



From the Director By Dr. Joseph E. Donnelly

WCRP is a theoretically grounded, behavioral approach to weight management. Generally our programs have a period of weight loss followed by maintenance. Most individuals experience periods of fluctuation in their weight, especially during weight maintenance. There are many behavioral strategies to maintain weight such as planning, record keeping, attendance at meetings, social support, etc. Our studies and studies in the existing literature cite physical activity as the most important behavior during weight maintenance. If you are not willing to engage in a physical activity program over the long-term, your chances of maintaining the weight you have lost is poor.

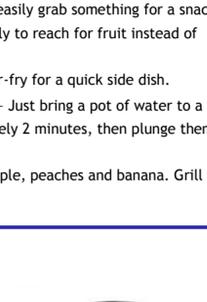
Typically, individuals find it difficult to diet long term. Calories eaten beyond weight maintenance requirements add up and eventually significant weight can be regained. Physical activity provides a "safety valve" so small amounts of overeating are counter balanced by the calories used for exercise. The amount of physical activity needed to aid weight maintenance is not certain. Existing studies rely on self-reported minutes of exercise but it is known that many individuals over-estimate the amount of exercise they have completed. To this end, we are currently funded by The National Institutes of Health to investigate the amount of physical activity associated with weight maintenance. The study has been termed POWeR- Prevention Of Weight Regain. We will use heart rate monitors for home-based physical activity and observed exercise that is completed in our facilities so we will have objective data, not self-report. Research studies are not for everyone, there are inclusion/exclusion criteria. If you are interested in participating please see the link provided below. If you have questions about weight management issues please contact us via email or phone as shown at the end of the newsletter.

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Build a Healthier Plate By Jeannine Goetz, Assistant Director, WCRP

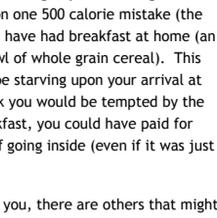
Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add fiber, and to get more vitamins, minerals and fiber. Diets rich in fruits and vegetables have been shown to lower the risk of chronic diseases such as diabetes and heart disease. Additionally, replacing other energy dense foods with fruits and vegetables, which are low in calories and high in fiber, can help you feel full and satisfied while consuming fewer calories. Try these easy strategies to help you enjoy more fruits and vegetables throughout the day:



- Make a habit of adding fruit to your morning oatmeal, cereal or yogurt or make a smoothie with an HMR shake or low-fat milk and your favorite fruit.
- Buy fresh fruits and vegetables in season - they cost less and will likely be at their peak flavor. Now is a good time to buy broccoli, kale, sweet potatoes, Brussels sprouts, cabbage, clementine, grapefruit, kiwi and oranges.
- Wash and cut up produce when you bring it home - then make individual bags that are easy to grab when you need a quick nibble or are on the go.
- Place a bowl of colorful whole fruit where everyone can easily grab something for a snack on the run - If it's easily accessible you may be more likely to reach for fruit instead of something less healthy.
- Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
- Try blanching vegetables to make them crisp and tender - Just bring a pot of water to a full boil, toss in your vegetables and cook for approximately 2 minutes, then plunge them into cold water to stop the cooking process.
- Next time you are grilling, make fruit kabobs with pineapple, peaches and banana. Grill on low heat until the fruit is hot and slightly golden.

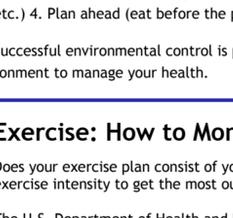
Phone versus Clinic By Kate Lambourne

The phone versus clinic trial results are in! Over the past 5 years, we conducted a study to see if our weight management program worked as well over the phone as it did face-to-face in the clinic. We found that weight loss and weight maintenance were similar between the phone and the clinic groups. This is excellent news because it means that we can increase the reach of our program to anyone with a phone. An article detailing the results was just accepted for publication in Obesity.



Environmental Control By Amanda Szabo

It's 7:00am you hop in the car, turn the key, the engine starts and then the dreaded gas light comes on. (UGH! You've got to go to the gas station, again) Once at the station you head inside to pay for your gas. Immediately inside you are greeted by the delightful aroma of fresh donuts and hot coffee. You immediately b-line for the coffee machine, fill a cup almost to the brim, add a packet of Splenda and a splash of skim milk (You are on a diet after all). You head towards the cash register and then the aroma hits you again.....donuts....donuts...DONUTS! The smell causes you to pause, turn around, and reach into the donut display case. After all, one little donut can't hurt...



Environmental control is all about planning ahead so that temptations in your surroundings can't and don't mess up your good intentions. How could you have changed your morning so that your whole diet wasn't blown on one 500 calorie mistake (the donut). For starters, you could have had breakfast at home (an HMR shake, fruit, or even a bowl of whole grain cereal). This would have helped you to not be starving upon your arrival at the gas station. If you still think you would be tempted by the donuts, even after eating breakfast, you could have paid for your gas at the pump instead of going inside (even if it was just for a cup of coffee).

Although you think situations such as the gas station may not apply to you, there are others that might. For example, going to the movies (who doesn't love a gigantic soda and buttery popcorn?), birthday parties or other social situations, or even just hanging out at home (that ice cream in the fridge is calling my name.) Here are some helpful tips that you can use to wrangle in your environment and take control of the situation: 1. Identify challenging environments for you (home, social areas, work, travel, shopping, holidays, the car, etc.) 2. Remove unnecessary triggers from your environment (i.e., high calorie foods). 3. Add healthy alternatives and stimulants (i.e., fruits and vegetables, exercise shoes, etc.) 4. Plan ahead (eat before the party, bring healthy snacks to the movies, etc.).

Successful environmental control is proactively making additive and subtractive changes to your environment to manage your health.

Exercise: How to Monitor Exercise Intensity By Stephen Herrmann

Does your exercise plan consist of you working hard or hardly working? It is important to know your exercise intensity to get the most out of your physical activity!

The U.S. Department of Health and Human Services recommends a minimum of 150 minutes/week of moderate intensity aerobic activity and says that even more physical activity (up to 5+ hours/week) can increase your health benefits!

Q: How do I know if I am exercising at a moderate intensity level?
A: There are several ways to monitor your exercise intensity level. Here are a couple of examples.

1. **Heart Rate**
 You can use your heart rate to monitor your exercise intensity based off of a simple calculation using your age by taking 220 and subtracting your age (**Max Heart Rate = 220 - Your Age**)
 - Moderate Intensity = 50-70% of your max heart rate
 - Vigorous Intensity = 70-85% of your max heart rate**Example 1:** A 45 year old has a Max Heart Rate of 175 (220 - 45 = 175).
 To exercise in the moderate intensity range they should aim for a heart rate between 50% and 70% of their Max Heart Rate (175 x 0.5 = 88; 175 x 0.70 = 122). Your exercise heart rate range should be between 88 and 122 beats per minute.

Measuring Heart Rate: You can monitor your heart rate with a special heart rate monitor (\$20 to \$400) or manually by feeling your pulse on your neck or wrist and then counting the number of beats in 1 minute (or 30 seconds and multiply by 2!)

2. **Rating of Perceived Exertion (RPE)**
 When you are exercising you can rate how hard you are working on a scale from 6 to 20 with 6 being sitting and resting and 20 being your maximal exertion possible.

Goal: At the height of your workout you should feel you are working "somewhat hard" with an RPE between 12 and 14.

Rating of Perceived Exertion	
6	Rest
7	Extremely Light
8	
9	Very Light
10	
11	Light
12	
13	Somewhat Hard
14	
15	Hard (heavy)
16	
17	Very Hard
18	
19	Extremely Hard
20	Maximal Effort

3. **Talk Test**
 The Talk Test is another simple way to monitor your intensity.

Goal: The goal is to exercise at a level where you can answer a question but not comfortable to carry on a conversation.

Too Hard - If you have to take a breath between every word.

Too Easy - If you could sing a song without breathing hard.

Ongoing and Upcoming Studies By Karla Manning

As the current KU Weight Management group is coming to the end of 24 weeks, the group as a whole has lost ~13% of their initial body weight. Recruiting for another Phase I weight management class has already begun. This class will be held at the Kirmayer Fitness Center located on the KU Med Center campus. KU Weight Management offers a structured 24 week program in which participants typically lose 10-15% of their initial body weight. For more information, please contact us via the information listed below.

The University of Kansas Center for Physical Activity and Weight Management	
Energy Balance Lab 1301 Sunnyside Ave. Robinson, Room 100 Lawrence, KS 66045	Kirmayer Fitness Center 3901 Rainbow Blvd. Kansas City, KS 66103

To remove your name from our mailing list, please respond to this email.
 Questions or comments? Email us at weightloss@ku.edu or call toll free (866) 962-9288.

