

Watch Your Weight...Go Down

If it were easy to lose unwanted pounds, two-thirds of the adult population in the Western world wouldn't be overweight or obese. Making major habit and lifestyle changes takes a huge commitment and with such busy lives, it may seem too overwhelming. A more manageable approach may be the 200 calorie-a-day way.

An extra 3,500 calories in your diet that you are not burning equals one pound of weight gain. If you were to decrease calorie intake by just 200 calories a day or increase your physical activity so that you burn an extra 200 calories a day, you could lose one pound of weight every two and a half weeks. That would mean that next year at this time you would weigh twenty one pounds less than you do now by making only a minor change.



Twenty one pounds in one year may not seem like very much, but it can be significant for overall health. Just 5-10% weight loss can:

- Improve blood lipids (cholesterol and triglycerides)
- Decrease blood pressure
- Improve glycemic level for Type 2 diabetes
- Decrease risk for osteoarthritis
- Decrease risks for chronic disease

"...your body is a temple of the Holy Spirit, who is in you, whom you have received from God...; therefore honor God with your body."
1 Corinthians 6:19-20

Taken from University of Missouri Extension newsletter
Creative Living March 2012

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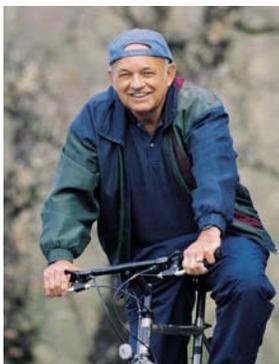
200 Calorie-a-Day Way

Decreasing calories by 200 calories a day is relatively easy. If you normally have pancakes or waffles with syrup, cutting out $\frac{1}{4}$ cup of syrup can save 200 calories. Substitute a little sliced fruit for better nutrition. If you are a cookie eater, cutting out three store bought cookies a day saves 200 calories. Like toaster pastries or honey buns? Leave one out and you'll save 200 calories. Eat a little protein with your sweets and carbs and you will cut out your craving too. If you drink soda, you can save 200 calories by drinking just one 16 oz. drink less each day. Drink water instead and you will quench your thirst and quell your appetite as well.



Small changes can add up to big benefits. Start watching the food labels in restaurants and at home to find out where you can save 200 calories each day. You'll soon be seeing and feeling the difference as you honor your body.

Burning 200 Calories a Day



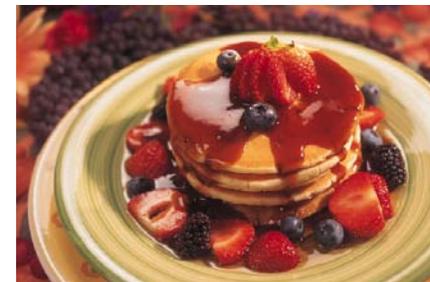
If you would rather burn more calories than decrease what you eat, you can increase your physical activity. You burn approximately 125 calories every 15 minutes riding a bike. You burn about 70 calories every 15 minutes golfing without a cart. A good brisk walk helps the average person burn 100 calories every 15 minutes. Parking your car farther away even makes a difference. Decide

now to make health your motivation and your reward.

Provided by Community of Christ Health Ministries Association
816-833-1000 ext 1262, wwwHMA@CofChrist.org

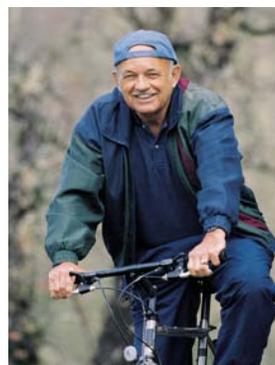
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