

# Mental Floss

Volume 1

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## Weight Loss Tips...

*Start gaining control of your eating today!*

Dr. Gary Calhoun

OVER 50% OF ADULT AMERICANS ARE OVERWEIGHT AND 25-30% OF OUR CHILDREN ARE OVERWEIGHT. THE DIETING INDUSTRY GENERATES OVER 38 BILLION DOLLARS A YEAR SELLING MANY PRODUCTS THAT DO NOT WORK. YOU BUY THE PRODUCTS THEY FAIL AND YOU BLAME YOURSELF!

HERE ARE A COUPLE OF TOOLS THAT YOU CAN START USING TODAY THAT ARE FREE AND HAVE BEEN PROVEN EFFECTIVE BY SCIENTIFIC RESEARCH.

### TOOLS FOR INDIVIDUALS:

ONE OF THE MOST POWERFUL TOOLS YOU CAN USE TO LEARN ABOUT AND CHANGE YOUR EATING HABITS IS WHAT PSYCHOLOGISTS CALL SELF-MONITORING. IN OVER 26 YEARS OF STUDYING EATING BEHAVIOR AND WEIGHT LOSS I HAVE NOT COME ACROSS A MORE POWERFUL TOOL, AND BEST OF ALL, IT IS FREE.

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## Why do we often eat more than we plan to eat?

*Tricks the food industry uses to get us to eat more...*

Dr. Susan Calhoun

HAVE YOU EVER NOTICED THAT YOU ATE MORE THAN YOU PLANNED? WELL, THE FOOD INDUSTRY PUTS A LOT OF MONEY INTO RESEARCH ON HOW TO MAKE US EAT MORE THAN WE WANT OR NEED. I AM GOING TO SHARE WITH YOU SOME INTERESTING STORIES THAT YOU ARE SURE TO RECOGNIZE IN YOUR OWN LIVES.

POOR PORTION CONTROL IS ONE OF THE PRIMARY REASONS FOR OBESITY, BUT DID YOU KNOW THERE ARE UNSEEN FORCES WORKING AGAINST YOU?

LET'S TAKE A LOOK AT SOME INTERESTING EXPERIMENTS DONE WITH PEOPLE AND HOW THEY EAT.

THE FIRST EXPERIMENT WE WILL CALL THE POPCORN EXPERIMENT. SCIENTISTS ASKED TWO GROUPS OF PEOPLE TO VIEW A MOVIE AND GIVE THEM A REVIEW. BEING SNEAKY SCIENTISTS, THEY WERE ACTUALLY TRYING TO FIND OUT IF THEY COULD MAKE PEOPLE EAT MORE POPCORN BY JUST CHANGING THE SIZE OF THE CONTAINER.

THE FIRST GROUP WAS GIVEN A REGULAR SIZE BUCKET OF POPCORN. THE SECOND GROUP WAS GIVEN THE "INDUSTRIAL" SIZE BUCKET OF POPCORN. BOTH GROUPS BEGAN WATCHING A MOVIE AND AT THE SAME TIME THE SCIENTISTS TOOK AWAY THE POPCORN. REMEMBER, BOTH GROUPS HAD THE POPCORN THE SAME AMOUNT OF TIME.

WHEN THE POPCORN WAS MEASURED TO SEE WHO ATE MORE THE FINDINGS WERE NO SURPRISE. THE GROUP WITH THE LARGE SIZE POPCORN ATE MUCH, MUCH MORE IN THE SAME AMOUNT OF TIME AS THE GROUP WITH THE SMALLER SIZE.

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**SELF-MONITORING INVOLVES KEEPING A DAILY RECORD OF WHAT YOU EAT, WHAT YOU WERE DOING BEFORE AND AFTER EATING, AND WHAT YOU WERE FEELING AT THE TIME. KEEPING TRACK OF CALORIES, FAT GRAMS, CARBOHYDRATES, PROTEIN OR ANY COMBINATION IS A GOOD WAY TO START RECORDING WHAT YOU EAT. KEEPING TRACK OF WHAT YOU WERE DOING BEFORE AND AFTER EATING HELPS YOU IDENTIFY SITUATIONS THAT MAY LEAD YOU TO OVEREAT. KEEPING TRACK OF WHAT YOU WERE FEELING IS THE SINGLE BEST WAY TO GET A HANDLE ON EMOTIONAL EATING.**

YOU CAN OBTAIN A FREE COPY OF OUR FOOD RECORD MONITORING FORM BY JUST EMAILING US AT [FOOD@ONLINELIFECOACH.COM](mailto:FOOD@ONLINELIFECOACH.COM) AND WE WOULD BE HAPPY TO EMAIL YOU A FREE COPY.

DO YOU KNOW IF YOU SKIP BREAKFAST IT WILL CAUSE YOU TO GAIN WEIGHT AND WORSE OF ALL INCREASE YOUR BODY FAT? THE WORD BREAKFAST IS MADE UP OF TWO VERY IMPORTANT WORDS – BREAK & FAST. THIS WORD MEANS TO BREAK THE FAST THAT HAS OCCURRED WHILE SLEEPING. BREAKFAST GETS YOUR METABOLIC RATE CHARGED UP IN THE MORNING ALLOWING YOUR BODY TO BURN CALORIES AND NOT STORE CALORIES AS FAT.

### **TOOLS FOR YOUR FAMILY:**

DID YOU KNOW THAT FAMILIES THAT EAT TOGETHER AT THE SAME TABLE ARE LESS LIKELY TO HAVE OVERWEIGHT CHILDREN AND CHILDREN WITH BEHAVIOR PROBLEMS? FAMILY MEALTIME IS THE TIME TO TURN OFF THE TV, NOT ANSWER THE PHONE, AND CATCH UP WITH EACH OTHER'S LIVES AND CONNECT AS A FAMILY. IT IS WELL KNOWN THAT PARENTS TALKING WITH THEIR CHILDREN IS A POWERFUL ANTI-DRUG TOOL AND MAY ALSO BE A POWERFUL ANTI-OBESITY TOOL.

WE ALL KNOW THAT BEING MORE ACTIVE IS AN IMPORTANT PART OF MAINTAINING A HEALTHY WEIGHT. NOW IS THE TIME TO BECOME MORE ACTIVE AS A FAMILY. DO SOME BRAIN STORMING AS A FAMILY TO COME UP WITH ACTIVITIES THAT EVERYONE WILL ENJOY.

PLAYING WITH A FAMILY PET, RIDING BIKES TOGETHER, TAKING WALKS, THROWING A FRISBEE OR BALL ARE ALL FUN FAMILY FRIENDLY ACTIVITIES.

AS A PARENT YOU CAN BEGIN TEACHING YOUR CHILDREN THE IMPORTANCE OF BEING MORE ACTIVE BY WHAT YOU SHOW THEM ON A DAILY BASIS. FOR EXAMPLE, WHEN GOING TO THE GROCERY STORE, MALL, ETC. PURPOSELY

PARK FAR AWAY FROM THE DOOR AND USE THE OPPORTUNITY TO TEACH THEM ABOUT BEING MORE ACTIVE.

TRY USING THE STAIRS INSTEAD OF THE ELEVATOR WHEN POSSIBLE.

JUST GET STARTED AND ABOVE ALL HAVE FUN.❖

### **How Do You Know If You Are Overweight?**

FORGET ABOUT THE HEIGHT AND WEIGHT TABLES! THE BEST WAY TO DETERMINE IF YOU NEED TO LOSE WEIGHT IS TO CALCULATE YOUR BMI – THAT'S BODY MASS INDEX. I AM GOING TO GIVE YOU THE SIMPLE FORMULA, BUT YOU WILL STILL NEED A CALCULATOR ☺

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THE BASIC FORMULA IS WEIGHT IN POUNDS DIVIDED BY HEIGHT IN INCHES DIVIDED BY HEIGHT IN INCHES AGAIN TIMES 703. I KNOW THAT'S A LOT OF MATH SO HERE IS AN EXAMPLE!

MARY WEIGHS 168 LBS AND IS 5 FT. 4 INCHES TALL. SO TO CALCULATE HER BMI YOU DO THE FOLLOWING:

168 DIVIDED BY 64 INCHES (5 FT. 4 INCHES) = 2.625

2.625 DIVIDED BY 64 INCHES (HEIGHT IN INCHES AGAIN) =

.0410 TIMES 703 = 28.8 BMI

SO WHAT DOES 28.8 REALLY MEAN?

A BMI ABOVE 25 IS CONSIDERED OVERWEIGHT.

A BMI FROM 30-40 IS CONSIDERED OBESE.

A BMI FROM 40-50 IS CONSIDERED MORBIDLY OBESE.

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### **WOW IS THIS A GREAT COUNTRY OR WHAT?**

I AM GOING TO START A BRAND NEW INDUSTRY IN THE UNITED STATES. THIS INDUSTRY IS GOING TO GROW TO A 38 BILLION DOLLAR A YEAR INDUSTRY. I AM GOING TO SELL A PRODUCT THAT DOES NOT WORK. MY CUSTOMERS ARE GOING TO BUY MY PRODUCT AND BLAME THEMSELVES WHEN IT DOES NOT WORK. THEY WILL THEN BUY MY PRODUCT OVER AND OVER AGAIN AND STILL BLAME THEMSELVES WHEN IT DOES NOT WORK!

I AM GOING TO GENERATE OVER 38 BILLION DOLLARS A YEAR AND WE WILL CALL IT THE DIET INDUSTRY!!!

**WOW WHAT A GREAT COUNTRY!**

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## **SERVICES PROVIDED BY DRs. GARY AND SUSAN CALHOUN:**

### **OFFICE SESSIONS:**

Office sessions are available by appointment only.

Individual, Couples, Adults, & Adolescents

### **TELEPHONE SESSIONS:**

We offer phone sessions for a select group of clients.

Telephone sessions are scheduled just like a regular office session. Busy moms, as well as professionals find telephone sessions fit their busy lifestyles.

### **NEED A SPEAKER:**

Drs. Gary and Susan are available as speakers on a number of popular topics.

### **VISIT US ON THE WEB AT ONE OF OUR WEB SITES:**

[WWW.ONLINELIFECOACH.COM](http://WWW.ONLINELIFECOACH.COM)

[WWW.MYLAPBAND.COM](http://WWW.MYLAPBAND.COM)

EMAIL US AT: [NEWSLETTER@ONLINELIFECOACH.COM](mailto:NEWSLETTER@ONLINELIFECOACH.COM)

GIVE US A CALL AT 727-480-8362 OR 727-480-9743  
DON'T BE SURPRISED IF WE ANSWER THE CALL  
PERSONALLY!!!

**WE STRIVE TO OFFER THE MOST PERSONALIZED SERVICE  
AVAILABLE FOR CLIENTS DESIRING OLD FASHIONED  
PERSONAL SERVICE**

### **IN THE NEWS...**

DR. GARY CALHOUN WAS PROUD TO BE PART OF THE FEDERAL GRANT SUPPORTING THE STEPS TO A HEALTHIER PINELLAS. DR. GARY WAS THE PRINCIPAL CONSULTANT ASSISTING IN THE DEVELOPMENT OF A PILOT PROGRAM DESIGNED TO ADDRESS CHILDHOOD OBESITY.

DRS. GARY AND SUSAN CALHOUN WERE PARTICIPANTS IN THE RECENT WEIGHT LOSS EXPO HELD AT THE TAMPA CONVENTION CENTER.

DR. GARY CALHOUN RECENTLY COMPLETED THE FILMING OF A VIDEO TAPE ON ASSAULT PREVENTION AND SELF-DEFENSE FOR WOMEN. THE PRICE OF THIS 50 MINUTE VIDEO IS \$24.95 PLUS \$3.00 S/H. YOU CAN ORDER A COPY BY EMAILING DR. GARY AT [TAPE@ONLINELIFECOACH.COM](mailto:TAPE@ONLINELIFECOACH.COM)

SCIENTISTS BEING SCIENTISTS WONDERED IF MAYBE THIS WAS REALLY ONLY RELATED TO POPCORN SO THEY CAME UP WITH THE M&M EXPERIMENT.

### **Why do we often eat more than we plan to eat?**

THEY ASKED TWO GROUPS OF PEOPLE TO WATCH A TELEVISION PROGRAM AND GIVE THEM A REVIEW. ONE GROUP WAS GIVEN A 1 POUND BAG OF M&M'S AND THE OTHER GROUP WAS GIVEN A ½ POUND BAG OF M&M'S.

YOU GUESSED IT, THEY TOOK THE M&M'S AWAY AT EXACTLY THE SAME TIME FOR BOTH GROUPS. THE GROUP WITH THE 1-POUND BAG ATE AN AVERAGE OF 112 PIECES. THE GROUP WITH THE ½ POUND BAG ATE AN AVERAGE OF 63 PIECES.

SO NOW YOU KNOW WHY FOOD PROCESSORS WANT TO PACKAGE FOOD IN VERY LARGE SIZES. THE LARGER THE PACKAGE THE FASTER WE CONSUME THE FOOD AND NEED TO BUY MORE. I KNOW YOU WERE THINKING THAT THE FOOD INDUSTRY WAS TRYING TO BE HELPFUL AND SAVE US A TRIP TO THE STORE ☺

IF YOU SHOP AT THE BIG BOX STORES FOR PRICE AND CONVENIENCE THE LARGE PACKAGING OF FOOD CAN EASILY LEAD TO EATING MORE THAN PLANNED AND UNWANTED WEIGHT GAIN. SO WHAT ARE YOU TO DO IF YOU WANT TO SHOP THE BIG DISCOUNT STORES AND SAVE MONEY? AS SOON AS YOU ARRIVE HOME BREAK THE LARGE PACKAGES DOWN TO SMALLER PACKAGES BEFORE STORING IN YOUR FREEZER OF PANTRY.

IT'S NOT ONLY THE SIZE OF THE PACKAGING IT IS ALSO HOW CLOSE THE FOOD IS TO OUR REACH. THIS CONNECTION WAS MADE VERY CLEAR IN AN EXPERIMENT WITH CANDY DISHES AND SECRETARIES. WHEN A CANDY DISH WAS PLACED ON THEIR DESK SECRETARIES ATE MUCH MORE THAN WHEN THE CANDY DISH WAS MOVED JUST SIX FEET.

AT HOME YOU CAN TAKE ADVANTAGE OF THIS FINDING BY NEVER PLACING FOOD IN EASY REACH OF YOUR HANDS. WHEN EATING SNACKS ALWAYS PLACE A SERVING IN A DISH AND TAKE IT AWAY FROM THE PANTRY AND YOU WILL EAT LESS.

AN ADDITIONAL TIP – NEVER EAT IN FRONT OF THE TV OR A COMPUTER MONITOR. YOU WILL ALWAYS EAT MORE AND ENGAGE IN THAT OLD HABIT OF MINDLESS EATING. ❖

## HOW MANY CALORIES AM I BURNING?

<b>EXERCISE</b>	<b>CALORIES BURNED per HOUR</b>
<b>Walking</b>	
Level surface, 1-2 mph (strolling)	120-150
Level surface, 3 mph (leisurely walk)	300
Level surface, 3.5 mph (brisk)	360
Level surface, 4-5 mph (fast)	420-480
Uphill, 3.5 mph	480-900
<b>Bicycling</b>	
5 mph	240
8 mph	300
10 mph	420
13 mph	660
<b>Jumping Rope</b>	50
<b>Badminton</b>	350
<b>Leisurely Swimming</b>	360-500
<b>Brisk Swimming</b>	260-750
<b>Volleyball</b>	300
<b>Light Calisthenics</b>	360
<b>Strenuous Calisthenics</b>	600
<b>Softball</b>	280-400
<b>Jogging</b>	600-750
<b>Moderate Running</b>	870-1,020
<b>Sprinting</b>	1,130-1,285
<b>Leisurely Ice or Roller Skating</b>	420
<b>Fast Skating</b>	700
<b>Basketball</b>	360-660

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ADDRESS CORRECTION REQUESTED