

Marks Remarks by Mark Rowen Lincoln County Educator 1-9-08

It's now 2008 and everyone is working on keeping those New Year's resolutions. One of the most favorite resolutions is to lose weight/diet. Over the holidays from Thanksgiving to January 1, I have gained a number of unneeded pounds. Now I have to get busy and work on removing them. There are a number of unsubstantiated diets out there that advertise "shed 10 pounds in 14 days" but my questions is will the weight stay off permanently, probably not and are these fad diets even safe.

I called Extension Educator Becky Jensen, from Lake County, also a Registered Dietitian, to ask about her recommendations for losing weight. Her first comment was "expend more calories than you take in." This means exercise more and eat less. If only it were that simple! Becky recommended starting by taking a close look at my current eating and physical activity behaviors. From there, start with small lifestyle changes and gradually continue to add healthier habits. One of the biggest challenges with many people trying to control their weight involves portion sizes. Today's portion sizes are often providing folks with way more calories than they need. I think reducing my portion sizes along with an exercise regiment is where I will start in trying to reduce my weight. Becky directed me to the following websites to assist me in meeting my healthier lifestyle goals:

[www.smallstep.gov](http://www.smallstep.gov)

[www.mypyramid.gov](http://www.mypyramid.gov)

These websites provide credible research based information on making healthy lifestyle changes and eating right.

Well here is my first step to a healthier lifestyle. I will give updates in the future about the accomplishments and setbacks. Hopefully I can encourage some of you to keep going and make accomplishments in your health also.