

Happy 2004,

Welcome to this New Year. I hope it is a fabulous year for you, this nation and all beings.

Let me let you know that I am now teaching yoga at the Ashland YMCA on Mondays and Wednesdays from 5:45 to 7:00pm. The Cycle Gently class continues onward each Friday from 9:30 to 10:30 am. I want to make this a continuing class, so we will start working out now.

It is pretty customary for people to start each New Year with at least one New Year's resolutions. Have you begun your New Year this way? There is absolutely nothing wrong with a New Years' resolution. I write down accomplishments I would like to achieve each New Year. With these we can challenge ourselves and/or place an intention for the year.

I think it is important is to make an accomplishable intention. It is important to be realistic with ourselves on what is reachable. It's also important to not beat ourselves up if we don't achieve what we had hoped to achieve.

In the December Personal Fitness Professional Newsletter, they wrote about 10 nutritional tips in loosing weight. I would like to share these with you in case you have made a weight loss New Years resolution. If so, be realistic with yourself. Don't expect to loose too much too soon. The tips are:

1. Make small but significant changes
Don't go "on" a diet that you will have to go "off". Look at your current diet and make one small change to it. For example, switch from 2% to 1% milk. This is small and obtainable. Think about small and reachable goals. Stating that you are going to completely stop eating sugar or drinking coffee is probably too large of a change to be able to stick to. Be realistic.

2. Serving size is not the same as portion size
Watch your serving sizes. Start small. You can always add more if you are still hungry. The newsletter says to be aware of distorted portion sizes. For example: A true serving of pasta would be the equivalent of one cup cooked pasta or a serving about the size of a baseball. Most fruits and vegetables are about half a cup or half a baseball. A serving of cheese is equal to one ounce or about the size of an ice cube. A deck of playing cards can be used to estimate a serving of meat.

I like #3. It says:

3. Grazing is Good for you
Keep helpful snacks available and try eating a few between meals to see how it affects you. Avoid snacks like granola and some of the new energy bars, which

are packed full of calories and fat. Instead, choose fruit, Fig Newton's or low-fat yogurt.

I like #4 too.

4. Eat Breakfast

Eat or drink something for breakfast. Remember that the foods you choose don't have to be traditional breakfast fare.

5. Appetite, Hunger and Cravings

Turn in to your body and listen to its true needs. One meal does not define healthy eating. What you eat over the long run does. Try serving yourself only half of what you would normally eat. If you're still hungry after eating at a leisurely pace, then eat more. Some days you might find that you are hungrier than others – that's natural. Again, listen to your body.

6 is really important!

6. Fat-Free and Calorie-Free Are Two Different Things

Realize that even though a food item has the label on it stating "Fat-Free" doesn't mean it is also calorie free. Learn to read and understand food labels to help make the best product choices. Don't discount fat content entirely, but look at total calories as well.

7. Good Nutrition Takes Planning

Plan, plan and plan some more. Try shopping with a list. This can help avoid those "impulse buys".

#8 has to do with the new diet pyramid

8. Eat Five a Day

Try to eat plain or lightly garnished fruits and vegetables. Make small changes so you're eventually eating five servings of fruit and vegetables every day.

9. Make a Colorful Plate

Make a colorful plate at every meal to ensure variety and good nutrient content.

10. Red Flags That Signal Bad Nutrition Advice (from the ADA)

How do you know whether nutrition or weight loss advice is reliable? Below is a list of 10 red flags. If a diet you are considering has any of the below suggestions or recommendations, it is questionable nutrition. Get more information before spending money, time and energy.

1. Recommendation that promise a quick fix
2. Dire warnings of dangers from a single product or regimen

3. Claims that sound too good to be true
4. Simplistic conclusions drawn from a complex study
5. Recommendations based on a single study
6. Dramatic statements that are frequently refuted by a reputable scientific organization
7. Lists of “good” and “bad” foods
8. Recommendations made to help sell a product
9. Recommendations based on studies that have been published without peer review
10. Recommendations from studies that ignore differences among individuals or groups.

All of the above information was written by June Kloubec, MS, is a PhD candidate at the University of Minnesota and again was published in the December 2003 Personal Fitness Professional Newsletter.

So, this is great information and realize that some of it can be used also with your fitness training. Start slow. Be realistic with what you can achieve. If you haven't been running, don't expect to run a marathon in February. My big piece of advice is to ask you to be patient with yourself. Love yourself where you are right now and know that what ever goal you have placed, you will reach.

For 2004 I will be doing only one newsletter a month. This is the January newsletter, so expect to hear from me again in February. February a month where we can look at Valentines Day!! ✍ Think about it and start planning (remember plan, plan and plan more). How can you celebrate Valentines Day without all the sugar that retail stores market so well?

Have a great January. See you soon. Remember you are the most important person right now. Take care of yourself.

Carol Lee