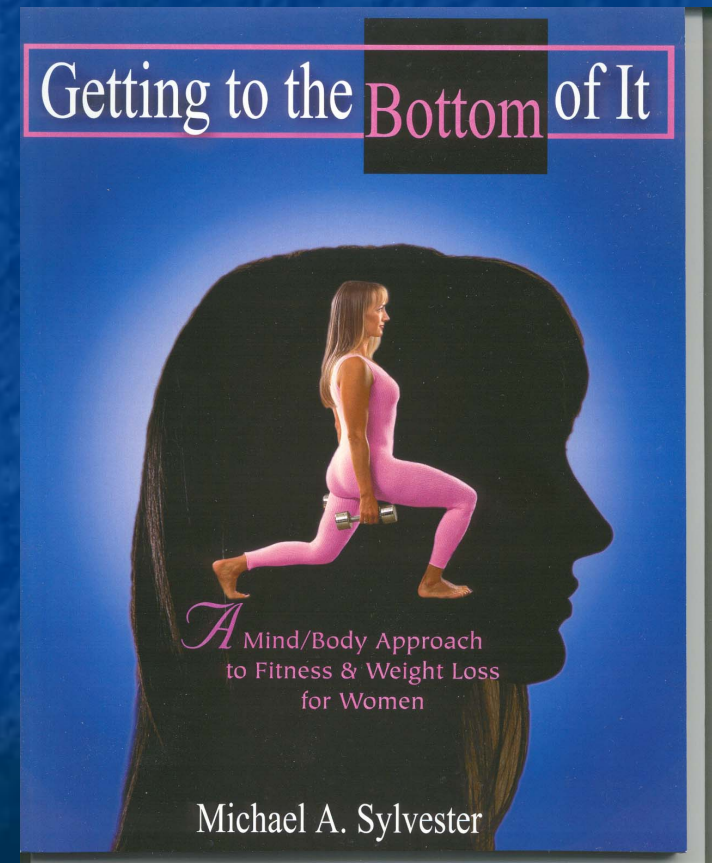


# The Healthy “WEIGH” to a Healthy Weight

*Michael Sylvester, BS, PTA*

Getting to the  
Bottom of the  
Truth Regarding  
Weight Control



# 3 Topics of Tonight's Lecture

- The Emotional Elements in regards to weight control.
- The Skinny on Diet and Exercise.
- The Role Exercise Plays in a Weight Management Program.

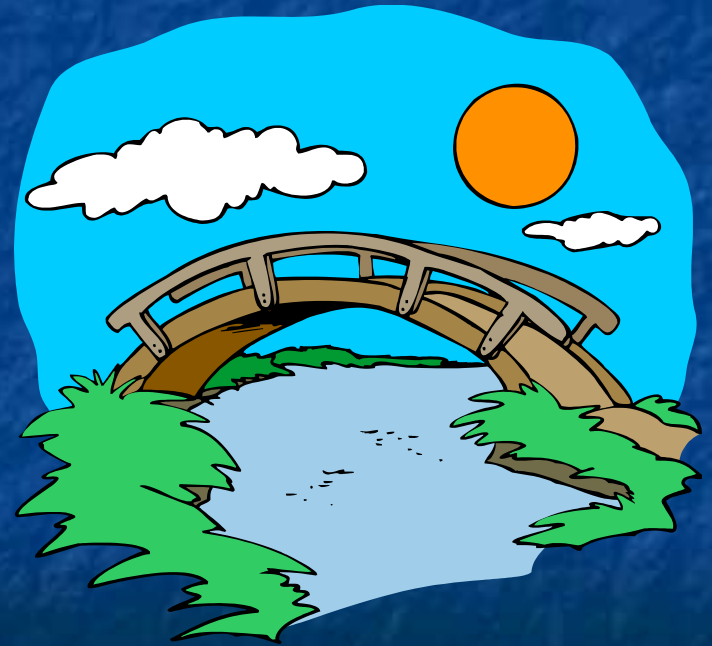
# BMI

- BMI=Body Mass Index
- A Numerical Value That Takes into Account Your Weight in kilograms and divide it by your height in meters<sup>2</sup>.
- 25-29=Overweight.
- 30 or above=Obese.
- 40 or above=Morbidly Obese.
- Flaw: Doesn't take into consideration muscle mass.



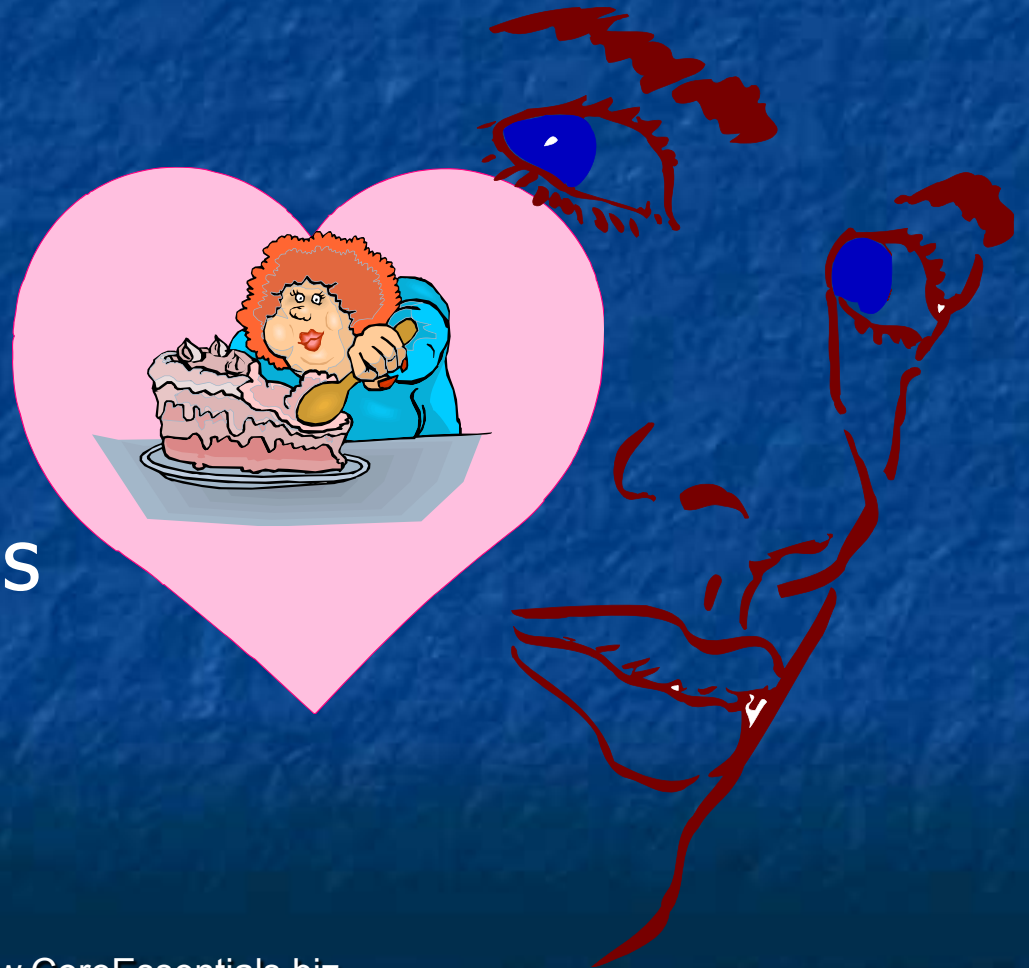
# The Emotional Element

- We need to build a bridge that unites what we want (weight loss and improved health) with what we do, which for many of us contradicts our affirmations:
- *We know we should exercise, BUT we don't.*
- *We keep eating even though we are not hungry*



# The Emotional Element

We know in our head what is good for us but down deep in our heart something holds us back.



# Other Factors...

## ■ Genetics

- If genetics loads the gun, environment pulls the trigger.
- Genetics can program what can happen, but it's up to you, with your choices which determines what does happen.

## ■ Medications

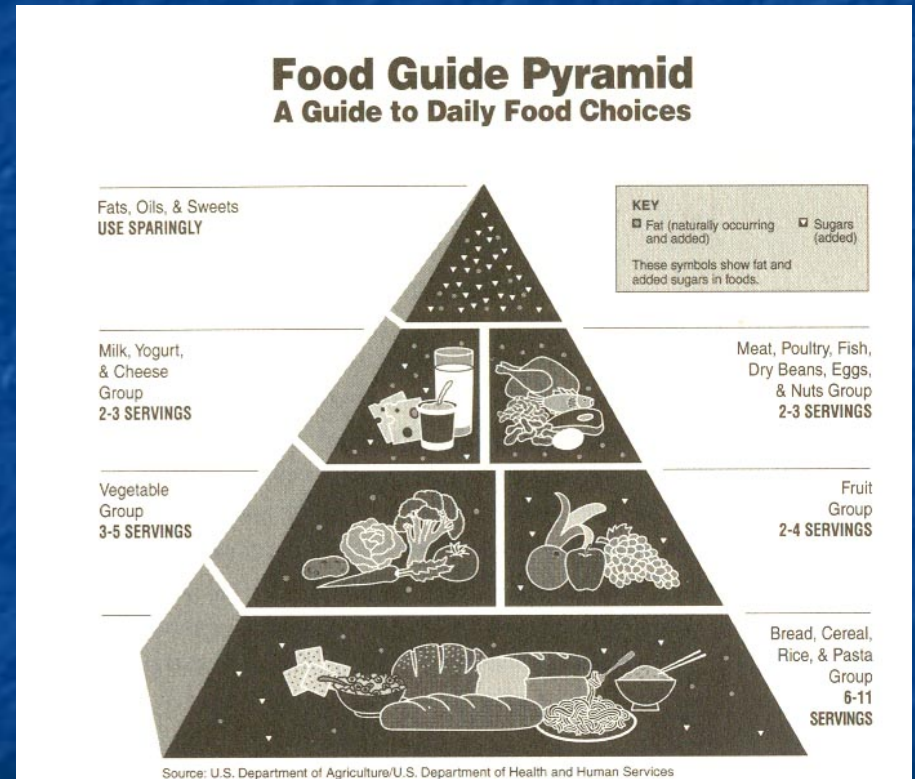
- Beta Blockers
- SSRI's
- Tamoxifen



# The Skinny on Diet: Who Do We Believe?

- **On one hand** The food guide pyramid tells us that the majority of our calories should come from complex carbohydrates and if we use fats sparingly we can lose weight and decrease our risk of disease.

- NOTE: At the time of the lecture, this Food Guide Pyramid was still being used.



# While on the other hand

....many diet “Guru’s” tell us to severely restrict carbohydrates and tell us that fats are NOT necessarily the culprit in the development of obesity and ill health.



## WHO DO WE BELIEVE?



# Who Do We Believe? In Terms of Weight Loss...

- The Jury is still out!
  - The current research is inconclusive, but generally speaking, if calorie input < calorie output, you will lose weight regardless of the type of foods you consume (i.e., Low fat or low carbohydrate).
  - It turns out that the low carbohydrate (or low fat) diets are low in calories.

## In defense of low-carbohydrate diets:

Low-carbohydrate diets may offer some advantages in terms of curbing hunger!!!!!!

NOTE: For a list of the Weight Loss Studies I refer to, go to my website, and click on the link—Articles and open up WEIGHT LOSS STUDIES.

[www.CoreEssentials.biz](http://www.CoreEssentials.biz)

# Who Do We Believe? In Terms of Health...

## ■ **Re: Low Carbohydrate Diets:**

### Claim—

Chronic consumption of carbohydrates can increase the production of **insulin** to pathological levels, which in turn, can cause a host of negative consequences—high blood pressure, increased cholesterol, type II diabetes, heart disease and obesity.



# Who Do We Believe? In Terms of Health...

## **Re: Low Carbohydrate Diets:**

### Truth—

- No studies support that excess insulin (from eating too many carbohydrates) makes you fat!!!
- Studies do show that chronic elevated insulin levels (presumably from high carbohydrate/low fat diets) can increase the risk of high blood pressure, high cholesterol, and cardiovascular disease.



# Putting It in Perspective

## Re: Low Carbohydrate Diets:

*Not all carbohydrates are bad!*

Unprocessed carbohydrates keeps insulin levels from spiking which can decrease health risks, particularly diabetes (type II).

- *Choose fresh fruits & vegetables, whole grain breads & cereals. These foods are high in fiber and contains less sugar.*
- *Limit candy, fat-free sweets, white bread, white rice & processed cereals. These foods contain lots of sugar and little or no fiber.*

# Putting It in Perspective

## Re: Low Carbohydrate Diets:

The more active and fit you are, the more sugar you will store in the muscles and not in the fat cells.

Translation: *You can eat foods that are considered “sinful” and be less likely to gain weight because your muscles need these “sinful” calories for anticipated energy needs.*

# Who Do We Believe? In Terms of Health...

## **RE: Low fat diets:**

### Claim—

- Consumption of fats can lead to weight gain and promote heart disease. In light of this, the food guide pyramid tells us we should use fats sparingly.



# Who Do We Believe? In Terms of Health...

## **RE: Low fat diets:**

- Truth—
  - Saturated fats are definitely bad but many studies reveal that certain types of fats (the essential fatty acids) can actually:
    - Reduce triglycerides
    - Reduce inflammation
    - Reduce platelet aggregation (or “sticking together”/ clotting).
    - Essential for optimal metabolism

# Who Do We Believe? In Terms of Health...

## **RE: Low fat diets:**

- The essential fatty acids we need most are:
  - The Omega 3 fatty acids

### **Sources:**

- Flaxseed oil
- Cold water fish (Wild Salmon, Albacore Tuna, Trout)

### **Caution:**

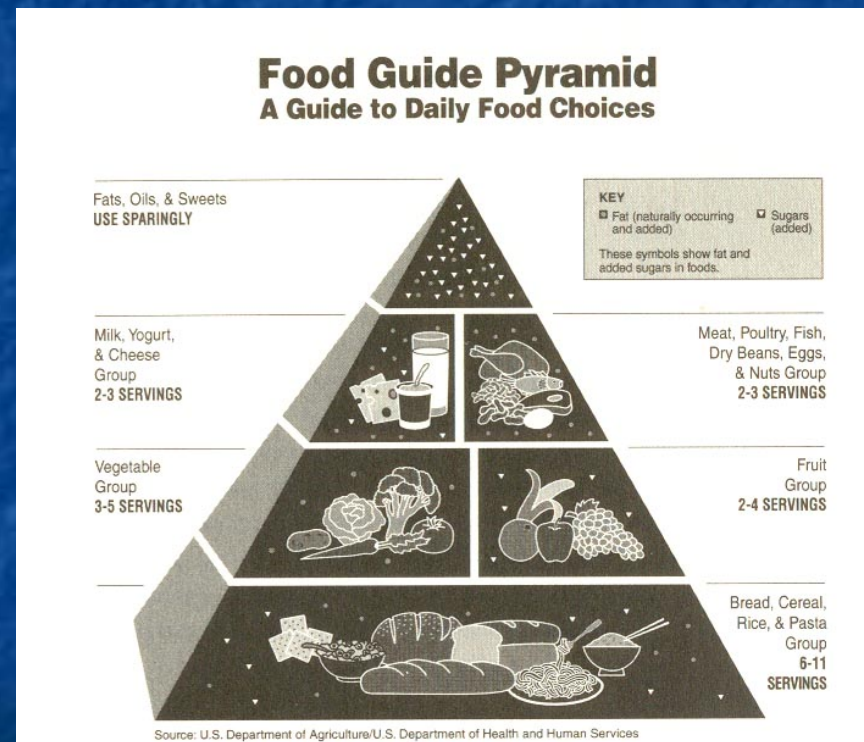
- Do not take these oils if you are on coumadin



# Who Do We Believe? In Terms of Health...

## RE: Low Fat Diets:

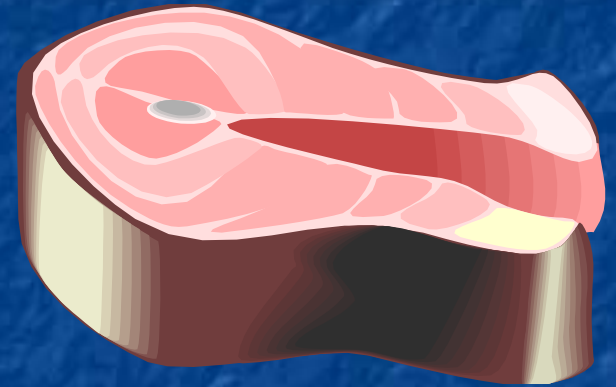
- The “*use fats sparingly*” guideline on the top of the pyramid has unwittingly contributed to the public’s phobia against fat.
- This fat phobia mentality has many individuals avoiding good fats (despite their benefits) and resorting to NO FAT or LOW FAT products that are loaded with processed carbohydrates which the food guide pyramid condones.





# Bottom Line of Diets:

- Not ALL fats are bad. Try to include fresh fish (like Wild Salmon) in your diet 3-4 meals per week.
- Fat and carbohydrates are not necessarily the culprit in the development of obesity but rather the over consumption of calories, practice portion control.
- Limit candy, processed carbohydrates (white bread, pasta & white rice) and instead include more unprocessed whole grains, fresh fruits & vegetables in your diet.

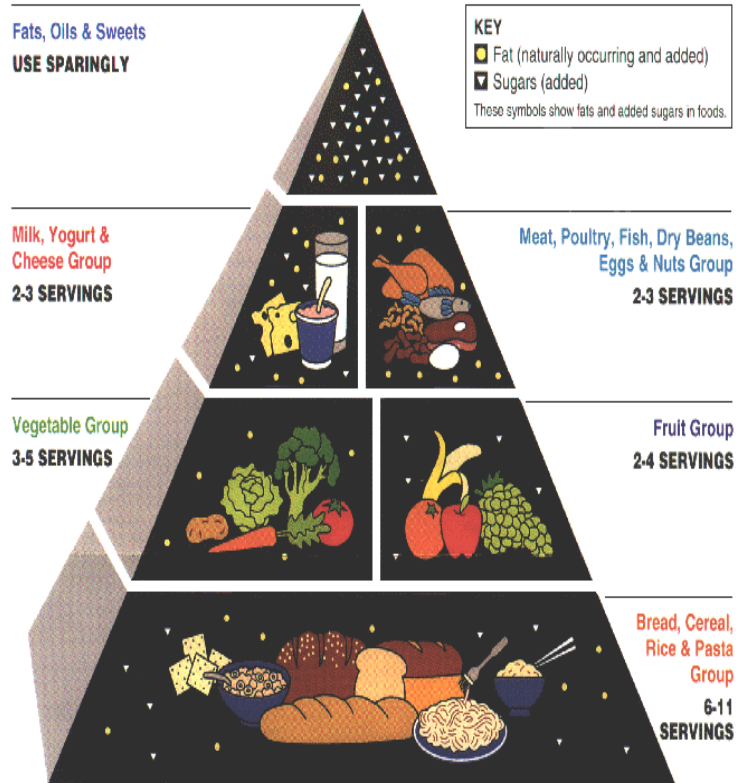


# Bottom Line on Food Guide Pyramid:

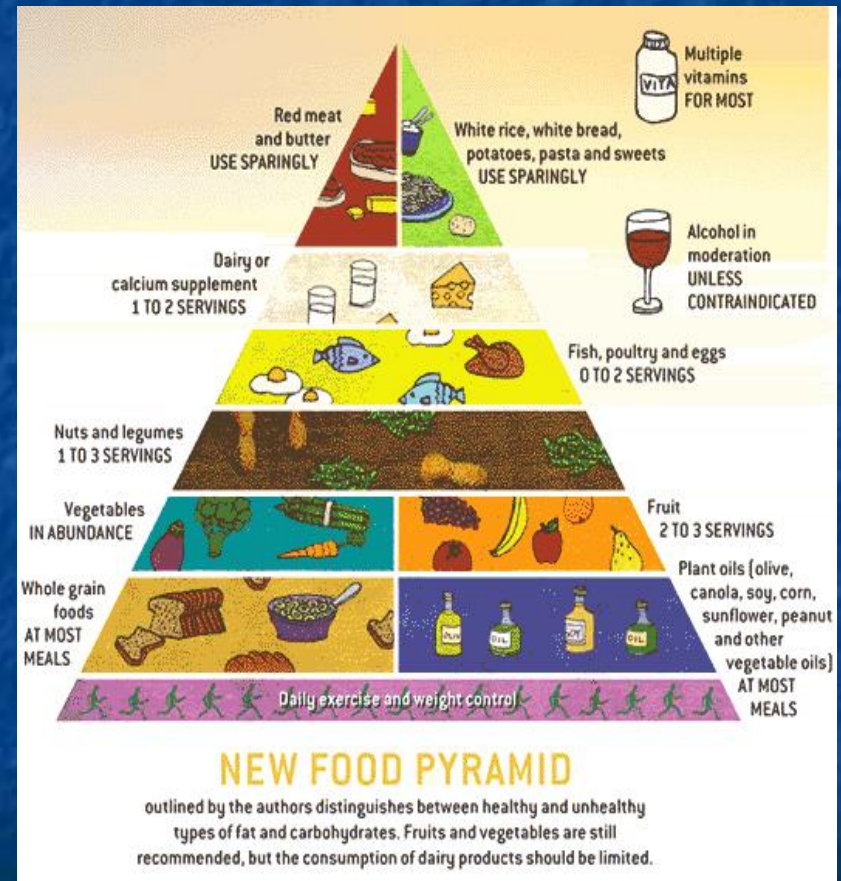
- The current food guide pyramid is being challenged by health authorities.
- A new pyramid has been designed that distinguishes “good fats” from “bad fats”.
- The new pyramid also distinguishes “good carbs” from “bad carbs” and includes exercise as a main staple.



# THE OLD FOOD GUIDE PYRAMID (Developed by the U.S.D.A)



# THE Proposed NEW FOOD GUIDE PYRAMID (Developed by Walter Willet, M.D.)





# The Skinny on Exercise...

Most people that join a Health Club with the intention to lose weight rarely do.

## Why?

### 2 Reasons

- 1) Most people don't exercise enough.
- 2) NO DIETARY INTERVENTION
  - Sensible dietary restriction (like Weight Watchers) has the greatest influence on weight loss.

# The Skinny on Exercise...

- You need to burn approximately 2000 calories/wk (or 200 min/week) to induce a significant weight loss.
- Most overweight individuals are lucky if they can burn 500 calories/wk.
- Most individuals ignore the *overload principle*.



# Bottom Line on Exercise

- As we age our metabolism experiences a 5% reduction every decade which is usually the result of a decrease in muscle, which is a consequence of inactivity, not necessarily from aging.
- Engage in progressive resistance exercise 3X/week and an aerobic exercise (walking or running) on most days of the week.
- **Bottom line:** The role of exercise is to boost your metabolism so you can maintain lost weight!!!



# Bottom Line on Exercise & Diet

- Remember the energy equation—if you burn more calories than you consume, you will lose weight.
- This can be accomplished by controlling portion sizes, (remember carbohydrates and fats matter, but calories count) and burn more calories by exercising most days of the week.

# **How to enroll in the Adult Weight Management Program:**

- Anyone Interested in participating in a weight management program please contact Michael Sylvester at (508) 271-2019.