

PERSONAL HEALTH WORKSHOP

1) Overview of workshop

- a) This workshop will provide you with an overview of nutrition and physical activity benefits for yourself.
- b) You will learn ways to incorporate healthy eating and activity into your daily lives.

2) Objectives

- a) Describe what it means to be overweight and how food and physical activity affect weight.
- b) Explain in detail how society has changed, making weight maintenance so challenging
- c) List personal barriers to healthy eating and physical activity and possible solutions
- d) List some simple changes participants can make right now that will have an effect on their weight.

3) Why do we gain weight?

- a) Scale comparison-we need to use more than we eat to lose weight; to lose weight we can exercise more, or eat a little bit less
- b) This workshop will be split into two parts. The first section will focus on eating for health, and the second will focus on maintaining an active lifestyle.

SECTION 1: NUTRITION

- 1) **Rate your Plate Worksheet**-quickly fill out this survey and BE HONEST, no one will see your answers but you. When finished keep in mind the areas you scored lowest on and pay attention when we talk about that particular area.

2) Eating A Well Balanced Diet

- a) You should adopt health eating habits that you can maintain throughout your life- “moderate amounts from all food groups, not large amounts of a few special foods”
- b) Get a variety of whole grains, low fat dairy, fruits and vegetables and lean meats and beans

3) Fruits and Vegetables

- a) What’s the fuss, why do we think fruits and vegetables are important?

- i) Protect against diseases (Ca, DM, CVD)
 - ii) Make us feel full
 - iii) Do not contain as many calories or fat
 - (1) example a 1lb bag of baby carrots has as many calories as a single little Debbie Nutty Bar, therefore you can eat 2lbs of carrots for the same calories as a package of Nutty Bar!
 - iv) Choose whole fruit instead of juice – juice contains less nutrients and fiber and more calories-a serving of juice is only ½ cup or 4 oz (same calorie as a small apple)
 - (1) How to add- add a serving to each meal
 - (2) Easy snack to carry around
 - (3) Try veggies and dip instead of chips
 - (4) add fruit to your cereal
 - (5) Other tips that have worked for you?
- 4) **Beverages** – many people drink a lot of their calories, this can lead to extra weight over time.
- a) Reg soda-can 150 cal, 20 oz bottle 250 cal – 16 tsp or 5 T of sugar
 - b) Sweet tea usually has more calories and more sugar-try getting unsweet and adding a non-calorie sweetener
 - c) Smoothies also carry a lot of calories, example Smoothie King’s regular sized low-fat cranberry supreme smoothie has 577 calories! That’s a whole meal!
 - d) Try cutting back at least one cola a day if not all calorie beverages
 - e) Drink more water-free of charge AND free of cals-add orange, lime or lemon slices for a new flavor
- 5) **Meats**-we are eating more than before. Meat is a good source of protein but some has a lot fat as well as certain cooking methods can increase fat
- a) Grill, bake or broil as much as possible. Less fattening
 - b) Remove skin of turkey and chicken/fats in fish are healthy! (PUFAs)
 - c) Beans are a great substitute for meat and contain more fiber, vitamins and minerals – try eating a meatless meal once a week with black beans, pinto beans or black eyes peas
 - d) If you do eat red meat or pork, try to get the leaner cuts of meat-round and loin
- 6) **Healthier Snacks**-many dieters give up their healthy snacks/desserts
- a) Treat yourself once in a while; just watch the serving size

- b) One way to do this by using a small bowl or napkin to place the snack on and put the box away; this will help stop you when you are tempted for more
 - c) If you want dessert when you go out to eat, split it
 - d) Healthy snacks that you'd like to share?
- 7) **Fats and Oils**-30% or less of calories, fat has a lot of calories, more than PRO or CHO (by weight) PRO/CHO-4kcal/gm, FAT-9kcal/gm; some fats better than others
- a) Plant oils-canola and olive are the best; contain MUFA and PUFA these help to lower chol
 - b) Limit sat fats (from animals-dairy and meat)
 - c) Trans fats – found in foods like packaged cookies, crackers and chips as well as margarine and foods that have been fried
 - i) Have been chemically altered to become a solid and are very similar to saturated fats
- 8) **Eating Out**- how many times to you eat out a week? Where do you eat out?
- a) Many health professional believe that the increase in out eating out is a big factor in wt gain
 - i) Restaurant sizes tend to be much larger than we would eat at home (3/4x)
 - ii) Cheap ingredients to add taste, reduce cost, such as sugar and fat (very high calorie foods when we eat out!!!!)
 - iii) Drink more since they typically use large glasses and refills are free
 - b) Tips for eating out
 - i) Ask for half portions
 - ii) Share with a friend
 - iii) Dressing on the side
 - iv) Order grilled/baked instead of fried
 - v) Avoid buffers
 - vi) Ask for a doggy bag
 - vii) Healthiest choices: grilled chicken, plain hamburgers, salads with low fat dressings
 - viii) Any other tips?
- 9) **Portion Distortion**
- a) Show pictures and discuss

10) What makes it hard to eat well??

- a) Eat when we're stressed
- b) Skip regular meals and just snack
- c) A big part of learning about eating healthy is finding out WHY you don't.
- d) Other reasons
- e) Other suggestions that work for you that you'd like to share with the group?

11) **Fad Diets** – 90s was low fat, now its high protein

- a) Questions: Can you name some fad diets? What have you heard about them? Has anyone tried them? What are your experiences? Do you think they are healthy or lead to sustained weight loss?
- b) Why they are bad – quick wt loss by eliminated most foods, no permanent changes being taught, require you to give up fav foods, don't allow for special foods for holidays/events, hard to stay on diet for long term, they also tend to slow your metabolism (which means you'll gain more weight once you slip off one) AHA states that diets high in protein are also high in fat and lacking in certain nutrients and have not been documented as safe.

12) **Eating for your health**

- a) Be Flexible – planning a pizza splurge at lunch, adjust your other meals and make them smaller and healthier
- b) Be sensible – each snack from a plate rather than a bag, split a dessert, read food labels, when eating out take half the dinner to go, avoid super sizing
- c) Be Realistic – Do not try to change too much at one time-make small gradual changes, Choose low or reduced products, Try mixing your milks to work down to skim or 1% slowly
- d) Be adventurous – try a new fruit or veg you never had, prepare a new recipe every month, challenge yourself to cook meatless meals at least once a week

SECTION 2: PHYSICAL ACTIVITY

1) **BENEFITS**

- a) **What are some benefits from PA for yourself?**
 - i) **Protection from developing:**
 - (1) *Heart Disease*
 - (2) *High Blood Pressure*

- (3) *High Cholesterol*
- (4) *Colon and Breast Cancer*

ii) Increased Prevention and Control of:

- (1) *Type 2 Diabetes*
- (2) *Arthritis*
- (3) *Depression*
- (4) *Osteoporosis*

iii) Daily Benefits

- (1) *More energy*
- (2) *Decreased stress*
- (3) *Better sleep*
- (4) *Psychological well being*

iv) Increase in muscle mass and muscle burns more calories than fat so it boosts our metabolism and helps us shed those extra pounds

2) How much PA do adults need?

- a) *US Surgeon General recommends at least 30 minutes of moderate intensity PA on MOST DAYS of the week. Moderate means hard enough to sweat but not so hard you cannot carry on a conversation.*
- b) *Recently, a muscle-strength training component was added to the guidelines to promote increased muscular strength and endurance. Therefore, it is recommended that 8-10 strength training exercises be performed 2 or more nonconsecutive days per week using the major muscle groups (eg. hamstrings (back of upper leg), quadriceps (front of upper leg), biceps, triceps, deltoids (shoulders), etc).*

3) What do you think of when you hear “physical activity”?

- a) *Do you think it has to be hard or tiring, expensive, you need a lot of time?*

i) Hard and Stressful

- (1) *Most of us wince at 30 minutes of PA a day*
- (2) *Increasing your PA simply means moving more*
- (3) *PA is any bodily movement that uses energy*

(a) THINGS YOU CAN DO

- (i) *Park further away***
- (ii) *Play outside or inside with your class or with your own children at home***
- (iii) *Break up the 30 minutes into 10 min intervals***
- (iv) *Walk around campus on lunch break with a co-worker***

ii) COMPONENTS of an Ideal PA Plan

- (1) Cardiovascular or aerobic activity
 - (a) Breathe heavier than a normal slow walk such as running, walking fast, biking, cardio machines
- (2) Flexibility-Stretching muscles
 - (a) Full range of motion
 - (b) Hold 10-20 secs and do not bounce
 - (c) Do 3 times a week
 - (d) Can do throughout the day
- (3) Strengthening activities
 - (a) 2 x per week
 - (b) Pushups, pull ups, weight lifting, sit ups

4) What Can U Do?

- a) **Think of ways you can increase your own activity level during your day.**
 - i) *Go for a brisk walk*
 - ii) *Garden*
 - iii) *Dance*
 - iv) *Walk the Dog*
 - v) *Park far away*
 - vi) *Take the stairs*

5) BARRIERS to EXERCISE...

- a) **What are some barriers in your life?**
 - i) **NO TIME** = Split it up, walk while you are talking on the phone, Exercise with kids at work just work hard enough to get your heart rate up
 - ii) **WEATHER** = walk in a mall, simple exercises at home (FITTV ONDEMAND), mall walking
 - iii) **COST** = use local parks, school track, check out local rec programs
 - iv) **ACHES AND PAINS** = start slow, stretch before and after, loosing extra pounds can reduce pain
 - v) **NO SUPPORT** = try and get family and friends motivated, get a group of coworkers together and go for a 10 min walk, clubs
 - vi) **TOO TIRED** = Pick activities that will keep you motivated, set goals, you will have more energy and feel better about yourself
 - vii) **NO PLACE** = Use home, outside, garage

6) MAKE PA a Priority

- a) Pick an activity you enjoy so you stay motivated and an exercise partner

- b) Establish a regular schedule set a goal to exercise regularly for 1 month it only takes 1 month to make it a habit
- c) Start slowly; starting off with too many expectations can be discouraging
- d) Increase quality of life thru PA with more energy and better health