

# Our Health Matters

Welcome to 'Our Health Matters', a new section of the Capital Health Update aimed at promoting health. Each month you will read of a new focus for your own health. Each month you may also be challenged to think about how you are doing in that area.

**"Healthy, not Skinny"** - by Anna Leiper, Registered Dietitian, Nutrition Education Clinic, CDHA

**Obesity-** We hear about it all the time. Do we have to diet to overcome it? Is it possible to actually enjoy food and even have our sweet and salty treats without feeling guilty? The answer is YES- and here are some tips to help you get started...

- **Healthy, not skinny!** Look beyond the numbers of the scale. Remember that there is a healthy weight range, not a magic number that a person is supposed to weigh. Losing weight doesn't mean you're losing fat (losing weight after a long run= loss of body water etc.). Ask a dietitian to help you find your appropriate weight range.
- **Be Realistic!** Walking three times/week for ten minutes may seem small, but in total it is 30 min/week of activity that you didn't do last week!! It's much easier to start small and build up rather than set your goals too high, fail and then lose confidence to keep trying.
- **Catch the "Stinking thinking"!** Every goal met **IS** a success to be celebrated. One bad day will not eliminate your previous accomplishments. Catch the "Stinking Thinking" and replace it with a positive action or thought to set you back in the right direction. "Stinking Thinking" gets you no where.
- **Balance-** Being healthy is a balance of healthy eating and regular physical activity. Incorporate both into your daily lifestyle. When it comes to eating, balance is the key word. Any eating plan that tells you to eliminate a food group may be depriving you of certain nutrients and often leaves you craving and at risk for binging later on. Try to have *disciplined freedom*, which is the freedom to eat whatever you want, but the discipline to know how much and how often to have it.

You can find recipes, nutrition facts and other healthy tips at [www.dietitians.ca](http://www.dietitians.ca)