

THINK, EAT & MOVE RIGHT – A Lifestyle Change Series

Kristin Finley, MA/RD/LD (Registered/Licensed Dietitian)

1. Introduction

- a. Weekly Facebook Live (**3 p.m. MST Thursdays**)
- b. Lifestyle change series, agenda with resources

2. Think Right (**eBook: Behavior Change; Blogs: 3 on Mindset**)

- a. Change starts as a thought
- b. No diets or forced weight loss,
- c. No bad foods, all foods can fit
- d. No A student, C student OK
- e. Movement as way of life (**Handout: Increase Daily Movement**)
- f. Journaling (1 food & 1 activity change weekly x 6 months) (**Handout: Usher In Change**)

3. Creation

- a. Nomads – moved all day long
- b. Hunter/gatherer – ate small frequent meals
- c. Ate more plant foods than animal foods
- d. Drank only water (8c/day, at least ½ plan H2O)
- e. Slept 8-10 hours
- f. Worked as a group – no isolation – helped others to survive

4. Eat Right (**Classes: 1 & 9 - Balance Foods, No Bad Foods; Blogs: Numerous on Food**)

- a. Balance (carbs & managers)
- b. Consistency (small meals & snacks)
- c. Moderation (portion sizes)
- d. No bad foods – how you put foods together counts

5. 50/50 Plate (**balance**) (**YouTube Video Short: Key To Balanced Diet; Handout: 50/50 Plate**)

- a. Carbohydrates (increase BS)
- b. Managers (proteins & fats – little to no effect BS)

6. Food Guide Pyramid (**consistency**) (**You Tube Video Short: Let's Plan Perfect Meal; Handout: Food Pyramid Revised**)

- a. **Carb** Starches (simple carbs, see bread label, whole/10% fiber; beans, starchy veggies, desserts/sugar package)
- b. **Sugar vs carbohydrates** (brain & sugar) (**Handout: How Much Sugar Do You Eat?**)
- c. **Carb** Fruit (limit juice – choose 100%)
- d. **Carb** Milk (cheese & yogurt separate)
- e. **Protein** Veggies (get more)
- f. **Protein** Meats (avoid breaded, 6 oz OK)
- g. **Fats** (plant vs. animal)

7. Portion Sizes (**moderation**) (**YouTube Video Shorts: Portion Size Does Help & It's All About Portion Size; Handout: Food Portion Sizes; Blog: 1 on Portions**)

- a. Use hand as guide
- b. Learn technical size

8. 10% Rule (**Handout: 10% Rule; Blog: 1 on Rule; eBook: Reading Food Labels**)

- a. 10% or LESS fat & sodium
- b. 10% or MORE fiber
- c. 15 grams carbs, avoid
- d. HFCS/Hyd Oils, (show sweets label)

9. Move Right (privilege, not a right) (**Classes: 6 & 10 – Move It & Exercise Attitude; Handouts: Workout To Go, Physical Activity Guidelines x 2; eBook: Metabolism & PA; Blogs: 5 on Exercise**)

- a. Structured – walk 30 min out of 1440
- b. More daily movement all day long
- c. Challenge workout 2 x wk
- d. Stretching/flexibility
- e. Natural weight loss - 5-10% current weight, 6 months (show #fat)

10. Relax (built-in antidepressants) (**Handout: Relaxation Saves Lives**)