



**University of Kansas
Center for Physical Activity and
Weight Management
Newsletter**



Issue 1 November, 2012

From the Director

By Dr. Joseph E. Donnelly

Weight management is a concern of many Americans. Overweight and obesity results from many causes; both environmental and genetic. Excess weight is associated with a number of chronic medical conditions including diabetes, cardiovascular disease, cancer, and a host of other conditions. The Balance Monthly newsletter will bring evidence-based information we hope you will find useful as you continue to manage your weight. Featured items include news and tips for improving nutrition and physical activity, strategies to help you practice behaviors associated with successful weight management, breaking news and useful research discoveries, and a section for ongoing and future clinical research trials. Lastly, we will provide a forum where you can contact us for help with questions regarding struggles or share with your peers and with us your successful strategies with weight management.

In this issue...

- From the Director
- Holiday Strategies
- A New Motivation to Exercise
- Self Monitoring
- SMART Goals
- Ongoing and Upcoming Studies

Holiday Strategies

By Jeannine Goetz

The holiday season is quickly approaching and for many of us this means time with family, friends and lots of food! While most Americans only gain a few pounds over the holidays, research shows these extra pounds tend to stick with us long after the holidays are over. This holiday season, avoid the extra pounds by considering the following strategies: Plan, plan, plan- When attending a party, balance



out your intake during the rest of the day by planning healthier, low-calorie meals and getting some extra physical activity. Don't try to compensate by skipping meals - arriving at the party hungry will only lead to consuming more calories. In fact, eating something before you go to the party may actually help you eat less - fill up on lots of fruits and vegetables! Many holiday parties feature huge buffet-style meals - try filling the majority of your plate with fruits and vegetables and limit your meal to one trip through the line. Avoid further temptation by socializing in a location not directly near the food table. Finally, having

accountability during the holiday season is especially important. Consider joining our Phase II (weight maintenance) program to learn additional holiday strategies and to increase your motivation to stay healthy this holiday season!

A New Motivation to Exercise

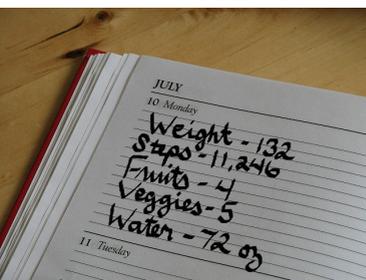
By Kate Lambourne

Having trouble finding the motivation to exercise? Consider this: a new study published in PLOS Medicine (Moore, et al, Nov., 2012) found that exercise increases life expectancy, even if you are overweight. Small amounts of physical activity -- as little as 15 minutes a day, five days a week -- can lengthen life, even for overweight people who don't lose any fat. So, if you are currently inactive, a modest level of physical activity is 'worth it' for health benefits, even if it may not result in weight control.



Self Monitoring

By Stephen Herrmann



A recently published study in the "Journal of the Academy of Nutrition and Dietetics" (Akers et al, May 2012) studied the effects of daily self-monitoring on maintaining weight loss. After participants lost about 15 pounds in 12 weeks they were instructed to record daily information such as their body weight, step count, the number of fruits & vegetables they ate, and the amount of water they drank. Over 12 months these people were able to maintain the weight loss! Self-monitoring should be an essential part of any weight loss or maintenance plan and is a major component of both our WCRP Phase 1 and Phase 2 programs.

SMART Goals

By Amanda Szabo

Whether you want to maintain or lose weight over the next month, eat five fruits and vegetables a day, or exercise at least three days per week setting proper goals can help you achieve any health behavior change you set your mind to. The key to setting both long and short term goals is being SMART! Specific, Measurable, Attainable, Relevant, and Timely. Specific refers to the who, what, when, where, and which. Measurable is the how much or many. Attainable is how you plan to accomplish a goal. Relevant references choosing a goal that matters to you, and timely is when will you accomplish this goal by? An example of a goal that follows the SMART principle is "In order to improve my over all health, I will exercise three days per week for 30 minutes each time for the next six months." Having a SMART goal can help you stay organized and track your progress so that you can achieve anything.



Ongoing and Upcoming Studies

By Karla Manning

The University of Kansas Center for Physical Activity and Weight Management has many ongoing studies. This month, we began the Prevention of Weight Regain (POWeR) study. The purpose of this study is to investigate exercise recommendations for the prevention of weight regain. Participants will engage in a three month reduced energy diet as well as aerobic exercise five days per week, which includes three supervised sessions. After the three month weight loss period, participants will then be randomly assigned to one of three exercise programs while consuming a weight gain prevention diet for a 12 months. We are slated to begin two more groups, one in Kansas City and one in Lawrence, in January/February, 2013. If you are interested in this study, please see the link below.

Another ongoing program that we offer is our Phase II Weight Maintenance program. Anyone who has been through a weight management program is welcome to join. Phase II helps you further your fitness and nutrition education, provides behavioral strategies to accomplish your goals, and provides support and accountability. Please call toll free (866)962-9288 or email weightloss@ku.edu for more information.

The University of Kansas
Center for Physical Activity and Weight Management
Energy Balance Lab
1301 Sunnyside Ave.
Robinson, Room 100
Lawrence, KS 66045