



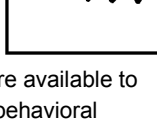
From the Director By Dr. Joseph E. Donnelly

It is generally recognized that most individuals can lose weight but few can keep the weight off over the long-term. Weight maintenance is a term that suggests a person lose weight and then maintain the weight loss.

This is pictorially represented by a downward sloping line for weight loss and a straight horizontal line for weight maintenance. This does not represent reality and is troublesome for individuals who try to maintain a rigid weight maintenance pattern.



Weight management is a term that indicates there will be periods of weight loss and gain during maintenance and that individuals who manage weight will make adjustments and will not "freak out" if they gain or lose a few pounds.



Behavioral strategies including diet and physical activity options are available to keep weight fluctuations in your control. Good managers use the behavioral strategies to keep their weight under control. To be effective, behavioral strategies need to be practiced just like any other skill. If you need tips for successful behavioral strategies to help you become a successful manager please contact our staff using the contact information in this newsletter.

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Summer + Farmers' Markets = Good Eats! By Dr. Jeannine Goetz

We all know that eating a variety of fruits and vegetables is important not only for a healthful diet, but also for weight management. But did you know that although most fruits and vegetables are available all year round, the taste, texture and aroma are best when fruits and vegetables are picked at their peak during certain seasons? This summer, load up on blueberries, blackberries, strawberries, melons, peaches, plums, watermelon, corn, green beans, tomatoes, zucchini and much more! Looking for the freshest fruits and vegetables, yet at an affordable price? Consider checking out one of the great Farmers' Markets located near you! Lots of products are grown right here in the city by local farmers and market prices are generally lower than grocery stores.

Farmers' Markets also offer great entertainment and educational programs, so check out the list below to find one located near you!

City Market

Location: 20 E. 5th Street, Suite 201 (5th & Walnut)
March – October: Saturdays - 6:00 AM - 3:00 PM; Sundays - 8:00 AM - 3:00 PM
November – February: Saturdays 8:00 AM - 3:00 PM; Sundays - 8:00 AM - 3:00 PM
Website: <http://thecitymarket.org/farmers-market/overview>

Downtown Overland Park Famers' Market

Location: 7950 Marty St, Overland Park KS 66204 (Clock Tower Plaza, two blocks West of Metcalf between 79th and 80th Streets)
Saturdays -6:30 AM – 1:00 PM (April 13 to November 23)
Wednesdays - 7:30 AM – 1:00 PM (May 22 to September 25)
Website: <http://www.downtownop.org/farmers-market/>

Parkville Farmers' Market

Location: English Landing Park in Historic downtown Parkville (Off Hwy 9 behind Fire station)
Saturdays – 6:00 AM – sellout; Wednesdays – 2:00 PM – 5:00 PM (Apr 27 to Oct 26)
Website: <http://www.parkvillefarmersmarket.com/>

Bad Seed Funky Friday Night Farmers' Market

Location: 1909 McGee, Kansas City MO 64108 (Crossroads Art District)
Fridays – 4:00 – 9:00 PM (May 4 – November 22)
Website: <http://www.badseedkc.com/farm/the-farmers-market/>

Merriam Farmers' Market

Location: 5740 Merriam Drive Merriam, KS 66203
Saturdays: 7:00 AM – 1:00 PM (May 4 – October 12)
Website: <http://www.merriam.org/?nid=322>

Shawnee Famers' Market

Location: 11110 Johnson Drive, Shawnee KS 66203 (City Hall Parking Lot)
Saturday: 7:00 AM – sell out (May 2 – Oct 31)
Website: <http://www.cityofshawnee.org/WEB/ShawneeCMS.nsf/vwContent/FarmersMarket>

Olathe Farmers' Market

Location: 200 W. Santa Fe; Poplar and Kansas in downtown Olathe
Saturdays - 8:00 AM–Sell Out (Apr 20–Oct 19); Wednesdays- 8:00 AM–Sell Out (June 5–Sept 25)
Website: <http://www.olatheks.org/ParksRec/Farmers>

Lawrence Farmers' Market

Location: 824 New Hampshire St. Lawrence, KS 66044
Saturdays - 7:00 AM–11:00 AM (Apr 13–Nov 23); Tuesdays - 4:00 PM–6:00 PM (May 7–Oct 29)
Website: <http://www.lawrencefarmersmarket.com/>

Cottin's Hardware Farmers Market

Location: 1832 Massachusetts Street, Lawrence, KS 66044 (Back parking lot of Cottin's Hardware & Rental)
Thursdays – 4:00 PM – 6:30 PM (May 9 – October 31)
Website: <http://www.cottinshardware.com/farmersmarket/>

Downtown Topeka Farmers' Market

Location: 10th & Topeka Blvd. State parking Lots 2 & 4 Topeka, KS 66618
Saturdays – 7:30 AM – 12:00 PM (April 13 – November)
Website: <http://topekafarmersmarket.com/site/>



Don't see a Farmers' Market located close to you? Search for others at:
KANSAS: <http://www.ksfarmersmarkets.org/>
MISSOURI: <http://agebb.missouri.edu/fmktDir/view.asp?region=3>

A Case for Fruits and Vegetables By Kate Lambourne

If you've been through one of our weight management programs, you probably noticed that we emphasize fruits and vegetables heavily as part of a healthy diet. There are several reasons for this. Because fruits and veggies have a lot of water in them, they fill you up with very few calories and probably crowd higher calorie food items out of your diet. They are also full of nutrients and antioxidants that have been shown to improve your health.



In a recent study published in the American Journal of Epidemiology, the relation between fruit and vegetable consumption and mortality was investigated within the European Prospective Investigation Into Cancer and Nutrition. Survival analyses were performed, including 451,151 participants from 10 European countries, recruited between 1992 and 2000 and followed until 2010. People who consumed higher numbers of fruits and vegetables, especially raw (vs. cooked), were less likely to prematurely die, particularly from heart disease. The results of this study show that fruit and vegetable consumption is associated with a lower risk of death and gives us more evidence to promote consumption as a part of our weight management programs!

Health in a Pill? By Stephen Herrmann



It is often tempting to search for a pill that will 'fix' your health problems such as type 2 diabetes or help lose weight. Certain medications approved by the FDA (U.S. Food and Drug Administration) are effective yet these medications come with a variety of side effects and generally perform worse than a healthy lifestyle approach (improving diet and physical activity). Here are two examples of this.

The first example is Metformin, which is commonly used in the treatment of type 2 diabetes or given to people at risk for type 2 diabetes. A recent large U.S. study known as the Diabetes Prevention Program divided people (who were at risk for diabetes) into 3 groups that were given metformin, a placebo, or lifestyle intervention and then followed for 3 years to determine which group would be less likely to develop diabetes.

After 3 years, the incidence of diabetes was 31% lower in the people that received metformin. HOWEVER the incidence of diabetes was 58% lower in the lifestyle group! Furthermore, among older adults with lower BMI, metformin was no better than placebo in preventing diabetes.

Example number two is Qsymia, which was approved by the FDA in July of 2012 for the treatment of obesity. Qsymia is a combination drug of phentermine (an appetite suppressant and stimulant drug) and topiramate (an antiseizure drug). Two studies lasting 1 year were conducted where Qsymia was provided in addition to a reduced calorie diet and exercise.

After one year on a full strength dose, participant's, on average, lost about 8.6% to 9.3% of their body weight with about 65% of these people losing at least 5% of their body weight. For comparison, one of our recently completed randomized control trials using WCRP format (healthy diet and exercise) provided 12.3% to 13.4% weight loss!!

That is about 4% better than the drug! In addition to the weight loss, a healthy lifestyle approach is associated with a wide range of additional health benefits including lower blood pressure, improved immune function, improved cholesterol profile, improved bone health, improved mood and self-esteem, lower risk of metabolic syndrome, lower risk of cardiovascular disease, improved sleep, lower triglycerides, lower stroke risk, lower risk of some cancers, lower depression and anxiety, and lower risk of dying prematurely.

Update from the ACSM on Resistance Training By Amanda Szabo

The health benefits of enhancing muscular fitness (i.e., strength) have become well established during the past decade. Higher levels of muscular strength are associated with significantly better metabolic profiles (i.e., fewer glucose tolerance, insulin, cholesterol, etc.), better body composition, lower risk of all-cause mortality, fewer cardiovascular disease events, lower risk of developing functional limitations, and fewer nonfatal diseases.

Importantly, exercise that promotes muscle strength also effectively increases bone mass (bone mineral density and content) and bone strength and can slow-or even reverse-the loss of bone mass in people with osteoporosis.

As with aerobic activity, the F.I.T.T. (Frequency, Intensity, Time, Type) principle can be applied to resistance training to help improve muscular fitness.

Frequency

Research suggests that optimal gains in muscle function and size can occur with training two to three times per week. Most individuals respond favorably to two to four sets of resistance exercises per muscle group, but even a single set of exercise may significantly improve muscle strength and size, particularly in beginning exercisers. A rest period of 48 to 72 h between sessions is recommended to promote the adaptations that stimulate muscle growth and gains in strength.

Intensity

For a general fitness program, rest intervals of 2-3 min are most effective for achieving the desired increases in muscle strength and hypertrophy. The most gains for muscle growth and strength result from using a resistance equivalent to 60%-80% of the individual's one-repetition maximal (1RM) effort. For beginners through intermediate strength trainers, however, a load of 60%-70% of the 1RM is recommended (i.e., moderate to hard intensity). Regardless of the selected weight, one should complete 8-12 repetitions per set-or the number needed to induce muscle fatigue but not exhaustion. For people who wish to focus on improving muscular endurance, a lower intensity (i.e., <50% of 1RM; light to moderate intensity) can be used to complete 15-25 repetitions per set, with the number of sets not to exceed two. In summary, heavier weight with fewer repetitions is used to promote strength while lower weight with more repetitions is used to promote muscular endurance.

Time

Unlike aerobic exercise, there is no set amount of time that should be devoted to resistance/strength training activities. The focus instead is on the number of sets and reps of an individual exercise.

Type

Many types of resistance training can be used to improve muscular fitness, including free resistance weights, machines with stacked weights or pneumatic resistance, and even resistance bands. A resistance training program should focus on multiple muscle groups including the major muscle groups of the chest, shoulders, back, hips, legs, trunk, and arms. The abdominals, lower back, calf muscles, hamstrings, quadriceps, biceps, etc., should also be included. To prevent muscular imbalances, training opposing muscle groups, such as the quadriceps and hamstrings, biceps and triceps, as well as the abdominals and back, is important.

Please see Graber et al. (2011) for more information on strength training and other benefits of exercise.

Garber, C.E., Blissmer, B., Deschenes, M.R., Franklin, B.A., Lamonte, M. J., Lee, I-M., Nieman, D. C., Swain, D. P. (2011) Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory, Musculoskeletal, and Neuroendocrine Fitness in Apparently Healthy Adults: Maintaining Cardiorespiratory, Musculoskeletal, and Neuroendocrine Fitness. 43(7). 1334-1359. doi: 10.1249/MSS.0b013e318213feff

Ongoing and Upcoming Studies By Karla Milheim

The Prevention of Weight Regain (POWeR) study is in full swing. This study involves placing participants on a reduced energy diet for three months while performing aerobic exercise five days a week. After the initial weight loss phase, participants are randomized into one of three exercise recommendations.

We will begin recruiting for a new cohort in July which will meet in Lawrence. If you are interested in learning more about the POWeR study, or would like to be considered for participation in this study, please visit our website listed below.