



## Texas DPS Fitness Wellness Unit

Wellness Tips  
May 2019

May 3, 2019

### Where to start a weight loss journey part 2

Last week we discussed setting realistic goals to help you stay on track using the SMART method. The principles of writing out goals are: specific, measureable, achievable, realistic and timely. Our focus today when it comes to weight loss is understanding how much and why we eat.

The best way to start understanding what we are eating and why is utilizing a tracking app or food journal. Using a tracking app or journal can help us to see patterns in food intake, times we are eating and how much we are actually eating.

There are a few different things to look at:

**Fiber:** Fiber is used to help transport trash out of the body. A low fiber diet is linked to many different diseases, and the average American is deficient on this nutrient. Aim for 28 to 33 grams of fiber per day suggested by the 2015-2020 Dietary Guidelines.

**Sugar:** Sugar is eaten in abundance in the United States. It is hidden in many food items and wreaking havoc on the human body. Eliminating added sugars is prudent in weight loss. Aim for less than 10% of calories coming from sugar. Example: If eating a 2,000 calorie diet, aim for no more than 50 grams of sugar.

**Document when and why you are eating:** Start to examine if you are actually hungry. If you find that you are eating because of an emotional upset or because you are bored, try going for a walk instead.

Being mindful of eating habits and aware of the content and quality of food going into the body can help to set and maintain goals. Some great Free apps to use are: My Fitness Pal, My Plate or Lose It!. Set your goals, start a food journal/log, and week we will discuss portion sizes.

May 10, 2019

### Where to start a weight loss journey part 3

Focusing of portion sizes is the emphasis of today's component on where to start a weight loss journey. Two weeks ago, we discussed setting realistic goals to help you stay on track using the SMART method. The SMART principles for writing goals include: specific, measureable, achievable, realistic and timely. Last week we focused on understanding how much and why we eat, looking specifically at fiber, sugar and listening to our hunger signals.

In America, food is served in abundance. The American Heart Association<sup>1</sup> states that:

- 1.300 more calories are consumed on average per day by adults today than in 1985
2. Portion sizes have grown dramatically over the last 40 years
3. Americans eat out much more than they used to

Understanding healthy portions can be tricky. For starters, many do not know the size of a healthy portion. Restaurants offer extras like breads, chips, and other appetizers that add extra calories, sodium and fat but lack any nutritional benefit. Some meals have portions that are enough for two or more people. A portion is how much food you choose to eat at one time and is 100% under our control. It comes down to the concept that food is energy. When we are taking in too much energy, our bodies store it as fat tissue because we cannot use it all. Cutting down on portion sizes can be a great way to decrease energy intake, therefore decreasing fat storage in the event we are not using the energy. Looking at the serving size listed on a product's Nutrition Facts label can help to determine how much to eat in one sitting.

#### Tips for eating smaller portion sizes:

1. Learn what a proper serving size is of different foods. Some common foods that we tend to eat numerous servings of in one sitting are:
  - a) Bread: one serving is 1 slice
  - b) Rice or pasta: one serving is ½ cup
  - c) Fruit: one serving is one small piece, one large apple or banana can be 2+ servings
  - d) Cheese: one serving is 2oz, or about the size of a domino
  - e) Meat: one serving is 2-3oz, use the palm of your hand or deck of cards
2. When eating out, skip appetizers and split one main dish with a friend or spouse. Otherwise box up half of the meal before eating.
3. Start measuring out snacks and never eat straight from the box or the bag.

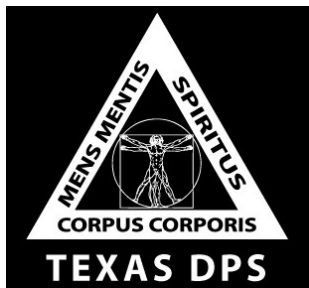
With the last three weeks of tips, starting a weight loss journey should seem a little less daunting. If you would like additional support or have any questions please reach out to [physical.fitness@dps.texas.gov](mailto:physical.fitness@dps.texas.gov) for a meeting with the Fitness Wellness Unit.

Mark your calendar, the Fitness Wellness Unit will be putting on a Quick and Easy Food Prep Webinar on Thursday, May 30 2019. Also, get ready for an agency wide Nutrition Challenge launching in June. More details to come in upcoming Wellness tips.

#### Source:

1: Nation at Risk: Obesity in the United States, A Statistical Sourcebook. (2005) the Robert Wood Johnson Foundation and American Heart Association. Retrieved May 7, 2019, from [https://www.ca-il.org/sites/main/files/file-attachments/resources\\_\\_26310.NationAtRisk.ObesityEpidemic.p](https://www.ca-il.org/sites/main/files/file-attachments/resources__26310.NationAtRisk.ObesityEpidemic.p)





## Texas DPS Fitness Wellness Unit

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May 17, 2019

### Quick and Easy Food Prep Webinar and Nutrition Challenge

Many individuals have heard that when hungry, it can become easy to reach for unhealthy choices, especially when not in the mood to cook. Moreover, the idea of food prepping to allow healthier choices to be at your fingertips may have been tossed around, yet while sounding great; it can still seem a little intimidating.

However, the Fitness Wellness Unit will be breaking down the many different aspects of food prep, to include the benefits of preparing food for the week, different ways to food prep, how to be successful with food prepping and much more via a webinar on Thursday, May 30, 2019 at 12:00pm. During the webinar, recipes and demos will be prepared for a breakfast item, a lunch and/or dinner item as well as a snack. The recipes are quick and easy to make, as well as reasonably priced.

Then, coming in early June, the Fitness Wellness Unit will be starting a 6 week Nutrition Challenge. Each week will hold a different nutrition task to complete for the week. Sign up and more details to come via email.

Webinar log-in information can be found at <http://www.dps.texas.gov/ETR/webinars.htm> or via the information below:

**Topic:** Quick and Easy Food Prep

**Date:** Thursday, May 30, 2019 **Time:** 12:00pm Central Daylight Time (90 minutes in duration) **Webinar Link** **DPS Webex Join by phone:** 800-861-4329 **Phone Access Code:** 599 356 9

Look forward to you joining the webinar and as always, if any questions and/or feedback, you can contact the Fitness Wellness Unit at [PhysicalFitness@dps.texas.gov](mailto:PhysicalFitness@dps.texas.gov)

May 24, 2019

### How to Break a bad Habit

Life is essentially the sum of habits. What an individual does repeatedly is ultimately what forms who they are and the things they believe. For example, how in or out of shape one is, is due to their habits. Bad habits interrupt life, jeopardize health and waste time and energy. Below are a few simple steps to assist in deleting a bad habit and changing it to a good habit instead.

First, it is important to identify what may be causing bad habits. Once identified, this can be a key to overcoming the habit. Two things typically have a significant impact: stress and boredom. Bad habits are a way to deal with stress and boredom. However, it may not be as simple as that if there something deeper such as a fear, event or limiting belief that is causing one to hold on to something that is bad for them. Getting to the root of what is causing the habit is an important first step.

Next, rather than thinking about eliminating a bad habit, focus on replacing it. All of the habits that are in one's life right now, the good and the bad, are there for a reason. There is a benefit to the habit, even if it is bad one, because they address certain needs. This is why it can be very difficult to "just stop doing it". Replacing the bad habit with a new habit that provides similar benefit may make the switch from a bad habit to good habit seem a bit easier.

#### Four simple steps to help break a bad habit include:

1. Tracking: Start by tracking how many times per day the bad habit happens. Write it on a piece of paper and at the end of the day count how frequently it occurs. As you review the frequency, remember this is only to bring awareness about the habit versus bringing about feelings of guilt or judgement. This way one can start to see the problem and ways to intervene.

2. Substitute the bad habit: Plan ahead for how to respond when faced with common causes of bad habits such as stress or boredom. Example: instead of having a cigarette when stressed, get up and go for a walk or instead of getting on Facebook and procrastinating, complete one task for work.

3. Cut out triggers: The environment around an individual can make the bad habit easier and good habits harder. If the environment is changed, it can often change the outcome. Example: If available snacks at home include cookies and chips then it will be more likely that those will be what are eaten. Yet, by changing the environment to not have cookies and chips in the house anymore, it can help change the habit.

4. Plan for failure: Everyone is human and will slip up every now and then. Knowing this, it is important to plan for failure and create a plan to get right back to it the next day, or the next hour.

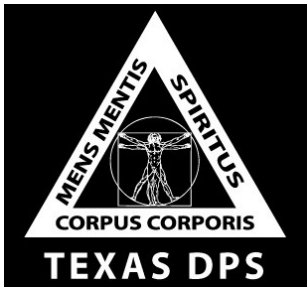
If you're looking to create some new healthy nutrition habits, the Fitness Wellness unit has a few options to help you:

**1. Quick and Easy Food Prep Webinar** on Thursday, May 30 at 12 noon. In this webinar, a couple of healthy recipes that can be prepared in a snap will be presented. In addition, the basics of food prep will be discussed to provide you with simple ideas to help you food prep without eating the same thing every day. Join the webinar by clicking [here](#).

**Calendar Reminder Link** Add to my calendar

**1. Join the FWU Nutrition Challenge.** The challenge will begin on June 10th with more information and sign-up instructions coming soon via email.





May 31, 2019

### Know Your Post-Workout Plan?

Choosing a post-workout snack prior to your workout was shown to typically result in healthier choices than if waiting until after the workout to choose a snack based on a recent study<sup>1</sup>. Thus, having healthy snacks and meals prepped and ready to eat, or pre-commitment to a healthy option, may help prevent compensatory eating.

To help prevent what was seen in this study, it is a good idea to have some healthy snacks always ready to grab and go, and have them available when needed. The options do not need to be elaborate, just something that will keep hunger at bay.

A helpful tip to think about when reaching for a snack is making sure it contains a protein, carbohydrate and healthy fat. The carbohydrate refuels muscle cells after a workout as well as gives the body energy, the protein helps to build and repair tissues and the healthy fat keeps the blood sugar stable among many other things.

1. A few great whole food snack options include:
2. Carrots, bell peppers, or celery and hummus
3. Celery and peanut or almond butter
4. Hard-boiled egg and oatmeal
5. Oatmeal with walnuts and fresh berries
6. Apple or banana with peanut butter
7. Fresh berries and a handful of nuts
8. Cottage cheese with fruit
9. Plain yogurt with fruit (not flavored yogurt)
10. Avocado with a hard-boiled egg
11. Avocado with some fruit

Remember, having these snacks on hand and ready post-exercise, or even when hunger strikes, will make picking a wholesome snack more automatic.

Looking for more ideas and tips for your nutrition, join the Fitness Wellness Unit Nutrition Challenge that starts on June 10th and runs for 6 weeks by registering [here](#).

Gustafson, Christopher R., Rakhmatullaeva, Nigina, Beckford, Safiya E., Ammachathram, Ajai, Cristobal, Alexander and Koehler, Karsten. (2018) Nutrients. *Exercise and the Timing of Snack Choice: Healthy Snack Choice is Reduced in the Post-Exercise State*, 10(1941). Doi:10.3390/nu10121941.

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