

# 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

# Why Track?

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 🤔🍷🍷

- 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	1 cup	106	Tired
8:15am	Milk 1%	3/4 cup	77	"
10:30am	Banana	1 medium sized	105	"
12:30pm	Wheat bread toasted	2 slices	138	Happy
12:30pm	Ham	2 ounces	60	"
12:30pm	American cheese	1 slice	104	"
12:30pm	Green apple	1 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

$$\begin{array}{l} \text{Calories In (Food \& Beverages)} \\ - \text{Calories Out (Activity \& Metabolism)} \\ \hline = \text{Weight Loss or Gain} \end{array}$$

# Other ways to Track success!



Most people have no idea  
how good their body is  
**designed to feel.**

Kevin Trudeau

quote fancy

- 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!