

Health Matters

A Newsletter from WOMEN'S HEALTH & SUPPORT SERVICES Winter 2009

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

Hello from Jody...

Happy New Year! It's that time of year again to reflect on our successes and failures of the previous year. Even Oprah is taking (publicly) a good look at what has caused her to re-gain so much weight, and why she is not taking care of herself the best way possible.

To assist you in this same process, take advantage of the 2009 Goal Setting worksheet. This is a tool I use with my clients to help them reflect on what has worked, and resume or initiate strategies that will assist them to pursue their future goals.

In addition, the feature article provides ideas for getting started, or re-started with exercise. The list of suggestions can be used as a do-it-yourself option, but nothing is better than working with a trainer. It often only takes a few one-to-one sessions to get things rolling or to get back on track.

With hopes of seeing you soon,

Yours in good health,

Jody

Starting from Sedentary or Breaking Through a Plateau

Let's face it, most people don't like to exercise. If you are one of those people and don't know where to begin, read on. This is also a great refresher to those who have hit a plateau and need advice on progressing onward.

The message is everywhere, especially when it's the New Year – exercise, exercise, exercise. Exercise for your health, to lose weight, to feel better, to live longer. There are even new federal guidelines published to ensure that Americans get their exercise. The U.S. Department of Health and Human Services (HHS) calls for a minimum of 150 minutes of moderate physical activity a week for substantial health benefits. This breaks down to 30 minutes on five days of the week. Sounds fairly reasonable, but what if you have no idea where to start, are fearful of becoming injured, don't have access to equipment, or just simply hate the thought of it! The following strategies should help you on your way.

Just Get Yourself Moving

Walking is one of the best forms of movement for introducing yourself to physical activity or structured exercise. It's easy, a movement we do every day, and has a very low injury factor. Walking can be done outdoors in your neighborhood, at the school track (which generally has a wonderful springy surface), on a treadmill, or even in an indoor mall.

Use a Pedometer

The pedometer tracks your walking "movement" throughout the day, and reinforces the notion of staying active all day long. A simple inexpensive model is all you need. Establish a baseline of steps

taken per day for the first week or two and then set goals for increasing your movement from that baseline each week onward.

Pedometer Activity Levels

Sedentary	< 5,000 steps/day
Low Active	5,000-7,499 steps/day
Somewhat Active	7,500-9,999 steps/day
Active	> 10,000 steps/day

Keep a Log

Recording your steps per day, and any other physical activity or structured exercise, on a log or exercise journal helps to keep you on track and accountable. It makes it easy to see where you are missing days and what your activity patterns are. There's also nothing better than seeing the entries or check marks where you were compliant and successful.

Don't Worry about Intensity

When getting started it's much more important to establish a routine than concern yourself with the intensity of your activity. I like to call this phase "building a baseline." Do not worry about how fast you are going or even if you are breaking a sweat – just keep track of the amount of time and/or steps you are accruing if using a pedometer.

(continued...)

WOMEN'S HEALTH & SUPPORT SERVICES

THERAPEUTIC EXERCISE • NUTRITION COUNSELING • FITNESS TRAINING • WELLNESS COACHING

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

Group now forming for

CHANGE YOUR MIND,
CHANGE YOUR BODY:
Emotional Wellness & Weight Loss®

The next 12-week workshop begins on
Monday February 23rd

Mondays 1:30 - 3:00 pm
February 23 - June 1st

This innovative and comprehensive program addresses the key areas to long term weight loss success – exercise, nutrition, and well-being – in a dynamic group format. Space is limited to 8.

Please register by February 13th by calling Jody Miller at 301-299-6586 or visit the website at ChangeYourMindChangeYourBody.net.

* This is important to me because...

* It would be extremely helpful if I...

* To get myself started I will...

(these are actions that you plan to take, not pounds you want to lose)

* My new "process" goals are...

* I wish I had...

* My greatest fitness/wellness accomplishments of 2008 are...

Taking stock of what has and/or has not worked for you in the past year is an excellent strategy for planning ahead. The next step is taking time to think through what are reasonable expectations and actions. Use the 2009 Goal Setting questions below to guide you through this process.

2009 Goal Setting:
Reflect * Realign * Resume

For more information on fitness training sessions, assessments, consultations, or the Change Your Mind, (Change Your Body®) Weight Loss Program, please call Jody Miller at 301-299-6586.

To establish a permanent behavior pattern, you must truly believe that the behavior will benefit you. Developing your personal "mantra" as to why exercising is important to you can be a great way to regularly affirm your intentions and practice thinking of exercise in a positive way.

Change Your Dialogue

It can be very helpful to partner up with a friend, so schedule a regular time to meet. Having someone to talk to really helps make the time go by. If on your own, listen to music or a book on tape, watch a great movie or recorded TV program.

Find a Great Distraction

If you are engaging in structured exercise, try to schedule it first thing in the morning. You may want to eat a small breakfast first, but otherwise work it in before your day gets going. Watch out for easy sidetrackers like reading the paper or making phone calls. You'll have a much better chance of following through if you make it the first priority of your day.

Do it First Thing in the Morning

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Once a consistent routine is established, you'll then be ready for the next phase – "conditioning."