



Shanise McKay Gets Healthy For the Summer

Since she began the Nutrition Counseling Study, Shanise McKay has lost 39.4 pounds over the past 5 months. Her main motivation to lose weight has been to improve her health and to feel better. She has made many inspiring changes that have contributed to her success.

6 Healthy Lifestyle Changes:

1. **Write down your goals.** Shanise keeps her short term goals written on a goals calendar in her room. She prefers short term over long term goals because long term goals can often seem impossible while short term goals are realistic and achievable.
2. **Plan ahead.** Planning ahead is key for successful weight loss. Shanise plans her weekly meals and snacks and goes to the produce market two times per week to get the freshest fruits and vegetables. She also plans ahead exactly what she plans on eating at a party or an outing.
3. **Exercise daily.** Shanise exercises for at least 1 hour every day. She prefers zumba but also uses other workout videos for fun. Exercise is crucial for not only weight loss but also weight maintenance.
4. **Weigh yourself.** Some research has shown that regular self-weighing helps keep off those unwanted pounds. Shanise weighs herself every morning. Even if she is not continuously losing, she reminds herself that she is building muscle so that she doesn't get disappointed. She keeps herself motivated by knowing that she will eventually reach her weight goal.
5. **Avoid emotional eating.** Many people turn to food when feeling certain emotions, such as sadness or anxiety. Shanise also used to turn to food. However, she now uses exercise as her outlet. When someone upsets her, she exercises to a workout video or zumba, which helps her feel better.
6. **Take photos and use social media applications.** Shanise takes pictures of the meals she prepares for herself and posts them on instagram. She uses recipe apps to get new ideas for healthy meals. Shanise is now coaching her cousin to help her lose weight!



Shanise's tip: Try a new vegetable every week! Kale contains vitamin A and C and health boosting nutrients that protects against disease.



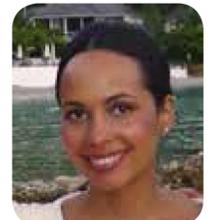
Crispy Kale Chips by Chef Michael Mina

Purchase fresh local kale. Wash and separate the leaves from the stems and toss the leaves with a touch of oil and any dried flavoring (ex: salt & togarashi). Gently lay the leaves on a sheet pan evenly spaced apart and bake for 10-15 minutes in a 350 degree oven. Enjoy!

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



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