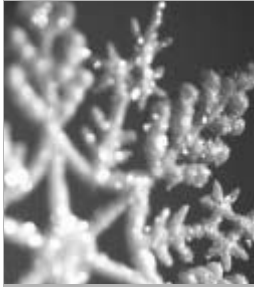


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BYU WELLNESS PROGRAM NEWSLETTER

Y'S CHOICES



HEALTHY BEHAVIOR CHANGE

BY KEITH KARREN, PhD DEPARTMENT OF HEALTH SCIENCE

Recently, Morgan Spurlock heard about two morbidly obese girls suing McDonalds because they claimed the food made them obese! He was so amazed by this claim that he conceived and produced a "Mc-u-mentory" called "Super Size Me" which won high praise at last year's Sundance Film Festival. The film documented Spurlock's "Semi-Scientific" study, personally exploring why Americans are so fat by eating only at McDonald's for one month.

The result, a 25 pound weight gain and a depressed and upset attitude. When you consider that 46 million people eat at McDonalds everyday, and America is experiencing an epidemic of obesity and consequent health problems, it's time to McChange our eating behavior! (www.supersizeme.com).

Eating is a choice and a behavior and a powerful example of health behavior change. Now, I know that life is much more than following a stringent set of health behavior rules. In fact, I love this quote:

"Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming "Wow, what a ride!" (Author unknown)

I also totally agree with Brian Phillips: "Your body is the epicenter of your universe. You go nowhere without it. It is truly the temple of your mind and soul." (Body for Life, Brian Phillips) We can live life to the fullest by changing those negative health behaviors that won't allow us to do so. How do we effectively do that?

Successful health behavior change is linked to developing and working on a systematic plan for change. This plan includes four major strategies that will help you reach your goal.

1. Identification - Determining the most important health behavior to change at this time.
2. Observation - Becoming aware of specific aspects of your chosen target health behavior.
3. Planning - Determining a step-by-step plan of action for changing your current health behavior.
4. Monitoring - Reviewing your results and revising as necessary.

While there are many theories of health behavior change, the one I find most helpful in understanding the nature of change is Prochaska's stages of change model. It involves deliberate planning for small incremental stages of change. The stages are:

- Stage 1 - Not interested in change
- Stage 2 - Considering change
- Stage 3 - Ready to make plans
- Stage 4 - Ready to take action
- Stage 5 - Maintaining the change

There are a number of tips and strategies matched to each stage. The key is to not worry so much about the ultimate goal, but just to focus on moving to the next stage. (Changing for Good, James O. Prochaska, et al)

Consider healthy pleasures, and try changing the easiest and most fun things first. Use immediate rewards to increase mastery and control. Just do it! Remember that most people change by themselves when they are ready. Internal motivation is key.

Change is not an all or nothing process, and in most cases resembles a spiral more than a straight line. The key ingredient for success is confidence in your ability to change. Go for it, and remember that the feelings of self-confidence and control over your life that come from making any successful health behavior change improves your health!

UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT wellness.byu.edu OR CALL 2-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

1 STRENGTH TRAINING WELL & WISE SEMINAR

THURSDAY, JANUARY 27 12-1PM
3090 JKHB

Did you know that strength training has been shown to improve bone health, improve blood glucose control, reduce high blood pressure, and relieve symptoms of arthritis and depression? In addition, recent research has shown that strength training can reduce your risk of cardiovascular disease. Come to this seminar and learn how to start strength training so you can reap its many benefits. Register online. Hands-on weight room orientation seminar to follow early February.

2 AROUND THE WORLD IN 80 DAYS WINTER FITNESS CHALLENGE

JANUARY 31-MARCH 12

Compete with your team to finish your leg of the 25,000-mile journey around the world. Participants will be challenged to exercise 30 minutes each day during the six-week program. Prizes will be awarded during the challenge to keep participants motivated. The team that finishes with the most points will win the traveling wellness trophy and a gift certificate for each team member. Register online by January 25th.



FLU MIST IS STILL AVAILABLE AT THE STUDENT HEALTH CENTER!

Call to make an appointment for you and your dependents. Flu Mist is covered by DMBA and Altius. Must be over 5 and under 50 years of age to be eligible. For further information, please call 2-5156

HOW TO KEEP YOUR HEALTH RESOLUTIONS

1. SET GOALS - make them meaningful and measurable on a daily basis.
2. DO NOT FOCUS ON YOUR DESIRED OUTCOME (i.e.: losing 20 lbs) - people become too easily discouraged when the changes are not immediate.
3. FOCUS ON THE PROCESS OF WHAT IT WILL TAKE TO GET TO YOUR DESIRED OUTCOME (i.e.: 30 minutes of cardio per day).
4. WORK OUT WITH YOUR SPOUSE - research indicates that couples who workout together remain committed to their program much longer than singles.
5. SCHEDULE YOUR WORKOUTS - one of the main barriers to exercise success is time. Although time is precious, so is your health. Make room in your busy schedule and give yourself a break.
6. SELECT ACTIVITIES YOU ENJOY AND FIND INTERESTING - not everyone needs to lift weights or run a marathon.
7. DOCUMENTING YOUR WORKOUTS PROVIDES MOTIVATION - write down your daily progress (ie. number of reps done) and time spent on your workout. This will help you see results over a long period of time.
8. SET ACHIEVABLE PERFORMANCE GOALS - one of the main factors shared by successful athletes is their ability to achieve a mastery over their skill and build on that to push their limits; the first mile begins with one step.
9. AS YOU MASTER YOUR ACTIVITY, INCREASE THE DIFFICULTY LEVEL TO KEEP IT CHALLENGING.
10. WORK OUT IN A CONVENIENT LOCATION - look for facilities that are close to home or place of work as it will save time and hassle.