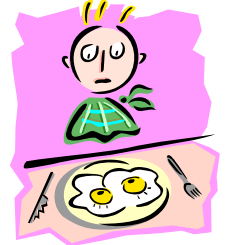


# Healthy Weighs



## Emotional Eating

Eating based on emotions is known to be a way some people deal with stress or other emotions. Most people regard this to be a negative method of dealing with these emotions. However, if you look at it this way, if it wasn't food that people looked to for comfort what else may it be? Possibly something more harmful!



The management of using food to calm oneself is the only way to understand why food and weight have been beneficial to emotions. If we pay attention to the cues that cause us to eat for emotional reasons, it may help in realizing issues in our lives that cause stress and how to go about changing them. Emotional eating is said to compress feelings that one cannot seem to let others know or see.

We should not forget to look into the aspect of using food and weight to take care of ourselves and see why it can be of use to us. In lessening emotional eating, one will begin to actually experience feelings more, which may lead to realizing when you are really hungry or you are just eating to deal with an emotion.

When you notice that emotional eating is taking place, try these suggestions:

- 1. Realize whether you are hungry.
- 2. Tell yourself you can eat; however, you are going to wait five minutes to listen to your emotions.
- 3. During these five minutes, attempt to identify what you are feeling.
- 4. If you are unable to, ask yourself if you are really hungry.
- 5. If you answer "no", remember that food will not fix or take care of what is triggering your desire to eat. After you eat the feeling is still going to be with you.
- 6. Now that you have realized that food won't fix or take care of you, attempt another means of doing so. Consider taking the feelings to the person who caused them, take a nap for 15-30 min, or remove yourself from the environment.
- 7. If these don't work, you can still eat as a means of self-care. If you do so, eat exactly what you want, give yourself full permission and stay completely in the present.

It is important to understand that eating for emotional reasons is always still an option for those who choose to use food for this. At this time, you are giving yourself permission to eat and are doing so to soothe your nerves with this intent in mind. In this case, you are specifically eating to take care of your needs.

# FIT TIPS

## Resistance Exercises for Home

1. 2 - 3 times each week on non-consecutive days.
2. 2-3 sets of 8-15 repetitions for each exercise resting at least 1 minute between each set.
3. Use light hand weights or exercise bands to increase the resistance.
4. Perform exercises using at least a 2 & 2 count, i.e. lift for 2, completely stop, lower for 2.

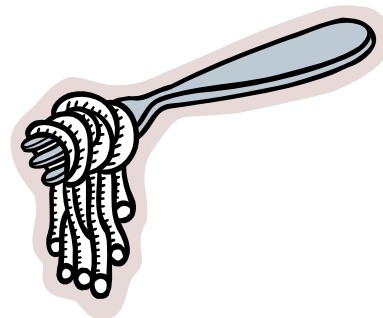
### Examples:

- a. Push-ups: Place hands wider apart to increase chest workload, closer together to emphasize triceps. Chest should come down as close to the floor as possible without touching. To simplify this exercise, perform push-up from bent knee position.
- b. Military Press: With weights in hands, arms bent at 90 degrees, palms facing forward, press weights overhead to arms length keeping elbows slightly bent when extended.
- c. Lateral Raises: Hold weights with elbows slightly bent, arms to side. Palms down. Raise arms straight up laterally until upper arms are parallel to the floor.
- d. Front Raises: Hold weights with elbows slightly bent. Palms down, in front of legs. Raise arms straight up in front of your body until arms are parallel to floor.
- e. Bicep Curls: Stand with feet shoulder-width apart and with knees slightly bent. Hold weights at thighs, palms facing out. Keeping elbows close to sides of body throughout the full range of the exercise, pull weights up to full curl position. With complete control, slowly return to starting position. Repeat with opposite arm.
- f. Triceps Extensions: Stand with legs shoulder-width apart and knees bent. Push hips back, keeping back straight. Bring weights up by bending elbows up and back. Squeeze shoulder blades together. From this position, extend arms straight back and then return to start. Keep elbows from swinging forward and back.
- g. Standing Squats: Stand straight with feet wider than shoulder width apart. Keeping your back straight, bend legs and squat down for 2 counts then press with the heels to return to start. Do not lean forward.
- h. Abdominal Crunches: Fingertips support the head. Keep chin off of the chest. With knees bent, lower back should be pressed against the floor. Elbows are back. Slowly lift upper back and shoulders off floor.

## SPAGHETTI WITH TURKEY MEAT SAUCE

*Using nonstick cooking spray, ground turkey, and no added salt helps to make this classic dish heart-healthy.*

as needed	nonstick cooking spray
1 lb	ground turkey
1 can	(28 oz) tomatoes, cut up
1 C	finely chopped green pepper
1 C	finely chopped onion
2 cloves	garlic, minced
1 tsp	dried oregano, crushed
1 tsp	black pepper
1 lb	spaghetti, uncooked



1. Spray a large skillet with nonstick spray coating. Preheat over high heat.
2. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat and discard.
3. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.)
4. Meanwhile, cook spaghetti in unsalted water. Drain well.  
Serve sauce over spaghetti.

Yield: 6 servings--Serving Size: 5 oz sauce and 9 oz spaghetti