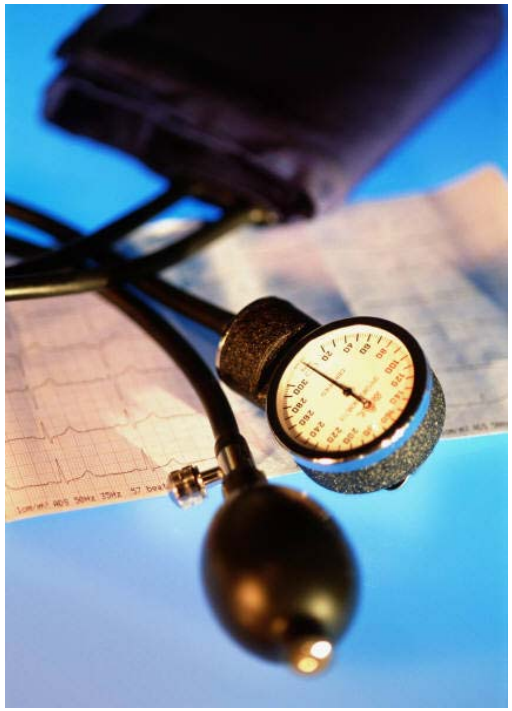
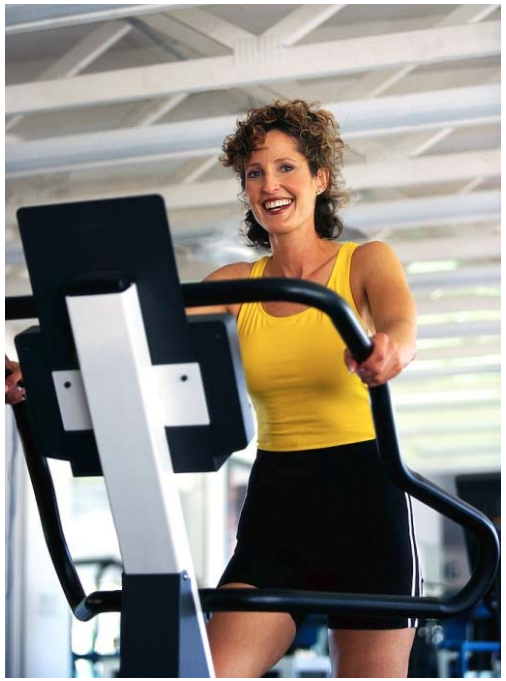
Practical Wellness Tips





James Early, MD

Clinical Associate Professor – KU School of Medicine-Wichita

Founder - Via Christi Weight Management

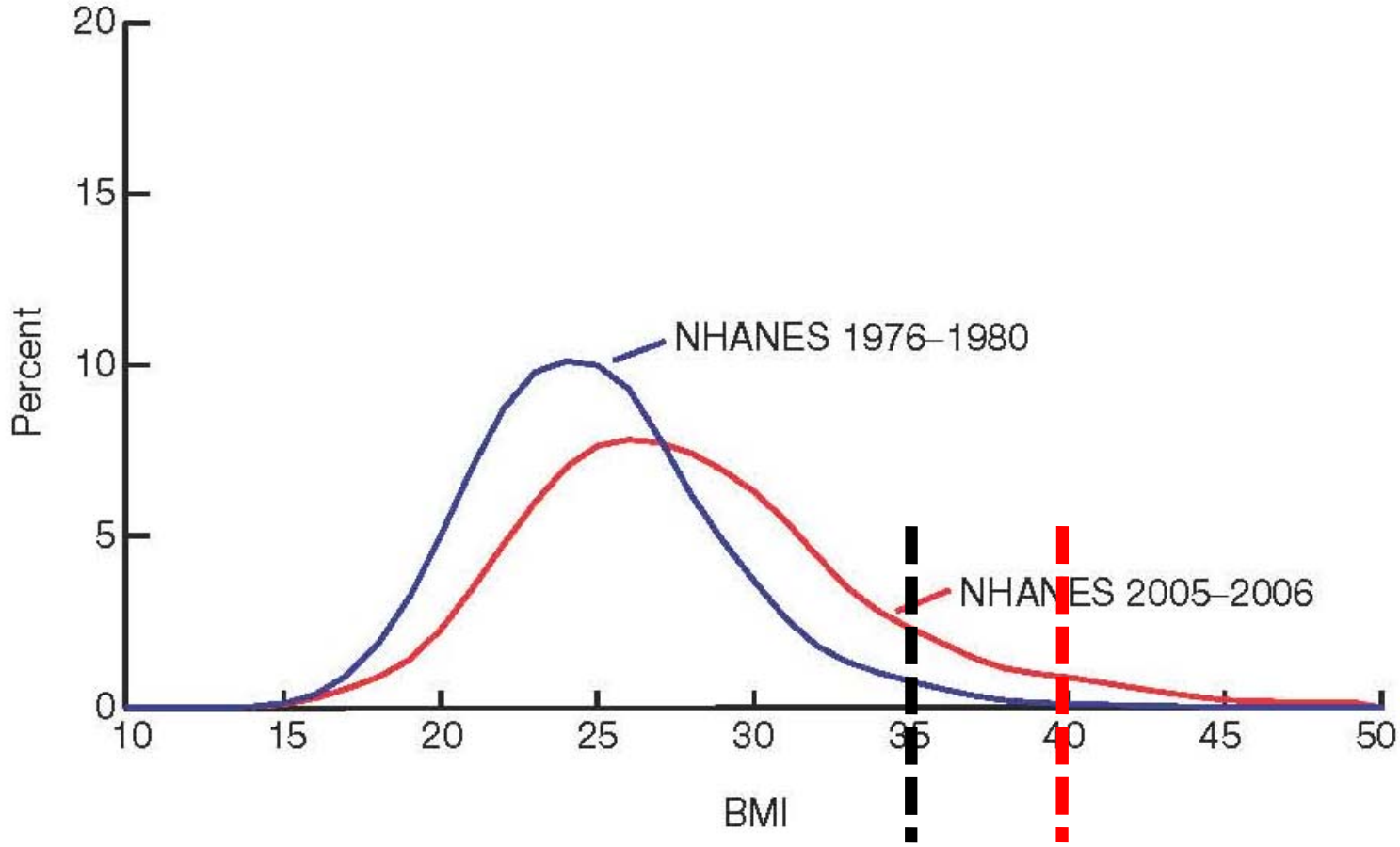
American Culture

Healthy Lifestyle

The Gap

It's getting wider!

Figure 3. Changes in the distribution of body mass index (BMI) between 1976–1980 and 2005–2006, adults aged 20–74 years: United States



SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey (NHANES).

Age-adjusted* prevalence of overweight, obesity and extreme obesity among U.S. adults, age 20-74 years**

	NHES I 1960-62 n=6,126	NHANES I 1971-74 n=12,911	NHANES II 1976-80 n=11,765	NHANES III 1988-94 n=14,468	NHANES 1999-2000 n=3,603	NHANES 2001-02 n=3,916	NHANES 2003-04 n=3,756	NHANES 2005-06 n=3,835
Overweight (BMI greater than or equal to 25.0 and less than 30.0)	31.5	32.3	32.1	32.7	33.6	34.4	33.4	32.2
Obese (BMI greater than or equal to 30.0)	13.4	14.5	15.0	23.2	30.9	31.3	32.9	35.1
Extremely obese (BMI greater than or equal to 40.0)	0.9	1.3	1.4	3.0	5.0	5.4	5.1	6.2

***Age-adjusted by the direct method to the year 2000 U.S. Bureau of the Census estimates using the age groups 20-39, 40-59, and 60-74 years.**

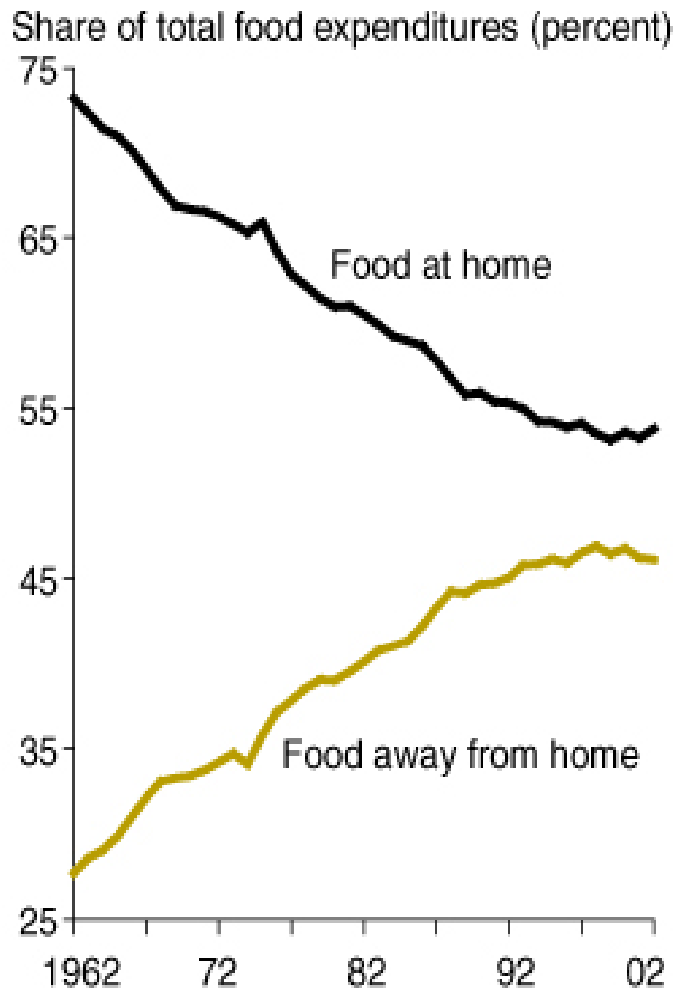
****NHES: National Health Examination Survey; NHES included adults 18-79 years, NHANES I & II did not include individuals over 74 years of age, thus trend estimates are based on age 20-74 years. Pregnant females were excluded from analyses.**

Childhood Obesity

- Obesity among US kids is rapidly increasing
  - Since 1980 child obesity has more than tripled
  - 25 million kids (32%) are now obese or overweight, meaning >85th percentile on growth charts
  - May be first generation ever to die younger than their parents

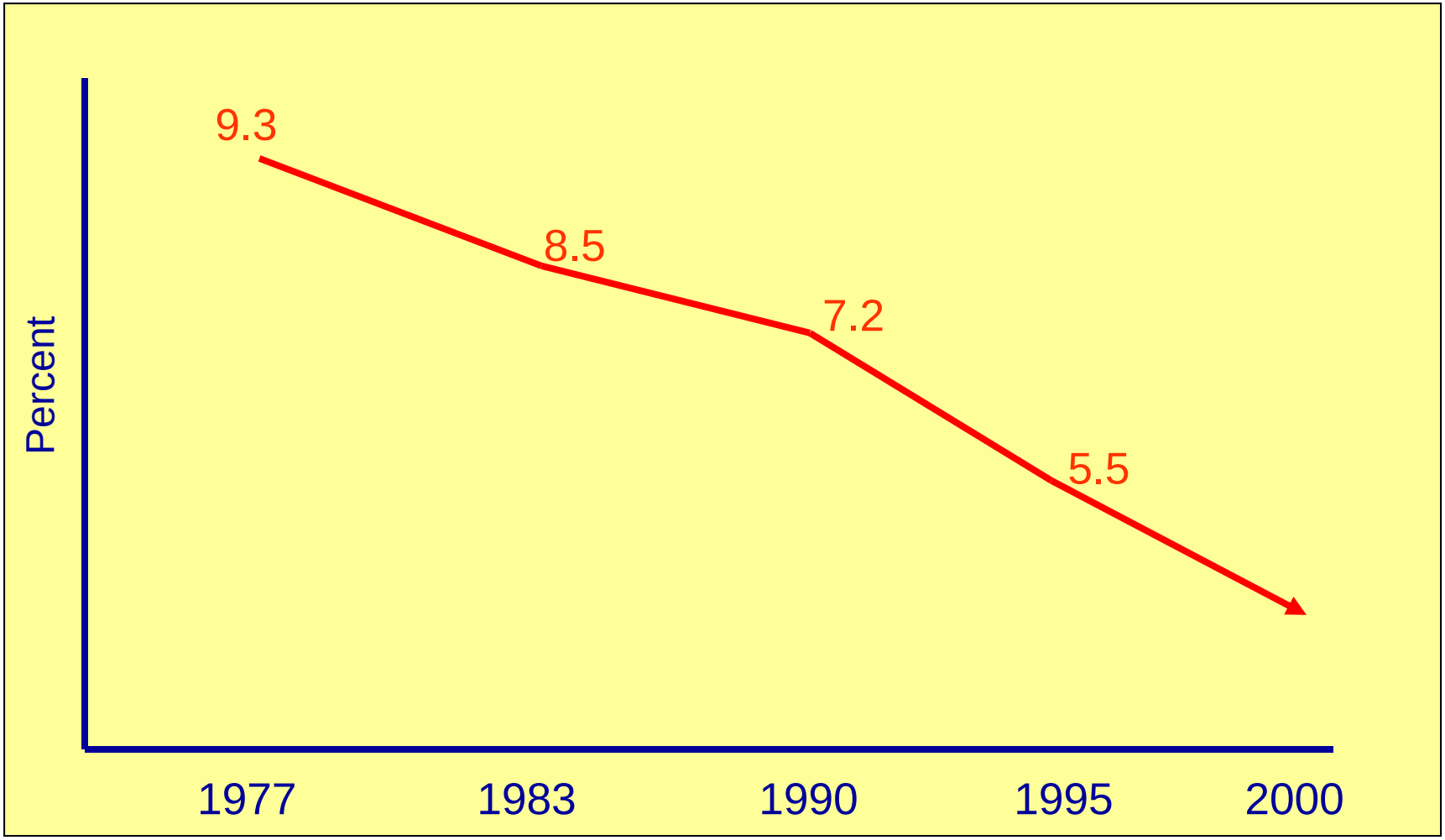
People are Eating Out More

- 32% of total calories by 2006, compared to 18% in 1978
- Children consume nearly twice as many calories in restaurant meals compared to meals eaten at home
- 770 vs 420 calories



Source: Food Consumption (Per Capita) Data System, USDA, Economic Research Service.

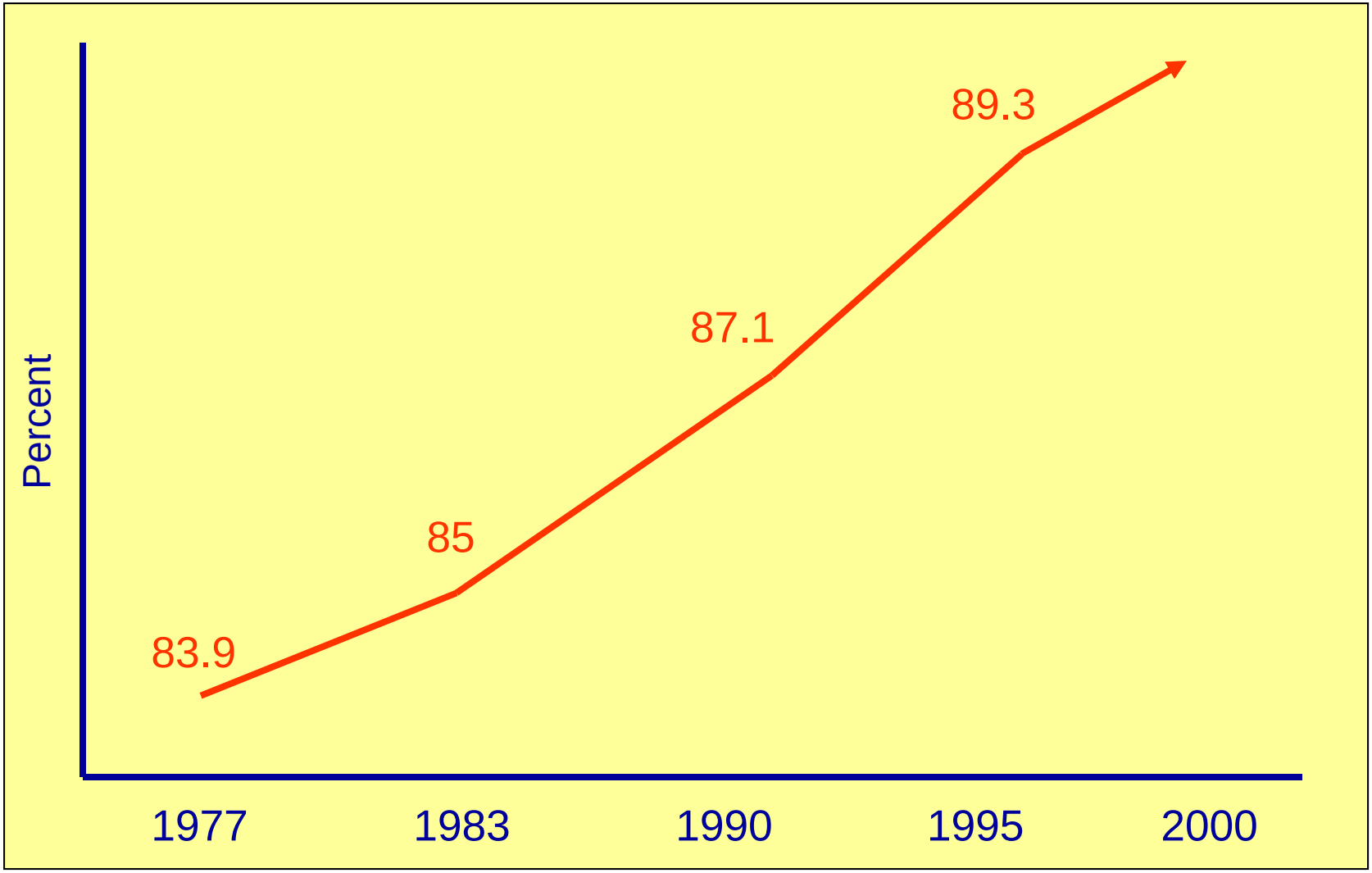
Walking Trips Since 1977



Source: National Personal Transportation Survey, 1995

FREE

Auto Trips Since 1977



Source: National Personal Transportation Survey, 1995

GETTY IMAGES

“Genetics loads the gun; the environment pulls the trigger.”

George Bray

WHAT HASN’T WORKED

Traditional Approaches Haven't Gotten the Job Done

- There has been no major breakthrough regarding the drug treatment of obesity.
- Unfortunately, exercise doesn't come in a pill.
- The health care system, for the most part, still primarily rewards volume based care.
- There is little reward for achieving positive, long-term health outcomes.

Reasons for a New Focus on Nutrition and Exercise!

- A major part of the cost of health care is paid for by the government and industry.
- Both of these entities are now focusing on reducing the overall cost of health care.
- "Accountable care" has become a term that is unlikely to go away.
- The new paradigm is: $\text{Value} = \frac{\text{Quality}}{\text{Cost}}$

SIMPLE TIPS AND TOOLS TO HELP EMPOWER PATIENTS

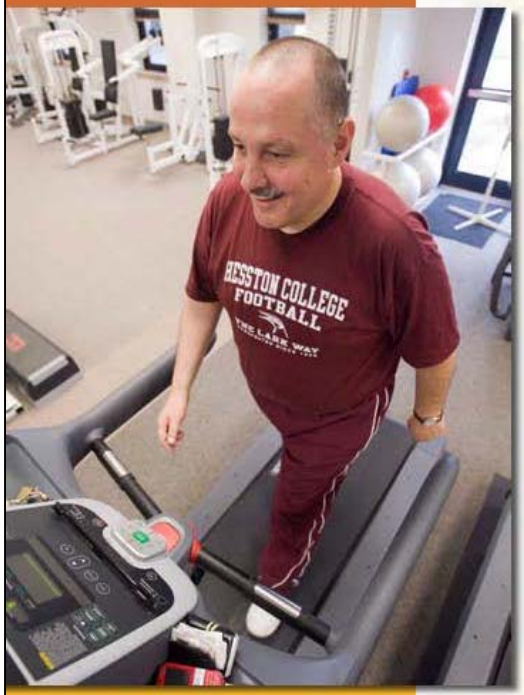
feature

College employees live healthier lives

by Jen LeFevre

"Think Thirty" was a common phrase heard around the Hesston College campus this spring. One could have associated the phrase with the fountain of youth. In a unique way, it was.

Each year, I try to come up with a fitness incentive to inspire college employees to become more active as a means of living healthier lives. "Think Thirty" was the latest fitness incentive available to faculty and staff members. This incentive went into action during the last six weeks of the spring 2008 semester. The timing of it was intentional as spring generally motivates people to get outside and be active. However, this time of year is usually crunch time academically, so a little extra motivation can be helpful.



Dallas Stutzman, vice president of Alumni and Church Relations, exercises at the Hesston Wellness Center. See his article on Page 19.

The purpose of the Think Thirty incentive was to encourage participants to be active for an accumulated 30 minutes a day for at least five days of the week. Research clearly indicates enormous health benefits from just 30 minutes of moderate physical activity. The exercise minutes can be accumulated throughout the day rather than at one time—allowing people to "fit" exercise into their day. If people can be active nearly daily, for at least 30 minutes, we can see decreases in blood pressure, cholesterol, stress, and weight, prevention or retarding of osteoporosis, along with decreases in heart disease, diabetes, anxiety, and depression (information from the American College of Sports Medicine).

Over the years, I have found that the key for successful fitness incentives is to have some sort of dangling carrot—an external reward for participating. To support Think Thirty, a modest fee of 30 cents a week was charged to each participant (for a total of $1.80 for six weeks). A small punitive measure was also added. Participants paid an extra 30 cents for each unsuccessful week of exercise (less than five days a week). The incentive money was used to help purchase healthy prizes. Each successful week of exercise was rewarded by the participant's name being dropped in the prize drawing (six successful weeks = six changes to win).

Another key to the success of the incentive was accountability. Several in the program exercised together in an effort to hold one another accountable. I also played the part of an accountability partner. Each week, I would make the rounds to check in with participants, celebrating their successes as well as helping them trouble shoot difficult weeks. I also created a couple of fun motivational YouTube videos that I sent to participants. The videos gave fun tidbits of fitness hints and information and generally encouraged people to stay active.

Throughout the incentive, participants recorded their successful days by marking a slash on a business card size Think Thirty calendar (see example). This simple act of recording workouts aided in the motivation—participants saw the number of completed days building up, which gave them extra inspiration to ensure a complete week of activity. It was amazing how successful the calendars were in the process.

Offering fitness incentives provides me with opportunities to share real life situations with my classes—specifically the Fitness Concepts course. Occasionally, the incentives will parallel the lectures and activities that we are doing in class. This allows for great connections to be made between the theory and the practice of activity, and helps students see the concepts working in the real world. It also shows them that motivation and time to become active (the biggest sabotages to fitness routines) do not improve with age.

Motivating people to be fit and healthy is a passion and something I feel called to do. Being fit, eating healthy, and practicing preventive health shows God that we value the physical bodies he has bestowed us on earth. It's stewardship at its best, helping us to live healthier more qualitative lives, while helping to reduce the strain on an overburdened health care system.

Sites to check out:

www.exerciseismedicine.org
www.fitness.gov/home_pres_chall.htm
www.eatright.org
www.youtube.com/user/JenL1964

Want to learn more about this incentive?
Email Jen at jenl@hesston.edu.

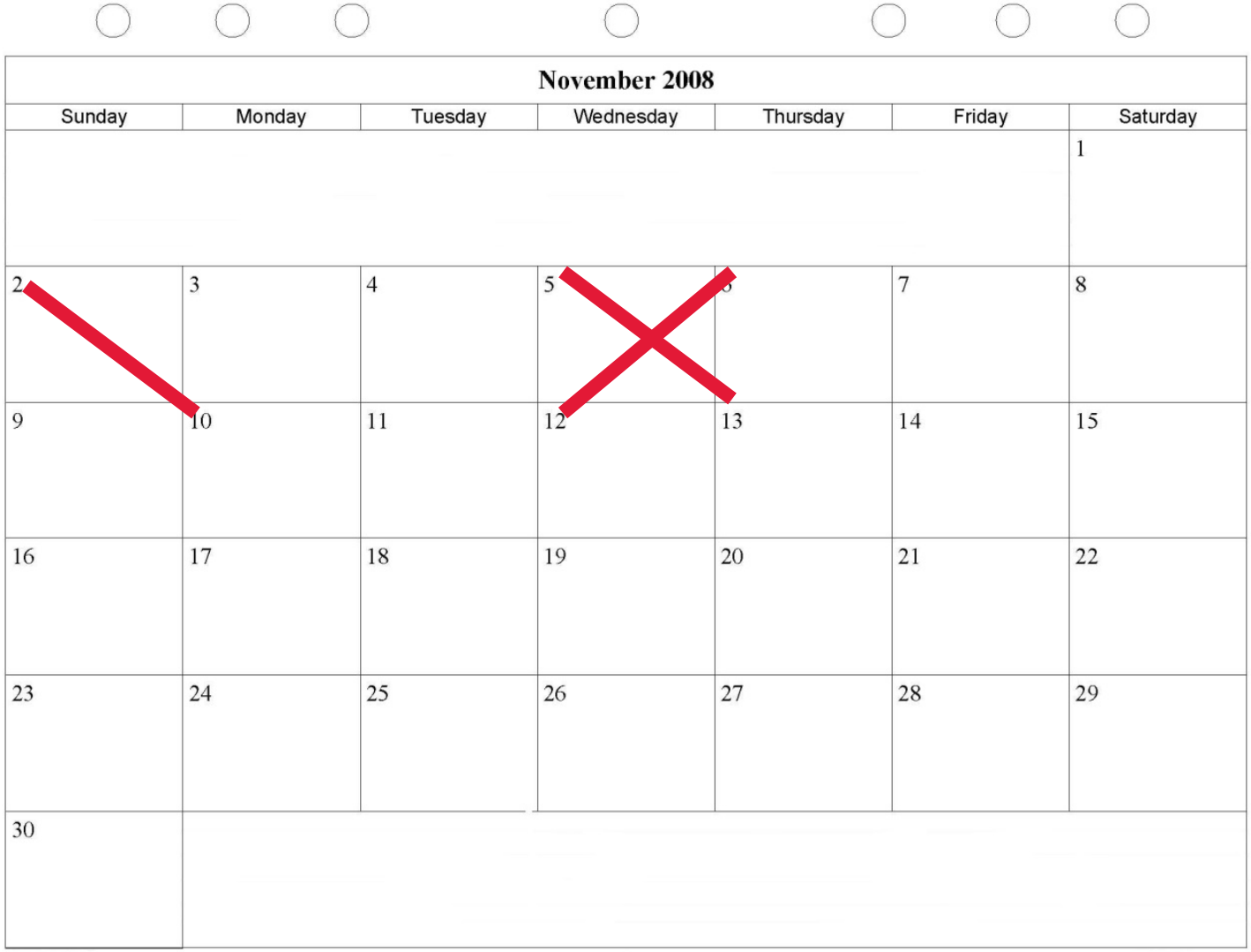
Jen LeFaire, M.Ed., American College of Sports Medicine Certified Health and Fitness Instructor

Jen LeFaire is a professor of physical education and nutrition at Hesston College. She enjoys a variety of sports and integrates physical activity into her family vacations whenever possible. A self-admitted couch potato, she has chosen to live an active life.

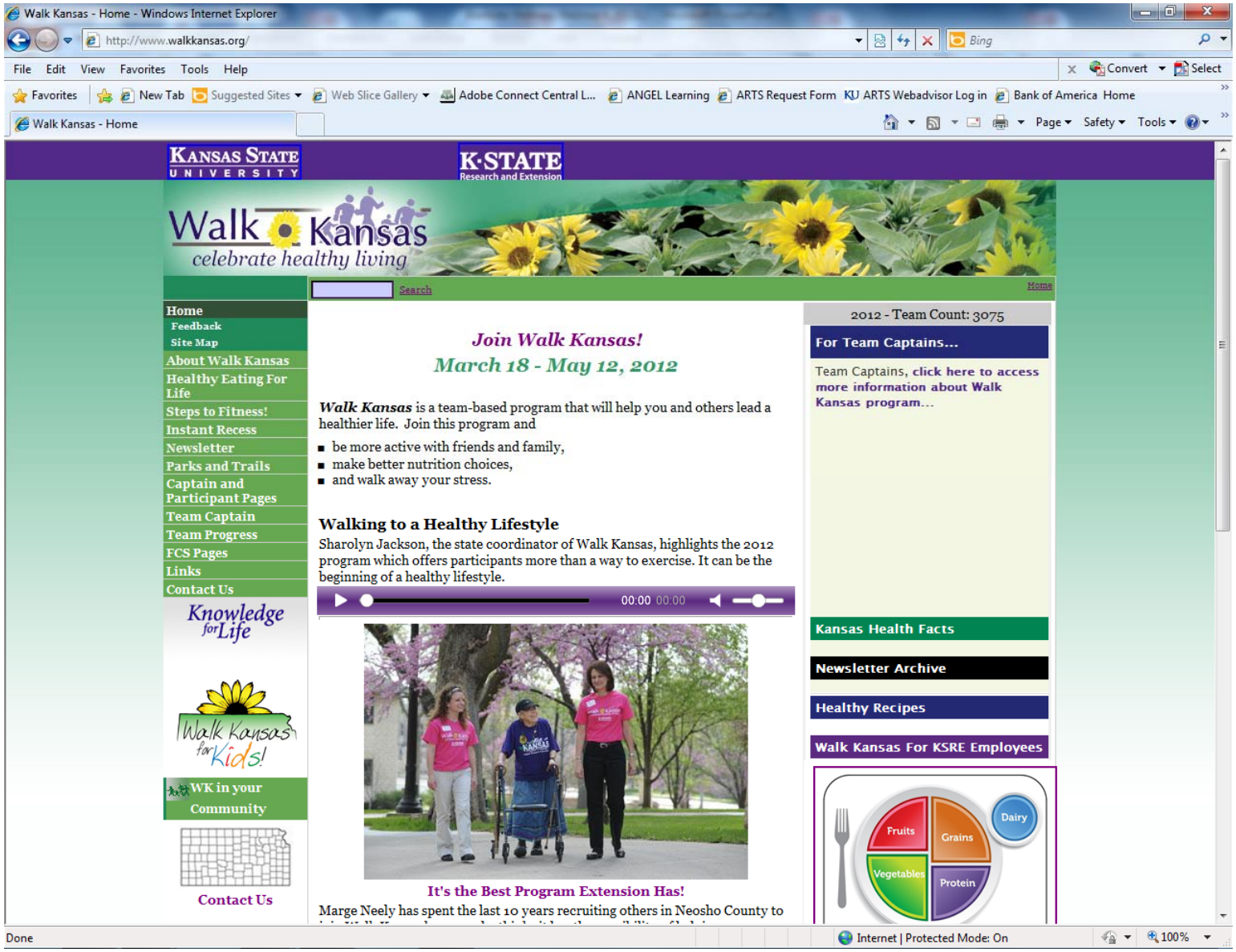
Editor's Note: In the fall of 2005, Hesston College began providing memberships for on-campus students at the nearby Hesston Wellness Center. Memberships for faculty and staff were added in July 2007.

Brenda Wenger (left), administrative assistant in Student Life, and Marlene Boese, administrative assistant in Academics, have walked together in Hesston for five years. Their walk runs about three miles three-to-four days a week during the early morning hours. Brenda said Think Thirty this spring pushed her to be more serious about exercising by doing alternative types of physical activity on the days she and Marlene did not walk. "Walking with a friend helps keep me accountable and makes walking fun!" says Marlene. "I found the Think Thirty incentive helpful in that it took my walking to a new level. It was exciting to experience additional benefits of weight loss and increased strength when I intentionally increased my walking."

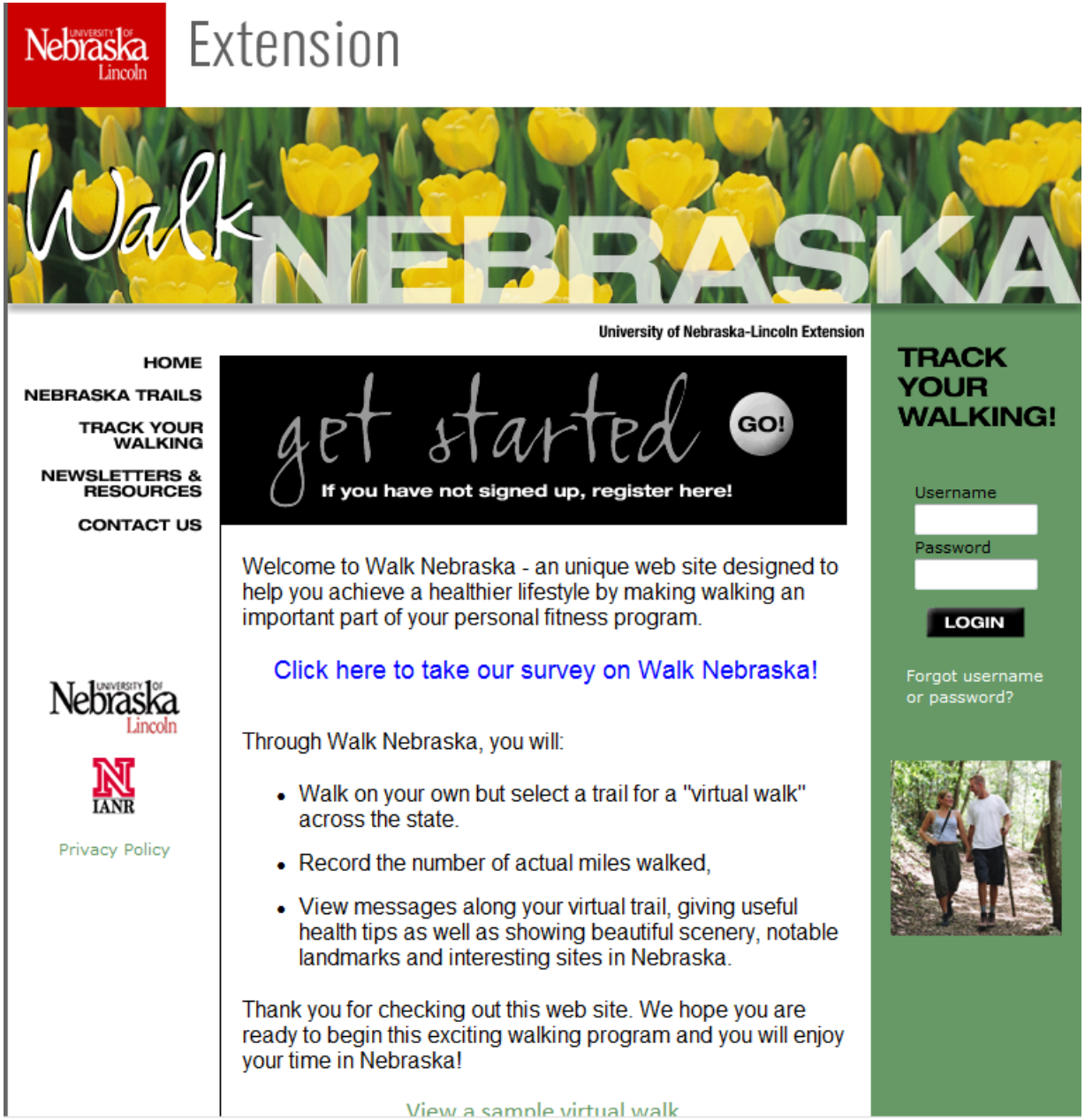
Think 30

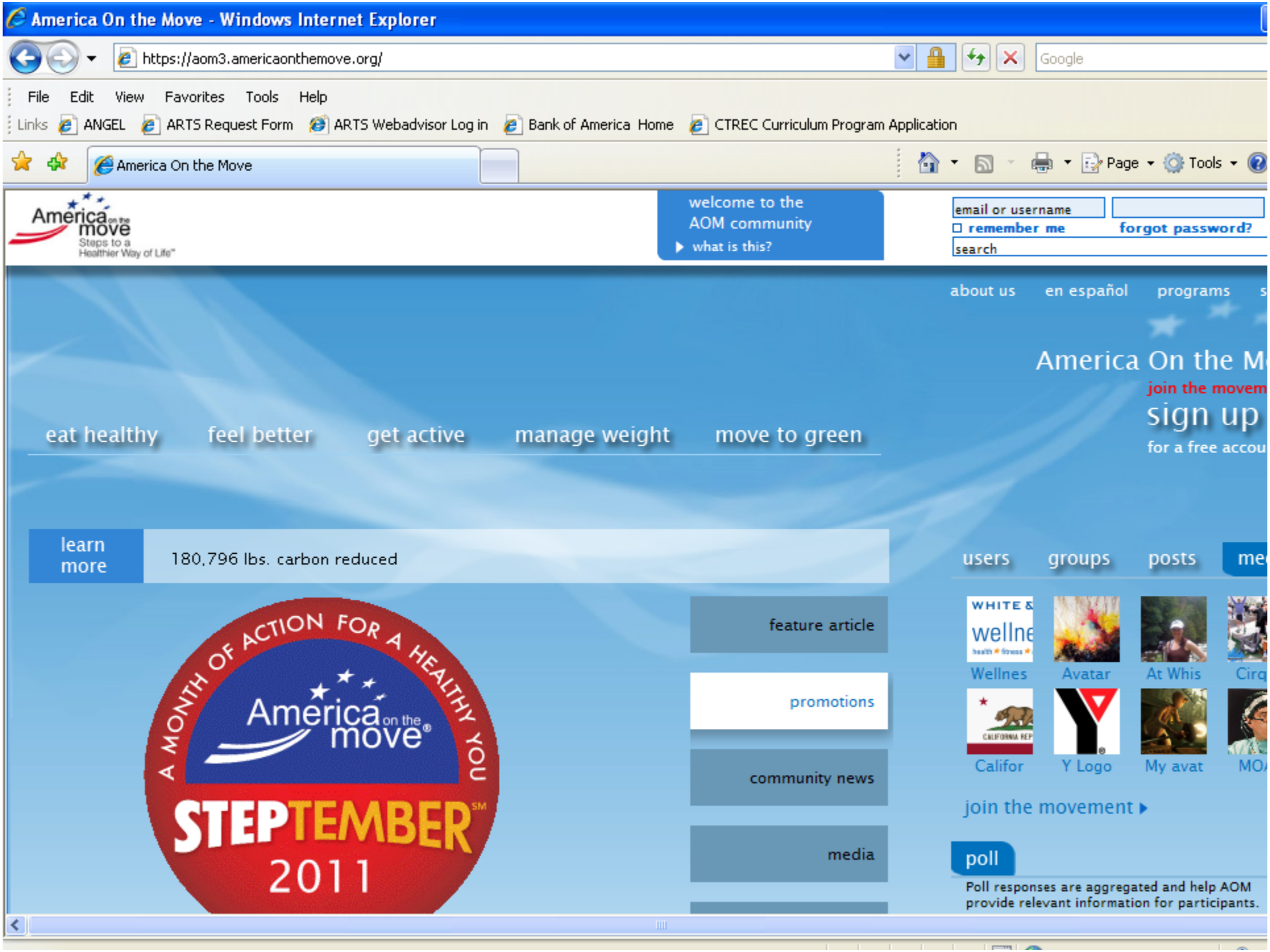

November 2008
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30

Walk Kansas


Walk Kansas - Home - Windows Internet Explorer
http://www.walkkansas.org/
Kansas State University
K-State Research and Extension
Walk Kansas
celebrate healthy living
Home
Feedback
Site Map
About Walk Kansas
Healthy Eating For Life
Steps to Fitness!
Instant Recess
Newsletter
Parks and Trails
Captain and Participant Pages
Team Captain
Team Progress
FCS Pages
Links
Contact Us
Knowledge for Life
Walk Kansas for Kids!
WK in your Community
Contact Us
Join Walk Kansas!
March 18 - May 12, 2012
Walk Kansas is a team-based program that will help you and others lead a healthier life. Join this program and
be more active with friends and family,
make better nutrition choices,
and walk away your stress.
Walking to a Healthy Lifestyle
Sharolyn Jackson, the state coordinator of Walk Kansas, highlights the 2012 program which offers participants more than a way to exercise. It can be the beginning of a healthy lifestyle.
It's the Best Program Extension Has!
Marge Neely has spent the last 10 years recruiting others in Neosho County to
2012 - Team Count: 3075
For Team Captains...
Team Captains, click here to access more information about Walk Kansas program...
Kansas Health Facts
Newsletter Archive
Healthy Recipes
Walk Kansas For KSRE Employees
Fruits
Grains
Dairy
Vegetables
Protein
Done
Internet | Protected Mode: On

Walk Nebraska




America On the Move - Windows Internet Explorer
https://aom3.americaonthemove.org/
File Edit View Favorites Tools Help
Links ANGEL ARTS Request Form ARTS Webadvisor Log in Bank of America Home CTREC Curriculum Program Application
America On the Move
Page Tools
America on the move
Steps to a Healthier Way of Life
welcome to the AOM community
what is this?
email or username
remember me
forgot password?
search
about us
en español
programs
America On the M
join the movem
sign up
for a free accou
eat healthy
feel better
get active
manage weight
move to green
learn more
180,796 lbs. carbon reduced
A MONTH OF ACTION FOR A HEALTHY YOU
America on the move
STEPTEMBER
2011
feature article
promotions
community news
media
users
groups
posts
Wellnes
Avatar
At Whis
Califor
Y Logo
My avat
join the movement
poll
Poll responses are aggregated and help AOM provide relevant information for participants.

America on the move
Steps to a Healthier Way of Life™

100 Ways to Cut 100 Calories

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day. To stop weight gain, most Americans need to do just two simple things:

- **Add 2000 more steps each day**
- **Eat 100 fewer calories daily**

Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up to 100 reduced calories, or even more! By pledging to walk an extra mile (equivalent to 2000 steps) and reduce 100 calories (equivalent to 1 tablespoon of butter) you'll see how easy it can be to achieve energy balance.

Find ways to cut calories during your day with this list of ideas.

continued

Visit *www.americaonthemove.org* or call 1.800.807.0077

©Copyright 2005, America On the Move Foundation

America on the move
Steps to a Healthier Way of Life

100 Ways to Add 2000 Steps

It's not just what we eat that's important, but how we use the calories we consume. As long as you're active enough to balance the calories you eat with the calories you burn in physical activity, you can enjoy an occasional treat and still avoid weight gain.

By pledging to walk an extra mile (equivalent to 2000 steps) and reduce 100 calories for one day you'll see how easy it is to achieve the energy balance that can stop weight gain.

Small changes in your daily activity will quickly add up to 2000 extra steps or more! Find ways to add steps at home, at work, and at play with this list of ideas.

continued

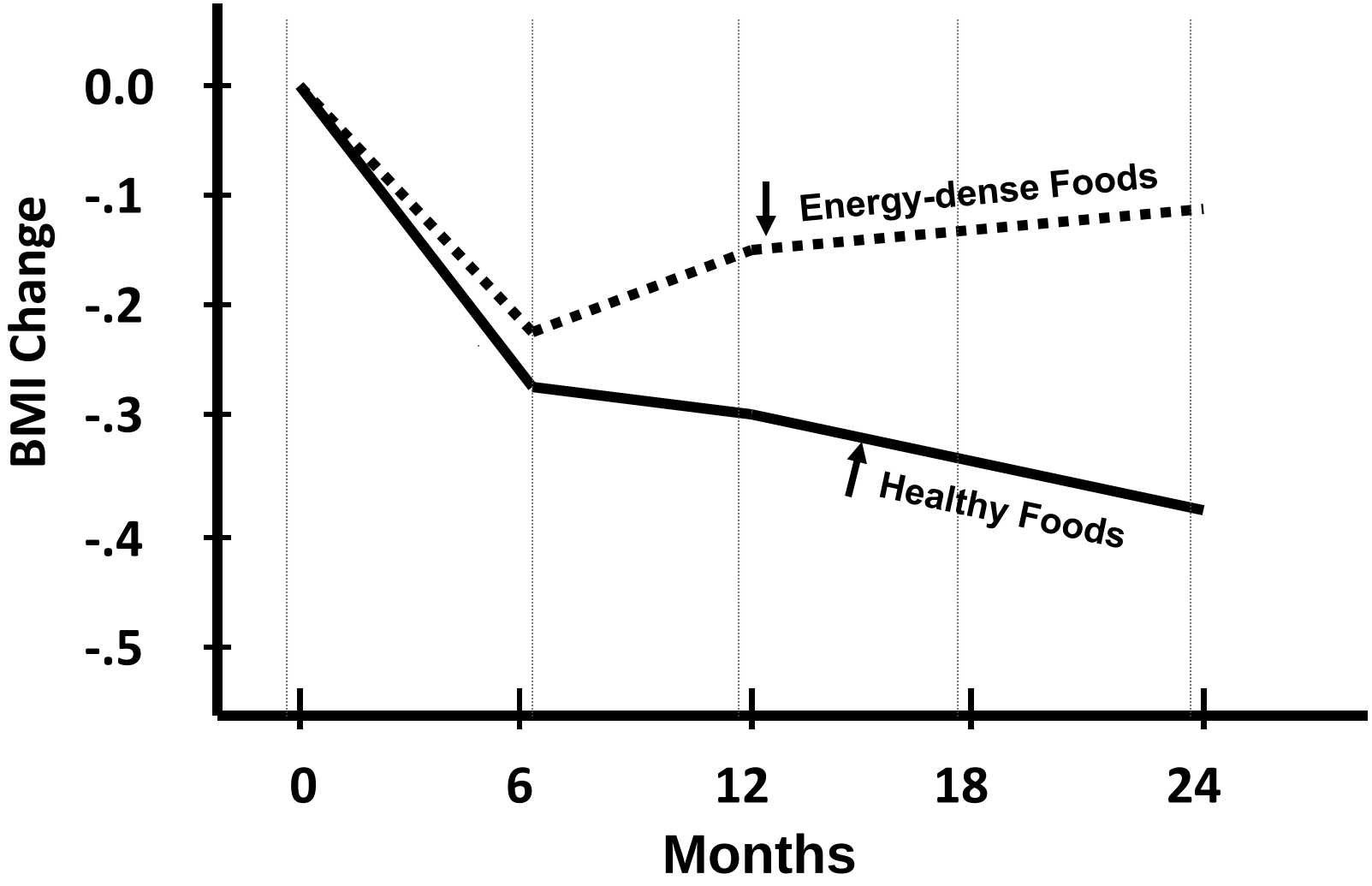
©Copyright 2005, America On the Move Foundation

Preventive Vital Signs

BP ___	P ___	R ___	BMI ___
F/V ___	Min PA ___		Smoking ___

P, pulse; R, respiration.

Increasing Healthy Foods More Effective than Reducing Energy-dense Foods



Obesity 2009; 16:318-326

Fruits
Grains
Dairy
Vegetables
Protein
ChooseMyPlate.gov

What Are Vegetables? - Food Groups - ChooseMyPlate.gov - USDA - Windows Internet Explorer

http://www.choosemyplate.gov/food-groups/vegetables.html

- Fruits
- Vegetables
  - What's in the Vegetable Group?
  - How Much Is Needed?
  - What Counts as a Cup?
  - Health Benefits and Nutrients
  - Tips to Help You Eat Vegetables
  - Beans and Peas Are Unique Foods
- Grains
- Protein Foods
- Dairy
- Oils

What Foods Are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content.

Key Consumer Message

Make half your plate fruits and vegetables.

View Vegetables Food Gallery

Commonly eaten vegetables in each subgroup

Dark Green Vegetables

- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

Starchy vegetables

Beans and peas*

- black beans
- black-eyed peas (mature, dry)
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

Other vegetables

- artichokes

Internet | Protected Mode: On

www.helpguide.org

Helpguide helps you help yourself and others - Windows Internet Explorer

http://www.helpguide.org/

HELPGUIDE.ORG
A TRUSTED NON-PROFIT RESOURCE

Expert, Ad-Free Resources Help You Resolve Health Challenges

Home | About Us | Contact Us | Service Directory | DONATE | Search... | GO

TOPIC HELP CENTERS

Mental Health Topics
- Abuse
- Addictions
- ADD / ADHD
- Anxiety
- Bipolar Disorder
- Depression
- Eating Disorders
- Grief & Loss
- PTSD & Trauma
- Schizophrenia
- Stress

Healthy Lifestyles Topics
- Diet & Weight Loss
- Emotional Health
- Exercise & Fitness
- Healthy Eating
- Memory
- Relationships
- Sleep
- Work & Career

Children & Family Topics
- Autism
- Divorce & Remarriage
- Grandparenting
- Learning Disabilities
- Parenting & Attachment
- Teen Issues

Seniors & Aging Topics
- Aging Well
- Alzheimer's & Dementia
- Caregiving
- Senior Housing

Helpguide Helps You Help Yourself and Others

Children & Family

Seniors & Aging

In Memory of Morgan Segal...

Helpguide is dedicated to Morgan Leslie Segal, whose tragic suicide might have been prevented with access to better information.
Helpguide's Story »

Bring Your Life into Balance

Take advantage of our free, self-guided program for becoming a healthier, happier you.
Learn More »

m.helpguide.org

Visit Our New Mobile Site on Your Phone

Access Helpguide wherever you are, on any Internet-enabled device!

Helpguide's new mobile version is optimized for smartphones—with

Helpguide Harvard Collaboration

Explore special resources from the experts at Harvard Health Publications.
Learn More »

Boston Marathon Bombing

Follwing this tragedy, it may help to read Coping with Traumatic Stress and Coping with Grief & Loss.

Internet | Protected Mode: On | 100%

Exercise Help Guide - Helpguide.org - Windows Internet Explorer

http://www.helpguide.org/topics/exercise.htm

File Edit View Favorites Tools Help

Favorites | KU KUMC – Central Authenti... | Suggested Sites | Adobe Connect Central L... | ANGEL Learning | ARTS Request Form | KU ARTS Webadvisor Log in | Bank of America Home

Exercise Help Guide - Helpguide.org

HELPGUIDE.ORG
A TRUSTED NON-PROFIT RESOURCE

Expert, Ad-Free Resources Help You Resolve Health Challenges

TOPIC HELP CENTERS

Home | About Us | Contact Us | Service Directory | DONATE | Search... GO

Mental Health Topics
- Abuse
- Addictions
- ADD / ADHD
- Anxiety
- Bipolar Disorder
- Depression
- Eating Disorders
- Grief & Loss
- PTSD & Trauma
- Schizophrenia
- Stress
- Suicide Prevention

Healthy Lifestyles Topics
- Diet & Weight Loss
- Emotional Health
- Exercise & Fitness
- Healthy Eating
- Memory
- Relationships
- Sleep
- Work & Career

Children & Family Topics
- Autism
- Divorce & Remarriage
- Grandparenting
- Learning Disabilities
- Parenting & Attachment
- Teen Issues

Seniors & Aging Topics
- Aging Well
- Alzheimer's & Dementia
- Caregiving
- Senior Housing

Bring Your Life Into Balance

Exercise & Fitness Help Guide

Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental health.

Exercise can ease depression, relieve stress and anxiety, enhance self-esteem, and improve your whole outlook on life but you don't have to spend long, boring hours in a gym to reap the benefits. No matter your age, health limitations, or fitness levels, there are plenty of enjoyable ways to use physical activity to improve your life and gain strength, both inside and out.

Learn about...

Easy Exercise Tips: Making Exercise part of your Everyday Life

Chair Exercises & Limited Mobility Fitness: Tips for People With Injuries and Disabilities

Senior Exercise and Fitness Tips: How to Gain Energy and Feel Stronger

How to Practice Yoga and Tai Chi: Tips on Using Relaxation Exercises to Relieve Stress

More Ways to Get Moving

The Therapeutic Benefits of Pets: How Caring for a Pet Can Make You Happier and Healthier

Play, Creativity, and Lifelong Learning: Why Play Matters For Both Kids and Adults

What's the Best Exercise Plan for Me? Creating Your Personal Program

Free Toolkit Program

When moods and emotions get the better of you—when they begin to interfere with

Internet | Protected Mode: On | 100%

What's the Best Exercise Plan for Me? Creating Your Personal Program - Windows Internet Explorer
http://www.helpguide.org/harvard/exercise-plan.htm
File Edit View Favorites Tools Help
Favorites | KU KUMC – Central Authenti... | Suggested Sites | Adobe Connect Central L... | ANGEL Learning | ARTS Request Form | KU ARTS Webadvisor Log in | Bank of America Home
What's the Best Exercise Plan for Me? Creating Yo...
Page Safety Tools

Balance exercises

Our sense of balance typically worsens as we age. It can be further compromised by medical conditions like neuropathy (a complication of diabetes) and certain chemotherapy drugs and other medications; uncorrected vision problems; or lack of flexibility. Poor balance often leads to falls, which can cause head injuries and temporarily or permanently disabling injuries to the bones and nervous system. Hip fractures, particularly, can lead to serious health complications and can impair independence.

Get started

Try working these exercises into your strength training routine—three times a week or even daily—to enhance balance:

- **Heel-to-toe walk.** Position your heel right in front of the toes of the opposite foot each time you take a step. Heel and toes should touch as you walk forward for eight to 12 steps. If necessary, steady yourself by putting one hand on a counter as you walk. Then work toward doing the exercise without support. Repeat two to four times.
- **Single-leg stance.** Stand on one foot for up to 30 seconds. Put your foot down and steady yourself, then repeat on the opposite leg. Perform two to four times on each leg. If necessary, hold on to the back of a chair or counter. Then work toward doing the exercise without support.

Beyond the issue of calories, here are some specific foods that I added to my diet

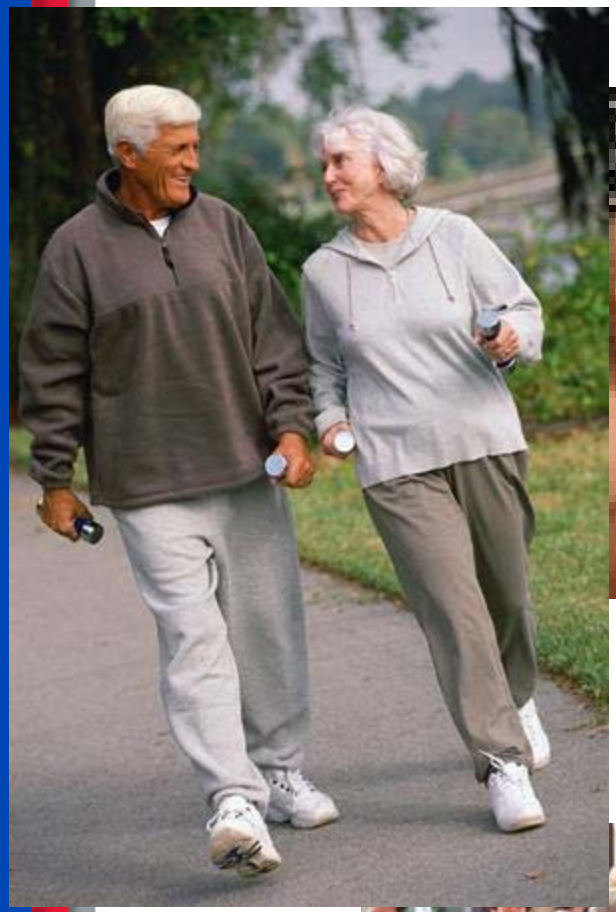
- Plant stanol/sterol margarine
- Soy-edamame
- Lentil soup
- Hummus
- Frozen applesauce
- Air-popped popcorn
- Five bean salad

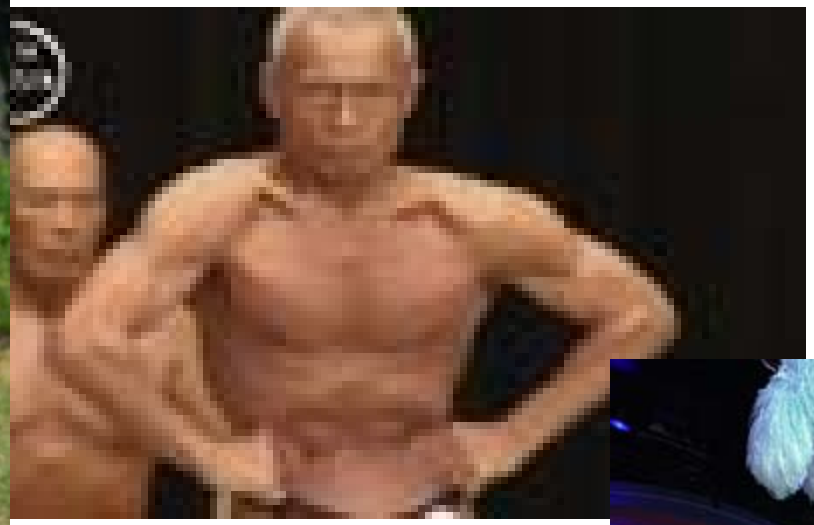
- These simple additions can lower your bad cholesterol 10-15% - regardless of your weight!

JAMA 2011;306:831-9.

“The 10-year Plan”

- Set your goals to be consistent with your long-term plan
- Always maintain long-term focus when setting short term, individual goals
- Annually review your progress
- Don’t let overachieving or underachieving in the short-term derail long-term plan





www.choosemyplate.gov

www.helpguide.org