



Heart of America Medical Center - Wellness Center

Heart Healthy Eating

By Kathy Brandt, LRD

Nutrient Recommended Daily Intake

Total fat.....	30% or less of total calories
Saturated fat.....	Less than 10% of total calories
Trans fat.....	2 g or less
Monounsaturated fat.....	Up to 15% of total calories
Cholesterol.....	Less than 300 mg/day
Sodium.....	2400 mg or less/day
Fiber.....	25-35 g/day

*g=gram, mg=milligram



Tips and motivational advice

- "Everything comes too late for those who only wait." —Elbert Hubbard
- "Take care of your body. It's the only place you have to live." —Jim Rohn
- "The difference between try and triumph is just a little umph!" —Marvin Phillips
- "If it is to be, it is up to me." —William Johnson
- "A journey of a thousand miles begins with a single step." —Lao-tzu
- "Instead of giving yourself reasons why you can't, give yourself reasons why you can!" —unknown

Make better choices

When shopping, compare food labels, and pick foods low in saturated and trans fats, whenever possible. When eating out, ask your server for low-fat or heart-healthy options. Take the steps instead of the elevator, and park farther away on purpose to get extra activity.

Control the calories you consume to take action in managing your weight. It takes 3500 calories to equal 1 pound (lb) of body fat. Cutting back just 500 calories/day can promote a 1 lb weight loss/week. What does 500 calories look like? A 20-fluid-ounce (fl oz) bottle of regular cola plus one regular-sized candy bar equals approximately 500 calories. If you are overweight, just losing 5%-10% of your weight can significantly reduce your blood cholesterol!

America Needs An Attitude Adjustment

By Tammy McClintock, CFT

To say that Americans are consumed about their weight is an understatement. Obsessed is more like it, and Americans spend an estimated \$60 billion per year feeding that obsession. Instead of being thinner, Americans are no better off than they were 10, even 20 years ago. In fact, the situation is worse: One out of every three American adults is now considered overweight. Not surprisingly, this corresponds roughly to the number of Americans (65 million) who are dieting at any one time. It seems that all those devices and diets, portions and powders, supplements and artificial sweeteners have done little to nourish what's really important - one's self-esteem.

For most of the twentieth century, people have simply assumed that thinness is essential for both good health and happiness. And those who are not thin, it is also assumed, must lack willpower and either eat too much or not exercise enough. The solution to being overweight, then, is to simply eat less and exercise more. Clearly, as statistics bear out, it's not that simple. Diets rarely work. Those who have tried them - and failed - know this, and now physicians and weight researchers are acknowledging it as well. Factors such as genetics and physiological mechanisms are finally receiving due credit for their roles in determining body shape and size.

There is a new weight paradigm that focuses on things other than weight loss: Healthy eating, regular exercise, positive self-esteem, and, last but not least, self-acceptance. Here is a breakdown of the old assumptions, and alternative solutions:

Old: Restricting calories is the best way to lose weight.

New: The combination of regular exercise and a healthy eating plan is the most effective way to lose weight and keep it off. A program of aerobic exercise and resistance training helps individuals burn calories and maintain lean muscle mass. Healthy, relaxed eating in response to hunger and satiety cues is the key to developing a comfortable relationship with food and avoiding eating disorders.

Old: People need to be thin to be healthy and happy.

New: People naturally have different body shapes and sizes, and need to accept themselves for what they are. The key to making positive changes - which may or may not include weight loss - is to consider all the different facets in one's life. Dropping a dress or pant size will mean little if constant fatigue from restricting calories leaves you unable to play with your kids. Disordered eating patterns caused by pressures to be thin can result in zero self-esteem. And constantly rating

yourself against some "ideal" standard offers little more than a lifetime of dissatisfaction and frustration.

The choice to be healthy and happy by selecting self-acceptance rather than an enforced ideal is yours and yours alone, and coupled with these new alternative solutions will bring you greater success in achieving your healthy goals!

Source: Ace Fitness
February 2010

C O U P O N

SWEETHEART SPECIAL

**Sign up your sweetheart
in the month of February
for FREE!**
(\$35 value)

C O U P O N

Wellness Center Hours:
 Monday-Friday 7 a.m.-9 p.m.
 Saturday 8 a.m.-Noon

February 2010

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 H.S. 8, 9, 12, 5 Accel 3:30	2	3 H.S. 8, 9, 12, 5 Accel 3:30	4	5 H.S. 8, 9, 12, 5 Accel 3:30	6
7 —Exercise —Healthy Habit —Water My goal this week is _____	8 H.S. 8, 9, 12, 5 Accel 3:30	9	10 H.S. 8, 9, 12, 5 Accel 3:30 Yoga 4:30	11	12 H.S. 8, 9, 12, 5 Accel 3:30	13
14 —Exercise —Healthy Habit —Water My goal this week is _____	15 H.S. 8, 9, 12, 5 Accel 3:30	16	17 H.S. 8, 9, 12, 5 Accel 3:30 Stability Ball 6-6:45	18	19 H.S. 8, 9, 12, 5 Accel 3:30	20
21 —Exercise —Healthy Habit —Water My goal this week is _____	22 H.S. 8, 9, 12, 5 Accel 3:30	23	24 H.S. 8, 9, 12, 5 Accel 3:30 Yoga 4:30	25	26 H.S. 8, 9, 12, 5 Accel 3:30	27
28 —Exercise —Healthy Habit —Water My goal this week is _____						

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