Meet Teresa Taylor-Dusharm

Taylor-Dusharm, Director of Advocate Fitness, has a master’s degree in exercise physiology and a director’s certificate from the American College of Sports Medicine.

Tips for Healthy Weight Loss

- Reduce your intake of calories. No big news here, but counting calories, limiting quantities, and restricting certain foods do lead to success.
- Be more active – much more active! The USDA says it takes 30 minutes of exercise to lower your risk of chronic disease, 60 minutes to prevent weight gain, and 60 to 90 minutes to help with weight loss. So get moving!
- Eat breakfast.
- Weigh yourself daily or weekly – and do it regularly.
- Drink water (or brewed tea) before you give in to an un-scheduled snack. In fact, drink water at any time!
- Close down the kitchen after dinner.
- Buy smaller quantities of your favorite temptations.
- Eat 4 or 6 smaller meals each day to curb a big appetite.
- Consume most of your calories earlier in the day.
- Get plenty of protein, the ultimate fill-me-up food. It also helps preserve muscle mass and encourages fat burning. Healthy proteins like lean meat, yogurt, cheese, nuts, or beans can actually help you lose.
- Spice up your food. You’ll feel more satisfied.
- Have healthy, ready-to-eat snacks on hand.
- Limit starches such as pasta and bread.

Losing as little as 10 to 20 pounds can lower your risk of cancer, type 2 diabetes, heart disease, stroke, obstructive sleep apnea, and other serious ailments. It’s a new year. Make it happen in 2009!

January 18 to 24 Is Healthy Weight Week

Prayer: Mother/Father God, as this year begins, strengthen my resolve to take better care of myself and make healthier choices about eating and exercising. Amen.

Advocate Fitness offers many wellness services -- health fairs, screenings, lectures, health risk assessments – and often helps a business or congregation set up its own fitness or wellness center. “We can customize fitness to the needs of any business, any congregation,” assures Taylor-Dusharm, who has been with Advocate Fitness seventeen years.

“There’s a lot for individuals, too, at our 22 sites,” she says enthusiastically, “and our Ask the Trainer is available on the web. You can ask a question about health or fitness – How do I start an exercise program? What are the best weights for me to use? – and get a response in one or two days!” (Go to www.advocatehealth.com, then to Health Information. Click on Fitness, click on Ask the Trainer, and submit your query.)

Taylor-Dusharm has a clear vision of what to do if you wish to improve your weight. “First, pause in your daily schedule. Think about what’s most important to you about your weight management. How does this relate to your health?” she asks.

“Next, take some time to clarify your goal. Think about different ways you can achieve that goal. Finally, get specific. Come up with tactics to make it happen,” she suggests, “including taking advantage of the many resources available in your congregation and within your community.”

Taylor-Dusharm recognizes that maintaining a healthy weight is a challenge. “I wish I did a better job myself, but I do remain active. I keep an exercise bike in my office and one in my home, too. That lets me make the most of my time.”

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