



Hanford Occupational Health Services

Weight Management Week #1

Goal setting, caloric needs, meal distribution,
understanding food labels, and food journaling

Health Education
(509) 376-3939

Goal Setting

- ◆ As you begin our weight management class, it is important that you determine why you are here, and what you need to get out of the class.
- ◆ Weight loss is different for everyone; some people need more education on how to lose weight properly, some have the information and just need the motivation to stay on track.
- ◆ Why are you here? What is your vision of a healthy YOU?



Health Vision

- ◆ Your health vision is how you see yourself at your ultimate health goal; your ideal, healthy self.

- ◆ Non-smoker? Clothing size? Weight? Activities involved in? Energy level? Daily routine?

Example of a health vision

- ◆ I will be 150 lbs. looking lean and feeling fit. I will be in complete control of my food choices and have a consistently healthy diet. I will be involved in training for a triathlon, and exercising as a part of my daily routine. I will have a great energy level, and feel great about myself.

Establishing Goals

- ◆ Use the **S.M.A.R.T. goal setting worksheet** provided
- ◆ What is your health vision?
- ◆ Set 2 goals that will help you get to your health vision
- ◆ Before you begin, your S.M.A.R.T. goals must meet the following criteria:
 - S = Specific
 - M = Measurable
 - A = Attainable
 - R = Reward Based
 - T = Time Framed



Examples of goals:

- ◆ My goal is to lose 10 pounds during this 5-week program, and I will reward myself with a new pair of jeans.
- ◆ My goal is to food journal every day over the next 5-weeks, and I will reward myself with a massage at the spa.

Do NOT reward with food!

Action Steps

- ◆ Now that you have established your goals, write down 5 action steps that will help get you to your goal.

- ◆ GOAL: My goal is to lose 10 pounds during this 5-week program, and I will reward myself with a new pair of jeans.
 - ACTION STEP #1: I will food journal each day.
 - ACTION STEP #2: I will exercise 4 days each week.
 - ACTION STEP #3: I will pack a lunch for work each day.
 - ACTION STEP #4: I will attend weight management class each week.
 - ACTION STEP #5: I will grocery shop on Sunday so I have healthy food options in my house for the week.

Barriers

- ◆ Many people have tried numerous times to lose weight, but something always seems to come up and create a barrier to achieving success.
- ◆ Examples of barriers include: time, energy, holidays, vacation, stress, food preparation, etc.

What are your barriers? What is your strategy to overcome them?

Barrier	Strategy
Time for exercise	I will pack my exercise clothes in my car and stop at the park for a 30 minute jog before I go home.
Time to pack lunch	I will pack my lunch the night before so I do not have to worry about running out of time in the morning.
I eat when I'm stressed	I will try to exercise as a way of dealing with stress.

Daily Caloric Needs

- ◆ In order to achieve your weight management goals, we must ensure that you are eating the appropriate amount of food.

- ◆ All food is measured in calories which is simply a measure of energy.
 - When you eat more energy than you expend, you gain weight; when you expend more energy than you eat, you lose weight
 - If you are currently gaining weight, you are consistently taking in more calories than you need.

How do we know how many calories we need?

- ◆ Everyone burns calories at a different rate
- ◆ By using the Harris-Benedict principle on your caloric needs worksheet, you will estimate your specific needs
- ◆ The formula will take into account your gender, height, weight, age, and activity level.



Estimating Daily Caloric Needs

(Using the Harris-Benedict principle)

◆ **Step #1:** Calculate your BMR with the following formula.

◆ **Women**

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

◆ **Men**

$$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

BMR=_____

◆ Please note that this formula applies only to adults.



Estimating Daily Caloric Needs cont.

- ◆ **Step #2:** Calculate Activity.
- ◆ If you are **sedentary** : BMR x 1.2
- ◆ If you are **lightly active**: BMR x 1.375
- ◆ If you are **moderately active** (You exercise most days a week.): BMR x 1.55
- ◆ If you are **very active** (You exercise daily.): BMR x 1.725
- ◆ If you are **extra active** (You do hard labor or are in athletic training.): BMR x 1.9
- ◆ **Daily Caloric Needs = _____ (to maintain current body weight)**

Creating a caloric deficit

- ◆ Now that you know how many calories that you need each day, subtract 20% from that number in order to create a caloric deficit.
- ◆ Daily Caloric Needs _____ – 20% = Caloric Deficit
- ◆ This is how many calories that you can consume each day in order to achieve your weight loss goals.

EXAMPLE

Name: Bob
Weight: 230
Age: 50
Height: 6'0 (72 inches)
Activity Level: Light activity



Hanford Occupational Health Services

•Formula:

$$66 + (6.23 \times 230) + (12.7 \times 72) - (6.8 \times 50)$$

$$66 + (1432.9) + (914.4) - (340) = 2073.3$$

Bob's BMR = 2073.3

$$2073.3 \times 1.375 = 2850.8$$

Bob's Daily Caloric Needs = 2850.8

$$2850.8 - 20\% = 2280$$

Bob's Calorie Goal = 2280

Results

- ◆ One pound of fat is equal to 3,500 calories
- ◆ Every time you burn 3,500 more calories than you eat, you will lose 1 pound of fat
- ◆ In the example on the previous slide, Bob is eating 570 less calories than he is burning

- ◆ Bob can expect the following results:
 - Equal to 3990 calories per week (1.14 lbs)
 - Equal to 207,480 calories per year (59.28 lbs.)

Increased Activity = Increased Results!

1 pound of fat = 3500 calories

Rules to live by

- ◆ Stay within your caloric goals (try not to go over...OR UNDER!)
- ◆ Eat when you wake up (breakfast)
- ◆ Eat often (approximately every 3 hours)
- ◆ Avoid waiting until you are starving to eat
- ◆ Avoid BIG meals, balance your meals / calories
 - (Example: Bob will eat 5 meals, at 456 calories each to equal 2280 calories)

Tips to success

- ◆ Avoid drinking your calories
- ◆ Measure your food (you have to properly measure a serving in order to count calories)
- ◆ Get your fruits & vegetables
- ◆ Take a Multi Vitamin
- ◆ Drink WATER! (64 oz. minimum per day)
- ◆ Eat Breakfast
- ◆ Protein, Carbohydrates & Fats with every meal



Assignments for Week #1

- ◆ Establish your goals
- ◆ Estimate your caloric needs
- ◆ Stay within your calories for each day
- ◆ Write down your calories each day.