typical American now consumes three hamburgers and four orders of French fries every week.
- ✓ 30% of adults eat out for lunch on the weekdays.
- ✓ Americans now spend more money on fast food than on higher education, personal computers, computer software, or new cars—COMBINED.
- ✓ The average business lunch is only 36 minutes long.
- ✓ In 1999, of the 30 fastest growing US franchises, 12 were fast food—and only three were fitness and nutrition.
- ✓ Nearly 10% of all food purchased in restaurants is consumed in the car.
- ✓ There are nearly 2 million different combinations of sandwiches that can be created from a Subway menu.

Source: *Fast Food Nation*

Managing Weight: A Guide To Understanding Your Weight

The information contained in this guide was taken from WELCOA's line of Nutrition brochures and has been reviewed for accuracy. This information is not intended to replace the advice of your healthcare provider. If you have any questions about managing your own health and/or seeking medical care, please contact a medical professional.



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