



## Weight loss: Building a solid foundation

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PEBTF  
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# Learning objectives

## Weight loss: Building a solid foundation

### Learn building principles including:

- BMI & BMI trends
- Obesity health risks
- Main cause of obesity
- Setting goals and measuring success

### Explore nine tools for successful weight loss

# Building principles

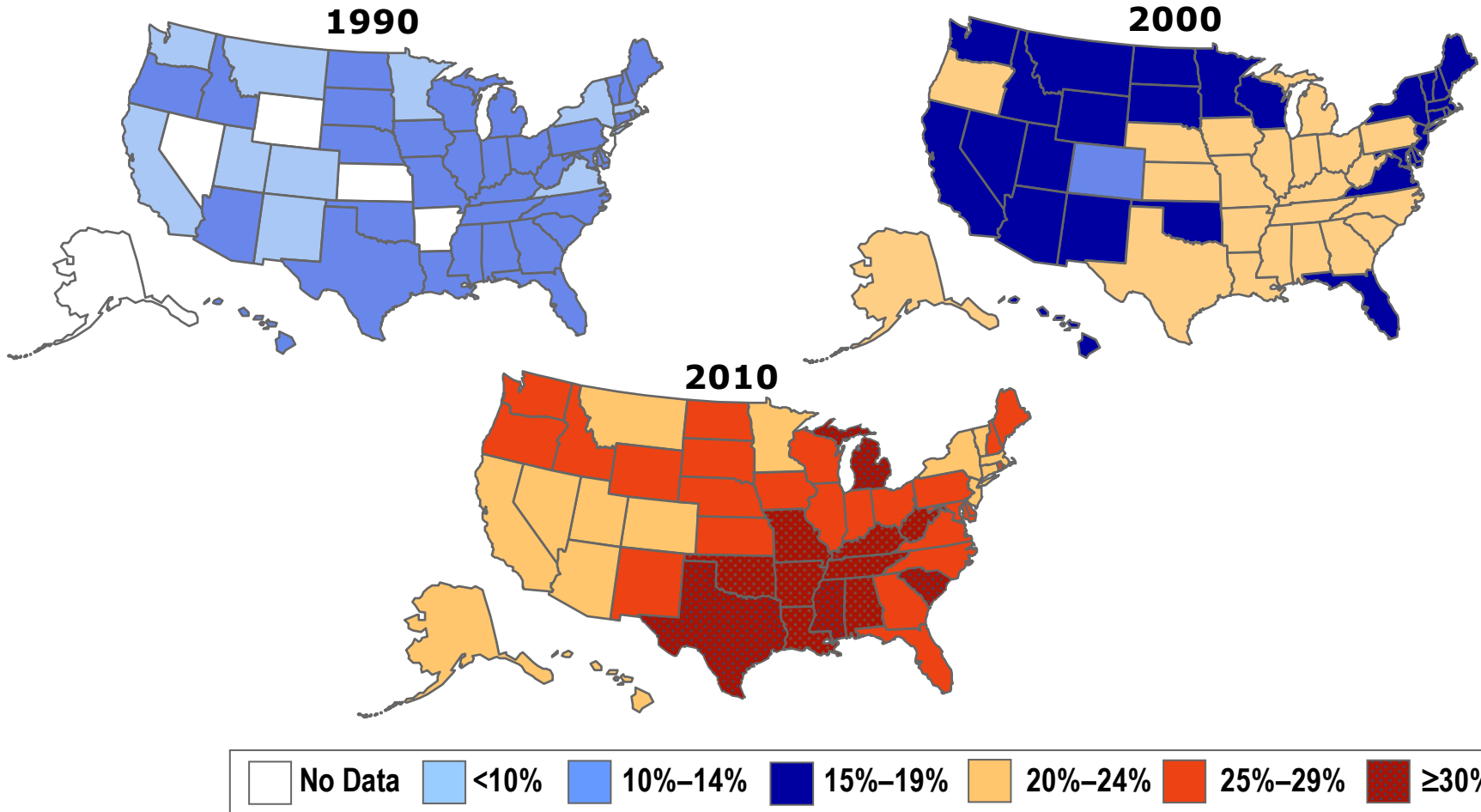
# Body mass index (BMI)

- Math formula
  - Used to assess overweight and obesity

$$\text{Weight (pounds)} \times 703 / \text{Height (inches)} / \text{Height (inches)}$$



# National obesity trends

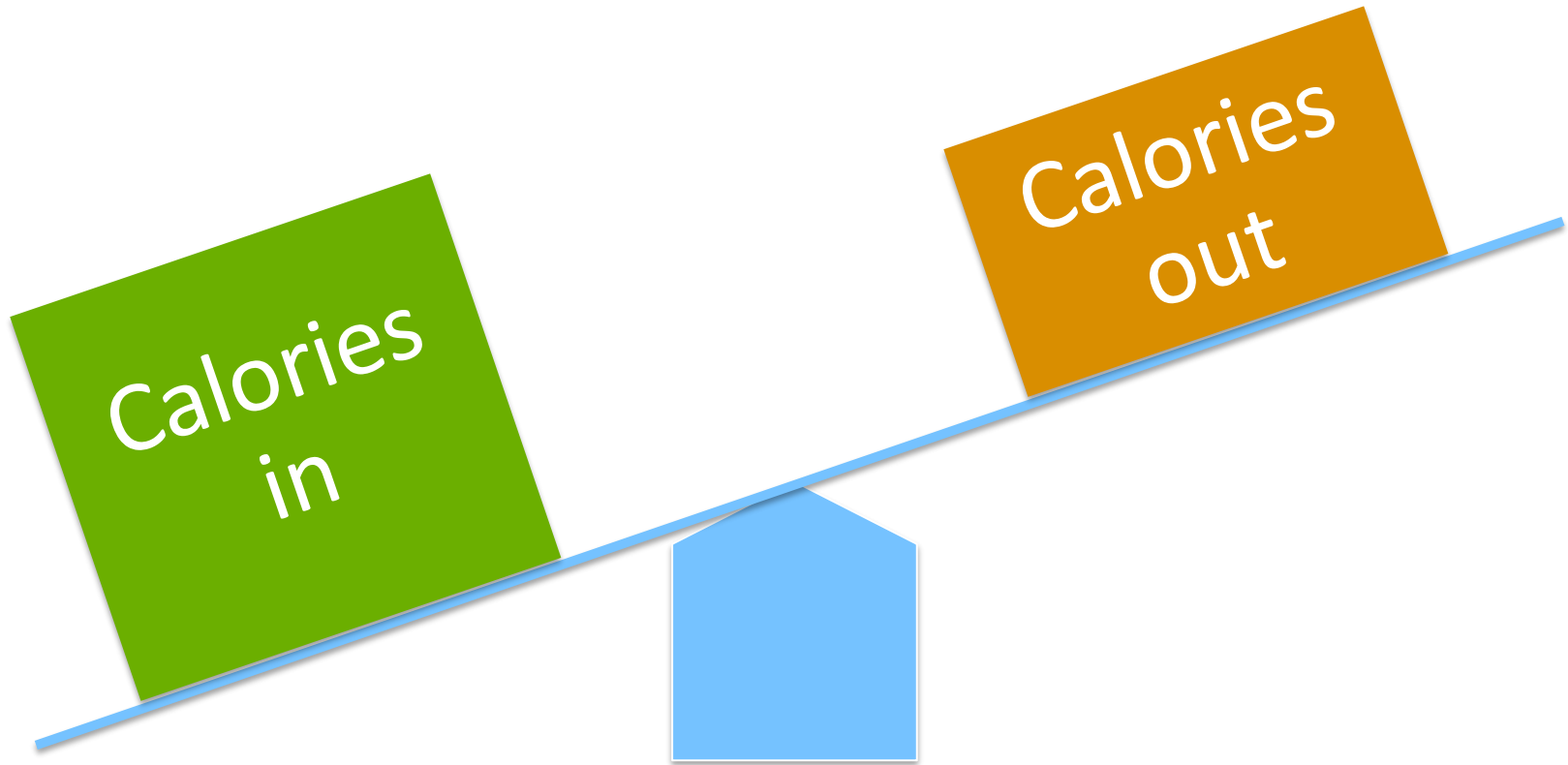


# Health risks of obesity

- High blood pressure
- High LDL, low HDL, and high triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and breathing problems
- Chronic inflammation and increased oxidative stress
- Endometrial, breast, colon, kidney, gallbladder, and liver cancers
- Mental illness such as depression and anxiety
- Body pain and difficulty with physical functioning



- Main cause of obesity



# Weight loss goals and measuring success

- Best way to lose weight is slowly
  - 1-2 lbs per week is
    - Do-able
    - Safe
    - Will help you keep off the weight
- Look at many factors to gauge success with weight loss efforts

What factors could you look at to **gauge success** with your weight loss efforts?





# Nine tools for successful weight loss

# Tool 1: Self-monitoring



- Weight
  - Track 1 time per week
- Nutrition
  - Track multiple times per day
- Exercise
  - Track daily

## Tool 2: Drinking more water

- Limit caloric drinks
  - By drinking more water
    - Many benefits



$$\begin{matrix} \times & 7 \text{ days} \\ & \text{per} \\ & \text{week} \end{matrix} = 3465 \text{ calories}$$

**3500 calories = 1 lb**

## Tool 3: Decreasing portion sizes

- Much overeating is caused by increased portion sizes
  - If a large portion is available, it will most likely be eaten
- Let your membership in the clean plate club expire
  - New goal: Satisfying hunger

What **portion control strategies** have you tried?

# Tool 4: Reading food labels

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 72
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
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<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Tool 5: Not skipping meals

- Skipping meals can lead to
  - Overeating
  - Starvation mode



## Tool 6: Eating mindfully

- Noticing your hunger and fullness signals
- Savoring each bite
- Slowing down
- Avoiding multi-tasking while eating



## Tool 7: Getting active

- Shoot for consistent, life-long exercise
  - How?
    - Get an exercise partner
    - Plan ahead
    - Do something you enjoy
    - Make it fun

What do you **like**  
to do for exercise?



## Tool 8: Expecting setbacks

- Expect setbacks and be ready for them
  - When one occurs
    - Learn from it if you can
    - Then get back on track

“ Every setback is a setup  
for a comeback! ”



Joel Osteen

## Tool 9: Keeping your eye on the prize

- Make a short list of 5-10 reasons why you want to lose weight
  - **Write** them down
    - **Read** your list 1-3 times every day
  - Will guide you towards making healthier choices when the going gets rough

**Why** do you want  
to lose weight?

# Summary



- BMI & BMI trends
- Obesity health risks
- Main cause of obesity
- Setting goals & measuring success
- Must-have tools

**What tools  
are you  
going to use?**

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