Take it Off, Leave it Off!
Healthy Weight Management
Setting Yourself Up for Success
Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente’s commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other’s privacy.

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

ChooseMyPlate.gov
Tools: Healthy Plate

- ¼ plate healthy protein
- ¼ plate whole grain
- ½ plate vegetables
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?
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

Topics

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

Available to Kaiser Permanente adult members

Telephone appointments
1-866-862-4295
Monday through Friday, 9 a.m. to 10 p.m.
Kaiser Permanente Online

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

www.kp.org/weight

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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!!

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<td>Nutrition, Just the Basics</td>
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Thank you for joining!

We appreciate your feedback.

Take Survey