

# The SLC Health Herald



## JUST ASK HERALD

Dear Herald: They say change is not easy but it is simple. Deciding to make changes is the easy part – an emotional process. Change is the key that unlocks the doors to growth and excitement within a person. Each one of us has the ability to make changes in our lives and to inspire and encourage others to do the same. Change what needs changing – not what's easy and that will equal success. Don't wait for others to take the first step and remember "If it is to be, it's up to me."

If you have a **health/fitness related** question for Herald please send an email to [askherald@stlawco.org](mailto:askherald@stlawco.org) your question will be promptly answered.

### From the Committee's Corner:

#### St. Lawrence County Biggest Loser Competition

To be held: January 31, 2011- April 29, 2011

Participants will pay a \$1.00 entry fee and be weighed in on January 31, 2011 between 11 am-2pm. (Or on Tuesday, February 1<sup>st</sup> between 11am-2pm). Your starting weight will be recorded for review against your April 29th final weigh-in. Weekly weigh-ins will be done at the end of each week on Thursday or Friday. Participants who have recorded a weight gain will agree to pay a \$1.00 penalty fee each week they gain weight. Participants who maintain or lose weight from the previous week will not pay a \$1.00 penalty for that week.

Individuals with the **top percentage** of natural weight loss will receive the money collected from the participants. There will be 1<sup>st</sup> place winners from both Male and Female participants. (50% of fees collected to top male and 50% of fees collected to top female)

#### Healthy Weight - it's not a diet, it's a lifestyle!

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

### What is healthy weight loss?

It's natural for anyone trying to lose weight to want to lose it very quickly. But evidence shows that people who lose weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

To lose weight, you must use up more calories than you take in. Since one pound equals 3,500 calories, you need to reduce your caloric intake by 500—1000 calories per day to lose about 1 to 2 pounds per week.<sup>1</sup>

Once you've achieved a healthy weight, by relying on healthful eating and physical activity most days of the week (about 60—90 minutes, moderate intensity), you are more likely to be successful at keeping the weight off over the long term.

*Losing weight is not easy, and it takes commitment.*

#### Healthy Eating for a Healthy Weight

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or eating plan. So how do you choose a healthy eating plan? Let's begin by defining what a healthy eating plan is.

According to the *Dietary Guidelines for Americans*, a healthy eating plan:

- 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
- Stays within your daily calorie needs

## Physical Activity for a Healthy Weight

Regular physical activity is important for good health, and it's especially important if you're 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.

Physical activity also helps to—

- Maintain weight.
- Reduce high blood pressure.
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- Reduce arthritis pain and associated disability.
- Reduce risk for osteoporosis and falls.
- Reduce symptoms of depression and anxiety.

These are some sites individuals can access on the web:

This is a URL for a BMI (Body Mass Index) calculator:

<http://www.nhlbisupport.com/bmi/bminojs.htm>

This is a URL for Calorie Per Day calculator :

<http://walking.about.com/cs/calories/l/blcalcalc.htm>



Weight loss  
Myths.pdf



Healthy Weight.doc

## Is Food a Problem for You?

**Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.**

**Unlike other organizations, OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-**

**being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.**

**We have meetings on Thursday night at Massena Memorial Hospital, Community Room from 7 – 8PM and Saturday morning at Trinity Episcopal Church, Fall Island, Potsdam from 9 - 10AM. Contacts for these meetings are Linda 388-4403 or Anne 714-2239.**

## MEDITERRANEAN RICE

- 1 cup brown rice, rinsed
- 2 cups water
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1 tsp oregano, dried
- 1 medium tomato, diced
- ¼ cup feta cheese, crumbled
- 2 cups baby spinach, chopped
- 3 leaves fresh basil, julienne cut
- 1 tbsp fresh lemon juice
- Salt (optional) and pepper to taste

*In medium saucepan, bring the water to a boil. Add rice, stirring, and return to a boil. Cover, reduce heat to low and simmer until all the water has been absorbed, about 40 minutes.*

*While the rice cooks, combine oil, garlic, and oregano in a separate bowl. Gently toss in tomatoes and feta cheese.*

*When rice is finished cooking, remove from heat and let rest for a minute. Fold tomato mixture, spinach, and basil into rice. Pour lemon juice over rice and mix again.*

*Season with salt and pepper to taste and serve.*

*Calories: 270/Protein: 6 g/carbs: 40 g/Fiber: 3 g/Sodium: 135 mg/ Saturated fat 2.5 g/Polyunsaturated fat: 1g  
Monounsaturated fat 6 g/trans fat: 0 g/ cholesterol: 10 mg*

*Healthy meal ideas:*

- Top mini wheat bagel with cheese and an apple slice
- Top whole wheat pasta w/ marinara sauce & minced clams
- Microwave a potato & top w/broccoli, cauliflower/cheese
- Top parmesan-flavored couscous w/ chicken & vegetables.
- stuff whole wheat tortillas w/canned black beans, lettuce, Salsa, cheddar cheese, and low-fat sour cream
- Make quick and easy chili with extra-lean ground beef or Turkey, canned kidney beans, tomato sauce, chopped onion, canned chopped tomatoes, and chili seasoning packet.
- Oregano-Garlic Vinaigrette – 3 tbsp dried oregano, 2 garlic cloves finely minced, 1 ½ cups olive oil, ½ cup red wine vinegar and salt/pepper – Whisk all ingredients and serve.