

Keys to Success

Lifestyle Changes That Last

Lorayne Barton, MD, MPH

Keys to Success

- * **You have learned all about**

- * **Causes**

- * **Complications**

- * **Prevention**

- * **Best diet**

- * **Importance of Exercise**

- * **How Stress affects you**

- * **Now what do I do?**

Where to Begin

***EVALUATE:**

- * Where you are now and where you would like to be in a reasonable amount of time**

Where to Begin

***EVALUATE:**

- * How long has it taken to get to where you are now?**

Where to Begin

***EVALUATE:**

*** Why did you get to this point?**

Where to Begin

***EVALUATE:**

*** Do I REALLY want to change now?**

Where to Begin

- * Know your current BMI and how that relates to the category you are in for weight.**
 - * Normal**
 - * Overweight**
 - * Obese**
 - * Extreme Obesity**

Where to Begin

- * Understand the difference between:
 - * Your impression and feelings and interpretation of your weight and your health
 - * What the medical interpretation of your weight and health are telling you

BMI Chart

	Normal 18.5 - 24.9						Overweight 25 - 29.9					Obese 30 - 39.9										Extreme Obesity 40 or higher														
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (Inches)	Body weight (Pounds)																																			
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	128	135	142	149	155	162	169	178	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

Keep Track of Progress

- * Keep a record of your weight loss**
- * Keep a journal of your calorie intake**
- * Keep a record of your daily exercise**

Have Secondary Goals

- * **Weight loss**
- * **Lose 2 dress (pant) sizes**
- * **Lower cholesterol by 20 points**

Don't Set Yourself up for Failure

- * **Set realistic goals**
- * **Don't make goals too high**
- * **Smaller goals add up to the final goal**

Follow the SMART PLAN

- * **S** pecific
- * **M** easurable
- * **A** ttainable
- * **R** ealistic
- * **T** ime goal

Follow the SMART PLAN

- * **Specific** - I want to lose 20 lbs
- * **Measurable** – It must be something you can measure such as BP
- * **Attainable** – should be able to reach it
- * **Realistic** – Don't make goal too high for your situation
- * **Time goal** – Choose a time goal

Things that Affect Goals

- * Your age**
- * Your motivation**
- * Your medications**
- * How long you have had diabetes, etc**
- * Your other medical conditions**

Things that Affect Goals

- * Your real commitment**
- * Your willingness to continue**
- * Your likelihood to continue exercise**
- * Your attitude about changes such as the food**

Lifestyle Changes

- * For any lifestyle habit change there is Hope**
- * Daily take advantage of the most Powerful Law of the Universe:**

Lifestyle Changes

- **By beholding
we become changed.**

II Corinthians 3:18

Lifestyle Changes

- What are we supposed to behold?



Lifestyle Changes

- *The owner's manual has the answer:
 - * "Behold the Lamb of God, which taketh away the Sin of the World" I John 1:29
- *This is the secret to lasting lifestyle change
 - * As we behold Jesus, we will become more and more like him

Lifestyle Changes

***If you have been struggling without success, try these ideas:**

- Start your day with prayer**



Lifestyle Changes

***Spend 1 hour a day studying the the life of Jesus Christ and what he did to achieve success**



Lifestyle Changes

***Invite Jesus Christ into your life to direct and guide your day every day especially in the areas you are having the most difficulty with.**

Lifestyle Changes

***Put the Bible or other inspirational sermons, lectures or books on your phone or on a disc in your car when you go about your day**

***Listen to inspirational music and texts as you walk or exercise**

Lifestyle Changes

***Decrease listening to secular music, radio and TV**

***After about 3 months, your tastes will be changed**

Lifestyle Changes

***In general, it takes 21 days to eliminate a bad habit or to achieve success on a new habit**

***It can take longer for deeply ingrained habits**

The 7 D's to success in Overcoming a Bad habit*

- * 1. Decide Definitely to make the change
- * 2. Delay giving in to a craving
- * 3. Drink plenty of water
- * 4. Do something else
- * 5. Deep Breathing
- * 6. Discuss with a friend or spouse
- * 7. Divine power

*Adapted from Dr. Linda Ferry, MD, MPH, 6 D's for how to stop smoking

The 7 D's to success in Overcoming a Bad habit*

- * 1. Decide Definitely to make the change**
 - First, make a commitment that you are going to make a change – Decide!**
 - Be clear about your goals- Write them down**
 - Monitor your progress**

The 7 D's to success in Overcoming a Bad habit*

*** 2. Delay – This does not mean to delay what you have decided to do that is a good decision**

- This is to avoid a tempting habit
- If you wait just a few minutes - 3-5 the overwhelming urge to indulge will pass

The 7 D's to success in Overcoming a Bad habit*

- * 3. Drink water- This will help you to keep your resolve by allowing your blood to have good circulation to your brain and also help to decrease hunger
 - Drinking water helps especially for habits that are addictive such as smoking or cravings

The 7 D's to success in Overcoming a Bad habit*

*** 4. Do something else – If it is a bad habit you are trying to eliminate, find something else to do instead**

- Pick a new routine

- Practice the new “good habit” to take the place of the old “bad habit” or way of doing things

*Adapted from Dr. Linda Ferry, MD, MPH, 6 D's for how to stop smoking

The 7 D's to success in Overcoming a Bad habit*

* 5. Deep Breathing

- Exercising out of doors is far more effective than indoors
- Getting Fresh air helps in right thinking

The 7 D's to success in Overcoming a Bad habit*

- * 5. Discuss with a friend or spouse**
 - Tell someone else so that they can help you – (Support System) (Accountability)**

The 7 D's to success in Overcoming a Bad habit*

* 5. Divine Power

* - I can do all things through Christ who strengthens me. Phil 4:13

Avoid the 7 S' s*

* Avoid the Seven S' s*

- * 1. Sodas
- * 2. Sugars, Syrups
- * 3. Snacks
- * 4. Sweets
- * 5. Saturated Fats
- * 6. Second Helpings
- * 7. Sedentary Lifestyle



Lifestyle Changes

***Some experts suggest tackling only one habit at a time, however this is not absolutely necessary**



Get Plenty of These Four

- * **1. Sleep**
- * **2. Fresh Air**
- * **3. Water**
- * **4. Exercise**

Lifestyle Habits that Last

- * 1. Getting sleep/rest helps to create new habits**
- * Eliminating alcohol, caffeine, sugary and spicy foods & drinks helps in dieting & decision making for other habits**



Avoid the 3 P's

- * 1. Potlucks that are not healthy**
- * 2. Purchasing tempting foods**
- * 3. People that try to sabotage you**

Avoid S & L

- * Sitting – This is one of the most dangerous “activities” to your health. Get up and move with every opportunity you can.**
- * Lying down after meals – This also is dangerous and allows sludging of blood to the brain especially if you have had a high fat meal**

Plan Ahead

- * 1. Prepare food in advance**
- * 2. Don't skip meals especially breakfast**
- * 3. Avoid tempting situations**
- * 4. Bring healthy alternatives**
- * 5. Take walking breaks**

What if?

- * Don't get discouraged if you fail
- * – Remember the old saying, If at first you don't succeed, try, try again.
 - Thomas H. Palmer (1782 – 1861)

What if?

- * “It's not how many times you fall that matters, it's how many time you get back up.”
- * There is a Japanese saying, that is translated as... Fall seven times, stand up eight.