



"Your life does not get better by *chance*...
It gets better by *choice*."

Welcome to the Healthy For Life Program!



KIM PULLMAN, RD, LN
WELLNESS PROGRAM MANAGER

Health Care & Benefits Division

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Introductions: what is one thing you are excited about?

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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?



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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.



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It's time to change your 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.



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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?

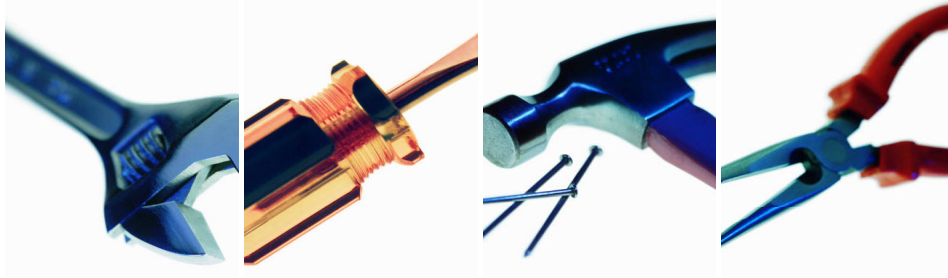
Find a picture or quote that reminds you of that.



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Here are your tools

- Support from your team.
- 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.



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Here is 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.



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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.



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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) screen time.
4. Eating Breakfast EVERY day.



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Program Structure

- 16 weekly webinars followed by 6 monthly webinars.
- Self-monitored exercise & diet
- Program materials
 - Guidelines for Participation
 - Slides for all webinars
 - Food/Activity log
 - Weight Chart



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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.



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Goal Setting

What Makes a Good Goal?

- Achievable
- Specific
- Measurable
- Have a date for completion or re-evaluation



Examples of goals that meet these requirements



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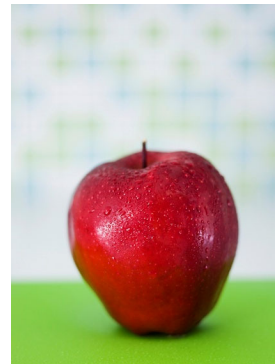
What Are YOUR Goals?



1. Weight Loss



2. Exercise



3. Healthy Habits



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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.*

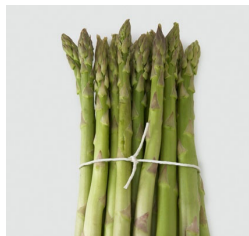
Tip: Write your goals in your binder. Post them on your mirror. Put a reminder in your Outlook calendar. Write them in your food and fitness log. Schedule them into your day.



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Food and Fitness Log

This week's mission:
Record everything you eat.

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Starting a Successful Food and Fitness Log

Bring it with you! In the binder, in your purse/wallet, via e-mail, Smart Phone, whatever works.

Record EVERYTHING you eat and drink, including water, portion & calories. For fruits/vegetables, calories not necessary 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 1x/week.

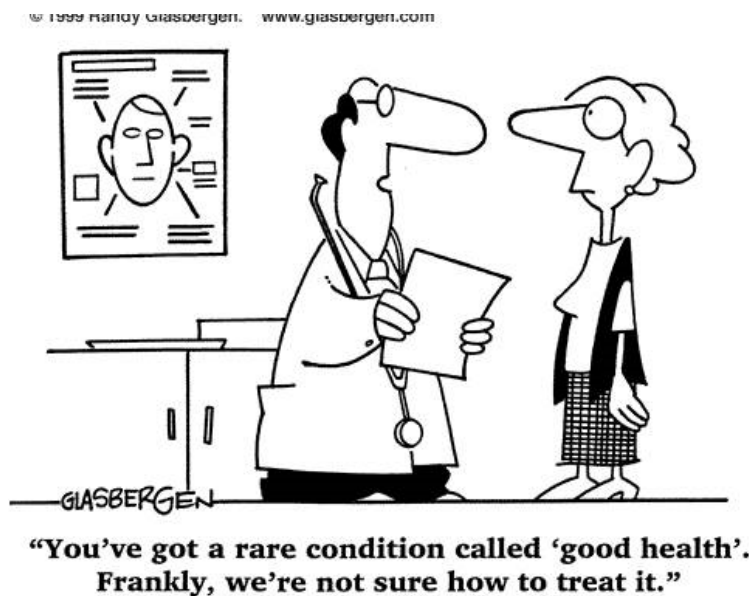
REMEMBER – this log is for your use ONLY. **Be honest – be complete.**



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This Week:

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

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Healthy For Life Contacts



Find more information about the Healthy For Life Program.

www.benefits.mt.gov/incentive

(800) 287-8266

TTY: (406) 444-1421

benefitsquestions@mt.gov

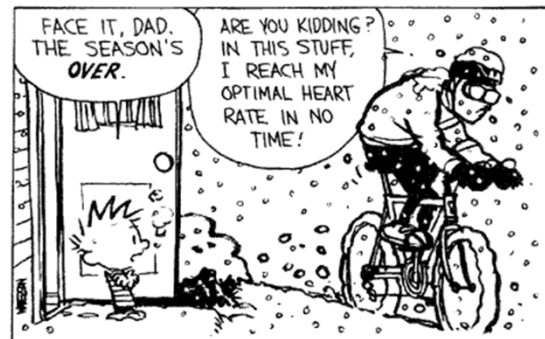


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www.carehere.com

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help.montana@carehere.com



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