

Living Right[®]

Your Health and Wellness Awareness Bulletin

January 2019

Weight
Control

For weighty issues, the solution's not diet or exercise

Weight loss depends on burning more calories than are consumed, so it stands to reason that diet and exercise are involved in the process.

Focusing on one or the other isn't the best way to reach and maintain a healthy weight, however.

To lose a pound a week, a person needs to burn 3,500 more calories than are taken in. To accomplish this, a person may:



Change eating habits to take in 500 fewer calories each day,



Burn 500 additional calories each day through activity, or



Cut 500 calories each day through a mixture of activity and healthier eating habits.

In terms of simply burning enough calories to lose weight, a person could go on a strict diet or implement a rigorous exercise program.

However, studies have shown that a mixture of exercise and diet is more effective than one or the other if you want to lose weight. And when it comes to keeping those pounds off, regular physical activity is crucial.

By the numbers

An adult woman needs to consume **1,600 to 2,400** calories each day.

An adult man needs to consume **2,000 to 3,000** calories each day.

Calorie needs depend on a person's age, height, weight, and level of physical activity.

Source: *Dietary Guidelines for Americans 2015-2020*



So if one of your resolutions this year is to lose weight, keep an eye on what's on your plate at mealtime and the snacks you reach for when hunger pangs hit. In addition, consider adding a daily walk to your schedule or finding other ways to move more.

When it comes to weight control, both the calories taken in and calories burned are part of the equation.

DIET + EXERCISE =
WEIGHT CONTROL

Calories in, calories burned

When considering what to choose at meal and snack time, it can help to look at how much activity it will take to burn off those calories. The list below shows that some choices quickly increase your daily calorie count, but there are healthier alternatives.

Food and calorie count

6-inch bagel – 350

Cheeseburger – 590

2 cups pasta, 3 large meatballs – 1,025

French fries (6.9 ounces) – 610

Muffin (4 ounces) – 500

Pepperoni pizza (2 large slices) – 850

1 banana – 105

½ cup grapes – 31

1 ounce almonds (about 23) – 164

Hard-boiled egg – 78



Calories burned in one hour

Hiking – 370

Golf (walking, carrying clubs) – 330

Walking (3.5 miles/hour) – 280

Walking (4.5 miles/hour) – 460

Weight lifting (light workout) – 220

Weight lifting (vigorous workout) – 440

Dancing – 330

Running (5 miles per hour) – 590

Swimming – 510

Basketball – 440



Sources: *Department of Agriculture, Department of Health and Human Services, Dietary Guidelines for Americans. (Calories burned are for a 154-pound person.)*

Make exercise an 'I get to' not a 'have to'

Some people can't wait to put on their running shoes in the morning or get to the gym for a game of racquetball. For others, regular exercise is more of a struggle.

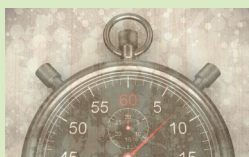
To turn exercise into something you look forward to rather than dread, it's important to find an activity that fits your personality and ability level. To do this:



Don't go too hard. A punishing exercise regimen could leave you sore and frustrated. If you're not looking forward to an intense workout, dial it back. Try a leisurely bike ride rather than a punishing hill climb. Walk rather than run. The best exercise is one that you'll do.



Choose something you enjoy. If you hate running, don't do it. Instead, try swimming, dancing, or tennis. Dislike mountain biking? Take a hike. There are many options, and there's no harm in replacing an activity you don't like with one that you do.



Try just 10 minutes. Exercise doesn't need to be a marathon. Tell yourself you're just going to walk for 10 minutes. You may find it so enjoyable that you keep going for much longer.



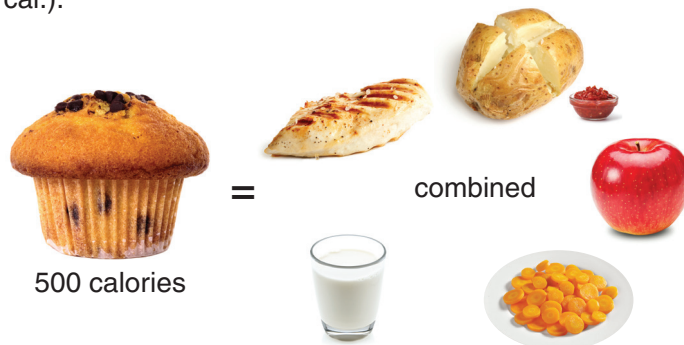
Start the day right. Soon after getting up, do five push-ups or 10 sit-ups, or climb up and down the stairs 20 times. You'll feel great about accomplishing something before breakfast.

How to eat more and lose weight

You don't necessarily need to put less food on your plate when you're looking to cut back on calories. While portion control is important, the key to taking in fewer calories is to eat more foods containing water and fiber.

We ultimately feel full and because of the amount of food we eat, not because of the number of calories that we consume.

For example, a large muffin can contain 500 calories. That's about the same as a full meal of grilled chicken (128 cal.), a baked potato topped with a tablespoon of salsa (145 and 5 cal.), an apple (95 cal.), a cup of chopped carrots (52 cal.) and a cup of skim milk (86 cal.).



You're likely to feel hungry soon after downing the muffin. The meal will keep you satisfied much longer, even though it's less than 600 calories.

To control your weight and growling stomach, choose foods that are low in calorie density. These foods have a lower number of calories in a given amount of volume.

Fruits, vegetables, and broth-based soups are all good choices. You can eat more of these foods without bringing more calories into your diet.

Weight control begins in your grocery cart

Preparing meals at home gives you control over the ingredients in your dishes. In order to have healthy ingredients on hand, you need to make the right choices when you're in the grocery store.

Avoid filling your cart with foods containing refined grains and added sugar. Instead, focus on nutritious foods that keep you satisfied. Your shopping list might include:



Frozen vegetables and vegetable blends, without butter or sauce

Brown rice and whole grain pasta

Whole wheat bread

Fresh fruits (apples, bananas, or grapes for snacking)

Carrots and hummus dip

Low-fat cream soup (for casseroles or sauces)

Low-fat or fat-free dairy products

Lean meats (grilled salmon, skinless chicken breast, lean or extra-lean ground beef)

Spinach, onions, and eggs (to create a morning omelet)

White, kidney, black, or pinto beans (to add to soup, chili, or an entrée)

Lettuce and peppers (to add to a lunchtime sandwich)



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