

# *Take Charge! Live Well!*

S.M.A.R.T. Weight Loss



LIVE LIKE YOU'RE THRIVING **IN JANUARY.**

## Session Overview:

- Setting goals for success
- Current trends in obesity
- Healthy weight loss
- Healthy eating
- Physical activity
- Resources & tools

**NEW, SMART GOALS**  
FOR A **NEW YEAR**

**TAKE CHARGE! LIVE WELL!**

# HOW DO YOU MAKE GOALS YOU CAN **KEEP?**

**MAKE THEM SMART.**

- Specific**
- Measurable**
- Attainable**
- Relevant**
- Time-based**



# Setting S.M.A.R.T. Goals



- **SPECIFIC**

- Your goal should be clear and easy to understand.

- **MEASURABLE**

- Your goal should include a number to help you track your progress toward your goal.

- **ATTAINABLE**

- Your goal should consider your limits and shouldn't be so lofty that it's not motivating.

- **RELEVANT**

- Your goal should be based on what's right for YOU and what interests YOU.

- **TIME-BASED**

- Your goal needs a time range, such as an end date, so you know when you've achieved it.



# Time-Specific Goal Examples

## Short-Term Goals Examples:

- I will call my health care provider today to schedule an appointment to talk about my desire to lose weight to make sure my goals are appropriate for me.
- I will decide on at least three types of physical activity to try each week and get what I need within one week (equipment, membership, etc.)
- I commit to start easing into the Dietary Approaches to Stop Hypertension (DASH) eating plan next week and follow it completely within three weeks.
- I will block off 30 minutes on my calendar for exercise five days of each week.
- I will invite a friend or family member to join me for the times I've planned exercise.

## Long-Term Goals Examples:

- I will lose 1 pound per week for 12 weeks by following my nutrition and exercise plan.
- Within two months, I will increase my endurance so I can do everyday tasks (like housework, playing with my kids and shopping) at least five minutes longer before burnout.
- Within three months, I will increase the time I exercise by 10 minutes per day and/or increase the weight I lift by 5 pounds.
- I will get my cholesterol into the healthy range over the course of this year.
- I will walk or run a 5K this year.

# Action-Oriented Goals

- I will walk, play basketball, work out to a fitness video or do activities at the gym for 30 minutes total at least five days a week.
- I will drink water or unsweetened tea instead of soda and sweet tea each day of the week.
- I will bring a healthy lunch to work instead of eating out four days of the week.

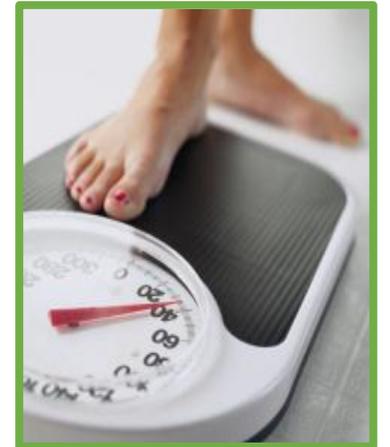
- I will have a piece of fruit or one small, bite-size chocolate if I crave dessert each day of the week.
- I will eat and drink the right amount of servings each day based on my personal target.



# Don't Let The Holidays Weigh You Down

On average, Americans gain approximately 1-2 lbs. during the holiday season

- Research shows those 1-2 lbs. are not as often lost; add up
- People who are already overweight tend to gain more
  - One study found overweight participants gained 5/+ lbs. during the holidays
- Those who are most active tend to gain the least
- Starting earlier in life leads to more accumulation over time



# What are the Risks of Obesity?

All-causes of death  
(mortality)

High blood pressure  
(Hypertension)

High LDL cholesterol,  
low HDL cholesterol, or  
high levels of  
triglycerides  
(Dyslipidemia)

Prediabetes  
Type 2 diabetes

Coronary heart disease

Stroke

Gallbladder disease

Body pain and difficulty  
with physical  
functioning (bone /  
joint problems)

Osteoarthritis

- A breakdown of cartilage and bone within a joint

Sleep apnea and  
breathing problems

Some cancers

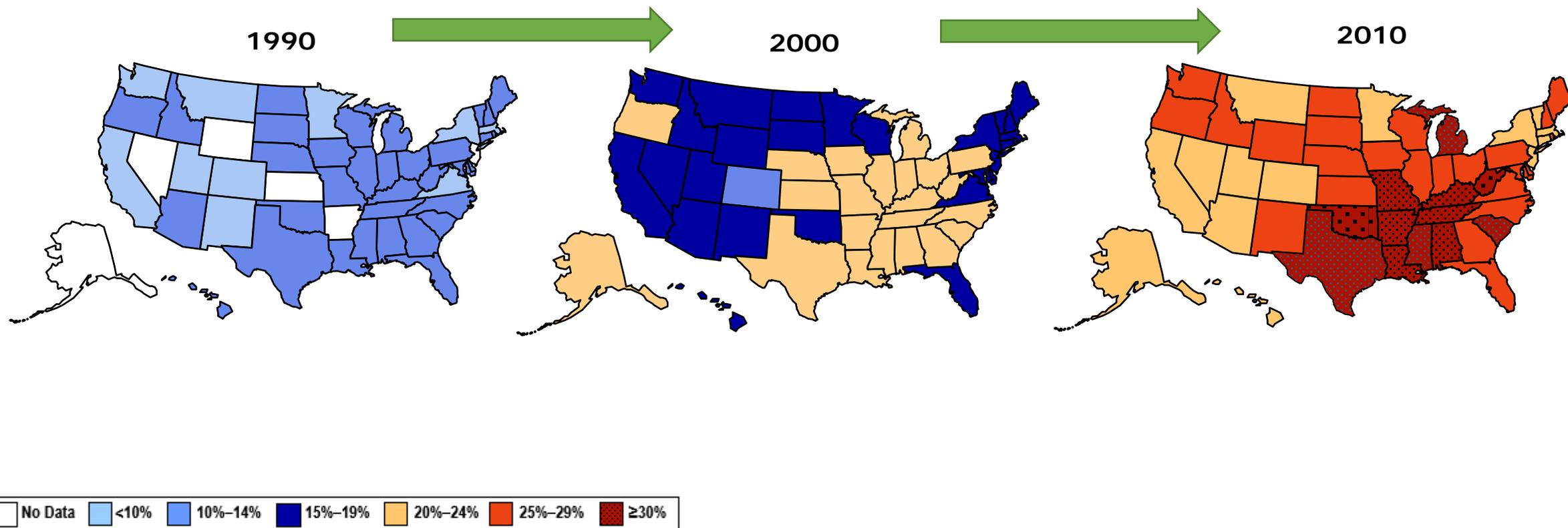
- Endometrial, breast, colon, kidney, gallbladder, and liver

Low quality of life

Mental illness such as  
low self-esteem, clinical  
depression, anxiety,  
and other mental  
disorders

# Current Trends: the Rise in Obesity

## Obesity Trends Among U.S. Adults



Source: Behavioral Risk Factor Surveillance System, CDC.

# Assessing Your Risk: Body Mass Index

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
<b>Height (inches)</b>	<b>Body Weight (pounds)</b>																
<b>58</b>	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
<b>59</b>	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
<b>60</b>	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
<b>61</b>	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
<b>62</b>	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
<b>63</b>	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
<b>64</b>	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
<b>65</b>	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
<b>66</b>	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
<b>67</b>	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
<b>68</b>	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
<b>69</b>	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
<b>70</b>	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
<b>71</b>	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
<b>72</b>	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
<b>73</b>	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
<b>74</b>	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
<b>75</b>	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
<b>76</b>	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

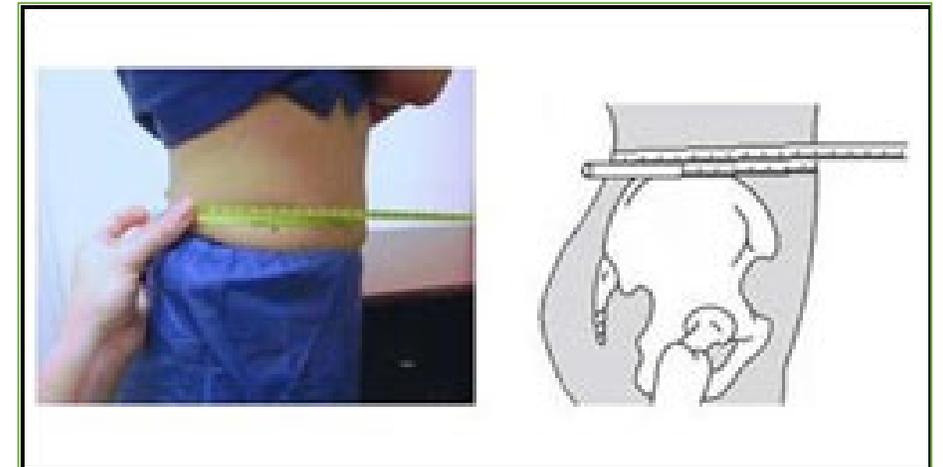
Category	BMI
Underweight	<18.5
Normal weight	18.5–24.9
Overweight	25–29.9
Obesity	30 or greater

\* Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs

# Assessing Your Risk: Waist Circumference

To correctly measure waist circumference:

- Stand and place a tape measure around your middle, just above your hipbones
- Make sure tape is horizontal around the waist
- Keep the tape snug around the waist, but not compressing the skin
- Measure your waist just after you breathe out



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Image source: CDC

# Healthy Weight Loss

- Weight loss revolves around calories in versus calories out
- Balancing calories can be done through diet and exercise
- Healthy weight loss is considered no more than two pounds per week
- One pound is equivalent to 3,500 calories; therefore two pounds is 7,000 calories

Example: Example: Steve wants to lose ten pounds in a healthy way. How could he go about this process?

- Steve can lose two pounds (7,000 calories) a week and get to his ten pound weight loss goal in five weeks.
- To reach his goal in five weeks, he can remove 1,000 calories per day from his current routine.
- Steve can burn 500 calories each day from physical activity and remove 500 calories from his diet each day to reach his 1,000 calorie deficit.

# Make the Cut

To lose one pound, your body needs a “calorie deficit” of 3,500 calories. Over one week, that equals 500 fewer calories a day.

Cut / Substitute	Calories Saved
A slice of cheese on a sandwich	Approx. 100 calories
Choose tea or water over a 20-oz. cola with sugar	Approx. 240 calories
Opt for two “minis” over a full-sized chocolate almond bar	120 calories

Find ways to cut a little so you can lose a little and still enjoy what you eat every day.

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# Healthy Eating for Healthy Weight

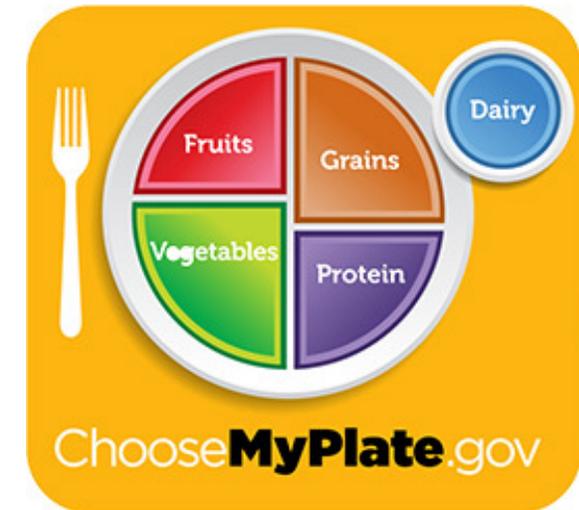
According to the *Dietary Guidelines for Americans 2010*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs

Don't focus on foods you can't have.

Focus on what you can have:

- Fresh, frozen, or canned fruits and vegetables
- Calcium-rich foods
- Try new twists



# Healthy Eating for Healthy Weight

## Healthy eating is all about balance.

Reduce high-calorie / fat / sugary favorites to once in a while and balance them with healthier foods and more physical activity.

Enjoy your comfort foods, but try to:

- Eat them less often
- Eat smaller amounts
- Try a lower-calorie version



You can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight.

# Common Physical Activity Barriers & Resolutions

## Lack of time

- Try to do three, ten minute sessions of movement throughout your day.
- Utilize your work breaks and lunch times
- Plan time before / after work day
- Trade one, 30-minute TV show for physical activity
- Schedule it

## No space

- If the weather is nice, go outside! If you prefer the indoors, try squats, pushups, sit-ups and other body weight exercise.

## No equipment

- Body weight exercises usually require minimal space and minimal to no equipment.
- Resistance bands are inexpensive, small, yet effective tools
- Get creative: utilize your environment

## Don't know where to start

- Start with activities that you like doing or have done in the past.
- Play outside with kids or pets
- Dance
- Play sports
- Enlist the help of a Personal Trainer to show you proper form and routines
- Utilize videos

## Lack of support

- Contact the Healthways health coaches to set up a plan or get some guidance.
- Organize a work walking group
- Join a team / recreation activity
- Utilize apps to help you stay on track

# Physical Activity Tips

It is important to make physical activity a part of your daily routine.

*Something is always better than nothing!*

- Many forms of physical activity can be used to help with weight loss
  - There is **not** a perfect exercise or routine for weight loss
  - The best form of exercise is the type that **you like** to do
    - More likely to stay on track with goals if you enjoy it
- Try to include a variety of:
  - Circuit training
  - High intensity interval training
  - Combining cardio and strength



# Physical Activity Recommendations

**At least 30 minutes** of moderate-intensity aerobic activity **At least 5 days** per week for a **total of 150 minutes**



**OR**

**At least 25 minutes** of vigorous aerobic activity **At least 3 days** per week for a **total of 75 minutes**



or a combination of the two

**AND**

**Moderate to HIGH INTENSITY** muscle-strengthening activity **At least 2 days** per week for additional health benefits



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# Online Resources: Well-Being Connect

The screenshot shows the 'Well-Being Connect' interface. At the top right is a 'Manage Focus Areas' button. Below it is a navigation bar with 'My Well-Being Plan', 'Favorites', 'Groups & Challenges', 'Resources & Tools', and 'Rewards Center'. The 'Resources & Tools' menu is highlighted with a yellow box. Below the navigation bar are five resource tiles: 'Health Records', 'Resource Center', 'My Journal', 'Recipes & Menus', and 'Assessments & Reports'. Callout boxes provide details for these resources.

- Trackers
- Action Items
- Journal

- Tools
- Articles
- Videos

Healthy recipes and meal plans, including nutrition information

# Online Resources: Well-Being Connect

## Well-Being Connect Mobile



Get the latest version from the App Store or Google Play. Then, open it on your device to sync your account.

## Suggested Trackers:

- Weight
- Exercise
- Food Log
- Servings

HEALTHWAYS Hello Fntestdhce! Messages My Account Help Español Log Out Search Go

Make sure your Well-Being Plan is up to date.

New information we have about you may suggest new focus areas for you to try based on your current needs. Consider updating your Well-Being Plan by selecting "Manage Focus Areas".

Manage Focus Areas

My Well-Being Plan Favorites Groups & Challenges Resources & Tools Rewards Center

Manage Focus Areas

Primary Focus Area  
**Stress Management** Taking Act

**Other Goals & Trackers** Add More Goals & Trackers

Exercise Goal: You have not set a goal for yourself

THIS WEEK: STARTING ON: 7/03/2014 NO GOAL SET

Track OVERALL SUCCESS

# Health Coaching

## What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2



# Learn More

- Centers for Disease Control and Prevention
  - [cdc.gov](http://cdc.gov)
- American Dietetic Association
  - [eatright.org](http://eatright.org)
- Choose My Plate
  - [choosemyplate.gov](http://choosemyplate.gov)
- Let's Move!
  - [letsmove.gov](http://letsmove.gov)
- The President's Challenge
  - [presidentschallenge.org](http://presidentschallenge.org)





*THANK YOU!*

ohio.gov/tclw

1-866-556-2288



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