

30 Day Challenge

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Jami Young, Nutrition Challenge Volunteer

The knowledge that I have gained in the last month is the kind that impacts you for a lifetime. I have made strides in my house with healthy whole foods that I am eating as well as my family. Cooking has become a passion again of mine. I love to see how I can get my family to eat spinach, kale and chard by creatively cooking it and hiding it in foods. I have learned how to make better choices while on the road traveling. I can eat out without bombing my plan. With the knowledge of Kellie Hill at the Right Plan, I am a better me. I have excitement and feel like the weight loss track that I am on is not a diet it is a REAL lifestyle change. This month alone I have lost almost 14 pounds. I have more energy than I have had in a long time. Looking forward to see where I am in six months. I know it sounds weird, but I ma eating my way to a thinner healthier me! I love it.

Kellie Hill, Nutrition Expert:

Jami continues to astound me with her determination to reach her goals. As we carry on into the year, I know Jami will have amazing results to report to readers. From my perspective, giving someone a diet to follow doesn't allow them to learn how to be successful on their own. Nutrition is similar to the saying regarding giving someone a fish or teaching them to fish for themselves. This week, I worked with Jami on how to make the best choices when she is eating in a restaurant. The best tip is to check online for the restaurant's menu. Take a few moments to read the nutrition information – you may be surprised by what looks healthy but actually is a caloric, fat bomb. Decide what you will order and have a back-up order (just in case). When you arrive at the restaurant, don't open the menu, ignore the specials, and stick to your plan. Remember Thomas F. Buxton's comment, "In life, as in chess--forethought wins."

Steve Thomas, Fitness Expert:

Mark did exactly as I expected. He had great results! We had two 30-day challenge goals: Losing 6 pounds on the scale and getting his body fat percentage down 2.5 percent. He succeeded with the body fat percentage, however his weight went down 3 pounds. Only losing 3 pounds instead of 6 pounds in 30 days is not something to be discouraged about. In fact, he actually gained 3 pounds of muscle and lost 6 pounds of fat. I would say that's a great accomplishment. He also lost 3.5 inches overall.

His strength went up remarkably as well, increasing by 50 to 100 percent on almost everything he did.

The biggest struggle Mark's going to face is not doing the exercises properly and injuring himself, and that could slow his progress immensely. We are going to try and reduce that risk by having Mark workout at

Aspire and train with me for one more month, and then he will get a gym membership at a location closer to where he lives with periodic sessions with me to keep him on track.

Mark is disciplined and focused, and he does what he says he's going to do. I believe he will get to his goals this year.

Mark Sanford, Fitness Challenge Volunteer

After thirty days of work outs and watching my diet, eating less and eating more carefully, I feel great and am very glad to have participated in the Challenge. I intend to keep it up, and have arranged with my trainer, Steve, to set new goals for the next 30 days and continue work outs at his gym in Medford.

The main take away for me is how motivating it is to participate in a program when there is plenty of social support and coaching. It makes you more accountable. I have had the advantage of two coaches, Steve, and Cindy Quick Wilson (OHL reporter) with whom I have exchanged numerous emails regarding the dos and don'ts of a successful workout program.

Knowing that I have been trained properly on the "how to" of working out and having a definite set of steps to follow has helped to keep me focused. Safety and avoiding injury has been a big concern. The motivation has been provided both by my own commitment to wellness and the encouragement of my trainer. I now understand how a fitness regime can help weight control and forestall the negative effects of aging, especially loss of flexibility and cognitive decline.

All in all, it has been a positive experience. Needless to say, the rewards far exceed the cost in time and effort, so I hope others will take the plunge as well.

Working with Steve and the staff of Oregon Healthy Living has been stress-free and very professional. It is a real community service to set up a program like this and I hope others will join in the future for their benefit and for the benefit of the community.

January 29, 2014

Jami Young, Nutrition Challenge Volunteer

I can hardly believe all the information that my brain has processed this month! Foods that we consume really do affect our bodies and moods. Kellie Hill at the Right Plan is so AMAZING. She takes the time to listen to my strengths and my weaknesses when it comes to food. Making small weekly changes has proven to be successful in my life. She always offers a better choice. I have needed to almost completely cut out dairy and I loved ice cream. She presented me with great alternatives that I like. I have learned that all bodies are not the same and each of us has our own dietary makeup. Supplements are something that I never imagined that I would take. Kellie is so knowledgeable she gets down to business, kicks your butt, offers solutions that you can live with and encourages you through the entire process. I have been brutally honest with myself and I am seeing results! Looking forward to SUMMER for the first time ever!

Kellie Hill, Nutrition Expert:

Jami has been amazing to work with. She has lost over ten pounds and hiked lower Table Rock with her family. Truthfully, this is just the beginning of Jami's journey as we will be extending the 30 day challenge so she can reach her goals by this summer. I know she will find success!

This week, as we looked at Jami's Online Nutritional Assessment Questionnaire (which readers can complete at www.therightnutritionplan.com) it became clear that proper digestion was an issue. You can eat the most nutritious, organic, nutrient-dense food but if you're not digesting and absorbing it . . . well, you just have great, expensive waste. All those fabulous leafy greens she learned about last week need to be properly digested so she is absorbing every bit of these nutrient dense whole foods. To accomplish this, Jami will be following a protocol to increase her body's natural hydrochloric acid level in order to better breakdown the foods and increase assimilation in her intestines. I want to be clear that this is not a supplement she will be taking long-term, only to "jump start" her body's natural reactions after a couple years of heavy stress and a few poor eating habits. This will improve her vitamin and mineral absorption, improve her bowel movements, and naturally make her feel more satiated.

Steve Thomas, Fitness Expert:

I'm feeling extra confident about Mark. He's really on track and heading in the right direction. Even though he is out of town, he's giving me reports over email on how he's doing. I haven't met with him in about a week, so I'm looking forward to seeing him at our next session. We'll do a full-body assessment that measures all the progress he's made. I'm sure it's going to be good.

Mark Sanford, Fitness Challenge Volunteer

The challenge for me has moved to Greenwich, CT where I am ensconced in a Wellness Gym to do my exercises. It is like an ordinary YMCA, but now I am surrounded by older, more experienced, and more buff fitness enthusiasts. While I do 45 pound leg push-ups, some of the fellow participants are doing four times that weight. I am feeling rather puny and in awe of these paragons who seemingly show no limit in their pursuit of more power.

I have been feeling a little faint after some of my more strenuous reps, but my son suggested I eat a little more before work outs and now that problem has vanished. I am starting to modestly increase some of the weights in my routines and have been told by a compatriot that more weight and fewer reps builds muscle; and less weight with more reps builds definition. I must ask my trainer about these claims when I get back to Medford next week.

I continue to feel good about these workouts, but so far have not noticed much change. However, apparently after only three weeks, this is to be expected. I continue to lose weight though how much I will find out next week. Since I am in a different home environment, I am less able to control snack foods which come in to play because I am trying to limit calories. Yesterday, I ate way too many nuts (cashews and almonds) and now am feeling some guilt about this. I find that with restraint, one gets pulled in the direction of what I term 'hedonic compensation' a fancy term for a growing appetite for comfort food or sweets to make up for the reduced intake. Today I am filled with new resolve.

January 22, 2014

Jami Young, Nutrition Challenge Volunteer

Did you know that if you eat on a smaller plate something triggers in your brain to tell you that you have eaten enough? The fact that I have lost weight at all has me super-amazed. I feel like all I do is eat. My energy level is starting to increase and my headaches are disappearing. Kellie Hill at The Right Plan is AMAZING. Who would have thought that by eating you can lose weight?

I am moving forward and upward. The scale is moving down. I have come to realize that my family is really on the go. Pre-planning on-the-go foods (foods that you literally grab and go out the door) has been something that I have finally mastered while still trying to tackle portions. My goal is to eat when I am hungry and also eat a portion. Also, to create balance on my plate with veggies, protein, fat, carbs. Permanent eating habits take time. I am happy to say that the changes that I have made are not only affecting me, but also my family in a positive way!

Kellie Hill, Nutrition Expert:

As a Nutritional Therapy Practitioner, I believe that health is built on certain biochemical foundations – digestion, blood sugar balance, mineral balance, fatty acid balance, and hydration – which are individual to each person. Weaknesses in these foundations can lead to various health problems. In order to find optimal health we have to identify if there is an imbalance in any of these foundations. With Jami, I chose to have her complete the Online Nutritional Assessment Questionnaire in order to create a customized nutritional program. The answers she provided help me identify how to improve her health. Readers can complete the same Online Nutritional Assessment at www.therightnutritionplan.com. Based on her answers this week she will be learning a variety of recipes for leafy greens.

Mark Sanford, Fitness Challenge Volunteer

When I first started this Challenge, my main goal was weight loss and secondarily to do strength training. Now 15 days in, my focus has changed to fitness rather than just weight loss. The whole body workouts I am now doing along with cardio exercises has caused me to shift emphasis and pay attention more to the real and claimed benefits of strength training. Fitness is the result. And fitness, by the way, is defined as a “set of attributes that people have or achieve that relates to the ability to perform physical activity” (U.S. Dept. of Health and Human Services).

If you look up online for the benefits and rewards of workouts in a gym you find a very long list. Everything from postponing death to living a life of high self-esteem is claimed as possible outcomes. In sifting through these claims, I recently came across a sensible and believable benefits list from Berkeley [Wellness](#), a health publication of the University of California. These include: stronger muscles, and bones; a toned body that makes you look slimmer; reduced blood pressure, blood sugar and cholesterol. And, it may improve cognition in older people. These improvements seem valid and achievable to me, and some of them I have already experienced.

It helps to know these benefits can be attained because these workouts, I find, are not entirely enjoyable: there are moments of discomfort and strain as you push beyond previous plateaus. But overall, the feeling of

accomplishment, plus the belief that you are respecting your body, makes up for the momentary pain. And the icing on the cake is the compliments. After only two weeks, I am getting comments like: "Hey, you're looking good!!"

January 16, 2014

Steve Thomas, Fitness Expert:

I'm really excited about Mark and his fitness plan. He has a goal to lose at least 2.5 percent body fat by the end of the month, and I can tell he's changing already. For 2014, Mark has a goal to lose 8.5 percent body fat and to lose 20 pounds.

His workouts are improving dramatically after each time I see him. At first, I thought I needed to supervise him for each workout, but just after three sessions, he's improving so much that I don't have correct his form as often as expected. Overall, I want to say he's staying very positive, getting more into it each time I see him, and I know he will do well.

Kellie Hill, Nutrition Expert:

There are a lot of diet plans out there to choose from – and, in truth, almost every plan has worked for someone. But finding the right individual plan is the key to quickly achieving goals and finding long term success. To do this, Jami completed a simple questionnaire to help identify where her body derives energy from, how her body stores fat, and which foods will help create balance for her individual body type. This helps create an individual plan with personalized recipes. This week we will discuss proper portion sizing to ensure that not only is she eating the best nutrient-dense foods for her body, but in the proper amounts and ratio. Readers can complete the same questionnaire as Jami to receive an individual plan and portion sizing information at therightnutritionplan.com [What and When to Eat](#).

Jami Young, Nutrition Challenge Volunteer

I have decided that change totally sucks! I like what I like. Really, don't we all? In order to make a life change, I have had to change my mindset! My semi-sedentary lifestyle has come to an end. Exercise at the gym has become my morning routine. Kellie Hill at the Right Plan has me eating. I feel like I eat all day long. Funny thing is that I am losing weight. I am eating foods that I have chosen. They are not off of a strict list or out of a book that has a "DO" or a "DON'T" list, food that is from an actual store! This week's goal is portions. Do we ever really eat an actual portion of anything? Cereal, I love cereal. Have you ever actually stopped and measured a cup of cereal? Trying to keep up with change in my life and so far change is good!

Mark Sanford, Fitness Challenge Volunteer

I am starting to view myself as a series of muscle groups: Rhomboids (major and minor), abs, deltoid, glutes, hamstring, etc. I told Steve, my trainer, to tell me more as I have not paid much attention to these systems before. At his gym, there is a machine and specific exercise to strengthen and stretch each muscle group. I was told my muscles were mostly all tight due to a sedentary life. Hardest for me was the elliptical machine that got my heart rate up to about 140 beats a minute after doing a motion that mimics being on cross-country

skis. It was a bit stressful to go about five miles per hour for a period of time on that machine

I felt good afterward and began to think favorably for the first time, and realistically, that I could continue these work outs as part of my life in the future. It is noteworthy that the predominant fellow gym members are young females, with an occasional older person also of both genders. Are work outs primarily attractive to young people?

It is crucially important to have someone introduce you to the regime so that you go about things properly and avoid injury. My last encounter with a gym years ago was not favorable as I pulled something in my knee by improperly dismounting some machine. I recall being told either boredom or injury is the usual fate of gym participants. Nowadays, of course, there are video screens and music to keep you distracted if that is what you need to keep it up. I will bring an ear bud next time.

January 10, 2014

Steve Thomas, Fitness Expert:

In our first and second sessions, Mark and I established some achievable goals and put a clear plan in place. He's going to work out with me three times a week for the next month. We have measured and logged his current strength, cardio endurance, body fat, inches and weight. I believe Mark is going to do very well with this plan and see significant improvements within the next month.

Jami Young, Nutrition Challenge Volunteer

Wow. I am daily gaining awareness of what I am choosing to put into my body and how different foods make me feel! I am shocked to learn that certain foods can affect my moods. Let me tell you some foods that I love make me happy and some foods that I love make me grumpy, irritated and left feeling bloated. Meeting with Kellie Hill at the Right Plan has been an eye-opening experience already in such a short amount of time! We all know that we need to stay away from processed sugar, that caffeine is bad, eat less, add lean protein and exercise more. But do we really? I am learning that one diet does not fit all. Funny that I have tried a few others and failed. The weight did come off, but seemed to go right back on when the diet was over. Eating for me is changing my outlook on food and on life. I have only lost a few pounds, yet I feel a ton lighter.

Mark Sanford, Fitness Challenge Volunteer

I am feeling energized by the public character of this health challenge. I have worked solo on fitness in the past, but now, in facing the discipline necessary for dieting to lose weight, I am much more motivated than before. I believe this is because I am not just doing this to please myself, but others as well. And being witnessed by others enhances my sense of responsibility. This double whammy is working wonders so far. I have lost 3 pounds in four days by following a diet of virtually no starch, no cream in my coffee, no alcohol, drinking lots of water, avoiding second helpings and exercise (currently, an hour walk a day).

Tomorrow I have the first session with the trainer, Steve. I don't know what to expect other than I won't like it very much judging by past experience with upper body work outs. And I am fearful of injury to my shoulders. I hope Steve will start me out very slowly and things will go well.

I felt headachy when I awoke this morning. I assume this is because I am eating less, maybe not enough. My wife is noticing that I am more impatient with her and this is undoubtedly due to my being on the edge of hunger, maybe too close. She is not joining me in this venture, but I am alright with that. Maybe she will join me later.

January 7 -

Kellie Hill, Nutrition Expert:

Jami is beginning a diet and lifestyle change that she will be able to maintain permanently without making multiple meals for her family or feeling deprived. There are two keys for success in this first week. First, focus in on one goal and be specific. Then, do a quick reality check. Have you tried this before? If so, what happened? What's different now? Are you willing to make lifestyle/diet changes now? Does this feel like the right time? Make sure you are able to match the level of commitment required to achieve your goal. If not, redefine your goal so you can succeed. Second, start a food log. Write down everything you eat for meals and snacks as well as any beverages you drink. Don't judge your food choices. At the end of each week, note two not-so-healthy foods and swap them out for more nutritious options.

Jami Young, Nutrition Challenge Volunteer

My journey to a better me has begun. I was excited for this time in my life to arrive and now I am scared to death that it is here! People always say that change is good. Why am I not so convinced? I was asked by Kellie (nutritionist) to write down daily my food intake of everything that I eat or drink. Have you ever tried it? To be completely honest, it is so hard. I do not realize everything that goes into my mouth in a day! Coffee drinks! Yikes! I have not even gotten into calories or anything super diet-y yet! Life is a process and mine has started!

Mark Sanford, Fitness Challenge Volunteer

Realizing it is time to begin the challenge, I felt at first like a cloud had descended on me, but then maybe it's a blessing. To be doing this challenge in a public way immediately sends a signal to be serious. I would hate to disgrace myself by failing in my own eyes, and worse, in the eyes of others, even those unknown to me.

Got on the scale right away and found to my chagrin that I had gained over the holidays. No surprise there. Current weight 213 lbs. Yikes, so high! My goal for the next thirty days is to lose a pound a week. This means I want to weigh 209 lbs. or less in thirty days. I would love to exceed this goal. To do it means burning or losing 500 calories a day. I hope, no, I KNOW, this is possible. Plan: veggies, fruit, no or little bread and other starches, no alcohol plus portion control, as in NO SECONDS.