

# Getting Fit to Serve

From the desk of  
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## GET ENGAGED IN THE FIGHT FOR LIFE HOW TO BEAT THE ODDS!

I have said it already but it's worth saying again—Americans are unhealthy and the medical community is now at a loss—we do not know what to do to motivate our patients and the public in general to face this crisis and take charge of their lives and make the choice to LIVE healthier and longer! It is really up to the individual and it has to be a lifestyle change and commitment to better and healthier living. ***It is time to gain your independence and that choice is entirely up to you!***



### THE AMAZING POWER OF LIFESTYLE CHANGE:

**Key ingredients to an unhealthy lifestyle and the development of diabetes and obesity:** smoking/alcohol, being overweight, having a sedentary lifestyle, and have a poor diet.

### BEATING THE ODDS:

- Smoking/alcohol:** Bad habits Christians should not have; so, if you are doing them, repent and stop.
- Achieve and maintain a healthy weight:** Losing 10 to 15 lbs, if needed, can significantly reduce the insulin resistance and risk of diabetes. Overwhelmed—don't be — let's start slow.
  - \* Reduce portion sizes and avoid second helpings
  - \* Limit high-calorie and fatty foods, such as rich desserts, cheeses, cream, butter, deep-fried foods, creamy salad dressings, rich sauces and gravies.
  - \* Learn to enjoy lower-calorie foods, especially fresh fruits and vegetables, low-calorie soups, and salads
  - \* Limit eating out, especially to fast food restaurants
  - \* Limit sugar and sweets, especially soda (REPLACE WITH WATER)
  - \* Don't skip meals: Eat a good breakfast, have a low-calorie snack between meals and avoid eating heavy evening meals (join a weight loss group or get help from nutritionist or your doctor for more guidance).
- Be physically active daily:** exercise even without weight loss have benefits. ***BUT: remember—you cannot OUTFIT a bad diet!***
  - \* Recommend at least 30 minutes per day of moderate exercise 3 to 4 times per week.
  - \* Walking is a good exercise for everyone—best of all it is *FREE*. Buy yourself a pedometer and a good pair of sneakers with support and get moving.
- Eat more dietary fiber:** Whole grain is most effective—aim for 2 to 3 servings daily.
  - \* Examples: whole grain bread, oatmeal, brown rice or high fiber cereals (get rid of white bread, white rice and fruity pebbles).
  - \* Add legumes (beans), fresh fruit, and vegetables (raw or steamed)
- Choose low-glycemic foods:** (foods that do not produce high levels of insulin—remember insulin is a storage hormone and stores foods; causing excess fat)
  - \* High glycemic foods: white bread, french fries, sugar, sweetened beverages, white rice, and other refined grains are absorbed more quickly and raise blood sugar levels.
  - \* Low-glycemic foods: vegetables (except white potatoes), most fresh fruits, legumes, nuts and whole grains.

### PUTTING THINGS IN PERSPECTIVE

- ⇒ DIABETES IS PREVENTABLE
- ⇒ (remember: Type 1 is not)
- ⇒ OBESITY IS PREVENTABLE
- ⇒ Lifestyle change is EVERYTHING
- ⇒ Start slow—1 to 2 pounds per week
- ⇒ It takes at least 21 days to rewire your brain to think differently. So, stick with the plan even if you don't see immediate results.

### THE DAILY PLAN

**If you want to lose weight and keep it off, you need to stick to reasonable calorie limits, eat the right foods at the right time and move it to lose it!**

#### Morning

1. Start the day with 2 glasses of water. For those of you who like your tea (recommend decaf green tea with no or very little sugar)
2. **350 calories for breakfast:** (oatmeal with fruit; yogurt with fresh fruit, high-fiber cereal with fresh fruit, green smoothie)
3. Take a 10 minute walk if you can or at least move around for a few minutes, stand in place

#### Mid-morning:

4. Drink 2 glasses of water
5. Consider a low calorie snack (100-200 calories) - (fruit, small handful of nuts)
6. **450 calories for lunch:** (green leafy salad with fruit and protein (grilled/broiled chicken, turkey, fish) or handful of nuts)

#### Mid-afternoon

7. Drink 2 glasses of water
8. Consider a low calorie snack (100-200 calories) - (fruit, small handful of nuts)

#### Dinner

9. **500 calories for dinner:** (protein—grilled, baked or broiled, steamed or raw vegetables, small amount of complex carbohydrates (sweet potato, brown rice, quinoa, grains, squash, etc...))
10. Depending on weight loss goals, consider a high protein snack before bed—nuts; low fat stick cheese wrapped with deli meat, egg whites..

- ⇒ **Avoid sugary snacks/beverages**
- ⇒ **Keep portion sizes small**
- ⇒ **Avoid feeling hungry—leads to binge eating.**



## WHAT SHOULD MY BMI BE?

For adults:

- Normal BMI 18.5-24.9
- Underweight BMI <18.5
- Overweight BMI 25-29.9
- Obesity BMI 30-39.9
- Extreme obesity BMI ≥40

## HOW CAN I IMPROVE MY BMI?

- Decrease your weight
- Start slowly with achievable goals; usually 10% of your current weight
- Losing about 1 to 2 pounds per week is healthy
- Make lifestyle changes; balance the foods you eat with daily physical activity.
- There is no magic pill or diet—eat less fats and sugars and move more.
- Small changes go a long way

## 6. Limit Saturated fats, trans fats, and high-cholesterol foods

\* Saturated fats, trans fats, and high-cholesterol foods increase your risk of developing diabetes and are found in animal fats such as red meats, butter, cheese, whole milk, ice cream, solid margarines or shortening, and baked goods made from these fats.

\* Choose vegetable oils (polyunsaturated fats)

## 7. Eat primarily a plant-based diet

\* Research shows that people who eat primarily plant-based foods decrease their risk for developing diabetes and other health problems. People who did primarily a plant-based diet were 50-70% less likely to develop diabetes than those who eat meat and other animal foods regularly.

\* A whole plant-based diet also protects against heart disease and cancer, both of which are increased in people with diabetes and obesity.

## 7. Limit stress in your life

\* Make it a point to control stress by taking time for relaxation and adequate rest. When stress hormones are continually high, it can cause an increase in blood sugar levels and also release of cortisol - thus contributing to risk of diabetes and obesity.

\* Excessive stress can also contribute to other factors linked to diabetes including lack of exercise, overeating and weight gain.

\* Giving your body time to rest is a simple way to help reduce those dangerous stress hormones and illnesses.

## 8. Get regular medical checkups

\* 35% of adults with prediabetes don't know it.

\* 36 million with high blood pressure don't know they have it

\* Regular visits can help diagnose and treat problems before they cause major damage and complications: blood cholesterol test, hemoglobin (A1C); eye exams, blood pressure, foot exams, kidney test.

## 9. Sleep! Sleep! Sleep!

\* When your body is sleep deprived, it suffers from "metabolic grogginess." Your fat cells are affected as much as your brain. Get at least 7 hours of sleep.

## LET'S GET MOVING

**Question:** How many calories should you eat per day to lose weight?

**Answer:** The Harris-Benedict equation (it is an estimate) is the most widely used method of calculating your calorie needs (and thus the calorie needs for weight loss). This gives your Basal Metabolic Rate (BMR)—*Your BMR is an estimate of how many calories you'd burn if you were to do nothing but rest for 24 hours. It represents the minimum amount of energy needed to keep your body functioning, including breathing and keeping your heart beating.*

**Harris-Benedict Equation:** (you can also find a BMR calculator online, just do a search)

**Women:**  $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \underline{\hspace{2cm}}$

**Men:**  $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age}) = \underline{\hspace{2cm}}$

**Activity Factor:** We do burn more than our BMR!—Since you don't lie in bed all day, you'll burn more calories than this. To estimate how many calories you burn during your daily activities, we'll use the activity factors listed below.

**Sedentary:** Minimal movement, lots of TV watching, reading, etc.

**Activity factor = 1.4**

**Light activity:** Office work, ~1 hour of moderate exercise/activity during the day.

**Activity factor = 1.5**

**Moderate activity:** Light physical/manual labor during the day, plus more active lifestyle.

**Activity factor = 1.6**

**Very Active:** Active military, full time athlete, hard physical/manual labor job.

**Activity factor = 1.9**

Next, multiply your activity factor by your BMR.

**Calories needed per day** = \_\_\_\_\_ (BMR) x \_\_\_\_\_ (**activity factor**) = \_\_\_\_\_ This number is your total calorie needs, or roughly the amount of calories that you need to eat each day to **maintain your weight. To lose weight, you need to eat less than this. How much less? That depends on your goal ...**

Recommendations are made for individuals to subtract 500-1000 calories from their total calorie needs in order to lose 1-2 pounds per week. This is because a 500-calorie daily deficit yields a 3500-calorie weekly deficit—which is *roughly* the number of calories you need to burn to lose **one** pound of fat. However, I find that these reductions are too aggressive initially and that cutting too many calories too soon sets you up for long-term weight-loss failure. I recommend starting with cutting about 250 calories from your calories per day and take the weight loss process slowly; you will find that your long term achievement will be better and more consistent with a lifestyle change.

So, over the course of 1 month, depending on your restrictions, you can lose safely, 4-8 pounds. If you have any major health issues and are taking medications—**please consult with your physician** before starting any weight loss and/or exercise program. Your physician will be very happy to assist you in beginning a slow and safe weight loss program.

The Battle for wellness starts in the mind. The Bible says that God's Word is a divine weapon to help us develop a new way of thinking. 2 Corinthians 10:5 says that we can "demolish arguments and every pretension that sets itself up against the knowledge of God, and ... take captive every thought to make it obedient to Christ." We need to change our minds about a number of things, including the value of exercise, what it means to be full, and how we view ourselves and our bodies.



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