

Successful Socializing

LESSON 4

This month you'll learn how to...

- ▶ incorporate "forbidden foods" into your meal plan
- ▶ exercise to strengthen your lower back
- ▶ respond to conflict

WHAT ABOUT 'FORBIDDEN FOODS'

What are your forbidden foods — the ones you 'can't get enough of'? Chocolate? Fried Chicken? Chips? It's unrealistic to assume that you'll never consume these foods again. Instead, here are some practical tips for contending with your 'forbidden foods'.

Know the facts

Take the mystery away. Find out the calories per serving the food item contains. With this information, you can occasionally work these items into your meal plan.

Maintain a healthy balance

Remember your goal is to have an average daily intake of less than 30% calories from fat. If you choose a high fat food, be sure to balance it with other low-fat foods during your meals that day.

Eat small portions of the 'real stuff'

Trying to con yourself with substitutes often leads to eating more not less. A serving of diet hot cocoa may only be 50 calories. But, if you have 2 - 3 servings to satisfy your desire for chocolate, you've consumed 150 calories — equal to 6 chocolate kisses!

More fun, less food

Spend more time on fun non-food related activities, and less time filling up on food. Bubble baths, flowers, sports and reading can be just as rewarding as eating a favorite food.

What to do about alcohol

Alcohol is metabolized in the body like fat; each of the following is roughly equivalent to 2 servings of fat (such as 2 tsp. of margarine): 4 ounces of wine, champagne, 12 ounces of light beer, a jigger (1/2 oz.) of spirits.

Regular beer contains more carbohydrate than light beer, 12 ounces of regular beer equals 2 servings of fat and 1 serving of bread. To compensate for the extra calories, choose low-fat entrees, avoid using extra fat on your food, and cut down at other meals.

LOWER BACK EXERCISES

By exercising the muscles of the back and stomach, you can lessen your chances of developing back problems. Here are some exercises to strengthen your lower back.

Pelvic Tilt

Lie on the floor with your back on a mat or soft carpet. Bend your knees & place your feet flat on the mat/carpet. Inhale & tighten your stomach muscles. Exhale as you push your lower back gently, but firmly onto floor. Your buttocks should leave the floor, but your back should not. Hold 5 seconds & relax. Do 3 repetitions (reps); work up to 10 reps.

Single Knee To Chest

Lie on the floor with your back on a mat or soft carpet. Bend your knees and place your feet flat on the mat or carpet. Inhale and clasp your hands behind your right knee. Exhale as you gently pull the knee toward your chest. Hold to a count of 5. Slowly return your foot to the floor. Do 3 reps, then 3 more with your left leg.

