

Now is the time...

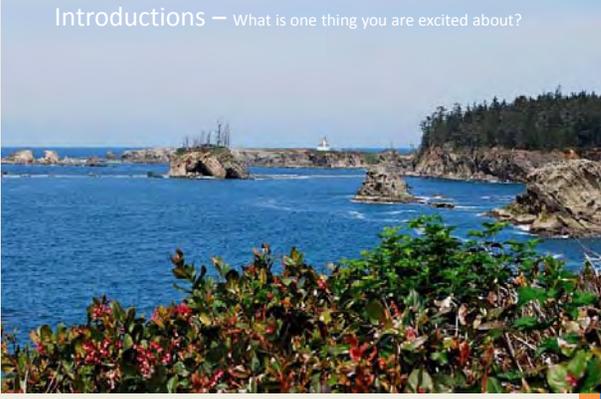


Welcome to Healthy For Life!

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Introductions – What is one thing you are excited about?



Do you know?

- That you should be active each day?
- That you should eat lots of fruits and vegetables and whole grains?
- That you should get more sleep?
- That you should spend more time doing the things you love?
- That you would feel better if you did so?
- That you live longer and happier when these things are a part of your life?

What's stopping you?



Panel 1: "HOW ARE YOU DOING ON YOUR NEW YEAR'S RESOLUTIONS?" "I DIDN'T MAKE ANY."

Panel 2: "SEE, IN ORDER TO IMPROVE ONESELF, ONE MUST HAVE SOME IDEA OF WHAT'S 'GOOD.' THAT IMPLIES CERTAIN VALUES."

Panel 3: "BUT AS WE ALL KNOW, VALUES ARE RELATIVE. EVERY SYSTEM OF BELIEF IS EQUALLY VALID AND WE NEED TO TOLERATE DIVERSITY. VIRTUE ISN'T 'BETTER' THAN VICE. IT'S JUST DIFFERENT."

Panel 4: "I DON'T KNOW IF I CAN TOLERATE THAT MUCH TOLERANCE." "I REFUSE TO BE VICTIMIZED BY NOTIONS OF VIRTUOUS BEHAVIOR."



The Story of the Frog and the Well.

There once was a Frog who had been born and spent his whole life at the bottom of a well. The sky was just a circle of light above him. To him, the world was a dark, circular place with damp walls, which he thought was great, since he had never known anything else. Then, one day, a passing bird convinced the frog to climb all the way to the top of the well, even though he was comfortable where he was. Suddenly, the sky stretched on as far as he could see, and the well where he had spent his whole life was only a dark circle below him. Suddenly he could see what had been there all along – a world that was more than just enough.

Sometimes it's about changing your perspective and opening your eyes to what is really there.

It's time for a different perspective

Have You Ever Thought:

- I can't do that.
- That doesn't work for me.
- There's no point in trying.
- Nothing I can do will make a difference.
- I will never be what I want to be.
- I can't do that because I don't have time.
- I'm too busy.
- I don't have the will power.
- My genes make me this way.




Wow, it's a big road!
Where am I trying to go?
Why should I tackle this?

A journey can never begin without the first step.

What is your driving force? What do you really want out of what you are doing here?

Find a picture or quote that reminds you of that.



Here's Your Tools...

Support from your group. Support from your program leaders. A structured program to keep you on track. Benefits for weight management expenses. Books of information. Web sites with information. A place to ask questions and get ideas.



... Here's How You Use Them

Choose goals. Think outside the "well" to overcome barriers and tripping places. Commit to the goals you choose by **taking action**, and making them second nature. **Being active each day.** Being aware of your daily choices. Being accountable for your choices and using set-backs as a way to grow.



Setting Up Success

- Expect to succeed.
- Be ready – change is scary – but it's also exciting and necessary.
- Know what to expect – program requirements.
- You're not alone – group and individual support.

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

Program Structure

- 16 weekly webinars **Mondays from 12-1pm**, followed by 6 monthly – 2nd Wed from 12-1pm.
- Monthly individual sessions with program leaders via telephone
- Self-monitored exercise & diet
- Program materials
 - Guidelines for Participation
 - Slides for all webinars – *you will receive these 1 week ahead with link for the webinar.*
 - Calorie King book
 - Food/Activity log
 - Weight Chart

This is LIFESTYLE CHANGE



- The problem with diets is...
- Bottle your enthusiasm!
- Expect to lose weight slowly and surely by making changes that will last your lifetime –
- IF you DO IT!
- Start to reset your thinking now – this is NOT a diet.

Goal Setting

What Makes A Good Goal?

- Achievable
- Specific
- Measurable
- Have a date for completion

Success starts small and builds on itself.



- What are examples of goals that meet these requirements?

What Are YOUR Goals?



1.
Weight Loss



2.
Exercise



3.
Healthy Habits

How will you meet your goals?

- For each of the three goals, 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!
Remember, achievable, specific, measurable, time for completion.

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



Food and Fitness Log

This weeks mission:
record everything you eat, portion size, and calories

Starting a *successful* food & fitness log

- Bring your log page with you – *in the binder, in your purse/wallet, via e-mail, PDA, whatever works.*
- Record EVERYTHING you eat and drink, including water, portion & calories. *Calories not necessary for fruits/vegetables EXCEPT corn, potatoes, peas.*
- Record all DELIBERATE activity/exercise you do each day – *walks, classes, cleaning the house, active play with kids - anything you do purposefully to be more active.*
- Record your weight *AT LEAST 1x/week.*
- REMEMBER – this log is for your use ONLY. Be honest – be complete.



This Week:

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

Our next meeting is Monday from 12-1pm.

We will be calling to set up your first individual appointments.



Your Turn

