

CHCS



'BIGGEST' WINNER' 2008

"I can do all things through Christ who strengthens me." - Philippians 4:13

One of our teachers here at CHCS, Mr. David Herron, has graciously agreed to tell you how, a number of years ago, he came to a turning point in his life. I wanted to have something in the newsletter that would inspire the men who have committed to participate in the Biggest Winner. However, in reading Mr. Herron's story, I'm sure we will all benefit! This is his first installment:

"You know there's a problem when you get out of breath going up a short flight of stairs...when you have difficulty finding clothing that fits...when you look in the mirror and can't understand who the person is looking back at you. You get angry because you have allowed this situation to develop due to a lack of self-discipline...then you get frightened and realize that if some drastic actions aren't taken immediately, your life may be much shorter than you expect. I decided to do whatever it took to completely change my circumstances, realizing that I was the owner of this health-threatening, and perhaps life-threatening, problem. There was no one to blame but myself.

Thus was the beginning of my commitment ten years ago to remake and overhaul my physical condition. I say commitment because without a deep and intense commitment nothing is going to happen. Substantial weight loss and getting into good physical condition is a perfect example of the adage, "the future is created by actions... not intentions." For me, the motivation behind the action was the two powerful emotions of fear and anger. I had to create new and different eating behaviors. I had to decide to "eat to live" rather than "live to eat." The key to successful weight loss, keeping the weight off and getting into good physical condition is based on lifestyle change. There are no short-cuts. It is simply desire, determination, priorities and hard work.

In the beginning, I began by reducing my total consumption of fat in the food I ate. I examined everything in terms of its fat content. Since there are more than twice as many calories in every gram of fat as there are in any other kind of nutrient, I was immediately able to reduce my caloric intake with fat control. The bottom line for anyone who wants to lose weight is the same -- you must expend more calories than you consume. Period. You must learn to live by eating fewer calories. It isn't about the latest fad diet. You don't spend the rest of your life on a diet. It is about basic changes in your eating habits. It's about what you eat and how much you eat.

And, you must increase your activity level so that your metabolism will increase and you will expend some of those

calories. In the beginning, I started simply walking up and down the side streets in my neighborhood. I was soon briskly walking three miles a day -- every day. You have to increase your heart rate -- I can tell you more about that later.

That was the strategy -- in the beginning. Later, adjustments would be forthcoming in nutrition and exercise since the initial plan needed revised as I made progress. My nutrition and exercise routines today are quite a bit different than those I followed in the beginning.

This isn't about pounds, it's about body composition. Muscle weighs more than fat. You want to be muscular because lean muscle burns more calories than fat -- even when you are asleep. The way I could tell I was making progress toward my goals was in the changes in my clothing sizes. Just to show what can be done, today I wear exactly the same waist size I wore when I graduated from high school in 1969... size 34.

Later, I'll tell you how you can keep your weight under control and how to maintain a high level of physical fitness...regardless of age."

Stress-Reducing Diet Rx

Eat Frequently - Hunger can stress the body and trigger the release of cortisol, a hormone that encourages the storage of fat in the abdomen. To keep your hunger under control, split your meals and snacks into five or six mini-meals.

Get 7 or 8 Hours of Shut-eye a Night - Chronic sleep deprivation can raise cortisol levels. It can also drive down levels of the appetite-control hormone leptin, making you feel hungry.

Laugh More - Here's a tactic anyone can stick with. In a study conducted at Loma Linda University, men and women who watched a humorous video had 30% less cortisol in their blood not only while watching the tape but also up to 14 hours later!

Information found in Prevention's *New Year New You 2008*

Want to find answers to your questions about what foods to eat to stay healthy? Visit MyRecipes.com to find 300 calorie entrees and desserts, 100 calorie snack recipes, cooking tips and smart shopping tips.