

*The staff of the Johns Hopkins Weight Management center would like to wish you and yours a Happy & Healthy Holiday Season.*

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## Sleep, Health and Weight Loss

“Sleep is the golden chain that ties health and our bodies together.”

By Greg Freitag, M.S., C.S.C.S.

- Thomas Dekker



Getting a good night's sleep, is one of life's most healthy practices. After a full night's sleep it's hard not to feel rested and ready for the next day. On the other hand, there are few weekly occurrences that are more physically or mentally draining than a poor night's sleep. Whether caffeine, stress, work, family, or weight-induced, a night of disrupted sleep can set one up for days of cloudy thinking, poor concentration, irritability, mistakes, and general fatigue. **And, as we know, when we find ourselves fatigued and irritable, we are more likely to make poor food choices.**

Well, that's to be expected, right? When our body is fatigued and yet we must rise to meet the demands of our day, sometimes we do what we can to “just make it through the day.” Often times “doing what we can,” means reaching for caffeine, sweets, chocolate or fast food. Anything to give us a temporary boost of energy or satisfaction to calm our nerves; when **what we really need is rest and relaxation.**

“A chronic lack of sleep can lead to the development of a host of serious, yet potentially avoidable, medical problems including obesity, diabetes, heart disease, high blood pressure, and high cholesterol.”

Adequate rest, relaxation, and quality sleep, are unfortunately perceived as luxuries in today's times. While the Centers for Disease Control and Prevention (CDC) recommends

that most adults get between 7 and 9 hours of sleep per night, almost one-third of American adults report sleeping less than six hours per night. Longer work hours, night shifts, commutes, inadequate physical activity, poor nutrition, family and social demands, technology, and even electrical lighting, can all decrease time spent sleeping.

An occasional night spent tossing and turning isn't much to be concerned about, but a chronic lack of sleep can lead to the development of a host of serious, yet potentially avoidable, medical problems including obesity, diabetes, heart disease, high blood pressure, and high cholesterol.

Over the past few years, researchers have found increased evidence for the role of sleep deprivation in the development of obesity and type II diabetes. Two large studies found that individuals who sleep less than the recommended 7 to 9 per night are, on average, heavier than those who meet those guidelines.<sup>1</sup>

In a recent interview with several sleep experts, Dr. Orfeu Buxton of Harvard Medical School explained how “not sleeping enough seems to be associated with metabolic changes that can lead to overeating and obesity.” These metabolic changes include impaired glucose tolerance and decreased insulin sensitivity,<sup>2,3</sup> two states that are found in Type II Diabetics.

Other physiological changes that occur with sleep deprivation include decreases in the satiety hormone “leptin,” and increases in the hunger hormone “ghrelin.”<sup>4</sup> These hormones work in concert with many other factors to control energy balance and caloric intake. So, in theory, these resulting hormonal changes act to drive individuals to consume more calories than they would normally consume if they were not sleep deprived. In other words, sleep deprivation sets us up to overeat. Also, if we spend less time asleep, we will spend more time awake, and

*Continued on page 2.*

## Sleep Continued...

have an increased opportunity to consume food. The fatigue that comes along with sleep deprivation also makes it more challenging for us to be motivated to exercise.

Sleep is vital to optimal health because it provides a chance for our body to rest, relax, recover, repair, and regenerate. Sleep consists of two main phases; Rapid Eye Movement or REM sleep, most often associated with dreaming, and Non-REM sleep, or a deeper more restorative type of sleep. During a specific stage of Non-REM sleep, called Slow Wave Sleep (SWS), our body is given the chance to fully relax and recover. Throughout

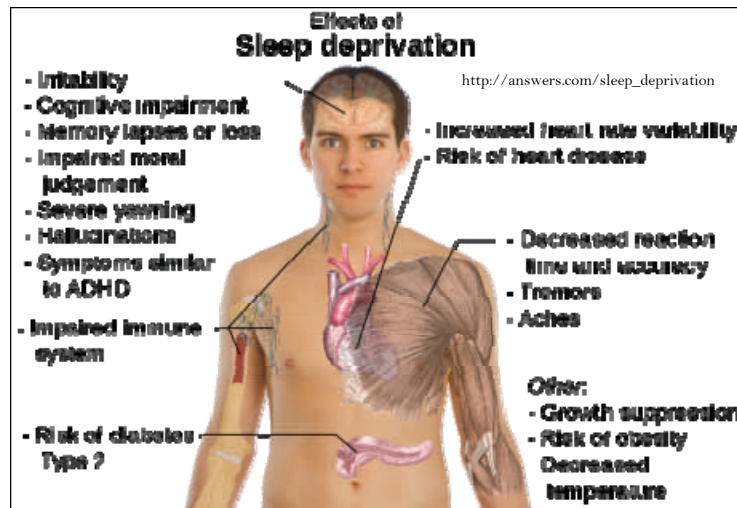
the day we are active, stimulated, required to think, consume and expend energy, and are subjected to numerous stressors. During SWS our body's restorative Vagal Tone, (The fight-or-flight response break pedal) engages to lower our stress hormone levels and stimulate the growth and rejuvenation of our immune, nervous, and musculo-skeletal systems. Thus, SWS brings about decreases in heart rate, blood pressure, nervous system activity, and increases growth hormone production.<sup>2, 5</sup>

It is widely accepted that sleep is vital to optimal health, and is now becoming more recognized for its role in the weight loss process. Effective weight loss and weight management require a complex interplay of dietary changes, increases in physical activity, medical support, and long-lasting behavior change. These practices

in self-care are difficult enough to achieve when a one gets adequate hours of sleep. Effective health behavior change can be seemingly impossible when an individual is sleep deprived.

If you find yourself not getting enough sleep, or are struggling with your weight management efforts, talk with a physician or health professional. Potential causes for sleep difficulties include; depression, anxiety, an inconsistent sleep schedule, night shift work, and sleep apnea. The first place to start would be to begin practicing good sleep hygiene. If it is found that you need

more assistance, your primary care doctor or Dr. Cheskin can refer you to a mental health or sleep specialist. Don't delay; a good night's sleep is waiting for you!

**References:**

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**Sleep Resources:**

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**National Sleep Foundation:** <http://www.sleepfoundation.org>

**CDC – Sleep:** <http://www.cdc.gov/Features/Sleep>

**American Academy of Sleep Medicine:** <http://www.aasmnet.org>

**American Sleep Apnea Association:** <http://www.sleepapnea.org>

**WebMD - Sleep:** <http://www.webmd.com/sleep-disorders/default.htm>

# Keep Pedaling!

By [Judy Foreman](http://www.myhealthsense.com) - [www.myhealthsense.com](http://www.myhealthsense.com)

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As a nation, we are obviously getting fatter and fatter. Yet we seem ever more confused about how to lose weight. We're particularly fuzzy on the question of how big a role exercise plays, or whether we just have to count calories.

So here's the deal. Yes, you can count calories or weigh yourself every day. If your weight is up today compared with yesterday, you probably ate more calories than you burned. If it's less, you burned more than you ate - provided you didn't drink gallons of liquid the day before, throwing the scale off. It comes down to simple arithmetic, and you've heard it before: Calories in, calories out. You will absolutely, inevitably gain weight if you eat more calories than you expend in basic metabolism - breathing, digesting, sleeping, etc. - plus whatever else you do, such as chasing the kids around, walking, vacuuming, or going to the gym.

Except that most of us can't - or won't - do the math, probably because it's so depressing. We routinely overestimate the number of calories we spend in physical activity, and underestimate the calories from food. For instance, when I swim hard for an hour, which I do regularly, I probably use up 400 to 600 calories. But when I eat a blueberry muffin, which I'm afraid I also do regularly, I take in nearly 400 calories. So, I have to swim pretty fast for 40 minutes just to offset one lousy muffin. It's not fair! I swim for health (and fun). But if my only goal were weight loss, it would be easier to just not eat that muffin.

"The problem is people's inability to know how many calories they burn and eat," says Dr. George Blackburn, associate director of the Division of Nutrition at Harvard Medical School. "If you put a person in a metabolic chamber, where you know exactly what they eat and what they burn, the calories in, calories out idea is always reconfirmed."

So, if it takes an awful lot of exercise to make a dent in the calories in-out equation, is exercise pointless? No way. It's essential for good health. Regular physical exercise reduces the risk of early death, coronary heart disease, stroke, high blood pressure, type 2 diabetes, colon and breast cancer, and depression, according to the 2008 Physical Activity Guidelines for Americans ([www.health.gov/paguidelines](http://www.health.gov/paguidelines)).

**Whether you do it to lose weight, maintain weight loss, or just have fun, exercise is essential for good health.**

Moreover, even if exercise doesn't help much in the battle to *lose* weight, it is essential to *maintain* weight loss, says Dr. Timothy Church, director of Preventive Medicine Research at the Pennington Biomedical Research Center in Baton Rouge, La.

"This whole thing is not rocket science," he says. "You can take weight off through a whole variety of strategies. But people don't lose weight and keep it off unless they are physically active. There are tons and tons of studies on this."

Among them is a series of studies by researchers at the University of Pittsburgh who showed last year that it takes a considerable amount of exercise - expending 2,000 calories, which requires four or more hours of exercise - per week to maintain a 10 percent weight loss, even on a low-calorie diet.

If your goal is weight loss, as opposed to overall health, does it matter what you eat? No. And yes. And it goes without saying that any diet should involve lots of fruits and veggies, whole grains, and reasonable, not gigantic, portions.

But it still comes down to calories. In February, a two-year study of more than 800 overweight adults showed that people can lose weight if they reduce calories, regardless of the percentages of fat, protein, and carbohydrates in their diets. The study, by researchers from the Harvard School of Public Health, the Pennington Biomedical Research Center, and the National Institutes of Health, was published in the *New England Journal of Medicine*.

Some foods are more "addictive" than others because they have a bigger effect on the brain chemicals that control the "reward" circuits in our brains. From a neurobiological point of view, sweets, fats, and salty foods make us want to eat more of the same, as Dr. David S. Kessler, the former head of the US Food and Drug Administration, makes clear in his new book, "The End of Overeating." Obviously, eating more leads to weight gain.

Overall, says Blackburn, the body can't store calories from protein as amino acids, so it either makes protein from them or converts them to carbohydrates. Excess dietary carbohydrate is first stored as glycogen, but if the body already has enough of that, excess carbs are stored as body fat. Excess dietary fat also gets stored as body fat.

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# Welcome: Robin Frutchey, M.A., Behavior Therapist



I am very happy to be a part of the Weight Management Center. It is a wonderful experience to share in so many weight loss journeys! I find it incredibly fulfilling to help our clients reach their weight loss goals and live healthier, happier, more active lives!

Before coming to the JHWMC, I worked nearby at the Kennedy Krieger Institute and Johns Hopkins Children's Hospital. My training is in clinical psychology, with a specialization in Behavioral Medicine. I received my masters degree from Bowling Green State University in Ohio and am working to complete my doctorate from the same institution. I obtained my undergraduate degree in psychology from Bucknell University, where I participated on the swim team and spent a semester abroad in Madrid, Spain. I am currently a Psychology Associate in the State of MD, supervised by a Licensed Psychologist, Dr. Keith Slifer.

Behavioral medicine involves the application of principles of behavior therapy to the prevention, diagnosis, treatment, and rehabilitation of medical problems. I have always had a strong interest in weight management and activity promotion, and have broad research and clinical experience in this area. In the past, I have co-facilitated a multidisciplinary weight management program for obese children and their parents, co-led a support group for bariatric patients living in a nursing facility, and worked with a number of individual clients to improve their eating and exercise habits. I have worked in a range of settings (rehabilitation hospital, university counseling center, and community mental health clinic) and been involved with a variety of interventions, including: smoking cessation, weight management, and chronic disease management. In addition to weight management, my clinical and research interests include mood disorders, chronic illness, stress management, and pain management.

My general approach towards working with clients emphasizes hope, compassion, and mutual respect. Every client has unique strengths and challenges; therefore, I believe it's important for therapy to be tailored to meet each client's individual needs. Additionally, the process of therapy should be collaborative, as ultimately the power to change rests within the client.

I have been asked by a few Weight Management Center clients, "What can a Behavior Therapist offer me?" Most of the techniques I use are based in cognitive-behavioral and motivational interviewing theory. Accordingly, what I offer is help understanding your thoughts, behaviors, and motivations. Specifically, I can help you examine destructive thought patterns that lead you to overeat or sabotage your own progress and/or negatively impact your mood. I can also help you identify problematic eating behaviors and find ways to change them. You will learn new thinking and behavioral skills that you will be able to use the rest of your life. If you are struggling with motivation, my role is not to insist that you change; rather, my function is to help you understand and resolve the ambivalence you feel about changing (i.e., help you figure out why you haven't been able to do what you know you should do), increase your level of confidence that you can indeed make the change you hope to make, and provide the support you need to reach your goals.

I will be conducting initial assessments, facilitating weekly support group meetings, and seeing individual clients. I look forward to meeting you! If you'd like to get in touch with me, you can reach me at 410-614-6703 or by email at [rfrutche@jhsph.edu](mailto:rfrutche@jhsph.edu).

# Preparing for Travel

By Robin Frutchey, M.A.



Many of us will travel over the next couple of months in order to be with friends and family during the holidays. While travel can be a headache due to crowded roadways and flight delays, for dieters, travel is often stressful for food related reasons. Many dieters fear they will lose control and gain weight as the result of their trip. However, it doesn't have to be that way! You can stay in control if you plan a strategy before you leave home, and stick with that plan while you are away!

## *Here are some holiday survival tips:*

- ⊙ **Before you go, decide how closely you will follow your diet.** You may decide to stick to your usual eating plan or you may choose to allow yourself a few hundred extra calories each day. You may decide to stick to your plan every day except for one specific day. It's your decision. Figure out what will work best for you *before* you go.
- ⊙ **Rehearse your strategy each day in your mind until you go.** Try to anticipate specific situations that might come up that would challenge you and figure out in advance what you'll do about them.
- ⊙ **Bring food that is permitted on your plan.** Travel delays are common at this time of year. Have something healthy on hand in case you have to eat before you get to your destination.
- ⊙ **Avoid comforting yourself with food** if your travel plans do not go smoothly. Label your feelings, e.g., "I'm feeling tired, frustrated, disappointed, etc." and then identify more helpful ways to deal with your emotions, such as making alternate travel plans, visiting the airport massage therapist, calling a friend, writing holiday cards, and so forth.
- ⊙ **Minimize alcohol while traveling.** If you decide to have a drink, watch the portion size and follow it up with a glass of water to avoid dehydration.
- ⊙ **Be mindful not to eat out of boredom.** Eat only when you are truly hungry.
- ⊙ **Bring books, magazines, and other activities** to keep boredom at bay.
- ⊙ **Watch out for time changes,** and do not eat more meals than originally planned.
- ⊙ **Ask your hotel for a mini fridge and/or microwave** so that you can prepare some of your own meals.
- ⊙ **Visit a grocery store** after arriving at your destination, and buy food and drinks for your planned snacks.
- ⊙ If you sleep later than usual, **consider eating brunch** instead of both breakfast and lunch.
- ⊙ **Ask the hotel to remove the minibar key** so that you're not tempted.
- ⊙ **Take advantage of your time off from work to exercise more than usual.** In the airport, take the stairs whenever possible. Walk around while you wait for your flight. Make good use of the hotel fitness center.
- ⊙ **Plan in advance how you will handle social pressure from friends and relatives.** If you have trouble being assertive, try to predict situations in which you might be pressured to overeat. Plan a response, and practice it so you arrive prepared to be **polite and firm**. If you need help, recruit your spouse or a sympathetic friend/family member to "have your back" if someone gets pushy.
- ⊙ **On your trip back home, reflect.** How did you do? Did you stick to your plan? Are you dreading getting on the scale? No matter how you think you did, the important thing is to learn from the experience and move forward and get right back on track. Make a plan for how you will reestablish healthy behaviors as soon as you arrive back home.
- ⊙ **Weigh In. No matter how much you dread getting on the scale, it is extremely important to get on the scale as soon as you get home. No matter what the scale says, view the number as a starting point. Now that you are home, you will have more control over your environment and can get back to losing once again.**

*Some ideas adapted from "The Beck Diet Solution" by Judith Beck, Ph.D.*

# Welcome: Katrina Seidman, M.S., Registered Dietitian



Hello clients, co-workers, and others. It is a pleasure to be embarking on my new position as the Registered Dietitian at the Johns Hopkins Weight Management Center. Thank you for inviting me into your world and for sharing all of your weight struggles and successes with me. I am proud and excited to be a new face here at the center. I look forward to meeting each and every person in this program and to assisting you in reaching your weight loss goals.

With an educational background in nutrition and exercise physiology, and an undying passion for healthy eating and physical activity, I enjoy helping others reach their health and fitness goals. In addition to spending time here in Baltimore, I also work as a private practice nutrition and exercise consultant and wellness coach in the DC area, leading corporate employees toward healthier living through diet and exercise. I have also worked closely with Joy Bauer, MS, RD, CDN, Nutrition Expert for the *TODAY Show* on nutrition research projects for television, Yahoo.com, *SELF Magazine*, and other publications. My most recent work, featuring healthy party-friendly appetizers and “mock” tail recipes was featured in the June 2008 issue of *Life and Style Magazine*. I have a B.S. in Kinesiological Science and Dance Performance from the University of Maryland, College Park, and I obtained my M.S. in Human Nutrition from the University of Alabama. Before becoming a Registered Dietitian (R.D.), I participated in a 10-month intensive dietetic internship program at the University of Maryland, College Park, where I worked in clinical, food service management, information technology, and community dietetic practice settings. I currently live in Hagerstown, Maryland with my husband, Daniel, and I enjoy running, biking, swimming, weight training, cooking, traveling, and drawing. Please contact me by email at [kseidman@jhsp.edu](mailto:kseidman@jhsp.edu) or you can call me at (410)502-6704. I look forward to meeting you!

## Recommendations for Vitamins, Minerals and Dietary Supplements

*\*Always speak with your physician before adding anything new to your supplement regimen.*

*The following are a list of recommended but not required dietary supplements:*

- ⦿ **\*Multivitamins:** Any type of multivitamins are fine; Examples are Mens or Womens One-a-Day, Centrum, or Centrum Silver; choose a brand with more than 100% of the daily value (DV) for most nutrients listed on the label.
  - ⦿ Post Menopausal women and men don't need supplemental iron.
- ⦿ **Omega-3 fatty acids (fish oil):** 1000 per day (at least 500mg EPA and 500 mg DHA—this should be written on the label) Should be taken with food and water. They can be stored in the refrigerator to decrease fishy aftertaste; Examples are Kirkland, Nature Bounty, Nature Made, Source Naturals. Avoid cod liver oil because it has too much vitamin A.
- ⦿ **Calcium for women:** 1000 mg before menopause; 1200 after menopause. Calcium should not be taken within 3 hours of coffee or tea.
- ⦿ **Vitamin D 1000-2000 IUs:** In the form of D3 (cholecalciferol). Vit. D is often incorporated into Calcium supplements, or for sale on its own. Be sure to check the label on this or any dietary supplement.

# Maintain, Don't Gain, This Holiday Season!



By Katrina Seidman, M.S., R.D.

Research shows that Americans gain just over one pound on average between Thanksgiving and New Years, however, those who are overweight tend to gain more (about five pounds more) than those who are not overweight.<sup>1</sup> And, since this weight tends to hang on to us during the rest of the year, those holiday pounds can play an important role in our country's obesity problem.<sup>2</sup>

How are we to combat this annual issue when loads of empty calories stand in our way at parties, vacation spots, and even in our own homes? By learning and applying simple strategies to avoid packing on the pounds, it is possible to maintain, and even lose weight over this six-week celebration frenzy. Consider revamping fat and calorie-laden recipes to benefit your family now and in the future. Why not make healthy eating a part of your tradition? Try some of these simple ideas to defy the odds and maintain, don't gain, or even lose weight, this year:

**Take advantage of your time & Combine physical activity with family.** Get up and dance or take a walk with family or friends. Recruit the kids to help you clean out that closet, rake the leaves, and shovel snow. Exercise tends to put us in a healthy mindset which often translates to healthy eating behaviors—an added bonus!

**Shift your focus away from food.** Chatting at a dinner party or helping out with the dishes is a surefire way to keep your hands away from second helpings and food buffets. It also makes for a happy host!

**Have a high-fiber, filling snack and plenty of water BEFORE the party!** Party appetizers can quickly add up if you are hungry when they come around, but fullness can be a powerful weapon against these seemingly harmless little hour d' oeuvres. A quarter cup of nuts or a ¼ cup of berries with nonfat yogurt beforehand will do the trick. If you do arrive hungry, drink two glasses of water BEFORE eating, and save a toothpick for each appetizer you eat. Set a limit and stick to it!

**Eat slowly and ENJOY the food!** This will help you to feel full *before* you have overeaten. An easy strategy is to put your fork down between each bite and chew at least 10 times for every mouthful.

**Don't let the buffet control you!** Use a small plate and fill half with fresh fruits and vegetables, one quarter with protein (chicken, turkey, or fish, shellfish, eggs, and tofu) and the other quarter with high-fiber starches (peas, beans, sweet potatoes, and brown rice). Allow one layer of food only, and choose only the most simply prepared items. Steer clear of high-calorie sauces and dips. (Make your own low-calorie versions and bring as a contribution to the party!) See the “*Eat More of This; Eat Less of That*” box on page 8 for more helpful tips.

**Make-over your favorite recipes!** Swap out high calorie, high fat ingredients with low calorie, low fat substitutions. For example, use Greek yogurt in place of sour cream in savory dips or whipped cream in desserts. Grind up high fiber cereal to make a delicious, heart-healthy pie crust. See the *Healthy Recipe Modifications* box on page 8 for more tasty and nutritious switches.

**Enjoy alcohol in moderation!** This means one drink per day for women; two for men. One alcoholic drink equals 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. Not only does alcohol contribute almost as many calories as fat does (alcohol has 7 calories per gram; fat has 9), but it lowers your inhibitions, encouraging overeating. Sip on seltzer with lemon or lime if you feel awkward not holding a drink, and if you do choose to imbibe, drink a non-alcoholic, non-caloric beverage before and after each alcoholic drink to stay adequately hydrated.

**Be selective about sweets!** Choose a small portion of the dessert that is most appealing to you, make it last for five minutes if you can, and enjoy every bite! Or, BYOLCD! (Bring your own low-calorie dessert!) See my recipe for *Low-Pudge Fudge* and *I Can't Believe It's Not Egg Nog!* On page 8.

**Kick the Lickin' in the Kitchen!** Pop a piece of sugarless gum, savor a sugarless mint, or rinse with strong mouthwash right before cooking and baking to entertain your taste buds so that you can easily avoid mindless eating.

**Get back on track!** Don't let one evening of overindulgence get you down. Simply, pretend it didn't happen, and return to your normal healthy eating and exercise plan the very next day.

# Katrina's Recipes for the Holidays



## I Can't Believe It's Not Egg Nog!

**Ingredients:**

- 5 cups light vanilla soy milk
- 1 package sugar-free, fat-free vanilla instant pudding mix
- 6 packets artificial sweetener
- 1 teaspoon rum extract
- ½ teaspoon ground nutmeg

**Directions:**

In a blender, combine all ingredients and blend on high until mixed thoroughly. Refrigerate for a few hours until thickened. Makes five 1-cup servings.

*Per serving: 88 calories, 1g fat, 4g sugar, 6g protein* <sup>4</sup>

## Lean Green Bean Casserole!

**Ingredients:**

- Two 16-oz. bags frozen French-style green beans, thawed, drained, and dried well
- Two 10.75-z. cans Campbell's 98% Fat Free Cream of Celery Soup
- One 8-oz. can sliced water chestnuts, rinsed and drained
- 1 oz. (~25 pieces) onion-flavored soy crisps, crushed

**Directions:**

Preheat oven to 325 degrees. Place half of green beans in a casserole dish. Pour 1 can of soup evenly on top and place half of the water chestnuts over the soup in one layer. Cover with remaining green beans, soup, and second layer of water chestnuts. Bake for 45 minutes, top with crushed soy crisps and bake for another 10 minutes until crisps turn golden brown. Makes 10 servings.

*Per serving: 76 calories, 2g fat, 3.5g fiber, 4g sugar, 3g protein* <sup>4</sup>

## Low-Pudge Fudge!

**Ingredients:**

- 2 cups canned pure pumpkin
- 1 family size box (18.3-oz.) fudge brownie mix
- 2 tbsp Better 'n Peanut Butter (available at Whole Foods or Trader Joe's), room temperature

**Directions:**

Preheat oven to 350 degrees. Combine pumpkin and brownie mix in large bowl; stir until smooth. Spray 8 x 8 baking pan with nonstick spray and pour in mixture. Spoon Better 'n Peanut Butter on top, using a knife to swirl. Bake for 35 minutes, cover with foil, cool for 10-15 minutes, and refrigerate for 2 hours. Cut into 36 squares and serve.

*Per serving: 63 calories, 1g fat, 1g fiber, 9g sugar* <sup>4</sup>

Eat More of This...		Eat Less of That...		Healthy Recipe Substitutions	
Shrimp cocktail	Smoked sausage	Instead of...	Try...		
Air-popped popcorn	Salty snack mix	Oil in baked goods	Pumpkin, apple sauce, or prune puree <sup>3</sup>		
Poultry without skin	Poultry with skin	Whole eggs	Egg whites or substitute		
Baked potato with salsa	Mashed potatoes with gravy or butter	Baking Chocolate	Cocoa powder and soft tub margarine		
Cooked carrots	Candied yams	Full fat dairy products	Fat free or low fat dairy products		
Multi-grain bread	Cornbread	Meat as the main event	Doubling the vegetables in casseroles, soups, and stews <sup>3</sup>		
Brown rice	Stuffing	Creamed soups	Fat free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu as thickening agents <sup>3</sup>		
Fresh fruit	Fruit pie				
Seltzer	Sugary soda or punch				
Herbal tea	Hot cider or cocoa				

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# Keep Pedaling!

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And what about the question of whether exercise increases or decreases appetite?

Exercise can suppress appetite, says Blackburn, because it triggers not only the chemical dopamine, which governs the brain's reward system, but also endorphins, those feel-good brain chemicals. These substances act on the hunger and satiety areas of the brains for as long as four hours afterward. "You don't need cigarettes, or drugs, or food, all those things in the pleasure areas of the brain, because exercise has already activated them," says Blackburn.

A review article in 2007 from researchers at Tufts University also concluded that there is a "spontaneous reduction in hunger associated with participation in exercise."

Psychologically, as opposed to biochemically, some experts theorize that exercise might lead people to believe they can reward themselves with treats afterward or that they may be tempted to be less active for the rest of the day. And some studies, says exercise physiologist William J. Evans of the University of Arkansas for Medical Sciences, suggest that if you exercise, say, for 40 minutes a day, you will "then compensate by decreasing how active you are at other times of the day, leaving total energy

expenditure unchanged" or that you might reward yourself with extra food. Then again, other studies say both of those theories are wrong.

One factor that matters without question, in terms of controlling food intake, is how fast you eat. "It takes about 20 minutes for food to get digested and formulated into hormones for your brain to know what you did, to get that signal to the brain," says Blackburn. If you wolf down your food, you'll finish your second helping before your brain has registered your first.

As for the perennial question of how much exercise you need, the new federal guidelines, released last year, say adults "gain substantial health benefits" from getting 2 1/2 hours a week of moderate intensity aerobic activity, or 1 hour and 15 minutes of vigorous physical activity.

Moderate activity means walking briskly, water aerobics, ballroom dancing, and even gardening. Vigorous activity means racewalking, jogging or running, swimming laps, jumping rope or hiking uphill. The guidelines also recommend weight training at least two days a week.

Boiled down, my personal mantra is this: You have to do both - diet to keep caloric intake under control, and exercise for fitness and fun. ■

## Inspiration: Ralph Waldo Emerson

**"The shortest way to do many things is to do one thing at a time"**

**"Nothing can bring you peace but yourself"**

**"I awoke this morning with a devout thanksgiving for my friends, the old and the new"**

# Personal Training with Greg...

@ The Cooley Center on the JH Medical Campus.

1620 McElderry Street Baltimore, MD 21205

Are you where you want to be? How is your exercise?  
Not enough time? Too Tired? Not sure how to use the machines?

Where have these excuses gotten you?

“If you always do what you’ve always done, you’ll always get what  
you’ve always got”

If you want something different, do something different.

Call Greg today to set up an in-his-office or Cooley Center Personal  
Training Session.

443-287-3527 or [gfreitag@jhsph.edu](mailto:gfreitag@jhsph.edu)

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