



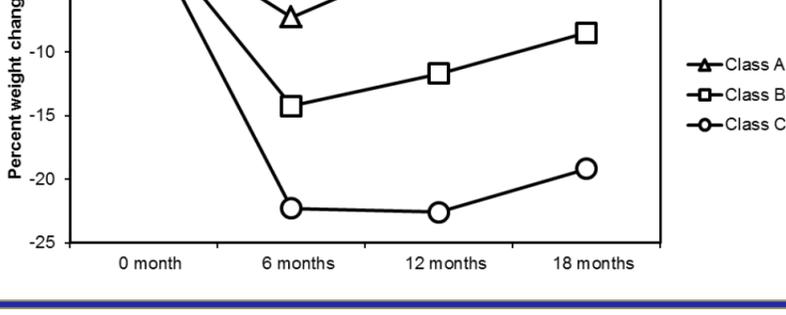
## Who Wins and Who Loses:

### Behaviors tell the tale By Dr. Joseph E. Donnelly

We have been conducting weight management since 1986 and have treated thousands of individuals. Seventy percent of individuals who have completed our weight management programs report maintaining at least 5% of baseline weight or greater 1—5 years post treatment. Five percent weight loss is associated with lower risk of chronic disease such as heart disease, hypertension, diabetes, cancer and others. In the short run (weight loss) attendance at meetings and use of portion controlled meals (PCM) are predictive of the most successful individuals. That is, those who exhibit these characteristics lose significantly greater weight (2 to 3 times) compared to those who exhibit these characteristics at low levels. Interesting, as weight maintenance begins, portion controlled meals play less of a role and attendance at meetings and physical activity (PA) become predictive of those who maintain weight at 10-20% below baseline compared to those who do not exhibit these characteristics and return to baseline weight.

Do these behaviors cause weight loss and maintenance? We are not certain; however, they are highly correlated and predictive of successful weight loss and maintenance. Regardless, to be effective these behaviors need to be practiced. In similar fashion to sports, you need to run, throw and catch if you want to be able to run, throw and catch when needed. Simply knowing what to do is not behavior. Those who practice these behaviors are the ones who are successful at weight loss and maintenance. If you need help practicing these behaviors, seek the advice of your WCRP health educator or contact our staff.

Participant behavior profiles. Individuals in class B,C showed significantly greater behaviors (attendance, PCM, PA) compared to group A. Data from NIH DK 76063, Donnelly PI, "Equivalent weight loss and maintenance for phone versus clinic weight management programs."



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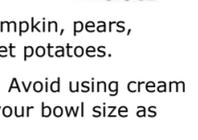
## Don't FALL Back Into Bad Habits This Season By Dr. Jeannine Goetz

After a long, hot summer and many healthy behavior changes later, you're a step closer to a healthier you. However, the holidays are around the corner which means parties and that comforting, yet high calorie, food. Is gaining weight inevitable during this cooler season?

There are many theories suggesting we eat more in the fall. For instance, are our bodies trying to store energy for long, cold winter hibernation? This theory suggests that gaining weight is simply an adaptation for survival.

If we cannot blame evolution, perhaps our own emotions are at fault. Seasonal affective disorder or seasonal depression results due to lack of light during the cooler months. Studies have also linked this condition with increased weight gain.

Whatever the reason, weight gain is not inevitable come fall. No matter the season, you can still enjoy nutritious foods and partake in enjoyable physical activity to reach your health goals. Help disprove these theories by enjoying fall the healthy way with these simple tips:

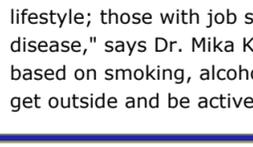


- Enjoy healthy in-season fruits and vegetables such as apples, pumpkin, pears, pomegranates, acorn and butternut squash, kale, beets and sweet potatoes.
- When making soups and stews be sure to load up on vegetables. Avoid using cream bases and go easy on the meat and potatoes. Be sure to watch your bowl size as large bowls make it easier to overeat.
- Is the fall a hectic time of year for you? If so, invest in a crock pot rather than frequenting fast food joints. Just put your meal in the crockpot before you leave for work and you'll come home to a wonderful smelling house and a nutritious dinner!
- You can still enjoy high calorie comfort foods - just do so in moderation. For example, at holidays take a small portion size of your favorite holiday treats and avoid seconds.
- Its football season so if you find yourself snacking in front of the TV, put the bag of potato chips away! If you HAVE to have a snack, enjoy plain popcorn or raw veggies instead and always portion your snack out rather than eating straight from a larger container.
- Say goodbye to 90° degree weather and hello to cool fall temperatures! Enjoy the great weather by getting outside for a walk, run, or bike ride.
- If you can't beat the darkness, join a gym or take group fitness classes to help with motivation. Go with a friend to make it a social event.

References:  
[http://books.google.com/books?hl=en&lr=&id=uuRIJ-quxKAC&oi=fnd&pg=PA179&dq=seasonal+weight+gain&ots=QDAnYolmLV&sig=CmafVelfAF0u3Brzq61C6\\_gfBdA#v=onepage&q=seasonal%20weight%20gain&f=false](http://books.google.com/books?hl=en&lr=&id=uuRIJ-quxKAC&oi=fnd&pg=PA179&dq=seasonal+weight+gain&ots=QDAnYolmLV&sig=CmafVelfAF0u3Brzq61C6_gfBdA#v=onepage&q=seasonal%20weight%20gain&f=false)  
<http://beta.active.com/articles/health/the-diet-detective-fall-into-healthy-eating-habits>

## A Healthy Lifestyle Might Offset Job Stress By Dr. Kate Lambourne

A recent study of more than 102,000 men and women, aged 17 to 70, in the United Kingdom, France, Belgium, Sweden and Finland showed that living a healthy lifestyle can significantly reduce the risk of heart disease.



Interestingly, the researchers found that a healthy lifestyle also substantially reduced the risk of heart disease among people reporting higher levels of job stress.

"The risk of coronary artery disease was highest among participants who reported job strain and an unhealthy lifestyle; those with job strain and a healthy lifestyle had about half the rate of this disease," says Dr. Mika Kivimaki, one of the authors of the study. Lifestyles were rated based on smoking, alcohol consumption, exercise/inactivity and obesity. More reason to get outside and be active as the weather cools off!

## Exercise Myths By Dr. Stephen Herrmann

### Doing crunches/sit-ups or an "ab machine" will get rid of belly fat.

Abdominal exercises are a great way to help strengthen muscles around your trunk. However, you cannot direct your body to burn fat in a certain area and seeing those abdominal muscles is associated with your overall percentage of body fat. A balanced exercise program that includes aerobic exercise and a variety of strength training exercises will help lower overall body fat and strengthen muscles. Furthermore, devices that claim the ability to achieve spot reducing results have become a multi-million dollar industry yet there is really no research to support effectiveness of any of these devices.

### Exercising will make me eat more.

This is a common myth. However, the majority of research does not support this idea. In fact, several studies show that moderate-intensity aerobic training can actually decrease your appetite.

However, when exercise can cause people to eat more is if they reward themselves with a high calorie treat. For example, if you exercise for 45 minutes and burn 300 calories but then pick up a Zucchini Walnut Muffin from Starbucks on your way home, your reward will be 490 calories (190 calories more than you burned)! Exercise in combination with a healthy balanced diet is the most effective method for weight management.

### Cardio machines provide accurate calorie burning information.

These machines provide a rough estimate of calorie burning information based on the speed and incline of the treadmill. Inputting height, weight, and age information can help improve the estimates yet cannot account for large inter-individual variability in calorie burning during exercise. However, the calories burned provided by the cardio equipment generally overestimate the actual number of calories burned and this overestimation can be quite large (up to 15% to 20%)!

## Healthy Tailgating By Dr. Amanda Szabo

Many of us enjoy attending sporting events, tailgates, or just getting together to cheer on your favorite team. However, the food options available at these events are not always the healthiest. Here are a few suggestions to stay on track when at a sporting event/tailgate/or other social event:

### Planning

Just like the players at the sporting event you are attending/ watching each play is carefully planned out. Coordinate with others who are attending the same event. This can help to ensure that there are plenty of healthy options available. Great options include fruits and vegetables and lean protein.

It is also important to be on the defense. If you are not hosting the event you are attending make sure to plan ahead and bring your own healthy items including beverages if you do not want to drink the high calorie sodas or other adult beverages often available. Water is a simple go to beverage, but if you want something with flavor it is easy to keep calorie free add-ins in your pocket or purse such as crystal light liquid.

### Substitute

Often in a game, players are substituted for one another and the same method can be applied to your tailgate menu. Many classic tailgate items are loaded with fat and calories. By substituting a few ingredients within a recipe you can dramatically decrease the fat and calories without a big change in flavor. Here are a few simple substitutions: Fat free Greek yogurt for sour cream; cheese made with skim milk for whole fat cheese; turkey bacon for traditional bacon; or substitute apple sauce or prune puree for butter, margarine or oil and/or substitute stevia or other calorie-free sweeteners for sugar when making baked goods like cookies, cupcakes or brownies.

Here are some healthy party/tailgate recipes that may surprise your family and friends:

### Spicy Black Bean Salad

- ◆ 1/4 cup fresh lime juice
- ◆ 1/4 cup chopped fresh cilantro
- ◆ 2 tablespoons olive oil
- ◆ 4 teaspoons minced canned chipotle chiles
- ◆ 1 tablespoon red wine vinegar
- ◆ 1 teaspoon ground cumin
- ◆ 1 15- to 16-ounce cans black beans, rinsed, drained
- ◆ 1-1/2 cups fresh corn kernels, blanched, or frozen corn kernels, thawed
- ◆ 1-1/2 cups chopped red onion
- ◆ 1-1/2 cups chopped tomatoes (about 3 medium)
- ◆ 1 cup chopped green bell pepper
- ◆ 1 large ripe avocado, halved, pitted, peeled, diced

Optional: Tortilla chips/Carrot chips/Celery (healthy dipping/scooping options)  
Whisk first 6 ingredient in large bowl to blend. Stir in beans, corn, onion, tomatoes, and bell pepper. Mix in avocado; season to taste with salt and pepper. (Can be prepared 2 hours ahead. Cover and refrigerate.) Transfer salsa to serving bowl. Serve as is or with tortilla chips, carrot chips, celery or other healthy dipping/scooping options.

### Mexican Lettuce Wraps Recipe

- ◆ 3 cups cubed cooked chicken breast
- ◆ 1 can (15 ounces) black beans, rinsed and drained
- ◆ 1 medium tomato, seeded and finely chopped
- ◆ 1 can (4 ounces) chopped green chilies
- ◆ 1/2 cup salsa
- ◆ 1/4 cup finely chopped onion
- ◆ 1/4 cup finely chopped sweet red pepper
- ◆ 1 tablespoon lime juice
- ◆ 1/2 teaspoon ground cumin
- ◆ 1/2 teaspoon seasoned salt
- ◆ 1/4 teaspoon garlic powder
- ◆ 1 medium ripe avocado, peeled and finely chopped
- ◆ 1/2 cup reduced-fat sour cream or greek yogurt
- ◆ 12 Bibb or Boston lettuce leaves

In a large bowl, combine the first 11 ingredients. Refrigerate until serving. Just before serving, stir in avocado. Place 1/2 cup chicken mixture on each lettuce leaf; top each with 2 teaspoons sour cream/yogurt. Fold lettuce over filling.

### Fruit dip

- ◆ 3/4 cup cold fat-free milk
- ◆ 2 tablespoons diet lemon-lime soda
- ◆ 1 can (8 ounces) crushed unsweetened pineapple, undrained
- ◆ 1/2 cup reduced-fat sour cream or Greek yogurt
- ◆ 2 drops coconut extract
- ◆ 1 package (1 ounce) sugar-free instant vanilla pudding mix
- ◆ Assorted fruit

In a blender, combine the first six ingredients; cover and process for 1 minute or until smooth. Cover and refrigerate for at least 1 hour. Serve with fruit.

## Ongoing and Upcoming Studies By Dr. Lauren Ptomey

Did you know we also work with adults with intellectual and developmental disabilities? The KU Center for Physical Activity and Weight Management is on its third year of a five-year grant examining the effectiveness of two different diet approaches for adults with intellectual and developmental disabilities.

We currently have 138 individuals who have been randomized to two different diets: an enhanced stop light diet, which uses prepackaged meals and a color-coded food system, and a conventional diet that follows the USDA MyPlate guide. All participants are encouraged to track their dietary intake and physical activity daily using specialized tracking forms and a pedometer. Participants are seen once per month, at an in-home visit, by one of our health coaches to receive diet and physical activity education.

Recruitment for this study is ending soon, so if you know anyone interested tell them to visit our website. The results of this study will be available in 2015.

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