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**Am I Hungry? E-Newsletter
May 2005**



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http://www.amihungry.com/pdf/newsletter_05_05.pdf)

***Am I Hungry? What to Do When Diets Don't Work* receives 3
Glyph Awards!**

Our book, ***Am I Hungry? What to Do When Diets Don't Work*** (Nourish Publishing 2005 by Michelle May, M.D., with Lisa Galper, Psy.D., and Janet Carr, M.S., R.D.) was awarded Best Health Book, Best Self-Help-Psychology Book, and Best First Book by a New Publisher by the Arizona Book Publishers Association. Barnes & Noble will feature Michelle May as the Arizona Author of the Month in July so look for events at a bookstore near you!

We are so appreciative of this recognition for our work by the publishing community and grateful that it provides further validation for this new direction in weight management.

See what all the buzz is about! For our E-News Subscribers only: Get 30% off for a limited time by entering this discount code
<http://www.profcs.com/app/adtrack.asp?AdID=140044> when you order your copy(ies) at <http://www.amihungry.com/book.shtml>.

Summer is here! Try our simple ice-cold smoothie recipe below and make your vacation Active and Healthy with suggestions from this month's article.

Wishing you optimal health and joy!

Michelle May, M.D.

EXPERIENCE, SAVOR, and REJUVENATE: Enjoy an Active and Healthy Vacation

You take a vacation to give your mind a break from the monotony and stress of your daily life. Why not also use your vacation to give your body a break from the monotony of inactivity or a boring exercise routine, and the stress of eating on the run or making unhealthy, unsatisfying food choices? There are many ways to make travel more active and healthy. Your body *and* your mind will thank you for it!

EXPERIENCE

Choose destinations that offer hiking, golf, tennis, water sports, skiing, or other opportunities for activity. Depending on your motivation and fitness level, you may wish to consider fitness-centered vacations such as fitness spas, yoga retreats, tennis camps, walking or cycling tours, adventure vacations, and other active destinations.

While traveling to your destination, walk around the airport and stretch during your flight. If you are driving, take plenty of breaks to move around, stay refreshed, and enjoy the scenery. Think about wearing a pedometer to see how many steps you can rack up while sightseeing, strolling through museums or amusement parks, shopping, or walking on the beach.

No matter where you go, the hotel staff and other locals can provide advice and personal recommendations about nearby recreational opportunities. For example, the owners of a B&B in Oregon suggested an early morning hike before our flight home. My husband and I tromped through a soggy forest, came across a family of deer, and finished at a cliff overlooking the Pacific Ocean. We ended up with muddy shoes and great memories of our trip!

When you are visiting friends or family, join them for an evening walk, work out with them, or suggest a hike or walking tour of their favorite places. Instead of just going out for a meal together, suggest dancing, bowling, or other active pursuits. Your host will probably welcome the opportunity to keep their fitness program on track even while they have visitors.

While traveling on business, take advantage of the hotel's on-site exercise facilities, swimming pools, and walking maps to nearby attractions. Take the stairs, and stretch or do other exercises in your hotel room. Walk around the conference center or meeting place during breaks and walk to meetings and local restaurants. A friend of mine rented a bike and had a fabulous time riding from one tourist spot to the next on a day off from his business meetings in Sydney, Australia.

SAVOR

Instead of using your vacation as an excuse to eat too much, make it a point to really slow down and savor your food. Enjoy regional specialties, local products, and fresh produce. Skip the ordinary; vacations are a great time to experience new flavors and try new foods. And remember, there is no need to ruin a fabulous meal by eating so much that you are uncomfortable and regretful afterward.

If you will be eating out a lot, it helps to keep some of your daily meals light to balance the heavier ones. Remember to carry healthy snacks with you so you don't feel trapped into buying something from a machine or fast food restaurant.

while you are on the go. Split an entree or dessert, and watch your alcohol intake. Remember to savor the whole dining experience including the atmosphere and the company – not just the food!

REJUVENATE

Make your vacation restful and truly restorative by leaving plenty of unscheduled time for relaxation. Practice deep breathing exercises, relaxation techniques, meditation, yoga, or tai chi – especially on the beach or other scenic outdoor locations. Arrange a massage or other body treatments to pamper your self. And get enough sleep so you will be well rested and have plenty of energy for the rest of your activities.

A vacation can provide many opportunities to rejuvenate your body as well as your mind. But why wait to travel to try some of these suggestions? Feel healthy and refreshed at home by making every day an experience to savor!

(If you would like to reprint this article or other Am I Hungry? articles in your health, corporate, or community newsletter, simply send an email to MMay@AmIHungry.com).

STAY COOL with this Simple Ice-Cold Smoothie Recipe

Just blend together and serve in a cold glass (serves 2):

1 cup of frozen fruit (strawberries, blueberries, raspberries, peaches, or bananas. Use unsweetened without syrup from your freezer section or better yet, freeze fresh fruit individually on a cookie sheet and store in an airtight container in your freezer to use as needed.)

1 cup of liquid (½ cup of any unsweetened juice and ½ cup cold water or 1 cup skim milk)

Optional Add-ins: low fat yogurt, ½ tsp of vanilla, protein powder, sweetener if needed

For Chocolate Lovers: Use skim milk, 1-2 tsp of cocoa powder, and ice and add frozen bananas or ½ tsp. of peppermint flavoring

Websiting: <http://www.gurze.com> Features articles, books and resources on eating disorder recovery, research, education, advocacy, and prevention.

RESOURCES FOR HEALTH PROFESSIONALS

Training and Licensing: Provide Am I Hungry? workshops to your patients, clients, and community by participating in Am I Hungry? Facilitator Training. Please send an email to Dr. May at MMay@AmIHungry.com if you would like to be added to our database to receive more information about this great opportunity to make a real difference.

Earn free CME at www.DiscoveryHealthCME.com

Includes: Adult Obesity: Reversing the Trend, featuring Michelle May, M.D. and other weight management experts; Childhood Obesity: Combating the Epidemic; and Dyslipidemia: New Treatment Options for the Dyslipidemic Patient.

Am I Hungry? Workshops

HURRY – Starting Soon! What To Do When Diets Don't Work: If you are in the Phoenix area, join us for our eight-week Am I Hungry?™ workshop beginning June 6th. You can change your lifestyle—and your life—in just 90 minutes a week. Send an email to Info@AmIHungry.com or call 480 704-7811.

I'm Not Hungry - What To Do When I Want to Eat Anyway: Ever notice that despite your best intentions your weight management plan sometimes falls apart when life gets in the way? Join Drs. May and Galper for motivating and eye-opening teleseminars to develop the skills you need to become an effective lifelong weight manager. The next one is **Motivating Yourself with Positive Self-Talk** on June 1st. These live interactive teleseminars are delivered to you by phone in the comfort of your home, office, or even hotel room. To learn more or register, go to <http://www.amihungry.com/workshops.shtml>. (CDs and E-books of previous sessions are also available at that link now!)

Coming Soon: Am I Hungry? EAT! (Expert Advice Teleseminars): We will bring you outstanding experts and topics that guide and urge you forward in your journey. Mark your calendar for July 27th, 2005 at 6:00 p.m. Pacific time for "Nurturing Body, Mind, and Spirit for Optimal Health" with Eve A. Wood, M.D., Clinical Associate Professor of Medicine in the Program of Integrative Medicine, University of Arizona School of Medicine.

Sign up for this Am I Hungry? E-newsletter or read all of the practical and content-packed back issues at <http://www.amihungry.com/eneews.shtml>.

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