



Take it Off, Leave it Off!

Healthy Weight Management
Setting Yourself Up for Success



KAISER PERMANENTE®

**GROUP CLASS
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Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.

Important disclaimer

The information provided in this presentation is not a substitute for the advice of your personal physician or other qualified health care professional.

Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.

Welcome!

- Cheryl Mirabella, M.A., NHC
 - Kaiser Permanente Health Educator

Today's Agenda

- Ingredients for success
- What's in your toolbox?
 - Healthy eating
 - Being physically active
- Tapping your own motivation for next steps
- Kaiser Permanente resources

Let's talk!



Looking at Success



- 98% changed food intake
- 94% increased physical activity
- 78% ate breakfast daily
- 75% weighed at least once a week
- 62% watched less than 10 hours of TV each week
- Kept a food journal

Thinking about it...

What are some reasons
for keeping things
the same,
and not making
any changes?



Thinking about it...

What are some reasons
for making lifestyle
changes to manage
my weight?



Healthy Eating



- Try a variety of foods
- Eat a **rainbow** of fruits and veggies
- Manage Your Portions
- Reduce Fat and Sugar

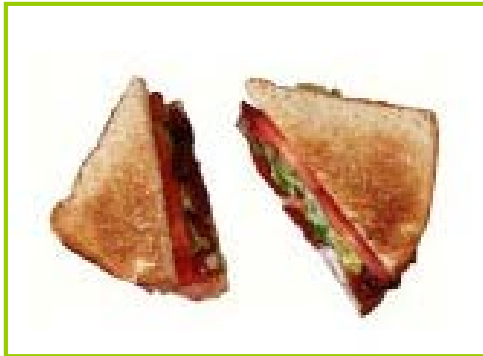
A Rainbow of Color Everyday



Portion Distortion

Turkey Sandwich

Homemade



320 calories

Deli



820 calories

Portion Distortion

Cheeseburger

20 Years Ago



333 calories

Today



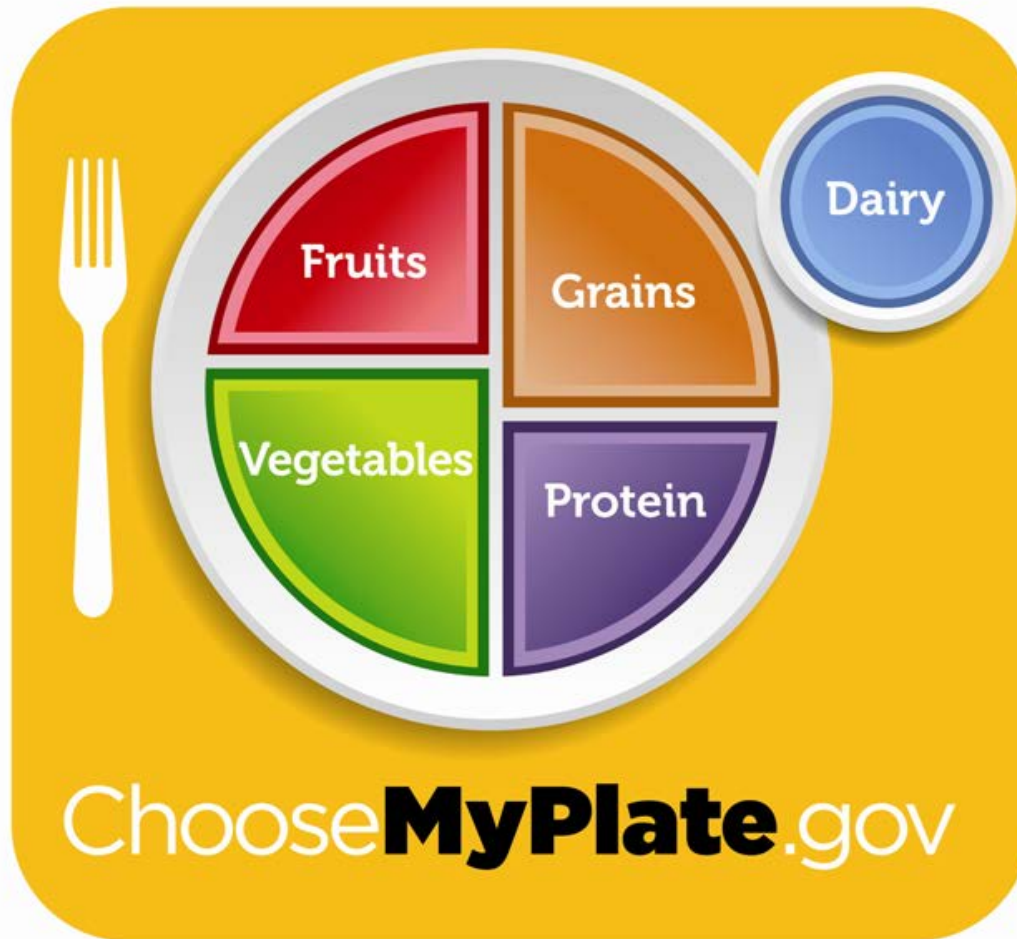
590 calories

Less Sugar and Fat

- Your ideas?
- More fresh, unprocessed
- **Rainbow** of fruits & veggies
- Smaller portions
- Quality of your calories
- Beverages

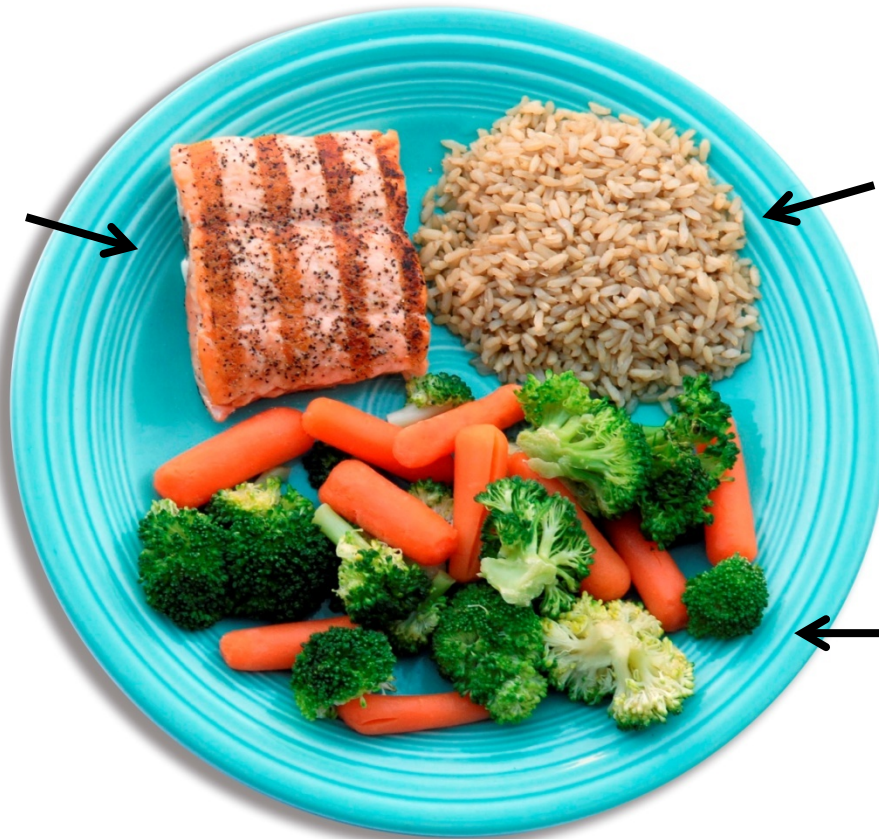


Tools: Choose My Plate



Tools: Healthy Plate

**1/4 plate
healthy
protein**



**1/4 plate
whole
grain**

**1/2 plate
vegetables**

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Healthy Eating Recap

- Try a variety of foods
- Fill _____ your plate with fruits and veggies
- Manage Your Portions
- Reduce fat and _____





Being Physically Active & Getting Enough Sleep



- Aim for 150 minutes each week.
- Every minute counts.
- Get your heart rate up.
- Aim for 7-8 hours sleep each night

Reducing Your Weight

Remember to lose one pound in a week you need to decrease your calories by 500 per day.

You can do this by _____ more
or _____ less.

Thinking about it...

What one change
might I
consider?





0 1 2 3 4 5 6 7 8 9 10

Not Ready

Ready

Ask yourself...

- 0 – 3** What would need to happen for me to consider this in the future?
- 4 – 6** What might be my next steps?
- 7 – 10** What's my plan? What will help me be successful?

Wellness Coaching by Phone



Telephone appointments

1-866-862-4295

Monday through Friday, 9 a.m. to 10 p.m.

Topics

- Healthy weight
- Managing stress
- Physical activity
- Eating healthy
- Quitting tobacco

Available to

Kaiser Permanente adult members

Kaiser Permanente Online



www.kp.org/weight

- Healthy Recipes
- Featured Health Topics
- Podcasts
- Class Information
- HealthMedia[®] Programs^{*}
 - Lose weight with HealthMedia[®] Balance[®]
 - Eat well with HealthMedia[®] Nourish[®]
- Every Body Walk

Health Education Centers & Classes

- **Beyond Burgers**
 - Learn to choose and prepare meatless dishes.
- **Nutrition for Weight Control**
 - Learn to achieve a reasonable body weight through sensible eating and regular activity.

Visit kp.org/classes for more.



Wrap Up & Upcoming Webinars!!

Date	Topic
May 11 th , 2017	Nutrition, Just the Basics
June 8 th , 2017	Herbs & Other Natural Foods
July 13 th , 2017	Stress & Emotional Eating
August 10 th , 2017	Physical & Emotional Impact of Stress
September 14, 2017	Stress Management
October 12 th , 2017	Flu Awareness
November 9 th , 2017	Sleep Awareness

Thank you for joining!

We appreciate your feedback.

Take Survey 