

# Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

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348-303

WEIGHT CONTROL FOLLOW-UP - NOVEMBER

June, 1983

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Foods and Nutrition

Dear DEB Member:

Now that Thanksgiving has come around again, it is nice to sit back and give thanks for all the good that we have encountered. Being healthy is one thing to be thankful for, as well as having good food to eat. This month try to remember to eat sensibly and exercise regularly for both a happy and healthy body and mind. Happy Thanksgiving!

D  
DIET

E  
EXERCISE

B  
BEHAVIOR MODIFICATION

## DIET:

Thanksgiving Day is turkey day from the mountains in the southwest to the shores of the east. For most of us, Thanksgiving is a time when relatives gather to enjoy a traditional dinner and catch up on family doings.

Are you having company for your Thanksgiving meal? Try something different that is bound to be a hit with your guests. Orange Cauliflower Salad with Orange Blossom Dressing.

### Salad

2 cans (10 1/2 oz. each) unsweetened mandarin orange sections, drained  
2 cups uncooked cauliflowerets  
1/4 cup chopped green pepper  
2 cups bite size spinach  
1/4 cup low calorie French salad dressing or Orange Blossom Dressing

Toss orange segments, cauliflowerets, green pepper and spinach with salad dressing.  
6 servings (50 calories each)

### Orange Blossom Dressing

In covered jar, shake 1 can (14 oz.) evaporated skim milk and 1 can (16 oz.) frozen orange juice concentrate (thawed) until well mixed. Yields 2 cups of dressing (120 calories per tablespoon).

Here is a delicious, low calorie dessert for the holiday season. Dissolve one package of plain Knox gelatin in 1/2 cup hot water. Let cool until partially gelled. Add 1/2 cup of your favorite low calorie, carbonated beverage. Chill.

## EXERCISE:

Now that the holidays are here, you might want to try some exercising through dancing. Instead of sticking to standard dance steps, why not try some different ones. Exercise to music--Disco Style! Disco can be an individual as you want. Let's go through some basic steps and then try them out to your favorite tunes.

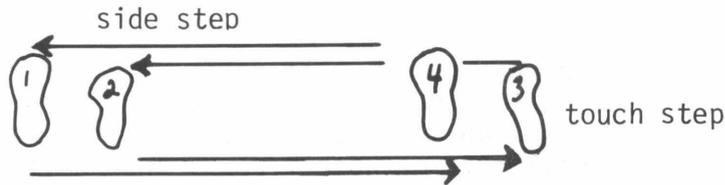
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You can change them, incorporate them into your own dance routine, or use them alone. Once you've got the feel of the music, you can fit them in just about anywhere. So follow the steps and let yourself go!

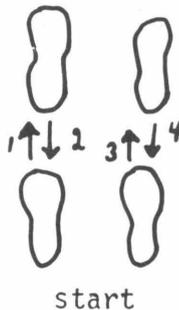
1. Side Basic



Step side ways with left foot (#4) to position #1 and then slide right foot over from position #3 to #2 and touch it to your left foot. Reverse the process and slide your right foot back over to the right (step from #2 to #3) and then slide your left foot over and touch it to your right foot (step from #1 to #4). Just touch the ball of foot on touch steps.

2. Stomp and Drag

body down on touch,  
up on drag  
(rise and fall)

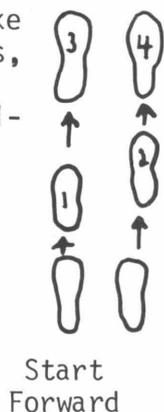


Count = Beat of music

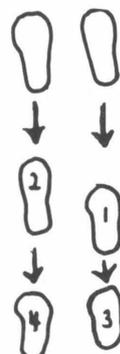
Touch left foot forward on count 1 and then drag your left foot back to your right foot on count 2. Next do the opposite with your right foot. Touch your right foot forward on count 3 and then drag it back to your left.

3. Walk and Touch Basic

For arm movement, make fists with both hands, keep elbows at sides while the forearms alternate up and down, starting with the right forearm.



Start Backward



Move your left foot forward on count 1, then your right foot forward on count 2. On count 3, move your left foot forward again and then your right foot forward on count 4. To move backwards: move your right foot back on count 1 and your left foot back on count 2. Next move your right foot back on count 3 and move your left foot back next to your right on count 4.

Use these basic steps and add other movements of your own (marching in place, knee bends, side kicks, arm swings, ankle rotation, toe rises, trunk twists, wrist rotations, shoulder shrugs, swimming motions with your arms, side bends, step hops, knee lifts, etc.) to develop your own individual dance style. Move to music you enjoy listening to. We all have some favorite type of music that makes us "just want to get up and dance." Now's your chance. Go ahead!

## BEHAVIOR MODIFICATION

As you progress in any reducing plan, it is important to constantly be reminded of your original goals.

Friends and family can play an important role in helping you keep sight of your weight loss goals. How they react to you can mean the difference between losing interest in your program and pushing onward. Feedback and praise from those who care about you is essential to your weight loss program. However, there is no way that they can effectively communicate with you unless you tell them.

The following suggestions are designed to help you involve others in your weight loss program.

- (1) Ask for what you want in the way of praise, feedback, and rewards.
- (2) Ask them to help you with your eating and exercising techniques.
- (3) Request that any rewards you receive not be in the form of food.
- (4) Exercise with one, some, or all the members of your family. Set up a family program. They'll enjoy it as much as you.

R  
RECORD

A  
ANALYZE

P  
PLAN

### RECORD:

Did you try the new salad and dressing recipe suggested in this handout? Did your friends, family, and especially you like it?

Which disco steps did you enjoy the most? What new ones have you thought of?

How did you include others in your weight loss program this month?

ANALYZE: Take time to think . . .

Did you include any low calorie foods in your Thanksgiving Day meal?

Were you conscientious about eating the right kinds of foods that are suggested by your diet plan?

Did you enjoy making up new dance steps or routines? How do you like dancing as a regular form of exercise?

How do you feel about involving your family members and/or friends in your dietary routine? Who was most helpful to you?

PLAN: For next month I will . . .

Lose another \_\_\_\_\_ pounds or I will maintain my weight at \_\_\_\_\_ pounds.  
Try to help a friend of mine who seems to be having trouble with his/her weight.  
Use good eating judgment at any upcoming social events.

HAPPY THANKSGIVING DAY!

Please let us know about your continuing success. Fill in and return the form below to the Extension Office. Thanks so much.

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DEB FOLLOW-UP PROGRAM  
Monthly Progress Report  
of

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(Name)

for

November 19\_\_\_. Weight\_\_\_lbs.