



Healthy Lifestyle Tips for Losing Weight and Keeping it Off



Successful weight loss (losing weight and keeping it off for at least five years) is accomplished by making positive changes to both eating habits and physical activity patterns. Today, there are many new diet fads and crazes, but the only tried and true way to lose weight, keep the pounds off, and stay healthy is to eat a healthy and balanced diet and stay active physically. Here are some ideas that may help you lose weight and keep it off.

Get Moving!

To establish a habit of regular physical activity, make simple, small changes. Try getting 30 minutes of physical activity most days of the week. Try a variety of different activities to ward off boredom. Here are some simple tips to help you start being more active.

- Instead of meeting a friend for lunch, meet for a walk.
- Wash your car by hand instead of going to the car wash
- Use manual gardening tools to mow, trim, and rake.
- Walk or ride a bike to work or to the grocery store, grandkids can become more active this way too!
- To keep track of how much walking you do in a day, purchase a pedometer that calculates how many steps you take in a day, and how many calories you burn. You might be surprised how many calories you burn keeping up with grandkids!

Eat a Wide Variety of Foods.

Trying new foods will keep food interesting for you and for your grandchildren. Eating a variety of foods also leads to a more balanced diet which will provide you with the vitamins, fiber, minerals etc. needed to keep you healthy.

Tailor Portion Sizes

Often it isn't what we eat that lends to added calories, but how much we eat. When eating out in restaurants, divide the meal in half, and take the rest home for lunch the next day, or split a meal with a friend.

Excerpts reprinted from The American Dietetic Association, National Center for Nutrition and Dietetics, Nutrition Fact Sheet, February 2000. www.eatright.com. For other nutrition related information contact your local County Extension Agent or Dr. Lynn Paul Food and Nutrition Specialist at (406) 994-5702

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October Motivation

"What you did in the past, though it might have made you the person you are today, has absolutely no bearing on what you do in the future."

"To the world you might be one person, but to one person you might be the world "--
Unknown

Free Tickets Offered for MSU Football Game

The Grandparents Raising Grandchildren Project has collaborated with MSU Athletics and the Bobcat Ticket Office to provide you with the chance to see the Bobcats in action this fall!

If you are looking for a fun way to spend a Saturday in Montana, what better way than to take them out to a sporting event such as a football game.

Grandparents and their grandchildren can attend the South Dakota State University game on October 23rd for **free**. A limited number of tickets are available for this game, and if you would like more information, or would like to reserve your tickets, please contact Annie at (406) 994-3395.



If there are other sporting events that you are interested in attending, please let Annie know, and we can try to get tickets for other games or events.

Young At Heart Program Offered in Bozeman

Young at Heart is an exercise program specifically designed for adults 40 and over consisting of classes in water aerobics, conditioning ("land" aerobics), strength training, lap swimming, line dancing, water walking, and arthritis water exercise.

We also offer a mind/body water class called Tai chi which provides participants with a relaxing, meditative, and stress-reducing experience. Our instructors are well-trained, and class formats and sizes ensure a safe, effective, and fun experience for all.

Most of our classes are held on the MSU campus, so we offer Young at Heart participants a parking fee reduction. Please call or email Carolyn Sanden, the Director of the Young at Heart program, at 994-6316 (csanden@montana.edu) for more information."



"Our instructors are well-trained, and class formats and sizes ensure a safe, effective, and fun experience for all."

Thank You Grandparents Raising Grandchildren

I wanted to take a moment to thank the 52 Montana grandparents who have filled out their surveys for the Grandparents Raising Grandchildren Project. We have had a great response, and the information that you have provided individually and as a group will help the project and grandparents in the future immensely.

Beyond just filling out the survey, thank you for taking on the responsibility of taking care of your grandchildren. I can imagine, and I have heard from many of you, what a challenge it is. More importantly, I have spoken to many of you who absolutely adore your grandchildren and wouldn't have it any other way, no matter the challenges that face you each day.

I do hope that one day, taking care of your grandchildren will be easier, and thanks to your input from the surveys, it may be.

Annie Conway, Program Coordinator

"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing, it's when you've had everything to do and you've done it!" --Margaret Thatcher

Twelve Fun Ways to Make School Days Active Days



Very few kids today get the activity they need for a healthy weight and overall fitness. Helping kids get fit can help them do better in school, have a better attitude all day long, and sleep better at night. When you help your child, grandchild, niece, nephew, or next-door neighbor get active, you can improve your own health and weight at the same time. Walking to school is a wonderful first step – but look at all the other enjoyable ways to add physical activity into the school day!

1. **Walk to school:** For new ideas on the tried-and-true path to fitness for generations, visit www.walktoschool-usa.org/
2. **Put on a pedometer:** Pedometers come in kid-friendly colors, sizes, and shapes. Ask if your school has a pedometer program.
3. **Create a “walking” school bus:** Designated adults pick up kids for a group walk to school. Learn more at www.walkingschoolbus.org/
4. **Use pedal or push power:** Bikes, trikes, and scooters are all fun ways to get to school. Remember to wear a helmet and bring a lock.
5. **Take 10 in the classroom:** Simple idea to get kids moving during regular class time; see one program at www.take10.net/
6. **Start a walking club:** Students, staff, teachers, and parents all need easy ways to get fit; work with the PE teacher to start a club.
7. **Volunteer for active recess:** Most schools welcome volunteers. See what you can do to make recess more active, fun, and inclusive.
8. **Take on a challenge:** At www.presidentschallenge.org/, you (and the whole school) can register for recognition and awards.
9. **Walk home from school:** Meet the kids – and have some fun on the way home. Play ball at school or have a walking scavenger hunt.
10. **Pick a verb, any VERB™:** Sports tips, places to play, games you can only imagine, it’s all at this very cool site: www.verbnow.com/
11. **Switch to active videos:** Exercise videos now come in every flavor – from *Elmocize* to *Yoga Fitness for Kids* (ages 7 to 12).
11. **Play, play, play:** Anywhere, anytime, at the park, or in the yard – it’s simple with a ball, Frisbee, jump rope, or hula hoop.

www.montanadieteticassociation.org/promo.html

"There are those of us who are always about to live. We are waiting until things change, until there is more time, until we are less tired, until we get a promotion, until we settle down -- until, until, until. It always seems as if there is some major event that must occur in our lives before we begin living." -- George Sheehan



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We're on the Web!

[http://www.montana.edu/
wwwhd/grg/index.htm](http://www.montana.edu/wwwhd/grg/index.htm)

How Your Body Tells You About Stress

Stress is the body's reaction to the changing demands of life. Stress is not always a bad thing, and moderate amounts of stress can be good, it helps to motivate us! However, too much stress can have a negative impact on your health. Here are some ways that your body tells you it is experiencing stress:

- Feeling tired all of the time
- Loss of temper
- Experiencing marital problems
- Feeling overwhelmed
- Muscle tension
- Withdrawal from activities/relationships
- Changes in sleeping or eating
- Inability to concentrate
- Crying for no reason
- Feeling Anxious
- Sweaty palms
- Experience frequent physical illness
- Being forgetful
- Increased alcohol or tobacco use
- Tension headaches
- Constipation or diarrhea

While everyone experiences various signs of stress from time to time, if they continue to occur, think of what might be going on in your life. If you experience multiple symptoms listed above, or if symptoms persist for an extended period of time, you should seek out help from your family, a friend, your health care provider, pastor or a mental health professional. Getting help for yourself is the best thing you can do for yourself and your family. To find a mental health counselor in your area, call the Mental Health Association of Montana at 800-823-6246.

Excerpts from Handling Challenging Times Montguide by Sandra J. Bailey and Ramona Marotz-Baden. Visit www.montana.edu/extension for this and other Montguides.

