



# WELCOME! HEALTH FOR EVERY BODY

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*Week 1 of 6*



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# WEEK 1 OBJECTIVES

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- Gain solid understanding of the 6-part series
- Reflect on personal values, intentions, and potential obstacles
- Set personal program goal(s)
- Create week 1 personal action plan



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# WHAT DO YOU WANT TO ACCOMPLISH IN THIS 6-WEEK SERIES?



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# WELLBEING

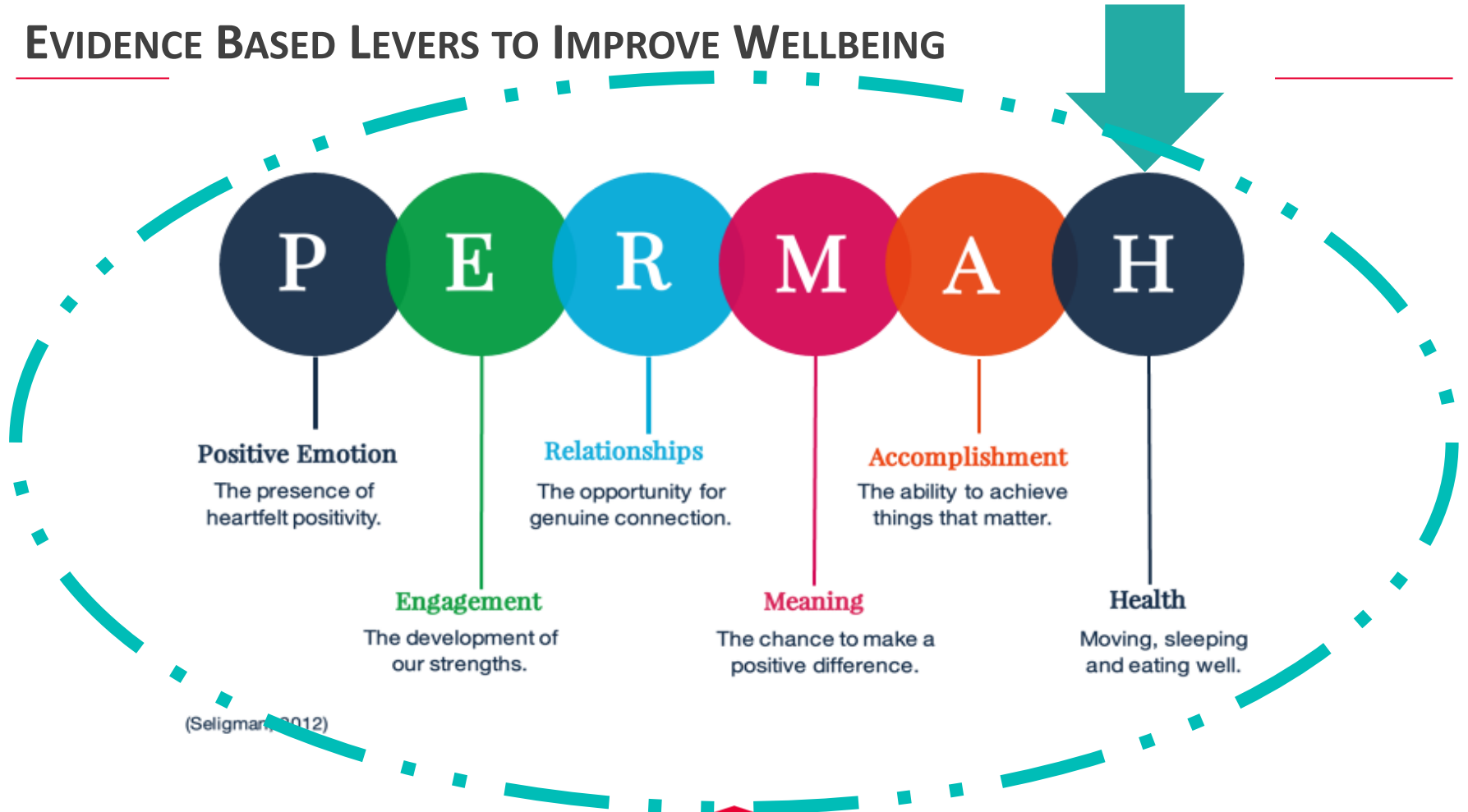
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- One's ability to **feel good, function effectively, and struggle well**, while navigating the highs and lows of daily life.



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# EVIDENCE BASED LEVERS TO IMPROVE WELLBEING



(Seligman, 2012)

# WHAT DOES HEALTH & WEIGHT MEAN TO YOU?

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# PERSONAL NARRATIVES MATTER

## ■ Messages from the Media, Family & Friends

- Your health depends on your weight.
- A thin body is healthy, and a fat body is unhealthy.
- If you eat better and exercise more, you'll be healthier.

## ■ Reframing Messages

- Health is not about weight.
- Bodies come in many shapes and sizes
- It's okay to eat when you want to eat, and rest when you want to rest.

Reframe 1-3 of  
your beliefs  
about healthy  
size...



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# FUN WITH SETTING OUR HEALTH AND WEIGHT GOALS (T/F)

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- BMI (Body Mass Index) is the best measurement tool for health and weight
- FALSE: BMI is a screening tool that is based on a person's height and weight. Providers may use it to help diagnose health, but BMI has limitations and is just one of many tools used to assess health and weight.
  - BMI does not consider:
    - ✓ Muscle mass
    - ✓ Fat mass
    - ✓ Fitness level
    - ✓ Gender differences



# FUN WITH SETTING OUR HEALTH AND WEIGHT GOALS (T/F)

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- When setting my weight goals, there's no need to consider my personal or family health history.
- FALSE: Weight can be connected to many health conditions, such as:
  - Heart disease
  - Stroke
  - Diabetes
  - Certain kinds of cancer
- Stress matters too! For example, people who face weight stigma may have more stress in their life. Stress leads to a bigger risk for the conditions listed above. Stress could be one underlying cause of why weight and these conditions are linked.

# FUN WITH SETTING OUR HEALTH AND WEIGHT GOALS (T/F)

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- The main factors to consider when managing weight is calories in vs calories out.
- FALSE: Many factors can affect your weight.  
Other factors linked to weight include:
  - Genetics.
  - Conditions (such as polycystic ovary syndrome, or PCOS).
  - Some medicines.
  - Social status and income.
  - Your workplace and the food options available.
  - Your body image.
  - Trauma and PTSD.
  - Gut flora, the bacteria that are naturally in your body

# WHAT'S COMING UP FOR YOU IN THE NEXT 6 WEEKS?

**PLANNER & CALENDAR**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
schedule			1	2	
timeline	6	7	8	9	10
to do		MR. John 10 AM - Team meeting	15	16	17
memo			22	23	24
			29	30	31

Will these things help or hinder your personal progress?

# AGAIN...WHAT DO YOU WANT TO ACCOMPLISH IN THIS 6-WEEK SERIES?



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How will you know you're successful?

How will you monitor your progress?

# THIS WEEK...

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- Based on your personal 6-week goal...
- What action can you take THIS WEEK to move yourself forward?



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