



# Kinship Link

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## Living the Total Body Diet Lifestyle

### Pro Kinship for Kids

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Pro Kinship for Kids  
Lower level Our Saviors  
Lutheran Church  
1400 S. State Street  
P.O. Box 666  
New Ulm, MN 56073  
Phone 359-2445 or  
1-800-642-5779  
Website:  
www.prokinship.org

Newsletter by  
Kari Beran, Director



Embracing a healthy way of living for permanent, lasting changes is vital for creating improved health and wellness. The Total Body Diet is about adding beneficial foods to your eating, creating new behaviors, and fostering a sense of responsibility to improve the quality of your life. This is not just a fleeting diet that makes short term promises - it is a lifestyle that will give you vitality and freedom to make food choices, and also help you build a healthy relationship with food.

Keep in mind the following three principles for achieving renewed energy, balance, and a healthy body weight.

- ◆ Balance your diet with foods from all food groups (vegetables, fruits, whole grains, plant and animal sources of lean protein, and fat-free or low-fat dairy products) to sustain health, energy, and well-being.

- ◆ Get active every day with enjoyable movement. A few examples include walking, jogging, running, biking, hiking, swimming, stair climbing, yoga, or gardening.
- ◆ Make your mental health a priority by fostering a positive attitude. Your mind plays a large role in your health and your relationship to what and how you eat and drink.

#### Get into a Wellness State of Mind

The way you think about your health and wellness plays a role in the action you take toward living a healthier lifestyle. If you prioritize your health, you'll develop a "wellness state of mind". You'll think first about making the healthier choice when it comes to food and physical activity.

Before you begin to make changes in your lifestyle, knowing where you are in your journey toward total body health and wellness is

important. Ask yourself the following questions:

- Why do I want to make changes now? What is my goal?
- How ready am I to make this change? If you can, quantify your readiness by rating yourself on a scale from 1 (not ready at all) to 5 (very ready) it will help you see where you are at and why.
- Am I willing to try new, healthier foods?
- Do I want to get more active or change my physical activity?
- Do I understand the change is a gradual process that takes time, patience, and daily action?

Your answers will tell you if you're ready to change your lifestyle and create lasting changes.

#### 12 Total Body Wellness Rules to Live by:

1. Set one realistic health and wellness goal today (but don't promise yourself too much)!
2. Color your health happy by planning at least one meatless

## Living the Total Body Diet Lifestyle continued

- day into your week (think colorful vegetables).
3. Pamper your brain and fuel it well with carbohydrates like fruits, vegetables, and whole grains plus beneficial fats from nuts, seeds, fish, and avocado.
  4. Keep your pantry, fridge, and freezer free of foods with a lot of added sugars, solid fat, and salt.
  5. Add healthful foods into your day, such as whole grains, fruits, vegetables, fat-free or low-fat dairy products, and lean proteins.
  6. Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.
  7. Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly.
  8. Factor in dietary fiber with vegetables, fruits, whole grains, nuts, seeds and beans, peas and lentils.
  9. Sit less today - stand while working with a standing desk, pace during conference calls, and walk at lunchtime.
  10. Slow down your eating by taking at least 20 minutes to eat breakfast, lunch, and dinner (it takes 20 minutes to feel fullness).
  11. Forge ahead - don't let a bump in the road of your healthy lifestyle get you down. Keep your goals top of mind and move forward.
  12. Make time for restful sleep. Aim for 7 to 9 hours every night.

### Energizing Foods

Work with energizing foods in your diet. All foods contain calories, which provide energy, but not all foods are equal when it comes to how long that energy lasts. Foods high in added sugar and low in dietary fiber, protein, and fat will give you a quick boost

of energy, but it won't last long. For sustained energy, try to eat meals that contain foods with a combination of dietary fiber, as well as lean protein and healthy fat. Fuel your body regularly - about every three to four hours - with either a healthy snack or meal to keep energy levels stable throughout the day.

Here are examples of meals and snacks that provide sustained energy:

- One whole-wheat English muffin, 1 tablespoon nut butter, and 1/2 cup fresh berries
- Six whole-grain crackers, 1 ounce low-fat cheddar cheese, and a handful of grapes
- 1/2 cup cooked oats, 1 cup low-fat milk, 1 ounce pistachios, and 1/4 cup raisins
- 1 cup plain low-fat yogurt, 1/2 cup fresh or frozen berries, and 1 ounce sunflower seeds



## 5 Steps to Nourishing Your Self-Esteem

When we think about it the better you feel about yourself, the less you feel the need to show off.

Here are steps to building self-esteem:

1. **Avoid generic positive affirmations.** Affirmations only work when they fall within the range of believability and for people with low-esteem, they usually don't work.
2. **Identify area of authentic strength or competency.** You have to identify what you're good at, what you do well, or what you do that other people appreciate to start building your self-esteem. It can be something small, but it has to be something.
3. **Demonstrate ability.** Once you've identified an area of strength, find ways to use it. Engage in the things you do well.
4. **Learn to tolerate positive feedback.** Work on accepting compliments graciously. Being able to receive compliments is very important for those seeking to nourish their self-esteem.
5. **Self-affirm.** Once you've demonstrated your ability, allow yourself to feel good about it, proud, satisfied, or pleased with yourself. Realize it is not arrogant to feel proud of the things you are actually good at, whatever they are when they are based on our true strengths.

Self-esteem is fueled by authentic experiences of competence and ability, and well-deserved feedback. Did you know, the most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassions, gentleness, and a deep loving concern. Beautiful people do not just happen.

