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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 audio unless you have a question.

Check-In

and

or

- What has been working well?
- Where are some learning opportunities?

Nutrition Note:

- Long term weight management is possible with **SUSTAINED** behavior change.

5

Key Messages

Let's practice the SELF Principle to support your wellness journey.

Sleep

Exercise

Love

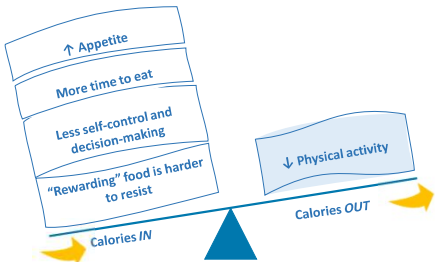
Food

6

SLEEP: Why Is Sleep Important?



SLEEP: How Does The Lack Of Sleep Affect Your Weight?



Nutrition Note: The recommended amount of sleep for an adult is 7-9 hours.

SLEEP: What Are Some Strategies For A Good Night's Rest?




SLEEP: Good Sleep Hygiene Tips

During The Day:

- Keep your routine consistent
- Be physically active during the day
- Get sunlight exposure during the day

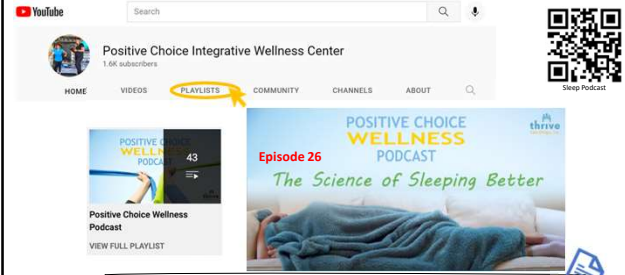
In The Evening:

- Make your room quiet, dark, and cool
- Budget 30 minutes to wind down
- Reduce your screen time at night



FOOD FOR THOUGHT: What are some other ways to cultivate a good sleep hygiene?

Positive Choice Resources: Sleep



Nutrition Note: Additional Resource For A Better Night Sleep
Call Center for Healthy Living at 619-641-4194 and ask about the Sleep Well, Live Well class.

EXERCISE: Move Daily & With Purpose

How can you find balance between the recommendation and your ability?

Balanced Fitness Routine Recommendations:

- Daily activity
- Cardio exercise
- Strength training
- Flexibility

Your Considerations:

- Fitness level
- Age
- Joint health
- Schedules
- Goals
- Preferences

EXERCISE: Move Daily & With Purpose

and or

Myth or Fact?



I have heard getting 10,000 STEPS a day is all I need for exercise.

HEALTHY CHOICES
NUTRITION AND LIFESTYLE
RECOMMENDATIONS


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15

EXERCISE: Move Daily & With Purpose

Fact

- STEPS recommendation vary from person to person.
 - Daily activity does correlate with better wellness and a healthier weight.
- Brisk walking has cardiovascular benefits.
 - However, strength training and stretching are just as important.



FOOD FOR THOUGHT: How can you incorporate strength and or flexibility exercise into your current walking routine?

HEALTHY CHOICES
NUTRITION AND LIFESTYLE
RECOMMENDATIONS


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16

EXERCISE: Move Daily & With Purpose

and or

Myth or Fact?



Aging and dieting (*such as the meal replacement program*) can accelerate muscle loss.

HEALTHY CHOICES
NUTRITION AND LIFESTYLE
RECOMMENDATIONS

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17

EXERCISE: Does Your Workout Work For You?

✓ Fact

30's

• Lose 0.5% muscle mass

50's

• Accelerated muscle loss

70's

• Lose up to 40% muscle mass

• You can build muscle at any age by using your muscles 2-3 times a week and including protein at each meal.

Nutrition Note: Muscle is metabolically active tissue that burns calories 24/7. The more muscles you have the more energy your body requires.

EXERCISE: Does Your Workout Work For You?

Myth or Fact?

?

I can balance my CHEAT days with exercise.

EXERCISE: Move Daily & With Purpose

✓ Fact

Choosing to

• ~~CHEAT~~ is one way to practice mindfulness.

100 calorie fun sized candy bar

Calories IN

20 minutes of walking 1 mile

Calories OUT

Nutrition Note: Let exercise be a celebration of what your body CAN do, rather than punishment for what you did or didn't eat.

EXERCISE: Move Daily & With Purpose

Myth or Fact?

?

I have an injury and it's painful, so I should skip exercise.

Nutrition Note: If you don't know where to start, then make an appointment with your primary care physician.

21

EXERCISE: Move Daily & With Purpose

✓ Fact

Discover activities that you CAN do.



• Low impact activities

• Chair exercise

• Water aerobics

• Stretching




• “Motion is lotion, and rest is rust”



FOOD FOR THOUGHT: Listen to your body and check in with your doctor.

22

LOVE: Find Connection



FOOD FOR THOUGHT: How do you find connection with your community?

23

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6

LOVE: Pursue Your Passion





FOOD FOR THOUGHT: How do you pursue your passion?

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26

LOVE: Practice Gratitude & Forgiveness





FOOD FOR THOUGHT: What are you grateful for?

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27

FOOD: Fueling Your Body

"Eat Food.
Not Too Much.
Mostly Plants."
- Michael Pollan

What do you
think this means?



Nutrition Note: Your body is 60-70% water. Give your body the water it deserves.

POSITIVE CHOICES
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30

FOOD: Fueling Your Body

Eat Food

- Whole food versus processed? How does the contents of your grocery cart reflect this?

Not Too Much

- How do you build a healthy plate? Does this help you manage portions?

Mostly Plants

- Eat a rainbow means choose a variety of produce to maximize nutrient density, vitamins and minerals. What vegetables do you enjoy?



Nutrition Note: Your body is 60-70% water. Give your body the water it deserves.

31

Simple Steps to Building a Balanced Plate

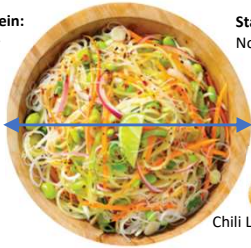
Lean Protein:
Edamame

Starch: Vermicelli Noodles

Healthy Fat:
Mixed Nuts

Fruit:
Peach

Probiotic:
Nonfat Live-Active Cottage Cheese



9 inches

Chili Lime Sauce



Water:
Water

Non-Starchy Vegetables: Cabbage, Carrots, Red Onions, Bean Sprouts, Mint

33

Rx *Self-Care*

Refills: As Needed

- ☐ Sleep In
- ☐ New Water Bottle
- ☐ New Exercise App
- ☐ New Calm App
- ☐ New Journal
- ☐ Free Day
- ☐ Fun Day
- ☐ Spa Day
- ☐ Vacation

Duration: For Life



35

Positive Choice Resources: Self-Care

YouTube

Positive Choice Integrative Wellness Center

1.6K subscribers

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Positive Choice Wellness Podcast

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Episode 28

POSITIVE CHOICE WELLNESS PODCAST

Getting the Self-Care You Need

featuring SHANNON HOLTE

LIFESTYLE EDUCATOR II, LICENSED PROFESSIONAL COUNSELOR

A PODCAST BY POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

37

Keys to Long-Term Weight Management Success

✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables

✓ Daily activity, building up to 30-90 minutes most days

✓ Self-monitoring by tracking weight, food, and/or exercise

✓ Utilize support group programs for up to 3-4 years

Before Weight Loss

After Weight Loss

Healthy Food

Exercise

Support Group

Self-Monitoring

Nutrition Note:

Long term weight management is possible with **SUSTAINED** behavior change!

40

Healthy Expectations and Self Compassion

A weight range of 10-15 pounds is more sustainable than a set number.

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

Remember the 80/20 rule.

Progress over perfection!

Photo of person holding a large red heart

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

41

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9

What change would you like to work on this week?

• This week, I will _____

(Action Plan)

zz

Get 7-9 hours of sleep

Add strength training

Practice self-care

Choose whole foods over processed foods

?

Other

NUTRITION NOTE:

- Motivation is built by the frequency, not the size, of successful changes.

Next Week...

Making A Plan That Works For You

