

## Tips for Effective Weight Control

By Jennifer Conrad, Wellness Coordinator  
Source: The Positive Line

Effective weight management requires time, patience, consistency and realistic goals. Dietitians suggest planning for a weight loss of just .5 to 2 pounds a week. You can do this by reducing your daily calories moderately along with increasing your physical activity.

### Make weight control a habit with these tips:

- Cut the number of calories you eat by choosing low-calorie foods. Low-fat foods and usually lower in calories. Limit sugar and alcohol.
- Eat fewer breaded and fried foods, remove the skin from poultry and trim any extra fat from meat.
- Eat more fruits and vegetables, which will fill you up without adding a lot of calories.
- Have a glass of water a few minutes before each meal. Then help yourself to smaller portions of food, and eat slowly.
- Increase your physical activity. For weight loss strive for at least 45-60 minutes of moderate physical activities most days of the week. This can include brisk walking, dancing, or a sport such as tennis or racquetball. To avoid regaining weight, aim for 60-90 minutes of moderate physical activity on most days. The more active you are, the better.
- Don't be hard on yourself. If you "slip up", just get with it again.
- Track your weight. This will motivate you to stick with your program – and also will inspire you with your success.

### Choose Foods that Cut Calories

- Instead of a chocolate bar (200 calories), choose an apple (80 calories)
- Instead of 2 oz. of potato chips (304 calories), choose 2 oz. of pretzels (216 calories)
- Instead of 3 chocolate chip cookies (200 calories), choose 4 graham crackers (120 calories)
- Instead of a cheeseburger (608 calories), choose a plain hamburger (426 calories)
- Fried chicken ½ breast with skin (364 calories), choose roast chicken ½ breast with no skin (193 calories)
- Instead of a sausage and egg biscuit (581 calories), choose a bagel with cream cheese (295 calories)

### Exercise Away 300 Calories

These figures are for a person weighing approximately 150 pounds. The more you weigh, the more calories you burn.

#### Activity

#### How Long to Burn 300 Calories

- |                         |             |
|-------------------------|-------------|
| ● Bicycling (12 mph)    | 38 minutes  |
| ● Dancing, disco, line  | 76 minutes  |
| ● Frisbee               | 132 minutes |
| ● Golf, no cart         | 70 minutes  |
| ● Jogging (5.5 mph)     | 24 minutes  |
| ● Jumping Rope          | 24 minutes  |
| ● Swimming (50 yds/min) | 36 minutes  |
| ● Tennis (singles)      | 45 minutes  |
| ● Walking (3 mph)       | 71 minutes  |
| ● Walking (4 mph)       | 48 minutes  |

## Growing Minds Learning Center Receives Award

The Growing Minds Learning Center in Berkey has recently been awarded the "Eco-School Award" from the S.A.V.E. Organization of Lourdes' College. The S.A.V.E. (Science Alliance for Valuing the Environment) Organization has been awarding schools for the past 17 years. Their "Eco-School Award" is bestowed in acknowledgment of an educational program that promotes an understanding and respect for the environment throughout the entire student body. Growing Minds is proud to have unanimously been awarded this recognition.

It all started three years ago with a group of children looking for worms in the play yard. The director, Nancy Salerno, realized that the children needed something more. They were not interested in the swings or the slide. The children were driven by their innate curiosity to discover. The children were crying out to interact with nature. Growing Minds began to grow.

It wasn't long before logs, large stones, fresh piles of dirt and garden beds replaced the long abandoned swings and slides. The play yard grew into a wondrous place that fueled the inquisitiveness of the children. Play developed into learning experiences. As the children interacted with the natural play yard they made discoveries, experimented with cause and effect and above all they deepened their connection with nature.

In 2007 and center became certified through the National Wildlife Federation for the Natural Wildlife Habitat they had created. The yard consists of all native plants and provides the three basic needs for wildlife: food, shelter and water. The children have been delighted to see rabbits, humming birds, squirrels, frogs and turtles all drawn to their play yard. The children understand that we must care for the earth and with each step that the center takes to move further into these "green" endeavors, the children have proved to be the strongest advocates for the movement.

In 2008, Growing Minds became the first school in Ohio to be certified through Dimensions of the Arbor Day Foundation as a Certified Nature Explore Classroom. This accreditation means the play yard extends the boundaries of a standard play yard. The center nurtures the children's sense of wonder and encourages rich learning through natural materials.

The center's "green" movement extends to their indoor classroom as well. While there is an outdoor compost bin managed by the children for out-door yard maintenance – recycling leaves, plants and sticks into fresh soil to be used in the following years' garden; there is also one indoors, the children manage a worm compost where they recycle food into fresh fertile soil. The center also recycles paper, some is shredded and used for bedding for their animals, and the children take the rest to a recycling station in monthly trips. Growing Minds has reduced lunch waste with their use of the Laptop Lunch© box. This box is developed to hold all child appropriate proportions and there is no waste in lunch bags or packaging (zip lock bags, foil...).

Growing Minds has been a leader in the promotion of environmental awareness and education. Their students are proof of their accomplishments and the center proudly has earned recognition on the advance standings of their students in concentration, problem solving, compassion and both fine and gross motor skills from the public/private schools. The center also participates in the Step-Up-to-Quality program. Centers are rated based on their curriculum

and the education of their staff. Growing Minds proudly holds a 2-star rating of the 3-star system.

The center holds several special events throughout the year, inviting their students and families as well as the community to experience and learn first hand in nature: a "Spring Wake-Up the Garden" event in which the gardens are cleaned, plants are planted and experiments are made to understand the differences in soil types and why different plants like different soils; a "Worms on the Job" event where children discover the magic of a compost bin and make discoveries about worms; the "Busy Bee Adventures" event teaches an understanding of how important bees are and experiments are conducted to explore how bees identify fellow colony members and to understand hands-on the pollination process.

Special summer programs are also offered for school-age children. The 2009 Summer program consists of "All About the Weather," a 2-day a week program in which children will be investigating wind, clouds and storms. They will predict the weather and make their own instruments (a wind chimney, wind speed meter, air pressure gage...) as they conduct many interesting experiments. Also included is a 3-day a week program, "Bugz." "Bugz" is a comical musical play on the trials and tribulations of the life of a lonely stinkbug that just wants to attend the bug picnic. The children will work with the center's degreed art teacher to construct their set, make their costumes, invitations, tickets and programs as well as learn lines, dances and songs with the guidance of the center's degreed dance teacher. The summer session will conclude with the performance of "Bugz."

Growing Minds Learning Center, located at 12244 Sylvania-Metamora Rd. in Berkey, is now accepting enrollment for their summer programs. Full or part time availability for school age, pre-school or day care. For more information on these programs, special events, or the center please contact Ms. Nancy at 419-829-3503, [growing\\_minds\\_school@yahoo.com](mailto:growing_minds_school@yahoo.com), or visit the center's web site, <http://growingminds.webng.com>.

## Evergreen Choirs To Give Spring Concert

The choirs at Evergreen will be putting on a spring concert on Tuesday, May 12<sup>th</sup>, at 7:00 p.m. in the Evergreen Middle School gymnasium.

The sixth grade, seventh grade and eighth grade middle school choirs along with the high school chorale will sing a variety of music. Selections include *Do, Re, Mi* from "The Sound of Music"; *Pennies From Heaven*; *Polly Wolly Doodle*; an arrangement of *The Water is Wide*; George Gershwin's *Someone to Watch Over Me*; Josh Groban's *Lullaby*; *How Can I Keep From Singing* and the concert will conclude with all four choirs singing an African piece entitled, *O Sifuni Mungu*.

Soundwaves Recording will record the concert. We will sell CDs for \$16. CDs must be preordered. The recording will include pieces from the concert and the pieces that the high school chorale performed at District Contest. Please see a choir student or contact the choir office (419.644.2951 ext 1121) if you would like to purchase a CD. All orders must be received the night of the performance. Please make checks payable to Evergreen Music Boosters.

## Science and Sleep Apnea Researchers Show Weakened Diaphragm Muscles May Contribute To Sleep Apnea In The Obese

Reprinted from SAInfo

CINCINNATI — Research on the respiratory system being conducted at the University at Buffalo may shed new light on the causes of sleep apnea, brief episodes during the night when breathing ceases, depriving the brain of oxygen.

Sleep apnea occurs most often among people between the ages of 30 to 40 years who are overweight. It can cause excessive sleepiness during the day, which can disrupt work and social life.

"The diaphragm is the only respiratory muscle that is active during REM sleep, and in obese people it is already overloaded," Farkas said. "We have shown that these muscles become weakened with age, at a time when load and stress on these muscles are already great, so it's a double deficit.

"This finding helps to explain why an obese person may not have problems with sleep apnea at 20, but may have problems at 50," he added. Farkas and his group will continue their research by looking at different factors and their effects on the respiratory systems in obesity.

Researchers from the University of Florida at Gainesville and the University of South Dakota also participated in the study.

### Sleep Apnea Tips

There are four (4) simple steps that you can easily take to help alleviate some of the problems associated with sleep apnea. If you are not using them, you should be.

#### 1. Don't Sleep on Your Back

Sleeping on one's back may allow the tongue to fall back into the airway and cause an obstruction, leading to sleep apnea. To avoid this position cut a tennis ball in half and sew each part onto the inside seam of a pajama top-one near the neck and one about mid-back level. This should stop you from rolling over onto your back at night, by making the supine position uncomfortable.

#### 2. Avoid Drugs and Alcohol

Alcohol and sleeping pills slow down the respiratory drive needed during sleep and cause further relaxation of the throat muscles, which makes obstructive sleep apnea more possible. Sleep laboratory tests reveal that eliminating alcohol dramatically reduces the number of sleep apnea episodes, increases the oxygen saturation levels of the blood, and leads to deeper, more restful sleep.

#### 3. Breathing Techniques

Several breathing techniques exist in yoga that can be used to forcibly clean out air passages. Learning and practicing them may give you temporary relief from obstructive sleep apnea. You can learn more about them in [holisticonline.com](http://holisticonline.com) infocenter on Pranayama, the yoga science of breathing.

#### 4. Don't Panic

Many people panic when they wake up unable to breathe and try to inhale vigorously. This only worsens the problem and the fear. If this happens, forcefully breathe out, then breathe in again slowly.