Feel your Fullness: What is Normal Eating?

- Eat when hungry, stop when satisfied.
- Use moderation.
- Choose a variety of foods you like.
- Overeat sometimes, under-eat sometimes.
- Trust your body.

Beauty is internal.
Walk This Way...

Robert Sweetgall has walked across America 7 times since 1982. After losing several family members to heart disease, he decided to take his health *on the road* (literally). Here are some highlights from his books:

- Humans only neglect one irreplaceable object – their own bodies.
- Humans spent 3 millions years in the forest, 3000 years on the farm, 300 years in the factory, and the last 30 years glued to the television. Our brains may have adapted to the new computer age, but our “basic prehistoric bodies” have not.
- Wellness is a journey and it should last for a lifetime. The minute you go outside walking, you start to feel better. It works like magic. Walking helps to keep you energized and in good spirits.

Source: WIN Wyoming Thought Bullets, January 2002, Compiled by Betty Holmes, Regional Project Coordinator, WIN the Rockies.

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“**The secret to health is only 2 feet away – your own 2 feet.**”

- Robert Sweetgall -
  Author, speaker, walker, and advocate, of walking for wellness

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**Time for a Little Stretching**

Sit or stand with feet shoulder width apart.

Loop the band around each palm.

Raise arms overhead, elbows slightly bent.

Lower arms outward to shoulder height.

Hold.
Big Fat Lies about Ideal Weight

Glenn A. Gaesser, Ph.D., Professor of Exercise Physiology at the University of Virginia, is a recognized leader in the area of weight management and size acceptance. Here are a few highlights from his presentation at a Kansas Nutrition Council Conference entitled Big Fat Lies About Ideal Weight:

- The concept of an "ideal" weight is a statistical myth. Healthy weight can not be evaluated independently of lifestyle factors.

- In terms of health and longevity, physical fitness, regular physical activity, and a healthy diet are far more important than body weight.

- Obesity and overweight are associated with undeniable significant health problems. However, the case against body weight being a "killer" has been overstated. Weight loss itself as a means to reduce mortality rates is not well supported by published data.

- It is far better to be fat and fit than thin and unfit. However, "Fat can be fit" is not equal to "It’s ok to be fat." From a health standpoint, unfit and fat is the worst combination.

- In addition to being fit, Gaesser recommends implementing 4 nutrition guidelines.
  * Strive for a fiber intake of 25 grams a day (a significant increase for most people).
  * Consume more fruits and vegetables.
  * Strive for 3 servings of whole-grain foods a day.
  * Limit (and for most people reduce) intake of saturated fat, total fat, and sugar.