

To Your Health

Happy New Year!

NEW YEAR & LOOK

2007 - Wow!

I hope 2007 is a happy, healthy successful year for each of you.

I'm trying a "new look" to the newsletter. Each month you'll find information related to nutrition, healthy food choices, physical activity. If you have suggestions for topics, please let me know. You can contact me at dwylan@iastate.edu.

Denise

Start the Year Off Right

SET GOALS

Are you one of the many Americans who makes New Year's Resolutions? How do you usually do? ...Don't feel bad if you just forget them all by the end of January. Many people do. *This year* make your plans achievable.

Set one or two realistic goals. Small, short term goals are more doable. (Example: Walk each day for at least 15 minutes.)

Please yourself. Goals should meet *your* desires.

Be specific. Goals are more effective if you focus on a specific action or habit to change. (Example: brush and floss teeth before going to bed.)

Set goals with a family member or a friend. Even if they don't share your goal, they can be a great support.

Expect to be successful. Being positive and enthusiastic helps you stay motivated.

Keep track of how you are doing. Set aside a few minutes each week to evaluate your progress.

Celebrate any success. Reaching goals is not all or nothing. It is important to reward yourself for any progress that you have made.

In 2007...

BE REALISTIC - Make small changes over time.

BE ADVENTUROUS - Expand your horizons to try new things.

BE FLEXIBLE - Forgive yourself for small slip-ups, and keep on trying.

BE SENSIBLE - Enjoy all foods, but not all at the same time.

BE ACTIVE - Goals are not reached unless you are working on them.

Eat Smart

FILL UP, NOT OUT

We've all heard "What you don't know can't hurt you" but the truth is, lack of knowledge *can* be harmful. When it comes to eating, we might say "What we don't know *can* make us gain weight."

Here are some tips to help you fill up, not out.

Don't let tastes go to waist.

It takes an excess of about 3,500 calories to gain a pound. One hundred extra calories a day can put on 10 pounds a year. A bite here, a bite there and we've run up 100 (or more) calories in just a few tastes.

Slow down to slim down.

It takes about 20 minutes after food enters your mouth before the brain starts perceiving that you are filling up. Take time to sit down and savor food flavors. When eating on the run, we miss the full impact of taste sensations that come through when food is eaten more slowly. At the very least, wait until you've swallowed one bite before taking the next one.

Step to it!

The National Weight Control Registry (NWCR) studies successful weight control strategies of people ages 18 years and older who have lost at least 30 pounds and kept it off for at least one year. The average person listed with NWCR expends

about 400 calories a day in physical activity, with walking the most frequently cited activity.

Source: Alice Henneman, MS, RD, Extension Educator, University of Nebraska - Lincoln

Lighten Up Iowa

WHAT'S ON YOUR PLATE?

For many of us, the phrase "what's on your plate" refers less often to food and more often to juggling projects and activities. Because those commitments affect our eating habits, they can have an equal or even greater effect on our health than the actual foods we choose to eat.

One approach that has helped Iowans reduce "what's on their plate" is the **Lighten Up Iowa** program, jointly sponsored by ISU Extension, the Iowa Department of Health, and Iowa Games. Since 2002 more than 74,000 Iowans have participated.

Participants in Lighten Up Iowa can choose to focus on weight loss, on increasing physical activity, on developing healthier eating habits through a team approach that creates a positive, supportive environment. Lighten Up Iowa begins January 10, 2007.

For more information and registration visit: www.lightenupiowa.org

AnswerLine - information and resources for consumers with home and family questions
800-262-3804 (Iowa State University Extension)