



 QuadMed®

Losing the COVID-19





Pandemic weight gain



I need to social distance myself from my refrigerator

I'm gonna [sneeze] around and gain the COVID-19 if I don't stop eating all my quarantine snacks so fast 🤔🤔🤔

Can someone break my heart so I can lose this quarantine weight

Freshman 15 got nothing on the Quarantine 25

I have gained so much weight in quarantine and that's on having anxiety that manifests in overeating TM

tested positive for having a fat 🍌🤔





- Weight gain during the pandemic
- Emotional reasons why we struggle with weight
- Physical reasons why we struggle with weight
- How to beat it
- Motivation, moving forward

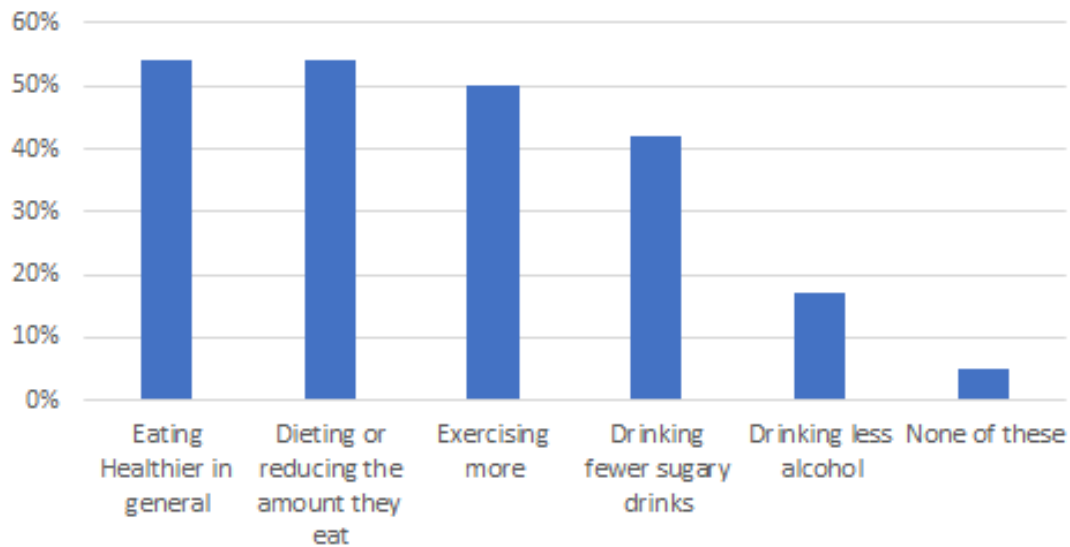
61% of Americans reported undesired weight gain

Average weight gain: 29 lbs

Causes

- Increased drinking (23% increase)
- Change in sleep habits (67% sleeping more or less)
- Mental health worsened (30% increase)
- Coping mechanism (30% increase)
- Gyms closed (22% exercising less)
- Eating habits (42% more)
- Less daily movement (22% reported)

51% of Americans are trying to lose weight



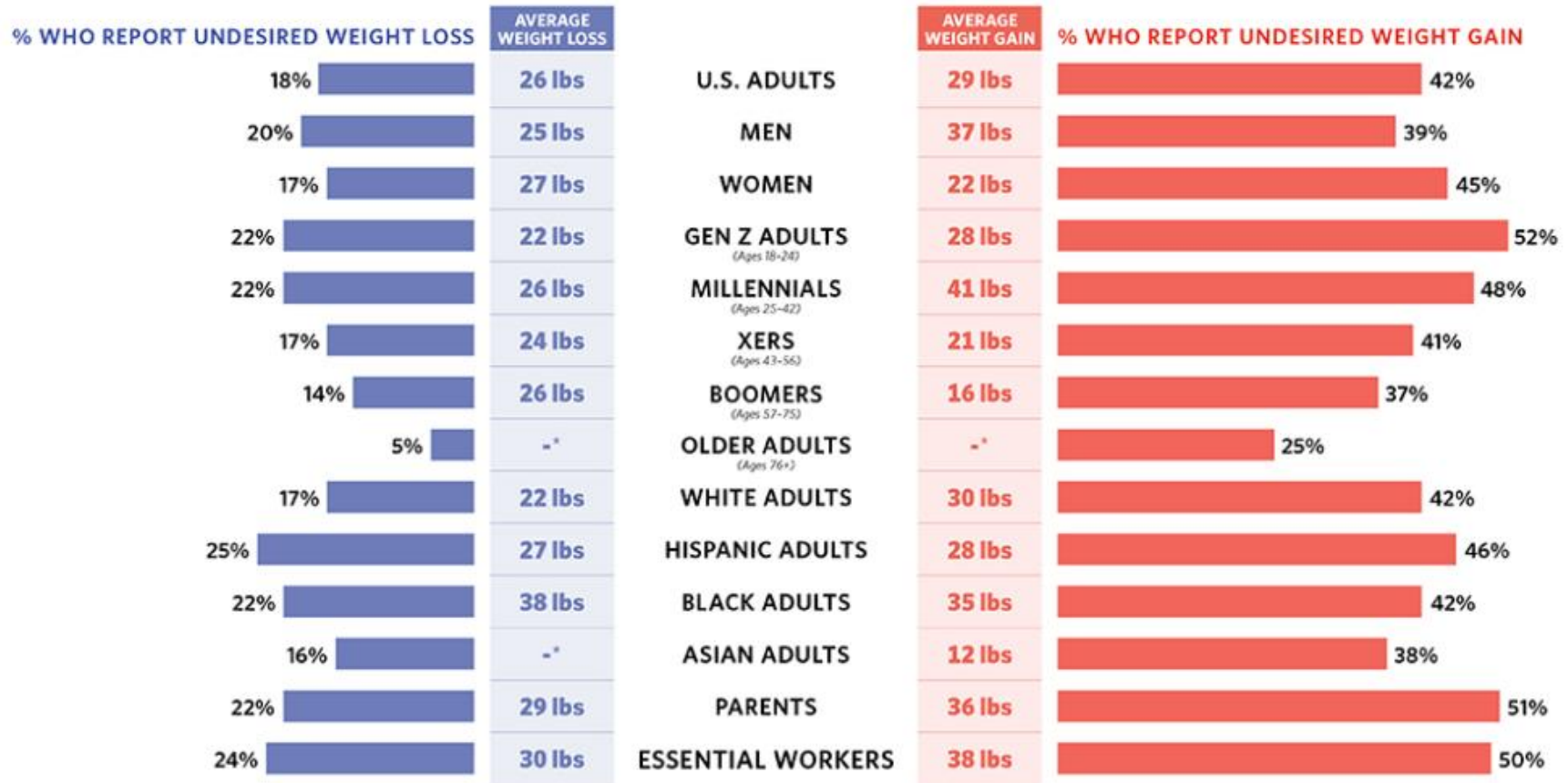
29% of Americans are exercising more
22% are exercising less

DID YOU KNOW?



PANDEMIC SURVEY

Slightly More Than 6 in 10 U.S. Adults (61%) Report Undesired Weight Change Since Start of Pandemic



*Insufficient sample size for reporting

- Biological determinants such as hunger, appetite, and taste
- Economic determinants such as cost, income, availability
- Physical determinants such as access, education, skills (e.g. cooking) and time
- Social determinants such as culture, family, peers and meal patterns
- Psychological determinants such as mood, stress and guilt
- Attitudes, beliefs and knowledge about food



In the USA, the following order of factors affecting food choices has been reported:

* taste

* cost

* nutrition

* convenience

* weight concerns



Stress

Lack of sleep

Attachment of emotions to food

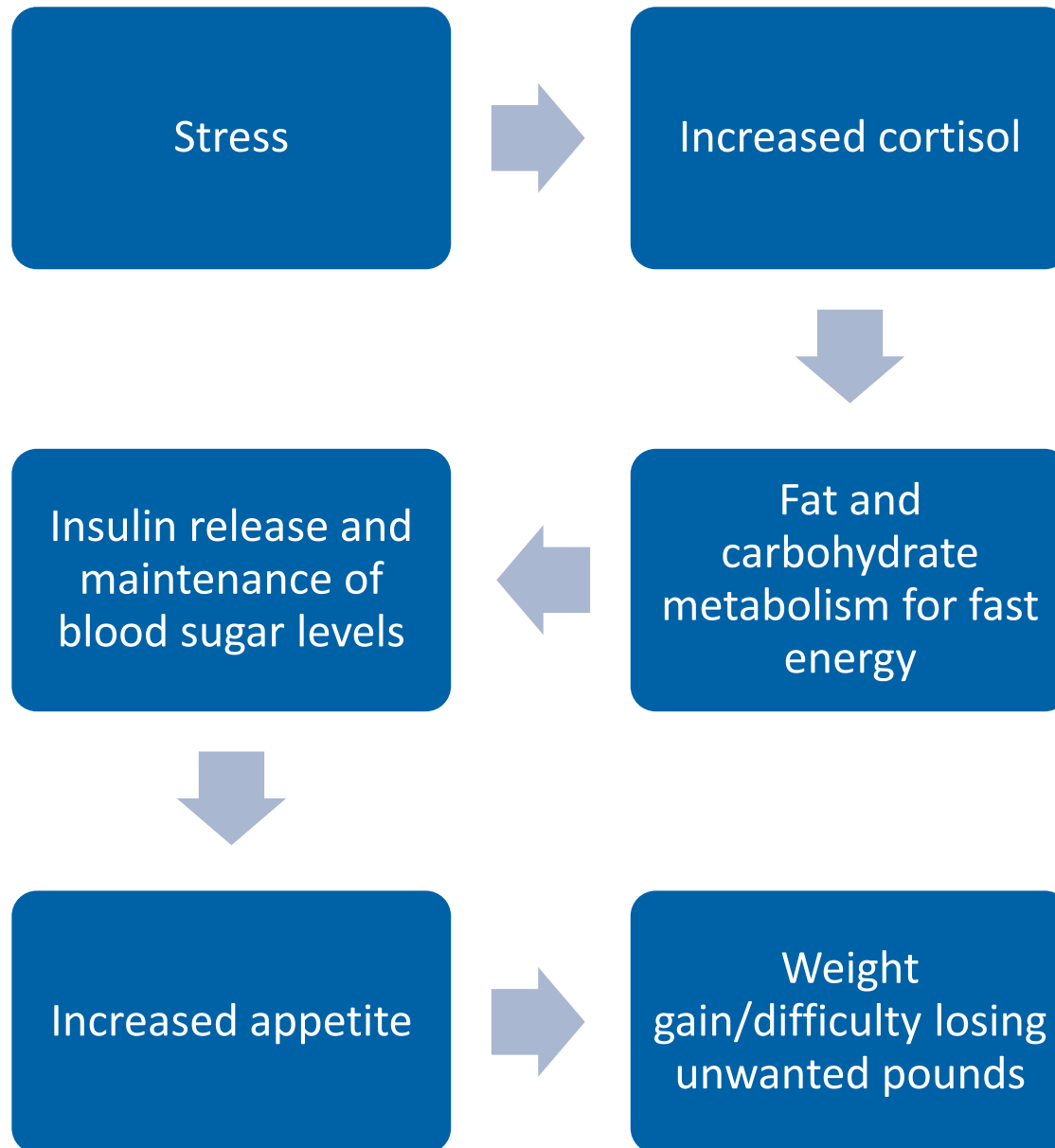
Fear of missing out

Comparison to others

Lack of connection

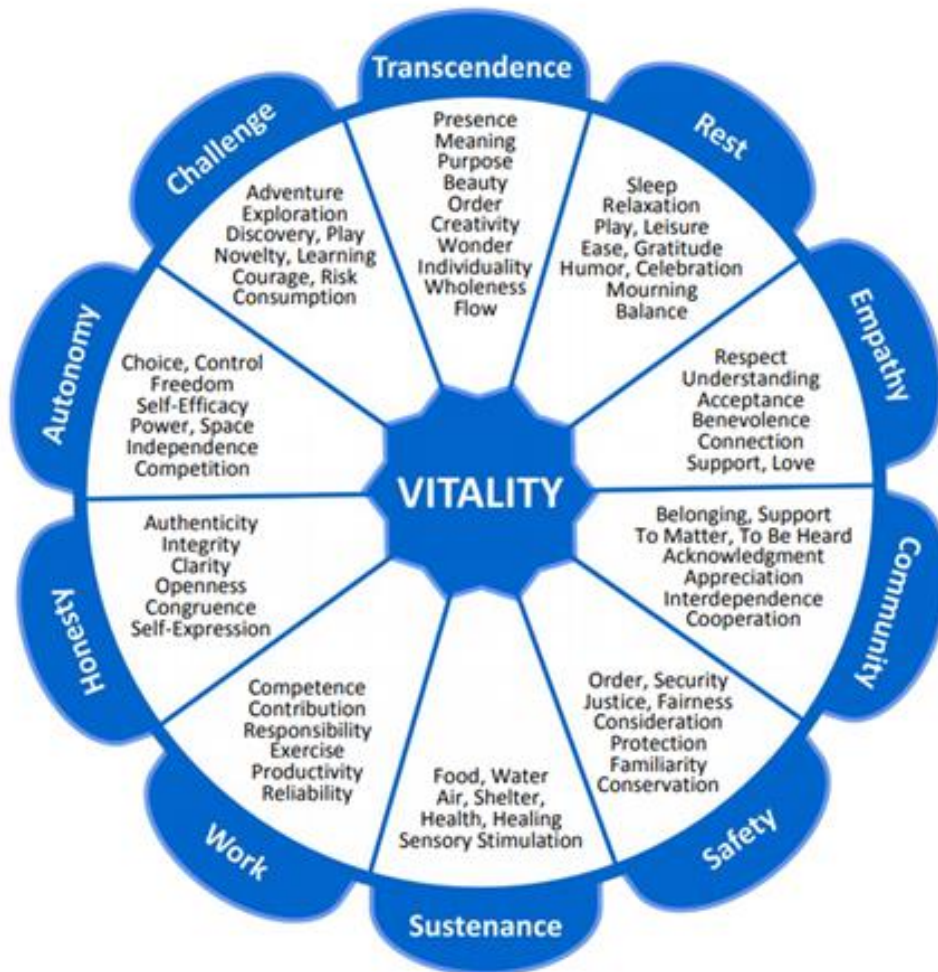
Disconnect with the greater "why"

Idle time



Emotion: Impulse eating reaction from unfulfilled needs. What are they?

The Wheel of Needs Universal Human Needs



What need is not being paid attention to?

Need for rest, personal time?

Need for water?

Need for physical activity?

What action/habit/system can be looked at and adjusted?

Logical/orderly approach:

Do I need this? How much? Why am I feeling like this right now?

How will this impact the rest of my day?

How will this match my values and long-term goals?

Affect from Stress, not slowing metabolism

Affect from lack of sleep, possible elevated cortisol

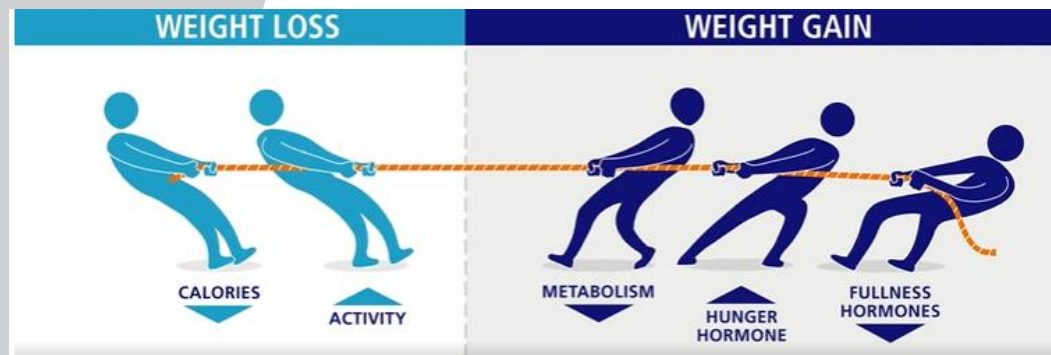
Body may be insulin resistant

Lack of movement

Hunger response from alcohol consumption

Meal timing/skipping meals

Imbalance in nutrients/eating too much



Hormones work together to increase or decrease appetite and fat storage

Lifestyle Impact	Insulin allows your cells to take in blood sugar for energy or storage, depending on what is needed at the time	Leptin considered a "satiety hormone" that reduces appetite and makes you feel full	Ghrelin "hunger hormone" - Sends a message to the hypothalamus telling you to eat	Cortisol "stress hormone" - Sends a message to the hypothalamus telling you to eat	Estrogen female sex hormone; Both very high and low levels of estrogen can lead to weight gain	Neuropeptide Y produced by cells in the brain & nervous system; stimulates appetite, especially carbohydrates	Glucagon-Like Peptide-1 plays a major role in keeping blood sugar levels stable, and also makes you feel full	Cholestykinin hormone produced by cells in your gut	Peptide YY gut hormone that controls appetite
Minimize sugar	X		X						
Reduce carbs	X							X	
Increase lean protein	X		X			X	X	X	
Healthy Fats	X						X		
Exercise	X								
Magnesium	X								
Green Tea	X								
Increase anti-inflammatory foods		X					X		
Enough Sleep		X		X					
Fish oil/Flax		X			X				
balance calcs				X					
lower stress				X					
Increase fiber					X		X	X	
Cruciferous/green leafy veggies					X		X		
Soluble fiber					X	X			
Limit fasting						X			
Probiotics							X		

Do you know your nutrition needs?

Servings per day	Underserved		"The sweet spot"			Overserved			
Dairy (1 cup)			1	2		3	4		
Cheese (1 oz.)				1	2	3	4		
High sat fat protein sources (Oz./day)			1	2		3	4	5	
Lean protein sources (Oz./day)	1	2	3	4	5	6	7	8	
Fruit (1 cup)		1		2	3		4		
Non starchy vegetables (1 cup)	1	2	3	3	4	5	6	7	8
Starchy vegetables/legumes (1/2 cup)		1		2	3		4	5	
Whole grains (unrefined) (1 oz)	1	2	3	4	5	6	7	8	9
Savory snacks (refined foods) (1 svg)					1		2	3	4
Sweet treats/drinks (1 svg)					1		2	3	4

Fiber:
 21-25gm women
 30-38 gm men

Sugar <10% of calories

Saturated Fat <10% of calories

B vitamins



Beans, lentils, milk, eggs, lean meat, whole grains, potatoes, bananas

Vitamin D



Cod liver oil, sardines, tuna, salmon, egg yolk, fortified milk, yogurt and cereals

Iron



Lean meats, shellfish, beans, spinach, fortified cereals

Magnesium



Nuts, seeds, legumes, leafy greens such as broccoli, spinach

What about the supplements boasting for weight loss?

The ability to control yourself

strong determination that allows you to do something difficult (such as to lose weight or quit smoking)

The ability to control attention, emotions, and desires

The ability to delay gratification



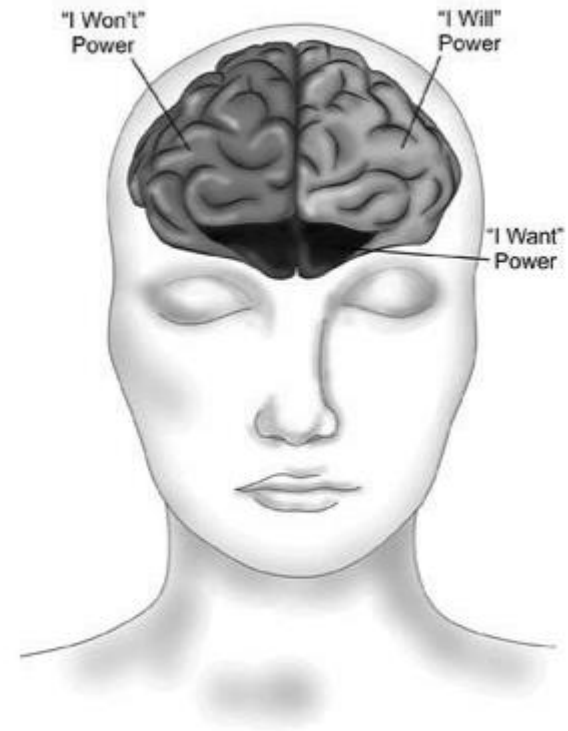
*The intelligent want self-control; children want candy.
-Rumi*

Many people think they lack **motivation** when what they really lack is **clarity**. ~James Clear

The I WANT power: When it's easier to stay on the couch, your **prefrontal cortex** makes you want to get up and exercise

The I WON'T power: When it's easier to say yes to dessert, your **prefrontal cortex** remembers the reasons for ordering tea instead

The I WILL power: When it's easier to put that project off until tomorrow, it's your **prefrontal cortex** that helps you open the file and make progress anyway



Willpower in the Brain



Personal Motivation

- * Your "want to"
- * What is your "Why"
- * Is this action based linked to your ultimate vision of your best self?



Ability

- What you "can do"
- * Believe in yourself
 - * Draw from past successes
 - * Start small with action oriented steps
 - * Taking responsibility for your action
 - * SHOW UP



Social Motivation

- * Your "cheer leaders"
- * Find connections that support you
- * Seek resources that support your goals



Social Pressure

- * Your "coaches"
- * Your accomplices (can be good and bad...)
- * Positive peer pressure
- * Find a Health Coach!



Structural Motivation

- * Reward small wins
- * Use carrots and the threat of losing carrots
- * Use rewards in combination with social and personal motivators
- * Make the reward visible-tracking on a calendar or app for days since...



Structural Ability

- * Control of your space
- * Build fences-create a distance between yourself and temptation
- * Change cues and engage your autopilot
- * "Give me a lever and a place to stand and I will move the Earth."- Archimedes (287-212 BC)

There are 6 sources of influence

There are forces pulling against us – causes tempting us



How to beat the weight gain

"I can only control my behaviors if I control the things that control me"



True Change is Identity Change

- The goal is not to read a book, the goal is to *become* a reader.
- The goal is not to run a marathon, the goal is to *become* a runner.
- The goal is not to write a book, the goal is to become a writer.

I am proud of myself

I am resourceful

I am dedicated

I am consistent

I am human

I am determined

I am flexible

I am a warrior

I am flawed

I am clear on my goals

I am striving for progress, not perfection

I am.....

I SHOW UP

I am active

I am growing

I love my life

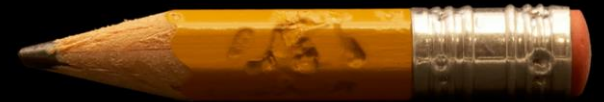
I love myself for what
my body can do

I BELIEVE.....

Small Steps for Habit Formation

- Plan your success habits
- Focus and commitment
- Know yourself
- Practice your success habits
- Reward

We first make our habits, and then our habits make us.



John Dryden

https://www.youtube.com/watch?v=U_nzqnXWvSo



Plan your habits:

Write down goals: Vision board



Focus and commitment:

Write down the habit you want to form



Know yourself:

Knowing your strengths and weaknesses helps you to know what needs to change



Practice your success habits:

Plan to practice a habit for 60 days. Identify potential stumbling points



Reward yourself:

Rewarding yourself will help you be more emotionally invested in the habit

01

Create a
routine

02

Avoid the
kitchen as your
workspace

03

Make time for
movement

04

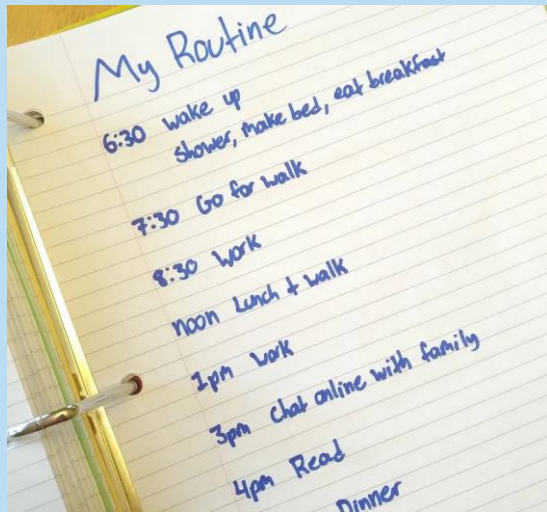
Plan your
meals and
snacks

05

Incorporate
vegetables



By sticking to a routine, the brain has increased mental resources for other tasks. You can be more productive if you stick to a routine!



Stick to your schedule

Create a daily routine

Pencil in exercise-start with 2-3 days per week

Helps you focus on tasks

- Recommendation: at least 150 minutes of moderate-intensity exercise per week
- Build into your daily routine:
 - Watch a show while walking on the treadmill
 - Read while on the stationary bike
 - Take a break to walk during work
- Allow time for recovery
- Put it on paper
- Vary your routine:
 - Walking
 - Swimming
 - Biking
 - Zumba
 - Strength training



Create a
designated
workspace

Avoid working
in window
spaces

Create a
natural
boundary

Avoid
mindless
snacking



Schedule exercise 2-3 days/week

Find a buddy

Move throughout the workday

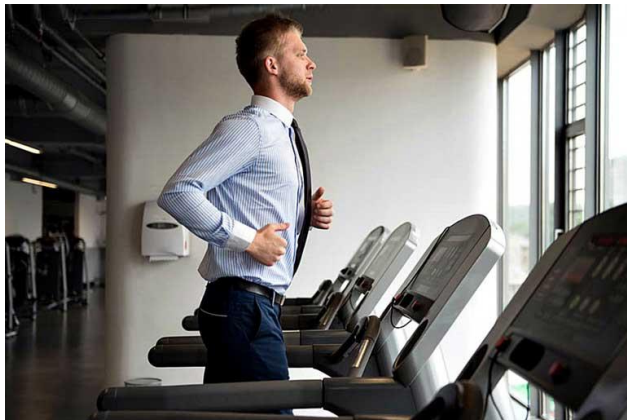
Have walking meetings

Make use of your lunch break

A 10-minute walk=1,000 steps

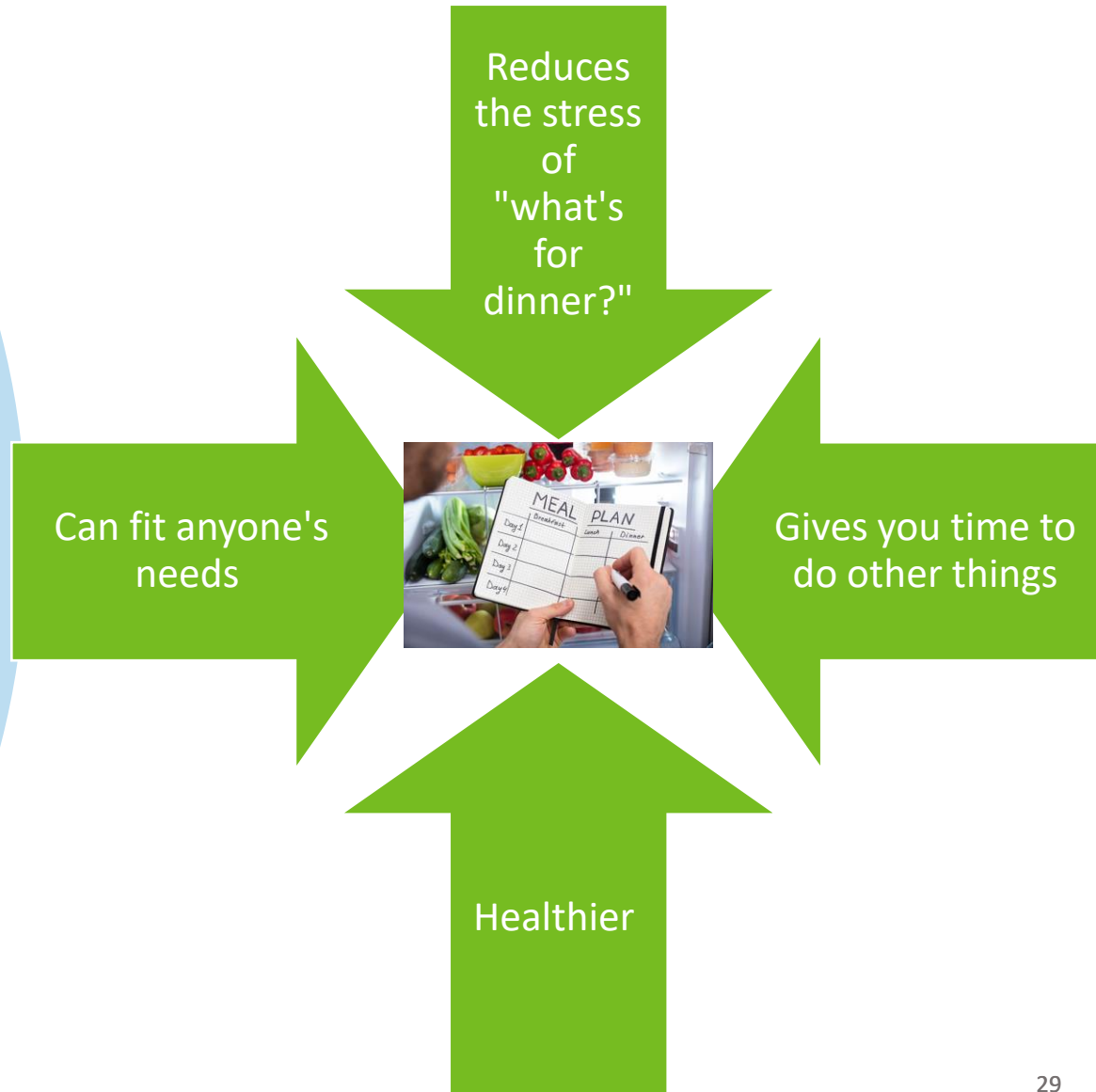
Research suggests walking just 5 min. per hour can increase your mood, improve your concentration and productivity, and even dull your hunger

DID YOU KNOW?



So how do I do it?

- Look at your calendar
- Keep a list of recipes
- Incorporate take out!
- Make a shopping list
- Plan leftovers
- Look at your pantry
- Consider snacks



- ✓ Great source of vitamins and minerals
- ✓ Fiber
- ✓ Low calorie, low fat
- ✓ Protect against cancer and other diseases
- ✓ Quick, convenient and easy
- ✓ Low in sodium and cholesterol



Insoluble fiber (found in whole wheat, nuts, beans, vegetables) acts like a sponge and can absorb up to 15 times its own weight in water! This makes you feel full longer.





Start with your "Why" that is not scale focused



Start with a vision that incorporates action and routines that contains the best version of you



Start with specific, measurable, realistic and time bound tasks that will build into that vision



Start with something that will make the most impact, i.e., drinking 3-20 ounce bottles of water, eating 2 fibrous veggies at dinner, moving for 30 minutes after work before sitting down for the day

Grace

Surround yourself with the Language that supports growth

Nutrition

Compassion

Movement

Learning

Balance

Acceptance

Creativity

SELF-LOVE

YOUR BEST WEIGHT IS WHATEVER WEIGHT YOU REACH WHEN YOU'RE LIVING THE HEALTHIEST LIFE YOU ACTUALLY ENJOY

Water

Connection

Empathy

Gratitude

choose one in each section	Product	serving size	yield per package	cost	cost per portion	calories	sodium
Lettuce	Romaine hearts, 3 pack	1 cup	12	\$ 2.69	\$ 0.22	10	
	Ice burg lettuce	1 cup	9	\$ 1.49	\$ 0.17	10	
	shredded lettuce, iceberg	1 cup	4	\$ 1.79	\$ 0.45	10	
	hearts of romain precut	1 cup	6	\$ 2.99	\$ 0.50	10	
Salsa	thick and chunky salsa	4 Tbsp	11	\$ 2.09	\$ 0.19	20	460
	homestyle salsa	4Tbsp	7.5	\$ 3.49	\$ 0.47	10	250
	picante sauce	4 Tbps	7.5	\$ 1.49	\$ 0.20	20	460
	pico de gallo, homemade https://letsdishrecipes.com/homemade-pico-de-gallo/	4 Tbsp	8	varies	\$ 0.50	20	80
Cheese	shredded cheese	1/4 cup	8	\$ 2.19	\$ 0.27	100	150
	reduced fat shredded cheese	1/4 cup	7	\$ 2.19	\$ 0.31	90	210
	parmesan, finely shredded	1.5 Tbsp	12	\$ 2.19	\$ 0.18	60	180
Chicken	chicken breast whole family pack	4 oz uncooked, 3 oz cooked	20	\$ 10.95	\$ 0.55	130	125
	chicken breast tenderloins	4 oz uncooked, 3 oz cooked	8	\$ 6.58	\$ 0.82	100	110
	frozen boneless chicken breast, uncooked, 5 lb	4 oz uncooked, 3 oz cooked	20	\$ 11.49	\$ 0.57	110	180
	sliced oven roasted, 22 oz	3 oz	7	\$ 5.99	\$ 0.86	110	330
	fully cooked chicken breast strips	3 oz	7	\$ 7.30	\$ 1.06	110	450
Seasoning	taco seasoning, 25% less sodium	2 tsp	35	\$ 3.19	\$ 0.09	15	220
	taco seasoning	2 tsp	6	\$ 0.36	\$ 0.06	15	380
	homemade taco seasoning https://www.hackingsalt.com/no-sodium-taco-seasoning/8.YR6FbJy5mUk	2 tsp	varies		\$ 0.05	15	0
Shell	shells, soft taco carb watch	1 tortilla	8	\$ 3.29	\$ 0.41	70	280
	Old El Paso crunchy taco shell	2 shells	6	\$ 1.99	\$ 0.33	100	87
	Soft shell taco	1 tortilla	10	\$ 1.59	\$ 0.16	140	450
Sour Cream/Plain Greek	Plain non fat greek yogurt	1/4 cup	15	\$ 3.89	\$ 0.26	30	20
	2% plain greek yogurt	1/4 cup	16	\$ 5.99	\$ 0.37	40	15
	whole milk plain greek yogurt	1/4 cup	15	\$ 5.99	\$ 0.40	47	15
	sour cream	1/4 cup	10	\$ 1.39	\$ 0.14	90	25
Beans	Black beans, raw	1/4 cup, dry = 3/4 cup cooked	16	\$ 1.69	\$ 0.11	70	20
	Black beans, canned	1/2 cup	3.5	\$ 0.49	\$ 0.14	110	370
	Black beans, reduced sodium	1/2 cup	3.5	\$ 0.49	\$ 0.14	110	180
Refined beans	1/2 cup	3.5	\$ 1.59	\$ 0.45	140	520	



Select your ingredients

Shop for your ingredients

Join us at
6pm EST/5pm CST or
7pm EST/6pm CST

Have fun and
dinner on the table
for your whole
family!

Invite your kids to
join!

Contact Maggie Rettele at Mrettele@quadmedical.com or Briana Baker at bbaker@quadmedical.com with questions

Ingredients for "In the Kitchen with Maggie and Briana" - select items from each category in the quantity desired to prepare a delicious and nutritious meal for your family! See you on September 2nd!