

# Nutrition News

Brought to you by Hudson Headwaters Health Network Nutrition Professionals

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## Meet the Nutrition Experts!

**Sharon Wright, RD, CDN** – You can see Sharon's smiling face at Chester-Horicon, North Creek, and the Warrensburg Health Centers. Sharon graduated from the University of Arizona and completed her internship at the Baptist Retirement Center in Scotia, NY. She currently lives in Malta.

**Emily Hammond, RN, CDE** – Emily is located at the Chester-Horicon, North Creek and Warrensburg Health Centers. As our Certified Diabetes Educator she educates people with diabetes on medication use, exercise and glucose monitoring. She is a great asset to the team.

**Amy LaPierre, RD** – Amy is the author of several upcoming issues of Nutrition News, but will be moving out of the area shortly. She has been a valued/valuable member of the nutrition staff for Hudson Headwaters in our Ticonderoga, Moriah, and Schroon Lake Health Centers.

## This Month's Feature

### **One Hundred Calories? No Problem!**

Did you know that simply cutting 100 calories from your day can start you on your way to weight loss? Cutting 100 calories per day could add up to 10 pounds of weight loss in one year. On the other hand, adding 100 calories a day could equal gaining 10 pounds in one year as well.

Here is a simple list of ways to cut 100 calories from your normal diet to stay at a healthy weight:

- Put mustard instead of mayo on a sandwich
- Try a "light" or fat-free salad dressing instead of regular
- Substitute Canadian bacon for regular bacon
- Eat fresh fruit instead of juice or dried fruit
- Order thin crust pizza instead of pan pizza
- Order your coffee with skim milk instead of cream
- Use a smaller bowl for your morning cereal
- Drink club soda with lime instead of regular soda

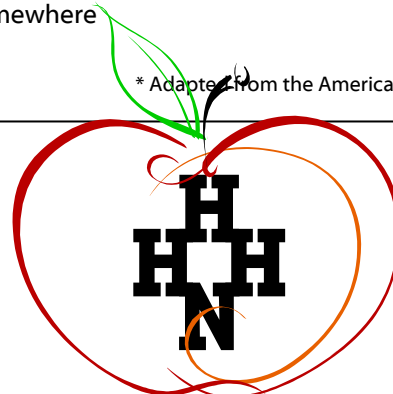
Or try these simple tips to burn off 100 extra calories per day:

- Set your alarm 15 minutes earlier and go out for a morning walk
- Stand up and walk around while on the phone at work or at home
- Go for a 15 minute walk on your lunch break
- Park further away when going to work or the store
- Take the stairs or walk the longer way to get somewhere

\* Adapted from the American Dietetic Association

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## Tip of the Month:

# Add Regular Physical Activity to Your Daily Routine

*Brought to you by the American Dietetic Association*

Along with a well-Balanced eating plan, exercise is important for losing weight and maintaining your overall health. With planning, you can easily fit 30-60 minutes of aerobic activity into your routine most days of the week.

Aerobic Activity includes walking, biking, skating, dancing, etc. It is important for health because it strengthens your heart, lungs, and blood vessels.

To increase your levels of aerobic activity, first decide which activities you enjoy and look at your daily schedule to see where you can fit these activities in.

If you are starting from little or no daily physical activity, plan for five to 10 minutes per day. Once you achieve that level, increase it every week by 10 minute increments until you are up to 30-60 minutes most days of the week. As always, check with your health care provider before starting any physical activity program.

## Tips for Staying Motivated

By Amy LaPierre, Registered Dietitian



It is easy to start an exercise plan, but it is more difficult to stick it out. No one is safe from feeling a lack of motivation at times. Even professional athletes lose motivation and need to rely on different strategies to get their heads back in the game. Below is a list of different strategies to keep you motivated. Not all strategies will work for you, so choose the ones that are realistic and that can fit into your life.

- Make physical movement a priority in your life.
- Decide on days and times of the week that will work best for your schedule.
- Buy a “fun” notebook or calendar to plan your activities and to keep track of activities that you have completed– Be accountable for yourself!
- Tell your friends, spouse, or significant other what you plan on doing.
- Try to encourage other people to be active with you.
- Set realistic goals for yourself.
- Be sure the activity you are planning is something that you enjoy. If you do not enjoy the activity you are less likely to follow through with it.
- Incorporate movement into your daily life. Try walking to the store if it is close enough, park further away, if you have a desk job – get up and walk around your building once an hour.
- If you have kids or pets, include them in your activities. It will benefit the both of you.
- If you feel too tired to do any activity, you have to force yourself to do it and chances are you will feel less tired and be in a better mood after the activity.
- Household chores are counted as an activity. Mop your floor more often, vacuum the room twice instead of once a day and make more trips to unload groceries or to put laundry away.