

Welcome to Maintenance!

Today's Topic:
Prioritizing SELF-Care

During the session, please mute your audio unless you have a question.




Group Check-In

and or


- What has worked well for you since last week?

Nutrition Note:

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




Balanced Plate:
Fiber + Protein



Daily Activity



Tracking



Support

Key Messages

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

- Sleep
- Exercise
- Love
- Food

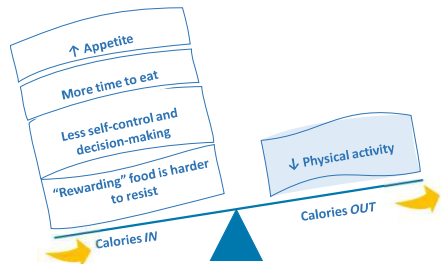


SLEEP: Why Is Sleep Important?



INSPIRE CHOICE | INTERACTIVE | HEALTH CENTER 11

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



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

INSPIRE CHOICE | INTERACTIVE | HEALTH CENTER 12

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



INSPIRE CHOICE | INTERACTIVE | HEALTH CENTER 13

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?



EXERCISE: Move Daily & With Purpose



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



SMITHSONIAN INSTITUTION

17

EXERCISE: Move Daily & With Purpose



Myth or Fact?



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

SMITHSONIAN INSTITUTION


18

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?



EXERCISE: Move Daily & With Purpose

Myth or Fact?

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

EXERCISE: Does Your Workout Work For You?

✓ Fact

30's	50's	70's
• Lose 0.5% muscle mass	• Accelerated muscle loss	• 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.

INSPIRE CHANGE
INTEGRATE CARE
IMPROVE CLINICAL
IMPACT CENTER

© Kaiser Permanente Learning Resources 2024

22

EXERCISE: Move Daily & With Purpose



Fact

Choosing to

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



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

INSPIRE CHANGE
INTEGRATE CARE
IMPROVE CLINICAL
IMPACT CENTER

© Kaiser Permanente Learning Resources 2024

23

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.

INSPIRE CHANGE
INTEGRATE CARE
IMPROVE CLINICAL
IMPACT CENTER

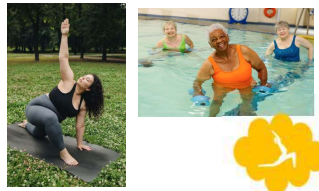
© Kaiser Permanente Learning Resources 2024

24

EXERCISE: Move Daily & With Purpose

✓ Fact
Discover activities that you CAN do. • “Motion is lotion, and rest is rust”

- Low impact activities
- Chair exercise
- Water aerobics
- Stretching

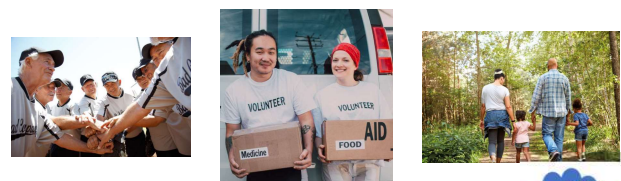


FOOD FOR THOUGHT: Listen to your body and check in with your doctor.

25

LOVE: Find Connection

and or



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

31

LOVE: Pursue Your Passion

and or



FOOD FOR THOUGHT: How do you pursue your passion?

31




LOVE: Practice Gratitude & Forgiveness  and  or 





FOOD FOR THOUGHT: What are you grateful for?

INSPIRE CHOICE
NUTRITION CENTER
WELLNESS CENTER

FOOD: Fueling Your Body  and  or 

**"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.

INSPIRE CHOICE
NUTRITION CENTER
WELLNESS CENTER

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. What vegetables do you enjoy?



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

INSPIRE CHOICE
NUTRITION CENTER
WELLNESS CENTER

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

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

Chili Lime Sauce

Water: Water

9 inches

38

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

Nutrition Note:

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

45

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!

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

46

What change would you like to work on this week?



- This week, I will _____
(Action Plan)

- 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

