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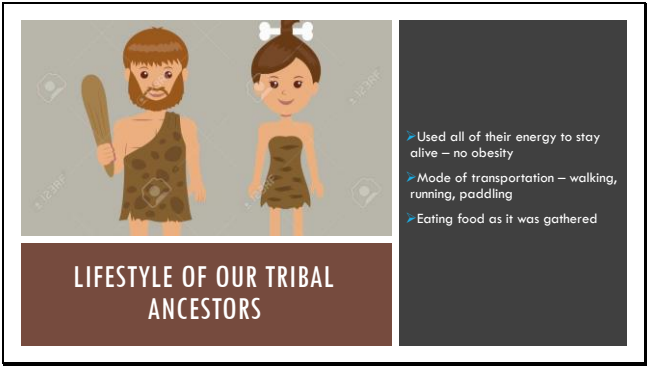
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## THE STORAGE FACTOR

- ❖ OUR BODIES WERE DESIGNED TO CONSERVE ENERGY AND STORE FAT AND CALORIES FOR TIMES WHEN FOOD WAS SCARCE OR NON-EXISTENT
- ❖ OUR ENERGY STORAGE SYSTEM IS MADE UP OF 40 BILLION ADIPOSE (FAT) CELLS
- ❖ IT STORES SMALL AMOUNTS OF CARBOHYDRATES IN OUR LIVERS AND MUSCLES
- ❖ ABILITY TO STOCKPILE PRECIOUS ENERGY AS FAT – CRITICAL SURVIVAL MECHANISM



### LIFESTYLES 1900 - PRESENT

FARMING, FOOD DISTRIBUTION,  
KITCHENS, BODY IMAGE,  
EXERCISE

## EARLY 20<sup>TH</sup> CENTURY LIVING



## MID - 20<sup>TH</sup> CENTURY LIVING



## 21<sup>ST</sup> CENTURY LIVING - 2018



## OBESITY

WHAT IS IT ?

#### IDEAL WEIGHT FOR WOMEN

Reference: <https://www.medicalnewstoday.com/articles/321003.php>

#### MEN'S BMI HISTORY

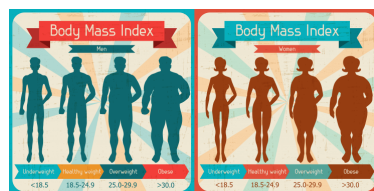
Reference: <https://rehab.com/explore/mens-body-image-and-bmi>

### BMI — WHAT IS IT?

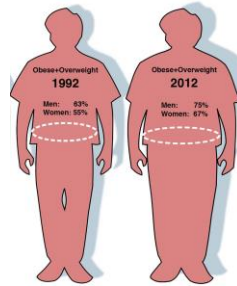
BODY MASS INDEX = **BMI** is a person's weight in kilograms (kg) divided by his or her height in meters squared. The National Institutes of Health (NIH) now defines **normal weight**, **overweight**, and **obesity** according to **BMI** rather than the traditional height/weight charts.

1. Multiply the weight in pounds by 0.45 (the metric conversion factor)  $125 \times 0.45 = 56.25 \text{ kg}$
2. Multiply the height in inches by 0.025 (the metric conversion factor)  $63 \times 0.025 = 1.575 \text{ m}$
3. Square the answer from step 2  $1.575 \times 1.575 = 2.480625$
4. Divide the answer from step 1 by the answer from step 3  $56.25 : 2.480625 = 22.7 \text{ (23)}$

### BMI — WHAT DO THE NUMBERS MEAN?



## BMI — A COMPARISON STUDY



## WAIST MEASUREMENT



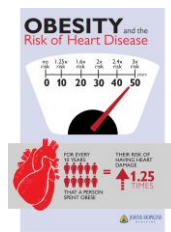
Ideally, all should aim to keep their **waist measurement** less than half that of their **height**, found the scientists. That means a 6ft (72 inch) tall man should aim to keep his **waist** less than 36 inches, while a 5ft 4in (64 inch) woman should keep hers under 32 inches.

<https://www.telegraph.co.uk/news/health/news/9260091/Forget-BMI-just-measure-your-waist-and-height-say-scientists.html>

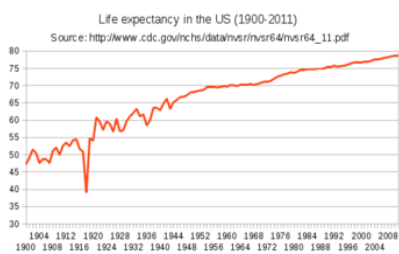
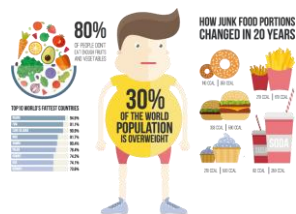
## LIFESTYLE DISEASES:



## HOW LONG CAN THIS GO ON?



## I DON'T WANT TO EAT "HEALTHY" BECAUSE.....





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**TYPES OF PLANS**

- FOOD (own) PREPARATION PLANS**
  - Weight Watchers – 1963
  - Mediterranean Diet – 1975 - 1990
  - Paleo Diet – 1975 - 2002
- MEAL REPLACEMENT PLANS**
  - Atkins - 1972
  - Slim Fast - 1977
  - Herbalife - 1980
  - Medifast - 1980
  - OPTAVIA - 2017
- PRE-PACKAGED/PREPARED FOOD PLANS**
  - Nutrisystem - 1972
  - Jenny Craig - 1983

## WEIGHT WATCHERS – 1960'S VERSION

- No meal skipping (you must eat breakfast, lunch and dinner)
- No substitutions (nothing required can be eliminated, nothing not stated can be added)
- No calorie counting
- No alcohol
- No appetite suppressants

**Breakfast:**

- 4 oz OJ/grapefruit juice OR  $\frac{1}{2}$  grapefruit (counts as 1 fruit)
- 1 egg (or 1 oz hard cheeses or 2 oz fish)
- bread (1 slice women/2 men)

**Lunch:**

- 4 oz meat
- all you want #3 vegetables
- bread (1 slice women/2 men)

**Dinner:**

- 6 oz meat (8 oz for men)
- 1 portion of #4 vegetable (starchy veggies but no potatoes, grain or corn)
- all you want of #3 vegetable (all non-starchy veggies)

Fruits at any time of day. Everything must be eaten at the specified times. Optional items are the 12 oz tomato juice, extra #3 vegetables and the free items.



- **USA PROFITS HAVE SOARED TO \$70 BILLION** (predicted in 2018)
- **\$580 B globally** (2014)



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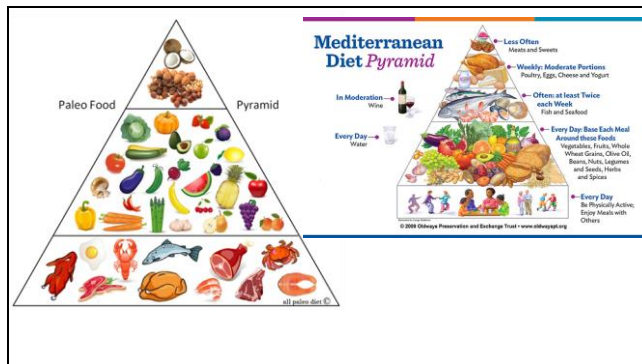
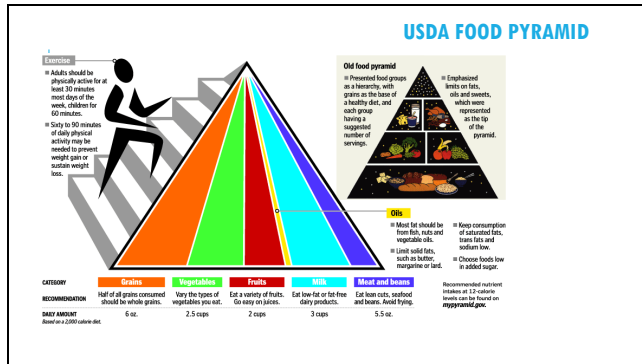
## WHAT ARE THE FACTS?

HEALTHY EATING - TYPES OF FOOD

USDA FOOD PYRAMID

PALEO FOOD PYRAMID

MEDITERRANEAN FOOD PYRAMID



## KEY FACTORS IN WEIGHT LOSS

### SLEEP

- ❖ Getting a good nights sleep is essential to losing weight
- ❖ Sleep gives your body a chance to refill neurotransmitters, regulate your thyroid, and keep your hormones on track
- ❖ Disruptive sleep can lead to low melatonin, which disrupts how insulin is released throughout the day – can alter your stress threshold.

### STRESS MANAGEMENT

- ❖ Stress is one of the biggest culprits behind difficulty losing weight
- ❖ Stress rises and so does your cortisol – which increases blood sugar and insulin resistance.
- ❖ Stress causes your body to store more visceral and internal fat
- ❖ High cortisol levels over time demineralize your bones.
- ❖ High levels of stress leads to rewarding with food and food cravings

## KEY FACTOR IN WEIGHT LOSS

### MOVEMENT/EXERCISE

- ✓ Lose weight in the kitchen – get fit in the gym
- ✓ Discuss with your health care provider
- ✓ Start slow and simple
- ✓ Gradually increase time/intensity
- ✓ Stop if there is pain and re-evaluate
- ✓ Be consistent not sporadic

### SIMPLE CHANGES = BIG RESULTS

- ☐ Desk chair exercises
- ☐ Stand more
- ☐ Take the stairs
- ☐ Stretch daily
- ☐ Park far from front entrance
- ☐ Walk around your building/house
- ☐ Walk around your neighborhood

## KEY FACTORS IN WEIGHT LOSS

### LOW THYROID FUNCTION

- When the thyroid isn't functioning at optimal levels, you don't burn fat as easily.
- High levels of stress can cause thyroid malfunction.
- Tired, brittle nails, dry hair, low body temperature and a "flat mood"

### HAVE YOUR LEVELS CHECKED

### HIGH BLOOD SUGAR/SPIKES

- If your blood sugar is high you will get fat
- Fuel your body at regular intervals starting with BREAKFAST. Eat 5-6 small nutritionally balanced meals a day to stabilize your blood sugar so it doesn't spike.
- Drink plenty of water – ½ your body weight in ounces daily

## KEY FACTORS IN WEIGHT LOSS

### GUT HEALTH

- ✓ Avoiding food allergens like dairy and gluten will help prevent possible inflammation in your stomach, which can put you at risk for autoimmune diseases that can attack the thyroid.
- ✓ Read labels – if you can't pronounce it you might want to consider not eating it. Watch for additives/preservatives.
- ✓ Proper hydration is needed by the body to keep the gut healthy.

### EMOTIONAL/MENTAL HEALTH

- ❖ Mental barriers to change are NORMAL
- ❖ Goals are derailed when we feel tired, stressed, bored, depressed, and frustrated
- ❖ Emotional/psychological roadblocks do exist and are real – in order to get past them, identify them, and work through the issues with someone.

## KEY FACTORS IN WEIGHT LOSS

### ENVIRONMENTAL INTOXICATION

- We are exposed to thousands of chemicals in the environment and our food every day. Some of these toxins can alter thyroid function and your body's ability to regulate glucose.
- The more fat you have, the more toxins you are carrying in your body which puts you at high risk for disease.

### AGE

- As you continue to age, you may find that weight is easier to add on but more difficult to lose.
- Regardless of age, if you are deemed overweight or obese, your life depends on weight loss to bring you body back to a better state of health.

## KEY FACTOR IN WEIGHT LOSS

### SUPPORT

- 80% of people who start a weight-loss program will succeed **WITH SUPPORT**
- Group
- Individual
- Family members
- Friends
- Phone Apps
- Facebook support group pages

### PHONE APPS

- MyFitnessPal
- Weight Watchers
- Fitbit
- Fatsecret
- SparkPeople
- Lose It
- HealthyOut

## KEY FACTORS IN WEIGHT LOSS

### WEIGHT MANAGEMENT FOR LIFE

#### WEIGHT LOSS PLANNING

- ❑ Decide what your goals are going to be for meal plans, daily/weekly movement, stress management, sleep and well-being monitoring. **This creates your new daily structure**
- ❑ Pick a start date, weigh yourself, measure yourself - take a picture(front/side) if you want to have a before and after record
- ❑ Let people know when you are starting and explain what you are doing so that they can help support you. Get a support team together
- ❑ BEGIN.....
- ❑ When approaching a holiday/special event -**PLAN**

- ❑ About two weeks before you think you are going to reach your goal weight, plan for the following:

- ❑ Continue your new lifestyle of movement, stress management, sleep and well-being monitoring and

- ❑ Set up daily calorie intake to maintain weight – lbs x 11 = daily caloric need (if sedentary) x 1.2 for light exercise, 1.5 for moderate or 1.7 for heavy. Ex: 140x11= 1540 sedentary  
1540x1.2 = 1848 light exercise

Spread calories over the 5-6 meals during the day

- ❑ If weight starts to creep up – reduce calories OR increase movement – jump back on your weight-loss meal plan.

#### STAY IN STRUCTURE

## ESSENTIAL FACTOR - SELF EXAMINATION

SCORE YOURSELF ON THESE FACTORS FROM 1-10 (#10 NEED NO IMPROVEMENT and #1 NEEDS TOTAL IMPROVEMENT):

Weight Status	_____	Attitude in personal life	_____
Eating Habits	_____	Attitude at work	_____
Physical Activity	_____	My life has meaning and purpose	_____
Sleeping	_____	Spirituality Time	_____
Relaxation	_____	Community Service	_____
Stress management	_____	Hobbies/Fun	_____

Total \_\_\_\_\_

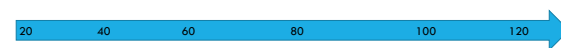
Total \_\_\_\_\_

## WHAT THE SCORE MEANS .....

Cumulative Score \_\_\_\_\_

OVERALL WELL-BEING

FAILING POOR SURVIVING ABOVE AVERAGE THRIVING EXCEEDING







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