



Ahead of the Curve

I often read about new trends in health and wellness. This column shares some of this topical information to help you stay...Ahead of the Curve.

Weight Management in Type 2 Diabetes

- From 60% to 90% of Type 2 diabetes appears related to weight gain.
- Obesity of weight gain can increase the risk for developing diabetes by greater than ninety fold.
- Obesity of weight gain can increase the risk for coronary heart disease in women by six fold.
- Weight loss of 10% of initial body weight dramatically improves glycemic control and reduces lipid and blood pressure co-morbid risks.
- **Weight management appears to be the most important therapeutic task for most Type 2 diabetic individuals.**

Source: James Anderson *et al.*: Importance of Weight Management in Type 2 diabetes: Review with Meta-analysis of Clinical Studies. *Journal of the American College of Nutrition* 22(5):331-339, October 2003.

Skip Breakfast at Your Own Risk!!

A recent study, involving 16,452 individuals, provides substantial evidence that skipping breakfast as a means of managing weight does not work. Also, eating "on-the-run" meals or high fat foods for breakfast would sabotage healthy weight management.

Source: S. Cho *et al.*: The Effect of Breakfast Type on Total Daily Energy Intake and Body Mass Index: Results from the Third National Health and Nutrition Examination Survey (NHANES III). *Journal of the American College of Nutrition* 22(4):296-302, August 2003.

For More Information:

www.MyProactiveHealth.com

EATING FOR THE HOLIDAYS

As the holidays approach, I always like to remind clients and friends to eat well, eat smart, but still enjoy the holidays. Don't get so wrapped up in your diet that an occasional indulgence interferes with your seasonal festivities.

Eat Well – include a palm-sized portion of protein with every meal, and fill the rest of your plate with fruits and vegetables. Limit your consumption of concentrated starches like breads, pastas, potatoes, and rice. Also limit sweets and sugary deserts.

Eat Smart – stay on a regular schedule of three meals a day with a light snack mid afternoon and bedtime.

Enjoy the Holidays – If your diet or nutritional plan is challenged by holiday meals and related snacks, parties and deserts, that's ok. Just don't give up on your nutritional plan or yourself. Between the challenges, stick to eating well and remain consistent. By eating smart (see above) you can minimize the potential adverse affects of your indulgence.

If you do "fall off" your diet this holiday season, fix it by returning to balanced nutrition. Remember, holidays are meant to be enjoyed, so if you eat well and eat smart, a holiday indulgence is a just reward.

Bon Appetite and Happy Holidays, One and All!

Larry

NEW YEARS RESOLUTIONS...

Make Nutrition and Health part of your New Year's resolutions. Here are several possibilities:

- **Introduction to Proactive Healthcare*** A one-hour class providing a convenient, no-charge overview of how you can take charge of your health.
- **Insulin Control Nutrition: Entering The ZONE*** Convenient, motivational and inexpensive class that provides tools to change how you eat...for improved health.
- **Mastering Stress*** Convenient, motivational, inexpensive class providing the tools to change how you manage...or mismanage...stress.
- **Get a personal 45-Minute Nutrition Consult, including Body Composition Analysis for just \$20!** A \$60 value. For new clients and those not seen for six months.

*Complete class schedule on page three.

MISSION:
To provide personalized coaching, education and support resources for clients to proactively improve their health and wellness through nutrition, attunement and stress management.

Certified
 Nutrition Specialist

Zone™ Certified

30 years experience

Phone:
 262 532-0293

www.MyProactiveHealth.com



MEAL IN A BOX?

So here I am, with 20 minutes for lunch...

I want something that is protein adequate, low-glycemic, carbohydrate moderate, low fat and not too many calories. Do I rush to the local fast food franchise? Grilled chicken gets boring. What do I do?

An increasingly popular choice is what I like to call a meal-in-a-box. These are the commercially frozen dinners and/or the prepared meals offered through a number of popular weight loss organizations. They are typically available in grocery stores and some specialty health stores, depending on the type and brand of pre-packaged meal a person prefers.

But are these meals good for me? Actually, most of these meals are based on the USDA Food Pyramid recommendations: high carbohydrate and, maybe, low fat. As discussed in a previous issue of this newsletter, the old Food Pyramid is critically flawed, and most likely a contributor to the current obesity epidemic in America. More and more nutritionists are embracing a new Food Pyramid that is higher in protein, lower in

carbohydrates, and lower in saturated (bad) fats. Visit www.myproactivehealth.com for the Food Pyramid article.

So, are any meals-in-a-box good for me? Well, yes. The *Zone Perfect Entrée* is a terrific choice for the health conscious person looking for a quick, easy prepared meal on the go. There are six different entrées, each containing a Four Zone Block meal. They are pre-cooked and aseptically packaged, meaning that even without preservatives they do not require refrigeration. Flavors include vegetarian chili, beef jardinière, beef lentil, chicken gumbo, chicken Dijon, and salmon with vegetables. Cost for most have just been reduced to \$4.45, with the exception of the salmon with vegetables, which is still \$5.45. They take two minutes to heat up in a microwave. Reports on taste have been good, particularly when compared to frozen meals.

If you'd like to purchase Zone Meals or would like further information, contact Larry Johansen and *proactive healthCARE solutions* at larryj@myproactivehealth.com, or 262-532-0293.

Congratulations, Lakefront Marathon Relay Teams!

On Sunday, October 5, two five-member teams combined efforts to run, jog, and/or walk 26.2 miles to complete Milwaukee's Lakefront Marathon course from Grafton High School to Veteran's Park. *Team Proactivity #2* finished with a time of 3:55:41 and placed 112 of the 172 teams. This team consisted of Alex Taylor (co-sponsor), Steve P., Sheri P., Laura H., and Linda S. *Team Proactivity #1* finished a little later with a time of 4:33:39. This team consisted of Laura T., Sarah E., Karol K., Rick M., and Larry Johansen (co-sponsor).

Team Proactivity promotes exercise as an important part of proactive healthCARE solution's program. Each Team Proactivity member demonstrated the benefits of this discipline to have a strong showing in our first ever event.

Congratulations and Thank You to Team Proactivity participants for their inaugural success, and best wishes as they continue to train for future activities and events.

Contact Larry Johansen if you are would like to find out more about *Team Proactivity* and how you can participate in future activities. Membership is easy, and the benefits can last a lifetime.



"Larry's education, knowledge and experience in the field of nutrition, stress reduction and attunement healing have been beneficial for me personally and for clients regularly referred to him. Larry approaches his teaching and individual client sessions with professionalism, respect for the whole person, commitment and compassion." —Peig Myota, B.S.N., M.S.W., B.C.D., Milwaukee, WI

Class Schedule into March, 2004

- Monday, Jan. 12
5:00 to 6:00 p.m. **PROACTIVE HEALTH: STRESS, DIET & EXERCISE MANAGEMENT.**
Larry Johansen and Tom Ryan collaborate for this introduction to proactive health. At *Columbia St. Mary's West*, 10950 W. Capitol Drive., Wauwatosa, Wisconsin. No charge.
- Monday, Jan. 19
6:00 to 9:00 p.m. **INSULIN CONTROL NUTRITION: ENTERING THE ZONE™.**
You will learn the principles and science behind this common-sense approach to diet and nutrition, along with tools needed for implementation. Extensive handout material included. At *Columbia St. Mary's West*, 10950 W. Capitol Drive., Wauwatosa, Wisconsin. Advanced registration is \$30, or \$35 at the door. Phone CSM at 414-257-2557 to register.
- Thursday, Jan. 22
6:00 to 9:00 p.m. **INSULIN CONTROL NUTRITION: ENTERING THE ZONE™.**
At *Aurora WiseLives Clinic*, 8320 W. Bluemound Rd., Wauwatosa, Wisconsin. Advanced registration is \$30, or \$35 at the door.
- Monday, Jan. 26
6:00 to 9:00 p.m. **INSULIN CONTROL NUTRITION: ENTERING THE ZONE™.**
At *Columbia St. Mary's West*, 10950 W. Capitol Drive., Wauwatosa, Wisconsin. Advanced registration is \$30, or \$35 at the door. Phone CSM at 414-257-2557 to register.
- Wednesday, Jan. 28
6:00 to 9:00 p.m. **MASTERING STRESS.** You will learn the physiology of stress and introduce *Attunement Self-Care* as a practical tool for monitoring the unconscious habits of stressful reactive behavior. Manual included. At *Aurora WiseLives Clinic*, 8320 W. Bluemound Rd., Wauwatosa, Wisconsin. Advanced registration is \$30, at the door \$35.
- Monday, Feb. 2
6:00 to 9:00 p.m. **INSULIN CONTROL NUTRITION: ENTERING THE ZONE™.**
At *Columbia St. Mary's West*, 10950 W. Capitol Drive., Wauwatosa, Wisconsin. Advanced registration is \$30, or \$35 at the door. Phone CSM at 414-257-2557 to register.
- Thursday, Feb. 19
6:00 to 9:00 p.m. **MASTERING STRESS.** At *St. Francis Hospital Wellness Center*, 7400 W. Rawson, G-11, Franklin, WI. Advanced registration is \$30. Call (877) 226-8362 to register.
- Wednesday, Feb. 25
6:00 to 9:00 p.m. **INSULIN CONTROL NUTRITION: ENTERING THE ZONE™.** At *Aurora WiseLives Clinic*, 8320 W. Bluemound Rd., Wauwatosa, Wisconsin. Advanced registration is \$30, or \$35 at the door.
- Monday, Mar. 22
6:00 to 9:00 p.m. **INSULIN CONTROL NUTRITION: ENTERING THE ZONE™.** At *Aurora WiseLives Clinic*, 8320 W. Bluemound Rd., Wauwatosa, Wisconsin. Advanced registration is \$30, or \$35 at the door.
- Wednesday, Mar. 25
6:00 to 9:00 p.m. **MASTERING STRESS.** At *St. Francis Hospital Reiman Center for Health and Wellness*, 3237 South 16th St, Milwaukee, Wisconsin. Advanced registration is \$30. Call (877) 226-8362 to register.

Call TODAY to Register!
262-532-0293

