

Focus on Fitness 2009

Sponsored By:

THE MINING Journal
Orthopaedic Surgery Associates

Northern Michigan University

MARQUETTE GENERAL Weight Management

Sports Medicine

HEALTHY 5 Journal

An Update From The Members...

Deb Duquette

Eating better and moving more is making me feel like I might just be able to keep up with the world after all. Some days it's hard to be patient with the slow weight loss, but I know I'll get there as long as I keep moving forward. Last week I got to put on a smaller pair of jeans!!



Mark Mattson

I have found that through the course of the program thus far, the morning workout sessions has really helped me to be accountable...both to the "team" and to myself. I am focused on exercising at least six days per week and striving to maintain my goal of 95% attendance at the GetFit sessions OR arrangements for alternative exercise in its place if unable to attend a particular session. By consistently logging food intake online, I am able to carefully monitor caloric intake as I re-learn proper portion control and consumption amounts. In addition, I am absorbing as much educational information as possible during our Education Day meetings.



Teresa Kauppila

So far I've been able to meet my daily and short terms goals of exercising every day and eating healthier foods. By learning to plan meals ahead of time and by logging everything I eat, it's making it easier for me to stay on track. I've got a lot more energy, though getting up for the 6:30 a.m. exercise classes is still hard some days.



Cathy Bolm

The Get Fit program has been a challenge but one that I think is worth it. I have been disappointed with my pounds lost but I'm hoping if I stick with it I will eventually start seeing the pounds go down. I have learned to eat a more balanced meal and the logging of everything I eat helps me to stay on track. The exercising in the morning seems to give me more energy throughout the day.



Kenneth Wayne Mullins

What has changed for me besides the fact that I am 25 pounds lighter? I am now much more aware of the choices that I make when it comes to my meals. Now that I am more aware of exactly how many calories are in foods I find myself a) counting out a serving of the chips and b) just keeping things like ice cream and cookies out of my house, period. I have gone from someone who would never go to a gym or take a walk to someone who plans his day around making sure he gets his workout in and someone who chooses taking a walk in the evening over just turning on the TV. I feel my life is much more balanced and that I am much happier than I used to be.



Helene Pytyck

I feel that I have more energy and I am noticing clothes are fitting better. Logging all my food helps me in planning meals for the week and has changed the way I shop for food. My exercise workouts are hard work but I know that by keeping with it I will continue to feel better and make progress towards my weight goal.



Susan Divine

I have already lowered my cholesterol by 38 points and am very happy with that progress. Since the last year, I have lost 10 pounds much to the credit of the Focus on Fitness program and the Get Fit staff at NMU. I can run 2 miles without stopping and that makes me feel good. Strategies that I find helpful are buying quality foods and taking time on Sunday to prepare lunches and dinners so that last minute planning is minimized and therefore I eat better. I also make a habit of trying not to eat after 6pm.



Jamie Dolan

One of the goals I'm working towards is to better last years time in the Shamrock Shuffle 8K race in Chicago at the end of March. The accountability of working out three days a week with the group and the other three on my own has been very helpful. Last year, it was easy to miss a workout because I was tired or it was too cold outside, or just about any reason. With the group waiting, no excuse is good enough. Being up and ready to go at 6:00 a.m. is becoming a positive habit, not something to merely tolerate. I already have more endurance than race time last year and there are still a few weeks to go.



Barb O'Neill

The Focus on Fitness goals are making a positive impact on my health and fitness. I'm able to exercise longer with higher intensity, and actually looking forward to those early morning workouts. Recording my food intake, exercising and planning ahead are goals that I'm doing daily and will continue to work on. I know this isn't a short term fix. It's a lifestyle change that will take time, work and determination.



Exercise as a Lifestyle Change

By Barb Coleman, MS, ACSM, Certified Exercise Specialist

Recognition of the relationship of physical activity to health is not a new phenomenon. Hippocrates, in about 400 BC, wrote that "food and exercise work together to produce health". More recently, Steve Blair, Chief Scientific Editor of the Surgeon General's Report on Physical Activity and Health, stated, "Physical inactivity is as harmful to your health as high blood pressure, high cholesterol, and smoking."

Decades of research have added to our understanding of WHY activity is so important and just what "counts" if you choose to enhance your well-being. The truly good news is that even moderate activity, spread throughout the day, can contribute to health. To start, you can build physical activity into your day, week and life. Taking the stairs instead of the elevator, parking farther away or just walking or biking to work, taking activity breaks instead of coffee breaks (walking the halls or doing simple exercises - ask your co-workers to join you!), taking daily walks with family members and pets, physically PLAINING with the kids (try their Wii active video game, you might LOVE it!), yard work, house work, dancing and playing all can be part of an active, healthy lifestyle. The trick is to want to be active, rather than figuring a way out of it.

A regular exercise program can be the next step. Setting aside a block of time to do something truly GOOD for yourself can increase your health AND fitness. You DON'T have to go to a gym or pay a lot of money, either. Home exercise equipment can include a simple bike, step, small weights, resistance tubes or bands, a mat or "JUST" your own body, no equipment needed. Walking in place, stepping up and down from a step, riding a bike, doing simple exercises can all take place while you watch your favorite TV show or listen to music. It DOES pay to get off the couch (and there are exercises that you can do while sitting on the couch!).

Ask your doctor for guidance. Unless you have health problems that contraindicate exercise, you will likely receive recommendations with enthusiastic support. Per Olaf Aarand, one of the founding fathers of exercise physiology, stated that "Given what we know about the health benefits of physical activity, it should be mandatory to get a doctor's permission NOT to exercise."



Back in the Groove

By Donna Marlor, RD, BSN, MA
MGH Weight Management

It happens in a moment. One bite of coffee cake in the teacher's lounge, then a handful of chips before dinner. With each impulsive calorie, the vow of "healthy choices first" slides away further away.

If you just pick up with, say, a bare bones, no fat, no calorie, next meal plan of high protein egg whites and fat free cheese, chances are those reboot intentions will be short lived. Healthy meals don't have to be complicated or taste like cardboard. Try some of these simple, but healthy menu ideas to get back on track.

Knock-down, delicious vegetarian chili- order "no cheese" for less fat and calories
Super high protein, high fiber sub - order no oil, extra veggies and double meat
Red meat lovers - opt for a double burger, no cheese, no sauce - no fries!
Chicken fajita - lots of salsa, skip the sour cream

Pack a grazing lunch - a few ounces of low fat cheese, rye crisp crackers and a bunch of grapes to replace a quickly eaten candy bar when lunch is up and the desk
Sleep deprivation and lack of down time can be the real culprit behind impulse eating and increased appetite. Before you give up and hit the chocolate M&M's consider a great calorie free alternative: a nap.

