

Healthy Happenings



Aultman Weight Management • 2732 Fulton Road • Canton, OH 44718 • 330-491-1670

What To Do When You've Hit a Weight Loss Plateau

You've been dieting and exercising and successfully losing weight. Then, after a while, the scale stops showing any weight loss resulting in FRUSTRATION. Hitting that plateau can mean one of several things.

1. You Need To Eat

Weight loss requires taking in fewer calories than you use in a day. Unfortunately, many people go to extremes and eat too few calories thinking this will speed up the process. This may work at first, but eventually you will stop losing weight – and you may even gain weight. This is because your body thinks it's being starved and has entered the "survival mode". Simply put, when this happens you are not going to lose weight. You need to eat to lose weight.



2. You Need To Move

Face it; you cannot expect continued weight loss and long-term weight management if you don't move. There are no excuses; no magic pills; no secret formula yet to be discovered that will dispute this. Besides, your metabolism slows with age, making it harder and harder to lose weight with diet alone. So get MOVING.

3. You Need Muscle

While cardio exercise is important, resistance training is critically important in helping your

metabolism and increasing your muscle tone and definition. The only way to have a long-term impact on increasing your metabolism is to build muscle. So if you are standing on that plateau and not doing any resistance training, it's time to add it to your program.

4. Consider Other Measurements Besides The Scales

If you're eating enough of the right kinds of foods, are exercising and including resistance training (and varying your routine) but are still not losing weight, it's time to think differently. What does the number on the scale tell you, anyway? Weight is just a number, it does not define who you are. If you have reached your goal for health, fitness, and size but the scale doesn't agree, throw it out and use a better measurement for yourself. So before you get frustrated and decide your efforts are in vain, consider if what you're using to measure your success is appropriate.

Upcoming events

Tuesday, September 2

- Bike Ride - Meet at Ernie's Bike Shop in Massillon

Tuesday, September 16

- "Why Do People Overeat?"
Aultman Weight Management Office



Have You Been To The Movies Lately?

Many of us engage in thoughtless eating at the movies. Engrossed by the big screen, too many of us fall victim to GIANT soda cups, popcorn BUCKETS and candy BOXES. Let's have a look at what we might be eating while watching the big screen.

continued on back...

Recipe of the Month

Veggie Brown Rice Wraps



- 1 medium sweet red or green pepper, diced
- 1 cup sliced fresh mushrooms
- 2 cloves garlic, minced
- 1 Tbsp. olive oil
- 2 cups cooked brown rice
- 1 can (16oz.) kidney beans, rinsed and drained
- 1 cup frozen corn, thawed
- ¼ cup chopped green onions
- ½ tsp. ground cumin
- ½ tsp. pepper
- ¼ tsp. salt
- 6 flour tortillas(8 inch), room temperature
- ½ cup shredded reduced fat cheddar cheese
- ¾ cup salsa

In a large nonstick skillet, sauté the red pepper, mushrooms and garlic in oil until tender. Add the rice, beans, corn, green onions, cumin, pepper and salt. Cook and stir for 4 to 6 mins. or until heated through. Spoon ¾ cup onto each tortilla. Sprinkle with cheese; drizzle with salsa. Fold sides of tortilla over filling; serve immediately. Makes 6 servings. One serving = 377 calories or 2 meat + 1 vegetable + 3 starch.

Source – tasteofhome.com Jul28, 2008.

Have You Been To The Movies Lately?

...continued from front

Large Popcorn – 20 cups

1283 calories • 78 gms. fat (49 gms. saturated fat) • 1850 mg. sodium

Large Nachos with Cheese – 40 chips and 4 oz. cheese

1101 calories • 59 gms. fat (18.5 gms. saturated fat) • 1580 mg. sodium

Snickers Popables – 5 oz. (46 pieces) equal to 2 ½ full-sized bars

692 calories • 33 gms. fat (14.6gms. saturated fat) • 73 gms. sugar

Whoppers – 5 oz. box (70 pieces)

676 calories • 24 gms. fat (20.3 gms. saturated fat) • 88 gms. sugar

Cherry Coke - 44 oz.

572 calories • 0 gm. fat • 154 gms. sugar

Large Soft Pretzel (5oz.) with 3 oz. Nacho Cheese

643 calories • 14.5 gms. fat (3 gms. saturated fat and 4 gms. trans) • 3068 mg. sodium

A study done at Cornell University mirrors our thoughtless movie eating. In the study patrons were given different sized popcorn buckets. Those with the large buckets ate nearly twice as much as those with medium buckets. In some of the buckets they put in stale, two week old popcorn. The participants ate 34% more stale popcorn than those with the medium bucket of fresh popcorn.

Before going to the movies try eating either a meal or a snack to take the edge off your hunger, and make it easier to resist all the temptations. Remember, you go to a movie to watch the movie and not to eat the food.



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