




Weight Management: Myths & Truths



Zoom Basics (Virtual)


- You may have your video on or off.
- Please mute when your not speaking.
- Please feel free to ask questions either by unmuting or using the chat box.
- Any questions?



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Ice Breaker

- Introduce yourselves-what's your name? Tell us a bit about you.
- What are your expectations of today?



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Group Norms

- Hope to create a safe and supportive environment for you to share
- Privacy
- Class duration approx. 2 hours
- Feel free to stand up or move around if needed
- If you need to leave during the class, please let us know

- Virtual Norms**
- By participating in remote learning today, you agree that you may not save, record, share, or post this session or any photos from this session.
 - Participants agree to participate in these virtual sessions in a quiet, private area free of distraction.



What is the Highland Primary Care Network?

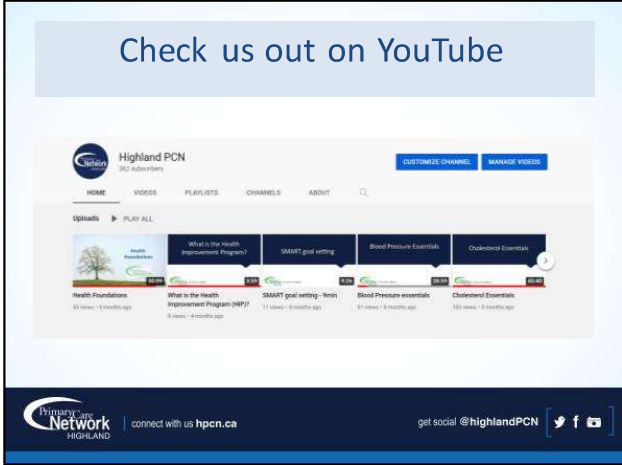
- A group of family doctors who work together with the Highland Health Team (Nurses, Social Workers, Dietitian, Kinesiologist, Pharmacist & Mental Health Therapist)
- Covers area from Airdrie to Didsbury. Each doctor's office or medical home has a Nurse and Social Worker attached.



What is the Health Improvement Program?

- Guides individuals who are ready to take their health in their own hands and improve their quality of life.
- A variety of group classes you can choose what you would like to take when
- Flexible schedules
- Option of 1:1 visits in the medical home (phone/virtual)

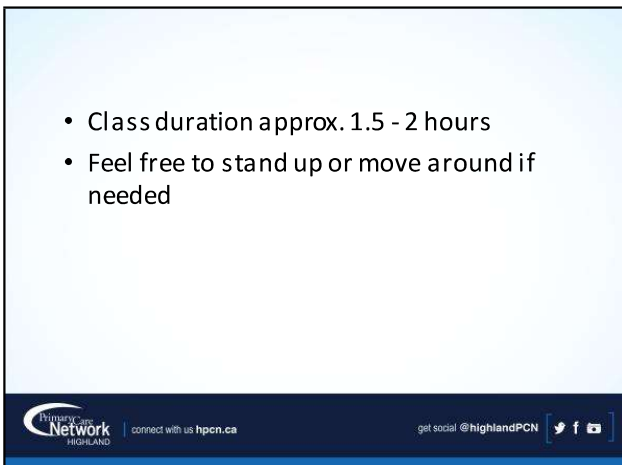
Check us out on YouTube

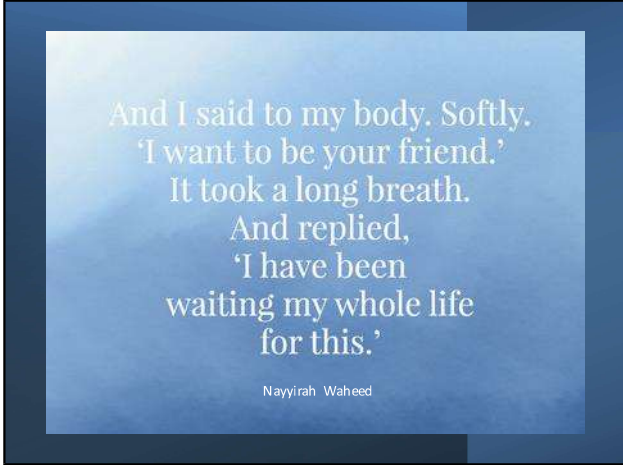


Today's Agenda

- 3 Common Myths about Weight Management and the Truth
- What's working better
 - Fueling and hydrating the body
 - Enjoyable Movement
 - Self-Acceptance
 - Mindful Eating

- Class duration approx. 1.5 - 2 hours
- Feel free to stand up or move around if needed





Is this right for you?

Would you like to...

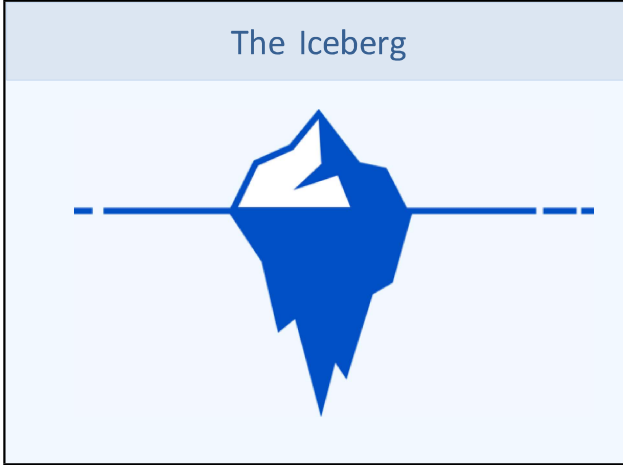
- Enjoy the food you are eating?
- Make food and eating pleasurable and not a chore?
- Trust your body to maintain its own best weight?
- Take time to eat and nourish yourself. Paying attention while you eat?

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Nourishing Yourself

- Awareness of body cues
- Recognition of non-hunger triggers for eating
- Selection of food for both nourishment and enjoyment
- Eating for optimal satisfaction and satiety
- Using the fuel you've consumed to live vibrantly

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You are not stuck

Rewire Your Brain

It is possible to re-wire your brain.

You can make meaningful change that will last for your lifetime.

You are also not alone ...

- Many people struggle with food and eating
- When you consider:
 - Our food environments
 - Lack of sleep
 - High Stress

Consider Environment

- Surrounded by food at all times – often the foods that are calorie dense nutrient poor are easy, fast, cheap
- Consider your food environment? What foods do you surround yourself with?
- How can we make the healthier choice easier for ourselves?
- Are you surrounded with friends and family who will support you with healthier choices



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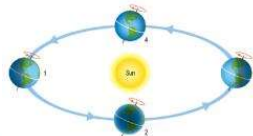
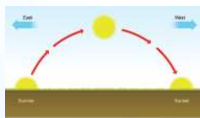


To help set the stage for success: things to consider



- Reframing
- Sleep and stress
- Fueling your body
- Self-acceptance

Reframing how we think....



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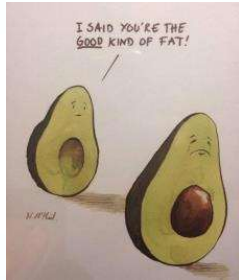
Reframing Myth 1:
The number on the scale tells me how healthy I am

TRUTH: When researchers on weight controlled for sets of healthy lifestyle factors (such as healthy eating indicators, active living and absence of smoking) what they found was that weight really has very little to do with your health and your long-term quality and quantity of life (Flegal et al 2005)

In other words if you are engaging in a healthy lifestyle that number has very little meaning at all



Health At Every Size



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MIRNA VALERIO
ULTRARUNNER

A Health Centered Approach

Natural weight: the weight in which the body will function optimally. Body functions include physical indicators, concentration, relatively stable mood, absence from dieting or restriction and excessive exercise. This is a place where all of the following are true:

- Takes care of itself with normalized eating
- Is stable and resists change despite variables
- Can be maintained without too much trouble
- Comes in all shapes and sizes; is not one specific number



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It comes down to trusting your body...

- Listen to your body rather than the rules for what and how much to eat
- Eating with the intention of feeling better after you finish than before you started
- Thinking about what you want to eat and letting yourself eat it without feeling guilty
- Letting yourself eat as much as you are hungry for
- Trusting your body to weigh what it needs to



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Reframing Myth 2: Diets Work

TRUTH: Trying to reach a certain number on the scale has a 95-98% failure rate.


- Studies of dieting adolescents show us teens who diet or engage in restrictive food behaviors end up at a heavier weight than their non dieting counterparts (Neumark-Sztainer et al, 2011)
- So it is indeed the diet or food restriction which leads to weight gain
- We do know that weight cycling is unhealthy than being a few pounds over-weight



Reframing Myth 3:
 Skipping breakfast or another meal reduces my calories which will help me lose weight

TRUTH: Most common error people make.

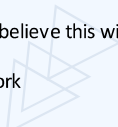
- Skipping meals can cause us to breakdown lean muscle mass to use as fuel (like burning the frame of your house to heat your home)
- It is a stress on the body. Bodies under stress tend to store for winter.



Reframing Myth 4:
 For it to count I need to make big changes in my routine

TRUTH: To make lasting change most of us need to think small changes that last a lifetime.

- While it is true most of us can do anything for a short term. In the long term too many rigid rules are hard to keep up with. This rigid thinking often causes backsliding and the feeling of failure.
- If you are approaching this like any other diet program you have been on (i.e. I don't believe this will work but I can try it for 6 weeks) it likely won't work



Look inside...what feels good?

- Forget the fad diets and think about tuning into yourself.
- Think long term. Think small changes you can live with for a lifetime.
- Think of life as an experiment; mistakes/challenges as learning opportunities.
- Think about making food and eating a pleasurable experience and not a chore.




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Common things we see...

- No breakfast, skipping meals
- Low water, low fruit and vegetables and low fibre
- High sedentary time
- Note when we focus on positive changes, often the behaviors that are not so healthy for us just slide away as they are replaced by healthier alternatives.



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What's working better?

- Fueling and hydrating the body
- Enjoyable Movement
- Self-acceptance
- Mindful Eating



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Fuel and hydrate the body

- When we put our metabolism first (vs number on the scale) we focus on small healthy meals more often. The body likes patterns.
- Eat something within 2 hours of waking.
 - Lots of ideas breakfast burritos, smoothies, frittata, egg dishes frozen or overnight oatmeal.
- Eat a snack or meal every 3 to 4 hours. This gives your body energy and helps you think and feel better.



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Fuel and Hydrate

- Stay hydrated with water. Shoot for 1 more cup in your day (eg: before morning coffee)
- Prepare healthy "grab and go" snacks
 - Veggie sticks
 - Fresh fruit
 - Air popped popcorn
 - Yogurt
 - Whole grain crackers and cheese



Fibre is our Friend



- Like a sponge going through the body – giving it a little cleaning as it goes.
- Eat whole grains to increase your fibre intake.
- Look at ingredient list for words “whole grain.”
- Try whole grains like: barley, oats, millet, quinoa or brown rice

Ways to boost fibre intake:

- Get more fruits and vegetables
- Add bran, flax seed, chia or hemp hearts or a very high fibre cereal to your favorite cereal in the morning
- Add barley, beans, peas or lentils to soups and casseroles



Bring on the Fruits & Vegetables



Fruits and Vegetables

- Add vegetables (greens) to smoothies
- Add sliced fruit to cereal or yogurt
- At lunch or supper add a salad made from spinach, romaine, green or red leaf lettuce
- Keep washed and sliced vegetables in the fridge for a great crunchy snack
- Grab easy on the go fruit snacks like bananas, apples, pears and oranges

Drinks

You are sweet enough choose water or milk. As you do this the hope is you will slowly decrease the drinks with added sugar.

- It is very easy to drink in anywhere from an extra 500 to 1000 calories a day.
- Become a label reader ask questions (especially if it is an everyday habit.)

Tips for choosing healthy drinks

- Use fresh lemon, lime slices or other fresh fruit to flavor water.
- Take a water bottle with you.
- Keep cold water in the fridge.
- Add a splash of 100% juice to plain sparkling water for a refreshing low-calorie drink.
- If you do choose a sugar-sweetened beverage, go for the small size.



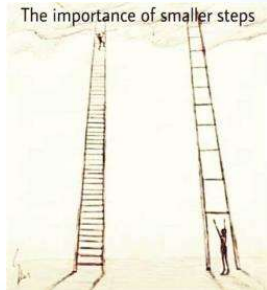
Enjoyable Movement



Find an activity you enjoy!

Thinking long term

- No quick fixes, no fad diets.
- Think small changes to last a lifetime.



Self Acceptance

- Let's stop beating ourselves up, there is no point in it. It won't help us get where we want.
- Make a rule if you wouldn't say it to your friend don't say it to yourself.
- Use an inside out approach
- Let's think of life as an experiment with no bad or good
- Challenges/setbacks as learning opportunities



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Mindful Eating

- Paying attention on purpose to what we eat
- Eating when we are hungry and stopping when we are comfortably satisfied
- Selection of food for both nourishment and enjoyment
- Eating for optimal satisfaction and satiety



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Nourishing Yourself is...

- Recognition of non-hunger triggers for eating
- Using the fuel you've consumed to live vibrantly
- Let your body weigh what it will, in response to your positive and consistent eating and activity.



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Sounds simple?

- Mindful eating sounds simple. It can be the most freeing experience you have had with food and eating.
- BUT it does require a rather large shift in the way we are thinking about weight, dieting and food.
- Mindful eating also requires that we are hydrating and fueling our bodies.
- For most people it requires some hard work. It starts with self-acceptance.
- Life enhancing movement goes hand in hand.



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A Taste of Eating Competence

- Going by your body rather than the rules for what and how much to eat
- Taking good care of yourself. Planning for feeding yourself and paying attention while you eat.
- Having regular meals with food you enjoy. Sitting down for snacks between times if you need them.



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A Taste of Eating Competence

- Feeling good about your eating and about your food and feeling good about feeling good.
- Thinking about what you want to eat and letting yourself eat it without feeling guilty.
- Letting yourself eat when you are hungry and stopping when you are full.
- Trusting your body to weigh what it needs to



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In Shedding the Weight (3 Sessions) We Learn:

- The reasons why we eat the way we do
- A little about the brain and how to hijack it so it'll help us (instead of hinder)with our healthy behaviors
- Awareness of our thinking – mindfulness
- Stress reduction
- Types of hunger
- Triggers for eating and explore how to nurture ourselves in other ways
- Mindful eating strategies
- Help with cravings

Book Suggestions:

Thank You



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