Holiday Strategies

By Janine Noelz

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:

- **Stay Active:** Exercise three days per week for 30 minutes each time for the next six months.
- **Evaluate Your Holiday:** Consider joining our Phase II (weight maintenance) program to learn additional holiday strategies and to increase your motivation to stay healthy this holiday season!

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, stroke, and other conditions. The Balance Monthly newsletter will provide 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 us all of your successes with weight management.

A New Motivation to Exercise

By Kate Lambourne

Having trouble finding the motivation to exercise? Consider this: a new study published in the Journal of Physical Activity and Health showed that increasing physical activity can increase 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 weight. 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.

The University of Kansas Center for Physical Activity and Weight Management

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 weight loss. Participants were divided into three 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.

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 how much or in this case, how many. Attainable is how you plan to accomplish your goal. Frequently people choosing a goal that matters to you, and timely is when you accomplish your goal. An example of a goal that follows the SMART principle is in order to improve my overall 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. This study will enroll 200 participants who will be randomly assigned to one of three exercise programs while consuming a weight gain prevention diet for 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 successful with 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 us all of your successes with weight management.

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