

## Wellness News You Can Use

### Inspiring Health and Wellness



## DOCTORS CORNER...

### Dear Patients,

The foundation of successful weight loss remains a healthy, portion-controlled diet combined with exercise. For successful, long-term weight loss, you must make permanent changes in your lifestyle and health habits. Consider the following strategies for a healthy weight-loss success. **Make a commitment** - Permanent weight loss takes time and effort — and a lifelong commitment. Make sure that you're ready to make permanent changes and that you do so for the right reasons. To stay committed to your weight loss, you need to be focused. It takes a lot of mental and physical energy to change your habits. So as you're planning new weight-loss-related lifestyle changes, make a plan to address other stresses in your life first, such as financial problems. While these stresses may never go away completely, managing them better should improve your ability to focus on achieving a healthier lifestyle. Then, once you're ready to launch your weight-loss plan, set a start date and then start. **Find your inner motivation** - No one else can make you lose weight. You must undertake diet and exercise changes to please

yourself. What's going to give you the burning drive to stick to your weight-loss plan? Make a list of what's important to you to help stay motivated and focused, whether it's an upcoming beach vacation or better overall health. Then find a way to make sure that you can call on your motivational factors during moments of temptation. Perhaps you want to post an encouraging note to yourself on the pantry door, for instance. While you have to take responsibility for your own behavior for successful weight loss, it helps to have support — of the right kind. **Set realistic goals** - It may seem obvious to set realistic weight-loss goals. But do you really know what's realistic? Over the long term, it's best to aim for losing 1 to 2 pounds (0.5 to 1 kilogram) a week. When you're setting goals, think about both process and outcome goals. "Exercise every day" is an example of a process goal. "Lose 30 pounds" is an example of an outcome goal. It isn't



essential that you have an outcome goal, but you should set process goals because changing your habits is a key to weight loss. **Enjoy healthier foods** Adopting a new eating style that promotes weight loss must include understanding portion sizes. Strive for variety to help you achieve your goals without giving up taste or nutrition. In particular, get your weight loss started by eating a healthy breakfast every day; eating at least four servings of vegetables and three servings of fruits daily; eating whole instead of refined grains; and using healthy fats, such as olive oil, vegetable oils and



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*Increasing Life Expression  
and Potential*

## Healthy Weight Reduction

It's natural for anyone trying to reduce weight to want to lose it very quickly. But evidence shows that people who reduce weight gradually and steadily (about 1 to 2 pounds per week) are more successful at keeping weight off. Healthy weight reduction isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits. To reduce weight, you must use up more calories than you take in. One of the key ways to reduce weight and maintain a healthy weight is through portion control. Research has shown that Americans often underestimate how many calories they are consuming each day by as much as 25%. Eating 6-8 smaller meals per day

helps stabilize your blood sugar levels and increases your metabolism. The longer you wait between meals, the hungrier you get, and then you're more likely to overeat. Once you've achieved a healthy weight, by relying on healthful eating and physical activity most days of the week (about 60—90 minutes, moderate intensity), you are more likely to be successful at keeping the weight off over the long term. Reducing weight is not easy, and it takes commitment. Commit to your goal to have a healthier lifestyle, stay determined and know that it's possible to achieve your goal and that healthy weight loss is lasting weight reduction!



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Nut butters. In addition, cut back on sugar, avoid the over consumption of dairy products and keep meat consumption to a portion (about the size of the palm of your hand). A good guideline to help you understand portion sizes is to translate the abstract information represented by the serving size into something visual that's easily remembered. So instead of trying to memorize lists of ounces, cups, and tablespoons, simply compare the serving sizes of particular foods to familiar physical objects. For example, a single serving of: Vegetables or fruit is about the size of your fist; Pasta is about the size of one scoop of ice cream; Meat, fish, or poultry is the size of a deck of cards or the size of your palm (minus the fingers); Snacks such as pretzels and chips is about the size of a cupped handful; Apple is the size of a baseball; Potato is the size of a computer mouse; Bagel is the size of a hockey puck; Pancake is the size of a compact disc; Steamed rice is the size of a cupcake wrapper; Cheese is the size of a pair of dice or the size of your whole thumb (from the tip to the base). The best way to determine the amount of food in a given serving is to look at the Nutrition Facts label and measure it out. Although this may not be practical or that much fun, if you are able to take the time, you will soon be able to "eyeball" the amount of food and know whether there is too much or too little. For example, filling a measuring cup with the proper sized portion of vegetables, rice, etc. and then emptying it onto a plate will help you learn what these serving sizes look like. Take note of how much of the plate is covered; this will help you in the future, even if you only do it once. Simply by having and implementing this knowledge, you will have taken an important step in managing your weight. **Get active, stay active** - While you can lose weight without exercise, exercise plus portion sizing can help give you the weight-loss edge. Exercise also offers numerous health benefits, including boosting your mood, strengthening your cardiovascular system and reducing your blood pressure. Exercise can also help in maintaining weight loss. Studies show that people who maintain their weight loss over the long term get regular physical activity. One of the best ways to lose body fat is through steady aerobic exercise - such as brisk walking - for at least 30 minutes most days of the week. Any extra movement helps burn calories, though. Think about ways you can increase your physical activity throughout the day if you can't fit in formal exercise on a given day. For example, make several trips up and down stairs instead of using the elevator, or park at the far end of the lot when shopping. **Change your perspective** - It's not enough to eat healthy foods and exercise for only a few weeks or even months if you want long-term, successful weight loss. These habits must become a way of life. Lifestyle changes start with taking an honest look at your eating patterns and daily routine. After assessing your personal challenges to weight loss, try working out a strategy to gradually change habits and attitudes that have sabotaged your past efforts. And you have to move beyond simply recognizing your challenges - you have to plan for how you'll deal with them if you're going to succeed in losing weight once and for all. You likely will have an occasional setback. But instead of giving up entirely after a setback, simply start fresh the next day. Remember that you're planning to change your life. It won't happen all at once. Stick to your healthy lifestyle and the results will be worth it.

Dr. Joe

### Patient testimonial:

"I have been coming to Fryeburg Chiropractic in the past years. As a tradesman and marital arts instructor, I need continuous care to stay well. You provided this through treatment, evaluation, and follow-up. Not one adjustment was the same as each correction was centered on my treatment plan."

J.H. North Conway

## About Fryeburg Chiropractic & Wellness Center

**At Fryeburg Chiropractic & Wellness Center, we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultation and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthier bodies, and minds through our supplement line, exercise and fitness products, and educational material. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information please contact us at 207.935.3500 or stop by our office at 568 Main Street in Fryeburg or visit our web site at [fryeburgchiropractic.com](http://fryeburgchiropractic.com).**

### Our Mission Statement:

Continuously providing Chiropractic service and wellness care. Having a true understanding of both, with uncompromising personalized service, increasing life expression and potential.

Our lasting purpose is helping you and your families express and maintain complete health naturally, without drugs, without surgery, by correcting subluxations. Helping you maintain your overall wellness, bringing new vitality to your life.



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