The Battle of the Sexes Meets the Battle of the Bulge

For years it has been clear that regular exercise (or activity) plays an important role in weight management. But men often seem to lose more body fat when they begin exercising than women. Now we’re beginning to understand why. Certain hormones (ghrelin, leptin, insulin, peptide tyrosine-tyrosine) help us regulate appetite, satiety, meal size, and meal frequency. Evidence now exists that exercise alters these hormone levels and appetite differently in men and women. Men are more likely to experience a decrease in appetite, thereby creating a caloric deficit when they begin exercising. But women tend to unknowingly increase caloric intake when they begin an exercise program, offsetting the calories they are burning during exercise. Combining exercise with moderate caloric intake restriction is often a wise plan for anyone seeking to lose excess fat, but it may be a particularly important strategy for women. By the way, the MOST effective activity for suppressing appetite is moderate to high intensity aerobic exercise.

Maintain Don’t Gain this Holiday Season

Studies show that Americans gain between 1-2 pounds during the holiday season. This doesn’t sound like much but it adds up year after year.

Instead of focusing on losing weight, which can be discouraging and frustrating during the holidays, try focusing on weight gain prevention instead.

A recent study from Duke University, found that the “maintain, don’t gain” approach was more effective than the traditional weight loss approach.

Making small changes in your daily routine can help prevent weight gain. For example:
- Park further than you usually do
- Take a quick walk during your lunch break or after a holiday dinner
- Cleaning is a great way to exercise
- Play with your kids or grandkids!
- Take the stairs instead of the elevator

Quick tips to become a Healthy Holiday Eater

1. Aim for 7 servings of fruits and vegetables a day- low in calories, high in nutrients, fills you up and keeps you full longer
2. Limit to 1 indulgence a day- enjoy the holiday treats but try not to overindulge
3. Outsmart the Buffet- use a small plate, don’t stack food, go light on sauces, gravy, and dips
4. Drink water instead of beverages with empty calories such as soda and alcohol
5. Choose lean protein- helps you feel full and helps better control appetite
6. Start with Soup or Salad- broth over cream-based, vinaigrettes and other low calorie dressings
7. Never arrive hungry- don’t skip meals, plan ahead
8. Slow down- pace yourself, wait 20 minutes before going for seconds, by that time you might realize you are full
9. Location, location, location- try not to stand near the food table

Employee Wellness News

- Over 100 employees are participating in the Messiah Goes to the World Cup program and have now accumulated over 15,000 miles and ‘sent’ 3 Messiah soccer players to Brazil for next summer’s World Cup ©. The next 3-week phase begins on January 5. Look for the mass email coming out telling you how to register.

- The spring’s wellness emphasis will be on Stress Management – details coming soon- you’ll want to participate!

- Thursday, Jan. 16 12:00 – Wellness Workshop – Stress and Our Bodies…hitting ABOVE the belt
  Presented by Doug Miller, Wellness Director, HHP professor

Hagobian & Braun (2010), ESSR, 38(1); Donnelly et al. (2003) Arch Int. Med, 163(11); Stubbs et al. (2002), IJORMD, 26(6)