Welcome to Week 6! Can you believe this snow?!!!

For those of you who signed up for a free Pilates lesson, you should have received a confirmation email from me. Each class will meet in Room 223. Come dressed in your workout clothes and ready to learn some great, effective Pilates exercises! 😊

It’s time to do our measurements again! If you submitted your weight and waist measurements to me last month for our group tracking, please submit your current weight and waist measurement to me. Remember, you can remain anonymous – please use the same Nom de Plume you used last month. 😊

Make sure you mark your calendars for April 14th from 11am-noon – Brittan is going to give a presentation on Fad Diets. It promises to be very interesting and entertaining!

Weekly Fitness Tips

- Planning your summer vacation? Plan some activities that will require you to stay active, such as a walking tour.

- If you enjoy walking as a way to get your physical activity, try to focus more on distance rather than speed. It’s better if you can get in more steps at a comfortable pace than if you push yourself too hard and end up quitting after a few minutes.

Fit Fun Fridays!

Starting this Friday, April 9th and going through the end of April, we are going to have some fun on Fridays! Join us anytime from 10am-3pm in the East 2 conference room (on the Peds Critical Care side) and come experience the awesomeness that is the Wii. Stop by on a quick break or on your lunch break!

Drawing Winners and Leading Team

Congrats to our drawing winners – Lenora Olson and Elaine Taggart!

The team still in the lead is… PEas & CARrots Now! (PECARN)
6 Easy Calorie Cutters That Fight Fat

By Liz Vaccariello, Editor-in-Chief, Prevention

There's more than one way to cut a calorie. Yes, you can look at labels or choose restaurants that list calories on the menu, but there are other not-so-obvious ways to trim calories without a lot of thought or effort. Here are six that work surprisingly well.

1. Trim Down Portions at Home

Restaurant servings aren't the only ones growing. According to a study of 18 recipes published in The Joy of Cooking since it was first released in 1936, home-cooked meals have 63% more calories per serving today. One of the reasons is a 33% increase in serving sizes since 1996. Halve recipes, or assume you'll have leftovers and store half the food as soon as it's cooked.

2. Skip Oversweetened Drinks

People who eliminated just one sugar-sweetened beverage from their diets a day lost more weight over 6 months than those who reduced the same number of calories from solid food, found a Johns Hopkins University study. Researchers speculate that liquid calories are less satiating, leaving you hungrier.

3. Eat Protein at Every Meal

In a European study of 205 slimmed-down men and women, those who ate about 25% of their daily calories from protein (about 100 g for a 1,600-calorie diet) had an easier time maintaining their weight loss. Protein may help because it keeps you feeling full longer and uses more calories during digestion than carbohydrates and fat do,
concluded the researchers. Good choices: 3 ounces of chicken (26 g protein), 3 ounces of tuna (22 g), 1/2 cup of low-fat cottage cheese (14 g), 1/2 cup of soybeans (11 g), 1 cup of quinoa (8 g).

4. Begin with Broth

Research shows you'll eat about 20% fewer calories if you start a meal with soup instead of diving right into the main course. Just skip high-calorie cream-based varieties.

5. Have a V-8

Vegetable juice may help quell your appetite and control calorie consumption. When University of California, Davis, researchers had a group of men and women follow a low-calorie, heart-healthy diet, those who drank at least 8 ounces of low-sodium vegetable juice daily lost 4 times more weight than those who skipped the healthy beverage.

6. Make Your Own Snack Packs

Dieters actually ate more when given prepackaged 100-calorie snack packs than when they received larger packages, reports a study published in the Journal of Consumer Research. These products may be perceived as low-cal "diet" food, but in reality, they tend to be sugary and nonfilling so you may not stop at just one, explains Leslie Bonci, MPH, RD, director of sports nutrition at University of Pittsburgh Medical Center. A better (and cheaper) option: Buy a big bag and portion out your own sensible servings.