

## JULIE'S TIPS FOR WEIGHT MANAGEMENT, Part 2

By Julie Lynch

We all know that our metabolism changes as we age. We burn fewer calories because our bodies lose muscle mass. If we don't adjust our eating habits to match our slower metabolism, we are guaranteed to gain weight. Menopause adds additional challenges so if you haven't adjusted the way you eat, now is a perfect time to start.

We have a choice. We can either exercise more or eat less. And of course if we want to lose a significant amount of weight we need to do both. The good news is, the exercise we commit to now can add years to your life, it will certainly improve your mood and probably your sex life.

### **Concentrate on weight-bearing exercise.**

Muscle is hungry tissue. The more muscle you build, the more calories you burn, even in a resting state. So concentrate on building the major muscle groups. You can build your leg muscles biking, running doing squats. You can build your biceps doing push ups. And of course yoga is great because it builds your muscles while lengthening them which will give you a leaner appearance.

I am also a big fan of yoga because it slows you down. Part of the reason we over eat is because we are so revved up from the over-stimulation in our lives that we find it impossible to relax at the dinner table. We've stuffed ourselves before we've even had time to feel the food in our bellies. Yoga teaches us to breathe deep into our gut and get in touch with what is happening in our bodies.

### **Make a conscious choice to eat less.**

When you go out to dinner, always start with a leafy green salad and if you are eating with a friend suggest sharing an entrée. Eat to the point of feeling satisfied but never stuffed. Believe it or not, studies have shown that we are more likely to eat dessert if we have overeaten during the main meal. Overeating actually increases our desire for sweets.

### **Just say no.**

When the waiter brings over the basket of bread, politely refuse. Most bread converts to sugar very rapidly - which of course leads to weight gain - and provides very little nutritional value.

### **Concentrate on foods that truly feed you.**

The reason that most Americans are over-weight is because they too often indulge in foods that have little nutritional value: Foods like chips, cookies, pastries, and soft drinks. These are "Empty Calories." Besides the fact that these foods tend to be filled with toxic

ingredients like sugar, preservatives, additives, and trans fats, they leave you wanting more. Because they don't have nutrients in them, your body is still hungry. Even though you have filled your belly, you've starved your body of what it truly needs. So banish them from your house when possible. And if that will cause family crisis, at least make it inconvenient to reach them. Hide the sodas in the fridge in the basement. Put the greasy salami in the back of the shelf and the carrots and celery front and center. That way when you open the fridge you won't be as tempted.

**Never let yourself get too hungry.**

One of the major reasons we tend to overeat - or eat the wrong foods - is because we don't prepare for emergencies. Always keep protein bars (preferably with few grams of sugar) in your purse, in your car, in your desk at work. That way if you miss a meal, or get stuck working late, you can munch on the protein and keep your blood sugar regulated. When our blood sugar falls too much, we tend to lose will power. That's when you find yourself in front of the candy machine or devouring the basket of bread at the restaurant.

**Take advantage of seasonal fruits.**

Summer is a great time to fill your house with fresh fruit. Always have peaches, nectarines, plums and the rest of the summer fruits on hand so you and your family will have healthy options at snack time. Instead of serving ice cream after dinner, cut up a watermelon.