

Small Changes, Big Impact!

Change Your Patterns, Change Your Life

Jennifer C. Katt, Certified Personal Trainer, American College of Sports Medicine
and the National Council of Certified Personal Trainers
Weight Management Specialist, American Council on Exercise



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fitness and nutrition training:*
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of SPORTS MEDICINE®**
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I don't need a personal trainer so much as I need someone to follow me around and slap the unhealthy foods out of my hand.



som^{ee}cards
user card

What I Plan To Discuss

The No-Diet approach to nutrition

Is sitting the new smoking? Why muscle and movement matter

How to boost your energy level

What you can do starting now

The No-Diet Approach to Nutrition

Diets don't work...change your behavior patterns instead

The straight skinny:

People who complete weight loss programs and lose weight typically gain it back within 5 years

“Yo-yo” weight loss and gain

Need to shift the emphasis to active living and nutritious and joyful eating

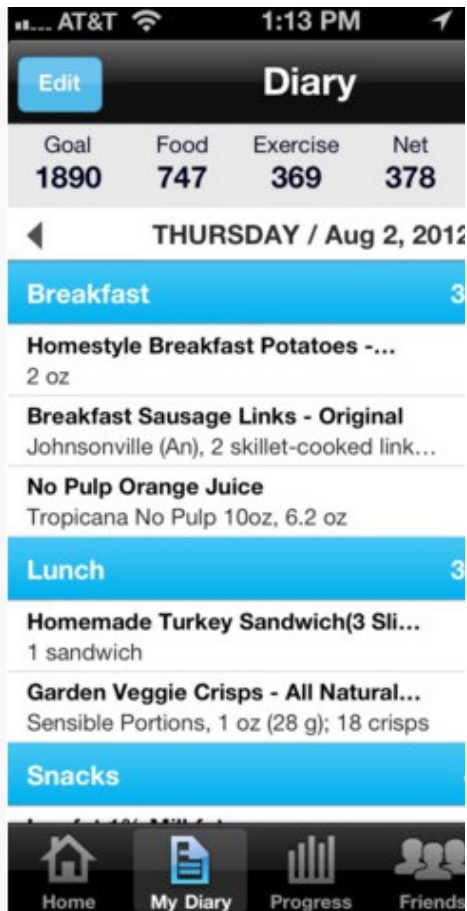


Foxcroft, Louise (2011). *Calories and Corsets: A History of Dieting Over 2,000 Years*. London: Profile

Brownell, Kelly D.; Greenwood, M.R.C.; Stellar, Eliot; Shrager, E. Eileen (October 1986). "The effects of repeated cycles of weight loss and regain in rats". *Physiology & Behavior* **38** (4): 459–64.

Imitate the habits of those who've lost weight and kept it off

People who lose weight and keep it off :



Goal	Food	Exercise	Net
1890	747	369	378

THURSDAY / Aug 2, 2012

Breakfast 3

- Homestyle Breakfast Potatoes -...
2 oz
- Breakfast Sausage Links - Original
Johnsonville (An), 2 skillet-cooked link...
- No Pulp Orange Juice
Tropicana No Pulp 10oz, 6.2 oz

Lunch 3

- Homemade Turkey Sandwich(3 Sli...
1 sandwich
- Garden Veggie Crisps - All Natural...
Sensible Portions, 1 oz (28 g); 18 crisps

Snacks

Home My Diary Progress Friends

Track or monitor what they eat (e.g., myfitnesspal.com)
Also check out www.fooducate.com

Do some sort of physical activity every day (lots of apps for that!)

Eat breakfast!



Make the easy choice the healthy choice

In sight...in stomach



Wear a pedometer or fitness tracker

What do they measure?:

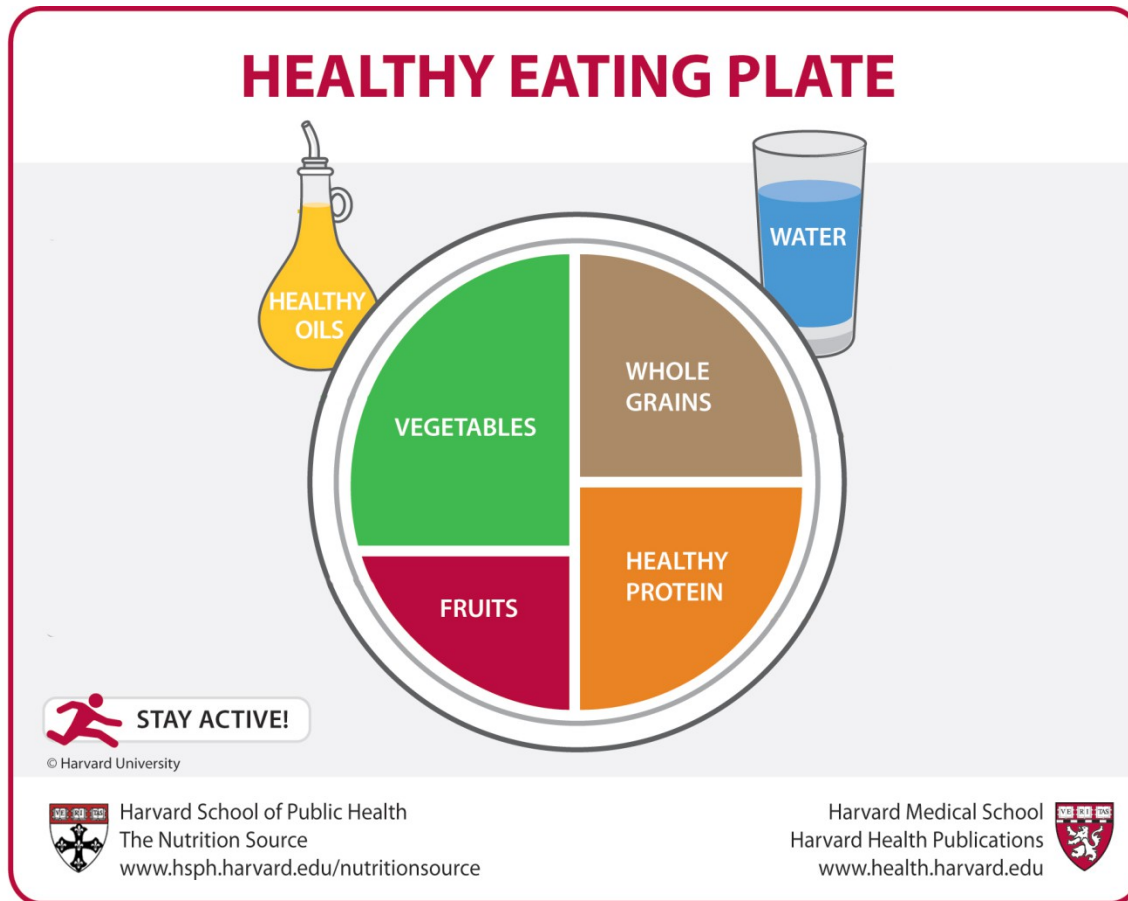
Resting heart rate

Activity level, steps, discreet activities (timed runs, e.g.)

Sleep—REM, light, deep



Instead of going on a diet, focus on your plate!



**Don't avoid carbs, but choose “complex”
over refined varieties**

GO FOR WHOLE GRAINS



Don't overdo protein



= 6 grams



= 26 grams



= 40 grams



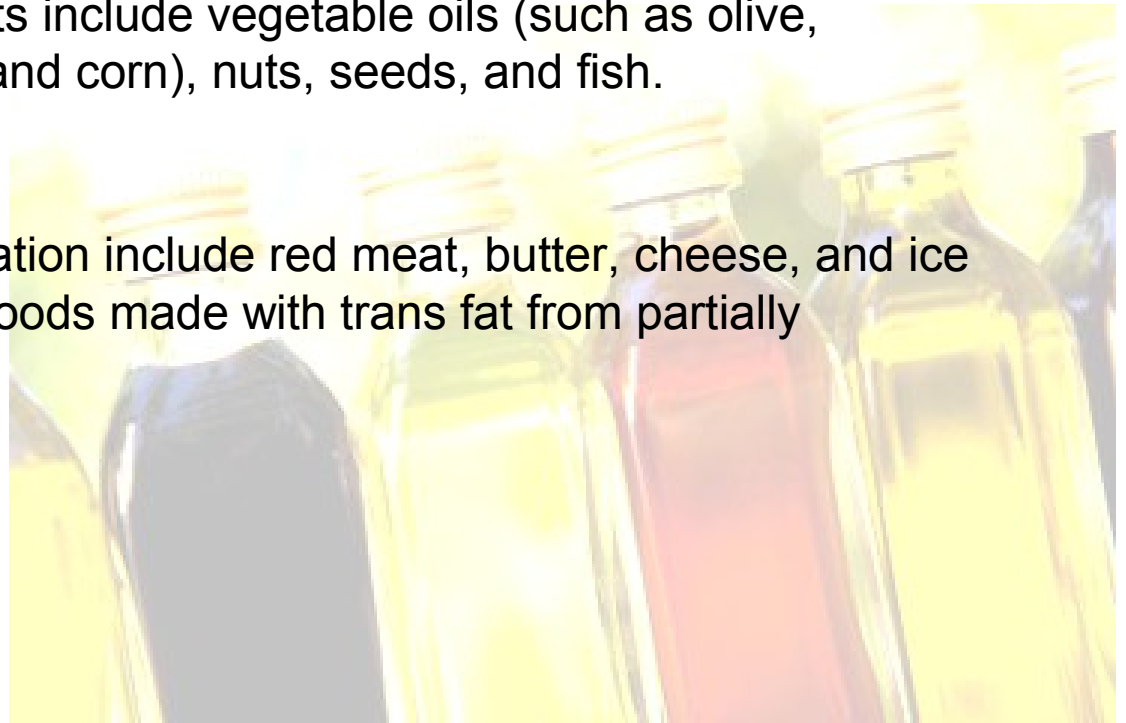
= 8 grams

A person weighing ~175 pounds needs just 80 grams a day.

Don't avoid fat, but choose more “good” fats and less saturated, trans, and animal fats

Foods high in healthy fats include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish.

Foods to have in moderation include red meat, butter, cheese, and ice cream, plus processed foods made with trans fat from partially hydrogenated oil.



Katz D. MD. “Is all saturated fat the same? Yale Prevention Research Center, www.turnthetidefoundation.org blog published 8/14/2011.

Is There Anything I Should Avoid?

Ahhhhh...

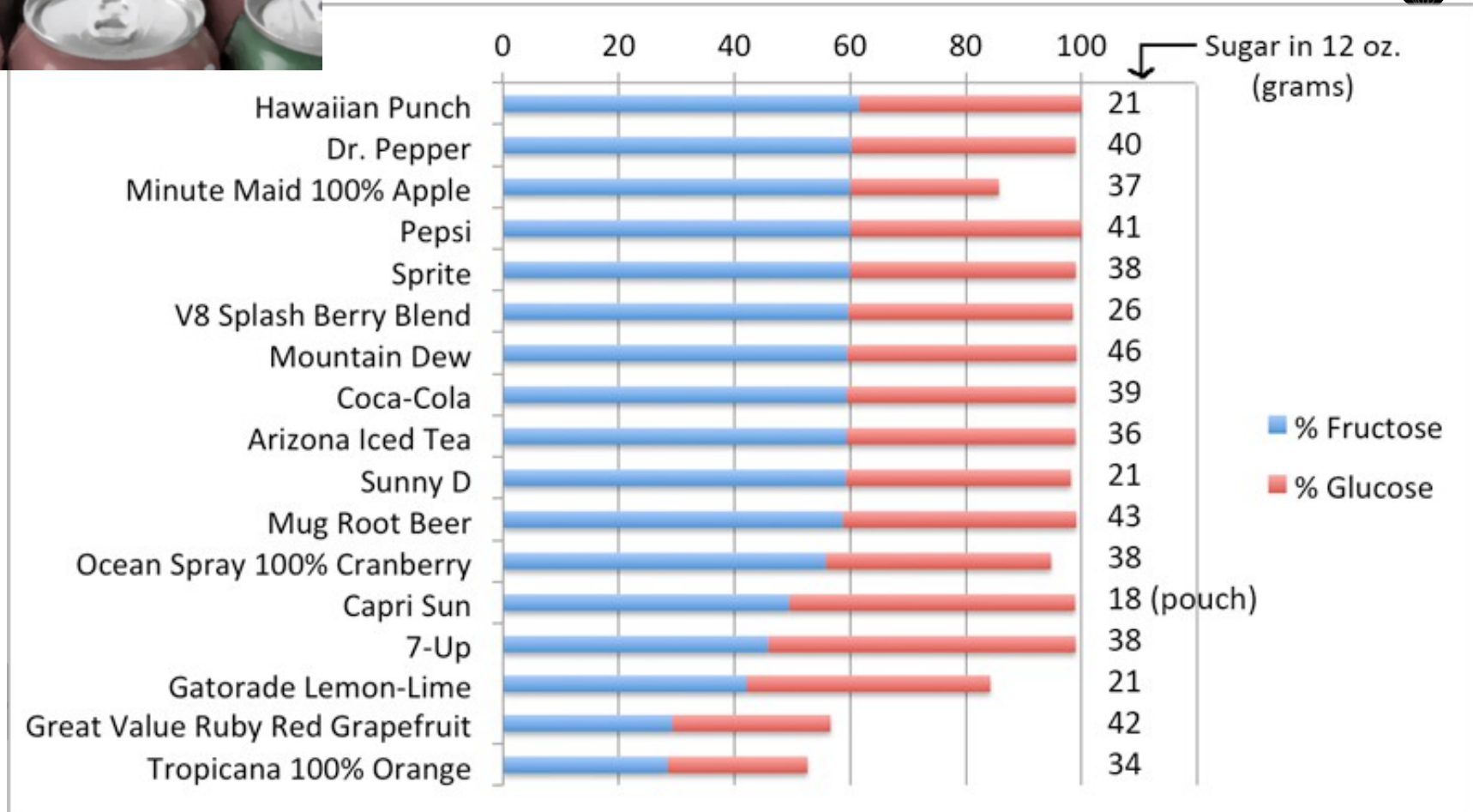


Added Sugar!

Added fructose (in soft drinks, cereals, convenience foods, canned sauces, soups, etc.) overwhelms your body's ability to process it as a useful energy source; instead, your body stores it as **FAT**.



Soft drinks and fruit juices = big sugar hit



Data from Walker et al,

Re. "Fructose content in popular beverages made with and without high fructose corn syrup"

Nutrition, Volume 31, Issue 2, February 2015, Pages 417-418.

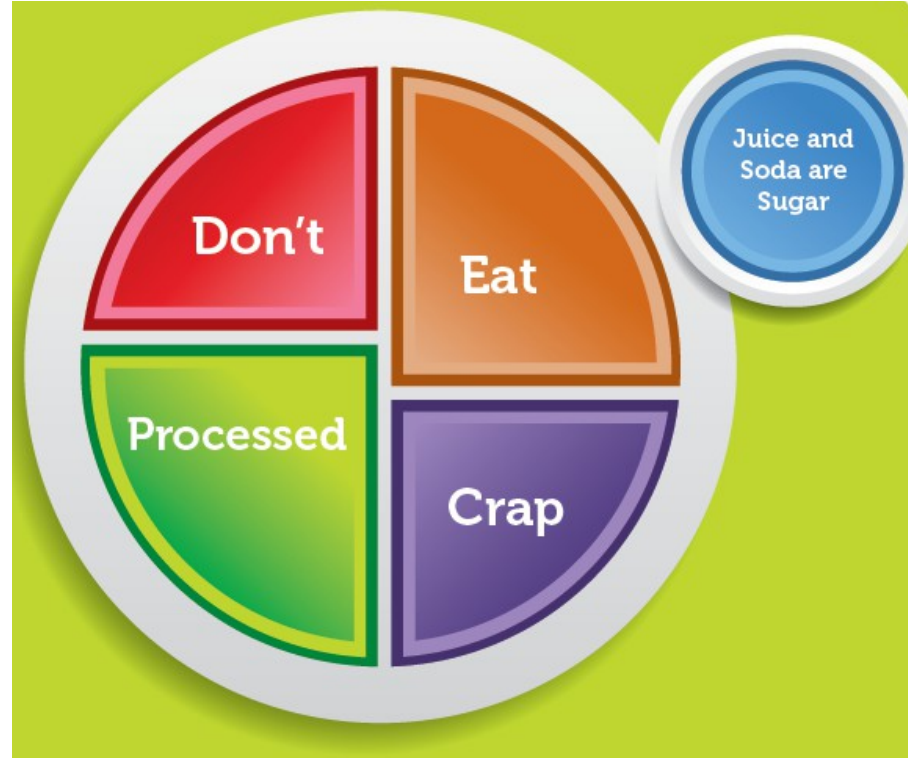
Sugar Has Many Names

Read labels and look for “real” food as the first ingredient. Try to keep **added sugar** out of the top 5 ingredients.



agave nectar	carob syrup	evaporated	high-fructose	powdered sugar
Amazake	confectioner's	cane juice	corn syrup	raw sugar
(fermented rice or	sugar	fructose	honey	refiner's syrup
grain sugar, closely	corn sweetener	fruit juice	invert sugar	rice syrup
related to sake)	corn syrup	fruit juice con-	lactose (milk	sorbitol
barbados or	corn syrup	centrate	sugar)	sorghum syrup
raw sugar	solids	galactose	malt	sucrose
barley malt	Crystalline	glucose	malt syrup	sugar
beet sugar	fructose	glucose solids	maltodextrin	syrup
brown sugar	date sugar	golden sugar	maltose	treacle (a generic
buttered syrup	demerara sugar	golden syrup	mannitol	word in Britain for
cane crystals	dextran	Granulated	maple syrup	any syrup made in
cane sugar	dextrose	sugar	molasses	the process of
cane-juice	diastatic malt	grape juice	muscovado	refining sugar cane)
crystals	diatase	concentrate.	panocha or	turbinado sugar
caramel	ethyl maltol	grape sugar	panela (cane or	(raw sugar)
carob powder			raw sugar)	yellow sugar

So what's a good "diet" strategy?



AND....

Is Sitting the New Smoking?

IS
SITTING

There's no running away from it:
The more you sit, the poorer your
health and the earlier you may die.

no matter how fit you are



THE NEW
SMOKING

BY SELENE YEAGER

?

PHOTOGRAPHS BY Nick Ferrari



...Maybe, since it:

Raises the risk of obesity

Raises the risk of disability, diabetes, heart disease, and cancer

Specifically: Is associated with increased risks of colon and endometrial cancers.*

Places stress on musculoskeletal system, especially neck, back, and shoulders

Compromises circulatory system and can lead to blood clots and high blood pressure

* Meta-analysis of data from 43 studies of 4m people, including ~70K diagnosed w/various cancers. Schmid D and Leitzmann M. Television Viewing and Time Spent Sedentary in Relation to Cancer Risk: A Meta-Analysis. *Journal of the National Cancer Institute* 106 (7), 2014.

Move more!!

Big difference between exercising too little and sitting too much.

NEAT: Non-Exercise Activity Thermogenesis: everything you do that requires movement, even fidgeting!



1-minute recess!





Move more!!

1-minute recess!



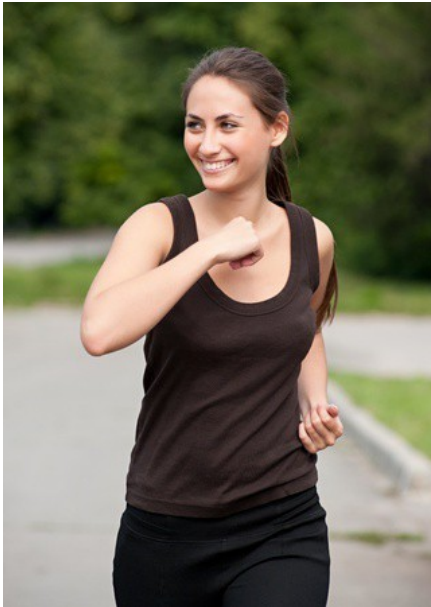
Move more!!



Get physical—be active!

Start slow and aim for 30-60 minutes five times/week of moderate to intense activity (e.g., brisk walking).

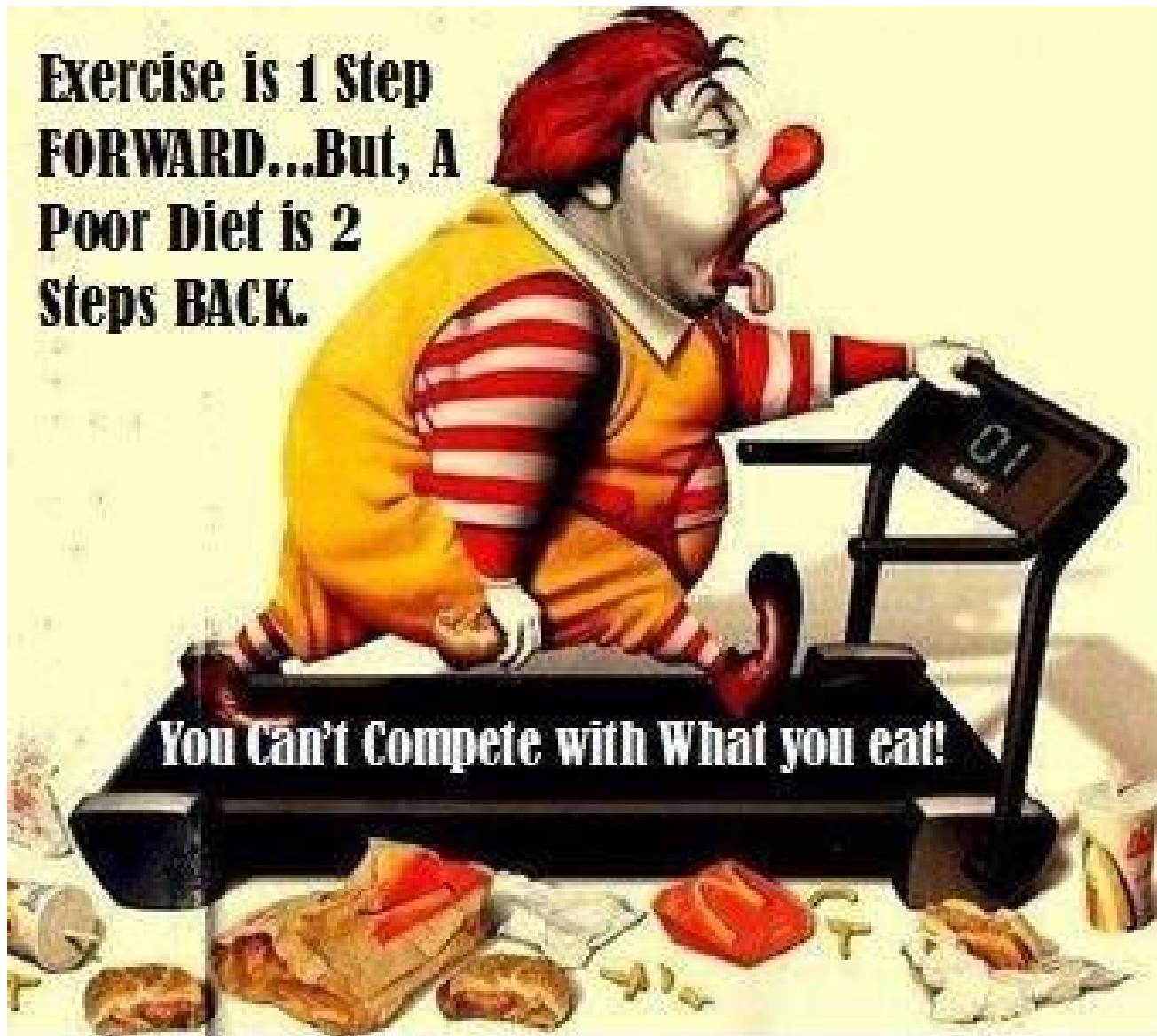
Do something you enjoy!



Find a piece of equipment you enjoy using and use it often!



**Exercise is 1 Step
FORWARD...But, A
Poor Diet is 2
Steps BACK.**



You Can't Compete with What you eat!

Exercise, Not Diet, Has Most Impact On Weight As We Age



Conclusions: “Moderate to vigorous physical activity was very consistency related to weight status in both genders....These findings provide support for public health efforts to prevent obesity by promoting increased physical activity in adult Americans.”

Pate et al. Associations among Physical Activity, Diet Quality, and Weight Status in U.S. Adults. *Medicine & Science in Sports & Exercise*: 47(4), 2015.

Want to burn more fat? Grow more muscle!

Muscle burns more energy (cals) than fat, even at rest.

The more muscle you have (vs. fat), the more energy you burn.

Women have 10-20% less muscle and more fat than men.

Resistance training can boost your BMR (basal metabolic rate) for several hours, so that you continue to expend energy.



Start a strength training program for multiple health benefits

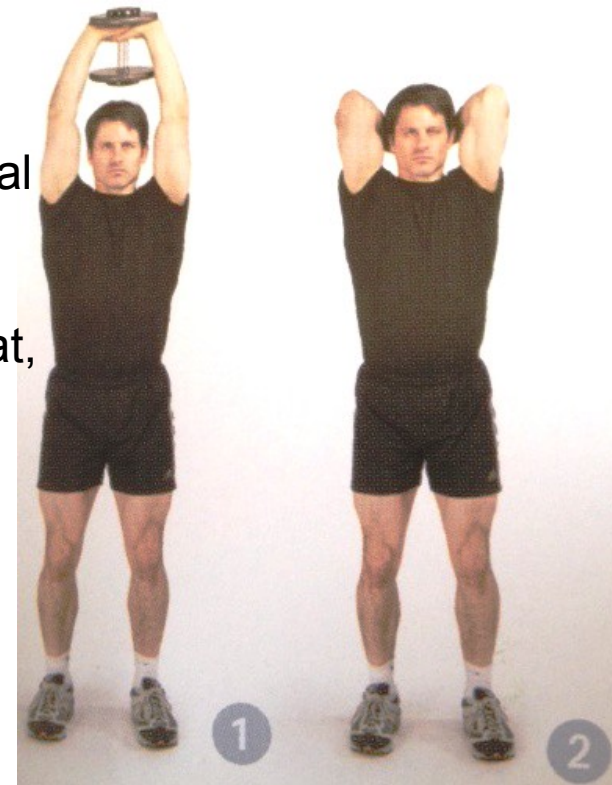
Improving muscular fitness:

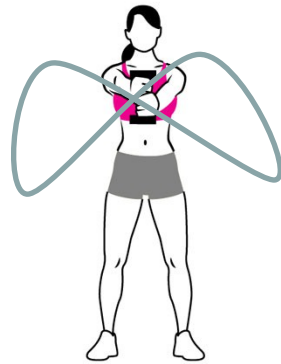
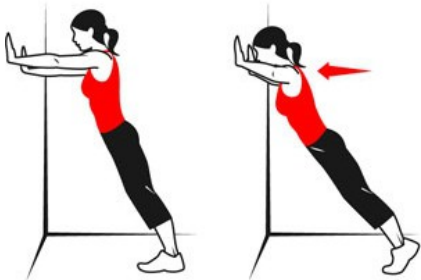
Helps maintain and combat the loss of muscle mass

Helps prevent osteoporosis by augmenting bone mineral density

Decreases the risk of heart disease by lowering body fat, decreasing blood pressure, improving cholesterol, and reducing the stress placed on the heart while lifting a particular load

Enhances quality of life





Start by using your own body and some dumbbells or bands to create resistance and grow muscle.



How to Boost Your Energy Level

Feel Like You Have No Energy? Maybe...

You're sitting too much.



You're skipping breakfast.



You're not snacking "smart."

You're eating too much sugar.

You're exercising too little.

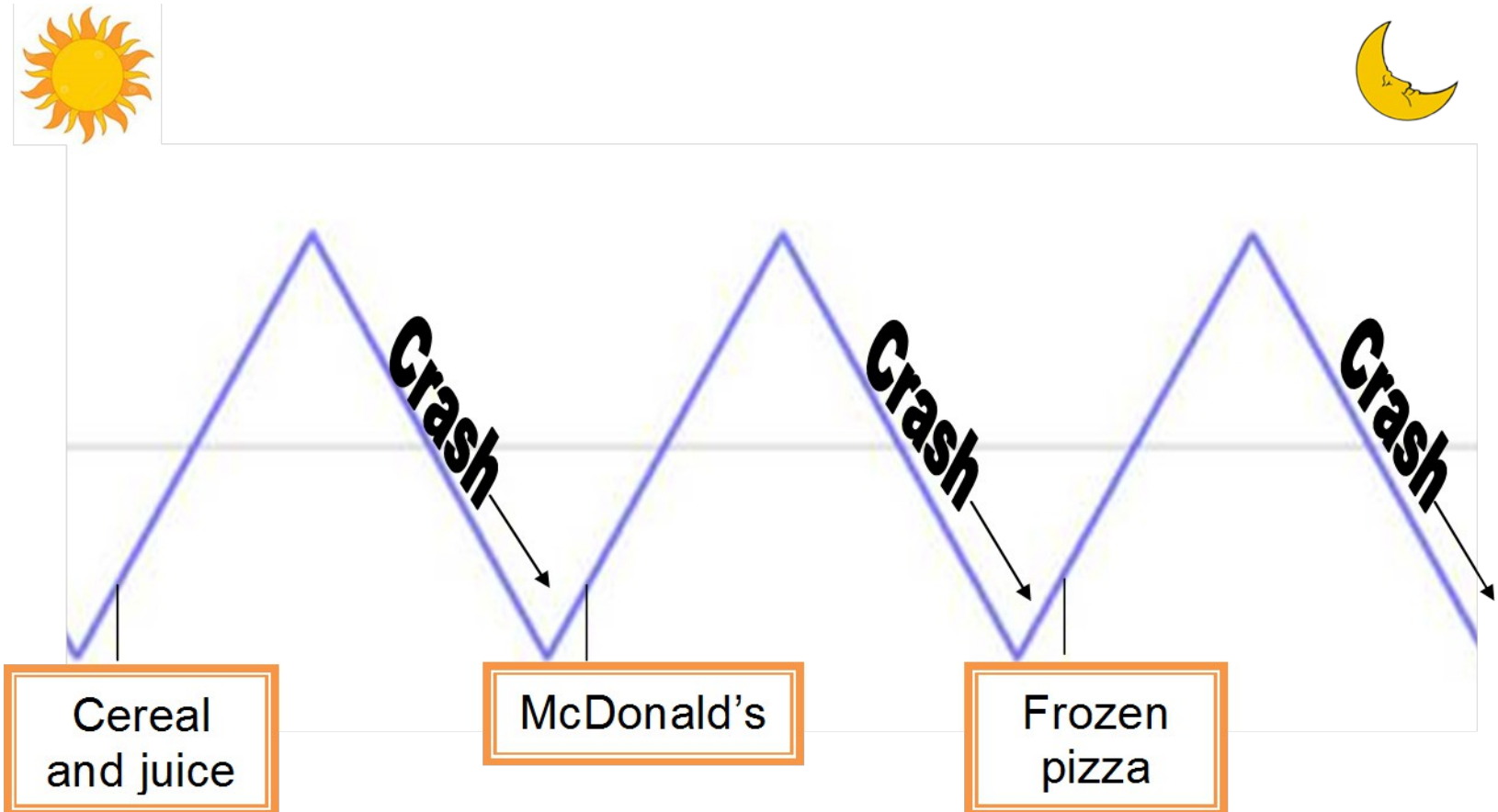


You're dehydrated.

You have poor posture.



Avoid peaks and valleys with eating



Distribute eating (and fuel) throughout the day



Exercise
1-2 hours
after eating

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1-2 hours
after eating

Go for a
walk?

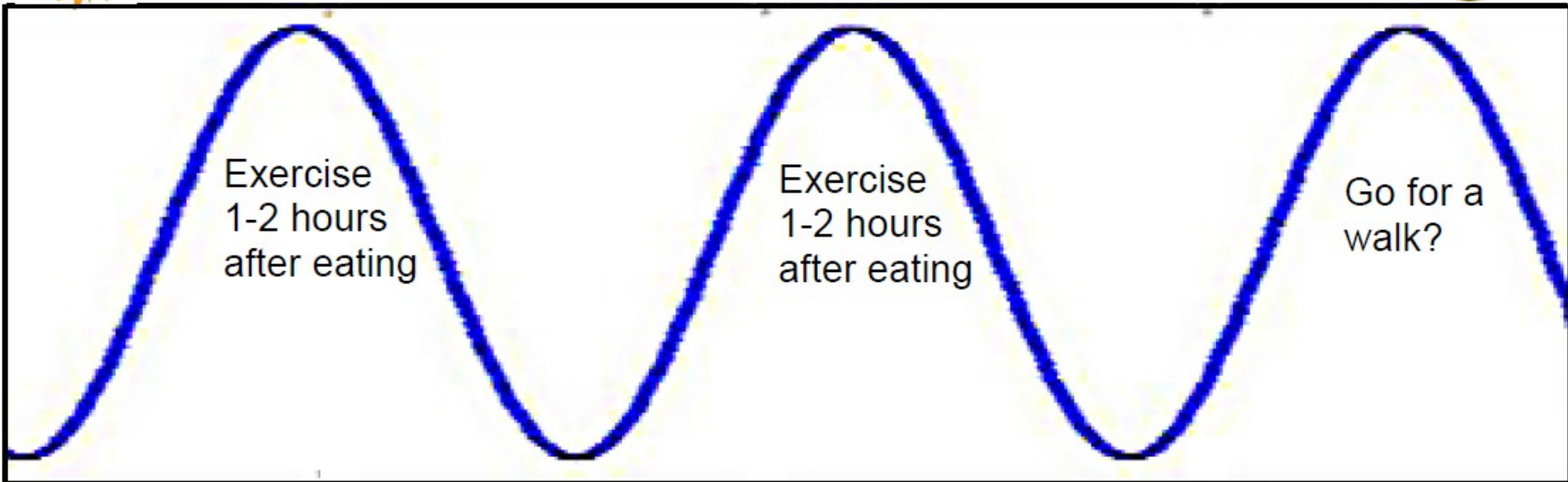
Breakfast

Snack

Lunch

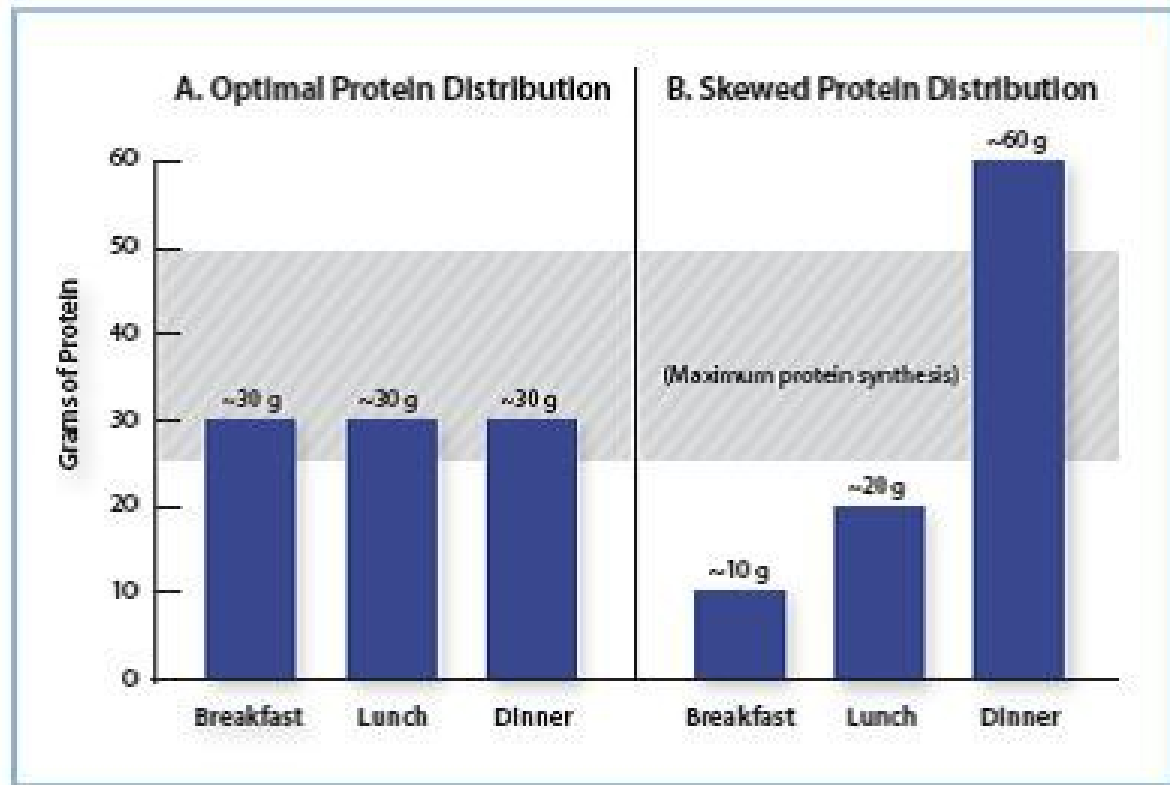
Snack

Dinner



Distribute protein throughout the day

Distributing protein more evenly across meals stimulates maximal protein synthesis and constructive metabolism.



Paddon-Jones D, Rasmussen BB. Dietary protein recommendations and the prevention of sarcopenia. *Curr Opin Clin Nutr Metab Care* 2009;12:86-90.

What You Can Do Starting Now

1. Read labels & look for real food as the first ingredient.

Look for “real” food
and “hidden” sugars.

Sample label for
Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 **Calories from Fat** 110

	% Daily Value*	
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**



④ **Get Enough of these Nutrients**

⑤ **Footnote**

2. Track what you eat.

A trait of those who lose weight and keep it off. Go for color and variety with food.

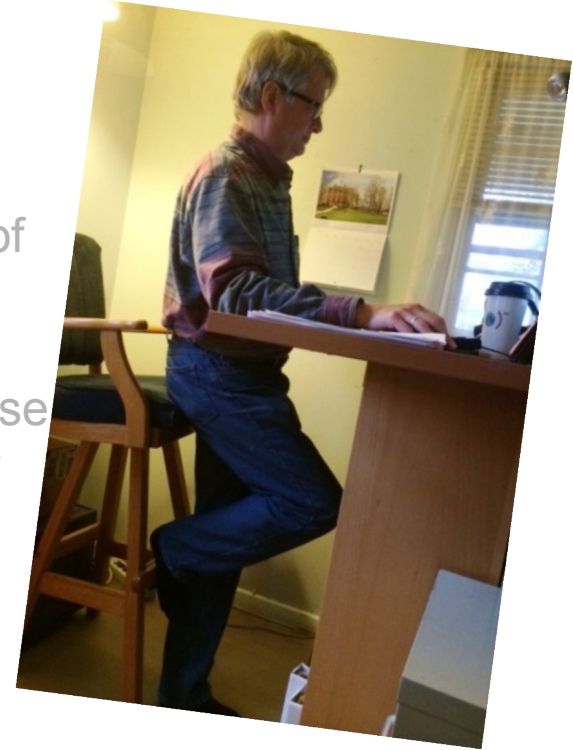
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3. Move/stand more.

How many steps do you get in a day? Wear a pedometer or fitness tracker to find out.

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4. Eat breakfast!

Helps reduce craving & overeating throughout the day.
Up protein.

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3. **Move/Stand more.** How many steps do you get in a day?
Wear a pedometer or fitness tracker to find out.

5. Eat smaller meals more frequently— and cultivate a healthy relationship with food.

Steady stream of glucose maintains optimal energy and prevents blood sugar peaks and valleys which slow metabolism.

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6. Start a strength training program.

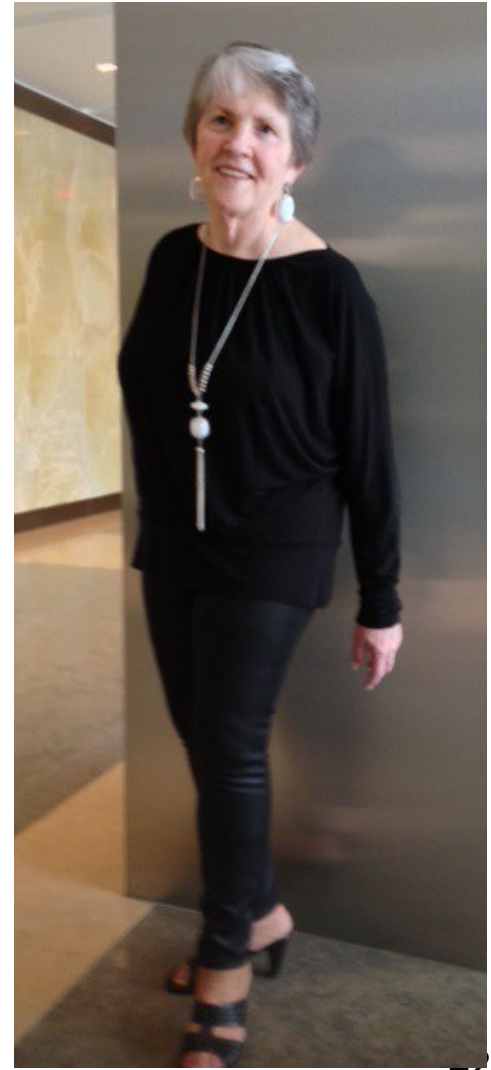
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5. **Eat smaller meals more frequently.** Steady stream of glucose maintains optimal energy and prevents blood sugar peaks and valleys which slow metabolism.

7. Become a morning person.

People who exercise in the morning are generally more successful in sustaining the habit.

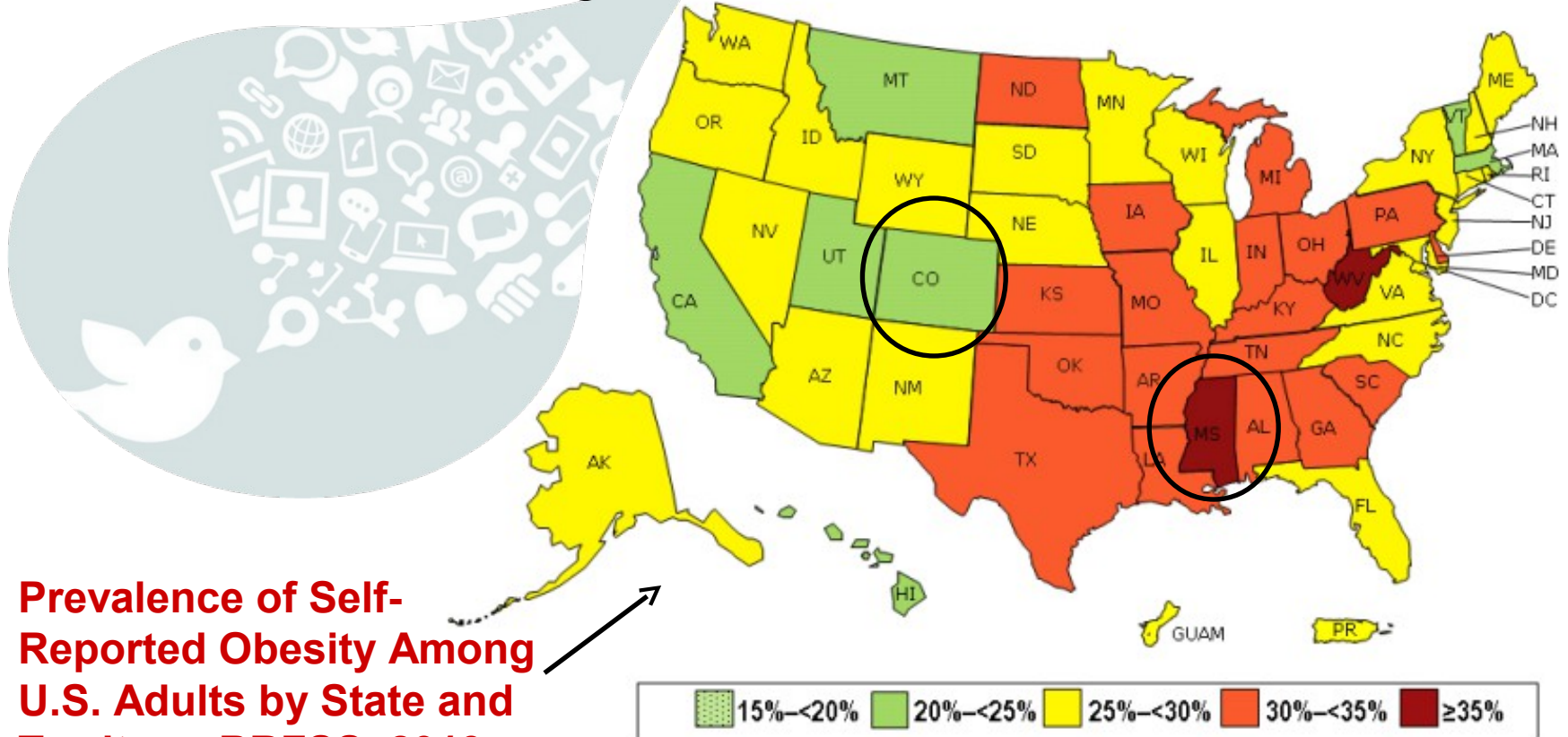


Is it ever too late to start?



What's coming down the pike?

Introducing.... **The Lexicalorimeter!**



Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2013

“In the ordinary choices of every day we begin to change the direction of our lives.”

— Eknath Easwaran

“Every real action is of such a kind that no one other than oneself can do it.”

—D. Bonhoeffer



“Just do it.”—Nike



Questions?





Surround Fitness

Personalized, in-home fitness and nutrition training

Change Your Patterns ... Change Your Life



THANK YOU!!

Jennifer C. Katt

703-608-5918

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