

Fitwell Lifestyles

Your Healthy Lifestyle and Weight Management Newsletter

January 2010

Welcome to Fitwell Lifestyles - Your Certified Weight Management Expert

Is Your New Year's Resolution to Lose Fat? Reduce the Safe and Healthy Way

Have you decided to lose weight this year? Did you make this resolution last year? The year before? Every month since? Every Monday? You're not alone. 11.5 million Americans - 68.8% of men and 61.6% of women - are overweight. At any given time, 25% of men and 45% of women are trying to lose weight.



Losing the weight is important to improve everyday life and look better but it can also save your life since 75% of deaths are now attributed to preventable causes – cancer & cardiovascular disease. These diseases are significantly influenced by behavior and lifestyle factors such as diet, weight, and tobacco use. Did you know that outside of cancer, AIDS & violence, **diabetes mellitus, hypertension, strokes, hypercholesterolemia and cardiovascular disease** are the leading causes of morbidity and mortality in the developed world?

But how could the prevalence of obesity in the United States double in the past two decades if we are always on diets? Because diets don't work. Will power doesn't work. There are no short cuts or magic pills that will make you slim, fit and healthy.

Regardless of their weight, most Americans need to eat fewer calories, be more active, and make wiser food choices.

A **healthy diet** as one that:

Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;

Includes lean meats, poultry, fish, beans, eggs, and nuts;

Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

What will work? You know the answer to this. Eat less, eat healthier and move more. So why is it so hard to translate such simple guidelines into lasting results? Part of it is our cultures emphasis on using food as entertainment, love, fun and comfort. But it is also because we don't understand how much less to eat, what is healthy, how much we need to move, and what movements we should be doing.

Eating fewer calories while increasing physical activity are the keys to controlling body weight.

Ideally, the goal for adults is to achieve and maintain a body weight that optimizes their health. However, for obese adults, **even modest weight loss (e.g., 10 pounds)** has health benefits, and the prevention of further weight gain is very important.

For overweight children and adolescents, the goal is to slow the rate of weight gain while achieving normal growth and development. Maintaining a healthy weight throughout childhood may reduce the risk of becoming an overweight or obese adult.

Maintaining a Healthy Weight and Losing Weight

Weight loss is more challenging than prevention of weight gain. Since many adults gain weight slowly over time, even small decreases in calorie intake can help avoid weight gain, especially if accompanied by increased physical activity. For example, for most adults a reduction of 50 to 100 calories per day may prevent gradual weight gain, whereas a reduction of 500 calories or more per day is a common initial goal in weight-loss programs.

Similarly, up to 60 minutes of moderate- to vigorous-intensity physical activity per day may be needed to prevent weight gain, but as much as 60 to 90 minutes of moderate-intensity physical activity per day is recommended to lose weight and sustain weight loss for previously overweight people. It is advisable for men over age 40, women over age 50, and those with a history of chronic diseases such as heart disease or diabetes to consult with a healthcare provider before starting a vigorous exercise program.

Lifestyle changes in diet and physical activity are the best choice for weight loss. A combination of a reduction of 250 to 500 calories eaten and the addition of 250 to 500 calories expended by exercise per day is recommended.

Portion Control is Key

Between 1977 and 1996, salty snacks, desserts, soft drinks, burgers, French fries and Mexican food all markedly increased in size and calories. In restaurants, portions are out of control, with super sizes, all-you-can-eat buffets and huge platters of food delivered to your table. Grocery stores and wholesale clubs want you to "buy more and save more."






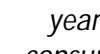
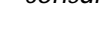


Studies show that when people are offered larger servings, they tend to eat more calories. It is hard to stop eating when there is more food on your plate! Be aware of what and how much you are eating. Order small when out!

Physical Activity:

- ◆ Improves self-esteem and feelings of well-being.
- ◆ Increases fitness level.
- ◆ Helps build and maintain bones, muscles, and joints.
- ◆ Builds endurance and muscle strength.
- ◆ Enhances flexibility and posture.
- ◆ Helps manage weight.
- ◆ Lowers risk of heart disease, colon cancer, and type 2 diabetes.
- ◆ Helps control blood pressure.
- ◆ Reduces feelings of depression and anxiety.

Portion Sizes Have Increased

Look At the Difference

	20 Years Ago	Today
	333	590
	210	610
	85	250
	320	820
	270	630
	260	640
	55	275
	45	350
	210	500
	500	850
	2288	5655

Source: US Dept of Health and Human Services

Take a look at the total calories for each column. 20 years ago, if you ate all of those items you would consume 2,288 calories versus 5,655 calories - that is more than double!!

Learn to Read the Nutrition Facts on Food Labels.

Look at serving size, servings per container and calories. Limit fat, saturated fat, cholesterol and sodium to 5% or less of the daily value. Shoot for zero trans fat. Get enough fiber and important nutrients.



Recipe Contest

Do you have a favorite healthy recipe, meal, snack or dessert?

Submit your recipes for a chance to be included and credited as a contributor in Fitwell's new Cookbook.

Email or fax that recipe today!
deirdre@fitwell-lifestyles.com, Fax: 866-683-7231

How Much Protein? How Much Fat? How Many Carbs?

When it comes to body weight control, it is calories that count—not the proportions of fat, carbohydrates, and protein in the diet. However, when individuals are losing weight, they should follow a diet that is within the Acceptable Macronutrient Distribution Ranges (AMDR) for fat, carbohydrates, and protein. Aim for 20 to 35 percent of total calories from fat; 45 to 65 percent of total calories from carbohydrates; and 10 to 35 percent of total calories from protein.

Diets that provide very low or very high amounts of protein, carbohydrates, or fat are likely to provide low amounts of some nutrients and are not advisable for long-term use. Although these kinds of weight-loss diets have been shown to result in weight reduction, the maintenance of a reduced weight ultimately will depend on a change in lifestyle. Successful and sustainable weight loss and weight maintenance strategies require attention to both sides of the energy balance equation (i.e., caloric intake and energy expenditure).



KEY RECOMMENDATIONS

- To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended in everyday life and exercise.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

Key Recommendations for Weight Loss

- **Those who need to lose weight.** Aim for a slow, steady weight loss by decreasing calorie intake while maintaining an adequate nutrient intake and increasing physical activity.
- **Overweight children.** Reduce the rate of body weight gain while allowing growth and development. Consult a healthcare provider before placing a child on a weight-reduction diet.
- **Overweight adults and overweight children with chronic diseases and/or on medication.** Consult a healthcare provider about weight loss strategies prior to starting a weight-reduction program to ensure appropriate management of other health conditions

How Much Should I Eat?

To estimate caloric requirements, take your weight in pounds and multiply by 10 for light activity, 15 for moderate activity and 20 for heavy activity. Subtract 100 for clients age 35-44, 200 for ages 55-64, 400 for over 65.

LIGHT = less than 30 minutes a day of moderate physical activity in addition to daily activities.

MODERATE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.

A 25 year-old, 200 pound person who does not exercise needs to eat about 2,000 calories per day to maintain her weight. To lose weight safely and permanently, this person could simply exercise at a moderate level. If she is unable to exercise, she can decrease her calories by 250 to 500 calories, improve the quality of her diet and increase everyday activity as much as possible.

Never eat less than a calorie level of healthy body weight x 10 calories per pound.

Healthy, permanent weight loss roughly equals up to 1% of your body weight per week. Our 200 pound person should be pleased with losing 1 – 2 pounds per week.

Daily Amount of Food from Each Group According the USDA Food Pyramid

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Vegetables	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Meats and Beans	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Milk	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
Discretionary Calorie Allowance	165	171	171	132	195	267	290	362	410	426	512	648
Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200

What counts as a cup of fruit? In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup. This amount should average 60 calories and would equal 1 small apple or orange, 17 small grapes or 2 Tbsp raisins.

What counts as a cup of vegetables? In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup. This amount should average 25 calories.

What counts as an ounce equivalent of grains? In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal averaging 80 calories.

What counts as an ounce equivalent in the meat & beans group? In general, 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds averaging 75 calories.

What counts as 1 cup in the milk group? In general, 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group averaging 100 calories.

How much is my allowance for oils? Most Americans consume enough oil in the foods they eat, such as nuts, fish, cooking oil, salad dressings. One serving averages 75 calories.

You can use your discretionary calorie allowance to:

- Eat more foods from any food group.
- Eat higher calorie forms of foods—those that contain solid fats or added sugars. Examples are whole milk, cheese, sausage, biscuits, sweetened cereal, and sweetened yogurt.
- Add fats or sweeteners to foods. Examples are sauces, salad dressings, sugar, syrup, and butter.
- Eat or drink items that are mostly fats, caloric sweeteners, and/or alcohol, such as candy, soda, wine, and beer.



What to Eat and Not to Eat For a Healthy Diet

Do Eat

Starchy Carbohydrates such as: Yams, sweet potatoes, barley, oatmeal (old fashioned unsweetened), beans-all types, lentils, black eye peas, soybeans (edamame), slow cooked brown rice (long grain/ basmati), lentils, white potatoes, red potatoes, carrots, jicama, 100% whole grain, unsweetened boxed cereals, 100% whole grain cooked cereals, 100% whole grain pastas (amaranth, quinoa, wheat, etc), 100% whole grain breads (whole wheat, rye, spelt, etc), 100% whole wheat pitas, 100% whole grain, unsweetened muffins, quick cook brown rice, quick cook oatmeal (unsweetened).



Fresh and Frozen (no sauce) Fibrous Vegetables such as: Arugula, greens, bok choy, Brussels sprouts, cabbage, celery, lettuce, spinach, watercress, bell peppers, cucumbers, eggplant, tomatoes, zucchini, artichokes, broccoli, cauliflower, green beans, okra, asparagus, leek, onion, shallots, kale, mushrooms.

All Fresh and Frozen Fruit: NOT canned, sweetened or juice.

Fats such as: flaxseed oil, fish oil, fatty fish (salmon, trout, herring, sardines), olive oil salad dressings, natural peanut butter, natural nut butters, olives, avocado, nuts, seeds, reduced fat and reduced calorie salad dressings.

**Having trouble thinking of what to eat?
Need ideas on healthy meals and snacks?**

Sign up to receive a new recipe,
meal or snack idea every day.
Email deirdre@fitwell-lifestyles.com
with "Daily Recipe" in the subject line.



Proteins such as: chicken breast, turkey breast, extra lean ground turkey, ostrich, buffalo/bison/lean, game meats, all types of fish, shellfish, egg whites, nonfat cottage cheese, top round steak (leanest cut of red meat), protein powder supplements, flank steak, extra lean top sirloin, extra lean ground beef, extra lean red meats, low fat ground turkey, nonfat or 1% low fat sour cream, nonfat or 1% low fat cheese, nonfat or 1% low fat cream cheese, 1% low fat cottage cheese, nonfat or 1% low fat sugar free yogurt, whole eggs.

Do NOT Eat

Foods very high in saturated fats and or trans fats such as: hydrogenated oils (palm palm kernel, coconut, vegetable), anything deep-fried, margarine, very high calorie and high fat cuts of pork and red meat such as porterhouse and prime rib, full fat dairy and cheeses.

Highly Sweetened Foods made mostly of white sugar or other refined carbohydrates such as: candy, sweets, chocolate, cookies, soda pop, sugar sweetened beverages.

Pastries and Baked goods high in both fats and sugars such as:

pies, doughnuts, croissants, éclairs, cinnamon buns, cakes.



Foods high in both refined carbohydrates and saturated fat such as: Fettuccine Alfredo, potato chips, sweetened peanut butter, hot dogs on white bun, fast food hamburgers on white buns (even worse with cheese, bacon and mayonnaise), chocolate milk (full fat, whole milk).

Processed Meats that are High in Fat such as: full fat lunch meat and cold cuts, bologna, hot dogs, salami, beef jerky, beef sticks, sausage, bacon.

The less processed and refined foods are healthier.

Pick foods that as closest to their natural forms. Avoid foods with artificial ingredients and with hard to pronounce words on their ingredient label.

Sample Menus for a 2000 Calorie Food Pattern

- Averaged over a week, this seven day menu provides all of the recommended amounts of nutrients and food from each food group.
- Italicized foods are part of the dish or food that precedes it.

BREAKFAST

Breakfast burrito

1 whole grain tortilla (7" diameter)
1 scrambled egg (in 1 tsp soft margarine)
1/3 cup black beans
2 tbsp salsa
1 large orange
1 cup fat-free milk



LUNCH

Roast beef sandwich

1 whole grain sandwich bun
3 ounces lean roast beef
2 slices tomato
1/4 cup shredded romaine lettuce
1/8 cup sautéed mushrooms (in 1 tsp oil)
1 1/2 ounce part-skim mozzarella cheese
1 tsp yellow mustard
3/4 cup baked potato wedges
1 tbsp ketchup
1 unsweetened beverage

DINNER

Stuffed broiled salmon

5 ounce salmon filet
1 ounce bread stuffing mix
1 tbsp diced celery
2 tsp canola oil
1/2 cup brown rice
1 ounce slivered almonds
1/2 cup steamed broccoli
1 tsp soft margarine
1 cup fat-free milk

SNACKS

1 cup cantaloupe

BREAKFAST

Hot cereal

1/2 cup cooked oatmeal
2 tbsp raisins
1 tsp soft margarine
1/2 cup fat-free milk
1 large orange

LUNCH

Taco salad

2 ounces tortilla chips
2 ounces ground turkey, sautéed in 2 tsp sunflower oil
1/2 cup black beans
1/2 cup iceberg lettuce
2 slices tomato
1 ounce low-fat cheddar cheese
2 tbsp salsa
1/2 cup avocado
1 tsp lime juice
1 unsweetened beverage

DINNER

Spinach lasagna

1 cup lasagna noodles, cooked (2 oz dry)
2/3 cup cooked spinach
1/2 cup ricotta cheese
1/2 cup tomato sauce
1 ounce part-skim mozzarella cheese
1 ounce whole wheat dinner roll
1 cup fat-free milk

SNACKS

1/2 ounce dry-roasted almonds



1/4 cup pineapple
2 tbsp raisins

BREAKFAST

Cold cereal

1 cup bran flakes
1 cup fat-free milk
1 small banana
1 slice whole wheat toast
1 tsp soft margarine
1 cup grapes

LUNCH

Tuna fish sandwich

2 slices rye bread
3 ounces tuna (packed in water, drained)
2 tsp mayonnaise
1 tbsp diced celery
1/4 cup shredded romaine lettuce
2 slices tomato



1 medium pear
1 cup fat-free milk

DINNER

Roasted chicken breast

3 ounces boneless skinless chicken breast
1 large baked sweet potato
1/2 cup peas and onions
1 tsp soft margarine
1 ounce whole wheat dinner roll
1 tsp soft margarine
1 cup leafy greens salad
3 tsp sunflower oil and vinegar dressing

SNACKS

1/4 cup dried apricots
1 cup low-fat fruited yogurt

BREAKFAST

1 whole wheat English muffin
2 tsp soft margarine
1 tbsp jam or preserves
1 medium grapefruit
1 hard-cooked egg
1 unsweetened beverage

LUNCH

White bean-vegetable soup

1 1/4 cup chunky vegetable soup
1/2 cup white beans
2 ounce whole grain breadstick
8 baby carrots
1 cup fat-free milk

DINNER

Rigatoni with meat sauce

1 cup whole wheat rigatoni pasta (2 ounces dry)
1/2 cup tomato sauce
2 ounces extra lean cooked ground beef (sautéed in 2 tsp vegetable oil)
3 tbsp grated Parmesan cheese
Spinach salad
1 cup baby spinach leaves
1/2 cup tangerine slices
1/2 ounce chopped walnuts
3 tsp sunflower oil and vinegar dressing



1 cup fat-free milk

SNACKS

1 cup low-fat fruited yogurt

Free Foods: bouillon, broth, club soda, coffee, tea, sugar-free soft drinks, sugar-free gelatin dessert, horseradish, lemon juice, mustard, nonstick cooking spray, sugar free popsicles, spices, sugar substitutes, Tabasco sauce, sugar free tonic water, all kinds of vinegar.

How Much Physical Activity Do I Need?

At a minimum, do *moderate* intensity activity for 30 minutes most days - preferably every day. This is in addition to your usual daily activities. Increasing the intensity or the amount of time of activity can have additional health benefits and may be needed to control body weight.

The **talk test** is a simple way to measure relative intensity. If you are doing moderate-intensity activity you can talk but not sing during the activity. If you are doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

About 60 minutes a day of moderate physical activity may be needed to prevent weight gain. However, for those who have lost weight, at least 60 to 90 minutes a day may be needed to maintain the weight loss. At the same time, calorie needs should not be exceeded. Children and teenagers should be physically active for at least 60 minutes most days if not every day.

While 30 minutes a day of moderate intensity physical activities provide health benefits, being active for longer or doing more vigorous activities can provide even greater health benefits. They also use up more calories per hour. No matter what activity you choose, it can be done all at once, or divided into two or three parts during the day. Even 10-minute bouts of activity count toward your total.

Men over the age of 40 and women over the age of 50 planning to start vigorous physical activity should consult a health care provider. Individuals with one of the conditions below should also consult a health care provider for help in designing a safe program of physical activity.

- A chronic health problem such as heart disease, high blood pressure, diabetes, osteoporosis, asthma, or obesity.
- High risk for heart disease, such as a family history of heart disease or stroke, eating a diet high in saturated fat, *trans* fat and cholesterol, smoking, or having a sedentary lifestyle.

Calories Per Hour Expended in Common Physical Activities

Some examples of common physical activities and the average amount of calories a 154-pound individual will expend by engaging in each activity for 1 hour. The expenditure value encompasses both resting metabolic rate calories and activity expenditure.

Moderate Physical Activity Approximate Calories per Hour for a 154 lb Person

Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking and carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout)	220
Stretching	180

Vigorous Physical Activity Approximate Calories per Hour for a 154 lb Person

Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.

Why is Physical Activity Important?

- Regular physical activity is important for good health, and it is especially important if you are trying to lose weight or to maintain a healthy weight.
 - When losing weight, more physical activity increases the number of calories your body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories you eat, creates a "calorie deficit" that results in weight loss.
 - Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to *maintain* weight loss is to be engaged in regular physical activity.
 - Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Ask Deirdre

Have a question? Email it to Deirdre@fitwell-lifestyles.com.

Doug D.: I'm 41 yrs. old, 66 inches, 210 pounds. I started hitting the weights hard 3 times a week, each body part once a week. I am trying to stay around 1500 calories a day. Am I doing the right thing? Everyone seems to have a different suggestion on how to lose fat. I'm not a body builder, just someone looking to tone up and lose about 30 pounds. Thanks.

Deirdre: It depends on how much you are working out (cardio and session length included) but you should be eating closer to 2000 calories per



day. You also need to make sure that you are eating correctly. This means spreading your calories out through the day and making sure to focus on vegetables and complex carbohydrates. Many people eat too much protein because that's what body builders do but if you are not a body builder that can actually be detrimental to fat loss.

Doug D.: But how much cardio do you think I should be doing? I am working out with weights 3 times a week. Each body part once a week. And I work out heavy to the point where I'm sore. That's why I only work out each body part once a week. It gives me time to recover. I am eating around 1600 to 1700 calories a day. That's as low as I can go without getting too weak and dizzy. I haven't been doing any cardio, but now I have bought a treadmill and have started walking 30 minutes a day on the days when I'm not lifting. One more thing, why would you have me eat 2000 calories a day? Remember, I'm just a beginner.

Deirdre: In order to lose fat, you have to eat enough food that so that you're body doesn't think it's starving. Remember, you're body is an animal and only understands survival. If you don't eat enough, you're body thinks that there is a famine and slows down your metabolism so you don't starve to



death. If you exercise hard and don't eat enough, your body thinks that you under attack and since you won't be able to eat while defending your life; it will slow down your metabolism to help you survive.



The minimum number of calories that you should eat is called your "Resting Metabolic Rate" and includes your "Basal Metabolic Rate". A healthy person requires approximately 10 calories per pound of body weight to meet the needs of their resting metabolic rate. Estimate your caloric needs: $\text{Body weight} \times 10 \text{ calories per pound} + \text{additional energy for activity}$. Never eat less than a calorie level of healthy body weight $\times 10$ calories per pound.

Aim for about 60 minutes of moderate to vigorous intensity physical activity on most days. You should lift each body part at 2 to 3 times per week so you'll need to dial down the intensity on your lifting. Otherwise you risk injury and you won't see the same results working the muscles more often. To lose fat, I find doing splits works best and I do some cardio every day. You can do circuits that work the muscles and provide cardio similar to a sprint program but you also need a lot of steady state cardio.



Remember, if you work too hard, your body panics and shuts down so backing off can get you better results. All or nothing may make sense to your head but it doesn't work for your body. You are also more likely to maintain your new habits if you practice moderation.

Doug D.: Just wanted to say thanks for clearing some things up for me. I will try what you said for the next month and see what results I see and also how I feel. Thanks!

Deirdre: Glad to help. It's all about trying different (sensible) things until you find what works for you. Please keep me updated on your progress.