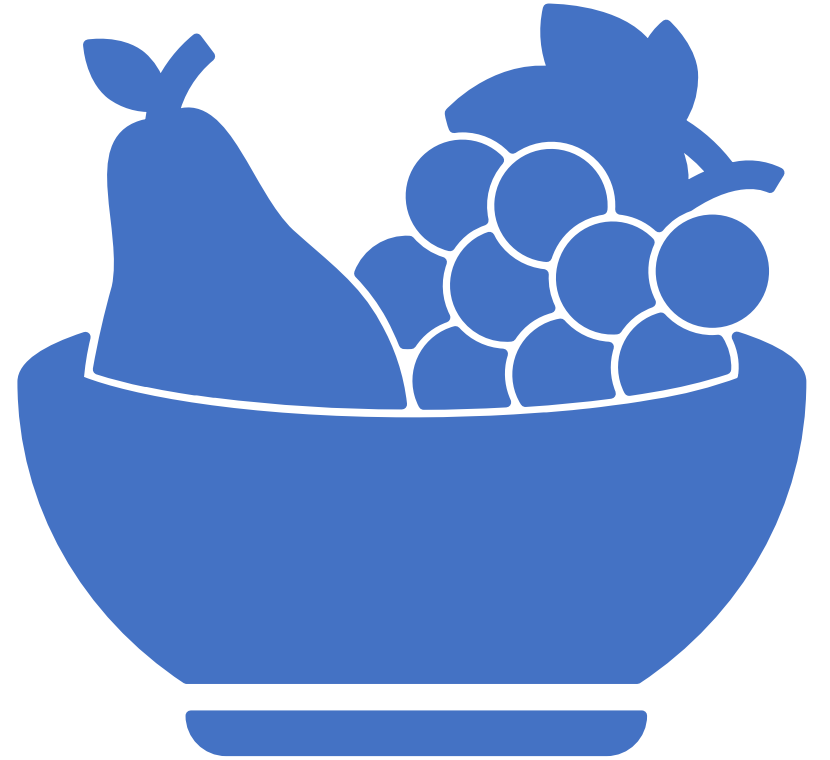


Weight Loss and Healthy Eating Strategies

Leah Hixson, RDN

Kelly VanAllen-Braswell, RD, CDN, CDCES

Anthem Nutrition Consultants

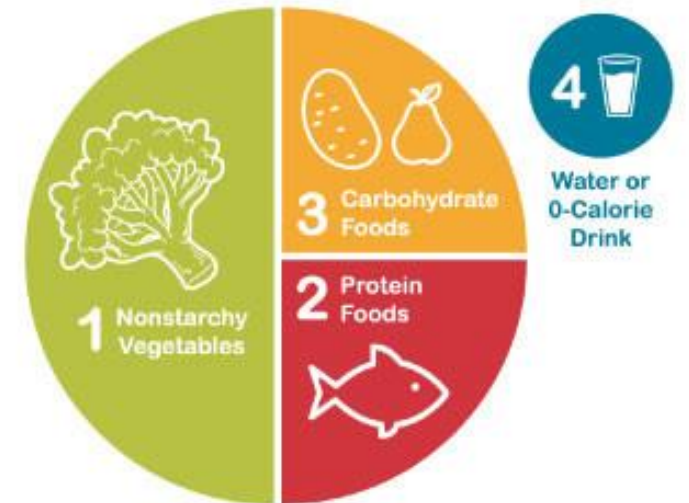
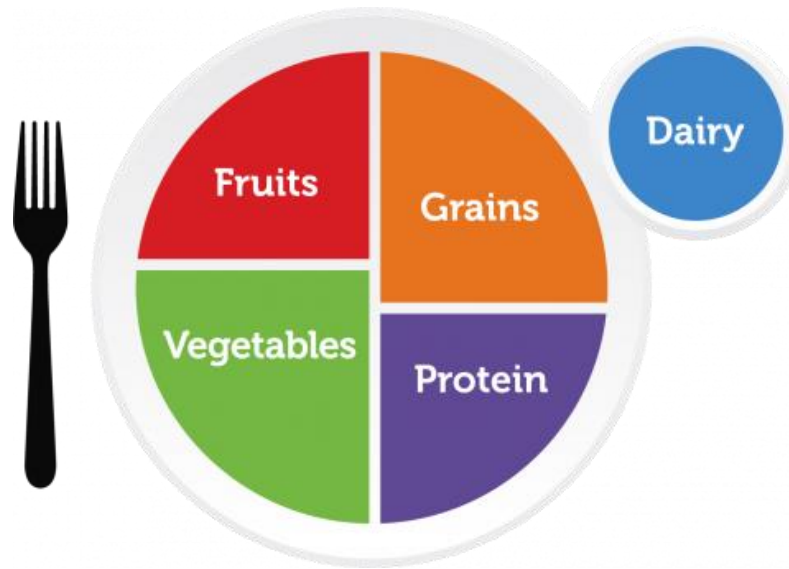


What is a healthy diet?

- One that you can follow
- Supportive to the body
- Sustainable & flexible
- Mediterranean Diet
 - Heart healthy fats, lean proteins, high fiber, anti-inflammatory benefits
- Low in added sugar and refined carbs
- Water as primary beverage
- Fruits and vegetables



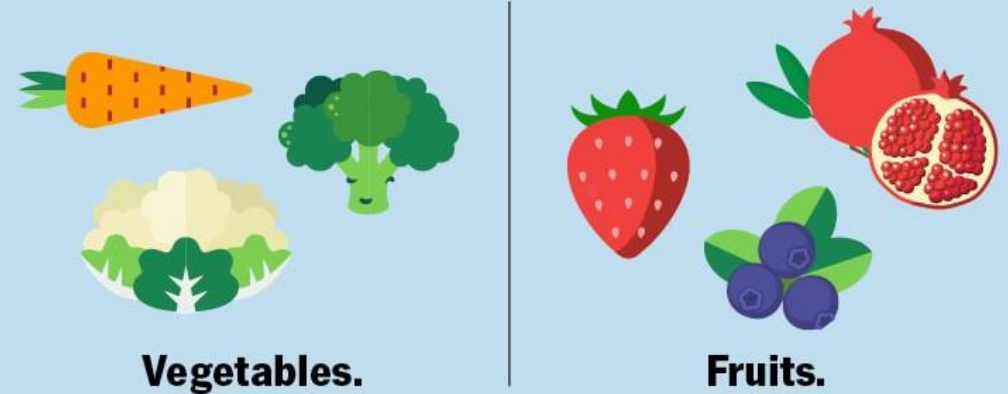
Plate Method



Mediterranean Diet

- Focus on vegetables, fruit, beans, lentils and nuts.
- Prioritize whole grains, like whole-wheat bread and brown rice.
- Extra virgin olive oil (EVOO) as a source of healthy fat.
- A moderate amount of fish, especially fish rich in omega-3 fatty acids.
- A moderate amount of cheese and yogurt.
- Little or no meat, choosing poultry instead of red meat.
- Little or no sweets, sugary drinks or butter.

Plan Your Meals Around These Foods for a Mediterranean Diet





Carbohydrates

- Fuel or Energy
- Replenish glycogen stores
- Provide many beneficial nutrients
- Complex carbohydrates
 - Nutrient density
 - Slow digesting/blood sugar stabilizing
- Simple carbohydrates
 - Often lacking in nutrient density
 - Quickly digested

Work/Life Balance

Plan

- What food do you want in the house, what food do you already have in the house?
- Weekly Calendar

Prep

- Making things ahead to save time throughout the week
- Making bigger portions of foods when cooking to intentionally have leftovers

Support

- Help pick up groceries, pre-heat oven
- Emotional support

Holistic Approach

- Sleep
- Stress management



S.M.A.R.T Goals

SMART goals are:

- **Specific** - Goals should be simple and defined
- **Measurable** - There should be evidence of a goal met
- **Achievable** - Goals should be slightly challenged but still possible
- **Results focused** or **Relevant** - Goals should measure outcomes and not processes or steps
- **Time-bound** goals should have a time frame
 - Starting Monday, I will eat vegetable at dinner at least 4x/week.
 - Next grocery run we will switch to low fat milk.
 - This week I will prep and bring my lunch 3x/week.

Small changes lead to bigger, lifestyle changes

Sustainable changes

- Sustainable weight loss is a type of weight loss that you can maintain over the long run.
- Current lifestyle = current weight

Am I able to maintain these nutrition changes forever?

Am I enjoying the ways I'm being active?



How can exercise help?

- Builds muscle
- Helps create a calorie deficit
- Stress management
- Sleep
- Exercise & healthy diet is a more effective way to lose weight than depending on calorie restriction alone

Remember to talk with your doctor before starting a new exercise program



Variety is Key



Meals and
recipes



Foods



Cooking methods



Types of exercise

Resources

- **American Heart Association** – Grocery Guide <https://www.heart.org/-/media/aha/recipe/pdf-files/grocery-guide-english-shopping-budget.pdf?la=en>
- **Eatingwell.com** – recipes, meal planning tools, Mediterranean Diet
- Plate method: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>
- <https://www.helpguide.org/articles/healthy-eating/choosing-healthy-carbs.htm>
- <https://www.ucsfhealth.org/education/behavior-modification-ideas-for-weight-management>

Anthem Resources

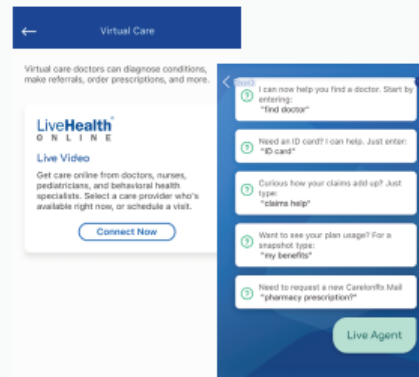
- Anthem.com
- Sydney App
- By calling Member Services (855) 869-8137

Save time and money by using the Sydney Health mobile app, where you can access the following information and more.



WELCOME TO THE SYDNEY HEALTH APP

- **DIGITAL ID CARD** – Your medical ID card is always available on the Sydney Health app. You can show, email or fax it to your doctor right from the app.
- **FIND CARE** – Search for in-network doctors, hospitals and other healthcare professionals. Plus, you can compare costs and filter providers by what is most important to you, such as gender, languages or location. You'll be matched with the best results based on your personal needs.
- **PLAN USAGE** – Keep track of your Anthem Medical Plan deductible and out-of-pocket maximum status.
- **CLAIM STATUS** – You can track your paid and pending claims. You can also find the Explanation of Benefits for each claim.
- **LIVE CHAT** – Can connect you to an Anthem Health Guide when you have questions or need information.
- **VIRTUAL CARE (POWERED BY LIVEHEALTH ONLINE)** – When you aren't feeling your best or you need guidance managing a health condition, virtual care options are available, powered by LiveHealth Online (LHO). You can connect to the care you need using the Sydney Mobile App. Doctors and Behavioral Health therapists are conveniently available to you.



DOWNLOAD THE SYDNEY HEALTH APP

Once you receive your 2024 Anthem ID card (all enrollees will receive a new ID card in December for 2024). Visit the Apple App Store or Google Play Store on your mobile device and download the Sydney Health app or scan this QR Code to download now.



Nutrition Resources within the Sydney App

- Sydney app home screen -> scroll down to programs -> View All -> "Weight Management Center"
 - "Weight Management Playbook" – fantastic guide to setting goals, planning healthy meals, and incorporating exercise into your day
 - Link to [MyPlate.gov](https://www.myplate.gov)
 - [Fit Life Podcasts](#) for ideas on healthy living choices



Anthem Nutrition Consultants



Provide 1:1 Nutrition Consulting



Assistance and collaboration in goal setting



Provide nutrition education



Provide reputable resources

Included in
your health
plan

Access to:

Exercise Physiologists

Health Coaches

Nurse Case Managers

Pharmacists

Social Workers

Registered Dietitians

Respiratory Therapists