



Volume 14—April 2010

*A Moment With Dr. Moore,
our PhD Psychologist/
Eating Behaviorist*

Improving Family Health and Fitness

As you begin to change your habits for the better you may be eager to have your spouse or children come along for the ride. You may have even realized that changing your lifestyle habits is easier when you are not the only one on this quest! Improving your family's health has many benefits. A 20-year research program has shown that adopting a family-based approach to weight loss improves both parents' and children's health. Family based approaches highlight making gradual, sensible changes to the whole family's lifestyle. For example, parents and children may take evening walks, bike rides, or trips to the park after dinner or children and their parents may shop, prepare, and eat healthy family meals together. The emphasis is placed on increasing fun, lifestyle physical activity, increasing the amount of fruit and vegetables eaten, and limiting "screen time" for the whole family. In this type of approach, no one person in the family is identified as the one who needs to lose weight – it's a joint venture. This approach has been shown to help children and families lose weight and maintain a healthy weight over time, including over a 10-year follow up period.

Although getting the whole family on board sounds good in theory, many families struggle to make these changes and find that they run into resistance from one or more family members. Not surprisingly, many parents may find that their child or teen is less than eager to give up pizza for grilled chicken, steamed vegetables and wild rice for dinner.

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Helpful Links:

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Visit our Bariatric surgical partner WBI:

www.westernbariatricinstitute.com

Learn about preventing Childhood Obesity:

www.obesitypreventionfoundation.org

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*Use code **POWDERKEG!2010***

log on at <http://www.imetabolic.com/store>

The weather is improving...get outside and walk off the weight!

How You Burn Calories

Your weight x distance = energy used walking. Time does not matter as much as distance. If you speed up to walking a mile in 13 minutes or less, you will be burning more calories per mile. But for most beginning walkers, it is best to increase the distance before working on speed. A simple rule of thumb is 100 calories per mile for a 180 pound person. A mile is typically equal to 2000 steps.

Here's a link to a calculator to help you figure out how many calories you burned on your walk. **Go to page 3 for more info.**

<http://walking.about.com/library/cal/uccalc1.htm>

Doctor's Orders by Kent C. Sasse, M.D., MPH, FACS, Medical Director of iMetabolic

Skip dessert in favor of that walk.

OK, the first choice many of us make is to finish dinner and watch some TV. Maybe a movie. Or maybe read a book. None of these are as good for your body as a walk.

It might be hard to take that first step out the front door, but eventually you'll wonder how you ever lived without those after-dinner walks. When you get back, have a big glass of ice water instead of diving into the calories. Tell yourself you're skipping dessert tonight.

Dessert should be a special treat, not a routine occurrence. If you're already overweight and trying to move back to a healthy weight, there's even less rationale for eating dessert on a regular basis. Start skipping it. Take that walk instead. And if dessert makes its way back onto the menu every now and then, it will have become a treat.

More importantly, you may find that no matter how much you lecture and reason with your children or spouse, it doesn't seem to make a difference. However, you're in luck. Just as making lifestyle habit changes for yourself took some time and practice, with proper support and guidance, you'll whole family will be able to benefit from a healthier lifestyle overtime too.

Helping without Hurting

In order to help those you love make healthy lifestyle changes, begin by taking a positive, supportive, and strength-based approach. Identify those physical activities your family enjoys and schedule a few more into the week. Get a family membership to a gym, join your local YMCA, or have your whole family learn a new activity together. Support your children in their interests. Give your spouse some time to be active with friends or alone or schedule activities as a couple. For children, activities such as karate, skateboarding, bike riding, and playing football with friends are all great options. With regards to diet, think about fruits and vegetables your family enjoys and provide more with every meal and for snacks. Keep cut up fruits and vegetables at eye level in the fridge for easy access when anyone in the family gets the nibbles. Provide kids with fruits and vegetables as after school snacks when they are the hungriest. Involve your whole family in meal planning, grocery shopping, and meal preparation. Take the family to a local farmer's market or fruit stand, if available. Most importantly, do not criticize, lecture, or scold your children or partner for their weight, lifestyle, or behavior. Do not tell them how much to eat or whether or not to eat or that they have had enough. Do take your children for regular medical check ups and communicate that you care about your spouse and his or her health. Provide those you love with regularly scheduled, healthy meals at the table, and set your whole family up for success! Then, look forward to the enjoyment that comes from sharing a healthier lifestyle with your whole family.

Note About the Calories Chart

You burn more calories per mile at very low speeds because you are basically stopping and starting with each step and your momentum isn't helping to carry you along. Meanwhile, at very high walking speeds you are using more muscle groups with arm motion and with a race-walking stride. Those extra muscles burn up extra calories with each step. Running may burn more calories per mile as there is an up and down motion lifting your weight off the ground as well as moving it forward.

Speed/Pounds	100 lb	120 lb	140 lb	160 lb	180 lb	200 lb	220 lb	250 lb	275 lb	300 lb
2.0mph	57	68	80	91	102	114	125	142	156	170
2.5mph	55	65	76	87	98	109	120	136	150	164
3.0mph	53	64	74	85	95	106	117	133	146	159
3.5mph	52	62	73	83	94	104	114	130	143	156
4.0mph	57	68	80	91	102	114	125	142	156	170
4.5mph	64	76	89	102	115	127	140	159	175	191
5.0mph	73	87	102	116	131	145	160	182	200	218

Burn Calories Even While You Sleep

You can burn more calories, every hour, every day, even while sleeping by building up muscle. When you add muscle to your body, you are increasing your basal metabolic rate - the number of calories you burn each day at rest. We just mean toning your legs, arms, stomach and shoulders, you don't have to look like a body builder.

- **Absolute Beginner Walkers:** You build leg muscles as you increase your walking time and distance. Concentrate on building the amount of time you spend walking.
- **Seasoned Walkers:** For those who have been walking for months or years, you will need to alter your walking style to build more muscles just from walking. Learning to race-walk, you would be building new muscle and burning more calories per mile.
- **Not Interested in Race-walking:** For those who are not interested in race-walking to build muscle, you should add some strength training to your weekly exercise schedule in addition to walking in order to build muscle.