



Do you have trouble losing
weight and keeping it off?
Don't Give Up!

A TEAM APPROACH TO A HEALTHIER LIFESTYLE

**Presented by: Dr. Tina Kader, Ms. Sabrina Pillay, Ms. Lisa
Rutledge and Ms. Jodie Richardson**

**McGill Cardiovascular Health Improvement Program
(CHIP)**

MAY 12th, 2009



Exercise

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How much exercise do I have to do?

ACSM Guideline recommendations (2009):

- ⊙ Prevent weight gain
- ⊙ Losing weight
- ⊙ Keeping the weight off
- ⊙ Resistance training

Being realistic

Tips for starting up and fitting it in

Goals other than weight loss

Intensity: Rate your perception of effort

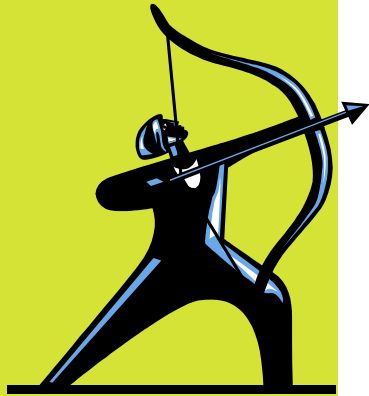
Guidelines describe durations for moderate intensity. Durations are decreased with vigorous intensity

Resting	6		
	7	very, very light	
	8		
Low intensity	9	very light	
	10		
Moderate intensity	11	fairly light	
	12		
	13	somewhat hard	
Vigorous intensity	14		
	15	hard	
	16		
Unsustainable!	17	very hard	
	18		
	19	very, very hard	
	20		



Preventing Weight Gain

- ⊙ Aging → decline in daily energy expenditure → ↑ weight
- ⊙ 150-250 min/week of *moderate intensity* exercise is necessary for maintenance of current weight
- ⊙ Equivalent to
 - ⊙ 4 bouts of 40-60 min of moderate intensity exercise per week
 - ⊙ 1200 -2000 kcal per week



Losing the weight

Studies over 4 – 6 months with no caloric restriction

- ⊙ < 150 min/week = minimal weight loss
- ⊙ > 150 - 225 min/week = 1-2 lbs /month
- ⊙ 420 min/week or **60 min per day** = 1-2 lbs/week
- ⊙ The more you exercise, the greater your chances are of reducing your weight!!

Weight loss can take a very long time without dietary modification



Keeping the Weight Off

- ◎ > 250 min of moderate intensity exercise per week
- ◎ Individuals successful at long-term maintenance of substantial weight loss combined exercise and caloric restriction
 - ◎ Study participants with BMI 35 reduced body weight by 30% and maintained for 5.5yrs (Klem et al., 1997).
- ◎ Encouragement & counseling from nutritionist, exercise physiologist, and psychologist helped with sustaining behavioral changes
 - ◎ Study from the Am J of clin nutrition showed that once follow-ups stopped, rates of weight loss were not maintained as adherence dropped (Tate et al., 2007).

Resistance Training & Weight Loss

- ⊙ Not effective for weight reduction on its own
- ⊙ ↑ muscle mass may increase 24 hour energy expenditure
- ⊙ ↑ muscle strength & endurance allows for longer, more efficient exercise sessions, burn more calories
- ⊙ ↑ bone mineral density reduces risk for osteoporosis



Tips for starting & fitting it into your schedule

- ⊙ Set small goals
- ⊙ If sedentary, start with low or moderate intensity
- ⊙ Choose an activity you like
- ⊙ Intermittent exercise
- ⊙ Pedometer
- ⊙ Partner, report to a friend, join an exercise program

Realistic exercise times – schedule them

Medical conditions: seek professional help (MD, licensed kinesiologist, multi-disciplinary program with supervision)



Other than weight loss, what else should you focus on?

- ⊙ Health benefits
- ⊙ Notice changes in:
 - ⊙ Energy levels (walking longer, further, stronger)
 - ⊙ Shortness of breath

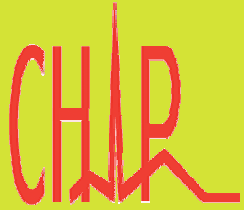
Receiving any compliments? Feeling “slimmer”

Changing many habits at once?

How to weigh yourself and get the most accurate result.
I can't believe I have been
doing it wrong all these years!



We must get the word out!



Nutrition

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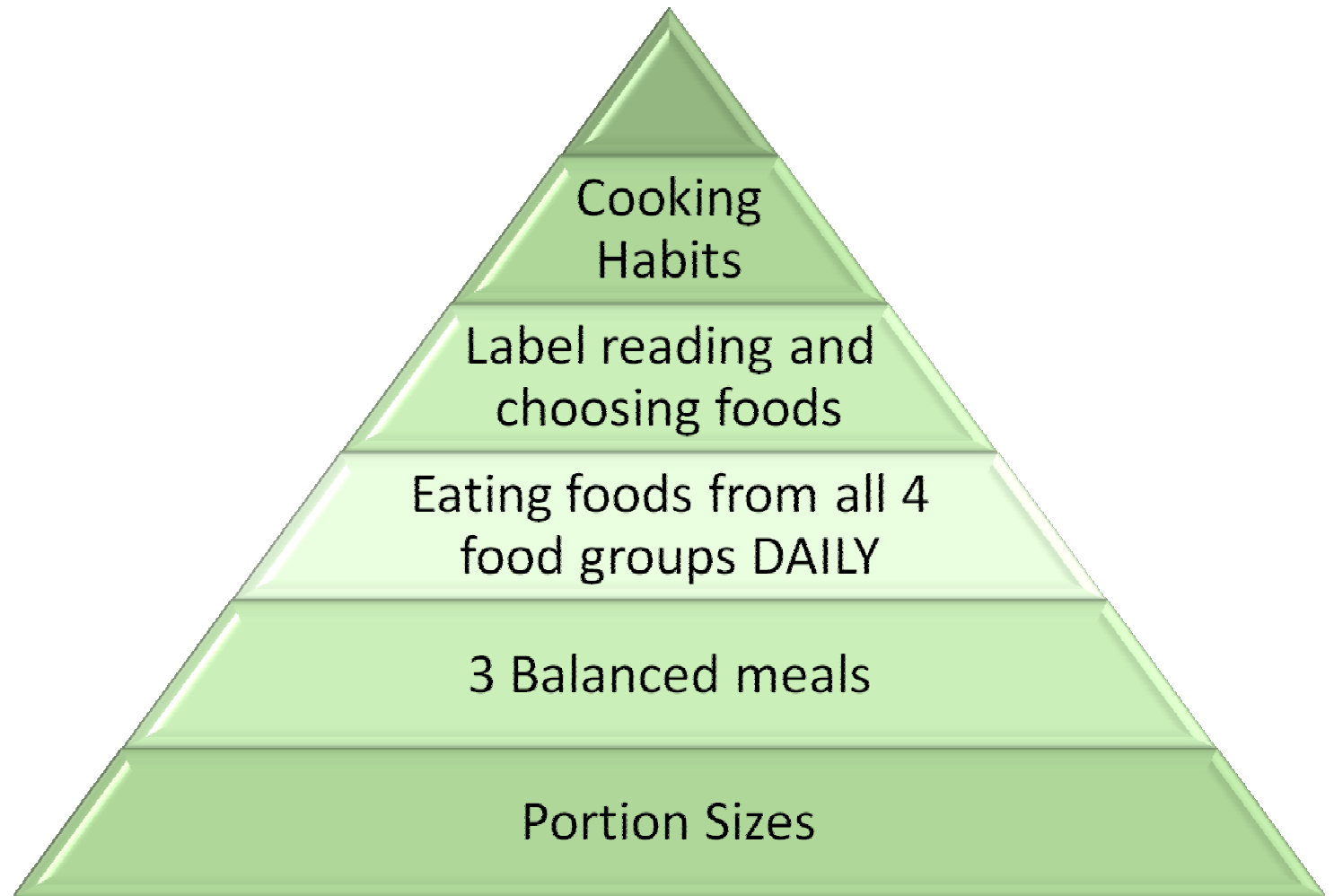
SIMPLE IS HEALTHIER

- Picture changing your eating habits as climbing a pyramid: You have to start at the bottom to get to the top
- Don't focus on minor details before tackling the more important issues
- Don't get bogged down with specifics

SIMPLE RULE OF THUMB: If its found on the food guide, it is a healthy choice.



SIMPLE IS HEALTHIER



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I CAN'T GET NO... SATISFACTION!

1. Keep it simple

- ◎ Satisfying meals must taste good AND keep you feeling fuller longer
- ◎ 3 elements need to be present for a meal to satiate: FIBER + PROTEIN + CARBOHYDRATES
- ◎ Balancing these 3 elements helps to control portion sizes of higher calorie foods

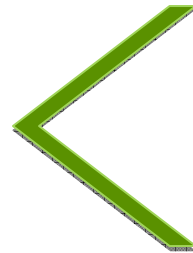
TRANSLATION: Vegetables+ meat and alternatives + starchy foods

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A BALANCED MEAL

Includes fiber-rich foods

- Vegetables
- Whole grains
- Fruit



Low Glycemic Index foods:

Barley	Quinoa
Wheat berry	Brown rice
Whole grain bread	Multigrain cereal

Includes a source of protein

- Fish
- Meat
- Chicken
- Nuts
- Cheese
- Tofu

Lean Protein Choices



CHINA

PROTEIN

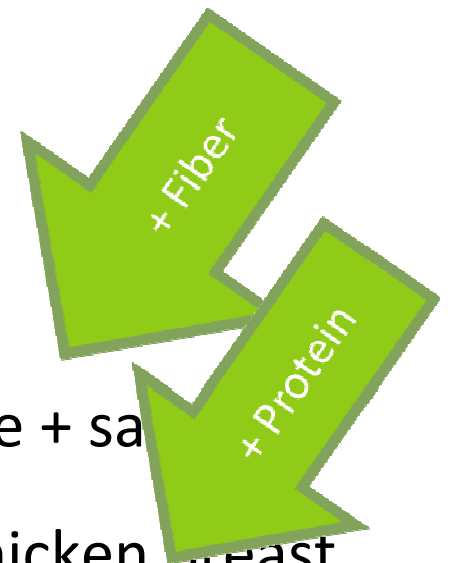
- ⦿ Keeps you feeling fuller longer because, like fiber, it will take longer to break down and be digested.

- ⦿ Example:

- ⦿ Spaghetti with tomato sauce

- ⦿ Whole wheat spaghetti with tomato sauce + salad

- ⦿ Spaghetti with tomato sauce + slices of chicken breast + salad



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BALANCED MEALS

Q: Do you find your portion sizes of meat or starchy foods are too big?

A: Slowly replace some of the excess portions with vegetables to avoid being hungry

Not a veggie lover?! You probably like more veggies than you think....



Broccoli, cauliflower, mushrooms, tomatoes, zucchini, spinach, asparagus, celery, string beans, carrots, eggplant, peppers, cucumbers, artichokes..

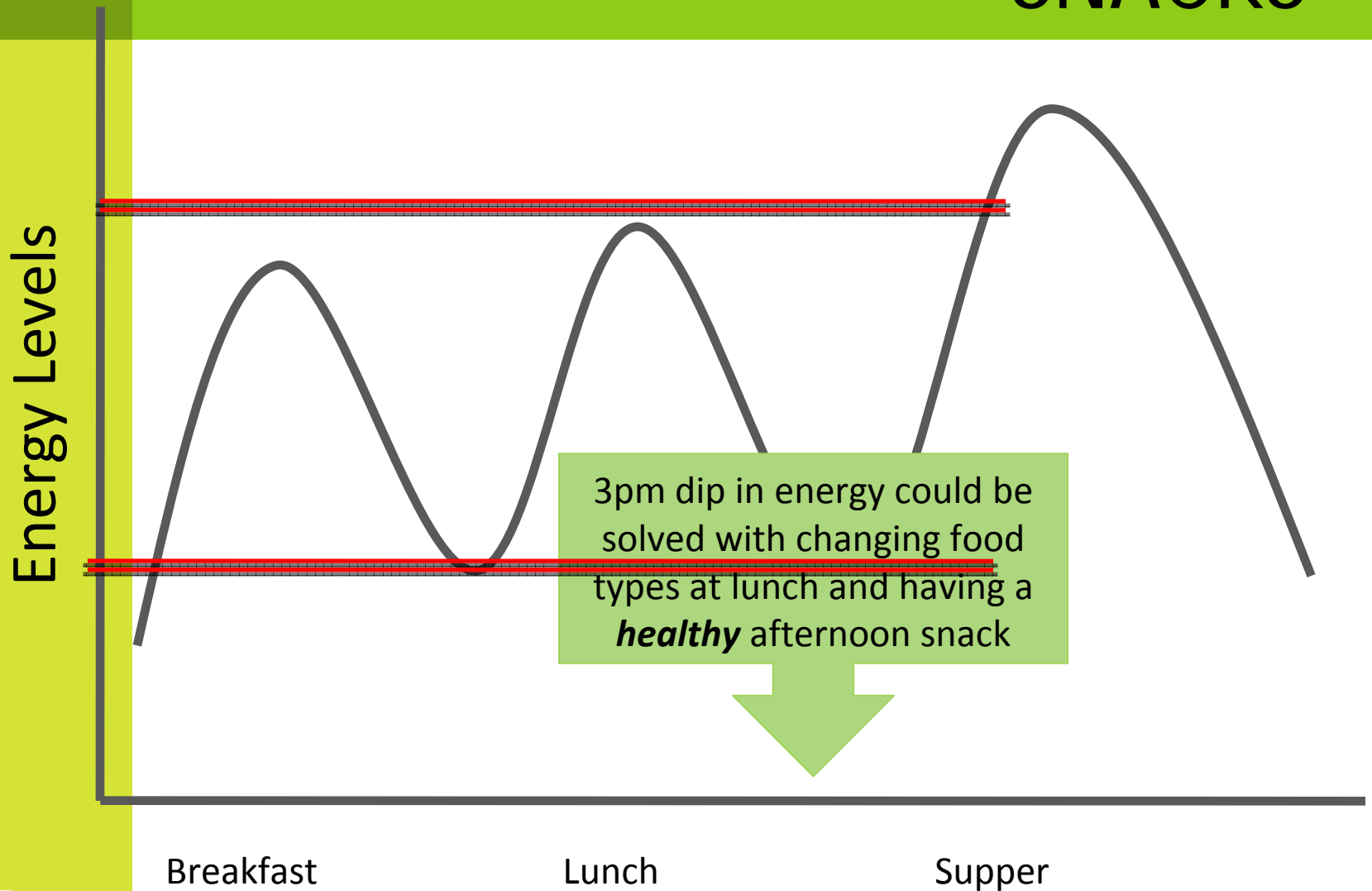
FOOD = ENERGY

1. Keep it simple
2. Balanced meals

- ⊙ Food provides energy for our brain and muscles.
- ⊙ Long periods of time without food, like skipping a meal, creates a dip in energy levels.
- ⊙ Spreading calories *throughout* the day provides energy all day long.
- ⊙ Have you heard the suggestion that eating 6 small meals a day is good for you?

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UNBALANCED MEALS AND NO SNACKS



SNACK ATTACK

- ◎ Even if you are not terribly hungry around 4pm, snacking can be helpful!
- ◎ It can:
 - ◎ Control pre-supper snacking
 - ◎ Control portion sizes at supper
 - ◎ Avoid overeating at lunch to “wait it out” until supper

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HEALTHY SNACK IDEAS

- ◎ Generally, a snack will contain 1 to 2 food groups.
- ◎ Simple examples:
 - ◎ Fruit
 - ◎ Yogurt
 - ◎ Homemade muffin
 - ◎ Popcorn with added spices and parmesan

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Grain Products

-
- ½ cup cereal
- Pita bread
-
-
-
- Crackers
- Handful of cereal
- Raisin bread
- Tortilla

Vegetables & Fruit

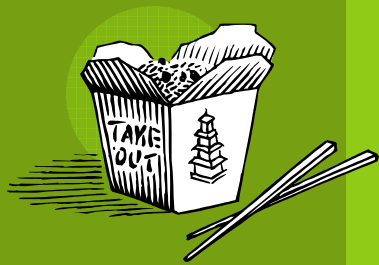
- Sliced fruit
-
-
- Sliced vegetables
- Grapes
- Peach
-
- Frozen berries
-
- Banana

Meat and Alternatives

- Cottage Cheese
-
- Hummus
-
- 1.5oz cheese
- ¼ cup nuts
- Hard boiled egg
-
-
- Peanut butter

Milk & Alternatives

-
- Milk
-
- Yogurt dip
-
-
-
- Yogurt
- Milk
-



RESTAURANT OUTINGS

1. Keep it simple
2. Balanced meals
3. Snack smartly

#1 TIP: watch portion size

Aim to eat the same amount of food as you do when eating at home

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Don't get to the restaurant hungry

- Eat a snack a few hours before you go
- Don't skip lunch to compensate and give yourself an excuse to overindulge



Ask the waiter....

- To remove the bread and butter: Why ruin a great meal by filling up on bread?
- About the alternative side dishes



Share

- Eat an appetizer sized salad or soup
- Share an entree



Don't set yourself up for temptation

- Ask about purchasing ½ portions
- Portion out what you want to eat onto a 2nd plate
- Ask the waiter to portion half into a takeaway container *before* its served

WHY DIETS DO NOT WORK

1. Keep it simple
2. Balanced meals
3. Snack smartly
4. Restaurants done right

- ③ Fad diets may work in the short term
- ③ Often because they are low calorie diets in disguise
- ③ BUT the weight you lose is a combination of muscle, water and fat.

THIS IS **NOT** A GOOD THING

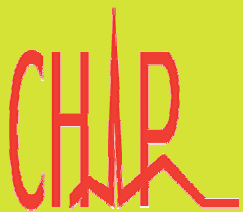
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WHY DIETS DO NOT WORK

1. Metabolism slows down as you lose muscle mass
2. Your body adapts to the lack of calories (starvation) and stops burning calories efficiently
3. Makes us believe in an “all or nothing attitude”

These diets are NOT sustainable therefore the weight loss from them is not long lasting

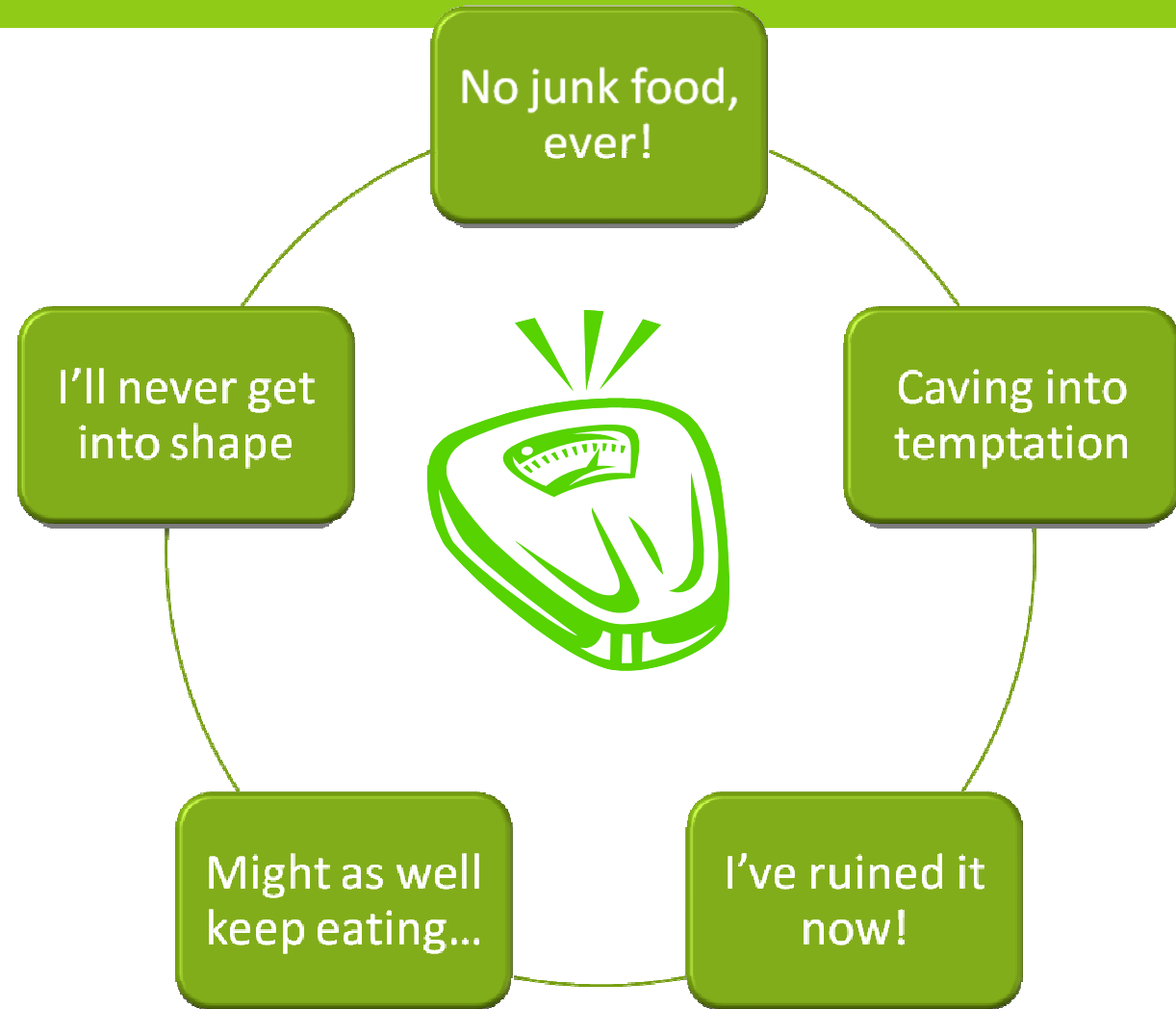


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THE CYCLE OF AN "ALL OR NOTHING" ATTITUDE

1. Keep it simple
2. Balanced meals
3. Snack smartly
4. Restaurants done right
5. Diets Don't Work

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SCALE, SCALE ON THE FLOOR YOU ARE MY ENEMY NO MORE

1. Keep it simple
2. Balanced meals
3. Snack smartly
4. Restaurants done right
5. Diets Don't Work

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- ③ The scale cannot be the only way to measure weight loss success.
- ③ The scale has its limitations!!
- ③ Waist circumference and accomplishing short term objectives (such as lowering portion sizes, reducing junk food, etc) must also be taken into account.



POINTS TO REMEMBER

- ◎ Simplicity
- ◎ Eat 3 balanced meals per day
- ◎ Include healthy snacks
- ◎ Restaurant basics: portion sizes
- ◎ Diets DO NOT work
- ◎ Set clear objectives that do not include the number on the scale



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TO CHECK OUT MORE...

[www.thedebunkingdietitian
.blogspot.com](http://www.thedebunkingdietitian.blogspot.com)

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Psychology

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Set Weekly Objectives

Make them **SMART**:

⊙ **Specific**

⊙ What exactly do you want to do to lose weight?

⊙ **Measurable**

⊙ What do you mean by exercise more?

⊙ **Attainable**

⊙ Do you have the means to reach this goal?



Set Weekly Objectives

⊙ **Realistic**

- ⊙ Do you feel confident you can make this change?
- ⊙ Unrealistic objectives lead to feelings of failure and “giving up”

⊙ **Time sensitive**

- ⊙ Make short-term (e.g., weekly) goals and revise them often
- ⊙ Seeing success increases motivation & confidence

⊙ **Make objectives positive**

- ⊙ What you’d “like to do” rather than “stop doing”



Don't Starve Yourself

- ◎ You should be eating 3 meals and 2-3 snacks/day
- ◎ Skipping meals/snacks is self-sabotaging
- ◎ Restriction leads to cravings & “binge” eating
 - ◎ Physical restriction (i.e., not eating enough)
 - ◎ Mental restriction (i.e., having strict dietary rules)



Don't Starve Yourself

- ⊙ Physical restriction leads to binge eating
 - ⊙ “I’m so hungry, I need to eat NOW!”
 - ⊙ Akin to holding one’s breath for too long
- ⊙ Mental restriction leads to binge eating
 - ⊙ “I’ve already been *bad*, might as well keep going”
 - ⊙ Black-and-White thinking leads you to “throw the rules out the window”, causes feelings of guilt & shame
- ⊙ Aim for ***MODERATION***



Plan Ahead

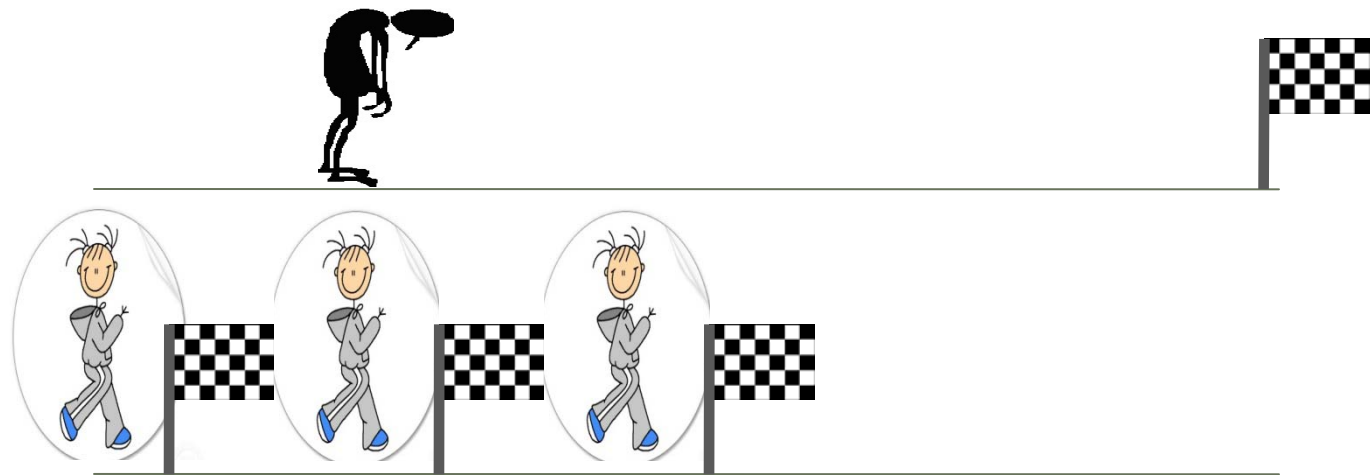
- ⊙ Plan meals & snacks ahead of time
- ⊙ Make a grocery list so you have ingredients you need on hand
- ⊙ If you're going out, bring a snack with you
- ⊙ Make extras so you can bring leftovers for lunch
- ⊙ Freeze extras so you have a "healthy" back-up



Realistic Weight Goals

- ⊙ People often have an “ideal” weight for themselves
- ⊙ Ask yourself, is this a realistic weight goal?
- ⊙ Having an unrealistic weight goal leads to:
 - ⊙ Feelings of failure if you don’t reach it
 - ⊙ Minimization of progress you may have made
 - ⊙ “Giving up”

Realistic Weight Goals



- A weight loss of 5-10% provides significant health benefits



Use the Scale Responsibly

- ⊙ Daily weight fluctuations may be due to multiple causes (water retention, constipation, etc.)
- ⊙ Weighing yourself daily can make you preoccupied with insignificant “weight” changes
- ⊙ For some people weight checking becomes a compulsion (“I need to see if I gained weight”)
- ⊙ The number on the scale can change your mood and how you feel about yourself



Use the Scale Responsibly

- ⊙ Weigh yourself once/week
- ⊙ Plot your weekly weight on a graph and look at changes/trends over the period of a month
- ⊙ Real weight changes can only be seen over time
- ⊙ Fast weight gain/loss is not real weight gain/loss



Address Emotional Eating

- ◎ Observe your eating in the context of your life...
- ◎ Has eating become a stress reliever, a comfort, a reward, a way to escape difficult feelings?
- ◎ Are there other ways to address these needs?
 - ◎ Learn stress management techniques (e.g., relaxation)
 - ◎ Find other ways to comforted or reward yourself
 - ◎ Negative feelings will pass if you let them run their course. Find ways to cope with feelings, rather than escape them.



Seek Out Support

- ⊙ Social support is a predictor of good outcome
- ⊙ Whether it be a family member, a friend or a group, find someone you can talk to...
 - ⊙ when things get tough
 - ⊙ when things are going well



Address Primary Goals

- ⊙ What objectives did you hope to obtain through weight loss?
 - ⊙ Increased body satisfaction
 - ⊙ Health benefits
 - ⊙ Increased confidence, etc.
- ⊙ Actively work on these goals in conjunction with weight loss.



Learn From “Slip ups”

- ◎ Try to see “slip ups” as a learning experience
 - ◎ Learn your triggers
 - ◎ What are your barriers to change?
 - ◎ Become a good problem solver



Think “Lifestyle Change”, Rather Than “Diet”

- ⦿ The longest we can tolerate a “diet” is 4-6 months
 - ⦿ After that weight loss slows down
 - ⦿ People feel discouraged if they have not met their goals
 - ⦿ Attempts to control weight are no longer “worth the effort”
- ⦿ Long-term weight loss takes a “lifestyle change”
- ⦿ Think to yourself, “can I maintain this for the rest of my life?”



Think “Lifestyle Change”, Rather Than “Diet”

- ◎ Erik Chopin, winner of *The Biggest Loser* (407-193 pounds) is now (3 years later) back to 315 pounds.
- ◎ “When you're going on that kind of a journey there's a finish line... But maintenance really is a lifetime.” (Oprah, 2009)
- ◎ “Like the \$55 billion U.S. diet industry, *The Biggest Loser* places the bulk of its emphasis on shedding kilograms rather than maintaining the loss. After all, a show called *The Biggest Maintainer* wouldn't have nearly the same zing.” (Time Magazine, *The Science of Appetite*)



“Put Yourself Back on Your Priority List”

- ⊙ Life will always be there to “get in the way” of good intentions
 - ⊙ A lot of the time, weight gain is a consequence of not making yourself as a priority
- ⊙ Weight loss can only come about if you “put yourself back on your priority list”
 - ⊙ This means pushing stuff aside to make room for yourself
 - ⊙ It means changing your relationship with yourself



Thank you.



Coming Soon

Weight Loss / Mindful Eating / Exercise Program

will include weekly meetings

MAY 12th, 2009

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www.chiprehab.com