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Health Care & Benefits



1

How have you been doing?



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2

## First Things First

1. Write your weight on your chart.
2. Draw a line from your 16th week's weight to the 19th.
3. Have you come to the end of your chart? Look at your graph. Make a note on how you have been doing, and what (if anything) you'd like to change.
4. Take out your F&F Log.
  - a) Were you all able to fill it out each day?
  - b) Make a note about how you did this month.



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3

## What is Energy?



- The product of food metabolism — measured in calories.
- No really – it's how you FEEL!
  - Vitamins
  - Caffeine
  - Herbs/Other Supplements
  - Energy Stealers and Energy Sources



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4

4

## Energy Sources

- Food
- Exercise
- Restful Sleep
- Mental Energizers



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5

5

## Mental Energizers

- Positive Thoughts
- Exercise
- Outdoors
- Sunlight
- Colors
- Music
- Friends
- Laughter
- Make Your Own List



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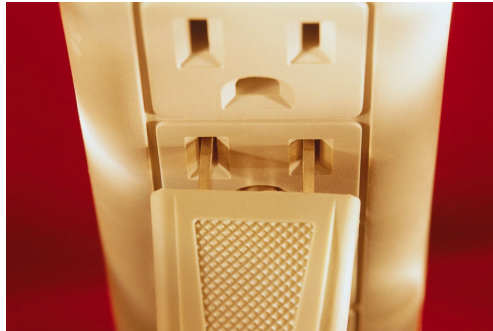
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## Energy Vampires

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- Lack of sleep
- Negative thoughts
- Negative people
- Overeating/high fat
- Dwelling in the past
- Carrying a grudge
- Make Your Own List



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7

7

## Vitamins for Energy

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- Vitamins/Minerals do NOT provide energy – BUT – they do help your body do everything it needs to do.



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8

8

## Vitamins and Minerals

- Found naturally in food.
- Organic compound or molecule needed in miniscule amounts.
- Act as coenzymes in a myriad of chemical reactions in the body.
- RDI's vary with age and gender but are based on needs of 97 - 98% of individuals.



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9

9

## Pop Quiz

- If you were to take the SAT test tomorrow what would you take with you?



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10

10



## Vitamins are like pencils

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- You need a certain kind of pencil for different tests. Other pencils will not do!
- If you have no pencils you can't take the test.
- If the lead runs out or your pencil is dull, you can't take the test well.
- 10 times as many pencils won't improve your score and 10 times the vitamins won't make the reaction happen any faster.



## Who Needs Supplements?

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- Those on low-calorie diets.
- Those who do not consume a balanced diet (fast food, vegetarian, no milk, not enough fruits and vegetables).
- Those who are pregnant, smoke, or use excessive alcohol.
- Those who have mal-absorption or other medical condition.



## They are Supplements!

- There are many nutritional needs that cannot be addressed by popping a pill.
- Food is the BEST source of nutrients – all together in the perfect package.
- Our vitamin supplements are only as good as our current knowledge....



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13

13

## Vitamin D

- Many people are not getting enough Vitamin D from their diet or sunlight.
- Naturally present in few foods (cod liver oil, fatty fish).
- Fortified foods such as milk, yogurt and some cereal – this increases every day.
- You can get it from sun – if your body can make it. 10-15 minutes on legs, arms or trunk. BUT – Availability of sunlight is variable.



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14

14

## What does Vitamin D do?

- Strong bones (helps absorb Ca & P)
- Research suggests deficiency associated with some chronic diseases: hypertension, cardiovascular disease, diabetes, metabolic syndrome, cancer, autoimmune diseases.
- Co-factor in multiple systems in your body.



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15

15

## How much do you need?

- Blood test available to check status.
- Optimal supplement intakes about 1,000 to 2,000 IU (Harvard School of Public Health).
- Some people might need more IU/day to correct deficiencies.
- Look at the label: cholecalciferol D3.



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16

16



## Other vitamins to consider

- Calcium - Deficiencies may spur food intake.
- Vitamin B12 – all B-vitamins key to the “energy” cycle (making food into units of energy our body can use to power our muscles, brain, etc.). Where do you get B-vitamins?
- Iron – anemia anyone? Upset stomach?
- Magnesium
- Selenium, Vitamin K, oh my!
- Carnitine...?

Check out:

<https://msna.memberclicks.net/assets/docs/Aunt-C-Carnitine-explanations-13-san.pdf>



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17

17

## Remember:

- The best medicine is food.
- Assure Adequacy (100%) – don't assume it.
- No excesses! Only supplement 100% each day unless otherwise directed by a doctor.



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18

18

## Quick Reference

1. Eat a healthy diet
2. Choose a daily multivitamin
3. Think about D
4. Say no to “megas”
5. Avoid “super” supplements



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19

19

## Caffeine for Energy?

- A stimulant that exists naturally in some substances and can be produced synthetically.
- “Habituation” is a factor. Generally, the equivalent of 1-2 cups (8 oz.) is considered safe and even healthy.



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20

20

## Quick Reference: Caffeine

|  |                         |
|--|-------------------------|
| Regular Coffee 8 oz.   | 90-135 mg               |
| Espresso per "shot"  | 30 - 50 mg              |
| Black Tea 8oz  | 40 - 70 mg              |
| Soda   | 35-55 mg                |
| Energy Drinks  | 75-300 mg               |
| Energy gum, mints, etc.  | ? Who knows?            |
| Chocolate  |                         |
| "Botanicals": guarana, yerba mate, green tea extract and kola nut. | ? Up to 800 mg per dose |



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21

## Quick Reference: Herbs

<https://www.nccih.nih.gov/health/herbsataglance>

| Herb       | Other Names                                 | Claimed Benefit                   | Safety Concern                       |
|------------|---|-----------------------------------|--------------------------------------|
| Arnica     | Mountain tobacco, leopard's bane, wundkraut | Muscle pain, stiffness            | Increase anti-coagulation            |
| Astragalus | Huanchi, huang qi, milk vetch               | Weak immune system, fatigue       | Interaction with immunosuppressants  |
| Cayenne    | Capsicum, red pepper, African chiles        | Muscle pain, arthritis, digestive | Skin irritation, digestive disorders |
| Echinacea  | Purple coneflower, Indian head              | Immune sx, colds, infection       | Immunosuppression                    |



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22

## Quick Reference: Herbs

| Herb     | Other Names                   | Claimed Benefit                      | Safety Concerns            |
|----------|-------------------------------|--------------------------------------|----------------------------|
| Ginseng  | Russian root                  | Endurance, energy, immune fx         | anticoagulant              |
| Guarana  | Zoom cocoa, Brazilian cocoa   | Decrease body fat, energy            | Contains caffeine          |
| Rhodiola | Golden root, Arctic root      | Energy, endurance                    | Interacts with other herbs |
| Turmeric | Turmeric root, Indian Saffron | Joints, digestive, skin, respiratory | Pregnancy                  |



## Risky Dietary Supplements

- Any supplement in greater than recommended amounts
- Ephedra – MaHuang, Mormon Tea, Sida Cordifolia- especially with “ECA stack” (ephedrine, caffeine, aspirin)
- DHEA and androstenedione and other hormone precursors
- Yohimbine – must not be combined with dietary tyramine
- Kava – Piper methysticum.
- GBL, GHB, BD – gamma hydroxybutyric acid.



## Considering Supplements

- Ask yourself the questions: What, Why, Who Says, When, How Much.
- Talk to your doctor!!



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25

25

## Reliable Information

- <https://www.webmd.com/vitamins/index>
- <https://www.nccih.nih.gov/>
- [www.tuftshealthletter.com](http://www.tuftshealthletter.com)
- [www.mayoclinic.com](http://www.mayoclinic.com)
- [www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)
- [www.nhlbi.nih.gov/health](http://www.nhlbi.nih.gov/health)
- [www.eatright.org](http://www.eatright.org)



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26

26



## Energy is a Choice

- How you choose to spend your time, what you choose to eat and how you choose to move your body can give you a sense of accomplishment, well being, better health, and the energy to enjoy life.
- How to Have More Energy – Ted Talk by Sean Hall:

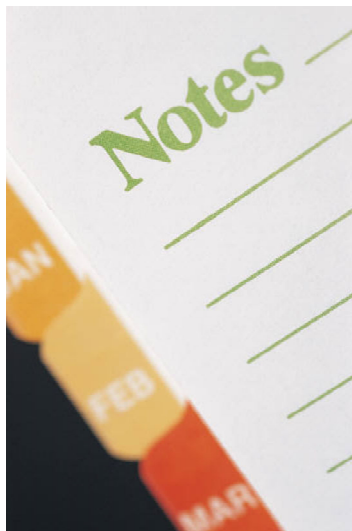
<https://www.youtube.com/watch?v=MPp6Rovlvxs>



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27

27



### *This Month:*

1. Challenge: Think of a way you can create energy.
2. DO what you've decided that you will to meet your goals.
3. PRINT the food and fitness log as needed.
4. RECORD your food, fitness and weight in your log at least once per month.
5. BRING your resources and log to our next webinar.



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28

