

# Diabetic Monthly

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Gunnison Valley Diabetes Self-Management Education Program  
45 East 100 North Gunnison, Utah 84634

## Weight Management Support Group

*By Angie Merchant*



Weight Management is such a big thing when it comes to preventing and treating diabetes. It is often difficult for most people to know what they need to change in order to decrease their weight. Most of the time people think that a large amount of weight loss is the only way to improve their blood sugars and/or diabetes. This really isn't the case. We will discuss how much weight you need to lose to improve your health. I also want to teach you about the changes you can make immediately to improve your weight.

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you are overweight or obese, you are at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. That is why maintaining a healthy weight is so important: It helps you lower your risk for developing these problems, helps you feel good about yourself, and gives you more energy to enjoy life.

Many of you had your BMI (Body Mass Index) checked last month. For those of you who didn't get yours checked, I will have the equipment available to check it this month. Information is always a good thing. This will help you to see where you stand as far as weight, and if improvements need to be made.

Please remember that this is a non-judgemental environment. I am here to help you, not try to make you feel bad. Weight management is something that many of us struggle with. Believe me, I understand where your coming from. To help get you started on the right path, I have included a section in this newsletter starting on page 2 about "Behaviors That Will Help You Lose Weight and Maintain It." Support group is **FREE** of charge and everyone is invited to attend.

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## October Support Groups

### Gunnison Support Group

45 East 100 North, Gunnison Utah

October 19, 2010 at 3:00pm – 4:00pm

### Monroe Support Group

140 West 100 South, Monroe, Utah

October 26, 2010 at 11:00am – 12:00pm

## Behaviors That Will Help You Lose Weight and Maintain It

**1. Set the Right Goals:** Setting the right goals is an important first step. Most people trying to lose weight focus on just that one goal: weight loss. However, the most productive areas to focus on are the dietary and physical activity changes that will lead to long-term weight change. Successful weight managers are those who select two or three goals at a time that are manageable.

Useful goals should be (1) specific; (2) attainable (doable); and (3) forgiving (less than perfect). “Exercise more is a great goal, but it’s not specific. “Walk 5 miles every day” is specific and measurable, but is it doable if you’re just starting? “Walk 30 minutes every day” is more attainable, but what happens if you’re held up at work one day and there’s a thunderstorm during your walking time another day? “Walk 30 minutes, 5 days each week” is specific, doable, and forgiving. It’s a great goal to set.

**2. Nothing Succeeds Like Success:** Shaping a behavior technique in which you select a series of short-term goals that get closer and closer to the ultimate goal (e.g., and initial reduction of fat intake from 40 percent of calories to 35 percent of calories, and later to 30 percent). It is based on the concept that “nothing succeeds like success.” Shaping uses two important behavioral principles: (1) consecutive goals that move you ahead in small steps are the best way to reach a distant point; and (2) consecutive rewards keep the overall effort invigorated.

**3. Reward Success (But NOT with food):** An effective reward is something that is desirable, timely, and dependent on meeting your goal. The rewards you choose may be material (e.g. movie or music CD, or a payment toward buying a more costly item) or an act of self-kindness (e.g. and afternoon off from work or just an hour of quiet time). Frequent small rewards, earned for meeting smaller goals, are more effective than bigger rewards that require a long, difficult effort.

**4. Balance Your Food Checkbook:** “Self-monitoring” refers to observing and recording some aspect of your behavior, such as calorie intake, servings of fruits and vegetables, amount of physical activity, etc., or an outcome of these behaviors, such as weight. Self-monitoring of a behavior can be used at times when you’re not sure how you’re doing, and at times when you want the behavior to improve. Self-monitoring of a behavior usually moves you closer to the desired direction and can produce “real-time” records for review by your health care provider. For example, keeping a record of your physical activity can let you and your provider know quickly how you’re doing. When the record shows that your activity is increasing, you’ll be encouraged to keep it up. Some patients find that specific self-monitoring forms make it easier, while others prefer to use their own recording system. Find what works for you.

**5. Avoid a Chain Reaction:** Stimulus control involves learning what social or environmental cues seem to encourage undesired eating, and then changing those cues. For example, you may learn from reflection or from self-monitoring records that you’re more likely to overeat while watching TV, or whenever treats are on display. You might then try to change the situation, such as separating the association of eating from the cue (don’t eat while watching TV), avoiding or eliminating the cue, or changing circumstances surrounding the cue (plan to meet your friend in a nonfood setting). In general, visible and reachable food items are often cues for unplanned eating.

**6. Get the Fullness Message:** Changing the way you go about eating can make it easier to eat less without feeling deprived. It takes 15 minutes for your brain to get the message that you’ve been fed. Eating slowly will help you feel satisfied. Eating lots of vegetables and fruits can make you feel fuller. Another trick is to use a smaller plate so that moderate portions do not appear small. Changing your eating schedule, or setting one, can be helpful, especially if you tend to skip, or delay, meals and overeat later.

## Tip of the Month:

### Question:

Should I wear special shoes when I exercise?

### Answer:

Yes, you should always wear good-quality athletic shoes made for the activity you are doing. This means wearing running shoes for running, golfing shoes for golfing, and bowling shoes for bowling. Almost every sport is associated with a special type of shoe appropriate to the particular activity. These shoes are important for preventing injury. And they may help you perform better and enjoy the sport more. If you are in doubt about which shoes to wear, a good running shoe offers support and stability to protect your feet from injury.



*Shoes are important!!!*

We could all use a good laugh...

## Recipe of the Month... Hot and Sour Soup

*The traditional great taste, but less fat and fewer calories.*

**Total Servings:** 6  
**Serving Size:** 1 cup

### Ingredients:

4 cups low-fat, reduced sodium chicken broth.  
4 Tbsp white vinegar  
2 Tbsp lite soy sauce  
1 Tbsp crushed red pepper  
2 tsp sesame oil  
1 cup sliced mushrooms  
2 tsp cornstarch or arrowroot  
4 tsp water.

### Instructions:

1. In a stockpot, combine the broth, vinegar, soy sauce, crushed red pepper, and sesame oil. Bring to a boil, then simmer for 10 minutes.
2. Add the mushrooms and carrots and simmer for 10 more minutes.
3. Combine the cornstarch or arrow root with the water. Add it to the soup and continue to cook for 5 minutes, until thickened.

### **Exchanges:**

½ starch  
½ fat

### **Calories:** 50

Calories from fat: 28

**Total fat:** 3 g

Saturated fat: 1 g

**Cholesterol:** 0 mg

Sodium: 288 mg

**Total Carbohydrate:** 6 g

Dietary fiber: 1 g

Sugars: 3 g

**Protein:** 3 g

## Thought for the Month:

I am careful not to confuse excellence with perfection. Excellence I can reach for, perfection is God's business. -Michael J. Fox.

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**Happy Halloween!!!**