

February's Topic: Weight Loss

By: Katelyn Watts, Pharm.D. Candidate
Frank Smith, Pharm.D. Candidate



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Phone: (334) 263-8470

Fax: (334) 263-8670

Email: hcc@alseib.org

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Phone: (334) 263-8460

Fax: (334) 263-8660

Email: rx@alseib.org

A Healthy New You for the New Year

Losing weight is not easy, and it is something that many have to strive for. As a generation of the “quick fix” we want quick results that last. Unfortunately, that is not realistic. The way to get long lasting results is to learn and focus on healthy eating options and physical activity.

As with any lifestyle change there are risks and benefits associated with weight. Being overweight (BMI of > 25), obese (BMI >30), or morbidly obese (BMI>40) leads to an increase in many medical conditions such as heart disease, stroke, high blood pressure, diabetes, gout, and breathing problems (example: sleep apnea).¹ Losing weight can help prevent these conditions. For example, losing 5-10% of your weight can lower your chance of developing heart disease if you are obese.

So, what are the goals that need to be set in order to reduce your risk and become a new healthy you? Weight loss goals are different for everyone such as wanting to improve health overall, spend more time with children or grandchildren, or decrease medications. In general, you want to eat fewer calories, healthier food options, and exercise every week in order to lose weight. Always speak to your doctor before making any lifestyle changes that may impact your health.

Pros and Cons of Various Diets:^{2,3,4,5,6,7}

Diets	Description	Pros	Cons
★ Weight Watchers	The goal is to stay within your points and each food item has a point value. There are different plans and costs that include online options to 1-on-1 support with a coach. Many restaurants have a point menu.	Point program is easy to follow Teaches healthy eating Provides coaches and meetings	Cost Difficult to maintain for long term Weekly weigh-ins are required
Jenny Craig	Pre-packaged meals arrive at your door for all meals and snacks. 1-on-1 support is offered. Following the plan is as simple as eating only the food items provided. No counting required.	Pre-packaged meals Provides consultants and meetings Meals are low in salt and fat	Cost Requires eating branded meals daily Difficult to maintain for long term
Nutrisystem	Pre-packaged meals arrive at your door for all meals and snacks. Variety is big with different food items to choose from. 1-on-1 support is offered 24 hours.	Based on portion control Pre-packaged meals and snacks Convenient 24 hour counseling	Cost Long term effects unknown Taste Difficult to maintain for long term
Low Fat Diets	This plan is packed with vegetables, whole grains, fruits, and lean/low-fat meat and dairy (fish, poultry, low-fat yogurt, low-fat/skim milk, low-fat cheese, and tuna packed in water).	Great for a healthy heart Increases vegetable intake	Leads to eating more carbs and sugars which can cause weight gain
Low Carb Diets	Restricted carbohydrate intake leading to eating more foods high in protein, fat, and healthy low-carb vegetables (broccoli, lettuce, cauliflower). High-fiber foods that are a part of this diet can lead to constipation.	High in fiber so you feel full Helps with weight loss and eating less Decreases sugar and starch intake	Constipation is possible Boredom can occur Can lead to low blood sugar Limits many food options
Cabbage Diet	The claim is that you can lose 10 lbs. in 1 week by eating fat-free cabbage soup 2-3 times a day. Other foods are allowed on their designated day such as (fruit (not-bananas), low-carb veggies, and beef)	Weight loss quick Low cost	Does not provide key nutrients Weight gain after discontinuation NOT recommended Limited menu options
★ Mediterranean Diet	This diet emphasizes eating foods like fish, fruits, beans, vegetables, whole grains, nuts, and extra virgin olive oil. Meat, cheese, and sweets are limited.	Diet of choice!! Covers all major food groups Diverse flavors Not as limiting as most diets	Cost may be high Cooking meals takes time Healthy diet vs. weight loss designed diet

★ **Diets we support:** **Weight watchers** teaches healthy eating habits for lasting results after stopping the program. The **Mediterranean diet** is a diet of choice, as there have been many studies showing its health benefits due to its variety and incorporation of healthy fats.

What are My Exercise Goals?⁸

Goal: 150 minutes per week of moderate intensity or 75 minutes per week of vigorous intensity

How do you know what exercise intensity you are at?
Just follow the calculations below that are based on heart rate (HR)

Calculate your Max HR:	220 - your age
Calculate your moderate intensity HR:	Max HR x 0.5 to 0.7 (50-70%)
Calculate your vigorous intensity HR:	Max HR x 0.7 to 0.85 (70-85%)

Example: (someone who is 30 years old): $220 - 30 =$ **190 max HR**

Moderate intensity: 190×0.5 to $0.7 =$ **HR between 95 – 133** Vigorous intensity: 190×0.7 to $0.85 =$ **HR between 133 – 161.5**

Healthy Habits to keep in mind¹⁰:

1. Fill half your plate with vegetables
2. Drain canned vegetables and rinse with water to decrease salt
3. Limit added sugars and salt
4. Eat more whole grains
5. Reduce portions
6. Choose fat-free or low-fat dairy options
7. Choose lean meats: fish, chicken, venison, etc.
8. Drink at least 64oz of water daily (= four 16.9oz. water bottles)
9. Pay attention to nutrition labels
10. Substitute fried foods for baked/grilled
11. Decrease calorie intake
12. Choose healthier snack options such as fruit, Greek yogurt, almonds, walnuts, etc.
13. Cook with extra virgin olive oil

****Always discuss major diet and exercise plans with your healthcare provider before starting****

Here are some Simple Exercises to do at your Desk⁹:

Stretches

Stretches are important for many reasons. One reason is that stretches help reduce injury, cramps, and soreness. Always remember not to overstretch

Hamstring stretch

Place one leg on top of a chair or desk while seated. Next try and touch your toes with your hand for 5-10 seconds. Alternate legs

Ankle roll

Lift your legs in air. Twirl foot clockwise for 10 seconds then change directions to a counterclockwise for 10 seconds. Alternate feet

Side stretch

Touch hand to opposite shoulder (behind the head). With other hand pull elbow toward that shoulder. May stand up or sit with this stretch

Shoulder Blade stretch

Extend arms out to your sides. Rotate both arms in small circles in one direction and then switch rotating direction after 10 seconds.

Bicep Curls

To do this activity, you may need a resistance band or an item of weight to provide the resistance like a water bottle or backpack. Curl the item of choice slowly towards your shoulder. Hold for 1-2 seconds then slowly lower back to resting position. Your arms will tone or slim up by repeatedly doing this activity.

Jumping jacks

This activity helps increase your heart rate and gets blood moving.

Tricep dip

Face away from your desk and place hands on desk. Have feet about 2-3 feet from your desk. For one repetition, slowly lower your body and then raise your body back up. Doing several repetitions will tone your triceps.

Desk Pushups

This is an incline pushup that works your chest and shoulders. Step 1, start by placing your hands on a sturdy desk, chair, or table. Step 2, move feet backwards and straighten body in a plank position. Step 3, lower your body slowly using your arms then push away from the desk slowly. This makes one repetition.

Squats

Squats are a great way to work a major muscle group known as quadriceps which is located on the top of the thighs. This exercise will tone up the legs as well as burn calories. One could also utilize a support structure for assistance like walls, door handles, or a heavy desk. Start by having feet spread apart and slowly lower your body as if sitting in a chair (level with knees). Next step is to raise your body up to in a straight position. A good time to do this activity is while waiting for a copier to print material, waiting on a task to load on your computer, etc.

Ways to Achieve My Goal⁸:

- Places to go exercise:
 - YMCA
 - Anytime Fitness
 - Gold's gym
 - Curves
 - These exercise facilities participate in the SEIB Wellness Program
- Practice portion control
- APPs for your smart phone or tablet
 - My Fitness Pal
 - Tracks calories and workouts
 - FitBit or step counter
 - Tracks steps and some track heart rate
 - Scale Back Alabama
 - Tracks calories and workouts
 - Lose It!
 - Tracks calories and workouts
 - Can upload a picture of your food and it suggests the calories
- Websites to use
 - [Choosemyplate.gov](http://ChooseMyPlate.gov)
 - Provides helpful suggestions on what items to fill your plate with as well as other helpful tips
- Make **SMART** goals:
 - **S**pecific
 - Set exact goals to stick with
 - **M**easurable
 - Choose a goal that allows you to track your progress
 - **A**chievable
 - Set a goal you can reach
 - **R**ealistic
 - Choose a goal that is realistic (ex. Losing 5 lbs. in one month)
 - **T**ime specific
 - Choose a date to accomplish your goal by (ex. March 1st)

Checklist for getting Started:

- Speak with a physician before starting any exercise or diet plan
- Set your **SMART** goals
- Develop start goals to work your way up to recommended exercise per week (start low and go slow)
 - Calculate your HR for moderate-vigorous intensity exercises
 - Purchase any necessary exercise equipment
- Stick with it!
- Gather support from friends/family/co-workers
- Set your meal schedule in advance (ex. meal prep) in order to stay on track with calories
 - Download helpful APPs
- Stay positive!** You are working toward lasting results for a healthier you!

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State Wellness Center

101 S. Union Street
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All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management