



# What's New from APFRI

Inside this edition: National Nutrition Month, Cooking Tips, Health Tips, Classes, Heart Healthy Recipes, and more...



APFRI Publication No.11

Feb/Mar 2010

## We Have the “Secret” to Weight Loss

Feb/March 2010 Newsletter

Army Physical Fitness Research Institute



Safe and effective weight loss ignores the extreme fads of fairy tale diets, magic exercise equipment that promises to whittle away belly fat, and unhealthy torture of our self-image. There is no magic pill, lotion, or one single method that will ensure healthy weight loss. Our “secret” is developing a plan and using motivational techniques to ensure long term success.

The month of January always brings out the New Year’s resolution of losing weight. Motivation is high and we are excited to embark on our weight loss journey. Unfortunately, by March many people are using their new treadmills as coat racks and have lost the drive to stay motivated.

How do we stay motivated long enough to develop proper nutrition and exercise habits in order to lose weight? The American Council on Exercise [1] suggests that we start by setting goals using the S.M.A.R.T method. This method describes the various attributes a goal should have to ensure the

probability of success.

### S=Specific

We need to state what needs to be accomplished, and make it easily understood. For example, I will walk at a brisk pace for 15 minutes Monday through Friday from 12:30-1:00 starting Feb 1st and ending Feb 28th.

### M=Measurable

A measurable goal may include walking on a treadmill 4 days a week with a heart rate intensity of 75% for 30 minutes in duration. This is a goal that can be measured as opposed to a goal of “getting in shape.” Each walking session is then recorded in an exercise journal.

### A=Attainable

So many times we set ourselves up for failure by setting unrealistic goals. Look at the specific goal and determine whether it is realistic and attainable. Howley and Franks [2] state that a goal can be achievable, but personal and situational constraints may make it unrealistic. Unrealistic goals can set a participant up for failure which can damage a person’s adherence to the behavior change program.

### R=Relevant

Goals should be pertinent to your particular interests, abilities, and needs. Do not pick an activity that you don’t enjoy. If you love to swim, but hate to bike, then you are more likely to stick with the program if you choose swimming.

### T=Time-Bound

We need to set specific deadlines for completion. If you are looking to run a marathon in a year, then set small, time-bound goals monthly to lead up to the 26 miles you are looking to run. In addition, time management plays an important part in a successful weight loss program. Planning one’s time carefully is important for eating healthy and exercising regularly. Our lives are so busy that when we are stressed for time we neglect ourselves and go for the easy, fast way to eat. (A situation which fast food companies are banking on.) To be successful, take the time at the beginning of the week to plan your menus, shop for high nutrient dense foods and plan your physical activity. Then follow through with your plan!

Motivation, when it pertains to exercise, is divided up into two categories. The first category is extrinsic motivation, and it includes factors that involve personal appearance, social support, and praises from the personal trainer. These external rewards may be enough to motivate a person short term; however, research has shown that these motives are not sufficient enough to sustain regular exercise regimens. The second type of motivation is called intrinsic motivation. This includes focusing on health factors, personal competence, increased energy, and decreased stress. Studies have shown that internal motivators produce a long lasting adherence to exercise, which is needed for successful weight loss [3].

In conclusion, the “secret” to weight loss is there is NO “secret.” Buying into the latest “fad” diet or piece of exercise equipment that promises quick results will be a waste of your time, energy and money. Our “secret” starts by making the decision and fully committing to a SMART plan of action. The SMART plan will work if you put into play long term motivational techniques. Finally, focusing on the internal rewards that you will receive from a positive lifestyle change will motivate you to continue on your weight loss journey.

# We Have the "Secret" Double Puzzle

## *Brain Fitness*

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Clues to the double puzzle found in pg. 1 "We Have the Secret to Weight Loss" article.

## Heart Healthy Cooking Tips

Remember the days when being on the receiving end of heart-healthy eating advice was about as much fun as a root canal? Say au revoir to those days, thanks to a new approach to heart health. A strict, low-fat dietary strategy for heart disease prevention is old news. Today's emphasis is on a vibrant, flavorful diet that powers up on healthy fats, seasonal fruits and vegetables, whole grains, fish, herbs, spices, and moderate alcohol consumption.



**1. Variety is the key:** Healthy eating does not have to be bland! Make menu ideas interesting by adding healthy fats, marinades, herbs, and a variety of fresh fruits, vegetables, and grains.

**2. The new “OK” foods:** Small amounts of avocados, walnuts, and almonds can add a lot of heart healthy fats and flavor.

**3. Add a touch of healthy fat:** Use a tablespoon of extra-virgin olive oil or canola oil or marinades to add flavor. A small amount of blue cheese in a salad can offer a powerful flavor and get people to turn to salad greens more often.

**4. Make vegetables delicious:** Drizzle them with just a bit of extra-virgin olive oil, roast them, serve them with a dip, or spoon a small amount of low fat cheese sauce over them.

**5. A pinch of spice:** Boost the flavor of dishes with herbs and spices.

## Health Tip: The Power of Tomatoes



The powerful antioxidant, lycopene, can be more easily absorbed into the body when consuming processed tomatoes due to the preserving process of cooking, stewing, bottling or canning tomatoes within hours of being harvested. Processed tomato products contain even more lycopene than fresh tomatoes and account for 80% of the lycopene consumed in the United States. Lycopene appears to reduce inflammation, which science has shown to be the root of many chronic, life-threatening diseases including cancer, heart disease, diabetes, neurodegenerative diseases and obesity-influenced health issues.

## Lifestyle Modifications: Prevent Onset of Type 2 Diabetes

The Diabetes Prevention Program Outcomes Study (DPPOS) is a continuation of the Diabetes Prevention Program (DPP) which published its first findings back in 2001 after 3 years of study conducted with over 3000 people in 27 centers nationwide. Intensive lifestyle modifications (diet and exercise) were found to decrease the incidence of type 2 diabetes by an impressive 58%. Metformin, an oral diabetes medication, decreased the incidence by 31% compared to the placebo group. Now, ten years later, the intensive lifestyle group continues to show a delay in the development of type 2 diabetes by 4 years, the metformin group by 2 years. The older participants exhibited the greatest benefit: those over 60 years of age saw a 50% reduction over the 10-year span in the development of diabetes. Marked results in the delay or prevention of type 2 diabetes are still evident after 10 years in a group of people who exercised and followed a diabetic diet. A healthy lifestyle does indeed prevent or delay the incidence of a ballooning epidemic, type 2 diabetes. An ounce of prevention...

## CGSC Annex Noon-Time Lectures 1245

### February

1~ Restorative Sleep  
 Special Effort  
 3~Cholesterol: Gearing Up for Change  
 8~Running Shoe Lecture

Please call  
 758-3421 for  
 NTL locations.  
 All NTL start at  
 1245 to  
 accommodate  
 CGSC Students.

### March

9~Metabolic Syndrome  
 12~Commissary Tour 0900-1100  
 15~Hypertension  
 17~Running Shoe  
 22~Weight Control  
 29~Stress Management  
 31~General Fitness

## CGSC Annex Fitness Classes 1500 Gruber Gym

### February

4~Flexibility

### March

22~Strength Fundamentals  
 24~Injury Prevention  
 29~Physioball  
 31~Flexibility

<http://usacac.army.mil/cac2/cgsc/Events/APFRI/index.asp>

## CGSC Annex APFRI Professional Out Brief Staff

**Dr. Gregory Ellermann, Ph.D.**  
*Clinical Psychologist*  
**Mrs. Cecilia Thomas, RD**  
*Dietitian*  
**Mrs. Christy McKnight, RN, BSN**  
*Registered Nurse*  
**Mr. Perry McGinnis, PT**  
*Physical Therapist*

**February 10, 2010**  
**Ms. Georgia Kostas, MPH, RD, LD.**  
*Speaker for Spouses Night Out/Women's Symposium*

**Food Focus: Taking Care of You**  
 Lewis & Clark 1750-2100



For more  
 information on  
 this event  
 please contact  
 Christine McKnight  
 @ 758-3432

*Funding is provided through the very generous  
 support from the Daniel & Joanna Rose Fund, Inc.  
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## February 5, 2010, is National Wear Red Day!

Wear red for National Women's Heart Day! One in two women in the United States dies of heart disease or stroke, while 1 in 30 dies of breast cancer. Heart disease is the number one killer of American women. You have tremendous power to prevent heart disease!



### Take Action to be Healthier:

- Have your cholesterol and blood sugar levels checked.
- Monitor your blood pressure.
- Stop smoking.
- Increase your physical activity to a minimum of 30 minutes on most, if not all, days of the week
- Reach and maintain a healthy body weight.
- Eat a well balanced diet, including lots of fruits and vegetables, less salt, low fat, more legumes (beans), fish, poultry, and lean red meats.

## March is National Nutrition Month...Barley: A Nutritional Powerhouse

Barley is packed with fiber and contains important vitamins and minerals. It is also low in fat and cholesterol free. Barley contains both soluble and insoluble fiber. Soluble fiber is effective in lowering blood cholesterol and can reduce the risk of heart disease. Soluble fiber also slows down the absorption of sugar and helps reduce the risk for developing type 2 diabetes.

The insoluble fiber found in barley may be beneficial in helping the body maintain regular bowel function. In addition, barley contains several vitamins and minerals including niacin (B3), thiamine (B1), selenium, iron, magnesium, zinc, phosphorus and copper. Finally, barley also contains phytochemicals, which may decrease risk for certain diseases such as heart disease, diabetes and cancer.

## Teriyaki Barley Salad Recipe

### Ingredients

- 1/2 cup pearl or whole grain barley
- 1-1/2 cups water
- 1/4 tsp salt
- 2 medium carrots, thinly sliced
- 1/2 pound snow peas
- 2 cups cooked and cubed chicken
- 1 can (8 oz) sliced water chestnuts, drained
- 4 green onions, sliced
- 1/4 cup vegetable oil
- 1/4 cup low sodium teriyaki sauce
- 1 Tbs white wine vinegar
- 1 tsp ground ginger
- 1/2 tsp garlic powder

In medium saucepan with lid, bring water to boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Cook carrots in boiling water for 5 minutes. Add snow peas and cook 1 minute longer or until carrots and snow peas are tender-crisp. Rinse cooked vegetables and drain. Combine cooked barley, cooked vegetables, chicken, water chestnuts and green onions. Blend together oil, teriyaki sauce, vinegar, ginger and garlic powder in a small bowl. Pour over barley salad and mix well. Cover salad and refrigerate until chilled. Makes 6 servings.

### Nutritional Analysis (per serving)

Calories	288	Cholesterol	41mg
Protein	18 g	Fat	13 g
Carbohydrate	26 g	Fiber	5 g



Pearl Barley

# Heart Healthy Recipe

## Baked Salmon with Southeast Asian Marinade

Salmon works well on the grill. After you have wrapped the fish in aluminum foil, grill until firm and opaque throughout, about 10 minutes on each side. Serve on couscous with steamed green beans on the side.

### Ingredients

- 1/2 cup pineapple juice
- 2 garlic cloves, minced
- 1 tsp low-sodium soy sauce
- 1/4 tsp ground ginger
- 2 salmon fillets, each 4 ounces
- 1/4 tsp sesame oil
- Freshly ground black pepper, to taste
- 1 cup diced fresh fruit, such as pineapple, mango and papaya

Makes two servings

### Procedure

In a small bowl, add the pineapple juice, garlic, soy sauce and ginger. Stir to mix evenly.

Arrange the salmon fillets in a small baking dish. Pour the pineapple juice mixture over the top. Put in the refrigerator and marinate for 1 hour.

Preheat oven to 375 F. Lightly coat 2 squares of aluminum foil with cooking spray. Place the marinated salmon fillets on the aluminum foil. Drizzle each with 1/8 tsp sesame oil. Sprinkle with pepper and top each with 1/2 cup diced fruit.

Wrap the foil around the salmon, folding the edges down to seal. Bake until fish is opaque throughout when tested with the tip of a knife, about 10 minutes on each side. Serve immediately.

### Nutritional Analysis (per serving)

Serving size: 1 fillet

Calories	310	Cholesterol	67 mg	Protein	23 g
Sodium	174 mg	Carbohydrate	24 g	Fiber	1 g
Total Fat	13 g	Calcium	37 mg	Saturated Fat	3 g
Monounsaturated Fat	4 g			Potassium	591 mg

## APFRI Staff Spotlight



Ms. Susanne Dale, B.S  
CGSC Annex  
ACSM Certified Health Fitness Specialist®  
Exercise Physiologist

E. Susanne Dale began her career in fitness as a gymnast wanting to improve her athletic performance. Her passion carried over to college where she majored in exercise physiology at KU, even competing in bodybuilding her sophomore year. She is currently completing a Master's Degree in Athletic Performance and Injury Prevention. She is a busy single mom with three beautiful children and hates excuses for not working out...."very few people are as busy as me, and I manage to get in my workouts." In her spare time, Susanne enjoys spending time/traveling with family, working out, playing the piano and baking cookies and cheesecake. She has worked in Army and Air Force fitness and sports for almost 10 years in Germany and Hawaii. Susanne Dale holds advanced fitness training certifications with the American Council on Exercise (ACE), American College of Sports Medicine (ACSM), Aerobic & Fitness Association of America (AFAA), National Academy of Sports Medicine (NASM) and the Cooper Institute. She is also certified in Spinning, group exercise and pilates. Susanne is currently training for a figure competition this spring. She calls Leavenworth, Kansas, home having grown up here and loves her job with APFRI!

## Double Puzzle Brain Fitness Answers

IOTAOVMTIN  
NINCRSITI  
XINCIRTES  
SAMRT HODMTE  
NO MIGCA  
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SBLEMRAUEA  
BEANALTIAT  
TEVLEANR  
TEMI-DOBUN

MOTIVATION  
INTRINSIC  
EXTRINSIC  
SMART METHOD  
NO MAGIC  
SPECIFIC  
MEASURABLE  
ATTAINABLE  
RELEVANT  
TIME-BOUND  
THERE IS NO SECRET

## References

### We Have the “Secret ” to Weight Loss Article

- [1] Sudy M. *ACE Personal Trainer Manual: The Resource for Fitness Instructors*.  
Boston, MA: Reebok University Press; 1994.
- [2] Howley ET, Franks BD. *Health Fitness Instructor 's Handbook, 4<sup>th</sup> ed.*  
Hong Kong: Human Kinetics; 2003.
- [3] [http://www.vertexfit.com/articles/Intrin\\_vsExtrin\\_Motiv.pdf](http://www.vertexfit.com/articles/Intrin_vsExtrin_Motiv.pdf)

### Heart Healthy Cooking Tips

<http://www.hearthub.org> and [http://www.todaysdietitian.com/newarchives/td\\_020909p26.shtml](http://www.todaysdietitian.com/newarchives/td_020909p26.shtml)

### Health Tips

<http://www.tomatowellness.com>

### Lifestyle Modifications: Prevent Onset of Type 2 Diabetes Article

National Institutes of Health website, NIH News, Thursday, October 2009. Viewed 30 October 2009.

### Wear Red Day Article

<http://www.americanheart.org/presenter.jhtml?identifier=1200000>

### Barley Article and Recipe and Heart Healthy Salmon

<http://www.barleyfoods.org>  
<http://www.mayoclinic.com>

## Article Authors & Contributors

### We Have the “Secret ” to Weight Loss article and Brain Fitness Double Puzzle

Mrs. Tracy S. McClung M.S., ACE APFRI CGSC Annex

### Heart Healthy Cooking Tips

Mrs. Cecilia Thomas, RD APFRI CGSC Annex

### Health Tip: The Power of Tomatoes and Wear Red Day Article

Mrs. Dee Connelly, RN, BSN APFRI USAWC

### Lifestyle Modifications: Prevent Onset of Type 2 Diabetes Article

Mrs. Jennifer J. Eiland, MS, RD, LD APFRI USASMA Annex

### Barley Article and Recipe

Mrs. Dee Connelly, RN, BSN APFRI USAWC  
LTC Heidi Kaufman, MS, LD APFRI USAWC

### Heart Healthy Salmon with Southeast Asian Marinade

Mrs. Tracy McClung MS., ACE APFRI CGSC Annex