



Revitalize Your Health

Sara Oldroyd MS RD

National Weight Control Registry

- 80% Female, 20% Male
- "Average" woman is 45 yo, 145#
- "Average" man is 49 yo, 190#
- Lost an average of 66#, kept it off 5.5y



Hidden Diversity

- Wt loss ranges from 30-300 lbs
- Duration of wt loss ranged from 1-66 yrs!
- Some have lost weight rapidly, while others have lost weight over years—up to 14



More from NWCR

- 45% of participants lost weight on their own, 55% lost weight with help of some type of program
- 98% modified food intake
- 94% modified physical activity



Summary

- Most participants report to continue a low calorie, low fat diet and are highly physically active
 - 78% eat breakfast every day
 - 75% weigh themselves at least 1X/week
 - 62% watch less than 10 hrs of TV/week
 - 90% exercise, on average, 1 hr/day

www.nwcr.ws/Research/default.htm



Exercise

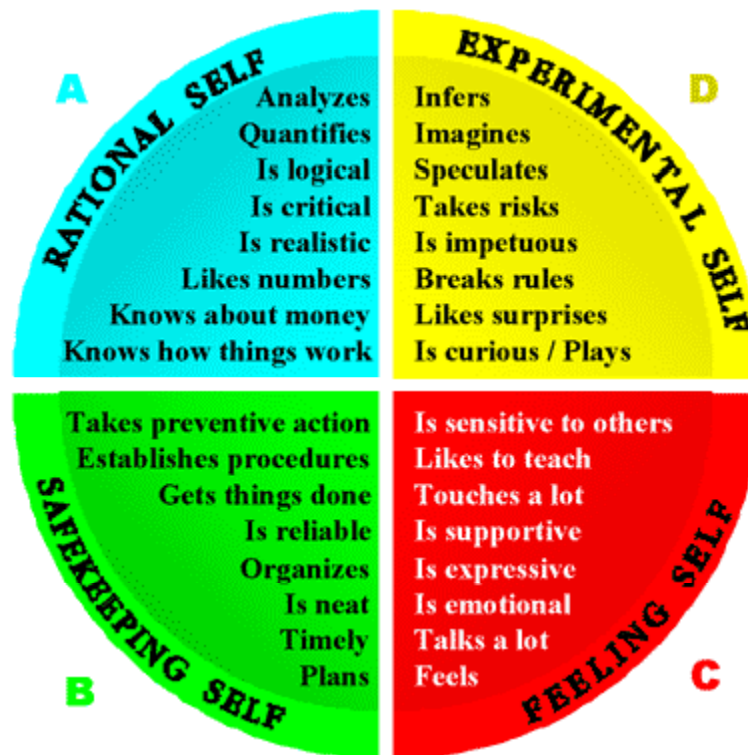
If you are exercising to lose weight, I encourage you to rethink your reasons. You should exercise for health, fitness, stress relief and, most importantly, enjoyment. I discourage you from exercising ONLY to burn off calories. In those conditions, exercise feels like punishment for having excess weight. Grueling exercise fails to become integrated into a life-long health promotion plan.

-Nancy Clarke



Herrmann Brain Dominance Instrument

OUR FOUR DIFFERENT SELVES



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Interviewing with 10 participants

- All had incorporated some meditative element
- “All had gone through an inner transformation...Each had found a coach, mentor or guide for the journey, had pulled back and separated somewhat from his/her environment.”
- Do something empowering—teaching, volunteering, puts you in the position of helper rather than the one that needs help.



Foods to Include

- High Fiber foods
 - Grains
 - Nuts, Seeds
 - Legumes
 - Fruits and Veggies
 - Focus on color
 - Focus on variety



Resources

- AICR
 - <http://www.aicr.org/>
- Nutrition Data: Nutrition Facts and Calorie Counter
 - <http://www.nutritiondata.com/>
- American Dietetic Association
 - <http://www.eatright.org/>
- USDA's MyPyramid
 - <http://www.mypyramid.gov/>





Insanity is doing the same
thing over and over again and
expecting different results.

-Albert Einstein