



Eating Moving and Working: Impact on Weight Management

Debbie Jongkind, RD, LDN

Janet Puza-Dillin, MSN, RN, CPCC, ACC

Senior Coaches for Value Options



Objectives

- Understand the impact of work on weight management
- Identify healthy eating challenges & alternative solutions
- Understand the importance of physical activity in relation to weight management
- Understand the importance of support in healthy weight management
- Develop individual action plan



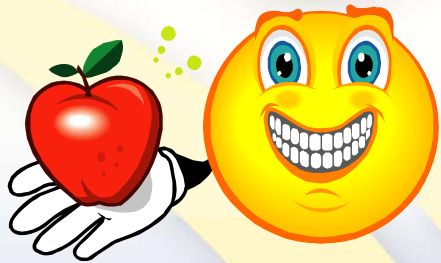
Weight Gain of the Labor Force

- 44 percent of workers gain weight
- Women more likely to gain weight than men
- Stress and Economic Pressures
- Increase in technology, decrease in movement and increase in weight



What Weight is Best?

- BMI
- Picking your Healthy Happy Weight
- 10% Weight Loss Goal



10%
10%



BMI

Healthy Range: 19 – 24
Overweight: 25 – 29
Obese 30 +

Meet Volanda Value Option

42yo

5'6"



169 lbs

BMI 27

161 lbs

BMI 26

153 lbs

BMI 24



Impact of Work



- Stress
- Work Environment
- Sitting At Desk Most of the Day
- Mental/Physical Fatigue
- Eating Out Regularly
- Workplace Celebrations
- Skipping Meals
- Snacking



Poll Question

The biggest contributing factor to my weight management is:

1. Not planning or knowing what to eat
2. Not having time to exercise
3. Sitting at my desk for 8 – 10 hours a day
4. Lack of motivation or incentive to make changes
5. It's not an issue for me

Eating Specifics

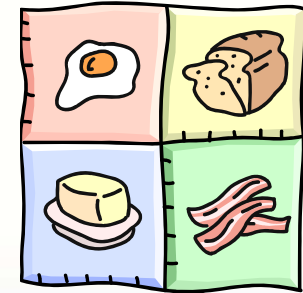
- Healthy Eating
- Carbohydrates, Protein, Fat
- Fiber
- Portion Control
- Fluid Intake
- Empty Calories



Healthy Strategies



- Plan ahead for your work week
- Start your day with breakfast
- Set an eating schedule
- Pack breakfast, lunch and snacks
- Emergency meals
- Healthy Pot Luck, Meal Exchange
- Best Fast Food Picks



Portion Distortion

20 Years Ago



333 calories

Today



??? calories

Movie Popcorn



Twenty Years Ago
5 cups
270 calories



Today
Tub
630 calories



Twenty Years Ago
3-inch diameter
140 calories

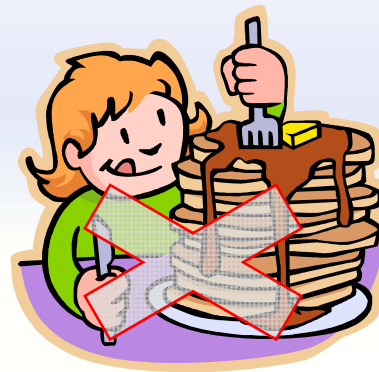


Today—Noah's Plain Bagel
5-6-inch diameter
350 calories

Call Center Diet



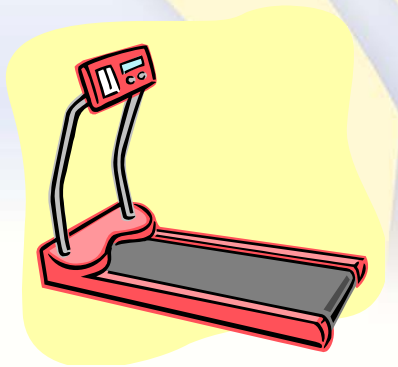
- Breakfast: Goal eat something within 1 hour of rising to ignite your metabolism
- Meals in a mug
- Breakfast: Protein, Complex Carbohydrate, Dairy
- Front Load Calories
- Beverages



Workplace Movement



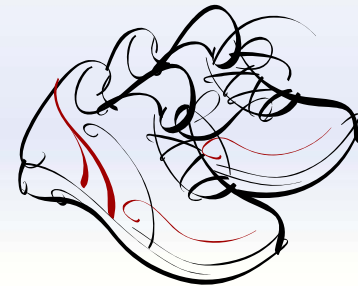
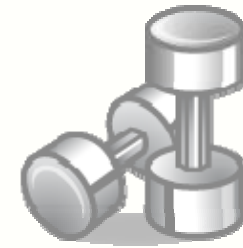
- Movement is the most valuable weapon in weight management
- Increase your rate of weight loss
- Maintain weight
- Burn Calories, Build Muscle
- Additional benefits include: reduce stress, improve energy, decreased risk for heart disease, type 2 diabetes, high blood pressure, osteoporosis and certain forms of cancer



Resources and Tools for Increased Movement at Work



- Walking
- Exercise Balls
- Gym Membership
- Stairs
- Stretching
- Stretch Bands, Hand weights
- Tennis Shoes
- Exercise Buddies
- Use your Outlook Calendar





Don't Go It Alone



- Identify your support system
- Accountability partners
- Exercise buddies
- Healthy Competitions



The Traveling Employee



- Eating and Moving on a schedule
- Restaurant Eating
- Packing your emergency foods
- Beverages
- Ways to increase movement



Wrap Up

- The impact of work on weight management
- Healthy eating challenges & alternative solutions
- The importance of physical activity in relation to weight management
- The importance of support in healthy weight management
- Develop individual action plan
- VO Culture of Health

Action Plan

Based on what we talked about what is the one action you can take in the next week to improve your health.

Make it simple and measurable

Start today



Questions???



References and Resources

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