

What's Around You?

Kim Pullman, RD, LN
Deb Rapaport, RN, BSN



Examples of positive self-talk

First things first:

1. Write your weight on your chart.
2. Draw a line from your fifth week's weight to the sixth.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Were you able to stay within your calories?
 - c) Make a note about how you did this week.



What is "Willpower?"

- Simply the way you respond to a cue.
- You are not a helpless victim. You have a CHOICE.
- It is important to discover situations that challenge you and trouble-shoot them BEFORE you get into them.
 - Think of a situation that has been challenging you.
- How will you handle the situation next time to ensure a healthier outcome for you? Remember, PRACTICE makes perfect.



Improving your “willpower”

- Willpower may sometimes be better described as “awareness” or even, “want-power.”
- Becoming aware of the environment we live in is key to improving our ability to make good choices.
- Environmental influences make REAL differences in how we eat – and HOW MUCH we eat – how active we are, our ability to handle stress and much more.

What “cues” influence you?

- Hunger?
- How you are thinking or feeling?
bored, lonely, happy?
- What other people say and do?
offered food at a party or family event
- The sight and smell of food?
- Certain activities?
watching TV, reading magazines

Think about your stomach.

- Rate your physical hunger. How hungry are you right now?

What about now?



Know your enemy

- From *Mindless Eating: Why We Eat More Than We Think* by Brian Wansink.
- **Convenience** – food is available everywhere you go.
- **Advertising - Calorie/Fat/Sugar-rich – Nutrient Poor** – these foods are cheap both for you to buy and for the manufacturer to produce and thus advertised heavily.
- **Portion size** – restaurants and stores won't switch to smaller portions because people won't pay more for them.
- **Slurping Calories** – Sodas, smoothies, "energy" drinks, oh my. People who drink one or more sodas per day are 27% more likely to be overweight. Soda accounts for 43% of the increase in calorie consumption in the past 30 yrs.
- **Eating – On the side** – Eating and doing something else, driving, watching TV, watching a child's game, working at your desk.

Food Cues *Outside the Home*

1. Fast food restaurant, bakery, coffee drive-thru right on the way to work.
2. High calorie/high fat foods in public areas.
3. Snack food stash in your desk.
4. Vending machine and/or cafeteria in your work area.

Food Cues at *Home*

1. Food on the counter or easily accessible.
2. Food in the front and eye-height.
3. Food on the table at meal time.
4. Size of serving dishes, eating dishes and utensils.
5. Large packages.
6. Food choices available.
7. Positive talk and materials.

Make it Work FOR You

- So...if seeing something encourages you to eat it...what should you have *in sight* at home and at work?
- So...if seeing something encourages you to do it...what should you have *in view* at home/work, read about, or watch on TV?
- *How do you talk* about food and activity?
- So...if you "eat on the side" - practice "mindfulness" or "mindful eating." Turn your attention inward when you eat – be fully awake and aware of the sensations and taste of food.



Positive Grocery Shopping

- Make a list – STICK TO IT!
- Be full and satisfied.
- Shop the perimeter of the store – buy REAL food.
- Don't shop by coupon.
- Read the labels.
- <http://www.supermarketguru.com/>



Positive Activity Cues



- Keep a pair of walking shoes in view in your office.
- Put a note to self on the door – “Walk before lunch.”
- Send yourself an Outlook appointment.
- Take the stairs.
- Take your walking shoes on trips.

Remember YOUR Goals?



1.
Weight Loss



2.
Exercise



3.
Healthy Habits

Review all three goals

- How are they working?
- Are you meeting them?
- If you need to change your goals – 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 + calories + activity

Fun with Food Cues

Are you thinking, "not me!" We are UNAWARE of how powerful these cues are.



Copyright 2007 by Randy Glasbergen.
www.glasbergen.com

GLASBERGEN

"It's time to get serious about losing weight. Today I filed a restraining order against the pizza delivery guy."



Positive Thinking

- Self-Efficacy – knowing that you can do it.
- Success = Resiliency, Commitment and Choice.
- PLAN to succeed.



This Week:

1. **NEW: Challenge** – identify one food cue that is a problem and **GET RID OF IT.**
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.

