



Health Promotion

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SPECIAL POINTS OF INTEREST:

- Happy New Year!
- January is Healthy Weight Month
- What's Your New Year's Resolution?

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Healthy Weight 2015



Maintaining a healthy weight is important for military readiness. Being moderately overweight to obese may affect quality of life, increase health problems and risks for disease. It also increases an individual's health care costs.

As noted in the 2013 Executive Summary Report of the 2011 Health Related Behaviors Survey of Active Duty Military Personnel, the Navy reported a 15% obesity rate among its active duty personnel. While this percentage was well within the *Healthy People* objective of $\leq 30.5\%$, and was lower than the civilian esti-

mate of 33.9%, we can do better!

In this newsletter, we provide a variety of resources, tools and information to promote weight loss and weight management.

We want everyone to make smart choices in order to be healthy and maintain a healthy weight. The Health Promotion & Wellness Department is here to help you achieve your health goals. With support and SMART planning, your weight loss endeavors can come with some welcome results!

On page four, read about our exciting new program, ReNuLife,

as well as continued offerings of the Navy's weight management program, ShipShape. Whatever your goal may be in 2015, we want to be your source for Health & Wellness. With varied programs, we hope you'll find the one that works best for you and makes 2015 the year you keep your New Year's Resolution!



SMART Weight Loss Goals for 2015

Does your weight loss goal seem too big, too hard, and too discouraging? Try using a series of SMART goals to reach a healthy weight. SMART stands for Specific, Measurable, Attainable, Relevant and Timely. SMART goals encourage big successes through small steps. Remember, a journey of a thousand miles begins with the first step!

SPECIFIC: Your goal must specifically state what is to be accomplished. For example, instead of saying, "I want to eat

healthy", try saying, "I want to eat a vegetable at every meal".

MEASURABLE: A good measure of a goal allows you to track your success and leaves no doubt of 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 SMART goal must be relevant to your overall

aim. For example, if preparing for a 5K race, finding a new recipe daily would not help your run time.

TIME-BOUND: Stay focused by making a reasonable deadline for yourself.

Bringing it all together, an example of a SMART goal in a balanced weight loss plan would be, "I will walk on base for one hour on Mondays, Tuesdays and Thursdays at 4:00 for the entire month of January".

Tips for Healthier Eating



“Staying in control of your weight contributes to good health now and as you age.”
-CDC

- EAT A VARIETY OF FOODS.** Explore each food group. A diverse diet balances essential nutrients.
- BALANCE YOUR CALORIES.** The majority of your calories should come from vegetables, fruits, lean, unprocessed meats, and whole grains.
- CHOOSE FATS WISELY.** Trans fats should be avoided completely. These fats don't exist in nature, they are man-made and deserve their bad rap. More processed foods typically contain trans fats. Examples include: coffee creamers, crackers, packaged pastries, popular brands of peanut butter, shortening and margarine to name just a few.
- OPT FOR WHOLE FOODS.** Limit processed foods. Cereals, granola bars, frozen dinners, and other highly processed foods are typically high in sodium, sugar and fat.
- MAKE HALF YOUR PLATE VEGETABLES AND FRUITS.** Fruits and vegetables are high in vitamins, minerals and fiber – all essential parts of maintaining health. Some may even protect against cancers.
- CUT OUT THE SUGAR.** Sugars raise your blood glucose levels and leads to increased insulin. Insulin is the hormone that stores fat, especially in the abdominal area. Watch out for foods that are not necessarily sweet, but turn into glucose/sugar when metabolized. Such foods include, white rice, white flour and pasta.
- LIMIT YOUR ALCOHOL INTAKE.** Alcohol isn't calorie free and provides no nutritional value.
- CHOOSE FOODS HIGH IN FIBER.** Fiber is important because it slows down the rate sugar is absorbed into the blood, decreasing blood sugar spikes. Fiber also helps scrub and clean the GI tract, and makes you feel full.
- RETHINK YOUR DRINK.** The extra calories in juice or sweetened beverages add very little nutrition and contribute to blood sugar spikes.
- DRINK PLENTY OF WATER.** Drink several cups of water every day. Urine should be clear yellow; if it's dark, then you're not drinking enough water. Also, drinking a cup of water before meals helps you feel full faster.
- SET REGULAR MEAL TIMES.** Eat at least three meals per day and try to eat them at the same time every day. Skipping meals and fasting over long periods of time puts your body in fat storing mode. Also eating frequent, smaller meals will keep you from getting too hungry and thus prevents overeating.
- SNACK SMART.** Many people don't count snacks—in fact this is when most of us stray from our meal plans. Plan your snacks using foods low in added sugar and high in fiber such as fruits, vegetables, seeds, nuts, hummus and 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

Read It Before You Eat It

The next time you go grocery shopping and you're trying to decide between natural peanut butter and normal peanut butter, for example, read the nutrition label and the list of ingredients. Things to look for on the label are: "Serving Size", "Calories", "Trans Fat", "Cholesterol", "Sodium", and "Total Carbohydrates". Not only will this tell you what a serving size is sup-

posed to be for this particular product, but it will also show how much fat, salt, and sugar is added. Processed/packaged foods contain lots of added salt, sugar, and fat. Another very telling part of the labeling on the package is the list of ingredients. Some foods may say "0g" for "Trans Fat" on the Nutrition Label, yet when you read the list of ingredients

you'll find that there are indeed "hydrogenated" or "partially hydrogenated" oils added, these are other names for trans fats. Generally speaking the fewer the ingredients the better. Thinking back to our example, natural peanut butter contains only peanuts while the "normal" peanut butters contain a long list of ingredients—including trans fats.

Eating Out in Italy



So what is one to eat in the land of pizza, pasta, wine, bread and delicious, tempting pastries? In Naples, go for the fresh seafood! Start your meal light, instead of ordering an assortment of fried appetizers,

go for a *Caprese Salad* or *Frutti di Mare*—mixed seafood platter. Unlike in the States, not all local restaurants put bread out on the table, if your favorite place does, skip it, better yet, tell the waiter not to bring it out.

Next, forgo the pasta dish and jump straight to the protein dish, such as grilled swordfish or tuna. If you absolutely must have the pasta, split the order with a friend.

In terms of what to drink, limit your consumption of wine. Keep in mind that red wine is less sugary than the white. And always include

water as your main beverage.

Finally, though the desserts may be tempting, remember to save these for special occasions. Another way to cut calories when you do opt for dessert is to share it with a friend or family member.

Don't be afraid to take advantage of late-night Italian dinners, but do be mindful of not over-indulging in a high carbohydrate meal that will cause your blood sugar to spike at the end of your day. Be sensible with portion sizes and stick to vegetables and protein when eating out late in Italy.

“Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.”

-CDC

Benefits of Physical Activity

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control weight
- Reduce risk of cardiovascular disease
- Reduce risk for Type 2 Diabetes and Metabolic Syndrome
- Reduce risk for some cancers
- Strengthen bones and muscles
- Improve mental health and mood
- Improve ability to do daily activities, improve balance and prevent falls
- Increase chances of living longer

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that **moderate-intensity aerobic activity**, like brisk walking, is generally **safe for most people**.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like sprinting uphill. That's why it's important to start slowly and gradually increase your level of activity.

If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your provider to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum *Guidelines*, try to do as much as you can. What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you.

The bottom line is - the health benefits of physical activity far outweigh the risks of getting hurt.

30 Minutes a day, on most days of the week is all you need! In this case, there is nothing wrong with doing more than the general guideline, but do try to at least get 150 minutes of physical activity every week. Choose an activity you enjoy and exercise will become something you look forward to instead of something you dread!





Need to shed Holiday Pounds? The **Ship Shape** Program starts on Monday, 12 January at Support Site, and Wednesday, 21 January at the Capo BMC, and will meet weekly for 8 weeks. Ship Shape is a Navy-wide program that is available to active duty, civilians, family members/dependents and retirees. It is a weight management program that presents a healthy and permanent approach to weight loss.

...And it's FREE!



Lunch & Learn Series:
Date: Wednesday, January 14th
Time: 11:30—12:30
Location: Support Site Fitness Forum



Weight Loss & Goal Setting for the New Year

Make this year different, this is the year you'll stick to your weight loss goals and get results! Join MWR Fitness and USNH Naples, Health Promotion Team To get tips, tools and resources For success.

"A Goal Without a Plan is just a Wish"



We Are Offering a New Weight Management Program!



USNH Naples is proud to offer a new, alternative multidisciplinary approach to weight loss. **Rethink Nutrition for Life**, or **ReNuLife** is a nutrition transformation process. We have reviewed the science and collaborated across multiple health disciplines to bring the Naples community this opportunity. Many in our community have already seen noticeable improvements in health, wellbeing, weight loss goals, and energy. Those interested in participating should come to our kick off event February 3rd. The program includes fun and practical ways to transform nutrition including, cooking demonstrations, one on one with the nutritionist, education, metabolic testing, physician oversight and support. Each participant will also be given an assessment of their progress.

No weight-loss supplements, pills, powders or gimmicks required. Bring the whole family and **Rethink Nutrition for Life!**

To learn more, contact the Health Promotion & Wellness Department at 629-6445 or 081-811-6445.

Kick-off event on Tuesday, February 3rd at 4:30pm at the Support Site Theater!