Learn to love it...

Move It!— For health, for fun
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First things first:
1. Write your weight on your chart.
2. Draw a line from your second week’s weight to the third.
3. Take out your F&F Log.
   a) Were you all able to fill it out each day?
   b) Were you able to stick to your calorie goal?
   c) Make a note about how you did this week.

What did you find that surprised you?

What is “Physical Activity?”
- Any movement that gets you up and moving. For weight loss, deliberate physical activity MOST days is a must.
- Focus on what you like to do first. Then think, VARIETY!
  - Cardiovascular, Strength & Flexibility.
  - Think balance in every day. Balance your sitting with your moving.
  - Wear a pedometer – Spring Fitness anyone??
Get Moving to Lose Weight and KEEP IT OFF!

- To lose weight you MUST USE MORE CALORIES than you take in.
  - 2000 calories (food eaten) – 1500 calories (metabolism, exercise) = 500 calorie gain.
  - 1500 calories (food eaten) – 2000 calories used (metabolism, exercise) = 500 calories loss.
  - There are ~3500 calories in 1 pound of body fat. So – if you have a 500 calorie loss, how many days will it take you to lose a pound?

Find Opportunities

- On F&F Log – Circle your physical activity:
  1. How long are you active?
  2. How many days each week?
  3. What did you enjoy?
  4. Where can you add?

Estimate Your Burn

- **Modest pace** (6 calories or less used per minute): gardening, house cleaning, bowling, snowmobiling, painting, car washing, fishing, window cleaning, golf.
- **Active pace** (6-10 calories used per minute): softball, weightlifting, shoveling snow, playing with kids, dancing, barn cleaning, racquetball, tennis, volleyball, skiing, handball, yoga, biking.
- **Vigorous pace** (10+ calories used per minute): exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit) basketball, soccer, cross country skiing, martial arts, boxing, chopping wood, swimming, mountain biking.

- Check this out: [http://www.nutristrategy.com/activitylist4.htm](http://www.nutristrategy.com/activitylist4.htm)

Exercise Goal Setting

- Start SLOWLY, but be consistent.
- What can you do?
- Repeat this out loud – “ANYthing I can do in addition to what I currently do is forward progress.”
Remember YOUR Goals?

1. Weight Loss
2. Exercise
3. Healthy Habits

Concentrate on Goal 2

- Based on your physical needs, choose an exercise goal for this week.
- Write down one simple action you will take THIS WEEK to move toward that goal.
- Write down barriers do you think you may run into.
- Write down how will you work around those barriers.
- If you need to change your goal – DO SO!

Tip: Write your goals in your binder. Put them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.

Ideas to get MORE activity

Think outside the "well."
1. Playing with children,
2. Walking breaks,
3. Vacuuming,
4. Sledding,
5. Snow shoveling,
6. Walking the dog,
7. Parking further from work, taking the stairs
8. Fitness videos,
9. Yak Traks – what else?

Food and Fitness Log

This week's mission: Record everything you eat + portion size + calories + calorie goal + activity
Calorie King Fun
Any foods you had trouble finding calories on this week?

Calorie King Fun:
• Hardee’s Six Dollar Burger
• Macaroni Grill Grilled Pork Chops
• Applebee’s Oriental Grilled Chix Salad

Fun Resources:
Try TABATA – 30 second interval exercise
Online calorie counter with apps: http://www.myfitnesspal.com

A successful food & fitness log

• Start paying attention to detail. Get out the measuring spoons and cups. Read all the labels. Don’t estimate!
• Keeping track of your food intake is the NUMBER ONE most important step you can take to manage your weight!

Fun with Physical Activity
Activity, sometimes more than other healthy habits, is about putting yourself first. Don’t let other demands interfere with what is best for you.

“Integrate more exercise into your daily routine. Instead of taking the elevator, climb up the side of the building. When you pass a water cooler in the hall, insist on a game of leap-frog. Use that waiting time to send messages in your bulletin board. Ride your coffee with your nose. Arm wrestles your clients…”

Positive Thinking
• You are NOT a helpless victim. YOU control YOUR choices.
• Self-Efficacy – knowing that you can do it.
• Success = Resiliency, Commitment and Choice.
• PLAN to succeed.
Remember - 4 Keys to Success
Getting to and Maintaining a Healthy Weight

1. Low-calorie diet
2. Regular and varied exercise
3. Very little (1hr. or less/day) television.
4. Eating Breakfast EVERY day

Unlock your potential

This Week:
1. SET your exercise goal.
2. DO what you’ve decided that you will to meet your goal.
3. PRINT another week for the food and fitness log.
4. RECORD your food, fitness and weight in your log.
5. BRING your binder and log to our next webinar.

Our next meeting is Monday from 12-1pm.
Let us know if you have any questions during the week.

Your Turn