



Duke Diet & Fitness Center

Healthy Herald

Fall 2009

LIFE-ENHANCING INFORMATION FROM THE DUKE DIET & FITNESS CENTER



Maintaining motivation

Keeping your resolve through the best of times, the worst of times...and everything in between

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Let's face it: Keeping up your motivation to live a healthy lifestyle over the long haul is sometimes a challenge, even in the best of circumstances. And when life throws you a curveball—or even brings up events you see coming, like the holiday season—staying on track with healthy nutrition and exercise can feel especially challenging.

In this issue, Duke Diet & Fitness Center (DFC) experts share strategies to maintain your motivation as you move through the holiday season and into the new year—and tips to get back on track if things go awry. And since rewarding yourself is an important part of motivation, we've got ideas for healthy rewards to celebrate your successes. ■

A word from the director

At the Duke Diet & Fitness Center, we understand the challenge of maintaining motivation and progress through both good and challenging times. To help people progress toward their goals while navigating the ebbs and flows of daily life, we are working hard to build a strong therapeutic



community that extends beyond the boundaries of the DFC facility itself.

To this end, we are upgrading our Web site, dukedietcenter.org, which includes a member area open to all graduates. Here you'll find tools, recipes, success stories, and a discussion board that lets you interact with other program graduates and professional staff. We hope you find that helpful. Our subscription-based program, DukeDiet.com, is open to DFC clients, as well as to anyone who can benefit from the DFC's pragmatic, research-based approach to weight management and lifestyle change. Many of our most successful clients use DukeDiet.com resources, including the message boards (see Robin's story, page 6), as motivation.

DFC clients can also take advantage of Personal Lifestyle Coaching and Dietitian on Demand for ongoing support at home. We continue to develop new programs that make it easier to return to the DFC periodically for a "tune-up," to get back on track, or to plan for your next goal. Keep in mind, a healthy vacation at the DFC can be a great reward!

Wishing you and yours a happy, healthy holiday season and new year,



Howard J. Eisenson, MD
Executive Director
Duke Diet & Fitness Center

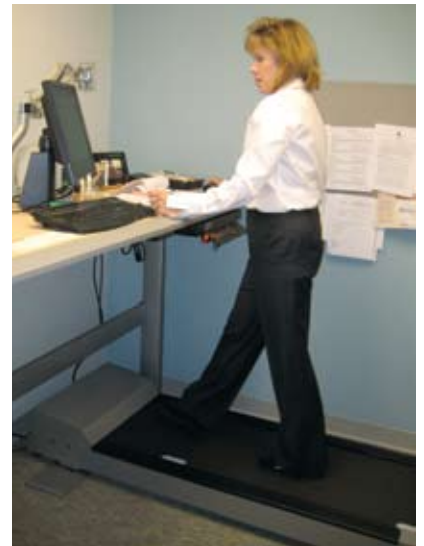
Medical motivators

Lab results can be a great motivator. Improvements provide positive reinforcement for healthy changes made, while declines indicate that it's time to get back on a healthier track. Schedule your annual check-up and pay attention to any changes in your blood pressure, glucose, and cholesterol levels. If you have high blood pressure, consider purchasing a kit for home use so you can monitor more frequently.

Reducing or eliminating medications you once needed is a fantastic motivator. Talk to your doctor about when this might be appropriate. ■

Burn while you earn

Deborah Bade Horn, DO, MPH, MS, is burning hundreds of extra calories while she works in the DFC Medical Clinic, thanks to her new "treadmill desk." The combination standing desk and treadmill, developed by a Mayo Clinic physician, goes no more than 2 mph, a moderate pace that still allows you to type, talk on the phone, and write. Research suggests that using the treadmill desk for four hours a day at just 1 mph can help someone lose more than 30 pounds over a year.¹ "The idea is not to exercise at work," Dr. Horn explains, "but to increase your overall energy expenditure by moving at a lower intensity throughout your work day, outside of your regular exercise time. It's fantastic!" ■



¹ Levine JA. Nonexercise activity thermogenesis—liberating the life-force. *J Intern Med*, 2007 Sep;262(3): 273-87.

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ways to maintain your motivation

Renew your commitment

Even when you're doing well, it's important to periodically renew your "vow" to live a healthy life. Once a month or every few months, take some time to think about why you've decided to make this healthy lifestyle change.

Set realistic expectations

Talk to a health professional about realistic health expectations for yourself. Acknowledge that there will be times when your eating and exercise regimen will not be perfect, such as during the holidays. Focus on maintaining healthy eating habits and remaining physically active the majority of the time.

Anticipate challenges—and have a plan

Be aware of the challenges that may come up for you—such as vacations or food-oriented holiday gatherings—and take some time in advance to set a plan for yourself in the areas of eating, exercise, and self-care.

Enlist support

Plan to check in regularly with a supportive friend, join a group like Weight Watchers, and/or schedule a meeting with a dietitian or personal trainer to work on your nutrition and fitness plans. If you're a DFC client, take part in one or more of the DFC's support programs detailed on page 7.

QUICK TIP

Measure your progress in ways other than weight loss or clothes sizes. Look for improvements in your mood, energy level, interpersonal relationships, and work-life balance.

Don't let your guard down

Some people do well when preparing for a special event such as a wedding, reunion, holiday party, or charity walk/run, and then experience a letdown or loss of focus afterwards. Be aware that this could happen—and make a plan to keep yourself motivated once the event has passed so you can stay in the groove. ■



Glenn E. | "The change has been revolutionary."

Washington, DC
Residential Program Graduate, Annual Returnee

"When I first came to the DFC in July 2007, my goal was functional improvement. I wanted to be able to walk a mile comfortably without huffing and sweating, and to fit comfortably in an airplane seat.

"For me, the change has been revolutionary. My life is so much better and less stressful. I've gone from an XXL to a medium—and now when I shop, I can buy what I like as opposed to what fits. I can get up from a chair or in and out of my car easily—and I can wrap a regular-size towel around myself when I get out of the shower! *Two years ago, I just wanted to be able to walk a mile—and now I can actually run more than 13 miles!*

"I now have the job opportunity of a lifetime: one that I physically could not have done just two years ago. As medical director for the Peace Corps, I travel to rural areas all over the world, and I often have to walk long distances or climb mountains. And I can do it!"

MY MOTIVATION

"My group at the DFC really clicked, and we still communicate every week to support each other. Before we left the DFC, we decided to meet in three months to do a half-marathon. We did it! We're planning to meet for our fourth half-marathon this fall. That keeps me on track. I don't want to let myself or my friends down, so I have to take care of myself."

FOR MORE DFC SUCCESS STORIES, VISIT DUKEDIETCENTER.ORG

Stuck in a rut? Start small.

If you're having a tough time and can't seem to get back on track, just making one small change can give you a sense of accomplishment and something to build upon. **If you can do just one thing, DFC experts offer these suggestions:**

- Eat breakfast at home each morning.
- Lay out your workout clothes and shoes for the next day.
- Start with a 10-minute walk. (Once you get out there, you may choose to do more.)
- Take five minutes to notice how you are feeling today. (For instance, if you notice that you are stressed out, you may choose to engage in relaxing activities.)
- Plan your next meal.

Achieved success on that front? Excellent! Now add another one or two points from the list above, or gear up to **take one of these slightly larger steps:**

- Plan tomorrow's meals.
- Use a pedometer to track your steps, then try to add 100 steps each day for a week.
- Cut the number of times you dine out in restaurants by half.
- Keep a food record. After a few days, review it and choose one thing to change.
- Ask yourself, "What are my triggers for overeating or being inactive, and how can I do this differently from now on?"
- Make an appointment with a personal trainer or a workout buddy or sign up for a class.



You'll be amazed at how quickly these "small things" add up to make a big difference, both in your weight and your overall attitude and motivation. Once you've mastered a few things on this list, you'll build confidence to take on even more! ■

Hints for the holidays

Aim to maintain

Over the holidays, just maintaining your weight is a success!

Keep a food record

It helps to keep your awareness level high about what you're consuming. Studies show that without that awareness, people significantly underestimate how much they actually eat.

Snack before parties

Smelling and seeing the savory spread will still increase your appetite, but if you've had a healthy snack (like a piece of fruit) before you go, you won't be quite as tempted by those treats.

QUICK TIP

Think of Thanksgiving dinner, New Year's Eve, and other celebrations as single events. For example, most people eat more at Thanksgiving dinner—but there's no need to turn it into a week-long feast. Get back on your healthy-eating program the next day.

Don't label foods "good" or "bad"

If you have a favorite seasonal food such as pumpkin pie, plan to incorporate a serving into your special holiday meal. Focus on what you really want the most and plan it in, rather than "spending" calories on foods you won't actually enjoy as much. ■

GYROTONIC® personal training comes to the DFC!



The DFC now offers GYROTONIC® personal training, an innovative exercise system that can help improve your flexibility, strength, and joint mobility. Using a specialized pulley tower that can be adjusted to meet the needs of people with different body types and strength levels, certified GYROTONIC trainer Tara House can help you stretch and strengthen muscles and connective tissues in and around joints of the body,

incorporating breathing patterns that enhance aerobic and cardiovascular stimulation while promoting neuromuscular rejuvenation. The beautiful, hand-designed equipment was donated to the DFC by Stephen and Roberta Edelstein.

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Living Well is the Best...Reward But these rewards are pretty great, too!

Set some goals for yourself and try out these rewards, suggested by DFC staff and clients:

- Sign up for a 5K/10K walk or run
- Plan something active, and enlist your friends or family to join you

Treat yourself!

- Schedule a massage
- Get a haircut, manicure, or pedicure
- Relax with a good book or magazine
- Sign up for a healthy cooking class
- Give yourself some precious free time
- Take a trip to visit an old friend

Dress your success!

- Buy workout or “night out” clothes in your new size
- Add a charm to a bracelet for each goal achieved
- Replace your gym shoes at least every six months

Ramp it up!

- Invest in new exercise equipment
- Arrange a session with a personal trainer
- Download new workout music to keep you pumped up

Get moving!

- Book an active vacation (walking or cycling tours or spa resorts are great!)

“While I love how much easier it is to climb hills on my road bike, the best reward is the look in my husband’s eyes!”

From the dukedietercenter.org message board

Non-food rewards are ideal. But if you do choose to reward yourself with food, try to do it in a responsible way, counsels DFC dietitian Leslie Gaillard, MPH, RD, LDN. If you’re going out for dinner, she says, plan what you’ll eat in advance. “Many successful clients plan a special treat once a week. Rather than bringing the food into their home, they may go out for a scoop of their favorite ice cream or a slice of their favorite pie. Think of it as a special treat, something to look forward to, and try to savor it and be mindful while you’re eating it.” ■



DFC RECIPE

Spinach Dip

2 cups low-fat cottage cheese
10 ounces frozen spinach, chopped, thawed, and drained
1 ounce spinach-dip seasoning mix
2 tablespoons reduced-fat sour cream
1 clove garlic, minced
1/8 teaspoon hot sauce

Combine all ingredients in blender; process until smooth. Chill. Serve with low-fat baked tortilla chips or vegetables.

Makes 12 servings. Nutritional information (per serving): Calories, 16; Carbs, 1g; Protein, 2g; Total fat, 1g; Sodium, 77mg; Cholesterol, 1mg

For more recipes, order the DFC Cookbook (see page 8.) DFC clients can visit the member area at dukedietercenter.org for hundreds of healthy, delicious recipes.

This spring, a bike accident left DFC fitness director Gerald Endress with a broken collarbone and a totaled racing bike. His collarbone is healing, and Gerald—who enjoys commuting by bike the 19 miles each way from Raleigh to Durham—replaced his old bike with an electric one that gives him a little extra push while still providing a great workout. “Unlike a scooter or a motorcycle, an electric bike—which goes about 20 mph max—assists only the pedal motion, which really helps going up hills. I still get a great workout.” Gerald reminds drivers to keep a keen eye out for cyclists!



Four for fitness

To be successful with long-term weight management, your fitness regimen requires:

Commitment

Make a promise to take care of yourself each day, and to meet the fitness goals that you set.

Consistency

Take time out of your day, every day, to do a self-care activity such as stretching, cardio exercise, strength training, yoga or tai chi, or some other active pursuit.

Monitoring

The simplest way to monitor your fitness is to count your minutes of exercise or your

steps, using a good pedometer. And don’t forget to build in rewards when you reach milestones!

Support

Get a trainer, find a class at the gym, join a walking or biking group—do something that builds structure and support into your schedule. Then, when your motivation flags, you’ll have others to lean on and draw inspiration from until you rev yourself back up. ■



DFC Triangle Edition

Now the same proven approach to weight management and lifestyle change that draws people to Duke from all over the world is available to the local community!

DFC Triangle Edition offers affordable outpatient services for residents of the local community. Our programs provide experienced, personalized, professional support to assist you with achieving healthy, sustainable weight loss.

The Group Weight-Loss Program includes 12 weekly one-hour educational sessions with the Duke Diet & Fitness Center professional staff, as well as individual nutrition and fitness consultations.

Individual consultations with fitness, nutrition, medical, behavioral health, and health coaching experts are available as add-ons to the group program or as alternatives for those who prefer individual work.

For more information, visit dukedietcenter.org and click on "Triangle Edition."



Robin S. | "I've learned all kinds of healthy 'tricks!'"

Greensboro, NC
DFC Triangle Edition Graduate

"I'd wanted to go to Duke for several years, so I was thrilled to be able to tap into the expertise at the DFC without having to take a month off of work. *I have to admit, I went in thinking, 'There's nothing new you can tell me.'* Well, I learned that there was a *lot* new they could tell me! I learned how to stop the chain reaction of behaviors that lead to overeating, and worked with the fitness experts to devise a plan to work around my arthritis. It also helped to go through my food journal with the DFC dietitian each week.

"My family now plans all of our meals, and I typically exercise five days a week. Another huge change is that I now eat *mindfully*. I tune in to what I'm eating and think about whether I am really hungry or if I'm eating out of habit or boredom. I've learned all kinds of 'tricks.' For instance, before I eat at a restaurant, I look up their

nutritional information online and figure out what I'm going to order before I get there. Then, when they bring my order, I immediately get a to-go box and pack up half of the meal, so there's no temptation to complete the entire meal in one sitting."

MY MOTIVATION

"I've collected quotes and phrases about weight loss that I post around my house. On my refrigerator is a quote that says, 'What you're looking for isn't in here.' It's a reminder to be aware about whether I'm eating out of hunger, boredom, sadness, or some other emotional need. I also use the DukeDiet.com website to track my weight, and I've found the message boards very helpful in keeping my motivation up."

FOR MORE DFC SUCCESS STORIES, VISIT DUKEDIETCENTER.ORG

Ongoing, Personalized Support for DFC Clients

Dietitian On Demand

The DFC's newest support program provides nutritional guidance, accountability, and on-demand access to a dietitian's expertise based on your schedule.

For more information or to sign up, contact Leslie Gaillard at 919-681-9914 or leslie.gaillard@duke.edu.

"Dietitian on Demand is the perfect support system. They are not intrusive, but are there when you need the help. I renewed my subscription after three months because I have a constant tool that is easy to use, especially when I'm on the go. The best part is that I have kept the weight off that I lost at the DFC."

– J.T., DFC client

Lifestyle Coaching

The DFC Lifestyle Coaching program allows you to enlist the private, personalized support of one of our certified lifestyle coaches. With a focus on monitoring, adherence, problem solving, and behavioral strategies, your personal coach will help you make lasting changes for long-term success.

For more information about Lifestyle Coaching or our free weekly group coaching calls for DFC alumni, contact Lucie Knapp at 919-684-9859 or lucie.knapp@duke.edu. ■

"The bi-weekly lifestyle coaching calls and Tuesday night alumni calls have been the most helpful strategy for staying motivated to achieve my health and wellness goals."

– DFC client, on dukedietercenter.org message board



Wendy L. | "I am so grateful for this opportunity."

Brooklyn, NY
DFC Residential Program Graduate, DFC Endowment Fund Recipient

"My friend had been going to the DFC for years. I really wanted to attend, but I had been caring for two parents, so it was financially prohibitive. Thanks to the DFC Endowment Fund, I was able to participate in the DFC's four-week program.

"With the help of the DFC's fitness, nutrition, and behavioral health staff, I was able to do the work required to shed pounds (54 so far) and, most importantly, an inactive lifestyle. The combination of Duke's expertise and the DFC environment was very healing and helped me refocus on myself and relocate my own power. *Without this scholarship program, I could never have been able to afford to dive into this life-changing, life-saving program, so rich in information and support!*

"I am very grateful for the opportunity to learn about healthy eating habits and exercise as part of daily life. Today, I walked over 13,000 steps

and attended two swim classes. I no longer fear physical activity after leading an inactive life for more than three decades. This lifestyle change is becoming part of me. With a feeling of renewal and hope, I am savoring my life with an increased sense of empowerment and joy.

"To everyone who helped fund and administer the scholarships, please know that I will be eternally grateful."

MY MOTIVATION

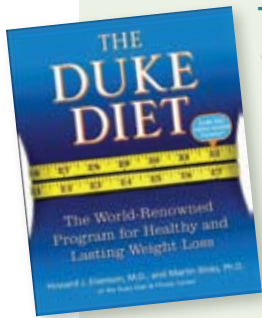
"For me, it all comes down to, 'Do I want to live or die—and how effectively do I want to live?' I want to be here—and to be here fully. So when I am lured by a piece of German chocolate cake, I ask myself, 'Is that piece of cake really going to change my life for the better, and will I even remember the experience a few minutes after I eat it?'"

FOR MORE DFC SUCCESS STORIES, VISIT DUKEDIETCENTER.ORG

Help others change their lives at the DFC! Contribute to the DFC Endowment Fund.

The DFC Endowment Fund is a permanent endowment that provides financial aid for individuals who are otherwise unable to afford the full cost of participation at the DFC. This year, we were able to offer financial aid to three participants, including Wendy. We are eager to grow this fund quickly so more people can experience the life-changing benefits that Wendy describes above.

To contribute to the DFC Endowment Fund, please mail your donation marked "DFC Scholarship Endowment Fund" to Howard Eisenson, MD, DFC Executive Director, 501 Douglas Street, Durham, NC 27705, or contact Dr. Eisenson at 919-684-9768 or howard.eisenson@duke.edu. We also appreciate contributions to the DFC Building and Research Funds. ■



The Duke Diet Book

Give someone you love a copy of our book, *The Duke Diet*. **Order at dukedietercenter.org.**

DukeDiet.com is an online weight-loss program available to residential program participants and others interested in the DFC's proven approach to weight loss and lifestyle change. Duke Diet & Fitness Online applies the same proven approach to weight loss as our residential program: diet, fitness, behavioral strategies, and medical expertise.

For more information, visit dukedietercenter.org.

DFC Cookbook

Prepare nearly 200 healthy and delicious DFC recipes. Includes easy-to-follow instructions, detailed serving sizes, and nutritional analyses. (English and Spanish versions)



DFC Monitoring Journal

Record important nutrition, fitness, and behavioral information, and read valuable health tips.

Self-Awareness CD

Practice relaxation, trigger-foods control, and mindfulness meditation in the comfort of your home.

Chair Aerobics DVD

Get a great cardio workout in a seated position with our popular 30-minute Chair Aerobics Workout.

To order DFC merchandise, e-mail dfcstore@mc.duke.edu.

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To book your stay today, visit dukedietercenter.org or call 1-800-235-3853.