



For YOUR Health

A Health Promotions Newsletter

Volume 5, Issue 1

January 2013

Table of Contents	
Healthy Eating	p 2
Know Your Numbers	p 3
Calories/ 30 mins.	p 4
Ways to Shave Calories	p5
Schedule of Events	p6

HAPPY NEW YEAR

The Resolution Issue



Happy New Year! It's time to take stock of our lives and make those New Year Resolutions. Every year, millions of Americans take this time to reevaluate their health and appearance, and decide to make a change (hopefully for the better). Don't believe me, just go to the Fitness Center and try to find an empty treadmill or elliptical machine. Good luck.

In this issue we will discuss the elements of weight loss and give you some tips on how to make some permanent healthy lifestyle changes that will result in permanent weight loss. There's no magic to it, just simple healthy eating and exercise. However, that's easier

said than done. All too often, we begin the New Year with good intentions only to see the fitness center empty out by February and March. The Health Promotions Department is here to let you know that this does not have to be the case. With some SMART planning and goals, your weight loss endeavor can come with some welcome results.

Questions?

Contact Health Promotions at
Napleshealthpromotions@med.navy.mil



SMART Goals

One proven way to set effective goals is using the SMART goal method. This method allows you to take broad goals and define them into specific, measurable, attainable, relevant and timely smaller goals that will ultimately bring about success.

SPECIFIC: The goal must specifically state what is to be accomplished. For example, instead of stating, "I want to lose weight" try stating, "I want to lose 10 pounds."

MEASURABLE: The goal must be measurable so that there is no doubt about whether you achieve them. Measurable goals will allow you to track your progress.

ATTAINABLE: The goal must be attainable- not too difficult or too easy. Easy goals do not motivate, and overly difficult ones may frustrate you and lead to a perception of failure.

RELEVANT: The goal must be relevant or pertinent to your particular interest, needs and abilities. For example, when preparing for a 5K walk, running quarter-mile sprints would not be relevant.

TIME-BOUND: Your goal must have a date or timeline. They can be short-term or long-term and will help you stay focused.





20 Tips for



Healthy Eating

1. **EAT A VARIETY OF FOODS.** Choose foods wisely from all food groups.
2. **BALANCE YOUR CALORIES.** A majority of calories should come from vegetables and fruits. Milk products and meats should be used moderately while saturated and trans fats should be avoided.
3. **CHOOSE FOODS LOW IN FAT.** This will help in lowering the calories.
4. **LIMIT YOUR INTAKE OF ANIMAL FATS.** A diet high in saturated and trans fats is associated with elevated blood cholesterol levels. Try to avoid high fat dairy, fatty meats, poultry skin, lard and palm oil.
5. **MAKE HALF YOUR PLATE VEGETABLES AND FRUITS.** Fruits and vegetables are high in vitamins, minerals and fiber and low in fat. Some may also play a protective role against some cancers.
6. **INCLUDE COMPLEX CARBOHYDRATES.** Foods high in complex carbohydrates are found in vegetables, fruits and whole grain breads.
7. **CUT OUT THE SUGAR.** Sugars raise your blood glucose levels that lead to increased insulin. Insulin is the hormone that stores fat, especially in the abdominal area. Also, watch out for foods that turn to sugar in the GI tract such as white rice, white flour and white bread.
8. **USE SALT IN MODERATION.** Many prepared foods, frozen foods, cured foods and snack foods are high in salt. Try preparing meals with fresh herbs and spices.
9. **LIMIT YOUR ALCOHOL INTAKE.** A moderate alcohol intake for women is 1 drink per day and 2 drinks per day for men. However, alcohol isn't calorie free and provides very little nutritional value.
10. **CHOOSE FOODS HIGH IN FIBER.** Fiber helps to make you feel full and slows the amount of sugar that is absorbed into the blood, therefore decreasing the blood sugar spikes. Fiber also helps to "scrub and clean" the GI tract.
11. **EAT 3 OR MORE MEALS PER DAY.** Eating frequent, small meals throughout the day will keep you from getting too hungry, thus preventing overeating.
12. **SELECT NONFAT OR LOWFAT DAIRY PRODUCTS.** Dairy is great source of calcium and selecting the lowfat or nonfat options will help to save calories.
13. **READ FOOD LABELS.** Pay attention to amounts of added sugar, saturated fats and trans fat. Keep these items on the low side. Also, pay attention to the serving sizes and calories per serving. They can be deceiving.
14. **CHOOSE LEAN CUTS OF MEAT, CHICKEN WITHOUT SKIN AND FISH.** Trim all visible fat off meat before cooking and limit serving sizes to 3-4 ounces, which is about the size of a deck of cards.
15. **SUBSTITUTE WITH LOW FAT TOPPINGS.** Substitute mustard, vinegar and salsas for butter, mayonnaise and salad dressing.
16. **COOK LOWFAT.** Cook foods by baking, broiling, steaming, poaching and roasting. If you must use fat, use first-press olive oil.
17. **SNACK ON HEALTHY FOODS.** Eat snacks that are low in added sugar, and high on fiber such as fruits, vegetables, seeds and nuts.
18. **TRY A VEGETARIAN MEAL AT LEAST ONCE EACH WEEK.** Use healthy grains such whole wheat, pasta made from quinoa and legume (beans) to provide the foundation for a healthy, delicious meal.
19. **DINE LEAN WHEN EATING OUT.** Ask for vegetables instead of starchy side dishes. Choose fish or lean meats and order fresh fruit for dessert. If serving portions are large, eat half and take the rest home.
20. **CHOOSE COLORFUL FOODS.** Bright colored foods are filled with phytonutrients that nourish your body.



Know Your Numbers

Body Mass Index (BMI) is a measurement of body fat based on height and weight that applies to adult men and women.

Weight in Pounds

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

Height in Feet and Inches

3500 calories = 1 pound of fat

Ideal Weight Loss is 2 to 3 lbs per week

Normal Blood Pressure is 140/80 and below

<http://www.freebmicalculator.net>

Underweight Normal Overweight Obesity

Measuring **waist circumference** helps screen for possible health risks that come with overweight and obesity. If most of your fat is around your waist rather than at your hips, you are at higher risk for heart disease and type 2 diabetes. This risk goes up with waist size that is:

- Great than 35 inches for women
- Greater than 40 inches for men

LDL CHOLESTEROL (Bad Cholesterol)

Below 70 mg/dL	Ideal for people at very high risk for heart disease
Below 100 mg/dL	Ideal for people at risk of heart disease
100 –129 mg/dL	Near Ideal
130–159 mg/dL	Borderline High
160–189 mg/dL	High
190 mg/dL and above	Very High

HDL CHOLESTEROL (High Cholesterol)

Below 70 mg/dL	Ideal for people at very high risk for heart disease
Below 100 mg/dL	Ideal for people at risk of heart disease
100 –129 mg/dL	Near Ideal
130–159 mg/dL	Borderline High
160–189 mg/dL	High
190 mg/dL and above	Very High

CHOLESTEROL Total Cholesterol:

Below 200 mg/dL	Desirable
200–239 mg/dL	Borderline High
240 mg/dL and above	High

The American College of Sports Medicine (ACSM) recommends at least:

- 50 minutes of moderate-intensity exercise, 5 days a week for long-term WEIGHT LOSS
- 50 minutes of moderate-intensity exercise, 3 days per week for WEIGHT MAINTENANCE

Calories Burned During 30 Minutes of Exercise

Activity	Weight In Pounds		
	150	175	200
Aerobic Dancing	170	198	225
Basketball	283	330	375
Bowling	123	143	163
Calisthenics	153	180	205
Cycling – outdoor (5.5 mph)	130	153	175
Cycling – outdoor (9.4 mph)	205	238	273
Cycling – stationary	225	263	300
Handball/Squash	435	508	578
Hiking – 4 mph, 20 lb. pack	245	285	325
Ice Skating	175	195	213
Jumping Rope (100 jumps per min.)	383	448	510
Racquetball	375	438	500
Roller Skating/Blading	175	195	213
Running/Jogging – 8 min./mile (7.5 mph)	425	495	568
Running/Jogging – 9 min./mile (6.5 mph)	395	460	525
Running/Jogging – 10 min./mile (6 mph)	365	425	485
Running/Jogging – 11 min./mile (5.5 mph)	320	373	425
Running/Jogging – 12 min./mile (5 mph)	255	300	340
Snow Skiing – Downhill	205	240	273
Softball	153	180	205
Stair Climbing (moderate)	375	425	480
Stairmaster (machine)	405	473	540
Step Aerobics – 120 steps per min.	375	438	500
Swimming – 45 min./mile	263	305	350
Swimming – 60 min./mile	203	238	270
Tennis – Singles	223	260	300
Volleyball	113	130	150
Walking – 15 min./mile (4 mph)	208	240	275
Walking – 20 min./mile (3 mph)	153	180	205
Walk/Jog Combo – 13:30 min./mile (4.5 mph)	225	263	300
Weight Training/Lifting (Light)	180	215	225

Contact us to sign up
for
one of our classes!

Comm: 081-811-6445
DSN: 629-6445
E-mail:

napleshealthpromotions@med.navy.mil



Up Coming Classes

Tobacco Cessation— Appt or Group Classes

1st Trimester— 01/09, 01/23 0900-1100

2nd Trimester— 01/14 0900-1200

3rd Trimester— 01/28 0900-1200

Infant CPR — 01/28 1300-1600

Breastfeeding Class — 01/25 0900-1200

Expectant Father— 01/25 0900-1200

Check out our Website!
www.naples.med.navy.mil
And click on
Health Promotions



Ready to Quit Smoking??

Health Promotions offers Individual Sessions and Group Classes

Contact HP for more information and quit smoking today!!



Ready to Shed those Holiday Pounds?

Check out

SHIP SHAPE

Next class starts

January 31 @ 1500

Health Promotions class-room

Call or Email to register



- ### Frequently Called USNH Numbers
- Central Appointments 629 6000
 - Emergency Room 629 6155
 - Family Practice 629 6271
 - General Surgery 629 6400
 - Internal Medicine 629 6291
 - OB/GYN 629 6404
 - Ophthalmology 629 6386
 - Orthopedics 629 6388
 - Pediatrics 629 6242
 - Pharmacy 629 6225



Health Tip of The Month

Eat **MORE** fresh Veggies.
Go for variety, not only in veggies in general, but in colors. The more colors the more nutrients!!!

SPOUSE fit for life

A 10-week nutrition and fitness program conducted by certified fitness professionals. Contact Health Promotions for more information