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January 1, 2004

Dear Colleagues:

Eat Right Montana (ERM), a coalition promoting healthful eating and active lifestyles, is pleased to announce the 6th year of our award-winning monthly **Healthy Families** packets. For a complete archive of past packets, go to www.montanadieteticassociation.org/promo.html

Our 2004 theme is **Simple Steps for a Healthy Weight**. Based on recent speeches by Surgeon General Richard Carmona, the steps will address increases in adult and childhood obesity and provide practical ways for families to **achieve and maintain a healthy weight**. With everyday tips for delicious nutrition and fun fitness, this focus on **realistic weight management** will help Montanans with their health concerns, like diabetes, high blood pressure, and heart disease.

As always, January is the month when millions of Americans resolve to get themselves into shape. Gyms and fitness centers are crowded with exercisers – and diet ads flood the newspapers and airwaves. It is a prime time to shine a spotlight on misleading diet advertising and dangerous diet scams. Here are two timely resources to help you:

➤ **Red Flag Bogus Weight Loss Claims**

www.ftc.gov/bcp/online/edcams/redflag/index.html

The Federal Trade Commission (FTC) has launched an educational campaign to help “media outlets voluntarily to screen out weight-loss product ads containing claims that are too good to be true.”

The site features lots of ideas and the seven most common weight-loss claims – also a great educational tool for consumers.

➤ **15th Annual Slim Chance Awards**

www.healthyweight.net/hww.htm#Week%20News%20Release

To celebrate Healthy Weight Week, January 18-24, 2004, Francie Berg highlights the worst weight loss products of the year.

Thanks for your past and future support of **Eat Right Montana**. Your feedback is always important to us; please let us know what you think.

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Simple Steps for a Healthy Weight: #1. Keep a record.

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Healthy Families 2004: It's a lifestyle, NOT a diet (1st in a series of 12)

Now that you've survived the holidays, it's dieting season again. Newspapers, magazines, and the airwaves are filled with weight loss ads – each one promising a miracle solution for the perfect body.

“The key to a healthy weight is definitely not another diet,” says Debi Miller, registered dietitian (RD) with the Team Nutrition Program and chair of the Eat Right Montana coalition. “The real solution is to make healthful eating and physical activity a way of life. The key to a healthy weight is to ignore those misleading weight loss ads – and focus on taking permanent steps toward a healthy lifestyle.”

During 2004, Eat Right Montana (ERM), a statewide coalition promoting healthful eating and active lifestyles, will offer Montana families a dozen ways to reach, and maintain, healthy weights forever. Each month, ERM's website (www.montanadieteticassociation.org/promo.html) will feature sensible advice, practical tips, and effective resources for taking simple steps toward a healthy weight.

According to Miller, the first step to a healthy weight is to keep a record. “Study after study has confirmed the benefits of keeping track of the food you eat and the activity you do. That's why every successful weight management program suggests that you keep a food diary and/or an activity log.”

Your personal nutrition and fitness record can be simple, or detailed, whatever works for you. The simplest record is to keep track of one or two things on a regular calendar. For example, you could keep track of what you eat for breakfast and the number of minutes you walk. “Eating breakfast and 30 minutes of walking per day are habits that help adults and kids maintain healthy weights,” notes Miller.

Some people like to keep more detailed food and activity records. Several different formats can be downloaded free from the Internet, like one from the National Heart, Lung, and Blood Institute's Healthy Weight Program at www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/diary.htm

“Keeping a record can help in several ways,” explains Miller. “Sometimes just writing things down helps people eat better; they feel more accountable when they see things in black and white. It is also a great way to identify problem areas – and see which habits you need to start working on first.”

ATTACHED: *12 Ways to Create a Healthy Eating Style and an Active Lifestyle*

12 Ways to Create a Healthy Eating Style



- 1. Forget the fads:** Diet fads come and go – without offering a permanent solution. When you hear about the latest diet, always ask yourself: Can I eat this way for the rest of my life?
- 2. Be realistic:** Any eating plan needs to work for your family and your situation. It needs to fit with your schedule, your food budget, and your cooking skills.
- 3. Make a commitment:** Write down some important reasons for changing your eating habits. Share a written or verbal promise to make healthy food choices with your friends or family.
- 4. Start slow:** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit.
- 5. Be consistent:** The human body responds well to consistency. If you decide to eat breakfast, make eating breakfast part of your daily routine – rather than an occasional thing.
- 6. Stick with it:** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start eating breakfast, make a plan with 21 breakfast menus you'd love to eat.
- 7. Be flexible:** Life is full of surprises, and plans need to change. If an early meeting makes breakfast at home impossible, you need some alternatives, like desk-fast at work.
- 8. Be creative:** Make a list of all the possibilities – like all the breakfast options that you enjoy: at home; in the car or on the bus; at work; or from a vending machine.
- 9. Stock up on options:** Once you have a list of possibilities, stock up. Fill your cupboards, car, and desk drawers (anywhere you might eat breakfast) with healthy options.
- 10. Plan ahead:** When situations pose problems, make a healthy plan. Have a meeting where giant cinnamon rolls are served? Plan to eat $\frac{1}{2}$ a roll; bring cheese and fruit with you.
- 11. Forgive yourself:** Healthy eating does not have to be perfect eating. If you make a mistake or miss a few days of healthy eating, no biggie. Just get back on track ASAP.
- 12. Congratulate yourself:** Changing your eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for any healthy changes.



www.montanadieticassociation.org/promo.html

**Celebrating
Healthy Families
2004**

12 Ways to Create an Active Lifestyle



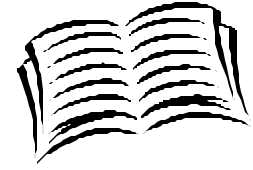
- 1. Forget the fads:** Like diets, exercise fads come and go (remember mini trampolines!). When you think about a new workout, ask yourself: Is this something I really enjoy doing?
- 2. Be realistic:** Any activity has to fit into your schedule and situation. If you don't have time to get to the gym or if you hate running, it's time to look for some new activities.
- 3. Make a commitment:** Write down some important reasons for being more active. Share a written or verbal promise to be more physically active with your friends or family.
- 4. Start slow:** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like walking more, and make it a habit.
- 5. Be consistent:** The human body responds well to consistency. If you decide to walk more, make walking part of your daily routine – rather than an occasional activity.
- 6. Stick with it:** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start walking more, make a plan to walk 30 minutes a day – for 21 days!
- 7. Be flexible:** Life is full of surprises, and plans often need to change. If you can't get out in the morning, fit a 30-minute walk into a lunch break or go out before you have dinner.
- 8. Be creative:** Make a list of all the possible ways to fit a 30-minute walk into your life – like walking a dog, walking with a friend, walking to the store, or walking around the mall.
- 9. Make a list of options:** It's always good to have options, like indoor ideas when it's cold. Make a list of all the ways you like to move, so you'll always have a fun option.
- 10. Plan for activity.** There is always too much to do in our busy lives. Make room for fitness in yours by putting activity on your schedule, like walking from 7:00 to 7:30.
- 11. Forgive yourself:** If you miss a day of activity, it's no big deal. Just put on your shoes and get your walk in today! The goal = at least 30 minutes of activity, at least 5 days a week.
- 12. Congratulate yourself:** Becoming more active can be tough. Just think how long you've been sitting around. Give yourself a big pat on the back for any increases in physical activity.



www.montanadieteticassociation.org/promo.html

**Celebrating
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Finding a Food Diary or Activity Log



There are many ways to keep a record of your eating habits and activity levels. There are also many reasons to track your health habits, including:

- ✓ People who keep records are more successful in making positive changes.
- ✓ Diaries or journals are an easy way to identify problem or areas for change.
- ✓ Logs and records often motivate people to maintain healthy new habits.

Make your own.

Keeping a record of your eating and/or activity can be as simple or as detailed as you want. All you really need is a piece of paper and a pencil. Some people like to create their own records on a computer. Others prefer to record a few things – like what they ate for breakfast or how far they walked – on a regular monthly calendar or daily schedule book.

Download one from the Internet.

Many websites offer free forms, diaries, and logs for tracking health information, like food intake, activity levels, and blood sugars. One of them may be just right you.

- **Health Central** offers Food Tracker, Exercise Tracker, and Progress Tracker Logs. http://www.healthcentral.com/fitorfat/CB_Logs/CB_Logs.cfm
- **NIH's Healthy Weight Program** has a simple week-long food and activity diary. http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/diaryint.htm

Keep a web-based record.

Other sites offer ways to track, analyze and keep your food, fitness, and health records online. There are fee-based services, as well as free websites, like these two:

- **Lilly Diabetes.com** allows you to analyze your food intake and blood sugar levels. <https://secure.lillydiabetes.com/Registration/NutritionIntro.cfm>
- **Kraft Foods.com** has nutrition, cardio activity, resistance training, and weight logs. <http://web.kraftfoods.com/kf/HealthyLiving/LogsJournals/>

Track nutrition and activity on a computer or PDA.

Techies may like BalanceLog® from <http://www.healthetech.com/>. For both PCs and Palm OS devices, BalanceLog® tracks calories, nutrients, and exercise – based on your weight management goals with a database of more than 4,000 foods and 300 activities.

Order some Health Cheques™ from Appletree Press.

Registered dietitians sell checkbook-sized, self-monitoring journals for weight control, diabetes, pregnancy, and other situations at <http://www.appletree-press.com/>

Provided by Eat Right Montana
www.montanadieteticassociation.org/promo.html

NOTE: This list does not represent an endorsement of any website, product, or program. Before you begin any diet or exercise program, consult with a health professional to make sure that it is appropriate for you.

Downloaded from:
National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/diary.htm

Daily Food and Activity Diary							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Activity							
GOALS: DIET		PHYSICAL ACTIVITY					
BEHAVIOR							

Downloaded from:
About Walking: Walk of Life Program

<http://walking.about.com>

Walk of Life Diary

Date:

Breakfast Time ate:					
Protein:		Bread/starch:			
Fruit:		Vegetables:			
Lowfat Dairy:		Fat:			
Water:					
Lunch Time ate:					
Protein:		Bread/starch:			
Fruit:		Vegetables:			
Lowfat Dairy:		Fat:			
Water:					
Snacks Time(s) ate:					
Protein:		Bread/starch:			
Fruit:		Vegetables:			
Lowfat Dairy:		Fat:			
Water:					
Dinner Time ate:					
Protein:		Bread/starch:			
Fruit:		Vegetables:			
Lowfat Dairy:		Fat:			
Water:					
Feelings/Comments on Eating:					
Walk:	Distance	Time	Speed	Steps	Calories
Other exercise:					
Successes:					

HEALTHY FAMILIES 2004

Simple Steps for a Healthy Weight

JANUARY 2004

1. Keep a record.

FEBRUARY 2004

2. Create a routine.

MARCH 2004

3. Balance food and activity.

APRIL 2004

4. Take a daily dose of moderation.

MAY 2004

5. Enjoy variety every day.

JUNE 2004

6. Take time for health every day – at home.

JULY 2004

7. Take time for health every day – at work.

AUGUST 2004

8. Take time for health every day – on vacation.

SEPTEMBER 2004

9. Take time for health every day – at school.

OCTOBER 2004

10. Take time for health every day – around town.

NOVEMBER 2004

11. Take time for health every day – at organizations.

DECEMBER 2004

12. Celebrate the joy of health every day.



www.montanadieteticassociation.org/promo.html