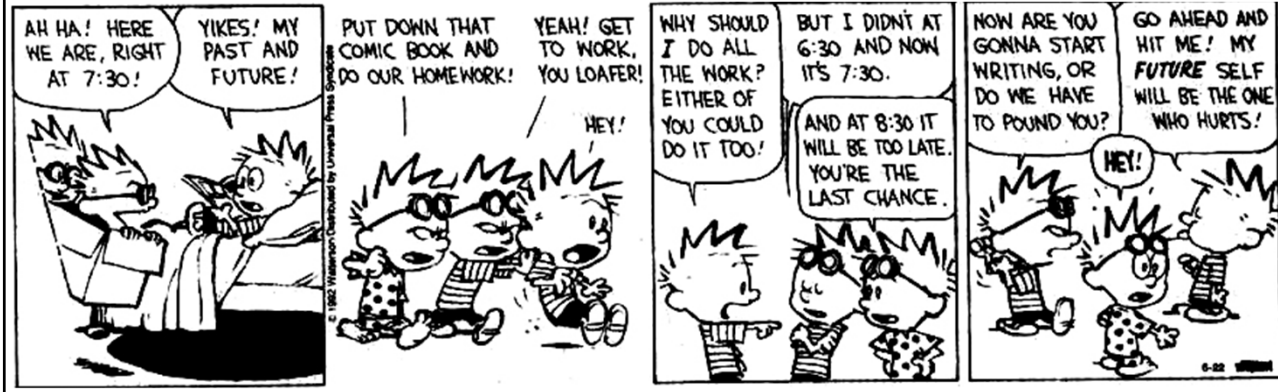


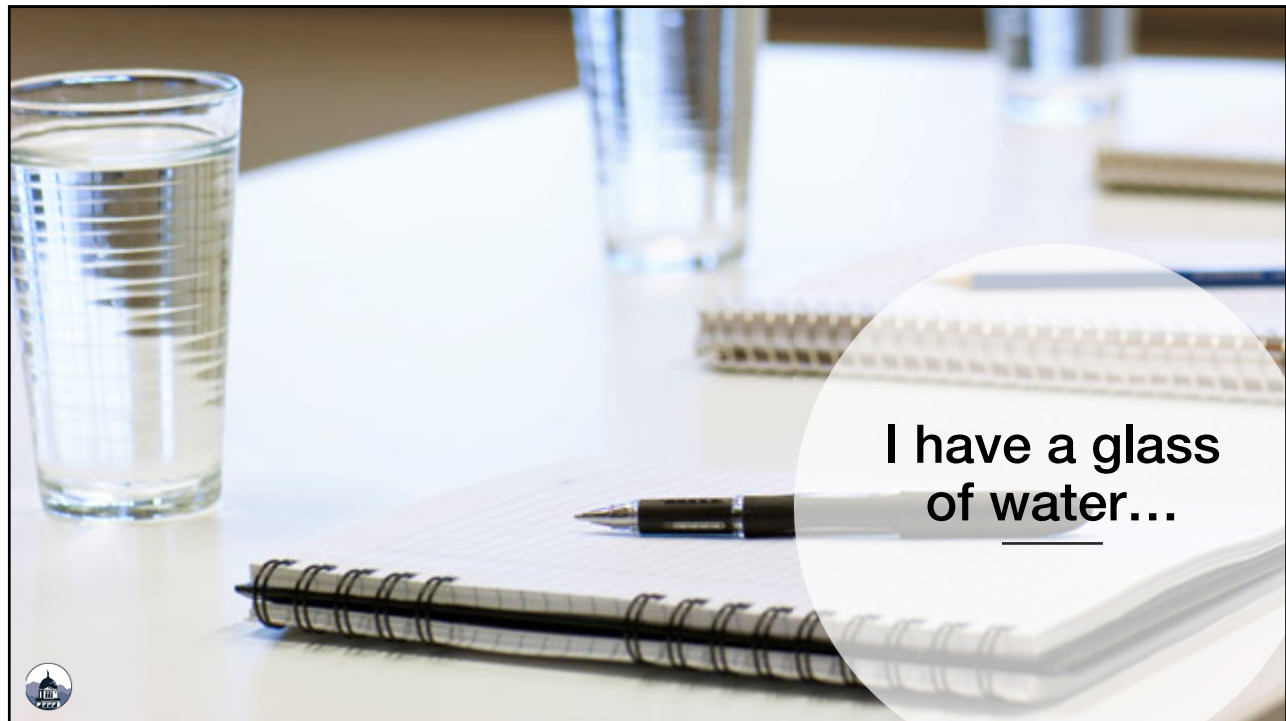
Trust Yourself

Applying what you've learned

KIM PULLMAN, RD, LN
WELLNESS PROGRAM
MANAGER



1



2

Reflect on your week

1. Write your weight on your chart.
2. Draw a line from your seventh week's weight to the eighth.
3. Review your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) How were you able to advocate for yourself this week?
 - b) Make a note about how you did this week.



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

3

3

What Does Trusting Yourself Look Like?

The confidence to know that you can make the right decision.

- It is also being able to forgive yourself and learn from mistakes.
- Not being afraid to step outside your comfort zone.
- This goes back to self-efficacy.
 - Do you often wonder if something is “all right” to eat or do?
- Do you trust your knowledge enough to make that decision?



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

4

4

Improving Your Decisions

- This is about building habits in a supportive environment that you can KEEP.
- Making good decisions is based on knowledge.
- New house or renovation?
- The next time you wonder what the right decision is – flex your brain!

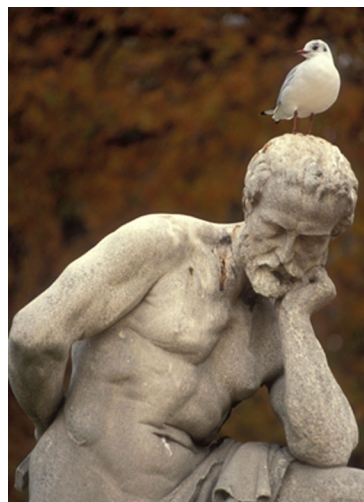


5

5

Flexing Your Brain

- While eating out.
 - At Family Events, restaurants, sporting events, unexpected situations.
- While at the Grocery Store.
- While at Home.
- While at Work.



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

6

6

Eating Out



Restaurants

- Plan Ahead
- Ask for what you want
- Take Charge of Your Environment
- Choose Foods Carefully

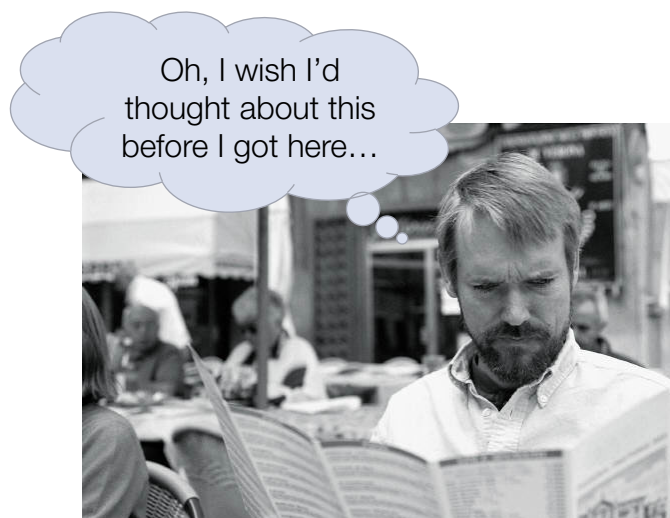


DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

7

7

Menu Examples



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

8

8

Eating Out



Another Person's Home

- Plan Ahead
- Ask for what you want
- Take Charge of Your Environment
- Choose Foods Carefully



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

9

9

Eating Out

Potlucks, Conferences, Banquets, Concessions

- Plan Ahead
- Ask for what you want
- Take Charge of Your Environment
- Choose Foods Carefully



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

10

10

Asking For What You Want

- Begin with “I”
- Use a firm, friendly voice that can be heard.
- Look the person in the eye.
- Repeat your needs until you are heard.
- Let’s practice.



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

11

11

The Grocery Store

- Remember to Plan Ahead!!
 - Make a list and stick to it
 - Be full and satisfied
 - Shop the perimeter of the store.
 - Only buy foods you were already planning to buy (they are on your list) based on specials/coupons.
- Remember label reading?
Examples.
- Look at your cart before you check out.



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

12

12

While at Home



- Environmental Cues. (week 6)
- Social Support. (week 7)
- Problem Solving. (week 7)
- Incorporate safe down-time for your brain.
- Missing something?



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

13

13

Speaking of Support...



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

14

14

While At Work

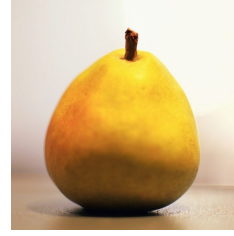
- Snack Smart
- Social Support
- Environmental Cues
- Staying well-fed for superlative performance.



More Resources

- http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Dining-Out_UCM_304183_SubHomePage.jsp





Food and Fitness Log

This week's mission:
Record everything you eat.
Record the portion size, calories, and activity.



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION

17

17

Remember YOUR Goals



1. Weight Loss



2. Exercise




3. Healthy Habits



DEPARTMENT OF ADMINISTRATION | HEALTH CARE & BENEFITS DIVISION


18

18



- The slip is not the problem. The problem is if you don't get back on your feet again and going towards your goals.
- No one time of overeating or not being active, no matter how extreme, will ruin everything.
- Slips are the **ONLY** way you can become experienced and confident in yourself.

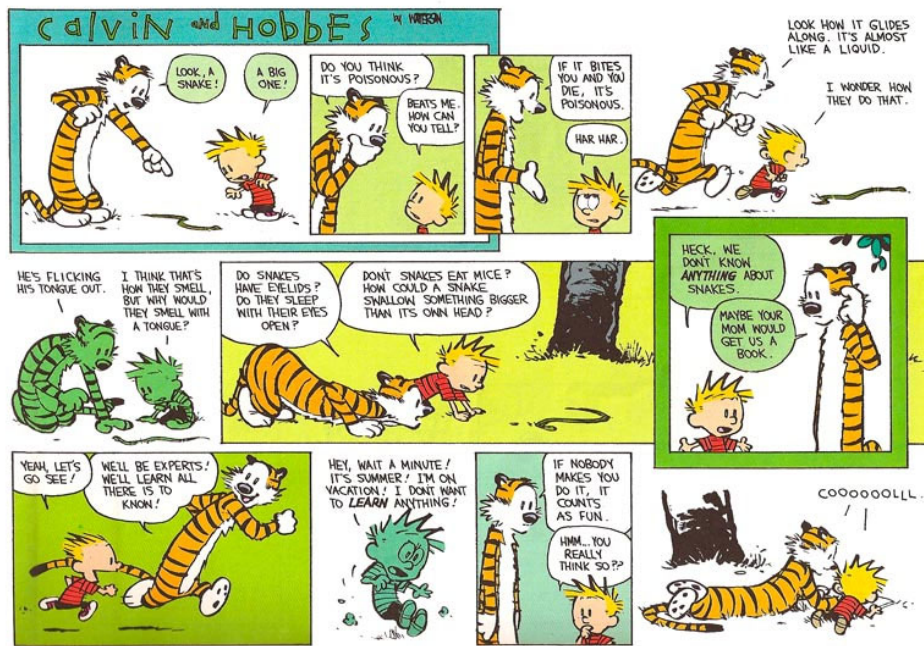
19



This Week:

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

20



www.benefits.mt.gov/livelifewell - (800) 287-8266 - TTY: (406) 444-1421 - benefitsquestions@mt.gov

21