



HOPE leaders take Healthy Living Challenge

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Cydney Baron / Staff Writer

Members of Mayes County HOPE Coalition are tacking their New Year's Resolutions in a public way.

Five HOPE members hope to inspire others by publicly tackling their personal exercise and nutrition goals. The group started this week with biometric screenings at AllianceHealth Pryor to have an accurate picture of their starting point. All five have committed to providing weekly updates during the course of the challenge, which runs from Jan. 4 until Feb. 4.

The Hope members taking the Healthy Living Challenge are wide-ranging in their ages, abilities and goals and hope anyone making a healthy resolution can find someone among them to relate to.

"The HOPE Coalition is about making health choices and educating people on those choices," said one of the challenge participants, Leslie Considine. "What better way to do that than lead by example."

She said the group is eager to have the public feedback and accountability during the challenge.

-Jessica Long-

Starting Jan. 4, 2016, I will be taking the Advocare 24 Day Challenge. It is a comprehensive nutritional program that I intend to follow in order to cleanse my body, increase my energy, and fine-tune my eating habits. I don't want to lose weight, I want to lose bad habits.

The challenge starts with a 10-day cleanse. It's a gentle cleanse that helps rid your body of waste and toxins, and will prepare your body to better absorb nutrients in the last 14 days. After the Cleanse Phase, I will move into the Max Phase, which is about fueling your body in order to achieve maximum results.

I've been using Advocare products for the last four years. This challenge is something I do once or twice a year to cleanse my body and 'restart' my eating habits and workout routine. I will be eating lean proteins, lots of vegetables, healthy fats, and a few complex carbohydrates. My biggest challenge will be eliminating sugar from my diet.

Every wellness plan should include nutrition and physical activity goals. I will continue to work out five to six days a week and will begin in January training for a Spring triathlon.

Since this HOPE Healthy Living Challenge ends on my fortieth birthday, my plan is to be eating healthier, working out stronger, and feeling great so I can take on a new decade.

-Dick Holmes-

Since I was 27, I ran very consistently two to five miles a day. I also work out with weights targeting my upper body and stomach. During my nutritional changes, I intend to continue my physical activity schedule.

Just because I worked out consistently, doesn't mean my nutrition was good. Since I am 72, I believe it is time to improve the way I eat so I intend to remove most of the sugar that has been in my diet. By that I mean cookies, pies, do-

nuts and ice cream. I will avoid anything that has a great deal of sugar. I also intend to quit pop, and eat a lot of fruits and vegetables that I have always liked. I intend to slow down on bread and anything that has a lot of fat.

These changes are ones that I intend to maintain for the rest of my life because, as I become older the more good food my body demands.

-Leslie Considine-

When we start our Healthy Living Challenge on Jan. 4, I will look at nutrition and physical activity. First of all, I already have a habit of working out. Fortunately, my job allows a paid hour of physical activity built into my day. My goal will be to be more deliberate with what I choose to do each day. I plan to do circuit training three days a week at the gym and then do cardio at least two days either by running or using the elliptical. I would like to get into a better habit of getting this done each morning because when I wait until evening it is sometimes hard to fall asleep—so that is goal number one.

Secondly, I plan to adopt a very specific eating plan for the month. It is a program called Whole 30. It is a Paleo, low carb style eating plan, but more intentional. I have done a Whole 30 month in the past and I had gobs of energy, slept better and lost a few pounds—but most importantly my neck pain, caused by an injury and arthritis, went away completely. From the Whole 30 I discovered the foods that caused inflammation within my system, and have virtually eliminated them from my diet. When I am disciplined, my neck give me very little problems now. This time around my main focus will be to kill my sweet tooth once and for all. The potential is there, if I completely follow the rules of the food plan. So that is goal number two.

My final goal will be to establish better meal planning and preparation time for these healthy, nutritious foods now that I am working full time out of my home. Let the challenge begin!

-Jan Kyle-

Jan. 4, 2016, we will take part in the Healthy Living Challenge. I will focus on nutrition and exercise. In May, I began working out at the Pryor Creek Recreation Center. On the days I don't work out, I want to increase my physical activity and will utilize my Fitbit to help me accomplish this.

The other area of my life I plan to change is diet. I want to add more whole foods, less processed foods, reduce my sugar intake and increase the amount of water I drink.

The challenge will be making time to prepare healthy meals and snacks, as well as find ways to increase my physical activity that doesn't require much additional time.

-Rhoda Strode-

My plan for the challenge is to make a few adjustments that I can sustain for the rest of my life. I am hoping that by changing my actions for one month I can continue after that time.

My most needed change is to drink more water. As our bodies age, the requirement for water is more exaggerated. I feel that water is lacking in my daily diet. My goal is to drink three 16 ounce glasses of water per day. I plan to do this between breakfast and supper.

My second needed change is to (intentionally) walk two miles every day. I currently have a Fitbit that measures my steps and I walk that far easily most days but I am not getting what I would consider cardio exercise. My goal is to use that treadmill in the corner of my den and actually walk two miles all at one time, every day.

My third needed change is in the food that I choose. I feel bad about the amount of sugar I use in my morning coffee and the regular desserts that I eat daily. My goal is to decrease my sugar usage by half. The other food I want to change is bread, I love bread. So instead of having three to four servings each day I will cut back to no more than two servings and they will be whole grain only.