

# How to manage weight

**Presented by:**

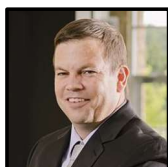
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# Our team

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Research Assistant



## Evaluation and Implementation of Lifestyle Changes and Life's Simple 7 in Northwest Indiana



**Indiana**  
Department  
of  
**Health**

**Exercise**  
is **Medicine**<sup>®</sup>  
On Campus

Purdue University Northwest

## The American Heart Association's "Life's Simple 7"



✓  
Stop  
Smoking



Get  
Active



✓  
Control  
Your  
Cholesterol



✓  
Manage  
Blood  
Pressure



✓  
Eat  
Healthy



Lose  
Weight



✓  
Reduce  
Blood  
Sugar

# What's new?

**Sleep** added as component of heart health.

- Accounts for vaping and secondhand smoke.
- Creates a new guide to assess diet.
- Adjusts cholesterol and blood sugar measures.

**Circulation**  
Volume 146, Issue 5, 2 August 2022; Pages e18-e43  
<https://doi.org/10.1161/CIR.0000000000001078>

 American Heart Association.

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**AHA PRESIDENTIAL ADVISORY**

**Life's Essential 8: Updating and Enhancing the American Heart Association's Construct of Cardiovascular Health: A Presidential Advisory From the American Heart Association**

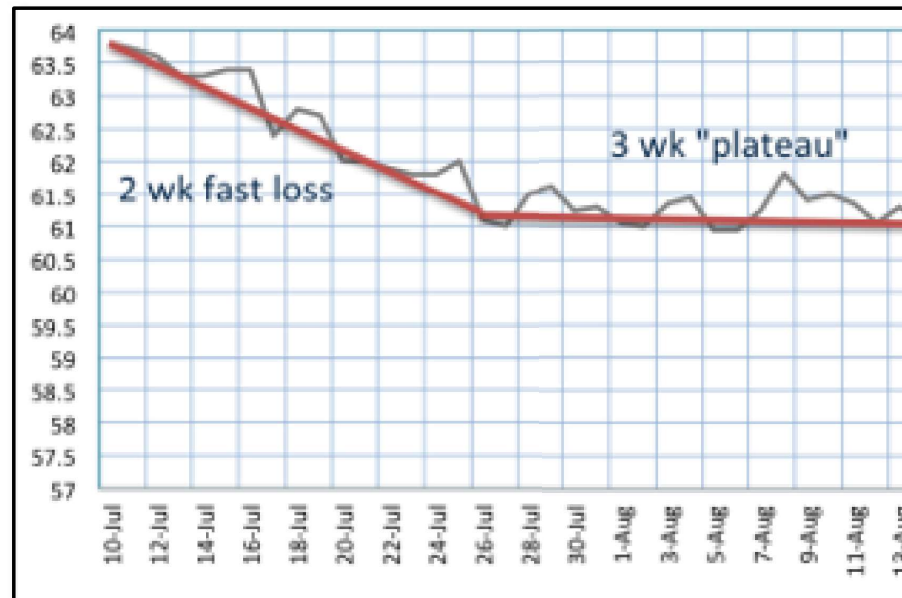


**Weight management fact vs fiction**

# Myth #1

**Once you start, you'll keep losing weight.**

# The weight loss “plateau”



# Myth #2

**Obesity has nothing to do with genetics.**



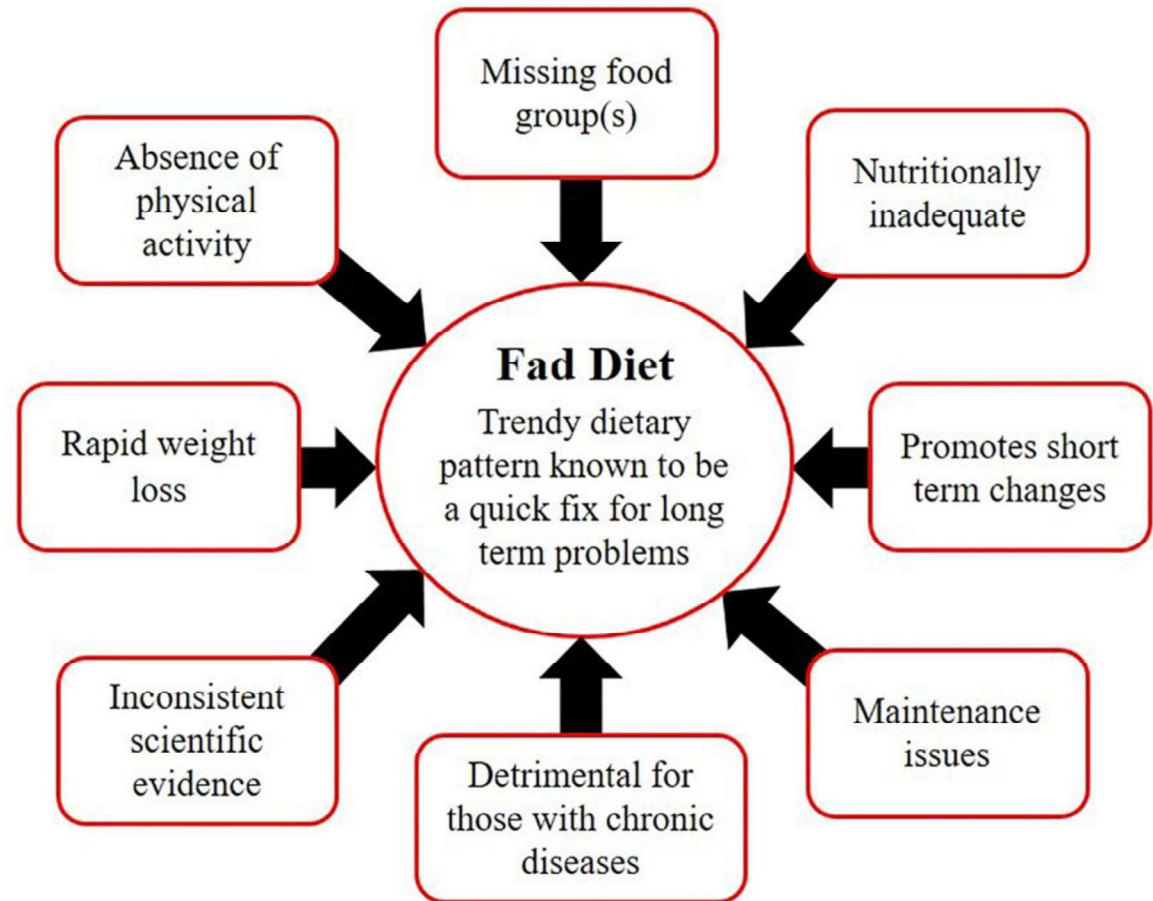
# Genetics is a factor

- **Several genes may make individuals more likely to:**
  - **Resist weight loss**
  - **Increase appetite**
  - **Store energy as fat**



# Myth #3

**Fad diets work.**



# Myth #4

**Your diet doesn't matter if you just exercise more.**



**"You can't outrun a bad diet"**

# Myth #5

**You can eat as much healthy food as you want.**



**How to manage weight?**

**Consider these 2 factors:**

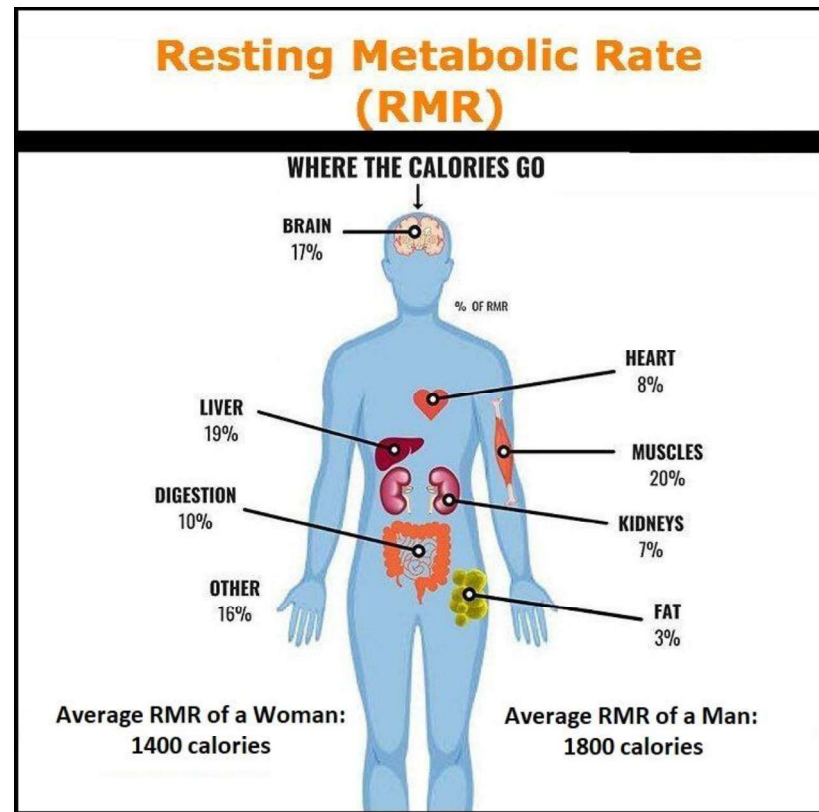
**Calories in**

**VS**

**Calories out**

# Step #1

**Estimate your resting/basal metabolic rate (or have it measured).**



# Step #2



**Keep track of what you eat.**

**cronometer**





# Step #3

**Reduce your calories in (create a caloric deficit).**

**Aim for 300-500 fewer calories each day.**

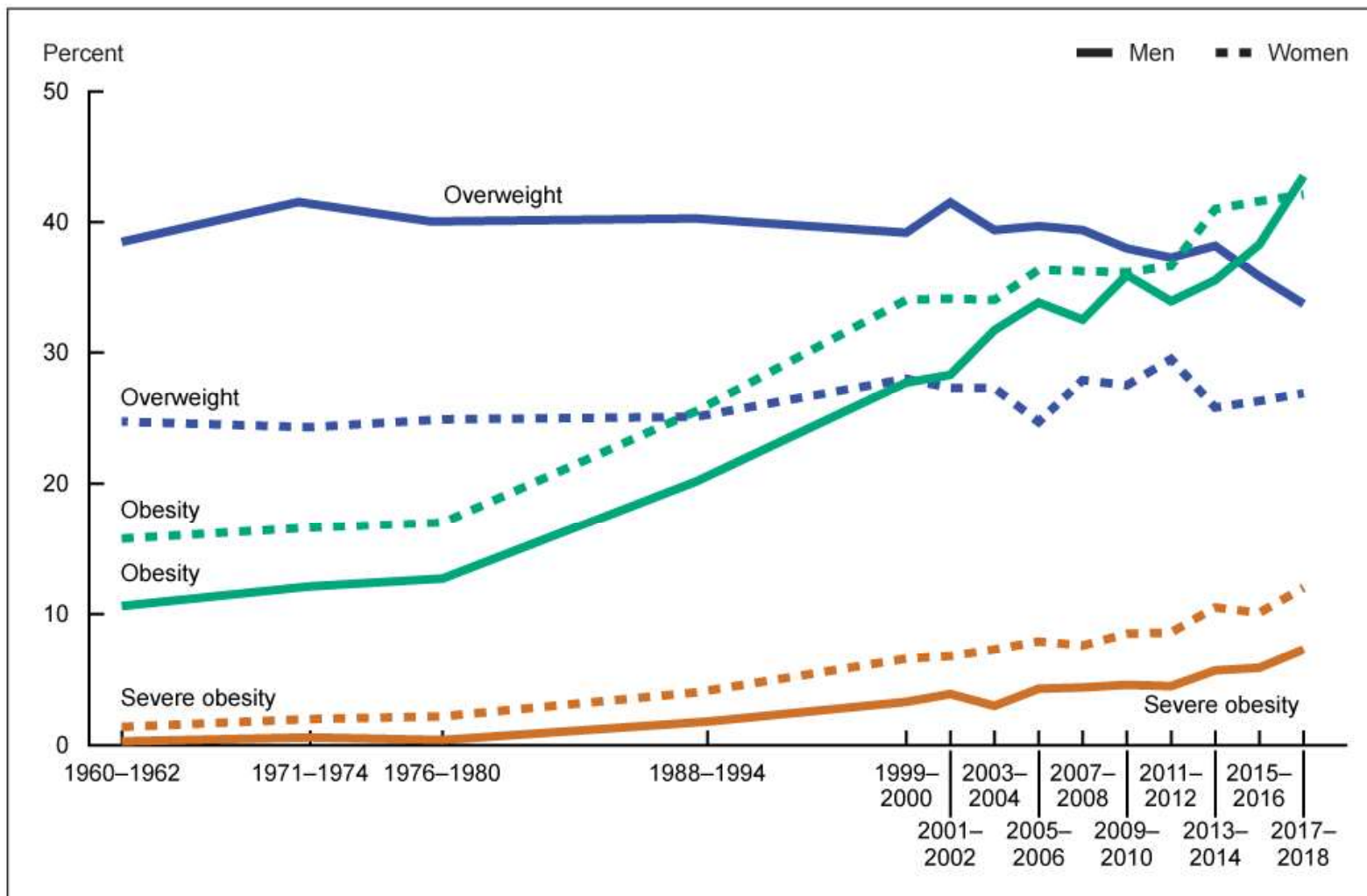
# Step #4

**Increase your calories out.**

- **↑ Physical activity**
- **↑ Non-exercise activity thermogenesis (NEAT)**
- **↑ Thermic effect of food**

**Easy, right?**





NOTES: Data are age adjusted by the direct method to U.S. Census 2000 estimates using age groups 20–39, 40–59, and 60–74. Overweight is body mass index (BMI) of 25.0–29.9 kg/m<sup>2</sup>. Obesity is BMI at or above 30.0 kg/m<sup>2</sup>. Severe obesity is BMI at or above 40.0 kg/m<sup>2</sup>. Pregnant women are excluded from the analysis.  
 SOURCES: National Center for Health Statistics, National Health Examination Survey and National Health and Nutrition Examination Surveys.

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OPRAH'S EMOTIONAL INTERVIEW

"I Finally made peace with food"

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January 23, 2017

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Fitness & Nutrition Expert  
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30-Day Nutrition and Fitness Solution!

READ BY THE AUTHOR  
with a foreword read by Kimberly M. Weatherall

**U**

TRISTA'S US EXCLUSIVE

**HOW I GOT MY BODY BACK!**

- 30 POUNDS IN 5 MONTHS
- Fears she'd never be sexy again: "I was hiding my body"
- Her exact diet & workout
- Already trying for baby No. 2!

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\*Individual results may vary.

**Prepare for setbacks**

# What if you **fail**?

- Most people **fail** multiple times before successful weight management
- Don't **punish** or **blame** yourself.
- Think about what **triggered** the urge to overeat.
- Review your plan and **try again**.

# You can overeat and still be in a deficit

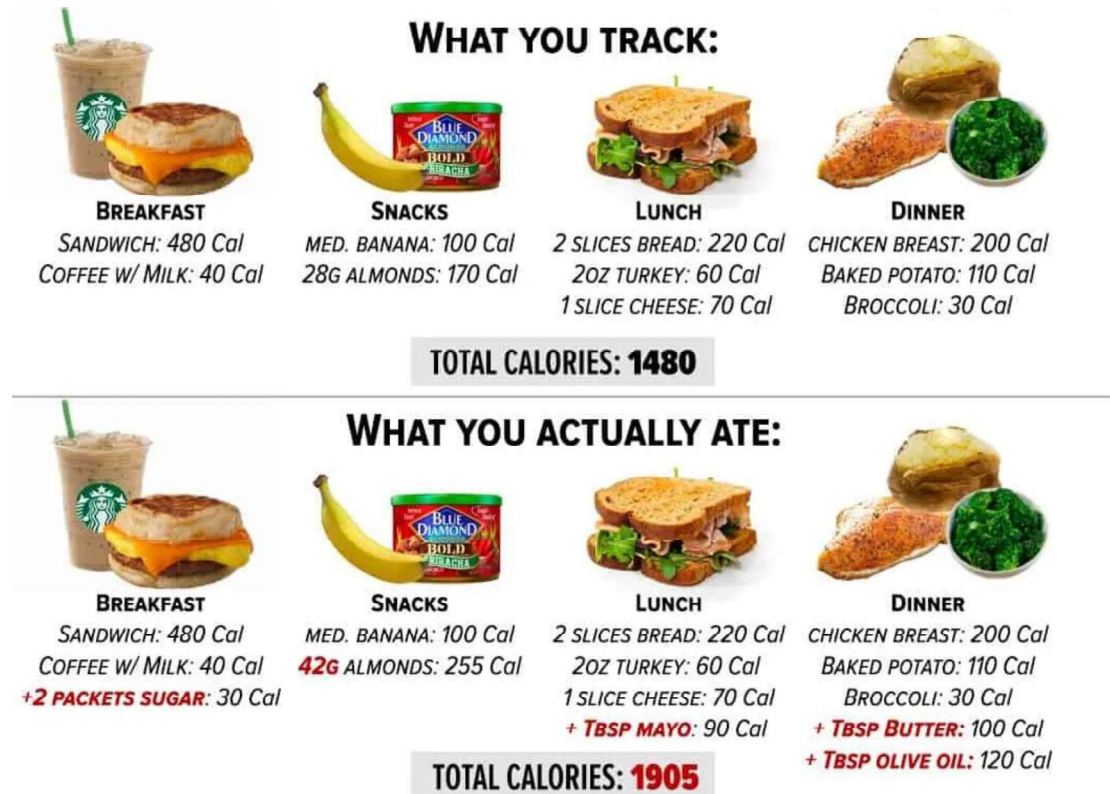
Sample resting metabolic rate = **2,300 calories per day**  
Target calories per day = **1,800 calories per day**

<b>MON:</b> <b>1,800</b> Calories	<b>TUES:</b> <b>1,800</b> Calories	<b>WED:</b> <b>1,800</b> Calories	<b>THUR:</b> <b>1,800</b> Calories
	<b>FRI:</b> <b>3,000</b> Calories	<b>SAT:</b> <b>1,800</b> Calories	<b>SUN:</b> <b>1,800</b> Calories

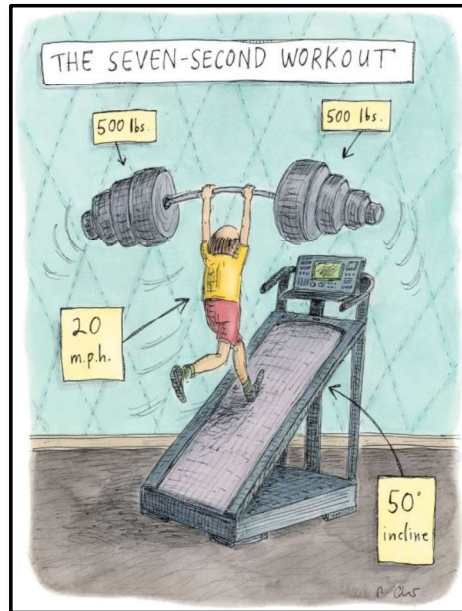
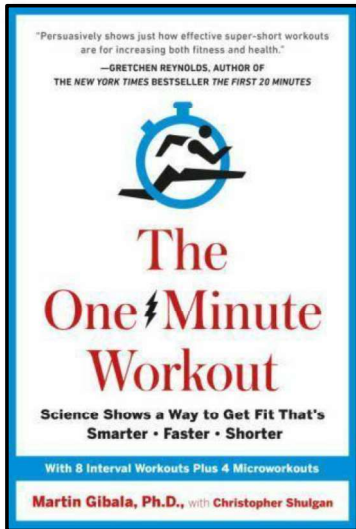
**Total caloric deficit = 1,800**



# In a caloric “deficit” but not losing weight?



# Exercising too hard?



OFTEN LEADS TO...



**Other tips for success**

## ↑ Physical Activity

- Remember, “**Move more, sit less**”
- Try to move for **at least 10 minutes** at a time **several times** throughout the day
- Add resistance training
  - Bodyweight
  - Free weights
  - Machines
  - Resistance bands

## ↑ Non-exercise activity thermogenesis (NEAT)

- Park further away
- Use the stairs instead of elevator
- Walk your dog
- Walk while on the phone
- Clean your house

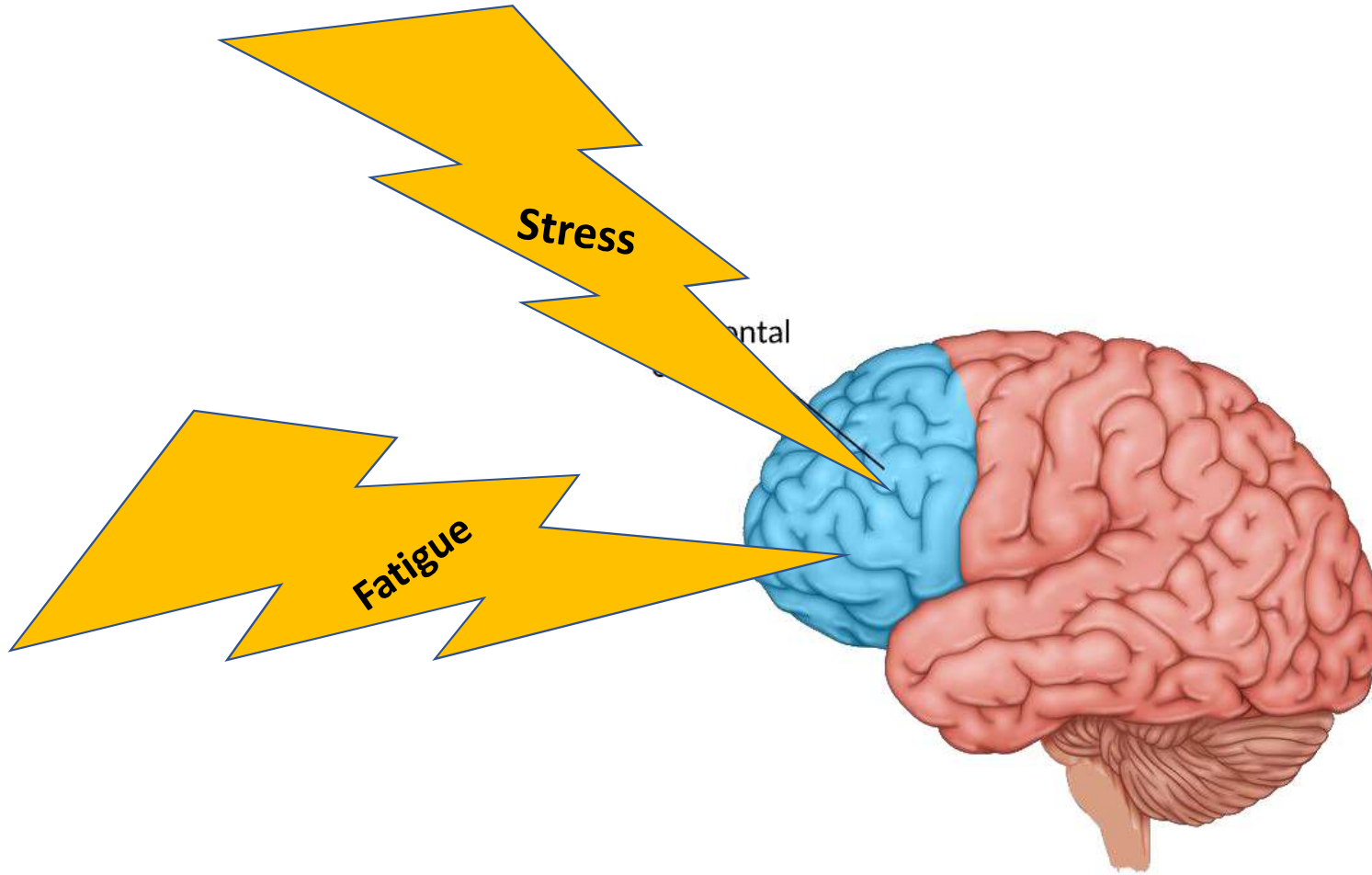
## ↑ Thermic effect of food

- Increase protein intake
- Increase fiber intake

# Be more **mindful**

- Reduce **mindless** eating





# Be more mindful

Mindless Eating	Mindful Eating
<ul style="list-style-type: none"><li>• Eating foods that are emotionally comforting</li><li>• Eating when emotions tell us to eat (i.e. sad, angry, anxious, insecure, frustrated, lonely, depressed &amp; even happy)</li><li>• Eating past full</li><li>• Eating just to eat, rather than eating to nourish and replenish your body</li><li>• Eating junk food when you "think" you are hungry</li><li>• Eating &amp; multitasking</li><li>• Eating until you are stuffed</li></ul>	<ul style="list-style-type: none"><li>• Eating when your body tells you to eat (i.e. stomach growling)</li><li>• Eating foods that are nutritionally healthy (i.e. lean proteins, complex carbohydrates, fruits, nuts &amp; seeds)</li><li>• Eating without distraction</li><li>• Listening to our bodies when it signals that you are satisfied</li><li>• Feeling good about the food choices you made</li><li>• Feeling energized and present after you eat</li><li>• Slow down when you are eating</li><li>• Pause in between bites</li><li>• Being aware of what you are eating and how you are feeling</li></ul>

# Our remaining seminars



## How to Be More Active

11am to 12pm, April 24, 2023

### Session Topics:

- Understanding facts and myths about physical activity
- How to make a plan to engage in physical activity
- Tips for successfully adhering to physical activity
- Free pedometers will be provided to the first 30 attendees

cronometer

