

## Session 18: Weigh Less, Live More

Your Story ~ As you work through your story, share it with family to get feedback. Get used to telling it. Turn in copy of your story on July 13th.

Example: My Story ~ Thirteen years ago (2004) was my defining moment...that moment when I realized something had to change. I was in my 3rd year living on a tiny tropical island with limited medical care and rampant with germs and bacteria my body had never been exposed to before. I had recently given birth to my second child, was overweight, exhausted, constantly fighting strep throat, and bedridden with my 3rd severe case of mono. Here I lived in one of the most beautiful places in the world and working with the most amazing people in the world, but I could barely function. Something. Had. To. Change.

So when I saw an infomercial on TV for a health and fitness program, I ordered it on the spot. In those 6 weeks, my health made a complete turnaround and I knew I was never going back.

- \* The beginning of August will mark our halfway point and we'll begin scheduling your halfway Health Consultations to check your progress and re-evaluate goals for the remainder of the program.
- \* In August I'll be giving you handouts with review questions and notes to prepare you for your mid-term exam. Then you'll have approximately two weeks to study that and prepare before we take the test on the 24th session.
- \* Start evaluating now where you are in meeting your goals for this program. Determine what you will need to do to meet your six month goals by November.

### ***Weigh Less, Live More***

Ask yourself these questions:

1. How would you feel if reached your goals of your ideal weight?
2. What would you be able to do if you were at your ideal weight compared to what you can do now?

Causes of Obesity

1. ***Lack of primary food*** ~ A lack of meaningful relationships and careers, spirituality, and physical activity leaves us feeling "hungry." People are searching for something, and end up turning to food as a result.
2. ***Processed foods*** ~ They are cheap, convenient, and usually full of sodium, sugar, chemicals, and empty calories.
3. ***Availability of fresh whole foods*** ~ In many communities, finding fresh produce and protein sources can be a challenge, where processed foods are in abundance.
4. ***Sedentary lifestyle*** ~ To maintain a healthy weight, one needs to burn as much fuel as one takes in. A sedentary lifestyle sets us up to eat more calories than we use.
5. ***Supersized portions*** ~ The larger the portion, the more we eat.
6. ***Supersized dishware*** ~ Dishware has become larger and larger over the years. It takes more food to make a large dish look full. So as a result, we eat more.

7. **Advertising and marketing** ~ As a general rule, the worse a food is for you, the more it is advertised. How many ads for quinoa or kale have you seen?
8. **Misinformation and disinformation** ~ We are bombarded with information about food, nutritional data, health benefits, and risks; often by special interest groups. People are generally confused about what they are supposed to eat. Consider the source!
9. **Cost of food** ~ Processed, mass produced foods and subsidized crops to make them are disproportionately less expensive than fresh produce and sustainably grown, whole foods.
10. **Time management and Stress** ~ Busy lifestyles promote fast food and eating on the run. Often people feel they just don't have time to cook. Prolonged stress increases a hormone that slows the metabolism, can affect blood sugar levels and fat storage, and increases cravings for fatty, salty, and sugary foods.

Diets don't work!

- They're not sustainable. Diets can be alienating, stressful, depressing, and restrictive.
- Not Bio-individual as they don't take lifestyle and individuality into consideration.
- High Cost as special diets often require expensive specialty foods or prepared meals.

Safe Ways To Drop Pounds:

1. **Feed your soul with primary food.** Primary food trumps secondary food.
2. **Drink water.** ~ Most people are chronically dehydrated. We often mistake thirst for hunger.
3. **Eat a plant-based diet.** Plant foods are typically lower in fat and calories and higher in filling fiber than meat, dairy, and processed foods, while providing loads of essential nutrients.
4. **Chew your food well.** Digestion begins in the mouth. By thoroughly chewing your food, your body will better assimilate nutrients; you will also slow down your eating. Chewing well aids digestion and slowing down gives your brain time to register you're full before you overeat.
5. **Eat real food.** Avoid products with high-fructose corn syrup or a long list of unpronounceable ingredients. They tend to be highly processed, lacking the nutrients your body needs, and are often loaded with empty calories. Make sure you're getting in good fats. Healthy fats keep you satisfied and have a host of digestive and health benefits.
6. **Eat breakfast, lunch and dinner.** Skipping meals causes your blood sugar levels to peak and dip, affecting your energy and moods. It can also cause overeating later on because you're so hungry.
7. **Eat mindfully and slowly.** Turn off the TV. Get away from the computer. Sit down and savor the food you are eating with no distractions.
8. **Get moving.** Do any type of physical activity every day. Find movement or exercise you enjoy. Any type of exercise will rev up your metabolism, aid digestion, and reduce stress.

9. **Sleep, rest and relax.** When you are sleep-deprived or stressed, your body will crave energy, causing cravings for sugary snacks and caffeine as an energy boost.
10. **Schedule fun time.** Boredom and stress can lead to overeating. Before eating out of sheer boredom, reach for a book, an art or home improvement project, or any activity that brings you pleasure.
11. **Share meals with others.** It makes mealtime more fun and meaningful.
12. **Use smaller dishware.** People tend to eat more when their plate or bowl holds more food. It takes less food to create a plateful using a smaller dish.
13. **Cook more.** Cooking at home saves money and allows you to control the quality of ingredients and the amounts of fat, salt, and sugar used.
14. **Add in to crowd out.** Don't deprive yourself by taking away foods you enjoy. Adding in new, healthier choices will naturally crowd out some of the less healthy foods.

***\*\*\*The key to success is support!***

***Building a community of healthy, like-minded, lifestyle-focused people is what it will take to make permanent change here in the islands.\*\*\****