

1. Record Nr.	UNINA9910809749303321
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Titolo	The psychology and physiology of reaching a healthy weight / / Cheri Calcagno
Pubbl/distr/stampa	New York, NY : , : Momentum Press, , [2015] ©2015
Descrizione fisica	1 online resource (xii, 141 pages)
Collana	Health psychology collection
Disciplina	613.25
Soggetti	Weight loss - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Co-published with Cognella Academic Publishing.
Nota di bibliografia	Includes bibliographical references (pages 135-137) and index.
Nota di contenuto	<p>1. The path towards a healthy weight -- People are struggling -- The weight loss industry -- Do it right this time -- A nation in trouble -- It's not always good to be normal -- Your body doesn't like being overweight -- Getting better each day -- You are worth it -- Creating change -- Change is difficult -- Thrive, don't merely survive -- Journaling is worth the investment -- Core beliefs drive our behaviors -- Being accountable --</p> <p>2. The pressures from society -- The media is a business -- The great debate -- Don't be deceived -- Everyone's an expert -- Does your appearance determine your value? -- Judgment and adversity -- What makes you attractive? -- Media presents an unrealistic image -- Set a good example -- Content being yourself -- Being healthy requires effort -- It's all about the journey -- Buyer beware -- Distinguish fact from fiction --</p> <p>3. Making a healthy and purposeful change -- Practice makes better -- Who are you inside? -- Time for a reality check -- Don't be a victim -- The power of commitment -- Raise your standards -- Focus on your health instead of your weight -- Know your ABCs -- Life is a miracle -- Setting goals -- Forming new habits -- Weight loss programs -- Steps to change -- Our coaching together -- Time is to be treasured -- Clarify your priorities -- Treat the person, not the symptom -- You can achieve balance -- Analyze your thoughts -- Set your limits -- Set reasonable expectations -- Understand your needs -- Beyond your</p>

comfort zone -- Develop self-discipline -- Have a game plan -- Expect an extraordinary life --

4. The science of metabolism -- Why diets fail -- Changing your metabolism takes time -- Body composition is what matters -- Eating to increase metabolism -- Breakfast is crucial to increase metabolism -- Combating the aging process -- It is possible to change your metabolism -- Unhealthy claims to "Increase metabolism" -- Teach your body to be a calorie-burning machine -- Make decisions with your wellness in mind --

5. Nutrition and health -- Discipline your food choices -- Eat for your health -- Eating right doesn't have to be difficult -- Develop your personal eating plan -- Discipline + accurate information = success -- Physical vs. psychological hunger -- Examine your relationship with food -- What you eat is your own business --

6. Exercise and cardiovascular health -- Strive to be physically fit -- Exercise is essential for heart health -- Physiology benefits of aerobic exercise -- Reduce blood pressure and improve cholesterol -- Type 2 diabetes -- Improved mental health -- Challenge yourself -- Be determined -- Control your risk -- Heart-healthy nutrition -- Emotions and the heart -- A word about smoking -- You and your doctor -- Improve your quality of life --

7. Creating healthy habits -- Cleaning house -- Health is doable -- Pursuing balance -- Controlling your environment -- Social eating -- Surrounding yourself with supportive people -- A vision and a goal -- The blame game -- Expect the best --

Appendix A. Basic health assessments -- Appendix B. Reputable health organizations -- Appendix C. Calorie-smart food and drink choices (high fiber and/or nutrient dense) -- Appendix D. How to read a food label -- Appendix E. How many calories does your body need? -- Appendix F. Developing an exercise program -- Appendix G. Evaluating your risk for heart disease -- Appendix H. Recommended reading -- Index.

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## Sommario/riassunto

Over the years while teaching weight management classes for hospitals and corporations, my interest moved from that of the physical to include more of the mind. I began to realize that people can know what they need to do to be healthy, but doing it is an entirely different ball game. Educating people who are in bondage with bad habits often results in them being smarter, but not necessarily healthier. As I got more involved with coaching people individually, I learned there were deep dimensions to a person's health behaviors. Forming relationships with clients who trusted me enough to share the intimate details of their lives helped me understand how marvelously complex creating change can and must be for that change to be sustained. We have so many needs and layers to our being, which all impact our behavior. I found that to have the most impact, I had to work with the person as a whole and help them explore each part--body, mind, and spirit. Within the spirit lies the way you feel about your life and whether you love, or even like, yourself. To truly improve life and become better means developing each of your parts and appreciating that they come together to make you the beautiful person you are.

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