



# Live Well Be Well

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## How to Win at Losing

By Scott Prussing, MS

If I were to ask a group of people if they think they could stick with a diet for a whole day, most would probably raise their hands, but some would be uncertain. If I tell them I'd give them \$1,000 if they stuck with it for a day you can guess what happens—every hand would go up! The point is—you can do what you need to do, if you have enough motivation and incentive. The steps to losing weight are simple—eat less, move more. It is doing those simple steps on a daily basis that is the challenge.

**So how do you maintain a high level of motivation week after week?** The answer is to do things that help your mind focus on what you are getting out of losing weight. Let's take a look at the steps that can help keep you motivated.

**Have a Plan**—Think about what you want to do and make plans on how to accomplish those goals. Making a plan focuses your mental energy on achieving your goals. Do you want to eat healthy? Then have a basic daily plan of what, when, and where you will be eating. Plan to eat 3 to 5 times a day. This keeps you from getting overly hungry or in situations where you will make poor choices. Plan your food choices for the next few days and make a grocery list. Think ahead on how you will deal with a special occasion or holiday. Have a plan for the unexpected. Visualize yourself doing what you have planned.

**Keep Moving**—Every study ever done shows exercise is the best tool for weight management. Most people think exercise helps because of the calories it burns, but it is the power of exercise to change your mental world that has the greatest impact. Exercise reduces stress hormones and releases endorphins—your body's "feel good" hormones. You may not always enjoy exercising while you do it—but almost everyone enjoys the mood elevation and relaxation that comes with a regular exercise routine. Just as important is the message you give yourself every time you are out exercising. The message is, "I'm a person who takes care of myself, I care about my health. I'm doing something good for myself." Conversely, if you don't exercise, you are giving yourself the message that your health is not that important and that you're not worth it. Which mental image is most likely to motivate you to reach your goals?

**Mindful Eating**—Write down everything you eat when you eat it. Keeping a mental awareness of what you are eating focuses you on what it is you want to achieve. Writing down what you eat makes you think about what you are choosing and how much you really want it. Many times it will prevent you from eating on an impulse or eating too much of a certain food. It only takes a few minutes a day and is one of your most powerful tools. Use a simple note pad to jot down your intake or if you want to track fat, calories, etc., try using one of the free on-line tools like Sparkpeople.com.

**Celebrate the Good**—Make a list of all the good things about being in a healthy weight range. Read it often and out loud—you'll engage more brain cells than just reading silently. Stay mindful of all the great things about losing or maintaining weight. Talk with friends about how much better you feel. Share your weight loss successes with those who will support your new behaviors.



No matter  
if you  
have  
5 or 500  
pounds to  
lose, we  
can help.

**Grieve the Bad**—Write the story of your life being overweight. Be detailed enough that just reading it makes you appreciate how far you've come and how glad you are to have left pounds behind. Attach a picture or two of you at your heaviest—images have powerful effects. When you're feeling discouraged, read your story and remind yourself what it is you want for yourself.

**Journey with Friends**—Losing weight on your own is really hard. Losing weight with the support of like-minded people makes the whole process much easier. Ask some friends or family to join you in your efforts or visit the free **Ask the Dietitian** or **Fitness Forum** sessions at Positive Choice. If **Weight Watchers** sounds like something you want to do, visit [kaiserpermanente.org](http://kaiserpermanente.org) and download a discount coupon. At Positive Choice we offer weight management programs for just about every body. We have programs for adults, programs for teens 15 to 19 years old, and programs for people who speak Spanish only. We offer weight loss programs using regular food, a plan using liquid nutritional supplement combined with food, and a full fasting plan where people use all liquid nutritional supplements.

**Managing weight is a challenge, but it is not impossible**—We'll teach you how to shop, cook, and dine out and still manage your weight. We'll help you develop a solid exercise program and practice healthy lifestyle behaviors. Most importantly, we'll help you develop an awareness about the subtle emotional cues that often drive overeating urges and sabotage your best efforts.

Additionally, if you have been in our programs before and you want support, try attending one of the Maintenance Booster sessions. You don't have to be at your goal to attend. We offer booster classes in the morning and evenings at Clairemont Mesa and evening boosters at Otay Mesa (view schedules and topics online.)

**You can do it and we are here to help.**

Save \$15

towards any of these  
Positive Choice Weight Management Programs

- The Fasting Program
- Nutrition Program
- Transformaciones—Spanish Weight Loss Program
- Teen Weight Management Program

(858) 573-0090

To receive these savings, present this coupon at the time of your Body Assessment Appointment or at your first weight management group meeting. Savings does not apply to any other program or services a may not be used at subsequent group meetings.

Positive Choice reserves the right to refuse this coupon after January 2010.

# Putting a Curb on Appetite

By Vicki Pepper MS, RD

Last year Americans spent over 12 billion dollars on pills and potions that promised to make them lose weight and were sadly disappointed. Most of these supplements are gimmicks and a waste of time and money. Even sadder is that so few people are talking about the **foods that you can eat that do help with weight loss**. Perhaps it is because it isn't as easy to make money off this information. But in fact there are certain types of foods that help curb appetites and raise your metabolic rate. What is this magical substance? **Fiber!**

Who knew fiber could be such an important nutrient? There are about 1,000 different kinds of fiber in the foods we eat. Fiber is a type of carbohydrate that your body can't digest, breakdown, and absorb. Once you eat it, fiber travels through the digestive tract and is eliminated through your bowels. Some fiber can be hard, rubbery, and tough...think of the strings on celery or the chewy part of whole grains. Other types of fiber can be moist and gel-like...think oatmeal, beans, and grits. Both types of fiber have been linked with reducing heart and colon disease, helping regulate blood sugar levels, preventing cancers, and playing a major role in maintaining healthy body weights.

Fiber helps with weight management in several different ways. Fiber is a natural appetite suppressant. The hard, stringy fibers take up a lot of space in the digestive tract. They absorb water and swell and create feelings of fullness.



For example, 6 Hershey Kisses (0 grams of fiber), 1 ounce of almonds (2 grams of fiber), 6 cups of air-popped popcorn (8 grams of fiber), or 3 small apples (10 grams of fiber) are all about 175 calories. But it is so much easier to stop eating and feel satisfied after 3 apples or 6 cups of popcorn than after 6 Hershey Kisses.

The gel-like fibers also play a major role in weight management. These fibers slow the emptying of food from the stomach making the digestion of a meal much longer (6 to 8 hours instead of the usual 3 to 4 hours). This allows nutrients to flow into the blood stream more slowly and over a longer period of time allowing for more stable blood sugar levels, sustained energy levels, and better efficiency of burning the calories as fuel instead of storing them as fat. Both types of fiber require your body to work harder at digestion and increase your metabolic rate, as well.

Unfortunately, most Americans eat too little fiber—roughly 15 grams a day or less. Recommended amounts are between 40 to 50 grams per day. But before you go running to buy a fiber supplement know this—fiber supplements don't work in the same way as fiber in the foods you eat. Remember, fiber needs to be part of a meal and to be eaten throughout the day to be effective. Increase the amount of fiber in your diet slowly, otherwise you may have some digestive disturbance. And be sure to drink sufficient water to help your body move the fiber through the digestive tract.

## To get about 40 to 50 grams of fiber a day try this:

Eat at least 4 servings of fruit a day (preferably with skin on)	12 grams of fiber
Eat 2 to 4 cups of vegetables and leafy greens a da	4 to 8 grams of fiber
Eat 4 to 5 servings of whole grains a day	12 to 20 grams of fiber
Eat 1 serving of high fiber cereal a day	6 to 13 grams of fiber
Eat half to 1 cup of beans or tofu a day	7 to 14 grams of fiber

If you would like more ideas on high fiber foods or help adding fiber into your diet, think about visiting one of our dietitians at a free **Ask the Dietitian** session at the Positive Choice Wellness Center. Call or go on-line for schedules.

# Are You a Food Addict?

By Steven T. Fortson, MA

Looking for a new diet plan? The magic diet—the one where you lose weight and it stays off? Your life will become simplified? You'll feel good about yourself? That's expecting a lot from a diet.

**All diet plans work** while you stay focused on lowering calories and adding exercise, but usually fail when life gets stressful. Dreams of the perfect weight clash with the number on the scale. If only you had done the diet the right way and hadn't given in to your temptations...then it would have worked out. So you begin the search for the next diet, hoping once again for the magic fix. Does this scenario describe you? If so, in the words of Dr. Phil, "*How's that workin' for you?*" Maybe it's time for a new approach—a new plan.

**If the only coping tool you have is food, then your toolbox is a lunchbox...or a refrigerator!**

**You may be a food addict.** If you are a food addict, using food to cope is not about hunger, food cravings, bingeing, or dieting. It's about helping yourself to not feel bad or not to feel at all. It's about coping with stress, loneliness, anger, and fatigue. The problem is that diets treat the symptom of too much body fat and not the underlying issues of addictive thinking and addictive behaviors that create the weight gain.

**What you need is a radical lifestyle change that results in moderation.** Recovery from food addiction requires learning to understand the addictive process, becoming aware of destructive thinking and feeling patterns, and practicing making better life choices. It takes courage to address the real issues in your life. Recovery requires that you make yourself a priority and not rely on food to help you feel better. There is help out there if you feel you are addicted to food. Serenity Shops in San Diego offer a wide variety of helpful literature at (858) 581-1979. One popular author who has written extensively on food addiction is Geneen Roth. Her book, *When Food is Love*, is a good place to start.

**Most people need the support of other people to help in their recovery.** Overeaters Anonymous offers free support groups throughout the San Diego area ([www.oa.org](http://www.oa.org)). At the Positive Choice Wellness Center, we offer an intensive 12-week food addiction recovery program called **Solutions**. The focus is on providing a safe, supportive environment where people can recover from food addictions. Our **Fasting Weight Management Program** has a curriculum that focuses on helping people to resolve the underlying issues that can trigger food addictions, as well.

Wherever you find help, make 2008 the year that you stop looking for the perfect diet and start looking within. The effort will be more rewarding and successful than a diet plan. Information on **Solutions** or the **Fasting Weight Management Program** can be obtained by visiting the Positive Choice Web site at [www.positivechoice.org](http://www.positivechoice.org) or calling the center at (858) 573-0090.



# BE WELL

on your way.

While most of the programs and services at the Positive Choice Wellness Center require a fee, the **Positive Choice Club** is a **FREE** service that is available to both Kaiser Permanente members and non-members.

The **Positive Choice Club** hosts a variety of educational seminars that focus on helping people develop and maintain a healthy lifestyle. The schedule through June is listed on the right of this page.

If there is an activity that you would like to participate in, please reserve a space by calling us.

To view descriptions of each event, visit the Positive Choice Web site or call to have us mail you information.

Space may be limited for some events, so sign-ups will be offered on a first to come, first to be served basis.

**Positive Choice Wellness Center**  
[www.positivechoice.org](http://www.positivechoice.org)  
**(858) 573-0090**

## Positive Choice Wellness Club February to June 2008

### Self-Hypnosis

**Using Self-Hypnosis for Weight Loss, Smoking, Pain Control and Healing**

Friday, March 7

5 to 6 p.m. or 6:30 to 7:30 p.m.

### Super Foods

**How to Eat for Super Health**

Friday, March 28

6 to 7 p.m.

### Moving for Wellness

**Fun Moves for Any Body**

Friday, April 11

6 to 7 p.m.

### Finding Your Path

**How to Discover What You Really Want**

Friday, April 25

6 to 7 p.m.

### My Big Fat Greek Miracle

**Taking Charge of Your Weight and Health**

Friday, May 9

6 to 7:30 p.m.

### The Alexander Technique

**Relieve Pain and Stress in Your Everyday Activities**

Friday, May 30

6 to 7 p.m.

### Simple Yoga

**Modified Poses for Beginners or People with Physical Limitations**

Friday, June 13

6 to 7 p.m.

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**(858) 573-0090**  
**[www.positivechoice.org](http://www.positivechoice.org)**

**If you would like to be added to  
the *Live Well Be Well* mailing list,  
please contact:**

**Vicki Pepper (858) 573-5558**

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