

FAIR WINDS TO FITNESS

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WHAT'S THE SKINNY ON BMI

by David Bonachea

Asking “what is my ideal weight” generates numerous answers, all of which are “right” depending on how “ideal” is determined. The answer to the question can be based on actuarial tables, body fat percentage, waist circumference, waist-to-hip ratio, height-to-waist ratio, or various ideal weight formulas (there’s at least 4 used in the U.S. alone). Still, it is an important question to ask. Carrying excess weight can place you at increased risk of developing significant health issues, including type 2 diabetes, high blood pressure, heart disease and stroke.

The truth is, no single metric can replace a medical professional’s complete evaluation of your physical status, health risks, genetic factors, and lifestyle habits. Most physicians, however, use Body Mass Index (BMI) as easily measured indicator of **increased health risk**.

Body Mass Index (BMI) is a number calculated from your weight and height. It is not a measure of body fat itself, but correlates closely with direct measures of body fat. You just need to measure you height (in inches) and weight (in pounds) then place those numbers in this equation.

$$\frac{\text{Weight} \times 703}{\text{Height} \times \text{Height}}$$

Once you know that number, find your BMI

category on this chart. A healthy BMI falls somewhere between 18.5 and 24.9. Above that, you’re likely carrying around some excess weight. **But BMI can be wrong!** Like any statistical measure it’s speaking of the “average person,” whoever that might be. Your measure can be skewed by such things as age and lean muscle mass. The calculation also over estimates BMI for persons under 5 feet tall. So if this **screening tool** places you in the overweight or obese category, you may wish to speak with your health care provider or check your body fat percentage.

BMI	Category
Less than 18.5	Underweight
18.5 to 24.9	Healthy
25.0 to 29.9	Overweight
Greater than 30	Obese

BMI and the Coast Guard: In 2009 the Coast Guard will shift from its current Maximum Allowable Weight (MAW) evaluations, to weight measures based on maximum BMI. Beginning with the October 2009 weight measurements, the maximum allowable BMI for any Coast Guard Active Duty and Selected Reserve will be 27.5. Members failing that measure will be checked against a maximum body fat percentage table to determine if further actions under the weight control program are warranted.

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HOLIDAY SEASON- PUTTING IT INTO PERSPECTIVE

by CAPT Theresa Wade

So much of the Fall Holiday Season is defined by the foods we associate with our childhood and the friends and family we have grown up around. When we make the recipes of our childhood, we are paying tribute to all those people and memories that mean so much to us. Food choices are frequently influenced by our past, we cook the way our moms cooked and they cooked like their moms. This is never truer than for the foods we associate with the Thanksgiving through New Year holidays.

This Holiday Season poses problems for many of us who are trying to lose weight, maintain hard won weight loss, or who are just trying to keep from gaining weight. One key to making it through the Holidays without acquiring many unwanted pounds is to practice "conscious eating".

I define, "conscious eating" as the practice of having a dialog with yourself about something you are about to eat. You can eat anything, nothing is off-limits; you don't have to deny yourself any of the foods or treats that you savor during this time of year. What you do have to do however, is take a minute to figure out how that food and those calories fit into your total daily caloric intake. Of course that means you have to also be aware of how many calories are in a portion and how big a portion is. You also have to take the time to make active decisions- not always the easiest thing to do during the rapid-fire, emotionally-laden Holiday Season!

First, to define portion sizes- if you have computer access- type "portion size" into a search engine and you will get many sites to help you figure out what a portion size is.

www.cdc.gov/nccdphp/dnpa/healthyweight/healthy_eating/portion_size.htm,

www.cancer.org/docroot/subsite/greatamericans/content/Controlling_Portion_Sizes.asp, and

www.webmd.com/diet/control-portion-size are 3 great ones.

Many sites can help you figure out how many calories are in a food. One we found that we like is The Daily Plate, www.thedailyplate.com. This, and many other sites, will give you the calorie content

of a portion of food, and it will also allow you to keep track of your calories- a food diary. Research has shown that people who keep a food diary are able to lose weight and keep it off more effectively than people who do not use this strategy. The food diary is also a tool that helps you to practice "conscious eating".

Another aspect of eating during the Holiday Season is emotional eating. The Holiday Season is always a stressful time, we are traveling, visiting with friends and relatives, driving kids around, shopping, etc. We have to keep these multiple tasks in perspective and resist the temptation to eat in response to stress. Taking the time to practice Conscious Eating can actually be a stress reliever. Pausing to assess the portion size and calories in the food you are considering eating will allow you to act purposefully rather than reacting and perhaps eating something that provides only momentary stress relief.

Another great tactic at this time of year is to make time to just sit and relax. This can be formal meditation or prayer time, or it can just be sitting in a quiet space and enjoying a cup of tea. Finally, exercise is always a great stress reliever. Put the dog on a leash and take a walk or get together with a friend and exercise along with a videotape. Just remember what is important about the Holidays to you, what the Holidays celebrate, and allow yourself to enjoy them without putting so much pressure on yourself!

FOOD	PORTION SIZE EQUIVALENCE
Vegetable/fruit	Size of a fist, ½ cup
Pasta	A scoop ice cream, ½ cup
Meat, Fish, Chicken	Fist-sized, Deck of Cards, 4 oz
Potato	Computer mouse, 1 small
Rice	Cupcake wrapper, ½ cup
Cheese	Pair of dice, whole thumb, 1 ½ oz
Milk/Yogurt	1 cup
Bagel	Hockey puck
Bread	1 slice
Pancake	Compact disc
	From: http://www.webmd.com/diet/control-portion-size


MAKING ROOM FOR EXERCISE IN YOUR LIFE

by CAPT Theresa Wade



We are all busy these days, it seems like there is never enough time to do everything that we need to do. Many people have difficulty making exercise a routine part of their lives, despite all the potential health benefits there are to be gained. The President's Council on Physical Fitness and Sports states that less than 50% of adults get the recommended exercise of at least 20 minutes, 3 or more times a week (President's Council on Physical Fitness and Sport- DHHS, online, retrieved 10/24/08). The American Heart Association estimates that only about 22% of the adult US population engages in enough routine physical activity to achieve cardiovascular fitness (ACSM/ AHA Release Recommendations for Fitness Facilities, American Family Physician, Feb 01, 1999, by Sharon Scott Morey, online, retrieved 10/24/08). Cardiovascular fitness lowers your risk of having a heart attack or stroke.

What can you do to make exercise a priority in your life?

1. People who do exercises that they enjoy are more likely to do them routinely.
2. Some research has shown that people who exercise first thing in the morning are more likely to stay committed. This often means setting an alarm so you get up before the rest of the family does. 
3. If you aren't a morning person, schedule a time to exercise everyday. This should be a formal activity- just as you schedule picking kids up at school- you need to schedule your exercise. Enter the plan into your PDA, calendar, or whatever you use to keep track of your appointments.



4. If you are exercising at work or after work, bring your exercise clothes with you. If you are exercising

after work, change before you leave work and go directly to where you will exercise.

5. If you work at home- set a routine- exercise at the same time and on the same days every week. After awhile, this will become routine, but until it does, consistency helps ward off procrastination!



6. Get an exercise partner. It definitely helps to have someone to walk with, do sit-ups with, etc. Exercise is much less like "work" when you can chat with a friend while you are doing it. Just

remember- you are trying to increase your heart rate and strengthen muscles- so you need to put some effort into it!

How do you know how much is enough effort? Many sites now allow you to track your exercise. Some ask whether your effort was light, moderate, vigorous- how can you tell?



Moderate activity is walking at a 3-4 mph pace, 15- 20 minute miles. Vigorous activity is jogging or running. This doesn't mean that you have to run or walk, just put this much exertion into the aerobic activity that you chose to do.

Remember -be kind to yourself. You are trying to establish a routine that you will be able to stick with for the rest of your life. You need to start slow and increase slowly, no more than 10% a week is recommended. If you are presently walking one mile a day, 3 times a week, next week you can walk 1.1 miles. Or instead of increasing the length you can increase your pace- if you are walking 2 miles at a 20 minute per mile pace, you can increase your speed by 10%, so you are walking the 2 miles at an 18 minute per mile pace.

As always- it is recommended that you check with your health care provider prior to starting any exercise program. After you get the go-ahead, get out there and start a new exercise habit!

"We are all busy these days..."

LET'S TALK TURKEY

By FSCM Charles D'Amico

Let's look at a traditional Thanksgiving dinner menu:

- Roast turkey with stuffing
- Mashed white potatoes and/or sweet potatoes
- Biscuits, and/or rolls, and/or or cornbread
- A variety of vegetables -- corn, greens, string beans, carrots, beets, onions, etc.
- Cranberries and/or other berries,
- Pumpkin, apple, and/or sweet potato pies

It reads like a list of Thanksgiving SUPERFOODS:

The yellow and orange foods, called carotenoids, are anti-oxidant-rich plant foods. Rich in beta carotene, these fruits and vegetables supply between three and six times the Recommended Daily Value for vitamin A, absolutely essential for normal night vision and a healthy immune system.

The green foods are more carotenoids with antioxidant power. They help prevent macular degeneration, the most common cause of blindness in the elderly.

Cruciferous vegetables such as turnips, broccoli, Brussels sprouts, cabbage, and cauliflower contain amazing disease-fighting compounds called indoles and isothiocyanates that have been shown to ward off cancer. They are also loaded with vitamin C, folic acid, and fiber.

Cranberries, blueberries, and bilberries are all rich in vitamin C and a source of bioflavonoids called proanthocyanidins. One of the primary actions of the proanthocyanidins is that of an antioxidant. In plants they protect against free radical damage caused by ultraviolet light. In people they neutralize free radicals that would otherwise damage the body and may contribute to degenerative and cardiovascular diseases.



Turkey is the main protein source. How turkey stacks up against other proteins:

- Fewer calories than many lean red meats.
- Minimal total fat and saturated fat.
- Great source of protein
- Turkey is naturally low in sodium, containing less than 25 (mg) per ounce on average.

Even though the menu is loaded with SUPERFOODS preparation methods and ingredients can add to the fat content and calories.

Here are some HEALTHIER THANKSGIVING RECIPE MAKEOVER HOW TO'S:

Let's Talk Turkey: Skinless turkey breast is about the leanest meat you can eat, only about 90 calories in a 3-ounce portion. Dark meat is has more saturated fat, and about 130 calories per portion. Moisten the breast meat by serving with low calorie tomato salsa and cranberry sauce (homemade, not the sugary canned version).

Gravy with Goodness: Lighten up gravy by skimming off the fat from the turkey drippings. Pour drippings into a bowl, place bowl into freezer while turkey is resting, about 15 minutes, then skim off the fat. In a saucepan, combine 4 cups of defatted drippings, ground pepper to taste, 1/3 teaspoon of poultry seasoning and a cube of chicken bouillon: stir and simmer for five minutes. In a separate bowl, whisk together ¼ cup of nonfat milk and ¼ cup cornstarch, then add to hot broth, stirring with whisk until smooth.

Stuffing to be Thankful For: These simple modifications apply to both your traditional and everyday recipes to make them lower in fat and calories. Substitute nonfat evaporated milk for milk and cream; two egg whites or ½ cup of egg substitute for one whole egg; 100% fruit juice for chicken broth (or use de-fatted broth) and eliminate saturated fat and lower the amount of fat by substituting olive oil for butter.

Portion Control: Studies consistently show that the more you put on the plate, the more you'll eat. The trick here is everything in moderation. Enjoy the variety of food available at Thanksgiving without consuming large volumes.

Fat Reduction: Reduce fat in recipes by half, or replace fat with lower calorie ingredients. For example, replace half the fat in your quick bread, cookie, or cake recipes with fruit puree or unsweetened applesauce. Make healthier mashed potatoes by substituting low fat buttermilk for whole milk or half-and-half, and reduced-calorie (trans fat-free) margarine-like spread for butter. Add garlic to potatoes...just soften a couple of cloves of garlic in a skillet sprayed with cooking spray while the potatoes are boiling, then mash into the cooked potatoes before adding buttermilk and spread. A serving (about ¾ cup) has about 150 calories and 4 grams of fat.

Pumpkin Perfection: Enjoy a lighter crust by using phyllo dough. Use egg whites, or egg substitute, and fat-free evaporated milk in the filling.

We want to hear from you.....



The publication of *Fair Winds to Fitness* is new and with your assistance we can keep the ideas and suggestions fresh with your input. If you have a favorite healthy recipe, an informative website or a suggestion that would be of interest to others for a healthier lifestyle, please submit it to us. We have set up a special e-mail address and we would greatly appreciate your submissions. The address is

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We hope to hear from you soon!