HPDP Weight & Wellness for Employees

Wednesdays 10am via Skype

With Kristine Jamerson & Angie Cohen

MOVE! Dietitians

Today's Agenda - Tracking!

- Purpose of Tracking
- Tracking food and drink intake
- Tracking your steps
- The scale & other ways to track success
- 5 min Q&A

9AM: Egg whites and Avocado

1PM: Kale Salad

6PM: Chicken and Veggies

11PM: 23 Oreos + Tub of ice cream

My most recent entry in my food journal 😂 🐷 🚥



Why Track?

- Allows us to pay attention to patterns so we can change behavior
- Tracking food and drink helps identify unhelpful eating patterns
- Tracking activity helps you monitor the calories you burn
- Memories can be misleading
- The scale is not the only indicator of success





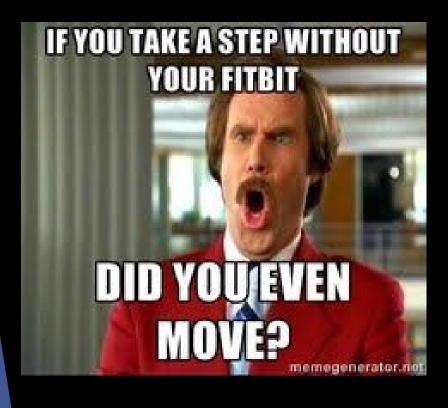


Tracking your Food & Drink

- Write down everything you eat AND drink that day
- Can use daily paper log, website, or App
 - My Fitness Pal
 - Lose it!
 - MOVE! Coach
- Supports other great weight management strategies such as:
 - Using measuring cups and spoons
 - Nutrition Fact label reading
 - Consistent meal/snack spacing
 - Identification of emotional eating

Sample Log Entry

Week 7 Day 1		Day/Date: Saturday 07-13-19		
Time:	Food/Beverage:	Amount:	Calories:	Mood/Feelings:
8:15am	Multi-grain cereal O's	l cup	106	Tired
8:15am	Milk 1%	3/4 cup	77	
10:30am	Banana	l medium sized	105	
12:30pm	Wheat bread toasted	2 slices	138	Нарру
12:30pm	Ham	2 ounces	60	*
12:30pm	American cheese	l slice	104	*
12:30pm	Green apple	l medium sized	95	*



Tracking Physical Activity

- Tracking activity can help us identify the calories we burn while also establishing better activity routines
- Can log on paper or digitally on website or App
- 4 Types of Exercise to track include:
 - Cardio
 - Strength
 - Flexibility
 - Lifestyle





How many steps did you take today?

- Tracking daily steps is a great way to ensure you are achieving your walking goals
- Pedometers and Wrist Trackers
 - ► About 2,000 steps = 1 mile walking
 - National goal is 10,000-12,000 steps day
 - ▶ 1 mile moderate paced walking burns about 80-100 calories

So, why don't folks track?

I am too busy

- Set aside a few min at certain time during the day
- Or, track ahead of time (edit as needed!)
- Remember why you are tracking- to lose weight!

I keep forgetting

- Make tracking part of your daily routine
- Set a reminder, alarm, or timer
- Leave yourself notes where you will see them
- Ask others to remind you

I don't like to track

- Share your progress with others
- Compete with family and friends
- Try using an App instead of paper

Tracking your weight

- Weighing Daily or Weekly can be helpful
 - Look at the big picture; plotting week by week into graph form to see trends
- 0.5-2 lbs/week is a safe, reasonable expectation
- Add weight to your paper or electronic logs
- Remember the Energy Balance formula

Calories In (Food & Beverages)
- Calories Out (Activity & Metabolism)
= Weight Loss or Gain

Other ways to Track success!



- Increased Energy levels
- Better sleep
- Clothes fit looser
- Improvement on lab work
 - Better BG, BP, Cholesterol readings
- Improved Mood
- Less Depression, stress, anxiety

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!