



HEALTHY AT 80

www.communityhealthdayton.org

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Losing Weight After the Holidays

A study by National Institute of Health shows that most Americans only gain 2 pounds at the most during the six-week period between Thanksgiving and New Years Day. The problem is that most of us do not lose that extra pound or two in the year that follows. However, there is good news! Researchers have concluded that two of the main factors that influence weight gain are hunger and activity level, both of which you can control! So what can you do to help yourself maintain or even lose weight after the holiday season? The following tips may help you to not only lose weight after the holidays, but throughout the year. By the next Holiday Season you could be pounds lighter and more active!

<http://www.military.com/military-fitness/weight-loss/fight-holiday-weight-gain>

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

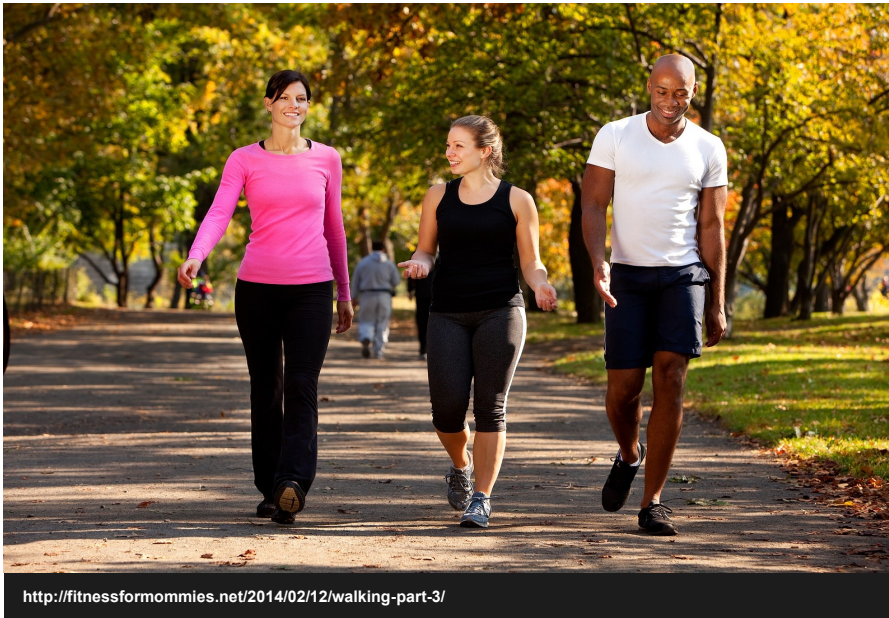
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<http://blog.lafitness.com/2014/12/22/these-6-surprising-holiday-activities-could-help-you-lose-weight/>

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Weight Loss Basics

Your weight is a balancing act, and calories are part of that equation. Fad diets may promise you that counting carbs or eating a mountain of grapefruit will make the pounds drop off. But when it comes to weight loss, it's calories that count. Weight loss comes down to burning more calories than you take in. You can do that by reducing extra calories from food and beverages, and increasing calories burned through physical activity.

The key to successful weight loss is a commitment to making changes in your diet and exercise habits.

<http://www.mayoclinic.org/healthy-living/weight-loss/basics/weightloss-basics/hlv-20049483>

Weight Loss Tips for After the Holidays and Throughout the Year

Eat Slowly

Eat very S-L-O-W-L-Y and enjoy the flavors. Try to chew your food at least 30-40 times per mouthful. It works and will allow the "hungry - full" response from your brain to tell you are satisfied. It takes the brain about 20 minutes to let you know you are full.

Eat Only When You are Hungry

Many of us eat because it is "time" to eat. In other words, we eat out of habit, not because we need to eat. Eat snacks whenever you "need" to - snacks like fruit, vegetables, yogurt or a tuna sandwich are great mid-day snacks that will help your body stay in fat-burning mode.

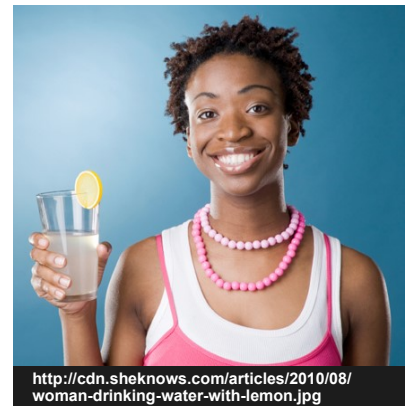
Brush Your Teeth After Meals

Right after eating a meal, especially dinner, go straight to the bathroom to brush, floss, and mouthwash so that your mouth is feeling nice and clean - this makes it less appealing to eat more (especially before bed-time). Ever try to eat or drink something after brushing your teeth? Not tasty!

Know When You are Thirsty

Most people confuse hunger with dehydration. Drinking a glass of water will usually take care of the food yearning. This is not skipping a meal - just a way to work through temptation.

<http://www.military.com/military-fitness/weight-loss/fight-holiday-weight-gain>



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Creative Ways to Exercise

Speed Walk Your Errands!

Do your daily errands on foot—you may need to drive to a shopping area first, but then cruise around on foot checking items off your list!

Strengthen Your Core!

Flex your stomach muscles for 10 seconds and repeat 10 times. It's a quick and easy way to work your core without anyone noticing.

Go the Long Way!

You've probably heard this one before, but it really works: Take the stairs instead of the elevator. Find a parking spot far away from your building so you get a little extra walking. If you ride the bus, get off a stop before you need to and walk the extra distance. All of those extra steps really add up!

Nix the Shopping Cart!

Use two bags to carry your groceries. Throw a bag over each shoulder, and walk around the grocery store collecting items. Carrying two heavy bags is a great workout!

<http://www.health.com/health/gallery/0,,20500418,00.html>



<http://gapersblock.com/drivethru/Baggu.jpg>

The Dreaded Words

How can you lose weight? With diet and physical activity. The key to successful weight loss is developing healthy diet and exercise habits. You may not like those words — diet and exercise. Don't get hung up on the words. Diet just means eating healthy, lower calorie meals. Exercise means being more active.

Although people appropriately focus on diet when they're trying to lose weight, being active also is an essential component of a weight-loss program. When you're active, your body uses energy (calories) to work, helping to burn the calories you take in with food you eat.

Cleaning the house, making the bed, shopping, mowing and gardening are all forms of physical activity. Exercise, on the other hand, is a structured and repetitive form of physical activity that you do on a regular basis.

Whatever activity you choose, do it regularly. Aim for at least 150 minutes a week of moderate physical activity or 75 minutes a week of vigorous aerobic activity — preferably spread throughout the week.

<http://www.mayoclinic.org/healthy-living/weight-loss/basics/diet-and-exercise/hlv-20049483>

Healthy Recipe Corner

Making meatloaf with lean ground beef tastes great and makes it much less greasy! The end pieces are always the first pieces to go, so with this recipe you have perfect portion control and every "meatloaf muffin" is crispy like an end piece!

Meatloaf Muffins

- 1 lb lean ground beef
- 1/2 cup diced peppers
- 1/2 cup diced onions
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1/2 tsp dried mustard powder
- 1 tsp salt
- 1 tsp black pepper
- 1 large egg
- 1/2 cup rolled oats



- ⇒ Sauté the peppers and onions in a nonstick pan until soft. Mix them into the raw beef along with all remaining ingredients.
- ⇒ Divide equally into a muffin tin. This makes six 3 oz Meatloaves. Top each with a swirl of ketchup. Bake at 350 for 25-30 minutes!

~ Kelli Pitrone RDN, LD—CHCGD dietician



Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

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