



University of Kansas Center for Physical Activity & Weight Management Newsletter

In this issue:

- The Biggest Loser
- Making the Most of Your Farmer's Market Visit
- Couch to 5k
- The Sunshine Vitamin
- Technology & Weight Loss Interventions

The Biggest Loser

By Dr. Joseph E. Donnelly

Considerable attention has been received by the article depicting the plight of “The Biggest Losers” weight loss efforts. Apparently these individuals have regained a great deal of their weight and the article indicates “Their Bodies Fought to Regain Weight.” I was present at the first day of the Biggest Loser at a University here in the US and it is very different than “normal” weight loss efforts. The publicity is huge, the individual losing weight is surrounded by an entourage and many lights and cameras- it is a show. Featured in the article is Danny Cahill who lost 239 pounds in 7 months exercising 7 hours a day utilizing an estimated 8,000 to 9,000 calories with a goal of an energy deficit of 3,500 calories per day.

To begin with, this is not normal and does not conform to any weight management guidelines published by any professional or governmental organization. I believe common sense indicates such a routine cannot be sustained. The notion that weight loss diminishes metabolism is not a new idea given metabolism is driven largely by body size. As an individual loses weight there is a need for less energy to sustain the body habitus. That your body will “fight” to regain weight is not without some evidence. On the other hand, there is published evidence that when weight loss is substantial but normal (5-20%) this does not occur and when corrected for body weight or lean mass (muscle, organs) it may actually increase. Our own research indicates that 75% of individual who lose weight will retain at least 5% loss 1-5 years after weight has been lost with many individuals retaining a greater percentage or losing additional weight. The National Weight Control Registry has over 10,000 individuals registered who have successfully lost 30 pounds or more and kept it off for 10 years by monitoring portion size, eating lower fat, healthier diets, and exercise. If you are concerned or have questions regarding weight regain subsequent to weight loss the staff at The Center for Physical Activity and Weight Management will be glad to respond.

Making the Most of Your Farmer's Market Visit

By Dr. Jeannine Goetz

The weather is getting warm outside and that means lots of farmers' markets are opening all around the city! Farmers' markets provide a wonderful opportunity to stock up on fresh local produce- often for less cost than the grocery store- so consider planning a visit sometime soon!

In order to make the most of your visit to your local farmers' market, consider some of the following tips. First, take some time to plan before you go. Know what fruits and vegetables are in season and do a bit of meal planning before you go. By taking a bit of time up front to prepare, you can ensure you pick up all of the ingredients you need for recipes you have planned that week. Leave a little wiggle room in your meal plan though for those unexpected items that look so good you just can't pass up! Be adventuresome – if you find a fruit or vegetable that you are unfamiliar with, ask the farmer how to prepare it- or better yet- how they prefer to eat it! Consider making it a goal to try something new during each visit – you might just find a new favorite food! Search for products from local growers – chances are the produce will just have been harvested and you can enjoy the superior flavors of peak freshness.



To get the best deals, consider buying in bulk. Freezing, canning or drying are just some of the ways you can save seasonal tastes for later in the year. Or consider shopping with a friend and splitting your produce finds! Another cost savings tip is to shop around – take a walk through the market first and see what all is being sold and for how much before you make your purchases. Also, know when the best time of day is to shop – in general, shop early for the best selection or shop late for the best deals. Finally, come prepared to stock up on goodies with large shopping bags or carts and small bills for purchases. If your local market sells eggs, cheese, meat, fish or other perishable items, bring a cooler as well!

To find information on a Farmers' Market located near you, check out these links:

KANSAS: <http://www.farmersmarketonline.com/fm/Kansas.htm>

MISSOURI: <http://agebb.missouri.edu/fmkt/dir/view.asp?region=3>

Couch to 5k By Dr. Lauren Ptomey

The best way to increase your physical activity is to set a goal. One goal that many people have is to run a 5k (3.1 miles). This is a great goal as a 5k is a perfect distance since you can walk or run it in under an hour and it does not put as much stress on your joints and muscles as longer distances. Kansas City offers 5ks almost every weekend, so it's the perfect time to pick one to do and start training.

Even if you can't jog for a block without getting winded you can still start to train for a 5k. One great program is the Couch to 5k or the C25k training tool. This is a 12-week plan to train your body to go from no running to being able to run a 5k. Each session should take about 20 or 30 minutes, three times a week which is the amount of moderate exercise recommended to lead a healthy lifestyle. Each session you will do a mix of short bouts of jogging with a comfortable walk in between, as you progress you will start to jog for longer amounts of time and decrease the amount of time you walk.

Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. Don't worry about how fast you're going- speed can wait until your bones are stronger and your body is more fit. For now, focus on gradually increasing the time or distance you run.

If you are interesting in a C25k program you can download an app onto your phone. The app will talk you through each workout and let you know when to walk and when to jog. You can download the app at: <https://itunes.apple.com/us/app/c25k-5k-trainer-free-go-from/id485971733?mt=8>

The Sunshine Vitamin By Felicia Steger, RD

The weather is nice, the sun is shining, and we are spending more time outside. In addition to the physical and psychological benefits of getting out and being active once spring comes, we also benefit from increased vitamin D levels. Vitamin D acts like a hormone and is a vitamin that your body can make on its own, but only in the right conditions. Bone health and muscle function are known to be impacted by vitamin D, but other conditions may also be affected, such as diabetes, heart disease, immune function, asthma, depression, and others.

Prime vitamin D production happens when bare skin is exposed to sunlight in the middle of the day (about 11am to 3pm) and primarily in the summer months, when the sun's rays are at the optimum wavelength for vitamin D production. Personal characteristics can change how well your body makes vitamin D. If you are older, have darker skin, have certain medical conditions affecting production (such as diabetes, kidney disease), use sunscreen often, or are overweight/obese, you may need to supplement vitamin D even if you are regularly outdoors. Vitamin D is in some foods (fatty fish, egg yolks, fortified milk, cereal), but in much smaller amounts than we can make from the sun.

It is nearly impossible to get enough vitamin D from food alone, so exposing your skin to UVB rays or taking a supplement is necessary. You don't need to spend hours in the sun, production of vitamin D is highest in the first 20 minutes, so it is better to get sunlight on multiple days than to spend long amounts of time in the sun every so often. Because people seldom reapply sunscreen regularly, some vitamin D is likely produced even when wearing sunscreen. Limiting sun exposure and wearing adequate sunscreen decreases your risk of non-melanoma skin cancer, so taking a vitamin D supplement can provide an alternative. Supplements range from 400 IU to 4,000 IU (or more if prescribed by your doctor), and your body has to activate the vitamin D in supplements, so getting too much is unlikely when taken as directed.

Technology and its Impact on Weight Loss Interventions

By Dr. 1 08 + ¥¥

Advances in technology has allowed connecting with friends via online social networks, gathering information, and a variety of entertainment options to be available almost instantly with a click of a button. Businesses and universities have taken advantage of this by being able to provide trainings, online college courses or entire degrees, as well as interacting with colleagues/friends easy and considerably more flexible with everyone's busy schedules. So can we use technology to help reach our health behavior change goals?

Our weight management group recently completed a six month pilot study funded by the Blue-KC Outcomes Research Grant obtained through the Kansas City Area Life Sciences Institute. The aim of the study was to assess the feasibility of a weight loss intervention utilizing distance learning strategies plus social interaction and social support features available through an online social network (Facebook). Additionally, we examined if an online social network delivered weight loss intervention produced clinically significant and equivalent weight loss compared to an established group phone conference call intervention.

The current guidelines for successful weight loss is defined as a reduction in baseline weight of 5-10% by six months. Following our six month intervention, weight loss between groups was not significantly different. The average weight loss for individuals in both the Facebook and phone groups was ~6%. This is excellent news because it means that we can increase the reach of our program to anyone with internet or cell phone data plans.

Furthermore, with the intervention materials able to be accessed at any time throughout the day, online behavior change programs can be delivered at times convenient to the individual. However, distance learning strategies for weight management is still in its infancy and more research is needed to study the long term success of these types of programs.

1 Michael D. Jensen et al., J Am Coll Cardiol. 2014 Jul 1; 63(25 Pt B):2985-3023.

Coming Soon to the Center for Physical Activity and Weight Management- Nutrition Counseling with our Registered Dietitian on staff, Felicia Steger, RD.

May Fit Tip

With summer upon us, the heat is on the rise as well! To ensure you continue to get your exercise in and don't let the temperature become an excuse, we recommend exercising in the morning. You'll feel more energized, less stressed, and have more time to spend with friends and family rather than dreading that 5:00PM workout.

University of Kansas

Center for Physical Activity and Weight Management



Contact Information

www.ebl.ku.edu

**University of Kansas Medical Center
Cardiovascular Research Institute**
Kirmayer Fitness (first suite on the left)
3901 Rainbow Blvd., Mail Stop 1007
Kansas City, KS 66160
Toll-free: (866) 962-9288
Fax: (913) 945-8280

Life Sciences Research Laboratory
1501 Wakarusa Dr.
Building A Room 120
Lawrence, KS 66047
Toll-free: (866) 962-9288
Fax: (785) 864-1690

Email us:
weightloss@ku.edu

Locations

Kansas City Metro

KU Med Center
KU Med West
KUCC South, 435 & Holmes- Now Enrolling!
Lee's Summit- Coming Soon!
Overland Park at 435 & Nall- Coming Soon!

Topeka & Lawrence

15th & Wakarusa
Topeka- Coming Soon!

Please respond to this e-mail if you wish to be removed from this mailing list.

Questions or comments? Email us at weightloss@ku.edu.