



By Dr. Douglas Cluff

KEEP FLOWER MOUND HEALTHY

Let's face it – being healthy is just plain hard. It seems as though everything around us dooms us to failure – unhealthy, addictive snacks and restaurant meals, uncomfortable weather that keeps us inside, remote controls, video games and social media, captivating television programming and reruns, stress, fatigue, a busy schedule, joint problems and other disabilities, and many other factors. Wouldn't it be amazing if everyone could join forces with the common goal of helping to create an environment that promotes a healthy lifestyle? Enter Keep Flower Mound Healthy (KFMH).

KFMH was founded in July 2019 with the overarching goal of *making lasting improvements in the health and weight of Flower Mound residents, by making it easier and more enjoyable to be and eat healthier.* Our Executive Committee, which includes experienced dietitian Nancy Moses and fitness experts Jesse James Leyva and Kay Simms, has developed two exciting initiatives in which all Flower Mound residents are invited to participate:

TLC Groups – *virtual support groups* that promote healthy “Therapeutic Lifestyle C” They consist of 4-6 people and are led by volunteer medical, nutrition, or fitness professionals (“Group Leaders”) who reside and/or work in Flower Mound. TLC Groups provide indispensable accountability, support, and brainstorming.

Root 66 – *A healthy meal database* of restaurant meals that contain at least 66% whole plants. Plants – whether it be fruit, vegetables, whole grains, legumes, and/or nuts and seeds – provide life-giving/extending antioxidants,

micronutrients, and fiber. National (USDA) guidelines (“MyPlate” – see choosemyplate.gov/eathealthy/WhatIsMyPlate) recommend a 70% plant-based diet, but we feel that 66% (2/3rds of one's diet or plate) is a simpler guideline to follow. And because plants are all too often processed or prepared in such a way as to nullify their benefits (think *french fries*), we specify that such plants be “whole.”

At Keep Flower Mound Healthy we also recommend setting a goal of an average of 10-20 (ideally 22) minutes of daily exercise. We call this initiative “Catch 22!” Why 22 minutes? Because the national guidelines (see www.hhs.gov/fitness/be-active/physical-activity-guidelines-for-americans/index.html) recommend at least 150 minutes a week of moderate-intensity aerobic physical activity. 150 minutes ÷ 7 days per week = ~22 minutes per day. If that seems like an unattainable goal, start with 5-10 minutes per day and build up from there.

To help incentivize people to begin the process, we have created a “Catch 22! (exercise) Log” (see <https://keepflowermoundhealthy.org/catch-22-1>) that can be used to keep track and motivate you. Once you begin to see all the amazing health benefits, energy, and well-being that comes from a regular exercise regimen, you will want to make a habit of it!

We warmly invite you to explore www.KFMH.org and join us in our efforts to Keep Flower Mound Healthy!

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