



WHICH
SAFE & EFFECTIVE
WEIGHT LOSS METHOD
TO CHOOSE



MEDICAL TRAINING
FACILITY WEIGHT
LOSS PROGRAM

SELF-DIRECTED
WEIGHT LOSS
PROGRAM

APPROVED
COMMERCIAL
WEIGHT LOSS
PROGRAM

APPROVED ONLINE
WEIGHT LOSS PROGRAM



COMPONENTS TO LOOK FOR:

- ✓ Permanent solution, not a quick fix
- ✓ Guidance on developing healthier eating, sleeping, and physical activity habits. (Promotes calorie intake of $\geq 1,200$ calories/day)
- ✓ Ongoing feedback, monitoring, support
- ✓ Slow and steady weight loss goals (0.5 – 2.0 lbs./week)
- ✓ Visit National Institute of Health (NIH) for more information on choosing a successful weight loss program:
<http://1.usa.gov/1HRii6>

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Fit for
Performance

Army Wellness
Center

(Not available at
all installations)



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At own
expense



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PROGRAM EXPECTATIONS



Initial
Nutrition
Counseling

Fit for Performance PROGRAM

1

2

3

4

5

6

SESSION 1



GROUND RULES!



Initial
Nutrition
Counseling

Fit for Performance PROGRAM

1

2

3

4

5

6

SESSION 1



Welcome to
SESSION

1

Small Changes Make a
Big Difference

SESSION 1



Welcome to **SESSION** TOPICS

1

Program Components

Energy balance

Obesity risks

Your BMI & risks

Ten steps to success

Action plan



NUTRITION



SESSION 1







Aim to
BE BETTER
not perfect!

SESSION 1



EXERCISE
MODIFICATIONS

1%



SESSION 1



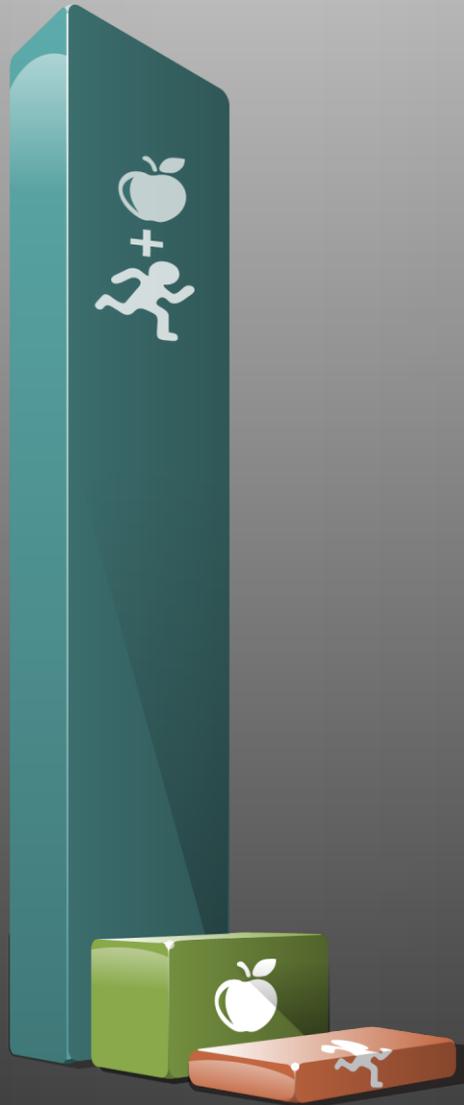
EXERCISE
MODIFICATIONS

1%

DIET
MODIFICATIONS

10%





EXERCISE
MODIFICATIONS

1%

DIET
MODIFICATIONS

10%

EXERCISE & DIET
MODIFICATIONS

89%



EXERCISE
MODIFICATIONS

1%

SESSION 1

You just can't "out-exercise" a poor diet



RESULT

WEIGHT STAYS THE SAME

SESSION 1



RESULT
WEIGHT GAIN

SESSION 1



RESULT

OBESITY

SESSION 1



RESULT
WEIGHT LOSS

SESSION 1



ARMY
MOVE
PERFORMANCE

What's Your
**BODY MASS
INDEX (BMI)?**



SESSION 1

| YOUR HEIGHT | YOUR WEIGHT | | |
|-------------|-----------------------|-------------------------|-------------------|
| 6'4" | 152-204 | 205-246 | >247 |
| 6'3" | 148-199 | 200-239 | >240 |
| 6'2" | 144-194 | 195-233 | >234 |
| 6'1" | 140-189 | 190-227 | >228 |
| 6'0" | 137-183 | 184-220 | >221 |
| 5'11" | 133-178 | 179-214 | >215 |
| 5'10" | 129-173 | 174-208 | >209 |
| 5'9" | 125-168 | 169-202 | >203 |
| 5'8" | 122-164 | 165-196 | >197 |
| 5'7" | 118-159 | 160-191 | >192 |
| 5'6" | 115-154 | 155-185 | >186 |
| 5'5" | 111-149 | 150-179 | >180 |
| 5'4" | 108-145 | 146-174 | >175 |
| 5'3" | 105-140 | 141-169 | >170 |
| 5'2" | 101-136 | 137-163 | >164 |
| 5'1" | 98-132 | 133-158 | >159 |
| 5'0" | 95-127 | 128-153 | >154 |
| Your BMI | 18.5-24.9 (NORMAL) | 25-29.9 (OVERWEIGHT) | ≥ 30 (OBESITY) |

BMI is a screening tool to measure body fat based on height and weight. BMI is a person's weight in kilograms divided by the square of height in meters. A high BMI can increase your risk for many diseases and health conditions. BMI may be overestimated for Soldiers, Athletes, body builders and women who are pregnant or nursing. Contact your healthcare provider if you have any concerns about your BMI.

Source: Centers for Disease Control and Prevention, <http://www.cdc.gov>

For adults, 20 years old and older

BMI: >25.0
Overweight
Or Obese

BMI: 18.5-24.9
Normal Weight

What's your
BMI
?

SESSION 1



INJURED? or on Profile?





SESSION 1



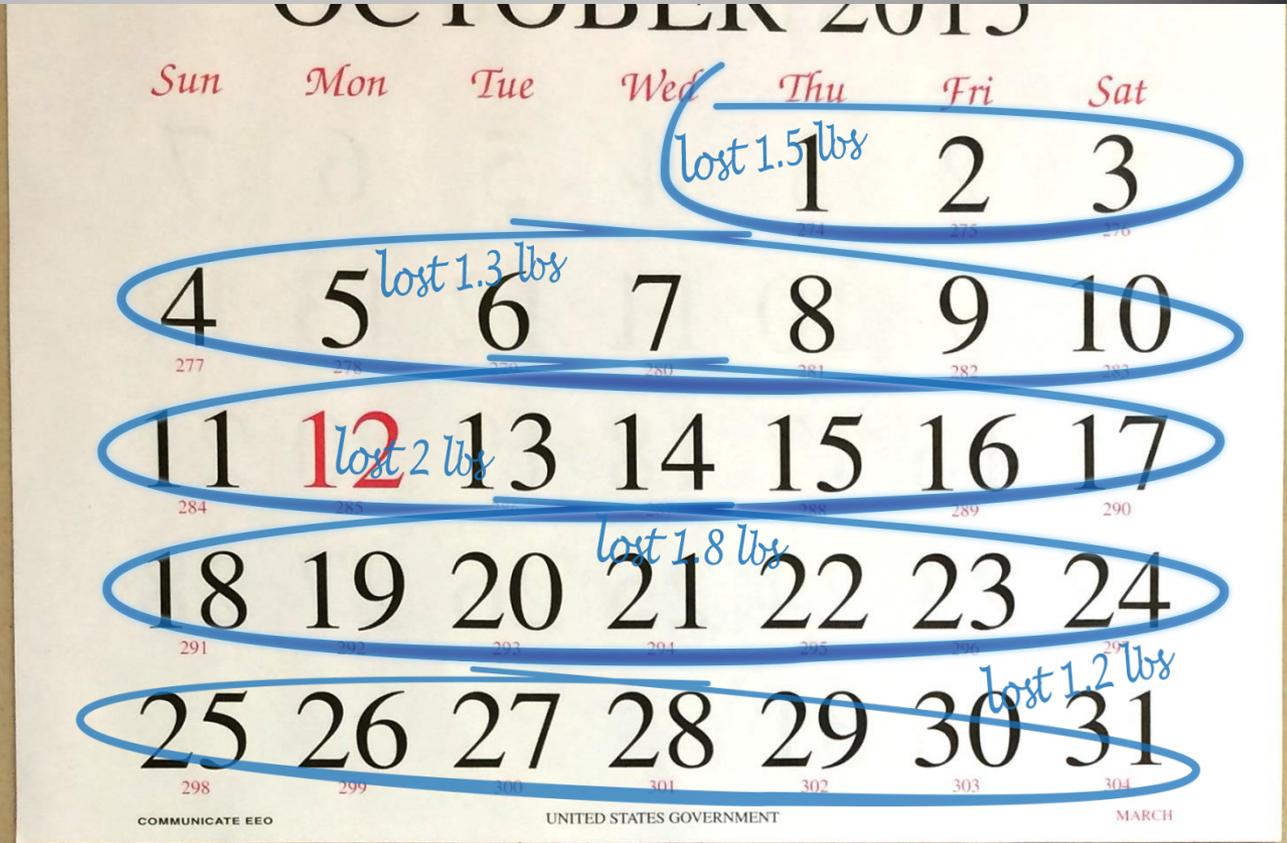
SESSION 1



alternative exercises



SESSION 1



losing weight at a rate of about **1–2 lbs. per week** helps you better maintain your weight loss over the long-term



SESSION 1

A **basketball** is equivalent
in size to sixteen pound of body fat



01 Zz

Get enough
sleep

03 

Strength
train

 **05**

Ditch empty
calories

02 

Move more

04 

Eat for
energy

 **06**

Build a
better plate

08

Calculate
KCAL

10

Keep
track

07

Get
S.M.A.R.T.

09

Weigh
yourself



7-8hrs.



Component

01

Get enough sleep

SESSION 1



Sleep

Environment



Component

01

Get enough sleep

SESSION 1



Sleep Time



Component

01

Get enough sleep

SESSION 1



Component

02

Move more!

SESSION 1



MOVE
more!



Component

02

Move more!

SESSION 1



MOVE
10,000 steps a day



Stand UP!

smart phone app



Component

02

Move more!

SESSION 1



Component

02

Move more!

SESSION 1



Sworkit
smart phone app



Component

03

Strength training

SESSION 1

Muscle_{vs}fat

strength training 2-3 times/week





Component

03

Strength training

SESSION 1



2-3 Sets
of 12-15 repetitions



FREQUENCY
INTEENSITY
TIME
TYPE



Component

03

Strength training

SESSION 1



ENERGY

sgjvæss



Component

04

Eat for energy

SESSION 1



Component

05

Ditch the empty
calories

SESSION 1

1/2 250 calories/day
2 pound/week

1 500 calories/day
2 pound/week

1 750 calories/day
1/2 pound/
week

2 1,000 calories
/day
2 pound/
week





**SUPER
SIZE
FRIES**



Component

05

Ditch the empty
calories

SESSION 1



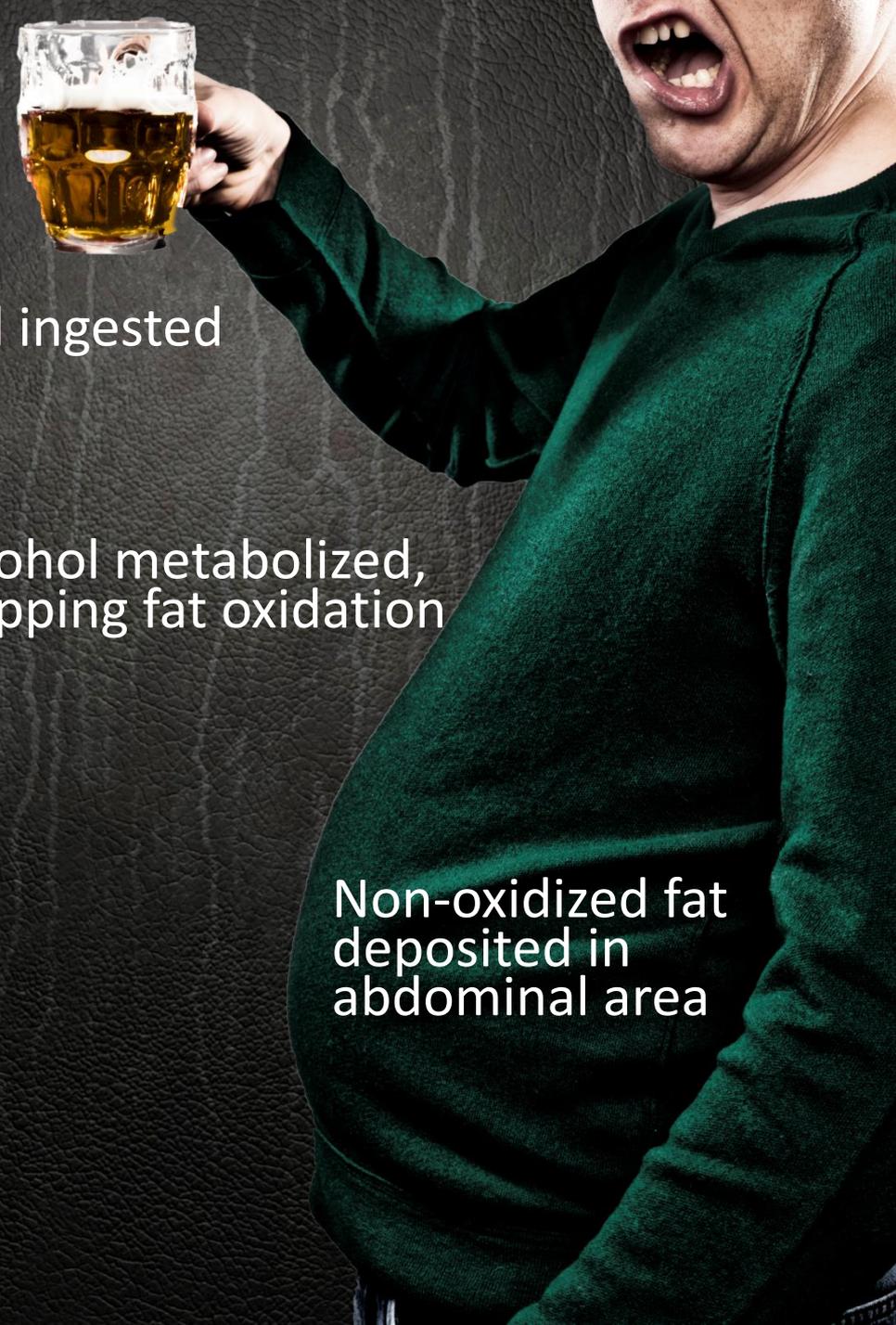
Component

05

Ditch the empty
calories

SESSION 1





Alcohol ingested

Alcohol metabolized,
stopping fat oxidation

Non-oxidized fat
deposited in
abdominal area



Component

05

Ditch the empty
calories

SESSION 1



430
CALORIES



Component

06

Build a better plate

SESSION 1



Timed Inedded

What? When? How?

Time frame must do be realistic yet attainable within the given time frame
know when the goal is complete

MAKE SURE YOUR
GOALS ARE



Component

07

Get SMART

SESSION 1



"I need to get more sleep."



Component

07

Get SMART

SESSION 1



“I need increase my aerobic activity during the day.”



Component

07

Get SMART

SESSION 1



"I need to start drinking more water during the day."



Component

07

Get SMART

SESSION 1



SMART GOALS



Component

07

Get SMART

Specific, Measureable, Action-based,
Realistic and Time-lined

SESSION 1



Component

08

Calculate KCAL

SESSION 1

1. Multiply goal weight by ten for calorie goal
2. Determine current calorie intake
3. Subtract 500-1,000 calories per day for 1-2 lbs weekly loss
4. Use online calorie calculator





Component

09

Weigh yourself

SESSION 1



TRACK IT



Component

10

Keep track!

SESSION 1





TIME FOR A CHECK-UP

Are you reaching your health goals? The most challenging limitations that you will face in life are the ones that you set for yourself. Do your best to overcome any physical or mental challenges. The Performance Triad gives you the guidance needed to enhance your health so that you feel incredible!

Over the past 30 days, how well did you meet each of these targets?
(circle and give yourself one point per answer)

| SLEEP | | | | |
|---|------|------|------|---|
| On average, how many hours of sleep do you get in 24 hours? | 4-5 | 6 | 7-8+ | Sleep score _ x 1 _ x 3 _ x 5 = |
| How would you rate your satisfaction with your sleep? | Poor | Fair | Good | |
| How is your energy after a full night's sleep? | Poor | Fair | Good | |

| ACTIVITY | | | | |
|---------------------------------------|---------------|---------------|---------------------------|--|
| Resistance training sessions per week | 0-1 | 2 | 2+ agility | Activity score _ x 1 _ x 3 _ x 5 = |
| Steps per day | <10,000 | 10,000-14,999 | 15,000+ | |
| Aerobic activity minutes per week | <150 moderate | 150 moderate | 150 moderate +75 vigorous | |

| NUTRITION | | | | |
|--|------------------|--------------------|---------------------|---|
| How many days per week have you eaten six to eight servings of fruits and vegetables? | < 3 | 4-6 | 7 | Nutrition score _ x 1 _ x 3 _ x 5 = |
| How many times per week did you eat breakfast? | < 3 | 4-6 | 7 | |
| How often are you having a healthy snack 30-60 minutes after a strenuous exercise session? | <25% of the time | 25-50% of the time | 75-100% of the time | |



Component

10

Keep track!

SESSION 1





- Make lifestyle changes
- Focus
- Set goals
- Monitor weight
- Track behavior



NUTRITION



NUTRITION ACTION PLAN

SESSION 1



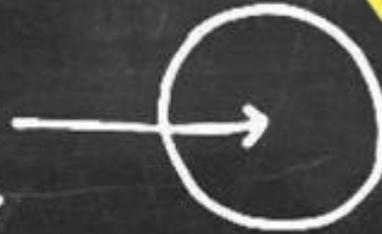
ACTIVITY ACTION PLAN



MIND HEALTH ACTION PLAN



Your
Comfort
Zone



Where the
magic happens