



HAPPY
NEW YEAR!

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START 2018 WITH A NEW HEALTH PLAN

BE INSPIRED: Robbie Harmon, Jamie Bailey share their success stories

Knowledge is key to reach nutritional, health goals

Each year self made promises of a “new year, new me” come and go as fast as the New Year’s Eve ball drops.

Many people fail to uphold their resolutions because they have a lack of knowledge of nutrition. Lake Cumberland District Health Department medical director Dr. Christine Weyman says that a healthy lifestyle starts at the kitchen table.

“Eating unprocessed home cooked meals are always the best option,” says Dr. Weyman. “Avoid prepackaged foods and fast food by supplementing with more plant based foods with a rainbow of color. Eat more fish and cut out other meats. Healthy eating decreases inflammation responsible for many disease processes.”

Eating healthier is just part of the equation but it’s also important to research and find new recipes or ways to enjoy clean eating.

“Personally, I am mostly vegetarian,” says Dr. Weyman. “I eat nuts, seafood, and yogurt along with fruits and vegetables and I never touch soda. Water, coffee, and tea (without sugar) are my beverages.”

When it comes to weight loss, many people find it hard to lose weight because they aren’t getting the right nutrients to aid in fat oxidation.

“For those looking to shed pounds, you must increase your fiber intake, stop eating sugar and be sure to eat plenty of prebiotic rich foods like onions, leeks, beans, artichokes, garlic and fermented probiotic rich foods like yogurt, sour kraut, or kimchi.”

Staying on track and making the right nutritional choices every day is a big component of living a healthier lifestyle. Dedicate yourself to a healthier lifestyle for the New Year and stick to your resolution by using these tips from eatright.org.

– **Eat Breakfast.** Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

– **Make Half Your Plate Fruits and Vegetables.** Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

– **Watch Portion Sizes.** Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.

– **Be Active.** Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or



Robbie Harmon decided to take control of his health after reaching more than 300 pounds.

Robbie Harmon credits a group of friends for helping him stay on track with diet and exercise by participating in endurance courses like the “Spartan Race.” (From left) Brett Blair, Steve Turner, Brad Scholl, Chad Bivens, Harmon and Brandon Bardin completed a “Spartan Race” obstacle course earlier this year.

Harmon uses phone to help stay on track with healthy lifestyle

Smart phones have made life easier in the 21st century. Connecting to people, taking care of personal finances, and even managing health and fitness can all be completed on smart phones.

Adair native Robbie Harmon has lost 109 pounds over the last two years, and he credits his smart phone for helping him stay on track to a healthier and more active lifestyle.

“Two years ago I hit 309 pounds,” says Harmon. “As a 5’8 40-year-old, I knew that something had to change, so I made a

decision to do something about my health.”

Harmon is the director of pupil personnel for the Adair County school district, and he remembers when it used to be hard for him to do anything other than complete his work week.

“I had no energy and was lethargic all the time,” says Harmon. “I never felt like going for a walk, or even throwing a ball in the yard with my son.”

Harmon wanted to be a better father, husband, employee and friend and he tried fad diets, over

the counter weight loss products, and even prescription weight loss drugs from his doctor, but nothing seemed to work long term.

“Those pills and things can work, but only as long as you continue to use them,” says Harmon. “I realized that I had to do more and I started searching for ways to hold myself accountable in order to transition into a new lifestyle.”

Harmon started by downloading the My Fitness Pal app on his

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Jamie Bailey has lost 150 pounds since October 2016. Bailey had a gastric sleeve surgery and has been dieting and working out to achieve monumental results over the past year.



Bailey uses surgery, major changes to help focus on health

Since Oct. 11, 2016, Adair native Jamie Bailey has been living and working with the idea of being “healthy, not skinny.” After being overweight for much of her life, she woke up one day and decided she didn’t want to be the same woman; she wanted to be healthy.

“Committing to a healthier lifestyle is the second best decision I’ve ever made,” says Bailey. “Second only to choosing Jesus.” After doing a lot of research,

Bailey decided that a gastric sleeve surgery might be her best option. The operation removes a portion of the stomach and leaves the patient with about one-tenth the size of the original stomach.

“So many people think that weight loss surgeries are just an easy way out, but it takes a lifestyle change,” says Bailey. “I gave up soda, I can’t eat bread or pasta because they take up too much space and I have to get in

a lot of protein. The surgery forced me to eat a healthy diet because I have to make sure what I’m eating has high nutritional value.”

Bailey says the stigmas associated with weight loss surgeries haven’t kept her from doing everything that she possibly can to be ‘healthy, not skinny.’

“I go to the gym five or six days a week and I’m aware of what I’m eating every day,” says Bailey. “If someone is thinking of having a

surgery, it has to come from the heart and it’s more than just having the operation, you have to change or it will not work.”

Bailey says that the social aspect of eating has been one of her biggest challenges.

“Eating is a social thing and it was very hard to sit down with friends when I’m done eating in five minutes and they’re still eating,” says Bailey. “It has been

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