

Learn to love it...




Move It!— For health, for fun
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What did you find that surprised you?



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 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>

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 a 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. 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.

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 weeks 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 Chx Salad

Fun Resources:
 Prepare for a 5K: www.coolrunning.com/engine/2/2_3/181.shtml
 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 coworker in the hall, insist on a game of leap-frog. Use kick boxing to post messages on your bulletin board. Stir your coffee with your toes. Arm wrestle 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

