

Weight Management



Fall..... Into a Healthier YOU.

Handling social pressures while losing weight

After a recent discussion with a client who has lost almost 100lbs, he shared his concern over the pressure he feels from others in his social circle. I found these helpful suggestions.

Let's face it, losing weight isn't easy to begin with. What can make it even more difficult is when family, friends, associates, and peers attempt to pressure you into indulging. This can not only become frustrating for the person trying to better themselves, but can also become mentally draining feeling like your goals are constantly being sabotaged. Here are some helpful tips, tricks and strategies on how to handle it the next time it's happening!

Tips on avoiding peer-pressure during weight loss

While avoiding negative people while you are on a diet may be impossible, how you react is your choice. Here are some tips and strategies to hopefully make your next encounter easier!

- **Be prepared!** – A key part of maintaining your goals is being able to plan ahead of time. This means figuring out your environment, who will be there, and what your options are. If you're going to a restaurant, for example, you can look at the menu ahead of time to make sure there are good options. If you are going to a friend's house, you can offer to bring something that you won't feel guilty about eating.
- **Choices-** If you are in a buffet or self-serve setting, simply choose foods that you can have. If your worried that people will question your choices, then put other things on your plate and just eat around them!
- **Eat before you go-** If you are ever in doubt about where you are going, what is going to be offered there, and who will be there, just eat before you go. This way you will be full and satisfied while you are there and less vulnerable to temptation and pressure.
- **Let them know ahead of time!** – One of the easiest ways to avoid peer-pressure all together is to talk to them ahead of time. If you're going out to dinner with your friends you can say something as simple as "I am on a diet and I have been really good about it, so I would really appreciate it if you guys could support me and not pressure me tonight" options, them if they don't mind going somewhere else where there are more options to support your lifestyle.
- **Focus on emotions rather than outcomes-** When people question why you are dieting, try responding with "I am trying to practice my willpower" rather than, "I am trying to lose some weight". If you focus on a positive outcome you are trying to achieve, it is going to be hard for people to retaliate. Create a social network who share your goals, mindset and values around bettering yourself to live an overall healthier lifestyle.

JULIA HAHNE • MAY 16, 2019



BEWARE

Six Foods Disguised as Healthy Choices

Foods you believe are healthy that really are NOT!

Green Juices- The hidden sugar bombs Are mostly fruit juices with small amounts of vegetable products- these products have 35-53 grams of sugar, about the same as a soda.

Yogurt- Fruit on the bottom- A sugary sundae in disguise - instead use plain Greek yogurt add a scoop of protein powder, blend well, then add fresh fruit like blueberries and strawberries.

Oatmeal - Sweetened instant oatmeal - lots of sugar and very processed with less fiber. Try steel cut oats and overnight oat recipes with added protein powder instead for a healthier version.

Popcorn- microwave version has unhealthy trans fats and processed chemicals. It's very easy to overeat popcorn especially in a large bucket at the movies. Try old fashion organic popcorn, pop it in coconut oil and top with ghee and sea salt.

Dried fruit - nature's candy, a natural source of fructose. High fructose leads to weight gain and visceral fat deposits or belly fat. Instead ,eat fresh or frozen fruit. Berries have the lowest sugar content of all fruit choices.

Coffee Drinks- sugar bombs in a cup approximately 30Grams of sugar in most drinks such as Starbucks vanilla latte. Choose plain coffee with cream.

GET MOVING THIS FALL

Here are a few ideas of activities to try that can help you fit in lots of movement and embrace the change of season:

1. Apple Picking

Fall offers lots of outdoor activities to help you get a few extra steps in, from apple picking to navigating a corn maze to hiking or cycling.

Activities like these can up overall activity throughout the day and offer short bursts of intensity. Getting different types of motion than you'd find in the gym can improve fitness overall, Ogden explains, since you're using multiple muscle groups. Plus, being outdoors can give you an additional mental health boost, according to [Harvard T.H. Chan School of Public Health](#).

2. Fun Runs

Fall is definitely “fun run” season, says Ogden. For instance, many cities have a turkey trot run either on Thanksgiving or the weekend after. Other fun runs have themes — like a color run, where you jog through clouds of nontoxic colored powders, or a leaf run, where you run through a tree-lined course resplendent in autumn colors — and encourage participants to dress up in costumes or festive attire,

3. Dancing

Working out does not need to be a chore, and cooler weather doesn't mean your only option is hitting the treadmill at the gym. Instead, turn on your favorite beats and get moving.

4. Yin Yoga

As the evenings get longer and you head toward winter, it's helpful to acknowledge that downshift and lean into it, says Ogden. That means maybe instead of fighting it with intense HIIT sessions, get quieter and more restful with a practice like [yin yoga](#).

Although some yin practices can be similar to a restorative practice, others can truly be a workout, she adds.

5. Strength Training

The cooler months can be a great time to add strength training workouts to your fitness routine. Less daylight and harsher weather may cause you to be looking for more indoor-friendly workouts anyway, says Clearwater, Florida-based [Mike Matthews, CSCS](#), author of *The Little Black Book of Workout Motivation*.

There's plenty of research that highlights the advantages of lifting weights. For example, one [study review](#) suggests it can help regulate blood sugar and improve cardiometabolic health, lowering your risk of type 2 diabetes and heart conditions

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Along with boosting metabolism, biotin can also aid in weight loss. Essentially, consuming or ingesting biotin elevates your resting rate of metabolism. As this vitamin increases your metabolism, it can help accelerate weight loss, especially when paired with chromium.

If you're considering taking a biotin supplement to help with weight loss, keep in mind that this B complex vitamin doesn't act as a diet pill. Instead, it helps your body speed up the weight loss process as you consume a healthy diet and get regular exercise.

From healthy hair, skin, and nails to assistance with cognitive function, weight loss, and energy levels, biotin is a major contributor to a healthy lifestyle. Adding a biotin supplement to a healthy diet can allow you to take full advantage of all the benefits that this B complex vitamin has to offer

Available at happyhormonecottage.com & IHC pharmacy

Recipe of the month



Greek Yogurt

Buy plain Greek yogurt (look for the highest protein content)

Blend in 1 scoop protein powder

Then add in berries

A Yummy way to get 40GM of protein