

JSU Wellness Connection

Tips for Eating Well in a Restaurant

1. Focus on the words steamed, broiled, baked, or grilled when looking over the menu. These are your healthiest options.
2. Never arrive to the table hungry. Eat a piece of fruit, some yogurt, or a small salad before you go.
3. Ask for what you want. Ask for very little oil and for fatty extras like bacon and sour cream to be left off your entrée.
4. Substitute high-fat and refined sides like rolls, potato salad, and onion rings for steamed seasonal veggies or a baked potato.
5. Stay away from cream sauces; instead, ask for red sauces.
6. Skip the appetizers all together. Your meal will no doubt be all the calories you need. If you must, go for shrimp cocktails or a pita and hummus.
7. If you are at a restaurant where large portions are served, ask the waiter to half it and go ahead and put it in a carry-out box.
8. Share a meal with a friend or your spouse. This will save money and calories!

Take charge of your health and observe **National Walk at Lunch Day on April 29th** by, well, walking at lunch! Also, don't forget Wellness Wednesday lunches at 12:30 on April 1st in the Houston Cole Library (10th floor) and April 15th in the Café.

Get ready for **National Employee Health and Fitness Day on May 20, 2009**. Join us for a walk, a healthy lunch, and door prizes! More info coming soon!

Which Diet is the "Right" Diet?

If you are one of the millions of Americans who is constantly "dieting", stop! Especially if the "diet" you are on severely restricts any major food group or promotes excessive intake of another. Chances are you've tried several fad diets and have been unsuccessful with your weight loss or perhaps you dropped that 20 pounds only to gain it right back. The reason fad diets don't work is because they are impossible to adhere to over a long period of time—your lifetime! We need to move away from the idea that diet and exercise are temporary fixes to look good in our bikinis for a summer. Yo-yo dieting, or losing and gaining weight constantly over a lifetime, greatly increases the risk of heart disease, high blood pressure, and type 2 diabetes. According to the report "A Nation at Risk" by the American Heart Association, the overweight and obesity rate in the United States is 65.1%. That's over half of all Americans. So, even if you aren't overweight or obese, chances are that someone you know and love is.

So, what is a nation in this kind of state to do? Change our lifestyle. Note, I did not say, "Go on a diet". The bottom line of losing weight is that you have to burn more calories than you take in. And the bottom line for a healthy lifestyle is to make good choices more often than

you make bad. For example, you could choose to have a loaded baked potato with dinner or you could choose zesty, oven-roasted potatoes flavored with olive oil. Both taste really great, but the choice lies in how long you want to be around—if you want to be living and enjoying life or just waiting for it to catch up to you, to see your kids grow up and graduate college or your grandkids too (maybe even a few great-grandkids). So, how do we get to be centenarians and better yet, be happy ones? Change our lifestyle. That means we can't give in to the call of the diet pills, Hollywood juice diets, or even Atkins. It's all about the choices we make on a daily basis. It's not even about being perfect! Yes, you can have some cake every once in a while, but if you've changed the way you live and are active it won't hurt your waistline as bad! Good health is a continuum. There is no specific stopping point. You can't be "good" for two whole months to fit into a dress and then gain back 15 pounds and expect to be a healthy person. If your goal right now is weight loss, great! Start making healthy decisions and cut back on calories. You can determine your estimated metabolic rate by multiplying your weight by 13 if you are inactive and by 15 if you are active. The number you come up with is a good estimate of how

many calories your body uses in a day. So, if you eat 500 fewer calories a day than this metabolic rate, you've lost one pound in a week (3,500 calories=one pound of fat). Then add exercise to that and you could lose the recommended two pounds per week. If you're still hung up on trying a specific diet, try a Mediterranean style diet. It is not restrictive and it has been proven to be one of the best *lifestyle* choices for long-term fat loss. This includes many fruits, including a wider variety of berries, and vegetables, especially the cruciferous veggies that include broccoli, cauliflower, and brussel sprouts, fish that is high in omega 3 fatty acids such as salmon, lean red meat and poultry, olive oil, nuts, yogurt, red wine, and pasta or rice (go for whole grain and brown whenever possible). Just remember, veggies and fruits of any variety are good for you though some may have higher calories like the avocado, which is high in the *good* cholesterol, HDL. Everything in moderation is the key at all times. The diet outlined here may be a good base to get you started, but you can't live on brussel sprouts alone. So, have a 1/2 cup of ice cream, or have a cup and go jog for at least a half hour. Don't beat yourself up when you "mess" up. Just keep going. Living your life is about balance, not just looking good for a season. No more diets, OK? Make a choice to live one day at a time and on each day choose well!



JSU WELLNESS CENTER

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For more information, visit us on the web!
Click on Campus Wellness on the College of Education and Professional Studies homepage at:
www.jsu.edu/depart/edprof/hper/wcenter



JSU WELLNESS CENTER SERVICES AND PROGRAMS



JSU WELLNESS CENTER

The Wellness Center (WC) is currently taking appointments for health-fitness screenings. All full-time JSU faculty and staff and their dependents are eligible for any and all screenings offered at the WC at no charge (i.e., FREE). Some of the components of the health-fitness evaluations are intended to assess the participant's risk of cardiovascular disease. Please set up your appointment today!

Wellness Center Services:

- Health-fitness evaluations
- Cholesterol testing/lipid profile assessment
- Stress tests
- Body Composition Assessments
- Muscular strength, endurance and flexibility assessments
- Physiological and chronological age comparison

Wellness Center Programs:

- Nutrition and Weight Loss
- Exercise Programs
- Smoking Cessation
- Stress Management

These programs are available for presentation to departments, classes, or individuals. If you are interested in any of the Wellness Center's services or programs, please call JSU extension 5114.

Ask for Aubrey Ogle, Student Assistant or Gina Mabrey, Wellness Center Director.