

Small Steps to Health and Wealth

Strategy 6 - Think Balance - Not Sacrifice (Health)

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This program and newsletter is adapted from the "Small Steps to Health and Wealth Program," developed by Joanne Kinsey, M.S., CFCS at Rutgers, New Jersey Agricultural Experiment Station



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21.4% of Americans that make a New Year's resolution make it about losing weight or eating healthier and, according to University of Scranton research only 8% of all those who make a resolution will succeed. One reason for failure could be the negative feelings associated with words like "diet." Immediately we think of the three D's – Denial, Deprivation and Don't – and resist change.

Positive behavior changes aren't about making big sacrifices. They are about balance and tradeoffs. Despite all the hype we hear advertised, there are no magic tickets to weight loss other than "eat less and exercise more."

Activities and calories burned per hour (by a person weighing 150 pounds)

Bicycling 5mph -	174
Bicycling 13 mph -	612
Dancing-	210
Golfing (w/o cart)	324
Light housework	246
Tennis	312
Walking 3mph	300

Discipline is the bridge between goals and accomplishments.
—Anonymous

is that **Calories Count!**

Make small changes in your daily routine to be a healthier, happier **YOU!**

Energy balance is the difference between the food and drinks you consume and the energy your body expends in physical activity. This energy is measured in calories. Each pound of stored body fat represents 3,500 calories. So, in order to lose weight, a person must consume 3,500 less calories, burn 3,500 calories through exercise or better still, combine calorie reductions with physical activity. For sustained weight loss, it is recommended that no more than two pounds be lost per week (7,000 calories) and no more than 10% weight loss be achieved over a six-month period, initially.

Common foods containing 100 calories:

- 1 TBSP mayo
- 1 TBSP butter
- 6-7 French Fries
- 1 ½ TBSP salad dressing
- 8-9 potato chips
- 1 medium sized cookie
- 1 slice bread

Changing just 1 habit can have an enormous impact. Replacing a workplace donut with an English muffin can save 350 calories a day. Do the math: 350 calories a day X 238 working days a year = 83,300 calories annually or **23 pounds**. Similarly, 45 minutes of brisk (3mph) walking burns 225 calories. If this is done every day for 253 days in the year, that's equal to **14 pounds**. The take-home message

Deskercise!

The Wall Sit: Wall sits are great for building strength and endurance. Standing with your back against the wall, bend the knees and slide your back down the wall until the thighs are parallel to the floor. Sit and hold for 30-60 seconds. For some extra burn, try crossing the right ankle over the left knee, hold for 15 seconds, then switch!

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<http://harris.agrilife.org/program-areas/family-and-consumer-sciences/>