

LiveLongHappy

November 3, 2013

This newsletter is not affiliated with W.W., Int.

I hope you enjoy my newsletter. If you wish to be removed from my distribution list please send me your request.

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear." Buddha



Sunday 3rd. Good things always take time. Practice patience as you work toward your goal.

Monday 4th. What's the secret to a successful holiday PLANNING? One way is to attend your meetings for support and ideas.

Tuesday 5th. What anchor can you use to help you practice this month's routine to slow down your eating this week?

Wednesday 6th. Plan ahead now. How will you manage the leftovers after guests leave?

Thursday 7th. Pick up the pacer of your activity. Push yourself to do more, do it longer, do it more intensely. Just do it!

Friday 8th. Reflect on your week. What little change did you make that allowed you to do what you weren't able to do before?

Saturday 9th. Going out to eat? Be the first in your group to order. Don't let others influence you to make poor choices.



## **Weight Watchers Approach Yields Greater Weight Loss than Self-help Approach**

*Internet-based information, free or inexpensive mobile apps, and social media have made it appealing for many people to attempt weight loss on their own. However, research findings from a Baylor College of Medicine study in The American Journal of Medicine, found that a community-based weight loss intervention, specifically Weight Watchers, is more effective than a self-help approach.<sup>1</sup>*

Article By: The Weight Watchers Research Department

The randomized, controlled, six-month trial conducted by Baylor College of Medicine assigned 292 adults with a BMI between 27 and 40 kg/m<sup>2</sup> to one of two groups – Weight Watchers or self-help with informational materials. Those in the Weight Watchers group were provided with free access to weekly meetings, Weight Watchers mobile applications, and the entire Weight Watchers website.

At the end of six months, participants who were assigned to the Weight Watchers group had lost significantly more weight than those who tried to lose weight on their own, 10.1 pounds compared to 1.3 pounds. Furthermore, they were eight times more likely to lose at least 5% of their initial body weight, the percentage loss that is associated with improved health markers such as cardiovascular risk factors and blood sugar levels.

This is the first study to examine the three complementary ways to access the community-based Weight Watchers weight-loss program – meetings, mobile applications and online tools. Among the 147 participants

assigned to the Weight Watchers group, those who used all three access routes together to a high degree (attendance at more than 50 percent of the weekly meetings and use of the mobile applications and online tools at least twice a week) lost the most weight, 19 pounds. Those using two access routes to a high degree lost 9.5 pounds and those using one lost 9.3 pounds. Meeting attendance was the strongest predictor of weight loss. Participants with a high degree of attendance were 11.2 times more likely to lose 5% of their body weight and 15.5 times more likely to lose 10%, as compared to those with a low degree of attendance.

As part of the Affordable Care Act of 2012, the U.S. Preventive Services Task Force (USPSTF) guidelines state that primary care physicians and other clinicians should offer or refer obese adult patients for intensive, multi-component behavioral intervention.<sup>2</sup> Weight Watchers provides the type of approach recommended by the USPSTF and has been shown to be cost-effective when compared to treatment from a primary care provider.<sup>3</sup>

The findings of this study are consistent with other recent studies showing greater weight loss success on Weight Watchers than other types of programs.<sup>4-6</sup> Additionally, the Weight Watchers approach is both widely available and affordable.



<sup>1</sup> Johnston CA, Rost S, Miller-Kovach K, Moreno JP, Foreyt JP. [A randomized controlled trial of a community-based behavioral counseling program](#). *The American Journal of Medicine*. Article in Press, October 2013.

<sup>2</sup> Moyer VA; U.S. Preventive Services Task Force. [Screening for and management of obesity in adults: U.S. Preventive Services Task Force recommendation statement](#). *Ann Intern Med*. 2012;157(5):373-378.

<sup>3</sup> Fuller NR, Colagiuri S, Schofield D, Olson AD, Shrestha R, Holzapfel C, et al. [A within-trial cost-effectiveness analysis of primary care referral to a commercial provider for weight loss treatment, relative to standard care-an international randomised controlled trial](#). *Int J Obes (Lond)*. 2012. [Epub ahead of print August 28, 2012].

<sup>4</sup> Jebb SA, Ahern AL, Olson AD, et al. [Primary care referral to a commercial provider for weight loss treatment versus standard care: a randomised controlled trial](#). *Lancet*. 2011;378:1485-92.

<sup>5</sup> Ahern AL, Olson AD, Aston LM, Jebb SA. [Weight Watchers on prescription: An observational study of weight change among adults referred to Weight Watchers by the NHS](#). *BMC Public Health*. 2011;11:434-8.

<sup>6</sup> Jolly K, Lewis A, Beach J, et al. [Comparison of range of commercial or primary care led weight reduction programmes with minimal intervention control for weight loss in obesity: Lighten Up randomised controlled trial](#). *Br Med J*. 2011;343:d6500.

Taking a look back at October's topics:  
I hope you made 4 simple, small, specific changes each week this month.

October 6-12-13

The Unhealthiest Thing You Can Do  
Fit in 5 minutes each hour to "move"

October 13-19-13

Change is Good  
Simple Ways to Refresh Your Plan-  
and Your Outlook

October 10-20-13

Beating Late Night Eating  
Homeostatic Hunger or Hedonic Hunger?

October 27-Nov. 2-13

Your Lifetime Toolkit  
Internal and External Resources

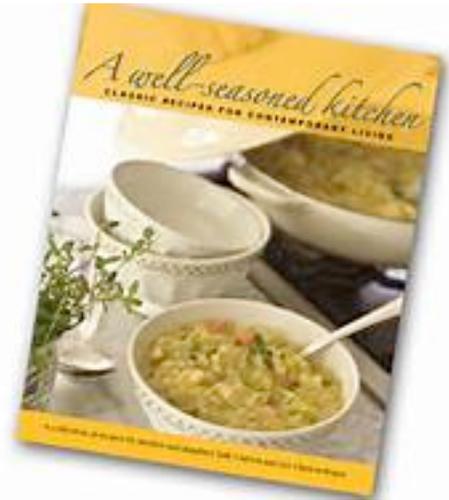
I NEED GREAT TOOLS  
TO GET THIS DONE  
TO MAKE IT EASY...MAYBE FUN  
SNACK BARS, FOOD SCALES  
AND WEIGHTS TO GET TONED  
MY TRACKER AND COOKBOOKS  
AND THE APPS ON MY PHONE!  
ACTIVELINK, PEDOMETER  
IPAD, OR MEASURING BOWLS  
WHICH TOOLS DO YOU NEED  
TO GET YOU TO YOUR GOAL?

Robert and Lee Roper joined my Weight Watcher group approximately 1 year ago and together, encouraging one another and others in our group, took off 25 lbs. each and are Lifetime Members.

Lee wrote a cookbook as a loving tribute to her mom. The recipes are wonderful.

Lee converted, for us, several recipes that I have chosen for my newsletter, one of which Lee has demonstrated on KWGN Daybreak

<http://www.youtube.com/watch?v=wwMX2rkrLHg>



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### **Salmon and Summer Vegetables en Papillote** (Serves 4)

9 PP per serving

- 6 tablespoons fresh orange juice
- 1/4 cup hoisin sauce
- 1 teaspoon chopped garlic
- 4 salmon fillets, around 5 ounces each
- 1/2 pound fresh asparagus
- 1/2 pound zucchini
- 1/2 pound yellow squash
- 1/2 pound carrots
- 2 teaspoons orange zest

Preheat oven to 425 degrees.

In a dish large enough to hold the salmon fillets in one layer, whisk together the orange juice, hoisin sauce and chopped garlic. Add salmon, turning it to coat, cover and refrigerate for at least 30 minutes and up to 4 hours.

Discard tough ends of asparagus. Cut off tips. Cut stalks in half lengthwise and then in half crosswise, to form matchsticks that are around 2 to 3 inches long. Place in a large mixing bowl; add the asparagus tips. Set aside.

Cut the ends off of the zucchini. Cut the zucchini in half crosswise, then cut each piece into matchsticks that are around 2 to 3 inches long. Put in bowl with asparagus. Repeat process with the yellow squash and carrots. Toss the mixture to combine.

Tear off four 24-inch long pieces of foil. (Note: if you are grilling, you won't want to use parchment paper.) Mound 1/4 of the vegetables in the center of one piece of foil. Top with one salmon fillet. Repeat process 3 more times. Sprinkle top of each fillet with 1/2 teaspoon orange zest. Drizzle the marinade over the top of the salmon. Season fish and vegetables with salt and pepper. Fold up two opposite edges of the foil and fold over to seal. Fold ends under and seal. Place packets in one layer on a large cookie sheet and bake for 15 minutes or to desired doneness. Remove from oven and open carefully as the steam will be hot. Transfer salmon and vegetables to a serving platter or individual plates, drizzling cooking liquid from inside the packets over the top.

Variation: Place prepared packets on a preheated grill over medium heat and cook for around 15 to 20 minutes.

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### **Spicy Chicken on Pita Triangles** (Serves 12+, makes 64 triangles)

1 PP per triangle

2 chicken breast halves, cooked and finely chopped  
12 ounces low fat cream cheese, at room temperature  
1 1/2 cups low fat shredded sharp Cheddar cheese (around 6 ounces)  
1/4 cup light sour cream  
1/4 cup finely chopped red onion  
3 green onions, finely chopped  
1 to 2 tablespoons chopped pickled jalapeno peppers (or more to taste)  
1 teaspoon ground cumin  
1 teaspoon chili powder  
1/2 teaspoon ground coriander  
1 teaspoon chopped garlic  
4 pita rounds, split lengthwise  
Sliced ripe olives

Preheat oven to 375 degrees.

In a large mixing bowl, combine the chicken, cream cheese, cheddar cheese, sour cream, red onion, green onion, jalapeno peppers, cumin, chili powder, coriander and garlic. Stir until well mixed, then season with salt and pepper to taste. Spread 1/8 of mixture on each pita round. Cut each round into 8 triangle pieces. Place on a baking sheet and bake for 5 to 7 minutes or until bubbly and hot. Garnish with sliced ripe olive slices.

Make ahead: The chicken mixture can be frozen for up to 3 months. Thaw in the refrigerator, then bring to room temperature – if the mixture is too cold it won't spread well.

## Green Beans with Cashew Gremolata

(Serves 4)

4 PP per serving

1/4 cup roasted cashew pieces (salted okay) – can substitute toasted pine nuts or toasted chopped pecans  
2 tablespoons chopped parsley  
1 1/2 teaspoons lemon zest  
2 tablespoons extra virgin olive oil  
1/2 pound fresh green beans

In a small mixing bowl, stir together the nuts, parsley, lemon zest and olive oil. Set aside. Trim green beans, cut into 1 to 1 1/2-inch pieces and steam until crisp-tender, about 8 minutes. Place cooked beans in a serving bowl and toss with nut mixture. Season to taste with salt and pepper. Serve immediately.

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## Cauliflower Purée

(Serves 4 to 6, depending on size of cauliflower head)

2PP per serving with smaller amount of butter and cream cheese below; 3PP per serving with higher amount

1 head cauliflower  
3 to 4 tablespoons butter  
2 to 3 tablespoons cream cheese  
1/2 to 3/4 teaspoon chopped garlic (optional)

Cut the cauliflower into florets, discarding base and leaves. Cut the larger florets in two. Place florets in a steamer rack over boiling water and steam (covered) until very tender (around 12 to 15 minutes, depending on how small you cut the florets). While hot, place cooked florets in a food processor with the remaining ingredients. Blend until puréed and smooth. Season with salt and pepper (takes a fair amount of salt). Serve immediately.

Make ahead: Puree can be made up to 24 hours ahead, covered and refrigerated. Reheat in a saucepan over low heat; can also be reheated in a microwave.

*Take special care, you mean so much to so many!  
I am looking forward to seeing you in my meetings this  
week. Betsey*

"You need to associate with people  
that inspire you, people that  
challenge you to rise higher,  
people that make you better.  
Don't waste your valuable time  
with people that are not adding to  
your growth. Your destiny is too  
important."

Lessons Learned In Life ~Joel Osteen