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# TEAM NEWSLETTER #1 "Losing Weight"

Thank you for joining the 2014 Slimdown Challenge. The District One Health & Wellness team is excited to help you during your weight loss journey. Losing weight is hard and requires making lifestyle changes in order to be successful. The advice you receive from these Slimdown Challenge newsletters and educational meetings will be helpful during this time because our recommendations are evidenced-based or have been proven by science to be effective for those trying to lose weight.

## 10 Things You Need to Know About Losing Weight!



### 1. Don't Skip Meals!

Many of us assume the quickest way to lose weight is to eliminate calories by skipping meals. This strategy doesn't work. Skipping meals slows down your metabolism and promotes fat storage.

When your belly is empty and you get really hungry, an appetite stimulating hormone called Ghrelin sends a message to the brain triggering an urge to eat high calorie, high fat foods. Ghrelin increases before a meal and decreases right after you eat. These high levels of ghrelin may influence our eating behavior and contribute to over-eating.



### 2. Use Smaller Plates!

Change your plate size from 12 inches to 10 inches and eat less at each meal. Researchers have been studying portion sizes and obesity for a long time and have concluded that when people are provided with large portions they will often eat past the point of fullness. If you want to stop eating when you're full, change the size of your plates, utensils and cups.

### 3. Count Your Calories!

Tracking daily food and beverage intake is a great way to understand current eating habits and recognize where changes can be made. By choosing lower calorie options of all usual foods, you could reduce your calorie intake by as much as 50%. Making small changes to current eating pattern adds up and can make difference in your waist line.

Counting calories is easier with online programs like MyFitnessPal.com or LoseIt.com. They have extensive food databases and are user friendly. If you don't like computers, start by recording each food item into a food diary along with portion sizes. Track as many calories as you can with the Nutrition Facts Label.

### 4. Don't Blame Your Metabolism!

Tracking your daily food and beverage intake is important to help you understand where changes can be made to promote weight loss. Write down all foods and beverages as soon as you can after eating. People often under report by as much as 50% because they have forgotten about the snacks or drinks they have had throughout the day. Sometimes people assume healthy foods we do eat are "free" foods and either don't add them to their daily calorie count or eat too large of portion sizes. Large servings of fruits and vegetables will help you meet the recommended servings but they aren't calorie free.



### 5. Eat More Protein!

Nothing is worse when dieting and feeling hungry. Excessive hunger pains can sabotage a weight loss

plan. Scientists have known for years that eating protein can keep you feeling fuller longer. Eating 10% more protein at breakfast will help you feel more satisfied. Studies have also shown that those who add protein to breakfast are far more likely to eat less at lunch. When adding more protein to meals it's still necessary to count calories and choose better sources like skinless chicken, low fat yogurt or cottage cheese, nuts and seeds or egg whites.

## SlimDown Sponsors:






### 6. Eat Water, Lose Weight!

Many studies have been conducted utilizing water and its effect on satiety. Researchers have studied how water effects satiety with a chicken

and rice dish. Meals were served in three different forms: Chicken rice casserole, chicken rice soup, chicken rice casserole with a 10-ounce glass of water. Interestingly, the results showed that the soup-eaters ate 26 percent less during the following meal than the other two groups, even though the types and amounts of ingredients in the soup matched those of the water-casserole combination exactly. Water in food is chemically different than water as a beverage because it leaves the stomach much more slowly, therefore keeping you feeling fuller longer.



### 7. The Wider the Choice, the More You Eat!

It is in our natural instincts to want variety in our foods. Unfortunately, when we are provided with a large variety of foods, like at a buffet, we want to try everything. This leads to overconsumption of calories. It has been estimated that people eat as much as 30% more when eating at buffet style restaurants. When eating out, know what restaurant you will be dining at and select your entrée before you arrive. This way you can control how many calories you will eat.

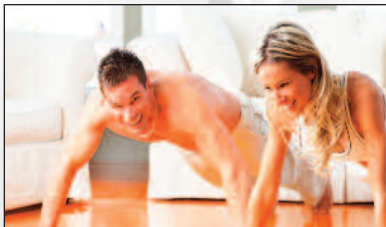


### 8. Low Fat Dairy May Help You Lose More Weight!

Calcium is an important mineral found in dairy products, some fish, green leafy vegetables and calcium-fortified foods. Not only is calcium necessary for optimal bone health to prevent osteoporosis, current research is supporting the relationship between calcium intake and reduction in body weight. Studies have shown calcium intake below the recommended levels (1,000 – 1,200 mg) are associated with increased body weight, body fat, BMI, waist circumference and relative risk of obesity in adults. Dietary calcium also binds to some fat in the gastrointestinal tract and keeps it from being absorbed by the body.

### 9. Exercising Burns Fat, Even While You Sleep!

The body uses different types of fuel to give us energy: carbohydrates and fat. During exercise our muscles use mostly CHO because they are easier for the body to burn. After exercise, most of the CHO in your body has been used up and it will take time to build up again. In the meantime, your body will use fat as fuel to keep you going. Your body will continue to burn fat for around 24 hours later, even while we sleep.



### 10. Keep Moving and Lose Weight!

You don't need to join a gym to burn off extra calories. Small changes in

your daily routine can significantly increase how many calories you burn in a day. Keep active during the day by taking the stairs, walk or bike to work, stand instead of sit, use light hand weights while watching television or reading. Remember, you can't eat more because you're doing more exercise. Stick to the same calorie goal.



## Weight Loss Support & Education

Educational events are free and open to the public. No need to register to attend. Please call 507.331-5063 with questions. Offered by District One Hospital Health & Wellness.

#### Email for details:

jkath@districtonehospital.com

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Monday	1/6/14 3:00 - 7:00p	Slimdown Fair & Contest Weigh-in	Faribault Parks & Rec
Thursday	1/9/14 12:00 - 1:00p	Your Health Matters Lunch:* <i>Making your Resolutions a Reality</i>	American Legion
Tuesday	1/14/14 5:30 - 6:30p	<i>Nutrition 101</i>	District One Hospital
Monday	1/20/14	Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Monday	2/3/14	Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Tuesday	2/4/14 5:30 - 6:30p	<i>Physical Activity</i>	District One Hospital
Thursday	2/13/14 12:00 - 1:00p	Your Health Matters Lunch:* <i>Women's Heart Health</i>	American Legion
Monday	2/17/14	Call in team weight to: 384-0520	or e-mail: dhansen@ci.faribault.mn.us
Tuesday	2/25/14 5:30 - 6:30p	<i>Mindfulness</i>	District One Hospital
Monday	3/3/14	Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Monday	3/17/14	Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Tuesday	3/18/14 5:30 - 6:30p	<i>Weight Maintenance</i>	District One Hospital
Monday	3/31/14 3:00 - 7:00p	Weight-out	Faribault Park & Rec

\* Optional \$6 lunch is available



THE

# SLIM DOWN

## TEAM NEWSLETTER #2 "Exercising"

Thank you for joining the 2014 Slimdown Challenge. The District One Health & Wellness team is excited to help you during your weight loss journey. Losing weight is hard and requires making lifestyle changes in order to be successful. The advice you receive from these Slimdown Challenge newsletters and educational meetings will be helpful during this time because our recommendations are evidenced-based or have been proven by science to be effective for those trying to lose weight.



### Exercise for a Healthy Body & Heart!

The heart is a muscle that pumps blood around the body, and like all muscles it needs exercise. Exercise is a good way to stay healthy, without it the body becomes more prone to illness and disease.

#### Exercise Facts:

Exercise helps to burn excess calories and helps people to lose weight. It has a direct beneficial effect on the cholesterol and other fats in the blood too.

Exercise improves the circulation and helps the heart work more efficiently; this helps protect against heart disease.

- Exercise can strengthen bones and keep the joints and muscles supple.
- Exercise is a good stress reliever.
- Exercise helps people sleep.
- Exercise can and should be enjoyable.
- Exercise need not cost anything.

#### How to Begin Exercising...

Anyone who has not exercised for awhile, should not over do it, begin slowly and steadily.

Exercise does not have to be exhausting runs, buying expensive equipment or joining a health club. Building a brisk walk into the daily routine can be enough to give the heart the workout/activity it needs.

#### First Steps!

- Walk every day. Think before using the car.
- Use stairs instead of elevators.
- Walking is good for the whole family.

Make your exercise of choice something enjoyable--no point in doing something is a chore. Activities like walking, cycling or swimming are easier to keep up as we age as the pace can be controlled.

#### A Few Sensible Precautions

- People with a history of heart disease, high blood pressure, or who have not exercised in a long time should consult a doctor about exercise before they begin.
- Do not indulge in vigorous exercise in very hot or cold weather, or too close after a heavy meal.

- Always warm up.
- Allow time for "cooling down."
- Check the credentials of all trainers, coaches or aerobic dance instructors.

#### The Golden Rule is, if the exercise starts to hurt, stop immediately!

People with respiratory problems or heart disease should check with the doctor before starting regular exercise.

Walk regularly and build up gradually. It may take about 8-12 weeks to start to feel the difference, but it will be worth it.



#### Take It In Your Stride!

Anyone who has not exercised for a while should follow this simple guide to build up their walking

power.

#### Weeks 1 & 2:

Brisk walking for 5-10 minutes, 2-3 times a week.

#### Weeks 3 & 4:

Increase to 10-15 minutes, 2-3 times a week

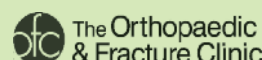
#### Weeks 5 & 6:

15-20 minutes, 3-5 times a week.

When walking, let your arms swing easily. Walk fast enough to breathe deeply, but slow enough to have a conversation! When 20 minutes of brisk walking, 5 times a week is reached, gradually make the walks longer or introduce a gradual climb. Special equipment is not needed, just a good pair of strong and comfortable shoes which support the heels and arches.

*If you need assistance putting together an exercise plan, please feel free to contact the Exercise Physiologists or Wellness Coaches at District*

### SlimDown Sponsors:





**Make It Fit!  
Try on Park & Rec!**

[www.faribault.org/parks](http://www.faribault.org/parks)

See the Park & Rec website for pricing to use Faribault's most complete and affordable Fitness Center!

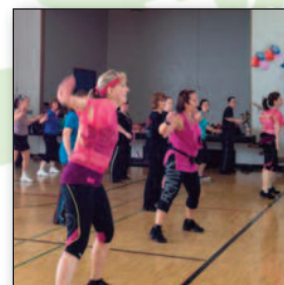


**Group Fitness Programs**  
Weekly Aerobics, on Land and Water, Spinning and Dance Classes too!

**Drop In Games!**  
Pickleball, Noon Ball, Racquetball, Walleyball, Indoor Ice Skating and much More!

**Programs for the Body & Mind:**  
Yoga, Pilates, Piloing & Barre Classes

**Sports & Recreation Programs**  
Volleyball, Basketball, Hockey, Ball Programs



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