Don’t Fall Back Into Bad Habits This Season

By Dr. Lauren Ptomey

Regardless, to be effective these behaviors need to be practiced. In similar fashion to (attendance, PCM, PA) compared to group A. Data from NIH DK 76063, Donnelly PI, “Equivalent Participant behavior profiles. Individuals in class B, C showed significantly greater behaviors than those in other classes. However, when exercise can cause people to eat more is if they reward themselves with food. For example, at holidays take a small portion size of your favorite holiday treats and still enjoy the flavor without consuming too many calories. This can make all the difference in preventing weight gain during these times.

A Healthy Lifestyle May Diffuse Job Stress

By Dr. Jeannine Goetz

There are many theories suggesting we eat more in the fall. For instance, are our bodies preparing for colder months or simply adapting to the environment? Whatever the reason, weight gain is not inevitable come fall. No disorder or seasonal depression results due to lack of light during the cooler months. In fact, gaining weight is simply an adaptation for survival. It helps us conserve energy and prepare for the winter months.

There are many ways to prevent weight gain during the fall season. One simple tip is to eat less during the evening. The body burns more calories during the day, so eating less at night can prevent weight gain. This is especially important during the fall season when the body is preparing for winter. Another simple tip is to eat more vegetables and fruits. These are rich in fiber and can help you feel full on fewer calories.

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

- Fruit dip: 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 1/2 cup 3 bean salad; top with 1/2 cup avocado. Garnish with a drizzle of lime juice.

- Turkey bacon: Cut each slice of turkey bacon into 2 strips. Bake at 350 degrees for 10 minutes or until crisp. Serve with toothpicks.

- Apple sauce: Place 1 cup chopped apples in a slow cooker with 1/4 cup water, 1/2 tsp. cinnamon, and 1/4 tsp. nutmeg. Cook on low for 4 hours or until apples are soft. Serve with 1/2 cup 3 bean salad and 1/2 cup turkey bacon.

- Prune puree: Combine 1 cup prune puree, 1/4 cup whole wheat flour, 1/4 tsp. baking powder, 1/4 tsp. salt, and 1/4 tsp. cinnamon in a small bowl. Mix until well combined. Add 1/4 cup milk and 1/4 tsp. vanilla extract and mix until smooth. Cover and refrigerate for at least 1 hour. Serve with fruit.

- Carrot chips/Celery (healthy dipping/scooping options): Cut 1 medium carrot lengthwise into thin strips or use pre-cut carrot chips. Dip in 1/4 cup 3 bean salad.

- Substituting a few ingredients within a recipe can dramatically decrease calories. By substituting a few ingredients within a recipe you can dramatically decrease calories. For example, if you use only 1/2 cup cheddar cheese in a recipe you can reduce the calories by half.

- Drinking water instead of soda or other sugary drinks can help you feel fuller and reduce calorie intake. Keep a bottle of water in your pocket or purse such as crystal light liquid. You can also add a small amount of lime soda to water for a refreshing taste.

- Avoiding high calorie treats such as cookies or cakes can help you avoid weight gain. Instead, focus on eating healthy snacks such as fresh vegetables and fruits.

Exercising will make me eat more.

By Dr. Amanda Szabo

Exercising will make you eat more. By improving your physical activity level, you will improve your energy balance, which can lead to weight loss. In fact, if you exercise for 30 minutes a day, you can burn up to 200 calories a day. This can help you lose weight over time. Furthermore, devices that monitor your physical activity can provide an estimate of calorie burning. These machines provide an estimate of calorie burning information based on the amount of physical activity you perform. For example, you can use an "ab machine" to help lower overall body fat and strengthen muscles. However, a combination of a healthy diet and physical activity is the most effective method for weight loss.

Monitoring your energy balance is important to help you track your progress and make adjustments to your diet and physical activity. By tracking your food intake and physical activity, you can better understand your energy balance and make adjustments to help you achieve your weight loss goals.

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Questions? Comments? Email us at weightloss@ku.edu or call us toll free (866) 962-5060.

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Ongoing and Upcoming Studies

We are currently recruiting participants for ongoing and upcoming studies. If you are interested in participating in a study, please visit our website at www.ebl.ku.edu or call us toll free at (866) 962-5060. Our research team is interested in understanding how individuals can maintain weight loss and prevent weight regain. We are currently recruiting participants for a study that will examine the effects of a healthy lifestyle on weight loss and weight maintenance. If you are interested in participating in this study, please visit our website or call us toll free for more information.