



FROM CHAMPS PARISH NURSE

Top Two New Year's Resolutions

At or near the top of the list for New Years resolutions are weight loss and exercise so let's use those two subjects. There are a vast number of possible New Year's resolutions to make, but right now the statistics are profound to support the need to lose weight!

"In just two decades, the prevalence of overweight doubled for U.S. children ages 6 to 11 — and tripled for American teenagers. The annual National Health and Nutrition Examination Survey by the Centers for Disease Control and Prevention

found that about one-third of U.S. children are overweight or at risk of becoming overweight. In total, about 25 million U.S. children and adolescents are overweight or nearly overweight." (Source: Mayo Clinic, Mar 31, 2006)

In individuals ages 20-74 statistics reflect an approximate tripling of obesity in men 10.7% to 30.2%, and doubling of obesity in women 15.7 % to 34% of between 1960-62 and 2001-2004. (2006 statistics from Health United States, unpublished data, NCHS)

Resolution One: Diet as a Family

Instead of everyone talking or thinking about losing weight why not hold a family meeting and make a contract to help each other lose weight gradually by eating healthier. Sometimes with children, if you can help them maintain their current weight level while switching to healthier foods it gives the body a chance to continue to grow and develop by absorbing some of the extra pounds. Everyone needs to have sufficient calories to support

their bodies' growth and development while meeting their current caloric needs. The calories needed may be influenced significantly by the individual's level of daily exercise, age and other health challenges. Always consult a physician for advice before undertaking weight loses if you have medical problems or for children to be sure you understand their calorie requirements to support their growth and development.

Tip One for Success: Substitutions

Discuss what triggers each person to want to eat and what foods they cannot live without. Then go about devising a plan that will support their needs as well as finding ways to satisfy their cravings with healthier

alternatives. A diet doesn't have to mean you give up everything you like; an alternative is to eat smaller portions or make a healthier substitution such as air popped pop corn in place of the buttery kind.

Fill your plates with a variety of different colored vegetables. Eat 5 or more cups of vegetables or fruits per day, especially the lower calorie ones. A serving size of high calorie items is generally ½ c. (corn), low calorie 1 c. A serving of potatoes is

Tip Two for Success: Clean Out the Junk Food

Give the junk food to the food bank or another charity and then stock the shelves with sugar free items and fill bowl or plastic bags in the refrigerator with raw or cut up fruits. Cut out the amount of “pop” or soft

closer to the size of a tennis ball than a football which may surprise some individuals. Topping the potatoes with low fat sour cream or salsa can also decrease the caloric intake significantly.

drinks ingested daily. Stop drinking fancy, calorie loaded coffee drinks e.g. cappuccinos. Little things can add up and make a significant difference over time.

Resolution Two: Exercise More

Exercise has for some the connotation of sweating at the gymnasium or pushing a barbell until they bulk up their muscles. While it

is true that some individuals do this, it is not the only approach to exercising.

Tip One for Success: Be Sensible and Reasonable

Make changes gradually and do the type of exercise that you enjoy! Just walking more each day can make a significant impact on your health. Walk on your lunch hour or break each day; take the stairs, park at the far end of the parking lot at work or when shopping if still in a safe place. Swim, golf, join an aerobic or water exercise class at the local gym or YMCA/YWCA.

enroll them in basketball, soccer, football, swimming—whatever their interests are. Limit TV and computer/computer game time and substitute the family or personal activity in its place.

Get the children involved with you and do family exercise events; or

Older individuals might want to enroll in a low-impact exercise program, a Tai Chi program to improve their balance or go to an exercise group that tailors their program for individuals with mobility issues such as water aerobics.

Above all, approach these two New Year’s resolutions with a positive attitude. The success you have will impact your health for years to come. Examine the pay-off for your personal investment as a thank you to God.

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