

WHOLE-PERSON WELLBEING (General Healthy Lifestyle): 07 — REVIEW / RESOURCES

Review

KEY POINTS:

Keep the following main points and goals in mind as you continue your journey to a healthy weight and body.

1) GETTING STARTED - GRADUAL IS GOOD

- **Gradual is good; think moderation, not perfection.**
- **Weight loss (if necessary) should be no more than 0.5 to 2 pounds per week** (*sometimes it will be less*).
 - Losing weight too quickly is physically harmful, and increases the chances of regaining the lost weight — with interest.
 - Weigh yourself once per week.
 - Diet pills or concoctions (*prescription or over-the-counter*) don't work.
- **There are 4 main areas to address for whole-person wellbeing:**
 - Nutrition
 - Exercise
 - Sleep
 - Stress
- **Take it one step at a time.**

2) WATER / ENVIRONMENT / TIPS

- **Drink 6-8 eight-ounce glasses of water per day.**
- **Make your environment conducive to healthy eating.**
- **Don't bring unhealthy foods (e.g., processed sugary snacks) into your home — the battle to eat right starts at the grocery store.**
- **If unhealthy foods must come into the home, store them out-of-sight in an inconvenient cupboard or pantry.**
- **Keep kitchen counter clean and organized; a bowl of fruit should be the only food on it**
- **Eat sitting at a table, with the TV off.**
- **Moderate or eliminate alcohol.**
- **Use smaller plates for portion control.**
- **Contrast plate color with food colors.**

3) NUTRITION

- **Gradual is good; think moderation, not perfection.**
- **Start reading nutrition labels.**
- **Minimize sugar intake** (*maximum of 50-60 grams per day*).
- **Start avoiding obvious processed foods** (*fast foods, sugary snacks, packaged meals, chips*).
- **Look for more natural foods; minimize preservatives.**
- **Lean green** (*and yellow and red*).
- **Avoid refined carbohydrates** (*white bread, sweet baked goods, sugary anything*).

4) EXERCISE

- Gradual is good; think moderation, not perfection.
- Start exercising, no matter how little — start light and gradually increase amount and intensity.
- Exercise contributes to overall wellbeing, mental and physical.

5) SLEEP

- Sufficient quality sleep is not a luxury — it's a necessity.
- Get 7-9 hours of sleep per night, as often as possible.
- Poor sleep increases stress and encourages poor eating habits.
- Stop caffeinated drinks by at least 4-6 hours before bedtime.
- Put 2-3 hours between dinner and bedtime.
- Poor sleep affects most bodily systems, including brain functioning (thinking) and mental health (emotions).
- Sleep deprivation causes many mental and physical problems.
- 4 common sleep disorders:
 - Sleep Apnea / Insomnia / Narcolepsy / Restless leg syndrome

6) STRESS REDUCTION

- Long-term exposure to the body's natural stress reaction mechanisms does physical harm.
- Chronic stress contributes to poor nutrition and weight gain — which exacerbates chronic stress.
- Poor nutrition negatively affects sleep — which contributes to poor nutrition and weight gain.
- Address excess stress and emotional issues like depression and anxiety.
- Stress and depression encourage poor eating habits.
- Stress and depression interfere with goal setting and accomplishment.

Resources

#Books and Movies

BOOK: *Potatoes Not Prozac: Simple Solutions for Sugar Sensitivity* (2008) by DesMaisons, Kathleen, Ph.D.

BOOK: *Your Last Diet!* (2002) by DesMaisons, Kathleen, Ph.D.

DOCUMENTARY: *Fed Up* (2014) by Soechtig, Stephanie (writer); Couric, Katie (executive producer)

Upending the conventional wisdom of why we gain weight and how to lose it, *Fed Up* unearths a dirty secret of the American food industry — far more of us get sick from what we eat than anyone has previously realized. Filmmaker Stephanie Soechtig and TV journalist Katie Couric lead us through this potent exposé that uncovers why — despite media attention, the public's fascination with appearance, and government policies to combat childhood obesity — generations of American children will now live shorter lives than their parents did. (— *Sundance Film Festival*) *(currently available on Netflix)*

DOCUMENTARY: *Hungry for Change* (2012) by Colquhoun, J. & Bosch, L. T. & Ledesma, C. (directors)

Hungry for Change exposes shocking secrets the diet, weight loss and food industries don't want you to know about deceptive strategies designed to keep you coming back for more. Find out what's keeping you from having the body and health you deserve. (— *IMDb*) *(currently available on Netflix)*



Alcohol Abuse/Addiction

<http://www.cdc.gov/alcohol/faqs.htm>
<http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>
<http://rethinkingdrinking.niaaa.nih.gov/ToolsResources/CalorieCalculator.asp>

Artificial Sweeteners

http://www.washingtonpost.com/national/health-science/study-suggests-sweeteners-could-contribute-to-obesity-and-diabetes/2014/09/17/c3c04ea6-3dc2-11e4-b03f-de718edeb92f_story.html
<http://www.cbc.ca/news/health/artificial-sweeteners-linked-to-obesity-epidemic-scientists-say-1.2769196>
<http://www.npr.org/2013/07/12/201461166/not-so-sweet-side-effects-of-artificial-sweeteners>

Body-Mass Index (BMI)

http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Exercise

<http://familydoctor.org/familydoctor/en/prevention-wellness/exercise-fitness/exercise-basics/exercise-how-to-get-started.html>
http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp
<http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20048269>
<http://www.webmd.com/fitness-exercise/guide/fitness-beginners-guide>
<http://www.webmd.com/fitness-exercise/how-start-exercise-program>
http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/StayingMotivatedforFitness/Making-a-Commitment-to-Fitness_UCM_462206_Article.jsp#.Vr339vkrLDc

Fats, Good and Bad

<http://www.webmd.com/diet/skinny-fat-good-fats-bad-fats>
<http://www.helpguide.org/articles/healthy-eating/choosing-healthy-fats.htm>
<http://www.livestrong.com/article/27454-list-good-fat-foods/>

Grocery Shopping

http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/shopping_list.html

Nutrition

<http://www.choosemyplate.gov/>
<http://www.choosemyplate.gov/downloads/NutritionFactsLabel.pdf>

Processed Foods and General Info

<http://www.getting-started-with-healthy-eating.com/list-of-processed-foods.html>
<http://www.livestrong.com/article/314580-list-of-processed-foods-to-avoid/>
<http://nutrition.about.com/od/askyournutritionist/f/processedfoods.htm>
<http://www.everydayhealth.com/diabetes-pictures/worst-processed-foods-for-people-with-diabetes.aspx>
http://www.huffingtonpost.com/2012/04/24/processed-food-ingredients_n_1441700.html
<http://www.getting-started-with-healthy-eating.com/>



Protein Content and General Info

<http://www.choosemyplate.gov/food-groups/protein-foods.html>
<http://www.webmd.com/diet/features/top-10-protein-foods>
<http://www.livestrong.com/article/135326-protein-content-common-foods/>
<http://commonsensehealth.com/high-protein-foods-list-for-a-high-protein-diet/>
<http://www.livestrong.com/article/257569-list-of-the-top-10-foods-with-the-highest-protein-content/>
<http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/ProteinFoods/food-groups.protein-foods-tips.pdf>
https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/fd_exch.htm
<http://www.choosemyplate.gov/food-groups/protein-foods-counts.pdf>

Sedentary Lifestyle

<http://www.webmd.com/fitness-exercise/do-you-have-sitting-disease>
<https://www.acefitness.org/blog/5282/proof-that-the-human-body-was-made-to-move>

Sleep

<http://sleepfoundation.org/>
<http://www.clevelandclinicwellness.com/mind/BetterSleep/Pages/introduction.aspx>
http://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf
<http://www.nhlbi.nih.gov/health/health-topics/topics/sdd>
http://www.ninds.nih.gov/disorders/brain_basics/understanding_sleep.htm
<http://www.nlm.nih.gov/medlineplus/magazine/issues/summer12/articles/summer12pg17.html>
<https://www.nia.nih.gov/health/publication/good-nights-sleep>

Stress

<http://www.webmd.com/balance/stress-management/stress-management-topic-overview>
<http://www.webmd.com/balance/stress-management/stress-anxiety-depression>
<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>
<http://www.medicinenet.com/stress/article.htm>
<http://www.nimh.nih.gov/health/publications/stress/index.shtml>
<https://www.nlm.nih.gov/medlineplus/ency/article/003211.htm>
<https://www.psychologytoday.com/basics/stress>
<http://www.apa.org/helpcenter/stress.aspx>
<http://www.apa.org/helpcenter/understanding-chronic-stress.aspx>
<http://www.cdc.gov/Features/HandlingStress/index.html>
http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html

Sugar Content and General Info

<http://www.webmd.com/food-recipes/features/sugar-shockers-foods-surprisingly-high-in-sugar>
<http://www.choosemyplate.gov/weight-management-calories/calories/added-sugars.html>
<http://www.livestrong.com/article/268095-the-sugar-content-of-foods-list/>
<http://www.medicalnewstoday.com/articles/262978.php>
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Added-Sugars_UCM_305858_Article.jsp

Vegetables, Whole-Grain and Whole-Wheat Foods

<https://www.choosemyplate.gov/MyPlate>