

A New You

Health for Every Body



Issue 12

“...America has too much good food”

- Donna Keyt, member of the Take Off Pounds Sensibly group in Cheyenne, WY

Sue Macdonald of the *Cincinnati Enquirer* wrote an article on “mindful eating” that appeared in the *Denver Post*. Here are some ideas from the article.

- Mindful eating encourages people to listen to their bodies and pay attention to natural, inborn messages about hunger, satisfaction, fulfillment and enjoyment.
- People want magic when it comes to weight loss, but the message is beginning to sink in: There is no magic. Many studies have found that 95 percent of people who lose weight from dieting regain it.
- Listening to your body's innate signals isn't going to work instantly if those signals are seriously skewed. Help from a counselor or therapist may be needed.
- Overeating is seldom a problem about food. Perhaps one of the reasons so many diets fail is they focus on restricting food intake and giving a temporary sense of control for out-of-control eating behaviors. Diets seldom address underlying issues that cause many people to overeat in the first place. These issues may include loneliness, boredom, too much stress, anxiety, unhappiness, and unrealized dreams.



UNIVERSITY
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Source: WIN Wyoming Thought Bullets, January 2000.
Compiled by Betty Holmes, Regional Project Coordinator,
WIN the Rockies.

Fitting in Fitness



Have you looked lately at your *Fitting in Fitness* book by the American Heart Association that you received during the *A New You* classes? Here are a few of the book's great tips on how to fit in fitness everyday:



- Do lunges while you vacuum.
- While watching your favorite TV show, pledge to stand up and do physical activities during each commercial break. Try push-ups, sit-ups, stretches, pretend jump roping, etc.
- Walk around the outside aisles of the grocery store before you start shopping.
- Make a game of finding the parking spot the furthest away from the door you want to enter.



Healthy
bodies
come
in all
sizes

“Walking one mile a day
significantly drops the
mortality rate.”

-Robert Sweetgall

Author, speaker, walker, and advocate, of walking for wellness

Time for a Little Stretching



Stand with elastic stretch band under both feet.
Shrug shoulders, lifting towards ceiling.

Hold.

Return to start position.

40 years of G.I. Joe

Although the body measurement comparisons of GI Joe™ from the 1960's to the year 2001 are shocking enough, pictures really illustrate that narrowly defined and unrealistic body "ideal" standards are now promoted for both females and males.

- Computer equipment allows computer technicians to scan images like a Barbie™ doll into a computer program and estimate body measurements. Body measurement estimates for Barbie™ include a height of 6'9" with a 20-inch waist and a 41-inch bust.
- Using computer scanning equipment, body measurement estimates for GI Joe™ include a height of 5'10". Height measurements for GI Joe™ have remained relatively unchanged for the last 40 years.
- Biceps measurements for GI Joe™ have changed dramatically in the last 40 years. The biceps measurement from the 1960's is estimated at 12 inches. The biceps measurement increased over 100% in 40 years to a measurement of about 27 inches in the year 2001.
- The chest measurement of GI Joe™ increased from about 44 inches in the 1960's to 55 inches 40 years later.
- The increase in muscularity of the GI Joe™ action figure over the last 40 years is more dramatic than measurements alone can indicate.

Source: WIN Wyoming Thought Bullets, December 2001.
Compiled by Betty Holmes, Regional Project Coordinator, WIN the Rockies.

Source: GI Joe™ action figure from 1960's secured by Mary Kuschel, Cheyenne, WY.



1960

2001



**Don't forget
the benefits of
journaling...**

Fewer doctor visits

*Improved physical &
emotional strength*

*Greater
sense of well being*

*Ability to fight stress,
infection & disease*