

CHCS



'BIGGEST' WINNER' 2008

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

The Role of the Mind and Will

by David Herron

Last time, I mentioned that it is necessary to possess commitment and determination in order to achieve any significant weight loss or physical fitness goals. You're embarking on some permanent lifestyle changes – changes in the kinds of choices you make. It is this commitment to lifestyle change that keeps the weight off! Without this kind of commitment, there are two things that will interfere with progress -- distraction and rationalization.

You must conquer these tendencies. You will build character through discipline, as well as lose weight, feel better, and become more physically fit and healthy. Remember, if it was easy, there would be no weight loss or fitness problems for anyone.

Distraction – Distraction is anything which divides the attention or prevents concentration and focus. You must become focused. Examples of distraction include "I'm too busy," "I don't have time," or "I'll get around to it later." Getting rid of distraction is a choice, and is part of lifestyle change.

Rationalization – Rationalization is the tendency to make explanations which are essentially excuses. Examples include "One doughnut won't hurt me," "It's only a hundred calories," or "I'll eat less tomorrow." Rationalizations are choices, and are polite ways of making excuses for doing something that probably shouldn't be done. Another part of lifestyle change.

Successful weight loss and becoming physically fit starts in the mind. You must first get mentally fit. It takes a determined and committed mental attitude to make it happen. But, the health benefits and enhancement of self-confidence are definitely worth the effort and discipline.

Also, find a goal that you would really like to achieve. I suggest that you go shopping. Find some nice clothes that you would really like to be able to wear, but can't. Get motivated to fit comfortably into those clothes! Think how good you will feel, both physically and mentally, when you can. Don't say it can't be done. There is no "can't!" Make it a priority! Go for it! Your health and well-being will be "big winners!"

Cutting Calories Without Counting Them

Foods contain calories, and it doesn't take a rocket scientist to calculate that a Krispy Kreme doesn't quite cut it calorie-wise, not to mention nutrient-wise. Try managing calories with these three easy "tricks":

1. Go for high-volume foods. These are foods that contain fewer calories and more water. That's why you can eat two, three, or more servings of a high-volume food for the same calories of a tiny serving of a high-energy-density food. For example, a 100 calorie serving of raisins fills 1/4 cup. A 100 calorie serving of grapes fills almost two cups! Instead of scarfing down a bowl of brown rice, opt for a bowl that's half rice and half steamed vegetables. The vegetables and rice together will fill you up and satisfy you better than rice alone. A sliced apple with peanut butter is much better than a bagel with cream cheese.

2. Practice portion control. Healthy food is wonderful, but you still have to practice portion control to some degree. That goes for "snackers" and "pickers", too. A little bit of that and a few bites of that add up to portions!

3. Read food labels. When you read food labels, you increase your awareness of calories, carbs, fats and proteins

-- and you're more likely to head for foods that will fill you up instead of out!

Information from 'Body for Life for Women' by Pamela Peeke

How Big IS a Portion?

Use the chart below to help gauge food portions:

- | | |
|-----------------------|-------------------------------|
| • Rice or pasta | Size of a lightbulb |
| • Baked potato (5 oz) | Size of a computer mouse |
| • Bagel (half) | Size of a hockey puck |
| • Muffin | Size of a large egg |
| • Meats | Size of your palm |
| • Nuts | Size of a ping-pong ball |
| • Butter | Size of the tip of your thumb |
| • Cheese | Size of two dice |
| • Raw Vegetables | Size of your fist (1 cup) |
| • Cooked Vegetables | Size of a lightbulb (1/2 cup) |
| • Fruit | Size of a tennis ball |

Information from 'Body for Life for Women' by Pamela Peeke