

HPDP Weight & Wellness for Employees

Wednesdays 10am via Skype

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MOVE! Dietitians

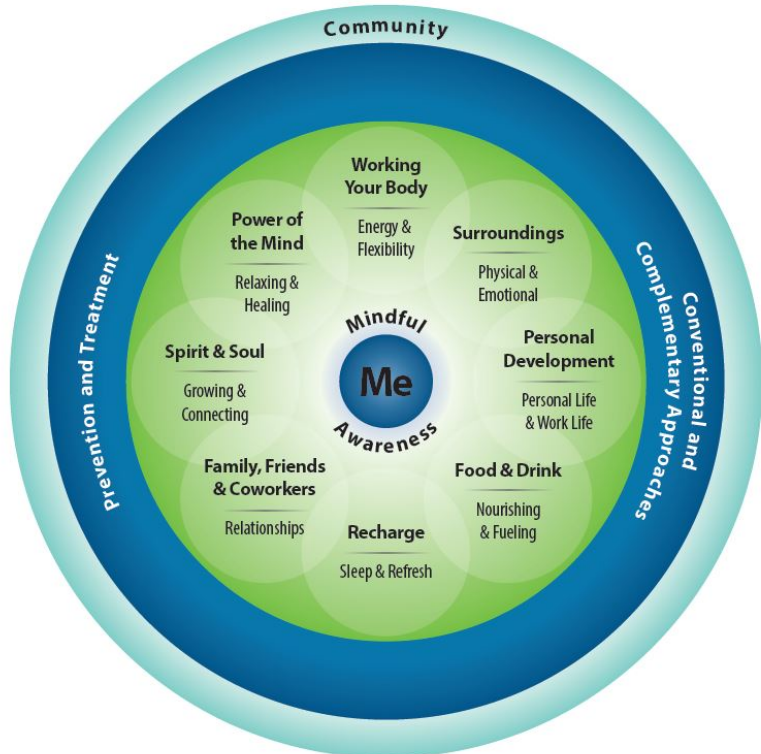
Today's agenda

- Finding your **MOTIVATIONS** for weight loss
- The behavior change process
- Setting your weight loss goals
- 5 min Q & A session

Hope everyone is staying safe & healthy!

Motivation

- ▶ What's in it for YOU to be healthy?
 - ▶ What REALLY matters to you, in your life?
 - ▶ What is your vision of your best possible health?
 - ▶ What kinds of things would you be doing?



How does weight loss fit in with this?

How will losing weight improve your personal life and your VA work life?



**Don't
PANIC!**

Making Changes

- Behavior change is a **PROCESS!** So is losing weight.
- Changes should result in a $\sim\frac{1}{2}$ to 2 pound loss each week.
- Many things make our weight fluctuate in brief, minor ways (normal fluid fluctuations, and **NOT** true weight gain):
 - Hydration status (loss through sweat, retention due to sodium, hormones)
 - Carb and salt intake (they hold onto water)
 - Bowel regularity (constipation, diarrhea)
 - Physical activity

Making Changes

- Once you lose the weight, you don't want it to find you again, right?
- It is vital to make changes you can live with, for LIFE!

- **STEPS TO BEHAVIOR CHANGE:**

- Make a **PLAN**
- **WRITE** it down
- Set **SMALL**, achievable goals
- **MONITOR** your progress
- **REWARD** yourself often!
- Get **SUPPORT**



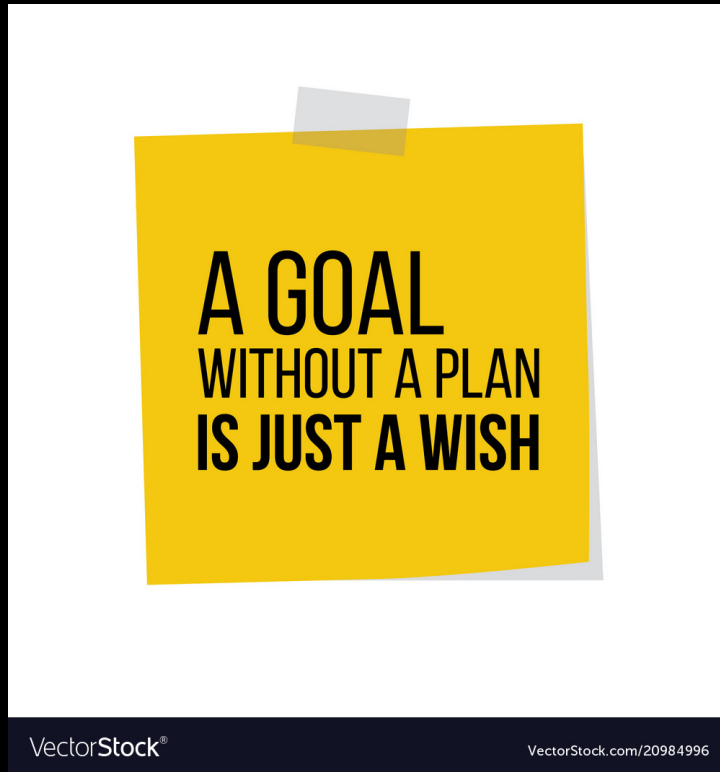
Ready, Set, GOAL!

- Evidence shows a healthy, initial weight loss goal is 5-10% of your current weight (in a 4-6 month time frame)
 - Take your current weight (ex: 237 pounds)
 - Remove the last digit (ex: 23)
 - 23 pounds is 10%!
 - Divide that in half to get 5% (ex: $23/2 = 12$ pounds)

How will YOU choose to make that happen?

....Get SMART!

SMART Goals



- Specific - WHAT will you do?
- Measurable - HOW will you know you are making progress?
- Action-Oriented - What ACTIONS will you take to reach this goal?
- Realistic - Is the goal DOABLE for you?
- Time-based - When will you review your goal?

Example SMART Goals

“I will drink 3 cans of soda or less this week.”

Now, HOW can you make this happen? (Plan out what days/times you will drink it, do not buy extra soda at the store, choose water or Crystal Light instead...)

“I will walk for 10 minutes, 2 times this week.”

Now, HOW can you make this happen? (Place your walking shoes by your bed or front door, don't turn the TV on until after the walk, make a playlist...)

What is YOUR SMART goal??

Feel free to type YOUR goal
into the chat box

Thanks for joining!

- MOVE is currently offering several VVC class and telephone options! Feel free to refer your veterans!
- Have them call 314-289-6503 to sign up!
- MOVE Website: <https://www.move.va.gov> for great resources!