



## Transcript from March 22, 2010 to March 23, 2010

All times are Pacific Time

March 22, 2010

2:30 pm fitcityindy: Join us tomorrow @ 6:30 p.m.ET for the #indyfitchat w/guest Laura McCammack from @Clarian\_Health.

8:11 pm Clarian\_Health: RT @fitcityindy: Join us tomorrow @ 6:30 p.m.ET for the #indyfitchat w/guest Laura McCammack from @Clarian\_Health.

March 23, 2010

1:39 pm fitcityindy: TweetChat 2nite 6:30pm ET. Laura McCammack w/ @Clarian\_Health talks about portion control, food journaling & more. Look for #indyfitchat.

10:16 pm fitcityindy: Tonight's #indyfitchat with Laura McCammack (@Clarian\_Health) will begin in 15 mins. Join talks @ portion control, food journaling & more.

10:30 pm lisavielee: It?s time for #indyfitchat with Laura McCammack from @Clarian\_Health. Tonight?s topic: strategies for healthier eating.

10:30 pm fitcityindy: It?s time for #indyfitchat with Laura McCammack from @Clarian\_Health. Tonight?s topic: strategies for healthier eating.

10:31 pm fitcityindy: Say hi Laura! Welcome to #indyfitchat: Feel free to send questions to @fitcityindy through the hour

10:33 pm Clarian\_Health: Hey everybody! I can't wait to get a good discussion going tonight! #indyfitchat

10:33 pm fitcityindy: If you are joining, introduce yourself and be sure to add #indyfitchat to your tweets so we can all see your questions and ideas.

10:35 pm fitcityindy: @Clarian\_Health, what are some things we all can do to get control of the amount and kind of food we eat? #indyfitchat

10:35 pm JenStringer10: Hi, it's Jen #indyfitchat.

10:36 pm fitcityindy: Welcome @JenStringer10 #indyfitchat. Hope you are having a good night. Ready to talk food control?

10:36 pm Clarian\_Health: First things first - make half your plate - at every meal - fruits and veggies! Does anyone do that now? #indyfitchat

10:36 pm fitcityindy: RT @Clarian\_Health: First things first - make half your plate - at every meal - fruits and veggies! Does anyone do that now? #indyfitchat

10:37 pm TheNewU4Life: Good evening and greetings to all, my name is Ryan #indyfitchat

10:39 pm fitcityindy: Welcome @TheNewU4Life #indyfitchat We are talking about making half your food fruits & veggies at every meal. Do you do that? (I don't)

10:40 pm Clarian\_Health: It is hard for me too - especially breakfast! But try adding a veggie soup or salad at lunch and dinner! #indyfitchat

- 10:41 pm JenStringer10: I'm not there yet w/fruits & vgs, but I am trying to eat less meat. What is a good amount of meat per meal for us carnivores? #indyfitchat
- 10:42 pm Clarian\_Health: Another easy, no brainer way for eating better is to use a Salad plate - not a regular dinner plate - for all your meals! #indyfitchat
- 10:43 pm fitcityindy: RT @Clarian\_Health: Another easy way for eating better is to use a Salad plate - not a regular dinner plate for all your meals #indyfitchat
- 10:43 pm Clarian\_Health: about 1/4 of your plate -about the size of your palm is good for meat portions! Good question Jen! #indyfitchat
- 10:45 pm Clarian\_Health: another new thing to help with portions - buy a BENTO Box - it is a japanese lunch box to help you eat smaller portions! #indyfitchat
- 10:45 pm Clarian\_Health: You can find Bento boxes online! Google it!#indyfitchat
- 10:46 pm fitcityindy: RT @Clarian\_Health: another new thing - buy a BENTO Box - a japanese lunch box to help you eat smaller portions #indyfitchat
- 10:48 pm JenStringer10: What's in a BENTO box to make it so special? #indyfitchat
- 10:49 pm Clarian\_Health: It is a lunch box of small compartments - so you can never pack too much of any food - just helps you remember correct portions!#indyfitchat
- 10:50 pm JenStringer10: I just googled BENTO box (as you suggested) & they're pretty cool. #indyfitchat.
- 10:51 pm fitcityindy: @Clarian\_Health, what are some other things we all can do to get control of the amount of food we eat? #indyfitchat
- 10:52 pm Clarian\_Health: A good tip to better eating is to be consistent - don't overindulge on weekends! Treat a Saturday like a Tuesday! #indyfitchat
- 10:53 pm lisavielee: RT @Clarian\_Health: another way to help with portions - buy a BENTO Box - a japanese lunch box to help you eat smaller portions #indyfitchat
- 10:55 pm Clarian\_Health: We tend to plan our meals and eat right during the week, then slack off on the weekends! Try to eat planned meals everyday!#indyfitchat
- 10:56 pm JenStringer10: I hear you on being consistent but 1)I try to sleep in on Sat's and kids have so many activities. We're on the run! #indyfitchat.
- 10:56 pm fitcityindy: @Clarian\_Health Can journaling help you plan meals? I normally use journaling to record what I eat, after I eat it. #indyfitchat
- 10:58 pm Clarian\_Health: For mom's on the run - think outside the box - try to pack a cooler of healthy foods to help avoid the drive-thru!#indyfitchat
- 11:01 pm Clarian\_Health: if you can at least get a few meals in as a family - then don't worry about the days that you don't! Try for at least 2-3x week!#indyfitchat
- 11:05 pm Clarian\_Health: To answer Fitcity, YES - use a food log to plan your meals, then check the foods off as you eat them to keep you on track!#indyfitchat
- 11:06 pm fitcityindy: RT @Clarian\_Health: To answer Fitcity, use a food log to plan meals/check the foods off as you eat them to keep you on track #indyfitchat
- 11:08 pm Clarian\_Health: food logs don't have to be paper and pencil - try keeping the log online - or even on an iPhone app! #indyfitchat
- 11:10 pm JenStringer10: RT @Clarian\_Health food logs don't have to be paper and pencil - try keeping the log online - or even on an iPhone app! #indyfitchat
- 11:10 pm fitcityindy: <http://bit.ly/9J9SRH> (iPhone app link) @Clarian\_Health: food logs don't have to be paper and pencil- try keeping the log online #indyfitchat

- 11:12 pm Clarian\_Health: try trading your weekly food log with a positive friend for them to look it over and comment - holds you accountable! #indyfitchat
- 11:16 pm Clarian\_Health: Weighing yourself once a week is a good way to keep you on track with eating - and it's proven to work!#indyfitchat
- 11:18 pm Clarian\_Health: Another way people keep at a healthy weight is to walk 4 miles a day - or the equivalent- of some other type of exercise! #indyfitchat
- 11:19 pm CMV420: RT @Clarian\_Health: Weighing yourself once a week is a good way to keep you on track with eating - and it's proven to work!#indyfitchat
- 11:20 pm lisavielee: 4miles! Every day? RT @Clarian\_Health: Another way people keep at a healthy weight is to walk 4 miles a day-or the equivalent #indyfitchat
- 11:20 pm fitcityindy: Welcome to #indyfitchat @CMV420 Do you have any tips for keeping amount and kinds of food under control?
- 11:21 pm Clarian\_Health: 60 a day of play is for kids and adults! :) Break it into 10 minute chunks through the day- not all at once!#indyfitchat
- 11:21 pm CMV420: RT @Clarian\_Health: Another easy way for eating better is to use a Salad plate - not a regular dinner plate for all your meals #indyfitchat
- 11:24 pm Clarian\_Health: For people who use a pedometer, 2,000 steps is a mile - so 4 miles a day would be 8,000 steps a day! Add in activity slowly!#indyfitchat
- 11:24 pm CMV420: Honestly, I control what I eat by not have alot of food in the house, especially junk food @fitcityindy #indyfitchat
- 11:25 pm Clarian\_Health: yes -one way to not eat oreos is to not have them in the house! :) too tempting! And the kids don't need them either! :)#indyfitchat
- 11:27 pm fitcityindy: Great point! Dump the junk. RT @CMV420: Honestly, I control what I eat by not have alot of food in the house, esp. junk food #indyfitchat
- 11:28 pm JenStringer10: Those smaller Coke cans are helping me w/ my soda addiction. I just want a little taste & they do the trick. Go, Coke! #indyfitchat.
- 11:28 pm fitcityindy: Here are some other tips from those who have successfully maintained a healthy weight: <http://bit.ly/bBb5f9> #indyfitchat
- 11:31 pm Clarian\_Health: great idea to drink small Cokes to keep track of portions! Been drinking Ocean Spray Cran-Grape packets to add to my water! #indyfitchat
- 11:31 pm fitcityindy: Our #indyfitchat hour went by fast! Thanks Laura & @Clarian\_Health for your great tips. Fun conversation
- 11:32 pm fitcityindy: You can keep the conversation going at #indyfitchat all week or follow @fitcityindy. We'll post a transcript tomorrow.
- 11:33 pm Clarian\_Health: Thanks everyone! Had a great time and hope to chat again soon!#indyfitchat
- 11:38 pm CMV420: RT @Clarian\_Health: yes -one way to not eat oreos is to not have them in the house! :) And the kids don't need them either! :)#indyfitchat