

# Health Matters

A Newsletter from WOMEN'S HEALTH & SUPPORT SERVICES

Spring 2010

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

Hello from Jody...

It feels like times are changing! In February, Michelle Obama partnered with the Surgeon General and the Department of Health and Human Services launching a major initiative called The Vision for a Healthy and Fit Nation 2010,\* with the childhood obesity epidemic at the forefront.

In March, Pepsi-Cola Company announced that they would remove all sodas and sweetened beverages from public school vending machines across the U.S. (hopefully Coke will follow suit soon). These are HUGE steps in a healthier direction coming from some pretty high places!

The feature article in this issue of Health Matters – Eat to Live vs. Live to Eat – discusses our “culture” of food and talks about what you can do, on an individual level, to help create a healthier life for yourself and your family.

Also, please note that I will be offering two Change Your Mind, Change Your Body® Workshops this fall – on Monday night and Wednesday day. I hope this will help to accommodate varying schedules.

Yours in good health,

Jody

\*to view the initiative, visit [www.surgeongeneral.gov](http://www.surgeongeneral.gov)

GOING  GREEN!

In an effort to do my part for the environment and save a few trees, *Health Matters* will soon be available online. If you would prefer to receive your next copy via email, please let me know at [JodyBMiller@hotmail.com](mailto:JodyBMiller@hotmail.com).

## Eat to Live vs. Live to Eat – Lifestyle Reform

We are a culture obsessed with food. Food is needed for basic human survival but beyond that there are a myriad of other reasons we eat. This obsession unfortunately is a contributor to increasing obesity rates and associated heart disease and diabetes, not to mention an increasing conflict between societal norms to be thin and the desire for highly palatable foods.

Living to eat...

Food is everywhere, and for anyone trying to achieve a healthy body weight, this can be highly problematic. We celebrate special occasions like birthdays and anniversaries with high fat and sugary desserts. We bring food as a gift to those who host us for dinner or a party. We offer food to those who are sick in hopes it will nurture them to back to health. We reward our children with food, as well as ourselves, for a job well done. We use food to stuff our feelings and numb ourselves from feeling pain. We eat to distract ourselves and procrastinate from taking care of things that must get done. We choose poorly when we need a pick-me-up and feel exhausted in hopes that something sweet and tasty will get us through the rest of the day. We socialize with food as a focal point making frequent plans to meet for lunch or dinner. We thank others with food for a good deed they have done to show our appreciation. Holidays each have their own special foods (Thanksgiving and pumpkin pie, Valentine's Day and chocolate, Hanukkah and potato latkes, and on and on) which we look forward to with much anticipation. While on vacation we give ourselves permission to overindulge rationalizing that we deserve it because it's a vacation. And, in today's new homes, the kitchen, family room and dining rooms are all wrapped into one big “great” room where the exposure and access to food are constant. Food for many is nurturance and love.

Eating to live...

Disconnecting food from emotion is a long process but can be done. This involves changing your personal mind set of what food means to you. Steps include becoming aware of patterns including where you eat, who you eat with, when you eat, and what your emotional eating triggers are; validating that these are your patterns; reinforcing that you are in control of your choices; and practicing choosing non-food alternatives. It is also critical to learn the energy (calorie) needs for your body, and eat sensibly within those parameters while still being able to choose foods that are personally palatable to you.

Once you have followed this process for yourself, you can work towards true lifestyle reform and begin to make the additional shift to include others around you. Reduce the use of food to reward others, take a walk with a friend instead of going out for a meal, plan healthy meals with fewer choices and smaller portions when entertaining. Choose a non-food alternative as a hostess or get well gift. Start a new family tradition for celebrating birthdays or other special occasions (ie. put a candle atop a beautiful fruit salad or wear a crown and be king or queen for the day). The key is to ultimately find healthier ways to nurture yourself and to show others that you love them without involving food.

# WOMEN'S HEALTH & SUPPORT SERVICES

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

7810 Heatherton Lane • Potomac, Maryland 20854  
301-299-6586

To learn more about:

- Fitness Training
- Wellness Coaching
- Nutrition Guidance for Weight Loss
- Fitness Assessments
- Stretch and Circuit Training Classes
- Change Your Mind, Change Your Body® Workshops

please call Jody at  
301-299-6586.

## Upcoming Programs and Workshops

### Change Your Mind, Change Your Body® Review Group Workshop

Wednesdays from 2-3pm (June 23rd, 30th, July 7th, 14th, 21st, 28th)

\*This group is open to anyone who has previously completed the 12 Week Change Your Mind, Change Your Body® workshop – includes food journaling and nutrition guidance. \$180 per person

### Change Your Mind, Change Your Body® Rancho La Puerta

August 14th through August 21st

\*I will be the Guest Presenter at Rancho La Puerta in Tecate Mexico. Visit [RanchoLaPuerta.com](http://RanchoLaPuerta.com) for details. Cost of the workshop is complementary with the week stay at the Ranch!

### Change Your Mind, Change Your Body: Emotional Wellness & Weight Loss®

#### 12 Week Workshop

Session 1 – Mondays from 7-8:30pm (from Sept 27th through Dec 20th), or

Session 2 – Wednesdays 1:30 – 3:00pm (from Sept 29th through Dec 22nd)

This program takes a comprehensive, holistic and very compassionate approach to the struggle of taking the best care of ourselves possible, losing weight and keeping it off. It is designed for those who have significant weight to lose as well as those who are trying to maintain a healthy weight, and addresses the needs of every fitness level from those just getting started to the avid competitive athlete. The most unique aspect of the Change Your Mind, Change Your Body philosophy is that it takes into consideration individual life circumstances so that every participant can personalize their experience. At the end of the workshop, you will have a better understanding as to why diets don't work, changed your definition of weight loss success, identified stressors and behavior patterns that are holding you back, and learned a myriad of strategies that will help you achieve your goals and optimal lifelong health.

\$780 per person for 12 week workshop – min 4 participants/max 8 – includes pre and post Fitness Assessments

IN THE  
FALL...

THIS  
SUMMER...