



## The Wellness Watch

promoting healthy lifestyles

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### IN THE HEADLINES

#### Dads Stepping in to a More Active Parenting Role

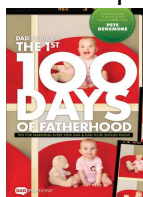


As women are sharing a more equal footing with men in the workforce, men are moving into more active roles in the home. Dads are learning the challenges of work-home life balance, and more than ever we are seeing stay-at-home dads.

There are hundreds of resources for mommies, but now daddies have their own websites, books and even networking groups for support.

#### Recommended Resources for Dads:

- Website ***dadlabs.com*** has tips, a forum, blog and videos to help dads along the way
- Follow ***Dad Revolution*** on Twitter. “Many dads, one goal: helping dads be the best they can be”
- Download ***Familiar.com*** to share pictures you’re posting to Facebook or Picassa in one place to keep grandparents and other family members updated on the kiddos
- Read ***DADspirations: The First 100 Days of Fatherhood*** for tips that every dad-to-be should know



#### Be an Empowered Patient

Who’s the most important person caring for your health? YOU are. Here are some tips to help you along the way.

- **Do your research.** The more you learn about your illness and appropriate treatment options, the better armed you will be in advocating for better care.
- **Know when to choose a different doctor.** Finding a good relationship with your doctor is a little like dating. If you can’t have trust or cannot communicate, it’s time to move on. If a doctor resents that you do your research, move on.
- **Seek out the care you need.** If a doctor, chiropractor, osteopath, physical therapist or naturopath isn’t giving you the help you need, ask for a referral from your doctor, friends or colleagues to try another approach.

Health care is complex. If you need support from a health care advocate, go to [www.healthadvocate.com](http://www.healthadvocate.com) for tips, support or to connect with someone who can help.

#### Tech Corner: Pact



Put your money where your...fitness is? This app encourages users to workout or be active by financial motives. Each week, users pledge a set number of days they’ll work out along with a set amount of cash. Users pay up each day they miss and get paid each time they bust out a workout. Users typically end up losing pounds, not cash. Free for iPhone and Android.

# Health: Focus on Fitness, not Fatness

***What's wrong with dieting? It doesn't work.*** Have you ever been on a diet only to feel so hungry you can't keep it up? Did you feel like a failure? What if you maintained the diet long enough to lose the weight, only to watch it instantly come back again the moment the diet its over. Did you feel like it was a waste of time? We are really good at blaming ourselves for these scenarios, but ***it's time to start blaming the diet for failing us.***

## **5 Reasons Diets Fail:**

1. The concept of a diet is inherently short-term which means you only get short-term results.
2. Diets focus on what you can't have, which makes you feel deprived and can actually increase cravings.
3. Dieting without exercise decreases lean body mass along with fat loss, leading to loss of muscles.
4. Dieting leaves you feeling deprived, leading you to daydream about all the things you'd like to eat as soon as you're done, resulting in a boomerang effect of excess calorie intake after you stop dieting.
5. Dieting with severe calorie restriction results in a decreased metabolism, leading to overall long-term weight gain.

## **5 Ways to Turn it Around:**

1. Focus on long-term goals. The healthy habit you choose today should be something that you intend to carry-on for the next 10 years, not just 10 weeks or 10 days.
2. Focus on Fitness. Find something that you can enjoy or at least you can feel good about on an on-going basis.
3. Focus on what you can eat rather than what you cannot eat. Stock up with the most nutritious foods: fruits, veggies, beans, whole grains and lean protein. You can't eat it unless you have it around. Learning to cook is often the first step to success.
4. Focus on one thing at a time. Keep in mind one small change, sustained over many years, result in a very big change.
5. Focus on self-respect. Exercise because you respect your body enough to take care of it. Eat to nourish your body instead of just entertaining your taste buds.

## **Recommended Book:**

**INTUITIVE EATING** By Evellyn Tribole & Elyse Resch

*Intuitive Eating* will teach you how to reject diet mentality forever, how the three Eating Personalities define our eating difficulties, how to find satisfaction in your eating, how to feel your feelings without using food, how to honor hunger and feel fullness, how to stop the love-hate relationship with food, and how to raise a child as an intuitive eater. More information at [www.intuitiveeating.com](http://www.intuitiveeating.com).

