

### The Power of Control

When you're in control of your eating, you feel in control of other areas of your life as well – powerful, focused, full of possibility. When you are out of control in the area of weight management, often other things in your life are out of control too – your relationships, your job, your progression towards important goals.

Being in control means saying to yourself, "I'm responsible for my own life." Notice how good you feel when you assume responsibility for yourself: important, validated, energetic, popular, worthwhile. All good things result from feelings of control: joy, strength, generosity and love. When you feel good about yourself, you bring joy not just to your life, but to those around you.

### Flexible Thinking

Flexible thinking will help you maintain control. Flexibility is the ability to adapt to new situations, the ability to accept your failures when they happen, the ability to "go with the flow" when you can't have perfection. Allow yourself to make mistakes and then move on.

### It's Not About the Blame

It's easy to put the blame for being overweight on someone else, but this gives them control over you.

*"It's not my fault I'm fat! Everyone in my family is fat – my mother, father, sisters, brothers. Can I help it if my mom was a great cook? Is it my fault she knows nothing about nutrition? My family is to blame for my poor eating habits. I'm nothing but a victim of circumstances that were beyond my control."*

Maybe your parents are overweight. Maybe they love to eat and have no idea at all about which foods or behaviors are good for them. And maybe their parents were fat too. Can you change that? No! Can you change the way you are? Yes! You can blame others for the past, but you are responsible to yourself for the future. What happens from now on is up to you

**Make a new affirmation – I'm not perfect, but I'm on my way to being the best I can be!**

## A Balanced Diet

Foods are composed of proteins, fats and carbohydrates, along with vitamins and minerals. Your body depends on all of these essential nutrients for good health. Nutrients are used by the body to produce energy that is measured in calories.

A balanced diet must include all of the essential nutrients but only in the quantities you need for weight maintenance. Weight loss occurs when more calories are used than taken in. Weight gain occurs when more calories are consumed than used.

And remember, all excess calories, regardless of their origin, turn to fat. Although nutrients are not fattening in and of themselves, your body only uses what it needs. Excess calories from protein, carbohydrates or fats are stored in the body as fat. This storing of fat is a defense mechanism which your body uses to fend off starvation.

## Nutrient Summary

**Proteins** are the building blocks of the body and are necessary for the growth and repair of tissue. They are generally gathered from beef, fish, fowl, eggs, dairy products and certain nuts and grains.

**Fats** provide the body with stored energy. They are also useful in lubricating the digestive tract, protecting organs and nerves, and providing insulation for the body. While this is an essential function, only small amounts are needed for this task. Fats are derived from butter, margarine, oil, dairy products and even some protein sources.

**Carbohydrates** are used to meet the body's immediate energy needs, especially those of the brain. They also provide energy for numerous body functions and help in the digestion and absorption process.

**Vitamins** are essential for specific body functions of maintenance and growth. A balanced diet will include all of the needed vitamins. If the diet is deficient in vitamins, a supplement is recommended, however, mega doses of any vitamin may be dangerous and should not be taken without the advise of a physician.

**Minerals** support the structures of the body and regulate many body functions. Here again, the balance diet will contain adequate minerals, however in some cases your physician may recommend a supplement.

**Water** is essential to all body functions. Without it, the body cannot survive more than a few days.

Milk and yogurt provide protein, carbohydrates (in the form of lactose), varying amounts of fat and are good sources of phosphorus, calcium, vitamin A and D (when fortified), and riboflavin (a B vitamin). Phosphorus, calcium, and vitamin D are the vital three for good bone health, these nutrients work together to prevent osteoporosis, a condition that causes bones to become porous, fragile and susceptible to fractures.

Whole milk products are high in saturated fat and cholesterol. Because of this, a variety of alternative dairy products are available in which the fat has been partially or totally removed. For example, in an 8 ounce (1 cup) serving of skim and low-fat milk, the fat content has been reduced to 0 from 5 grams of fat, respectively, compared to 8 grams of fat in an 8 ounce serving of whole milk. Although the fat content is reduced, the lower fat milk products still provide the same amount of high quality protein. In fact, one 8 ounce glass of low-fat or skim milk contains as much protein as a 1 ounce portions of meat and also provides all of the essential amino acids.

#### Serving Sizes

- 1 cup skim or low-fat milk
- 1 cup non fat or low-fat yogurt
- 1 cup non fat or low-fat fruit flavored yogurt (sweetened with a non-nutritive sweetener)

#### Practical Tips

Plain yogurt can be livened up by mixing in fruit and adding a non-nutritive sweetener. Try yogurt instead of milk as a delicious topping to cereal. If you are not a milk drinker or yogurt lovers, choose vegetables such as broccoli and kale, which are high in calcium or try a calcium fortified orange juice.

#### Choosing Healthy Alternatives

While these foods are excellent sources of protein, vitamins and minerals, some foods in this group contain high amounts of fat. In most cases, a low fat alternative can be just as tasty.

Instead of ...	First try ...	Best Choice ...
Whole Milk	Low-Fat Milk	Skim Milk
Sour Cream	Reduced Fat Sour Cream	Non-Fat Plain Yogurt
Cream	Evaporated Skim Milk	Skim Milk

Strengthening your muscles is an important part of improving fitness. Strong muscles help prevent injuries and some chronic problems such as lower back pain. With strength training, your body uses stored fat and carbohydrates as fuel. Also, strength training can help you maintain your weight loss since muscle burns three times more calories than fat. Strength training can be as simple as lifting a can of tomatoes or can include working with weight machines.

Strength is increased when a muscle has to work harder than usual. Simple strengthening exercises include using your body as resistance, like lifting your arms and legs or pushing against a stationary object. This is a good technique for strengthening the main muscles of your body (stomach, legs, arms, chest). Weights can also be used for strength training. Hand and ankle weights are inexpensive and can be purchased at your local sporting goods store. But if you don't have weight handy, you can use household items such as canned goods or plastic bottles filled with water or sand.

When you first start strength training, choose a weight that you can lift 15 times comfortably without feeling tired. When you can lift this weight 20 times, increase the weight by 2-5 pounds. For the first month, lift these weight 8-12 times then rest. After a month, try to do an additional set (lift the weight 8-12 times, rest for 2 minutes, then lift them 8-12 times again). Finally, weight train no more than 3 times per week and rest between workouts. And, don't forget to warm up and down.

### Kitchen Kapers

Many kitchen items, such as soup cans, can be used to change mundane chores into fun strength training exercises. These items are like using hand weights to build muscle strength. The following activities are examples of simple strength training exercises. Read through and try each activity.

Soup Can Toners	Soup Can Openers	Dazzing Dish Legs
<ul style="list-style-type: none"> <li>Grasp a soup can in one hand</li> <li>Straighten arm and raise can directly above head</li> <li>Keep upper arm stationary, bend elbow so forearm bends backwards</li> <li>Exhale as you straighten arm upward</li> <li>Repeat arm extender 20 times then switch arms</li> </ul>	<ul style="list-style-type: none"> <li>Stand with feet, shoulder width apart</li> <li>Extend arms forward, check level, soup can in each hand</li> <li>Open arms to the sides, then move back to the original position</li> <li>Repeat 12 times</li> <li>Add a variation of bending your legs when your arms are open</li> </ul>	<ul style="list-style-type: none"> <li>Stand at sink</li> <li>Raise one leg to the side</li> <li>Hold for 10 seconds. Repeat.</li> <li>After 10 repetitions, switch legs</li> </ul>

### Activity

For the next 3 days, do either the Soup Can Toner or the Soup Can Openers at least once per day. On day 4, add the one you haven't done yet to your routine. On day 5, add Dazzing Dish Legs to your daily routine.

Increase your walking program to a 30 minute walk, 4 times per week. If you are already at this level, try a 35 minute walk, 4 times per week. On the days you don't plan to walk, do two stretching exercises and add one new way to increase your daily activity.

Be sure to take your heart rate before, during and after your walking routine. Continue to try to achieve a heart rate between the two numbers your calculated on the earlier worksheet.