

A New You

Health for Every Body



Issue 2

Today in our culture,
it has never been...

**Easier to
become fat**

**Harder to
be fat**

Portions, Portions Watch Your Portions

A recent study found a “large” French fry order in 2002 at McDonald’s is the same size as a “super-size” was in 1998.



1998

2002

Do you need such a large serving to be satisfied?
Of course not!
Slow down and enjoy each bite!

Remember:

Close your eyes and deeply **breathe** in the aromas.

Savor each taste sensation in the food:

sweet, sour, salty, bitter.

Feel the textures and temperatures:

crunchy, soft, creamy, hot.

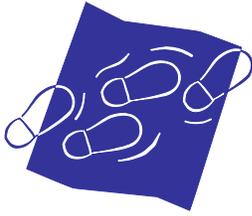
Listen to the sound the food makes when you chew.

Look at the variety of colors, shapes & sizes of the food.

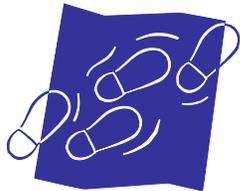


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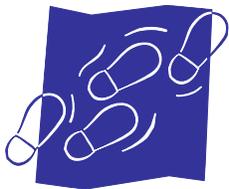
10 Ways to Increase Your Footsteps



1. On a long driving trip, stop frequently to stretch and walk.
2. Instead of sitting in the waiting room for a scheduled appointment walk around the building.
3. Unload your shopping bags from the car in four trips instead of juggling four bags at a time.



4. Watch part of a movie, sports event or the news on a treadmill or stationary bike instead of 100% on the couch.
5. Walk around the soccer field while your kids play a game.
6. Take a short 5-minute walk outside when you feel your energy dropping.



7. Return your grocery store shopping cart to its proper storage location.
8. Walk the dog or offer to walk the neighbor's dog.
9. Walk to the television to change the channel.
10. Walk on your lunch hour.

Did you know?

It is healthier to be fat & fit than to be thin & unfit.

“We can be fit and fat, but the question is, ‘Are we fit - whatever our size and shape?’”

-Suzy Pelican, MS, RD, Extension Specialist, University of Wyoming

Move for the sheer joy and power of it.

For time spent with family, friends, and nature.

Time for a Little Stretching

Stand straight.
Breathe in deeply.
Pull in stomach muscles.
Hold for 5 seconds.
Repeat.

Dieting Before and After Pictures

Look in any magazine and you're sure to find an ad for weight loss. They almost always have a BEFORE and AFTER picture. Check out these before and after pictures from an ad that ran over 110 years ago.

Quotes from the 1891 ad:

- *Don't look like the poor unfortunate on the left who tries to cover her poor thin body. (Notice how thin was associated with poor.)*
- *Don't suffer from the tortures of inferior devices that artificially fatten with inflationary devices and pads. (Imagine – the goal was to have female body look larger. It still seems unfortunate the female body never seems to be socially acceptable without changes.)*
- *"In just 4 weeks I gained 39 pounds, a new womanly figure, and much needed fleshiness." (Forget the saying I'm not fat, I'm fluffy. How about I'm not fat– I'm fleshy!)*

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

1891 ad found by Mary Kay Wardlaw, Education Specialist,
WIN the Rockies.



Before



After

**Are you working on
your goals?**

**Don't forget to make
SMART goals:**

S – Specific

M – Measurable

A - Attainable

R - Realistic, Relevant

T - Time Bound