Welcome to Maintenance!

Today's Topic: Prioritizing Self-Care

By default, you have been placed on mute. If the audio feature is turned on, then please mute your microphone when you have a question.

Minute of Mindfulness

Check-In

• How are you?
• What healthy cooking or meal prep strategy did you try?
• Did you dine out this week? What did you learn?
• How are you satisfying your emotional and physical needs?
Today's Agenda

- Explore health and the different dimensions of wellness, including physical wellness.
- Discuss self-care and its importance in maintaining wellness and a healthy weight.
- Review the hunger and fullness scale to practice self-care and maintain wellness.
- Consider ways to practice self-care such as planning meals and prioritizing physical activity to maintain wellness.

Mindfulness Nutrition Planning Exercise Goals

What is Wellness?

Nutrition Note: Self-care is nourishing and meeting your needs first so that the health and wellness you experience is what you give to the world everyday.

Can we Talk?

...about self-care.
Prioritizing Self-Care

**Is Health and Wellness a Priority?**

![Graph showing a scale from Unimportant to Very Important]

- On the scale, a score of 10 indicates Very Important.

**Behavior Chain**

- Washes TV and goes to bed late
- Wakes late, did not make lunch for work
- Spontaneous trip to grocery market
- Opens cookies and watches TV
- Eats chips on drive home
- Feels guilty, labels the day a "failure"
- Decides to skip lunch and work through break
- Skips normal after-work gym time
- Brought there are no emails at home
- Opens cookies and watches TV

**Failing to Prepare, is Preparing to Fail.**

"Failing to Prepare, is Preparing to Fail."

- Benjamin Franklin
  - Printer/publisher, inventor, scientist, diplomat
A Different Chain of Events

- Goes to bed on time
- Prepares lunch and snacks for work
- Takes lunch and snack breaks
- Eats healthy dinner at home
- Adds cardio to after-work gym session
- Watches TV but goes to bed on time...
- Prepares gym bag for next day
- Feels empowered, labels the day a "success"

Hunger and Fullness Scale

Meeting Needs Successfully

FOOD FOR THOUGHT: What do I really need? Are my physical and/or emotional needs met? Where am I hungry?
Simple Steps to Building a Balanced Plate

**Starch:** Brown Rice

**Lean Protein:** Chicken Breast

**Non-Starchy Vegetables:** Chinese Cabbage, Snap Peas, Carrots, Peppers.

**Fruit:** Orange Slices

**Healthy Fat:** Canola Oil

**Water:** Herbal Tea

**Probiotic:** Kimchi
Prioritizing Self-Care

**What's Your Plan?**

- **Meal Plan**
  - Start with just one day
  - Mix things up
  - Reuse menus and leftovers
- **Shop Wisely**
  - Stick to your list
  - Frozen fruits and vegetables
  - Prechopped/prewashed vegetables
- **Meal Prep**
  - Batch cook
  - One-dish meals
  - Freeze extras
- **Eat Mindfully**
  - Where am I hungry?
  - Balanced Plate
  - Remember 80/20 rule

**Why Meal Plan?**

**FOOD FOR THOUGHT:** What usually happens when you are hungry and you want to eat RIGHT NOW, but there is “nothing” to eat at home?

**Meal Planning Ideas**

- Write down some of your favorite meals
- Think seasonal
  - Salad season? Soup weather?
- Mix things up
  - Try meatless meals?
  - Alternate new recipes with old favorites?
- Consider themes
  - Taco Tuesdays? Pizza Fridays?
  - Reuse leftovers for another dish

**FOOD FOR THOUGHT:** What are some of your favorite meals?
Meal Kits and/or Meal Delivery Services

- What to look for and/or consider
  - Servings
  - Frequency of the deliveries
  - Meals/Snacks needed
  - Multiple food groups
  - Fresh, unprocessed ingredients
  - Wide meal selection options
  - Prep time needed
  - Specialty diets
  - Cost

Physical Activity Planning

Cardiovascular
- 2.5-5 hrs. week of moderate intensity OR
- 1.25-2.5 hrs. week vigorous intensity OR
- Combination of moderate and vigorous intensity

Strength/Resistance
- 2 days per week
- All major muscle groups

Flexibility
- Before/after cardio and strength training
Prioritizing Self-Care

Physical Activity Planning: Identify

Fitness Motivators:

- Music, Auditory, peaceful
- Power walks, music (Zumba)
- Social exercise in walking, running, or riding with others
- Healthy lifestyle
- Customer appreciation
- Convenience
- Time
- Support
- Motivation
- Self-confidence
- Social support
- Socialization
- Career

Physical Activity Planning: Find

- Fitness Centers
- Community Centers
- Online Fitness Communities
- Fitness Applications (“apps”)
- Sports & Activity Clubs
- Fitness Meet-Up Groups

Physical Activity Planning: Prioritize

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FOOD FOR THOUGHT: What are some other ways to prioritize fitness? How is this practicing self-care? How can this cultivate a healthy lifestyle?
Prioritizing Self-Care

- What else is part of your wellness plan?
- What way can you practice better self-care?

Maintenance Bookshelf: Daily Wellness Planner

- Daily Wellness Planner
- Measurement Tracker
- Vitamins and Mineral Guide
- Nutrition Needs Worksheet
- Events Online Education Program
- Hall of Fame
- Balanced Plate Slides
- Healthy Cooking Resources

Positive Choice Resources: Self-Care

- Positive Choice Integrative Wellness Center
- Ep 28: Getting the Self-Care You Need
Prioritizing Self-Care

What if my plan doesn’t go as expected?

Remember the **80/20 rule**.

It takes time to learn to care for your new smaller body.

Progress over perfection!

**FOOD FOR THOUGHT:** How do you support and encourage yourself?

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Keys to Long-Term Weight Loss Success

- Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- Daily activity, building up to 1 hour a day
- Self-monitoring by tracking weight, food, and/or exercise

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What change would you like to work on this week?

- This week, I will __________

  (Action Plan) __________

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Nutrition Note:

- Make your goals **S**pecific, **M**easurable, **A**ction-oriented, **R**ealistic and **T**ime-limited

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Next Week...

It Starts With The Cart