

1-2-3-for Life Week One

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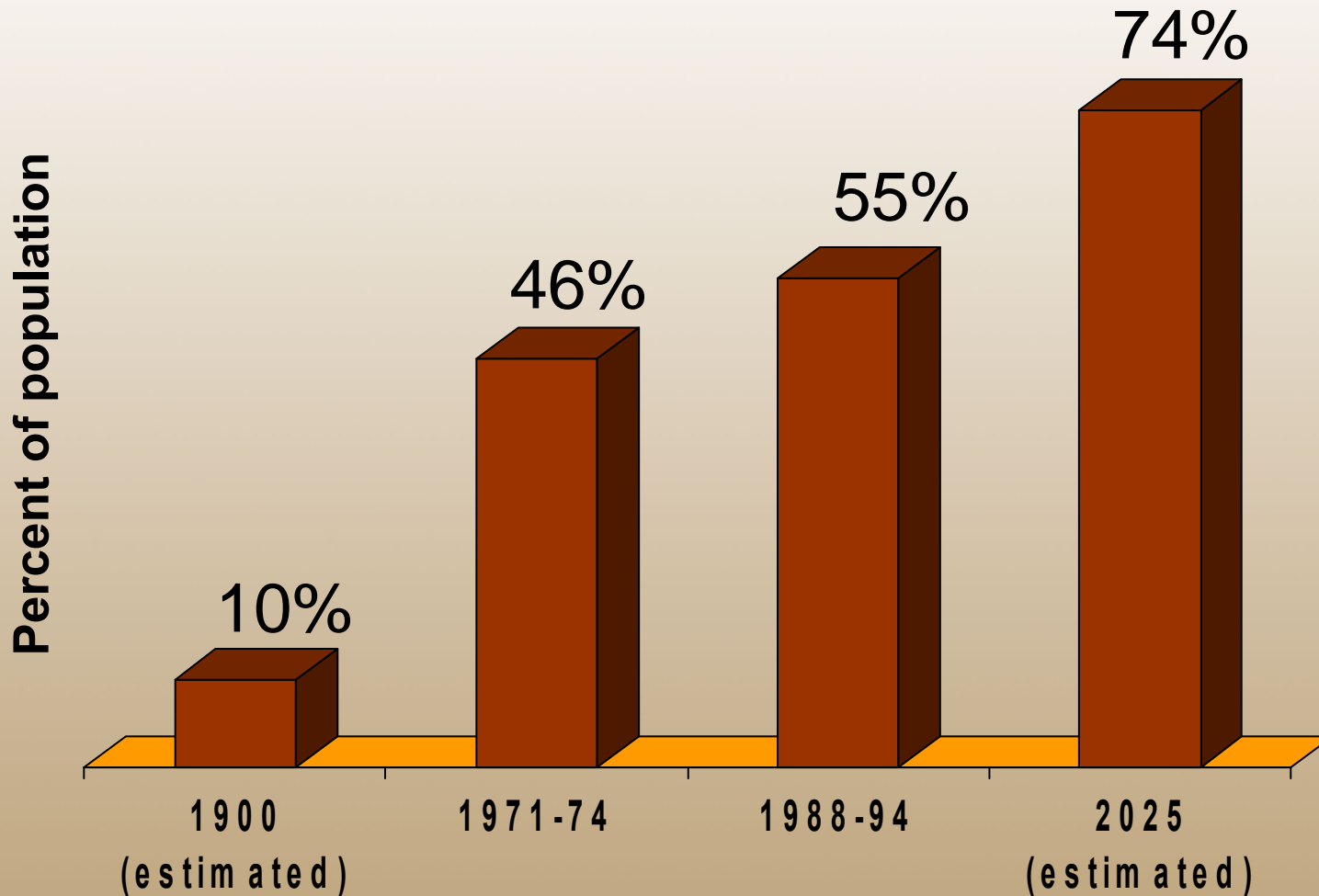
What does 1-2-3 mean?

- 1 means physical activity daily
- 2 means two servings of fruits daily
- 3 means three servings of vegetables daily

What do you want to walk away knowing from this class?

- How to improve blood glucose control?
- How to improve pre-diabetes status?
- How to improve cholesterol status?
- How to lose some weight?
- How to begin eating healthy?

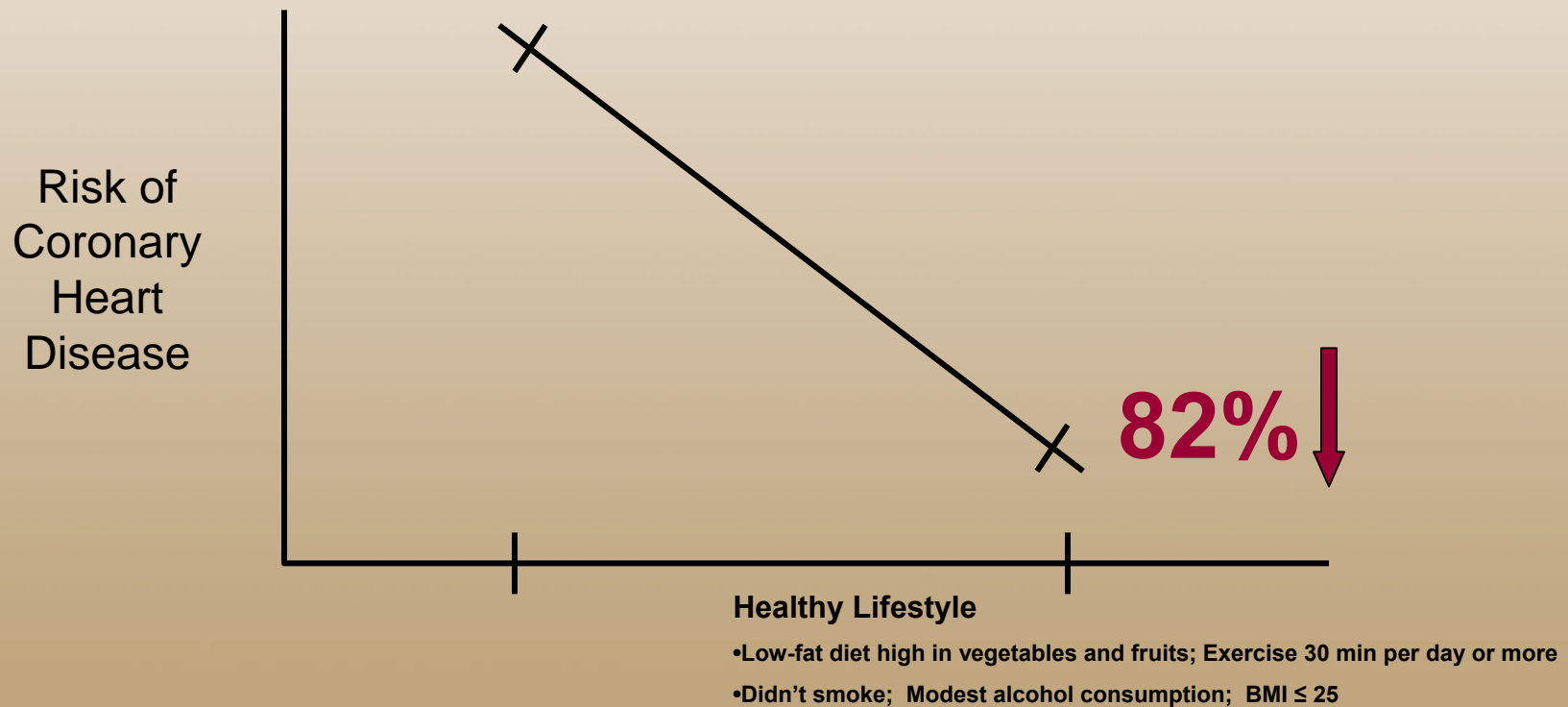
Projected Prevalence of Overweight and Obesity in U.S. Adults



Nurses Health Study

N=84,129 Follow-up=14 years

“Premature heart disease can be virtually eliminated by these lifestyle changes.” -Lead researcher



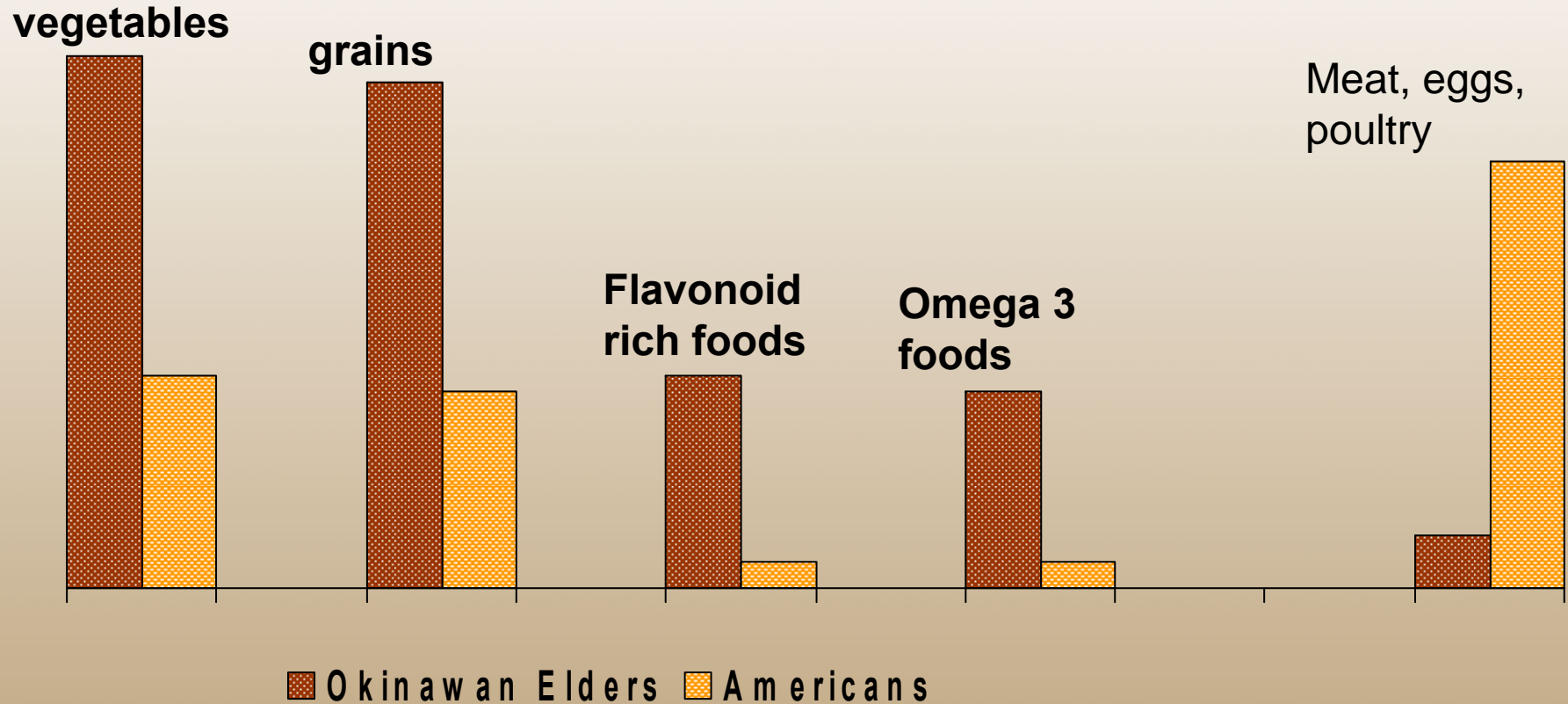
N Engl J Med 2000;33:16-22

The Healthiest People on the Planet

A 25-Year Study of the World's Longest-lived People

“To-Do’s”

“Not-To-Do’s”



“Never in the history of nutrition research has the evidence been more clear and consistent. A high-carbohydrate, low-calorie, plant-based diet is the best for long-term health.”

The Okinawa Program
 by Makoto Suzuki,
 Bradley Willcox, D. Craig Willcox

What are the three things the last two studies have in common?

- Lifestyle changes make a difference
- Fruits and vegetables are abundant
- Physical activity is part of their daily lives

Two Simple Tools

- Vegetables
- Fruits



Small Changes=Big Results

What, Why, How Approach

- WHAT do you know about veggies/fruits?
- WHY do you need/want to make changes?
- HOW do you make changes?

Your BAA Degree

- Build on your success
- Applaud your efforts
- Adjust your plans where needed to find success



Review Class Program

- Attendance
- Midweek Contact
- Record Keeping



ATTENDANCE

- Information
- Affirmation
- Support



MIDWEEK CONTACT

- Keeps you focused
- Allows time to make adjustments in plans





RECORD KEEPING

- Numbers are a foundation on which we can see what we have done.
- Allows us to build on our plans.
- We achieve more success.

- **SMALL CHANGES=BIG RESULTS**

Consistent Record-Keeping Promotes More Success

N= 59

Follow-up = 8 weeks during the holidays



Conclusion:

“It has become abundantly clear that efforts to help clients become the best self-monitors they can be may prove critical to helping them lose eight and maintain weight losses.”

1-2-3-for Life

TELEPHONE CALL SCRIPT

My name is _____ (full name), and I am

Attending the _____ (Cessna 1-2-3 for Life) class.

I have kept my records for _____ days since my last class.

I have exercised a total of _____ minutes so far this week.

My total number of servings of vegetables & fruits since last class is _____.

I have omitted _____ for my calorie deficit food.

IF APPLICABLE: I am having the following difficulties:

My telephone number is: _____

I will be attending the next class.



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PLAN MAKING

- To improve must practice
- To practice must plan



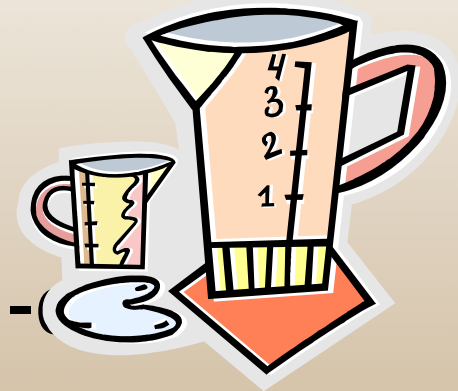


Saying we will, is easy.
Building plans to do what
needs to be done is a skill.



Simplified Calorie System

- What is a serving?
- Vegetables is measured by the 1-
- Fruit is measured by the ounce



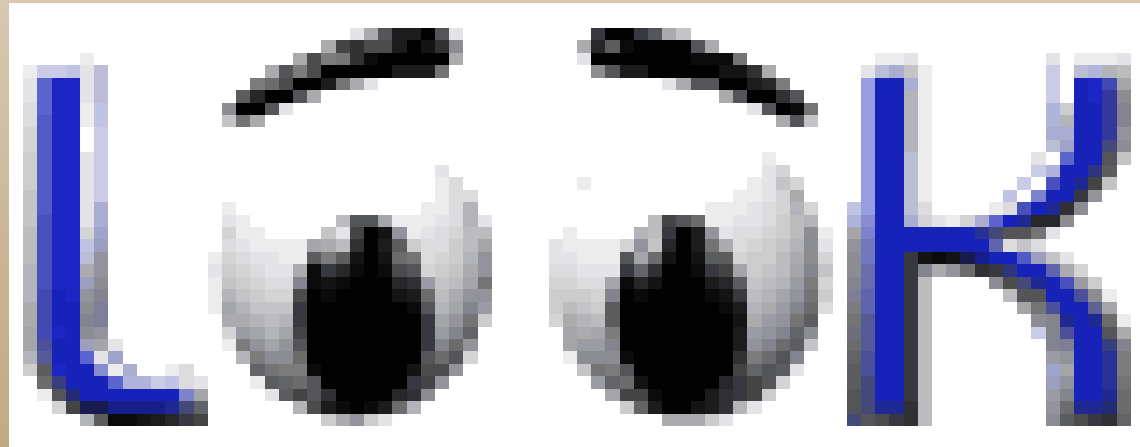
Getting Your Calories In Card

Vegetable & Fruit ASSIGNMENT

- Increase your vegetable or fruit intake by one serving each day this week.

Omitted Food

- Look at Simplified Calorie System



Omitted Food ASSIGNMENT

- Consider omitting a food from level 7 through level 10

Physical Activity

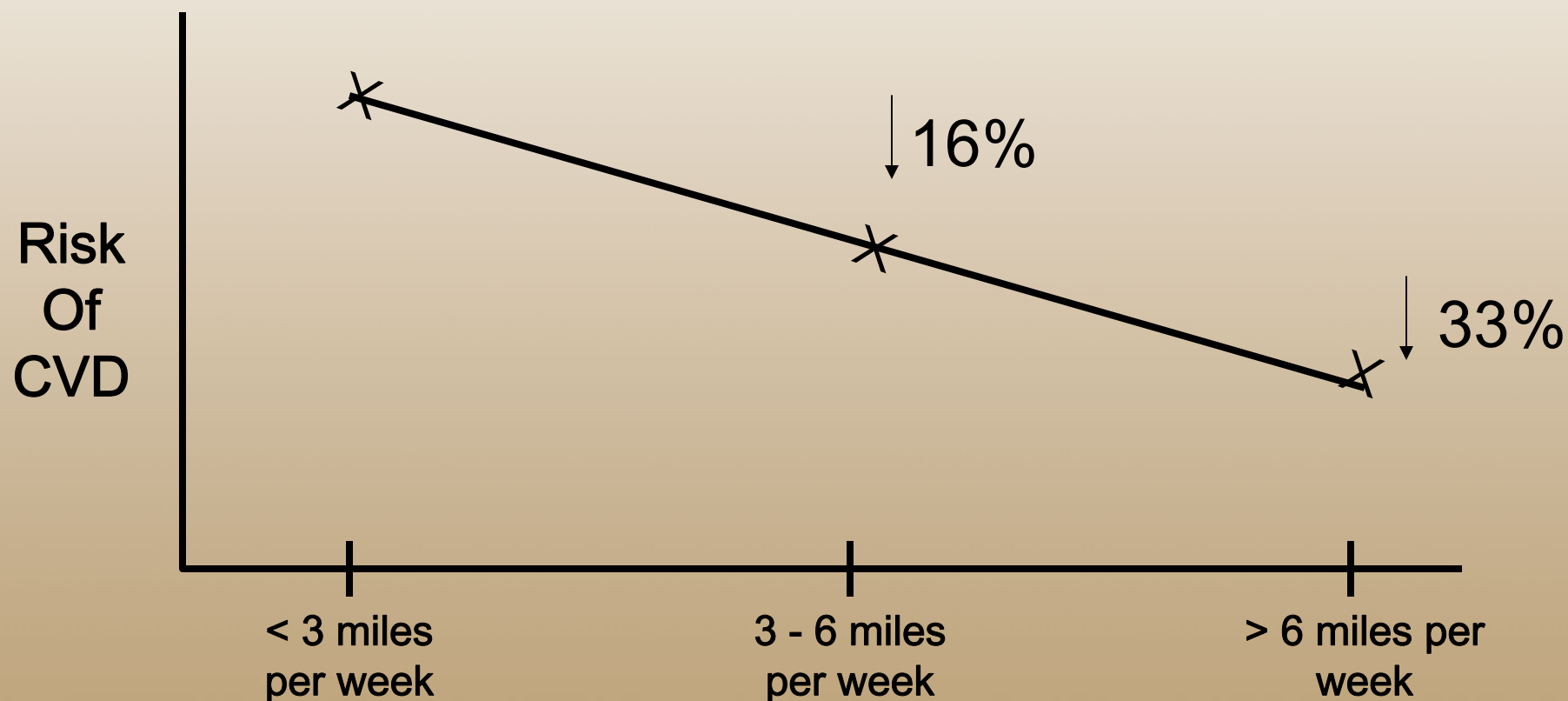


- Intentional physical activity
- Planned, structured time
- Opportunity to increase steps



Walking: Small Changes = Big Results

N=1,564 University of Pennsylvania Alumnae



Physical Activity ASSIGNMENT

- Add 10-minutes to what you are currently doing

Plan Processing



- Things constantly get in the way
- Look to see if there is anything to add
- Increase your chances of success
- Leave here with a strong plan today

SMALL CHANGES DO EQUAL BIG RESULTS