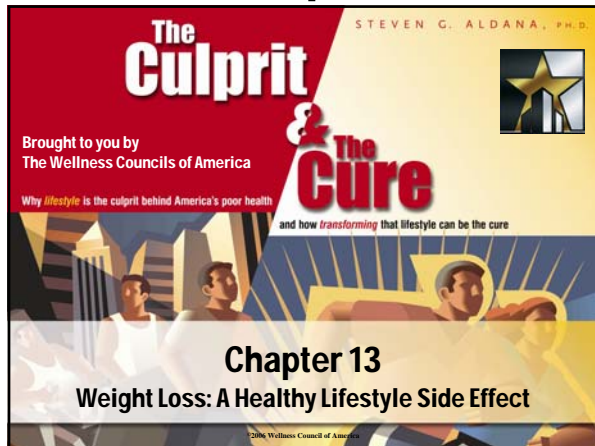


# The Culprit & The Cure

## Chapter 13: A Healthy Lifestyle Side Effect



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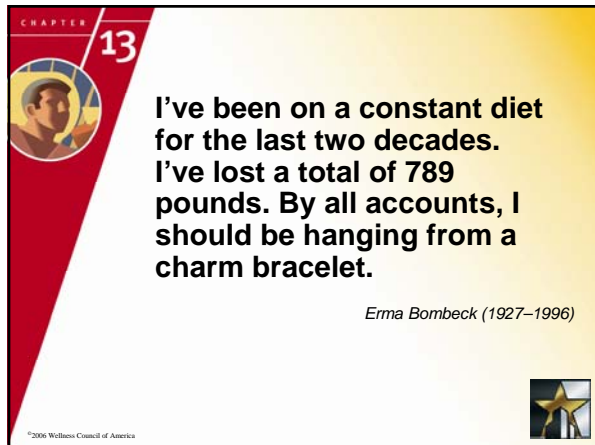
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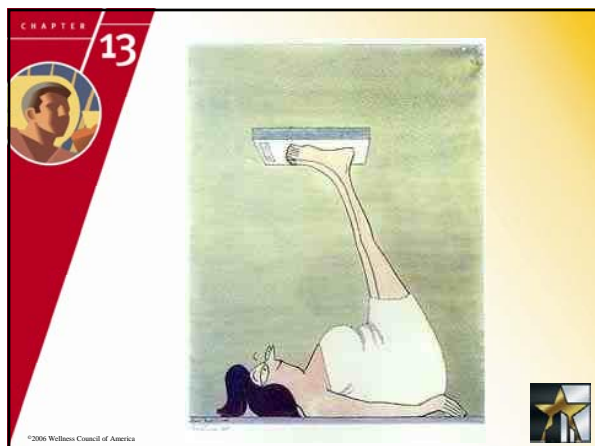
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# The Culprit & The Cure


## Chapter 13: A Healthy Lifestyle Side Effect

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### Lifestyle Programs

- Each of these studies used nutrition and exercise programs to lower health risks such as blood pressure, cholesterol, or diabetes.
  - Diabetes Prevention Program
  - Dean Ornish Heart Disease Reversing Program
  - Coronary Health Improvement Program
  - Dietary Approaches to Stop Hypertension (DASH) diet



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- They all reduced risks, but all the participants also lost weight.

(Weight loss is a healthy lifestyle side effect)



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### Our Culture Of Consumption

- Excessive weight is a problem of the Westernized world.
- Lifestyle trials designed to lower health risks all produced weight loss.
- We live in a world that encourages over consumption and discourages physical activity.



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➤ Kelly Brownell of Yale Center for Eating and Weight Disorders labels our unhealthy culture a

“toxic environment”



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**Our Culture Of Consumption**

- On a percentage basis, dietary fat consumption has decreased from 45-32% since 1970.
- But, on a calorie basis, we eat MORE fat.
- Cheese consumption increased from 11 to 28 lbs/person/year.



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**Our Culture Of Consumption**

- 27% of meals are eaten outside the home.
- Food portion sizes have increased.
- Soda consumption increased from 34.7 to 44.4 gallons/person/year since 1987.
- Aggressive marketing
- Vending machines
- Channel one



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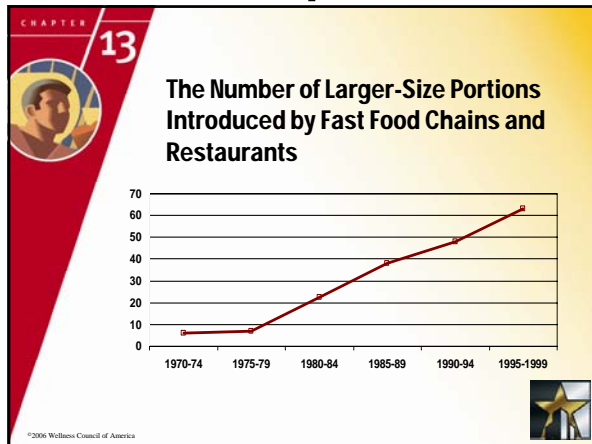
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➤ Can genetics explain the increase in body weight?

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➤ The increase in obesity in the United States has occurred in just two or three decades, with very little change in the genetic makeup of the U.S. population.

➤ Such a dramatic increase cannot be due to genetics because the genetic pool of the entire population cannot change in 20 years.

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**On a Diet, Off a Diet**

- All diets have two things in common:
  - A reduction in the number of calories that are eaten and
  - A lot of media hype
- When you go off the diet, the weight returns.

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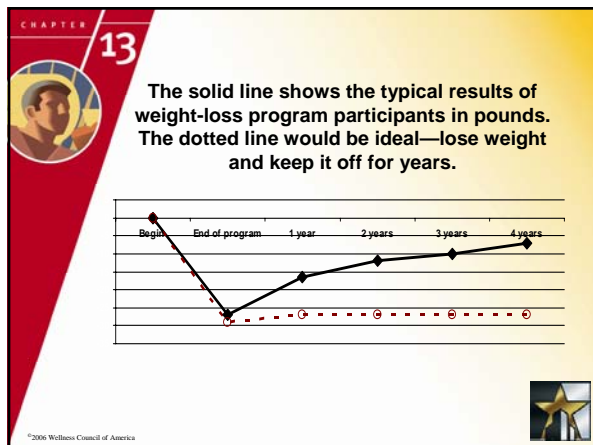
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**CHAPTER 13**

**On a Diet, Off a Diet**

- When it all boils down, weight loss is nothing more than balancing energy from food with energy expended by the body.
- Weight Change = calories in – calories out

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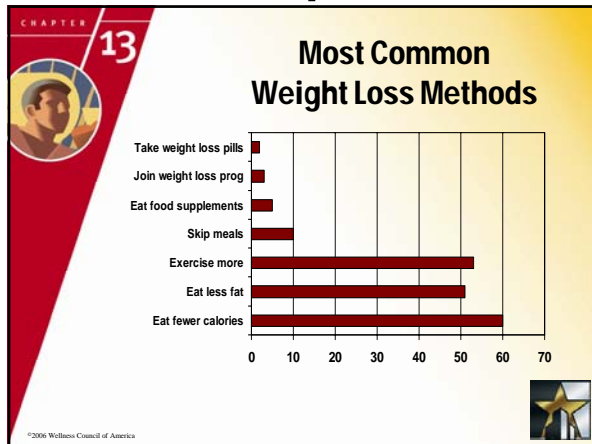
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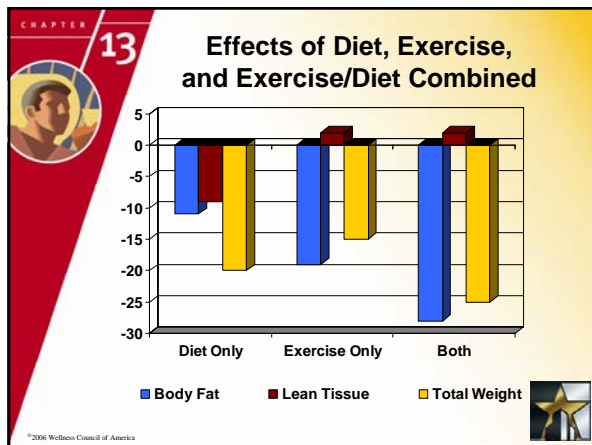
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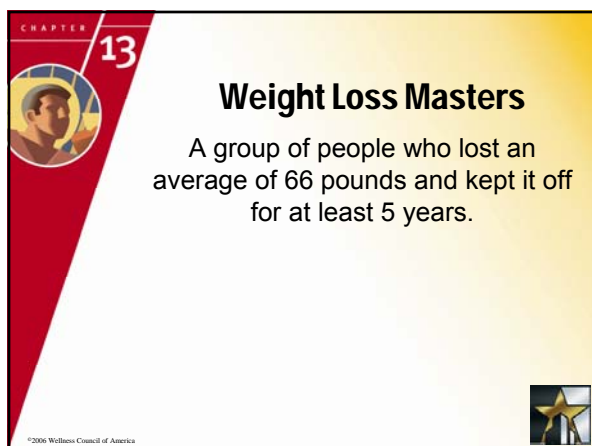
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# The Culprit & The Cure


## Chapter 13: A Healthy Lifestyle Side Effect

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### Tips For Long-Term Success:

- Eat fewer calories.
  - This can be accomplished by reducing the amount of food you eat and eating foods that are more likely to promote good health. Most of the masters switched to low-fat foods and ate less sugar and sweets and more fruits and vegetables.
- Exercise every day.
  - Most exercised for an hour a day. If you really want to keep the weight off, you will have to make exercise part of your everyday life.
- Weigh yourself every week.
  - Set a weight limit and don't exceed that limit.

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### Tips For Long-Term Success:

- Cultivate social support.
  - Friends, family, and even pets can provide emotional support and encouragement to start and stick with an active, healthy lifestyle.
- Commit to doing it.
  - Make a decision to change your lifestyle. If you have a good reason to change (a trigger), use it to focus your efforts and solidify your determination.
- Find your approach.
  - Everybody has a slightly different approach. Even though there were some common characteristics among many of the weight-control masters, others did it their own way. One size does not fit all when it comes to successful weight loss.

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- How much should you weigh?

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## Chapter 13: A Healthy Lifestyle Side Effect

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### Weight Loss Benefits of Exercise

- Maintain lean body mass, maintain and increase metabolism.
- Lose body fat.
- Lose total weight.
- Reduce other health risks.



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### More Weight Loss Tips

- *Slow and Steady Wins the Race*



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### More Weight Loss Tips

- Reduce total calories from food by 500–1,000 calories to lose 1–2 pounds per week.
- Reduce dietary fat intake to less than 30% of your total energy intake.



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### More Weight Loss Tips

- *Healthy Emotional State before Healthy Body Weight*
- *Weigh Yourself Often*
- *Don't Buy Bigger Clothes*
- *Know Your Hunger Triggers (times or events that make you want to eat)*

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### Eat on the Defensive

- Do nothing else while eating; just enjoy your food. If you habitually watch TV while you eat, you might be tempted to eat each time you turn on the TV.
- Stop eating when you are full. When you eat out, you don't have to try to get your money's worth just because you are eating out. Take some home in a doggy bag.
- Don't eat everything on your plate (even though your mother told you to). The last thing most of us need is to load a plate with food and eat everything on it.

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### Eat on the Defensive

- When eating out, chose smaller portions or share your meal with someone. A couple of appetizers are just about as much food as an entrée.
- Don't bring problem foods home. Out of sight, out of mind.
- You don't have to have dessert at every meal. If you do need a dessert, have a small serving or some fruit.
- When you are done eating dinner, remove the serving dishes from the table so you aren't tempted to keep eating.

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### Set a Weight Loss Goal

- Use the BMI table or actual measures of your body fat to set a reasonable, attainable goal. Something you can attain in just a few months.
- Plan on no more than 2-3 pounds per week.



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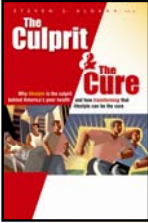
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### The Culprit & The Cure

- This book gives you the skills, ideas, and practical know-how to adopt healthy lifestyles and maintain them for life.
- [www.welcoa.org](http://www.welcoa.org)



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CHAPTER 13



### Points to Remember

- Weight loss and healthy weight maintenance are side effects of a healthy lifestyle. Adopt a healthy lifestyle and you will be more likely to have a healthy weight.
- American culture and aggressive food marketing make attaining a healthy weight hard to do. You must control the size of your food portions and the amount of food you eat. Don't leave this job to the food industry.
- Good nutrition and physical activity behaviors are the keys to healthy weight. Stop the healthy behaviors and your weight will return to prior levels.



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# The Culprit & The Cure


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### More Points to Remember

- Learn wisdom from the wise; live like the weight control masters.
- Low-carbohydrate diets, as well as other kinds of diets, can help you reduce the number of calories you eat, but don't go on a diet just to later go off a diet. Change your lifestyle.
- Recognize the triggers that make you want to eat and plan ways to deal with those triggers.



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