

Navigating Special Events





Healthy For Life
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First things first:

1. Write your weight on your chart.
2. Draw a line from your 31st week's weight to the 35th.
3. Take out your F&F Log.
 - a) Were you all able to fill it out each day?
 - b) Are you doing something different?
 - c) Make a note about how you did this month.



Special Events

- Vacations
- Birthdays
- Camping
- Barbeques
- Graduations
- Weddings
- Baby Showers
- Picnics
- Reunions
- Oh my...

Laughter!



SHE'S DOING ALL THE DRIVING. I'M JUST THE ONE BEHIND THE WHEEL!

Review:

- What is "willpower"?
 - It is how you deal with a cue.
- When is "willpower" often most tested?
 - During special events.
- What are we doing?
 - Learning healthier ways to respond to cues.

Opportunities...

- These events are really opportunities for you to try out your new healthy habits in a "real life" situation.
- Will you get it perfect? NO! But you can do it better – every time.
- This is where your journal can really come in handy.

Navigating the Mine Field

- It's all about priorities – OWN it.
- Make plans BEFORE you go to events. *Decide it, write it, speak it.*
- Make sure it includes foods that you like.
- LEARN from your mistakes.
- We don't expect perfection, we just expect improvement.
- Be FAIR to yourself – this isn't everyday life.



Making Your Plan

- Be prepared for high calorie foods during special events.
 - Hydrate!
 - Eat breakfast.
 - Eat regularly.
 - Eat slowly.
 - Eat nutrient-rich foods first.
 - Choose small portions of high-fat and high-sugar foods.
 - Prepare and bring healthy options – summer is fruit and veggie season.



Alcohol

- Watch out! Those calories add up.
- How much? 1 drink for women, 2 drinks for men. How big is a "drink?"
- If you choose to imbibe, include it in your calorie plan! Prioritize:
 - A drink instead of dessert
 - Red wine
 - Drinks with real fruit in them.
 - Small sizes
 - OR Seltzer water with a lime



Make Active Plans

- Include some every day.
- *Challenge: take a 10 minute walk each day during vacations.*
- Invite those that you love: friends, family, children, pets, etc.



Physical Activity

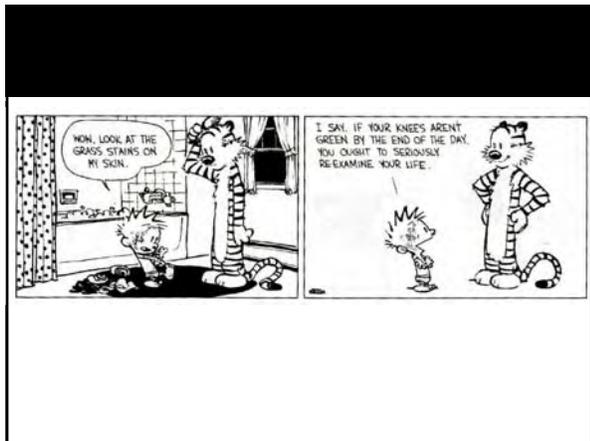
- Make active plans for everyone. Try taking walks, visiting a Farmer's Market, swimming, skating, hiking, hide 'n' seek, wrestling with kids, or just laughing...



*Too hot for walking?
Go in the morning or late afternoon, or visit your local lake or pool instead.*



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



Stress...

- It's how you manage it...
- Stress is a fact of life.
- Manage your stress, don't let it manage you!
- Take time for relaxation.
 - Breathing.
 - Walk breaks.
 - Stretch at your desk.
 - Take a yoga class.
 - Cuddle with a pet.

Stop the Stress

- Pay attention. When you notice yourself getting that stress adrenaline rush:
 - Stop! Take a deep breath. Then take 9 more. While you do:
 - Take a mental step back, and see the big picture.
 - Prioritize. What is most important? Focus there.
 - Slow down. One thing at a time. Again, Focus.
 - Begin again.
 - Repeat as necessary.

It's all about what you WANT.

**Think it,
Write it,
Say it.**

Time to Share

- What will be a challenge to you in staying healthy while you have fun during the summer season?

Resources

- State of Montana Wellness Program
 - Counseling
 - Health Coaching
 - Tobacco Cessation
 - Diabetes Management
 - Resources for Self-Monitoring
 - Reliable Health Web Sites
- www.benefits.mt.gov/wellness.mcp

This Month



1. **Challenge:** Pick an event. Make a plan. DO what you've decided that you will to meet your goals.
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 binder and log to our next webinar.

Our next meeting is **MONday, May 13, from 12-1pm.**
Let us know if you have any questions!

Your Turn!

NOTHING EVER CHANGES.
IT'S JUST WORK,
WORK, WORK.



BUT NOT
TODAY.



TODAY, I
GO FOR
THE GUSTO.

I THINK YOU
SHOULD ASK
YOUR MOM IF
IT'S OK.