

# **Healthier Lifestyles Pocket Guide**

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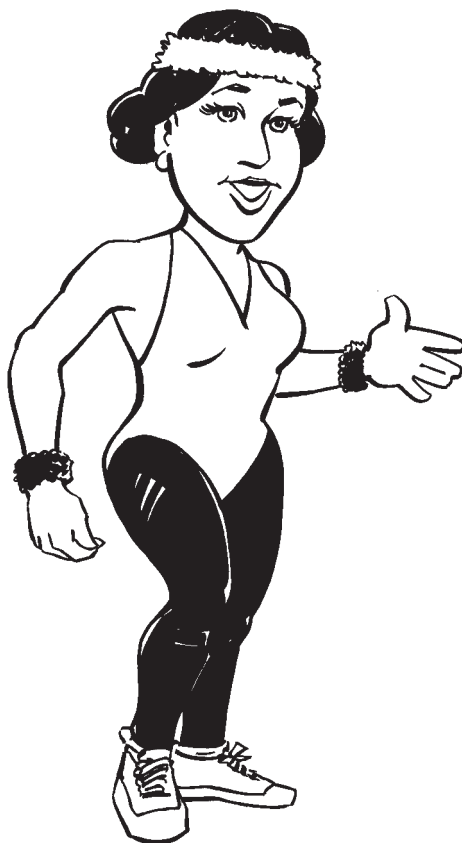
***The Healthier Lifestyles Pocket Guide***  
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*Inactivity is now considered a risk factor for major diseases! The human body requires use. Hi, I'm Patti, and I'm going to explain in this little book how easily you can achieve personal wellness. I'll tell you about a wellness program that incorporates good nutrition plus fitness and strength for your muscles and heart. Contrary to what those info-mercials about the "Buttbuster Exercise Cycle" and "Pounds Away Diet Drink" may tell you, there is no easy way to get in shape and stay in shape. You have to work at it—regularly—for your whole life! If you're an out-of-shape person, you may have to make some major changes. But talk to someone who has made the effort, and they'll tell you that the results are more than worth it. This little book contains no secrets. Every piece of advice has been tested and proven accurate and successful. You can read it and believe it, but it won't do you any good unless you do it! If you have any questions, write me in care of the publisher.*

## I. Calculating Ideal Body Weight

Nearly one third of the U.S. population is considered obese. Obesity is defined by the American College of Sports Medicine as being 20% or more over ideal body weight, or having a body fat percentage high enough to risk disease. Over 4.7 million American youths from ages 6-17 are severely overweight, and that number is steadily increasing. Obesity puts people at risk for diabetes, high blood pressure, stroke, heart disease, and some forms of cancer.

Some people have inherited a tendency to be overweight. However, more often it's the over-consumption of calories and a sedentary lifestyle that causes obesity.

With a little effort and knowledge, and a lot of commitment, Agnes, Arnold, and Jennifer can be well on their way to making lifestyle changes to become fit and healthy. They all share the desire to feel better, look better, and improve the quality of their life. From this publication they will get information on the following:

- Realistic weight goals
- Designing a safe and effective weight loss program
- Effects of salt & sugar, snacks vs. treats
- Cooking and eating low fat; calories count!
- The cholesterol question
- Vitamin supplements
- The exercise factor.

The first step in any weight management program is to identify personal weight goals. In order to accurately assess a sensible and safe individual weight goal, you must determine your body composition. Your body is composed of two parts, lean body mass and fat mass. Lean body mass consists of muscles, bones, connective tissues, and organs. Fat mass is just fat. Fat mass stores calories. Lean mass burns calories. The energy (calories) your

## II. MAKING A PLAN FOR WEIGHT LOSS/MANAGEMENT

Now that you are aware of your body type, BMR, body fat percentage and your ideal weight based on that percentage, you are ready to determine a realistic weight and fitness plan. A weight management program should have basic characteristics that would identify it as a safe method for weight loss. Let's take a look at these five questions:

1. Does the program utilize all of the types of foods?
2. Does sticking to the program result in weight loss?
3. Is the program safe and effective for physiological processes? Does it provide the minimum daily calories (1200 for women, 1500 for men)?
4. Is the program cost affordable? How about long term?
5. Will the entire family eat these foods?



**Agnes:** *Sigh, I'm a "pear" and my weight's way too high. How do I make the necessary changes, and what will my family think when I do? Will I have to give up all my family's favorite recipes? Will my family hate me?*

### III. YOU ARE WHAT YOU EAT —ANALYZING YOUR EATING

Most people eat what they learned to eat from childhood; they eat what they like; or nowadays, they eat what can be prepared the most quickly. If you want to be serious about maintaining a healthy weight and state of fitness, you need to look closely at what you eat.

A nutritional analysis of your present eating habits will help you to recognize patterned behavior, whether it be positive or negative. It will also help you to see how much fat, protein, and carbohydrates you are consuming daily. Begin your analysis by logging your food intake for three to five days. Include at least one weekend day in your log.

#### Arnold's Eating Habits

Let's take a look at Arnold's typical weekend food menu.

#### Breakfast

- 2 eggs fried in Pam
- 2 pieces of sausage
- 1 piece of bacon
- 2 pieces of rye toast with  
1 tbs. of butter
- 8 oz. orange juice
- coffee with Half and Half  
and 1 tbs. sugar

#### Lunch

- 2 large fast-food hamburgers
- large fries
- large coke

#### Dinner

- 8 oz. Steak
- baked potato
- small salad with 2 tbs. blue cheese dressing
- 1 glass whole milk
- 4-inch wedge of apple pie with 1 cup of  
ice cream
- coffee with Half and Half and 1 tbs. sugar

We figured it out, and Arnold consumed 57% of his total calories from fat! Some food exchanges are listed in Appendix B of this publication. You may wish to purchase an in-

#### IV. YOU CAN COUNT ON FAT CALORIES TO COUNT.

Food calories are not created equal! Consider the varying calories in a single gram of each of the food types:

1 gram of:

fat = 9 calories

carbohydrate = 4 calories

protein = 4 calories

alcohol = 7 calories

Note that one gram of fat is more than double the calories of one gram of either protein or carbohydrate. And look at the calories in alcohol! That's where "beer bellies" get their name.

Dietary fats taste good! They add flavor to our foods. However, the American diet is overloaded with them, as you saw in the example of our friend Arnold's menu. Some fat on the body is necessary to help keep us warm and protect us, but an abundance of body fat invites a variety of maladies and plays havoc with health. The major types of fats concerning the consumer are saturated fats, mono-unsaturated fats, and poly-unsaturated fats. Saturated fats come mainly from foods of animal origin. Unsaturated fats are from plant products. Here are examples of foods that provide each type of fat:

##### Saturated fats (solid)

meats	butter
hydrogenated oils	lard
cheese	coconut oil
whole milk	ice cream
palm oils	

## V. WHAT TO DO WHEN EATING OUT



Eating out can be tough for anyone trying to avoid fat and excess calories! It is not realistic to believe you can live in our society without eating out. Restaurants are a part of our cultural experience.

### Surviving The Fine Restaurants

Learn to deal with the challenge of eating at restaurants. Most importantly avoid the mindset that the opportunity to dine out is somehow a special occasion, and is therefore exempt from all the sound eating rules practiced at home.

There are many things you can do to ensure yourself a tasty dining experience while still eating sensibly. Here are tips to help you:

- Never skip meals to save calories for dining out. This forces your body to conserve fuel by lowering the metabolism. You will also give yourself permission to overeat later.
- Avoid the salad bar, especially if you know you won't control your choices. Choose a side salad instead.

## VI. THE CHOLESTEROL QUESTION

“Cholesterol” is a word that has entered our vocabulary despite the fact that few of us really understand exactly what it is. (See “Understanding Cholesterol,” Appendix D.) Suffice it to say that cholesterol level is one of the clearest indicators of the possibility of heart attack. The body makes cholesterol in the liver, and this waxy substance then accumulates inside blood vessels. Over time the accumulation can block the small arteries that provide blood to the muscles of the heart. When that blockage occurs, the person affected suffers a heart attack. The individual may have no symptoms until blockage has approached 60% to 75%. Sudden death is often the first symptom!

Cholesterol is produced more readily by the body when we eat fats, so avoiding fats is a logical preventative step. Since the way that individuals’ bodies produce cholesterol depends largely on heredity, controlling diet may not be sufficient to prevent an eventual heart attack. There are other steps that individuals can take to reduce the likelihood of heart attacks:

- Avoid being overweight
- Stop smoking
- Exercise vigorously.

There is solid medical evidence to support the above. Another important factor is to avoid stress. The relationship between stress, cholesterol, and heart attacks is not fully understood, but individuals at risk should get help from whatever sources are available to manage and control stress in their lives.

Why don’t scientists come up with a pill that will eliminate cholesterol? Because it serves as the raw material for sex hormones and vitamin D. It is also used in making cell membranes.

Eggs, and shrimp are high in dietary cholesterol. One egg yolk alone contains 250 mg of cholesterol. Dietitians suggest a dietary intake of no more than 300 mg daily. If the diet

## VII. VITAMIN SUPPLEMENTS —ARE THEY NECESSARY?

Vitamin and mineral supplements are given credit as a cure-all for a variety of maladies. Supplements are supposed to relieve stress, grow hair, alleviate pre-menstrual syndrome (PMS), increase energy, and enhance athletic ability. The list of credits goes on and on. Can we believe them?

Vitamins are organic substances that are essential for body functions, such as normal metabolism and growth. Minerals are inorganic substances found in food and the body that are also essential for normal bodily functions. Taking a daily multiple vitamin is not a bad idea, but vitamins and minerals can be expensive to purchase, and cannot take the place of good nutrition.

The average, healthy person can meet his/her vitamin needs through diet. A balanced food menu that does not drop below the recommended caloric allowance (1200 calories for a female and 1500 for a male) will provide the recommended daily allowance (RDA) for supplements.

Vitamins are either

Fat soluble: (A, D, E, and K) or  
Water soluble: (B and C).

Minerals are found in all cells and in the hard substances of the body like bones, nails, and teeth. Calcium, iron and sodium are common minerals.

Deficiencies of vitamins and minerals can cause disease. For instance, calcium deficiency can result in the bone disease, osteoporosis. However, megadoses, or 10-20 times the RDA of vitamins and minerals is not recommended by health care professionals. The B and C vitamins cannot be stored for as long as fat-soluble vitamins. The body gets rid of the excess through urine. It can be said that many American sewer systems are rich in vitamins! Fat soluble vitamins are stored in fatty tissue and can be toxic to the body when taken in large doses. Be careful if you choose to supplement with these. Be well informed about

## VIII. THE EXERCISE CONNECTION



**Patti:** *Well, you can see where I'm coming from on this topic! I teach aerobics. I got into the nutrition side of fitness you've been reading about when my students would come to me with problems. Some would exercise and sweat like crazy, but never lose any weight or shape up. I'd tell them they had to learn an exercise called the "push away." That's where you push yourself away from the dining room table. Do you still need exercise? You bet!"*

The benefit to the human body of good nutrition and the benefits to be realized from exercise, are linked together. Both are absolutely necessary for good health. For example, extra calcium in the diet becomes important to older people to maintain strong bones and avoid osteoporosis (loss of bone structure). Exercise has a similar effect of strengthening bones.

Regular exercise is a great stress reliever and a very valuable component in the battle against major disease. Cardiovascular mortality rates have dropped as a result of fitness program participation. Improvements in diet, exercise, and smoking cessation have been credited with the declines. Major published studies confirm the benefits of cardiovascular fitness. Two such studies are a Harvard Alumni study and one conducted by Dr. Steven Blair at the Institute of Aerobic Research in Dallas, Texas. In the Harvard study, among alumni who used 2,000 calories per week through physical activity, a significant decrease in cardiovascular mortality was evident with higher levels of cardiovascular fitness. This benefit came regard-

**GLOSSARY****ADA. American Dietetic Association.**

**Aerobic exercise.** Exercise vigorous enough to cause the intake of increased amounts of air and for the heart rate to be elevated.

**Arteriosclerosis.** A disease that comes on over time that causes thickening and hardening of the arterial walls, and the resulting loss of elasticity.

**Basal metabolic rate (BMR).** Generally an indication of the minimum amount of calories needed to maintain basic body function. Men and active people tend to have a higher BMR and burn more calories than women and sedentary individuals. More muscle increases BMR.

**Blood pressure.** Measured as the systolic (pumping) pressure and the diastolic (resting) pressure, and represented as one number over the other. A “good” pressure is  $^{120}/_{80}$  or lower.

**BMR.** See basal metabolic rate.

**Calorie.** A unit of measure for the heat-producing capability of a substance when oxidized—also used to measure the energy-producing value of food when oxidized in the body. Minimum recommended daily calories for women is 1200; 1500 for men.

**Carbohydrate.** A class of food characterized by high energy content without fat, typically grains, fruits, and vegetables. RDA is for 60% or more of the day’s calories to come from carbohydrates.

**Cardiovascular.** That which relates to the interconnected system of heart and lungs.

**Cardiovascular disease.** A reduction in the effectiveness of the heart and lungs to circulate oxygenated blood to the body.

**Cholesterol.** A waxy substance sometimes referred to as “plaque” that is produced in the liver, carried by the blood stream, and deposited along blood vessel walls, where it