

Special points
of interest:

- Healthy and More Permanent Weight Loss. p.2
- How much? Proper Portions of Exercise, Food, Nutrients, Fat and More p. 2
- A Foundation for Healthy Living p.3
- Coming Soon in Refresh~ p.3

Inside this issue:

Keeping it Off: Successful Weight Loss	2
How Much? Proper Portions	2
Why Water?	2
Know Your Numbers	3
Fitness at Home: No Membership Required	3
Coming Soon in Refresh~	3
Credits	4



Refresh~

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Are You Ready? ~

How many times have you said it?
How many New Years resolutions
have fallen by the wayside?

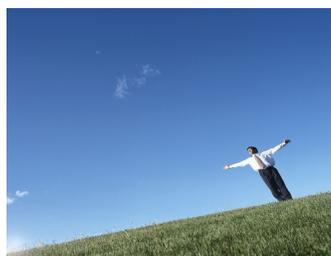
Change your life, starting TODAY!

Living a healthy lifestyle is more attainable than popular culture would have you believe. It doesn't require a crash diet of boiled cabbage soup, hundreds of dollars in equipment, or over-indulgence in so-called "super foods."

Believe it or not, even small changes can make a significant difference! For example, 30 minutes of walking, six days a week burns a half pound of fat alone!

To see significant changes, more significant adjustments to lifestyle become necessary, however, these changes quickly become a way of life with practice and dedication.

Start by walking only 10 minutes more a day—around the block! As you become accustomed to setting



<http://daveferguson.typepad.com/photos/uncategorized/success.jpg>

some time aside for exercise, you'll be surprised just how easy it is to increase your walking time and, later, to develop a more involved fitness plan!

Learning what and how much to eat is the foundation for healthy food habits, and a longer life! Once you

understand the basic building blocks of daily nutrition, it becomes easy to apply your knowledge to everyday life—even while dining out!

We're told "watch what you eat," but it is just as important to watch what you *drink*! Many of us don't realize the number of calories we are "drinking" on a daily basis. When in doubt, remember: Water is the only caffeine-free beverage that has zero calories, zero sodium and zero sugar!

Welcome to Refresh~! This issue will introduce you to some of the topics that will be covered in upcoming issues. From healthy eating to fitness, and weight-loss, Refresh~ is a compilation of resources gathered from respected authorities as well as from the President's Choice 10-week *Healthy Living Plan*. *

* See pg. 4 for more information.



Why Diets Don't Work~

Diets are everywhere. They take every shape, color and size but they all have one thing in common: they promise fast and easy weight loss. Sadly, nearly all diets provide temporary weight loss and, in many cases, malnutrition!

According to the www.etymology-online.com, c.1225 the word *diet* meant "regular food." By c.1440, the meaning had evolved to be used with a sense of restriction as a verb

meaning "to regulate oneself as to food." Today, we have taken the 15th century meaning to the extreme, where people are regulating their food intake to the point where entire food groups and nutrients are restricted! How did we get here from "regular food"?

There is a plethora of research available that proves that diets simply don't work in the *long term*! High protein, low carb and low calorie

diets are reeking havoc on our bodies, immune system and life expectancy!

The key to health and weight loss is **balance** not restriction. Dietitians will tell you that following the Canada's Food Guide*, drinking water and getting exercise is the **ONLY** way to success!

*For a copy of the NEW Canada's Food Guide, visit: http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html



“Safe, maintainable weight loss is 1-2lbs per week maximum.”

Don't be discouraged!
That's 1-2 blocks of butter you have dropped from your body!



Keeping it Off: Successful Weight Loss

The following list is adapted from the *PC Healthy Living Plan*.

- Ensure your diet is low-fat, high-fibre and balanced.
- Watch your portion sizes.
- DON'T clean your plate if you're satisfied!
- Eat breakfast!
- Safe, maintainable weight loss is 1-2lbs per week max.
- Work towards getting 30 minutes of uninterrupted aerobic activity 3-5 times per week. Walking, swimming and stairs count!
- Try to engage in strength/resistance training 2-3 times a week.
- Self-monitoring is important, but accountability works wonders! Work towards your goals with a friend or a support group!
- Learn to tell the difference between emotional and physical hunger. A brisk walk or a drink of water can help to relieve that "hunger" feeling. If not— have a snack with lots of natural fibre!
- DON'T skip meals! Your body stores fat anytime it thinks it needs to "survive"! Have smaller, more frequent meals in order to keep your metabolism stimulated.
- Create a non-food reward system for reaching small goals. Splurge a little or have a relaxing bubble bath!

How Much? Proper Portions

Understanding and consuming proper portion sizes can be key in healthy eating—especially in healthy weight loss.

Portion sizes are **not** the same as the "serving" sizes written in the nutrition label. Instead, portion sizes are the appropriate amount of a given food according to Canada's Food Guide.

Portion sizes can be described in actual measurements or in approximations represented by

everyday items to help us gauge a proper portion size without having to measure.

Grains: 30g (bread, cereal, crackers, etc.); 1/2c of rice (cooked) or pasta (cooked)<that's about the size of a light bulb>; uncooked spaghetti should be the diameter of a dime; a potato the size of a baseball

Dairy: 1/2c of milk (preferably 1% or skim); 1oz. of cheese that has 18% M.F. (milk fat) or higher

<that's approximately a cubic inch or the size of your thumb>; 1/2c of yogurt, frozen yogurt, sour cream, cottage cheese.

Protein: 3-4oz. of lean meat (a serving the size of a deck of playing cards or the palm of your hand).

Fruits and Veggies: Most fruits and vegetables can be enjoyed without limit! Bananas, however, should be small to medium, and dried fruit should be limited because of the natural sugars in both.

Why Water?

Many people find they lose steam and/or crave food around 3pm. Did you know that it may not be hunger, but mild dehydration?!

Other signs of dehydration are muscle cramps, headache and fatigue.

Most adults need at **least 8 glasses of water** per day.

Don't rely on feelings of thirst: By the time you feel thirsty, you are already dehydrated!

Health Benefits of Water:

- 1.) **Improved weight control!** Many feelings of hunger are actually **thirst!**
- 2.) **Burn fat!** Increased water enables better function of the

kidneys and liver, and a greater ability to metabolize stored fat!

3.) **Healthier mouth!** Drinking water increases saliva, neutralizing cavity-causing acids, washes away food, prevents against gum disease and even reduces canker sores!

4.) **Clear, Soft Skin!**

Know Your Numbers



www.amssea.org/healthfair/2006/

5g of fat. A great deal of variety is available when snacking from fat free chocolate pudding and fruit (for an

fitness level, as well as take into consideration whether they are trying to lose weight or simply maintain it. Those who are trying to *maintain* their weight should consume their weight x10 in calories (150lbs = 1500 calories/day).

Men who are trying to lose weight need to consume 1800 calories per day in order to lose weight, build muscle.

Women who are trying to lose weight should consume approximately 1500 calories/day.

Your body needs at LEAST 1200 cal/day.

Knowing your numbers can be extremely useful in successful weight loss!

Snacks: Dietitians have found that eating smaller amounts of food throughout the day (every 2-3 hours) helps to keep the metabolism stimulated which, in turn, burns more fat. Mid-morning and afternoon snacks should be between 100 and 200 calories, contain fibre and less than

impromptu "fondue", to an All Bran Bar (the perfect snack item!) and low-fat/fat free yogurt.

Calories Per Day: It is important for men and women to take in the proper amount of calories for their gender,

"Dietitians have found that eating smaller amounts of food throughout the day (every 2-3 hours) helps to keep the metabolism stimulated which, in turn, burns more fat."

Fitness at Home: No Membership Required

Many people find gym memberships to be too pricey or too much of a hassle: setting aside money and time to visit the gym can be too much of a commitment, especially for the novice.

There's hope! You can create a small "gym" at home with little money and a great deal of variety! It's as easy as 1, 2, 3!

1.) **Strength/Resistance:** Strength training (i.e. weights) is important for

building muscle and burning fat. It should be done 2—3 times/week (with 48 hours between each workout). An inexpensive set of free weights can be purchased for around \$30, or you can even use soup cans! Stretch bands can be used for resistance. They can be purchased in bulk at a drugstore or you can use a towel!

2.) **Cardio/Aerobic:** Exercising your heart for a minimum of 30 minutes 3-5

times/week can burn a great deal of calories. This type of training can be equipment-free! Simply walk, jog, swim, run, etc. To keep things interesting, come up with a list of options to choose from (i.e. a variety of indoor/outdoor walking routes/circuits around the city).

3.) **Toning:** Fitness balls are a *great* way to tone your body and improve posture. They are usually only \$10. Free exercises are available from sparkpeople.com

Coming Soon in Refresh~

Coming up in Issue 2 of Refresh~

Why Diets Don't Work (Part Two) takes a look at some of the most common trends in dieting from the dietitian's perspective.

How Much? Shows you how to use your fingers and hands to approximate serving sizes when you don't have cups and spoons handy.

Know Your Numbers: Fats and Fibre examines the daily "numbers" required for men and women.

Fitness at Home: Walking Fun shows you how to create a varied schedule of walking options that will get your cardio in, while keeping you from being bored with your "routine."

Also: Breakfast: The Most Important Meal?



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Habit is what keeps you going."

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Resource Credits:

The Atlantic Superstore "Healthy Living Plan" ~ An incredible program offering a wealth of information. The last health program you will ever need to take!

(continued) From portions to protein, fat to fibre, a great foundation for healthy living! Your body will thank you!

Visit: <http://www.presidentschoice.ca/FoodAndRecipes/HealthyLiving/HealthyLivingPlan/> for samples of the program!
Or contact Ainsley Archer, RD (Fredericton Smythe Street Superstore) at 1-888-225-5295, ext. 5142 (or ainsley.archer@loblaw.ca) for more information on a program near you!



<http://ghettodriveby.com/tangy/>

Sparkpeople.com ~ A free Health-Living/Life-Style Change website. Offers nutrition and fitness tracking, online communities and a vast resources.

Womens Health Magazine ~ Finally! A women's health magazine that doesn't sell fad diets or 100lb frames!

Refresh~ Logo Design:

Thanks to J.W. Design for the beautiful Refresh~ logo found on the banner of page 1.

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