Small but Mighty Steps to Wellness
Strategic Steps to a Healthier You!

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Love (or at Least Like) Whatever You Do for Health

- The foods you eat
- The ways you are physically active
- The relaxation techniques you use
- We seldom continue in behaviors we hate.
  - Treadmill or the gym if you don't enjoy going
  - Kale or low-carb diets if you find yourself missing foods you love
  - Bubble baths or massages if they do nothing for you

Know Your Why!
Motivation is very important!
What do you WANT or MISS being able to do?
Do you want to be able to
- Play with grandkids on the floor?
- Travel and keep up with friends/family?
- Stay independent as you age?
- Garden or other hobby?

What is YOUR WHY?
Don't limit yourself to just one!

Motivation
- What are you wanting for yourself?
  - Better relationships?
  - Fit into the other half of your closet?
  - Reduce or come off medication?

- Find your mojo! Do what makes you feel like you!
- Pay attention to the rationale and how these steps can impact your daily life
- Stay focused on what motivates YOU!
Motivation

What do you want to AVOID?
- Joint pain, knee replacements?
- Diabetes, hypertension, heart disease, stroke due to family history?
- Stress-induced cortisol & the belly fat that comes on around the middle causing all sorts of issues?
- Edema, Cellulitis, Sepsis
- Valve problems in your leg veins
- Sleep apnea - so you have better energy to move around and enjoy life?

Avoid Metabolic Syndrome

Criteria is any 3 of the following risk factors:
- Abdominal obesity defined by waist circumference:
  - men > 40 in; women > 35 in
- Triglycerides > 150 mg/dL without medication
- High-Density Lipoproteins:
  - men <40 mg/dL; women <50 mg/dL without medication
- Blood pressure >130 mmHg systolic, > 85 mmHg diastolic without medication
- Fasting blood glucose > 100 mg/dL without medication

*National Cholesterol Education Program-Adult Treatment Panel III Guidelines

If you meet 3 or more, you are 3x as likely to have & 2x as likely to die of heart attack/stroke & 5x more likely to have diabetes.

Momentum Boost

What makes you feel better immediately?
- Tank full of gas?
- Having all your errands done?
- Packing your lunches?
- Being in a walking routine?
- Drinking enough water early in the day?
- Getting a good night’s sleep?
- Eating lots of fruits & veggies?

How is Your “Health House”?

Foundation: Good Sleep

Framing & Functional Components
- Healthy eating (mostly nutrient-rich foods with variety + occasional treats)
- Active living doing what you enjoy
- Good stress management techniques
- Strong social support system
What is your Health Goal?

- Feel better? More energy?
- Clothes fit better?
- Slim down?
- Manage conditions better?
- Reduce medications?
- Walk a 5k?
- Sleep better?

How Can You Improve Your Health?

- What small changes could you make that you know would improve your health? The most? The fastest? The easiest?
  - Prevent or manage chronic disease
  - Improve stamina or mobility or energy?
  - Help you reach a long-term goal?
    - Weight loss
    - Come off medications
- How will you transform?

Which Changes Make a Bigger Difference?

**THESE HEALTH BEHAVIORS:***

- FOOD
- PHYSICAL ACTIVITY
- STRESS

MAKE THE BIGGEST IMPACT ON:

- Weight loss
- Diabetes
  - high blood sugar
- Hypertension
  - high blood pressure
- Hyperlipidemia
- High cholesterol
- Triglycerides
- Heart attack
- Stroke
- Osteoporosis
- Cancer risk

What Are the Most Impactful Changes You Can Make?

What do you eat or do *every day*?

- Starbucks mocha latte?
- Chips with every meal?

What do you eat or do *at least 3-4 times a week*?

- Watch TV 3-4 hours a night?
- Eat ice cream at night?
- Drink liquor, beer, or wine > 4 nights a week?

What health behaviors are YOUR low-hanging fruit?
What Are the Most Impactful Changes You Can Make?

If it’s 1-2 times per week it may not get dramatic results.
It needs to be at least 3-4 times a week if not daily to be considered a...
- Low-hanging fruit

Simplify the Changes you Want to Make in Your Life

**Love to Live Well** Mission: To simplify the changes it takes to eat better, move more, & stress less.

- **Small but mighty steps** require less effort, time, & sometimes less money but make a gigantic impact on your health—think leveraged effort!
- What 1-2 small changes would make a gigantic ripple effect in your life?

Simplify the Changes you Want to Make in Your Life

| Be Strategic | with what you choose as first steps to wellness. |
| Choose       | the small but mighty steps (low-hanging fruit) that will get you there the fastest. |
| Habit Loop   | new behaviors with something you already do to keep you doing them. |

Small But Mighty Steps to Wellness → Significant Outcomes

Let’s see some examples!
If overweight or obese, reduce weight by just 3-5% (5-15 lbs)
And Enjoy This!

- Decreased heart disease risk
- If by 5-10% reduced diabetes risk by 58%
- Lower triglycerides (15 mg/dl)
- Lower LDL cholesterol (5 mg/dl)
- Increased HDL cholesterol (2-3 mg/dl)
- Lower blood pressure (2-3 mm)

Lose just 5-25 lbs to reduce risk of chronic diseases

And Enjoy This!

“Low-Hanging Fruit”: Small But Mighty Steps or Swaps You Can Make

Let’s see some examples!

- 2 clients were able to drop their Hemoglobin A1Cs over 3 months from 10 (240 mg/dl ave blood sugar) by cutting out
  - Lots of fruit juice, 6 sodas/day + other dietary changes $\rightarrow$ ↓ to 7 (154 mg/dl ave blood sugar)
  - 10 donuts/wk + other dietary changes $\rightarrow$ ↓ to 8 (183 mg/dl ave blood sugar)
  - 2 regular sodas every day for a month = 5 lbs of sugar/mo $\rightarrow$ 2.4 lbs/mo $\rightarrow$ 28.8 lbs/yr if above your caloric needs.

Think about the pressure off your joints & tendons!

For every 1 pound of weight you lose
And Enjoy This!

- 4 lbs less pressure on the knees
- 6-8 lbs less pressure on the hips
- 3-6 lbs less pressure on the feet & ankles
- 3 lbs if walking & 7 lbs if running
- Reduces risk of plantar fasciitis & tendonitis

Low-Hanging Fruit
Low-Hanging Fruit

- Choose fish, chicken, turkey, or 93% lean ground beef instead of 85% lean
- Chik-Fil-A grilled chicken sandwich
  - 320 cals, 41 g carbs, 6 g fat, 1 sat fat, 28 g protein, 680 mg sodium
- McDonald’s quarter pounder with cheese
  - 520 cals, 42 g carbs, 26 g fat, 12 g sat fat, 20 g protein, 1140 mg sodium
- Instead choose basic burger
  - 250 cal, 31 g carb, 9 g fat, 12 g pro, 3.5 g sat fat, 510 mg sodium, 6 g sugar
- or Filet o Fish sandwich (breaded)
  - 380 cals, 39 g carb, 18 g fat, 16 g pro, 4 g sat fat, 580 mg sodium, 5 g sugar

Low-Hanging Fruit

- What if you cut back on daily indulgences?
  - 20 oz caramel macchiato (310 cals)
    - gain 1 lb in 11 days if above your caloric needs.
  - 24 oz mocha cookie crumble Frappuccino (590 cals)
    - gain 1 lb in 6 days if above your caloric needs!

Low-Hanging Fruit

- What if you cut out those things that add up over the week?
  - Fried foods in general
    - Large French fries (220-600 cals) every day
      - gain of 1 lb in 11 days if above your caloric needs
  - Second helpings
    - That piece of chocolate you have at night thinking it will just be 1 or 2 pieces that quickly becomes 5 or 10—know your triggers.

Low-Hanging Fruit

- Could even be something that seems healthy, but we have to watch how we use it:
  - Nuts—Great type of fat, just cut portions down
    - 1 c (800 cals) → ½ c (400 cals) → 1/4 c (200 cals) → 1/8 c (100 cals)
  - Granola — ¼ c = 140 cals → try 1-2 Tbsp sprinkled on Greek yogurt
  - Dried fruit (1 oz box raisins = 90 cals; 2 T = 60 cals)
  - Fresh fruit too large in portions or frequency
    - each ½ c serving = 15 g carbs/sugar & 60 cals
Reduce intake of sugary beverages
And Enjoy This!

- Decreases weight
- Lowers blood sugar
- Lowers triglycerides
- Reduces inflammation

Limit these to 1-2 per week or less

Take a walk or be active after meals
And Enjoy This!

- Let food settle for 10-15 minutes after meal
- Walk or be active for 10-20 minutes continuously
- Check your blood sugar

- Reduces your blood sugar by 10-40 points
- Increases HDL (Good Cholesterol) if done regularly

What Small but Mighty Steps Are You Ready to Make?

- Steps to Success
  - Start small
  - Track your progress
  - Be consistent
  - Stay accountable to someone

We can show you how!

Don’t Let All or None Thinking Distract You

- Making the healthier choices 75-85% of the time will get you to the goal.
- Think 80/20 rule
- Do not set yourself up for failure by falling prey to “all or none” thinking.
  - Can set up deprivation driven eating
  - Can lead to negative self-talk (mental gymnastics) that prevent you from being successful when you aren’t doing badly anyway.
Need Accountability?

- Try My Fitness Pal or Lose It or other fitness trackers to monitor your behaviors
- Have a friend or family member hold you accountable
- Work with a registered dietitian, health coach, or personal trainer—just make sure they are credentialed!

Need Help Getting Started?

- Download free resources & recipes at www.lovetolivewell.com
- Subscribe to the newsletter for updates with latest resources & food recalls
- Coming Fall 2022—Get Healthy Online
  - Try a challenge or course
  - Free trials available for most
  - Small But Mighty Steps Workshop On Demand (2-3 hrs)

Questions?

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