



WELCOME!

HEALTH FOR EVERY BODY

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Week 4 of 6



Menti.com

Code: **7848 5953**



WEEK 4 OBJECTIVES

- Review & Check-in
 - Tool: Learning Loop
- The Food Mood Connection
 - Healthy Diet Tool
- Discuss fueling with purpose and why this matters
- Reflect on our current fueling habits
- Reflect and adjust (if needed) your personal goal(s)
- Create Week 4 Action Plan



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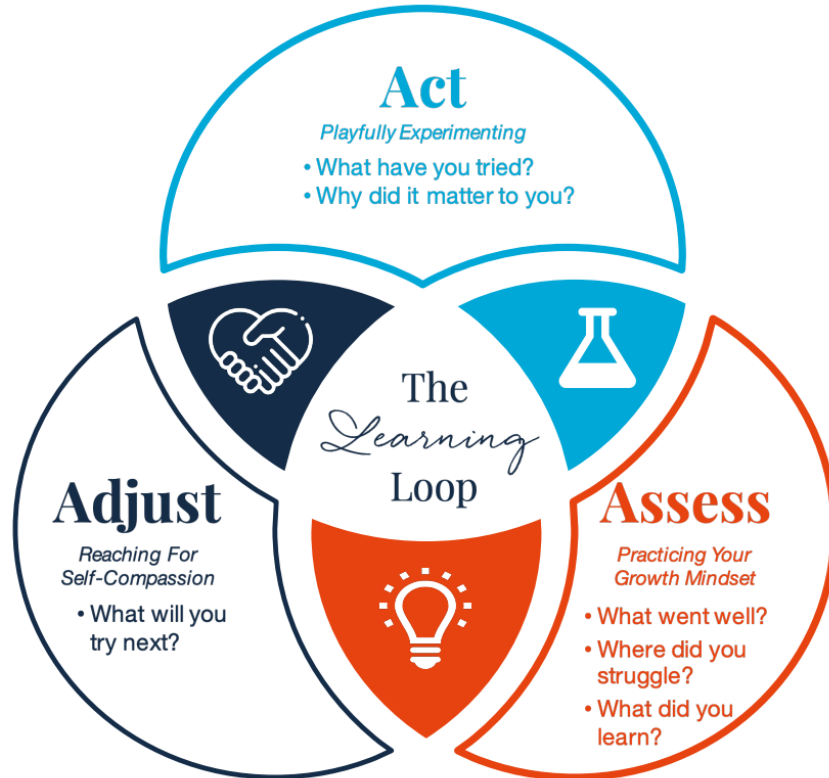
REVIEW

- Series focus: whole person health and wellbeing
 - Wellbeing: one's ability to FEEL GOOD, FUNCTION EFFECTIVELY and STRUGGLE WELL, while navigating the highs and lows of daily life
- What's your WHY?
- Importance of listening to your inner-narrative about health and weight...
- Power of Habits: Tiny is Mighty
 - ABC's: Tiny Habit Recipe
- Joyful Movement – the benefits of fitting in movement for sustainable weight management



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CHECK-IN TOOL: THE LEARNING LOOP



(McQuaid & Melville, 2019)

- What went well last week?
- Where did you struggle?
- What will you change this week?
- Reflect on your personal eating habits

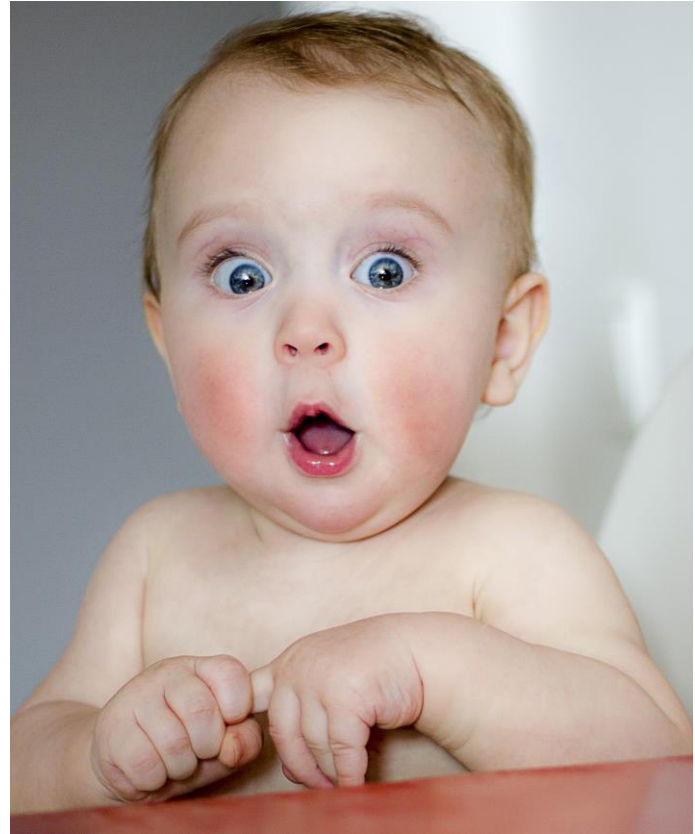


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HOW DO YOU FEEL WHEN...



- Overeat?
- Skip meals/snacks?
- Our fueling habits impact our ability to FEEL GOOD, FUNCTION EFFECTIVELY, and STRUGGLE WELL!!
- Key Takeaway: Be Mindful with your fueling habits!



MINDFUL EATING



What is Mindful Eating?

01:40

NEED VS WANT FOODS & 80/20

What are NEED foods to YOU?

What are WANT foods to YOU?



LET'S PLAY

Bob's Typical Day

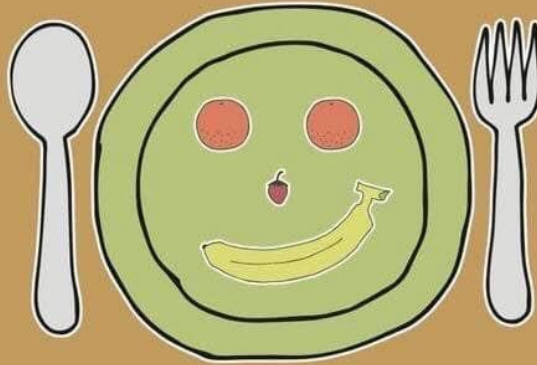
- Wakes up at 5:30/6 am
- ~7 AM black coffee and out the door dropping off kids
- ~ 12 Noon lunch with coworkers at local restaurant
- Attends kids' events after work
- ~7:30 PM dinner at home
- TV with family and/or logs into work until bed ~11:30 PM

Bob's Energizing Day

- Wakes up at 5:30/6 am
- ~7 AM black coffee with low fat milk + hard boiled egg and out the door dropping off kids
- ~10 AM has apple and string cheese
- ~ 12 noon lunch with coworkers at local restaurant – splits meal with coworker/saves half for tomorrow
- Attends kids' events after work
- ~7:30 PM dinner at home
- ~9 PM small bowl of popcorn TV with family and/or logs into work until bed ~11:30 PM

FORWARD OR BACKWARD?

HEALTHY DIET TOOL



Re-name foods as "FORWARD FOOD" or "BACKWARD FOOD." Before you eat, ask: "Is this food helping me move forward to better health and improved energy - or - backward to feeling unhealthy with a spike-and-crash depleted feeling?"



Why Cravings Are Not the Enemy

02:43

FUELING WITH PURPOSE

Develop a Fueling Schedule

- Fuel your body in the first 1 – 2 hours
- Plan to fuel every 2 – 4 hours until bedtime

Fuel Mindfully

- Is there a lean protein source?
- Does your fuel provide complex carbohydrate (fruits/veg/whole grains)
- Does your fuel provide healthy fat?
- Remember 80/20!

Tune in to how you FEEL



WELLBEING PORTAL SUPPORT – 33 HABITS ON EATING HEALTHY!

The screenshot displays the Dow Wellbeing Portal interface. At the top, there is a navigation bar with the Dow logo and icons for Home, Health, Programs, Social, Media, More, and Support. A green progress bar with four checkmarks is visible below the navigation bar. To the right of the progress bar, a 'Rewards' section shows 19,455 Points. The main content area is divided into two columns. The left column is a 'Filter By Topic' sidebar with categories: Energy (Getting Active (19), Eating Healthy (33), Sleeping Well (18)), Focus (Find Emotional Balance (18), Reducing Stress (18), Being Productive (29), Learning New Things (14), Staying Safe (30), Being Effective (60)), Drive (Contributing to My Community (16), Building Relationships (17), Managing My Finances (17), Acting Sustainably (30), Diversity, Equity & Inclusion (46)), and Health Situations (Alcohol Use (3), Anxiety & Depression (5), Back, Muscle & Joint Health (15), Being Tobacco-Free (11), Blood Pressure (7), Cancer (5)). The right column lists 33 habits, each with a title, a question, a user count, and a toggle switch. The habits are: Balanced Meals (Did you prepare balanced meals today? 4875 users, toggle on), Bit of Everything (Did you eat a variety of different foods from different food groups today? 3598 users, toggle off), Choose Variety (Did you choose a variety of nutritious foods today? 4715 users, toggle off), Easy Essentials (Have you added nutritious frozen or canned goods to your meals today? 1005 users, toggle off), Eating Mindfully (Did you eat when you were hungry and stop when you were full today? 364 users, toggle off), Eating Schedule (Did you schedule time to eat today? 1898 users, toggle off), Fats for Good (Did you include a good source of fat in your diet today? 103 users, toggle off), and Fiber Goodness (Did you eat a food with fiber today? 191 users, toggle off).

Filter By Topic

Energy

- Getting Active (19)
- Eating Healthy (33)**
- Sleeping Well (18)

Focus

- Find Emotional Balance (18)
- Reducing Stress (18)
- Being Productive (29)
- Learning New Things (14)
- Staying Safe (30)
- Being Effective (60)

Drive

- Contributing to My Community (16)
- Building Relationships (17)
- Managing My Finances (17)
- Acting Sustainably (30)
- Diversity, Equity & Inclusion (46)

Health Situations

- Alcohol Use (3)
- Anxiety & Depression (5)
- Back, Muscle & Joint Health (15)
- Being Tobacco-Free (11)
- Blood Pressure (7)
- Cancer (5)

Balanced Meals
Did you prepare balanced meals today? (4875)

Bit of Everything
Did you eat a variety of different foods from different food groups today? (3598)

Choose Variety
Did you choose a variety of nutritious foods today? (4715)

Easy Essentials
Have you added nutritious frozen or canned goods to your meals today? (1005)

Eating Mindfully
Did you eat when you were hungry and stop when you were full today? (364)

Eating Schedule
Did you schedule time to eat today? (1898)

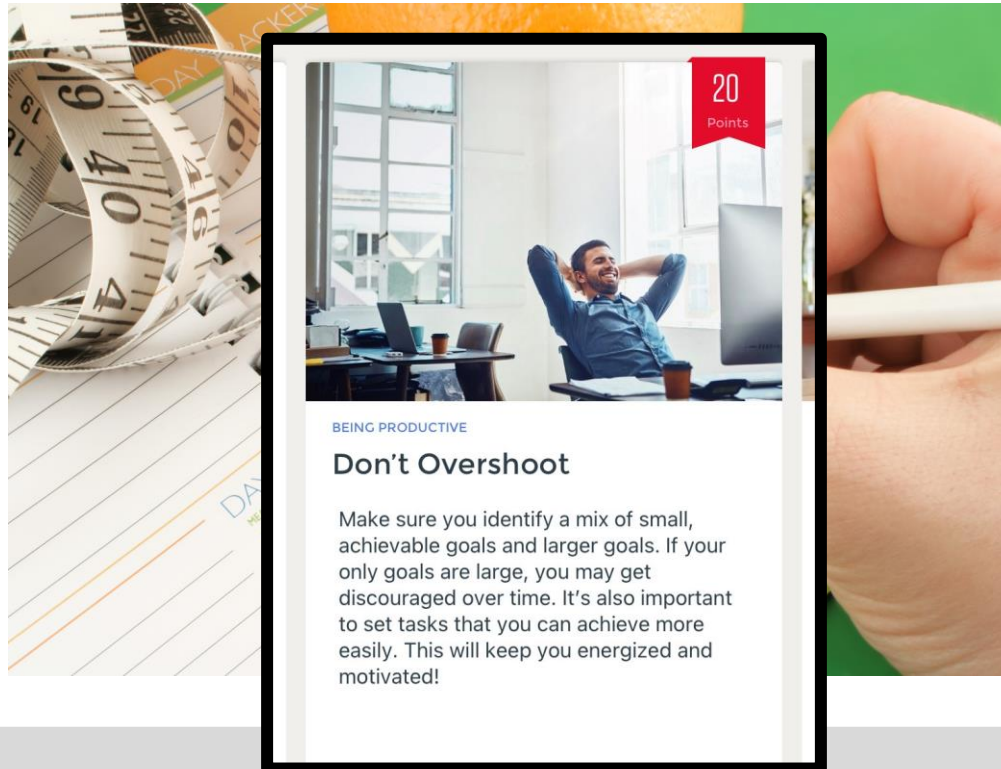
Fats for Good
Did you include a good source of fat in your diet today? (103)

Fiber Goodness
Did you eat a food with fiber today? (191)

THIS WEEK...



- Based on your personal 6-week goal and learning so far...
- What will you try THIS WEEK to move yourself forward?



20
Points

BEING PRODUCTIVE

Don't Overshoot

Make sure you identify a mix of small, achievable goals and larger goals. If your only goals are large, you may get discouraged over time. It's also important to set tasks that you can achieve more easily. This will keep you energized and motivated!



Seek

Together™