



Healthier Ohio

Throughout every day, we hear we need to change our habits to become healthier. "We can't do this, we can't eat that. It all seems so overwhelming." We know we need to make some changes but change can be scary. "How do I start? Why do I have to give up everything I like?"

Guess what.....YOU DON'T!

Any changes make a big difference. Any changes made should be done gradually so you don't feel cheated.

Helpful Quotes

Going cold turkey and denying yourself the things you enjoy makes you want them more, which can lead to resentment and resistance.

**A man's health can be judged by which he takes two at a time - pills or stairs. – Maine House of Representatives, District 46:
Representative Joan W. Welsh**

You must be capable of changing and rearranging your priorities so that your final goal can be achieved.

You must feel confident enough within yourself to follow your own dreams.

Calories per Pound of Fat

There are 3500 calories per pound of body fat. In order to lose just one pound of stored fat we need to burn off 3500 extra calories. Sounds simple, yet so many dieters claim to cut enough calories per pound each week but hardly lose any fat. The calories should be cut or burned at a rate of approximately 500 calories per day. Dieters should also try not to eat less than 1200 calories per day (of a 2000 calorie diet). Excessive restrictions may put your body into “starvation mode” where your body will rob muscles and bones for nutrients.

<http://www.weightlossforall.com/calories-per-pound.htm>

The key is to balance energy input and output. This can only be done through a combination of exercise and good nutrition. The equation for solving how many calories are burned by completing different types of exercise can only be obtained when you include your weight into the calculation. How much weight you have to lose makes a difference.

10 diet motivation tips by Dr Wynnie Chan

- 1. If you're going to a party straight after work, eat something before you go so that you don't dive into the nearest plate of snacks when you arrive.**
- 2. Choose wisely if you haven't got time to eat before the party; choose your snacks carefully. Breadsticks are a great choice but watch out for those dips.**
- 3. Drink a glass of water.**
- 4. Sugar free gum tends to stop you from nibbling bits of food while you're cooking.**
- 5. Stock up on dried fruits. Dried fruits are low in fat and high in fiber.**

6. Out of sight, out of mind. Keep temptation at bay when you're at home.

7. Watch the alcohol.

8. Be ruthless! Don't leave bowls of unfinished snacks laying around throw them out as soon as your guests have left.

9. If you love dips and can't bear to eat breadsticks naked, why not make your own low fat dips?

10. Don't waste calories! If you really want something then have it.

Tips

- **Take the stairs, instead of the elevator**
- **Take a walk during your lunch break**
- **Stretch for a few minutes after you get out of bed**
- **Cut back on soft drinks throughout your day**
- **Increase your water consumption**
- **Reduce your portion size**
- **Use a smaller plate**
- **Don't eat until you are full; it takes 20 minutes for your mind to register you are full**
- **Grill or bake instead of frying your food**
- **Potato chips are better than French fries**
- **Eat more satisfying and nutritious snacks such as:
Fresh fruits, raw vegetables or Air popped popcorn**

Other Helpful Weight Control Sites

www.naturalphysiques.com/howmanypounds

www.weightloseforall.com/calculate%20cals.htm



Tips for within the food pyramid:

<http://www.mypyramid.gov/pyramid/index.html>

- **Make half your grains whole**
- **Vary your veggies by color**
- **Focus on fruits**
- **Get your calcium rich foods**
- **Go lean on protein**

For More Areas of Health Concerns Please Visit:

<http://www.healthyohioprogram.org/>

This site provides information on Healthy Lifestyles, Prevention, Health Equity and more. There are also links for, Tobacco Use Prevention and Cessation, and Chronic Disease Prevention (Cancer, Heart Disease and Stroke Prevention and Diabetes).

www.suite101.com

"Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it." ~ Ann Landers