

Happy August,

I hope you are doing great and the summer is filled with fun, fitness and rest. This month we will mainly be looking at how to keep the weight off once you lose it, but before we go into that here are a few announcements:

I will be out of town from August 6 – 16. I will be back to teach yoga on Monday, August 16th.

The Thursday yoga class at the Yoga Sanctuary is continuing on. Marion will be teaching the class when I am away, August 12. She is a dynamic instructor with 17 years of yoga teacher experience. I encourage you to take advantage of her knowledge and expertise.

The YMCA will be having their annual triathlon on Sunday, October 3rd. That is my father's birthday and I plan on flying to New Mexico to celebrate with him and my siblings, but flights might be too full because of the annual balloon festival. If there are no flights, I will travel the following weekend. If I do leave later, I am very interested in doing the triathlon with some of you, four to be exact. I am able to be on two teams. I will swim for one team and bike for the other. If you are interested in doing this, find another partner who can be on the team with us or just email me and let me know which event you would like to do. I will then announce the team(s). The events are a 600 yard swim, 16 mile bike and a 5 km run. Again, I am not sure yet if I will be here, but let's get planning in case I am. Email me if you are interested.

I am sure you received the Providence Health & Wellness calendar of health education in your mail. In the most recent issue, there were three events I wanted to bring to your attention:

Under Health Screening
Metabolic Rate Measurement

This would be to find out how many calories your body burns while resting. Remember, the more fit you are, the easier it is for your body to burn calories while you rest. This measurement will help a dietitian determine your basic caloric needs. This is ongoing, so if interested call 732-7913.

Underwater Weighing

This is also called hydrostatic weighing. Each time I weighted you on my scale, I have mentioned that my scale is a bit high on determining your body fat. This style is known as the "gold standard" in measuring percent body fat and percent lean body mass. This is done at Providence once a month, usually the third Sunday of each month. For more information call 732-5685. If you want to know for sure what your fat percent is, check this out.

Under Nutrition:
Ask a Dietitian

I hope your plan when working with a fitness trainer is to make a total lifestyle change. The change would include not only exercise, but also what you eat. In order to reach the weight you want to be, you need to exercise and become a conscious eater. There is a dietitian at Providence who can answer questions about the South Beach diet, low carb diets, coral calcium, cholesterol, weight loss, diabetes, high blood pressure, fructose intolerance, metabolic rates, supplements and more. If interested, this will take place on Tuesday, October 26 from 5:30 – 6:30pm. Call 732-6237 to reserve your place.

I would encourage you to check these out if you are at all interested or curious. I offered a yoga class at Providence awhile back and the number of participants I allowed filled very fast. If you want to attend the meeting/class with the dietitian, call and get your name on the list before it fills up.

Ok, here is the blurb on keeping weight off once you have taken it off. I read “Keeping the Weight Off: How Can You Maintain Your Weight Loss After the Diet is Over?” in the May/June ACSM’s Health & Fitness journal. Here are some excerpts from the article:

The following information comes from data collected from participants in the National Weight Control Registry (WCR). The WCR has provided us with strategies for successful weight maintenance. This registry began 8 years ago with the goals being to find a large group of people who had been successful at weight loss and then to describe the strategies used by these people to achieve and maintain their weight loss.

“The registry is not a randomized controlled study, but looks at what people have done and are still doing to be successful at weight loss and maintenance. To date, nearly 3,000 people have enrolled in the registry. On average these people have lost 71 pounds and kept the weight off for at least 6 years.”

The strategies for weight maintenance from this study are:

1. Eat breakfast – breakfast eaters reported being more physically active than non-breakfast eaters. Breakfast contributes to weight maintenance in the following ways:
 - a. It may reduce hunger later in the day and prevent overeating
 - b. It may contribute to individuals selecting less energy-dense foods during the remainder of the day
 - c. It may provide an energy level that makes performing physical activity throughout the day easier.
2. Monitor energy and fat intake. Participants consumed diets containing 24% of energy from fat and energy intakes lower than average. Strategies used to control food intake included:
 - a. Limiting intake of certain high fat foods
 - b. Limiting quantity of food consumed per meal
 - c. Counting grams of fat or calories
 - d. Eating regular meals. Overall, participants reported eating five meals/day with less than one meal/week at a fast food restaurant.

The majority of the participants ate meals that were prepared or eaten at home.

3. Exercise daily. Registry participants engage in high levels of physical activity that equates to 60 – 90 minutes of moderate-intensity physical activity each day. The four most common activities reported are:
 - a. Cycling
 - b. Aerobics
 - c. Walking or running
 - d. Hiking

28% of participants used only walking as their form of physical activity.

4. Monitoring weight. Nearly 75% of weight registry participants reported weighing themselves at least once per week.

Summary

“Poor nutrition and exercise habits can sabotage the most successful weight loss efforts. Individuals who have been successful at weight loss and maintenance use similar weight maintenance strategies. They eat breakfast, exercise regularly, monitor their diet for both energy and composition, and weigh themselves regularly.”

There you have it. I think it makes a lot of sense. I hope this info will help you achieve what you are after. Realize, you have taken the first most difficult step and that is asking for help. Now don't give up, keep going. Accept the ups and downs of life and remember you can always start new again. We all do it and it is totally ok to do.