



# Weight Loss Strategies: A New Year, A New Approach

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**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**

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# Background:

- Weight gained during the holidays
- New year resolutions
- Yo-yo dieting
- Promises, promises...(fad diets, supplements, even surgery)
- Ready, set, go (Preparation stage of change)
- 3 essential components for success:
  - What you do:
    - Nutrition
    - Physical activity
  - How you think:
    - Self-talk and motivation



# Objectives:

- Identify 6 realistic strategies to achieve energy balance
- Identify the 3 essential components to achieve permanent healthy weight management
- Describe how to make 2013 the last year of “dieting”





# What You Do: Nutrition

## Balancing Calories with *The Joy of Eating*



# Eat frequent small meals



- Start with a healthy breakfast
- Include healthy snacks mid-morning, mid-afternoon, and evening
- Can prepare your own meals, use pre-packaged meals, order “senior’s meals”, or use meal substitutes
- Evening “snack” before bedtime may not be necessary

# Increase consumption of complex carbs

Good nutrition that also supports weight control emphasizes:

- Making half your plate fruits and vegetables
- Making at least half your grains whole grains



# Don't drink your calories

Caution: May be hazardous to your weight

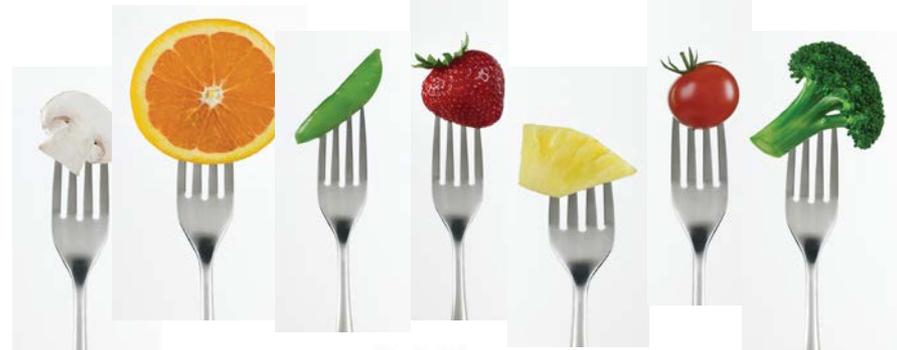
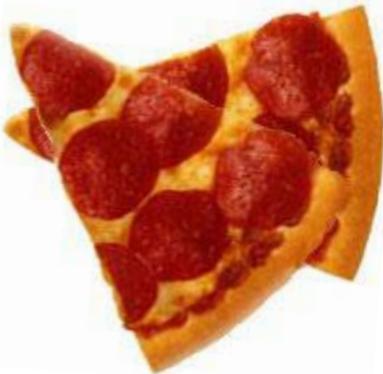
- ❖ Sugary soft drinks
- ❖ Eggnog
- ❖ Beer, wine, and liquor
- ❖ Fruit juice, 100%



# Snack Healthy

Avoid high sugar and high fat

Include high nutrient and high fiber



# Decrease or eliminate empty calories

- Desserts
- Sodas
- Candy
- Packaged foods
- High fat foods
- Alcohol



# Portion control

- Eating at home
  - Avoid eating in front of a screen
  - Eat from a small plate
  - Look for white space on your plate
- Eating out
  - Pre-select from the menu
  - Share a meal
  - Take half home for your next meal
  - Stop eating when you begin to feel full
  - Avoid “supersizing”
  - Avoid buffets





# What You Do: Physical Activity Essential for Any Weight Control Strategy



- Benefits of Physical Activity
  - Control your weight
  - Reduce your risk of cardiovascular disease
  - Reduce your risk for type 2 diabetes and metabolic syndrome
  - Reduce your risk of some cancers
  - Strengthen your bones and muscles
  - Improve your mental health and mood
  - Improve your ability to do daily activities and prevent falls, if you're an older adult
  - Increase your chances of living longer





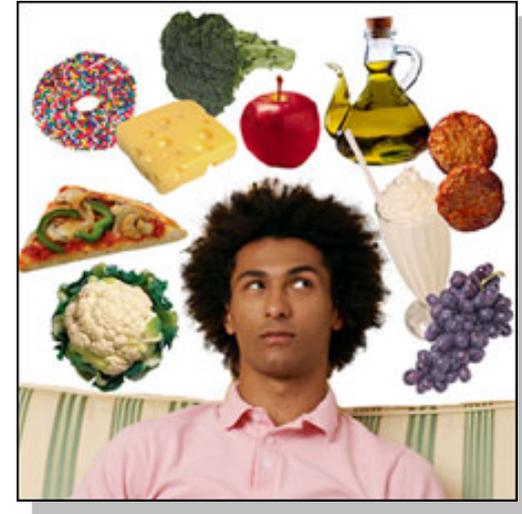
# Planned Workouts

- Aerobic activity
- Strength training
- Stretching



# What You Think: Psychological The Real Key to Success

- Practice “Conscious Eating”
  - Eat when hungry
  - Know what you’re eating
  - Stop eating when comfortable
  - Slow down
  - Find a time to eat favorite foods
  - Focus on eating
  - Select a time and place for eating
  
- Frame physical activity in a positive light





# Avoid *Stinkin' Thinkin'*



- I can never be successful at controlling my weight
- I'll wait until later to tackle this problem
- I'm not willing to make any big changes in my nutrition or physical activity
- It hurts to exercise, I don't like to sweat, it's embarrassing to exercise around other people, etc.
- I don't have time





# Set a Goal & Make a Plan



- **S**pecific: Who—what—where—when—why
- **M**easurable: How much—how often
- **A**ttainable: Seek out knowledge, attitudes, and skills
- **R**ealistic: What are you willing and able to do?
- **T**imely: When will you take action?

# Conclusion

- ✓ Balance calorie intake
- ✓ Include physical activity
- ✓ Adopt a positive mental outlook



# RESOURCES:

## January Toolbox:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-january.aspx>

## NMCPHC Weight Management Website:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management.aspx>

## ShipShape/Weight Management e-Newsletter:

[Shipshape@nmcphc.med.navy.mil](mailto:Shipshape@nmcphc.med.navy.mil)

## Crews into Shape

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>





# QUESTIONS?



Thank you for participating today!



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