

# e-Healthy Older Adults Modification

## Diabetes Prevention Program

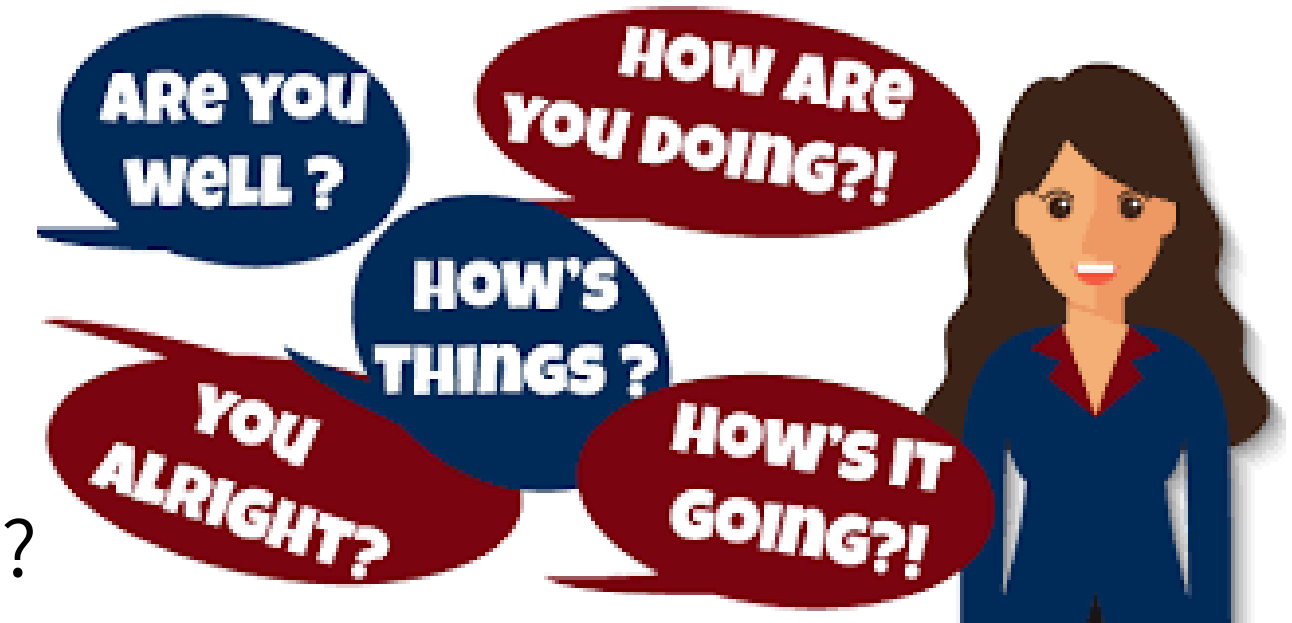
**WEEK #5**

**TIP THE CALORIE  
BALANCE!**

# Group Opening Discussion

WELCOME BACK! HOW WAS LAST WEEK?

1. Did you track every meal?
2. Did you weigh every day, & record your weight today?
3. Did you get some brisk-paced walking in, and remember to breathe?
4. Did you give your meals a healthy makeover?
5. Did you email the Intervention Team and review the response?
6. What were your unique challenges and successes?



**REMINDER: CHARGE  
YOUR FITBIT & SCALE  
DURING THIS MEETING!**

# When were the most active?

- Weekday morning
- Weekday afternoon
- Weekday evening
- Weekend morning
- Weekend afternoon
- Weekday evening



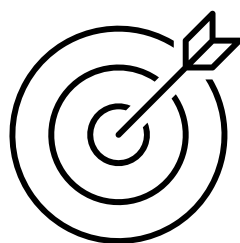
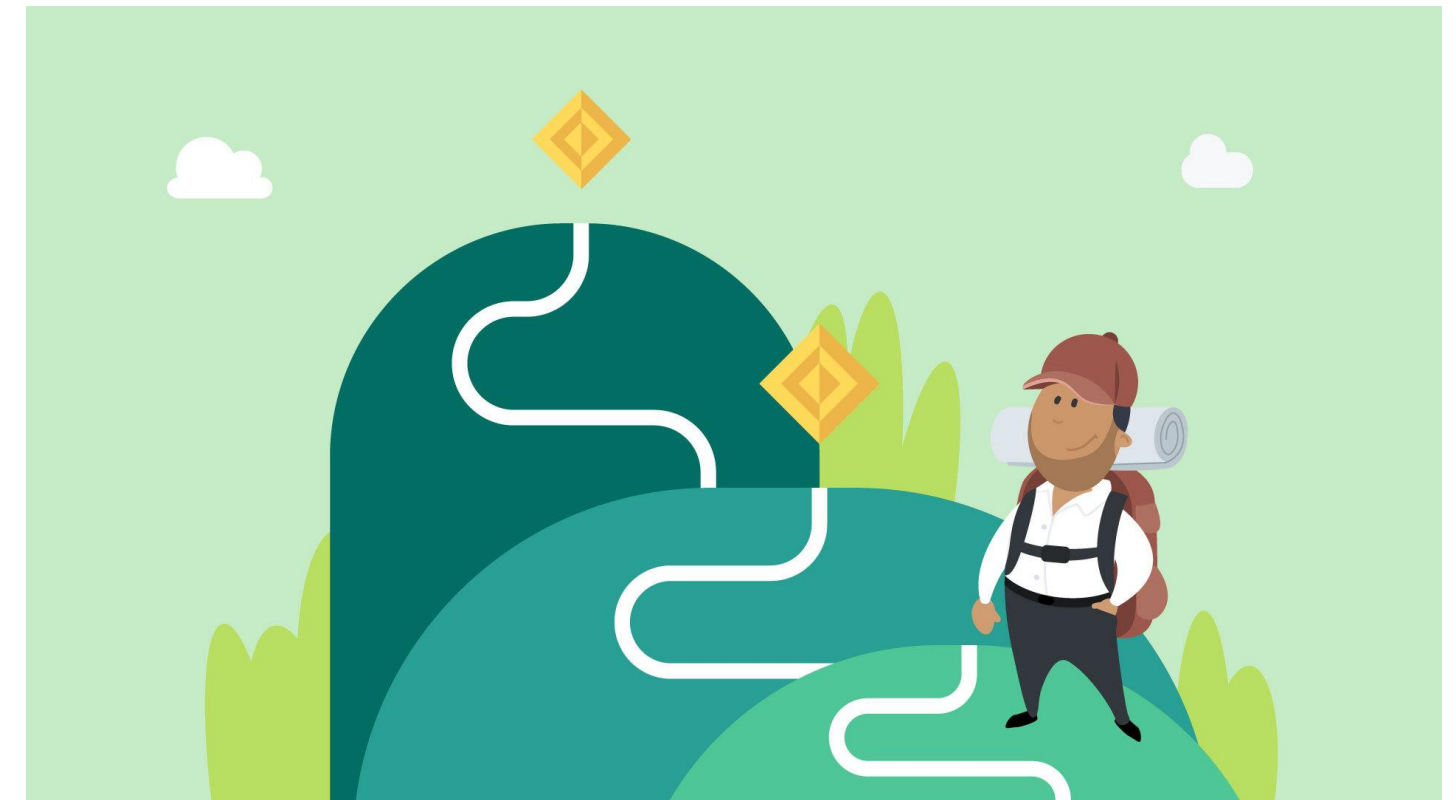
## **SHARE YOUR STRATEGIES FOR SUCCESS IN THE CHAT!**

Were you more likely to be active when alone or bored, or when others wanted to get moving?  
Let the group know what works for you -- it could really help others find motivation and success!

# How do you feel after you get moving?

What does healthy feel like to you? (select all)

- ☐ I have more energy after a good walk
- ☐ I sleep better, and wake rested
- ☐ I am less hungry
- ☐ I have had a better mood
- ☐ I look forward to my next walk
- ☐ My family says they are noticing the difference
- ☐ My clothes fit better
- ☐ Getting my steps in is getting easier
- ☐ Other (discuss)



## AIM FOR SUCCESS

Those milestones are important to recognize and build on!

# The Calorie Balance

## What is a calorie?

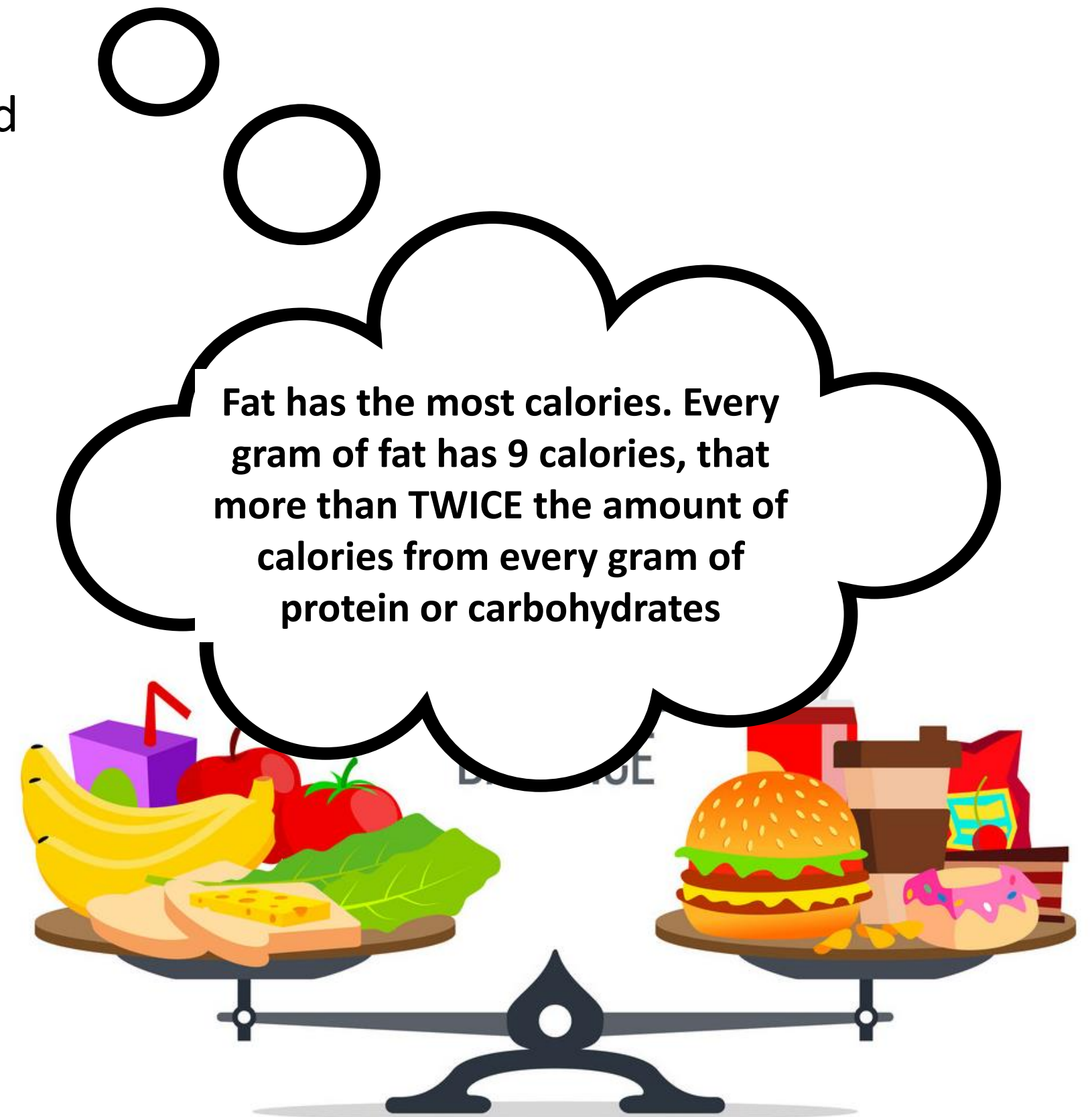
- The amount of energy in a food – energy you need to fuel your day.
- Calories in food are from Fat, carbohydrates, protein or alcohol

## Calories in, Calories Out

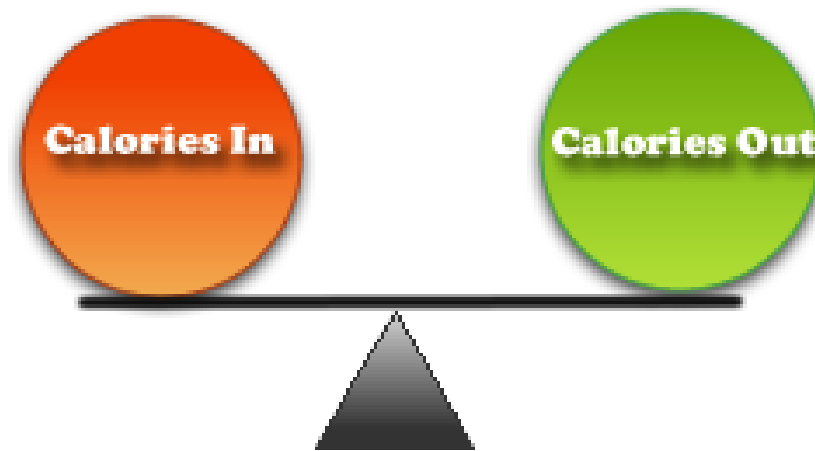
- What you eat is your calories IN
- What you burn walking is your calories OUT
- Budgeting calories is the best way to shed pounds
- Your daily steps keep those pounds off

## Ways to tip the calorie Calories

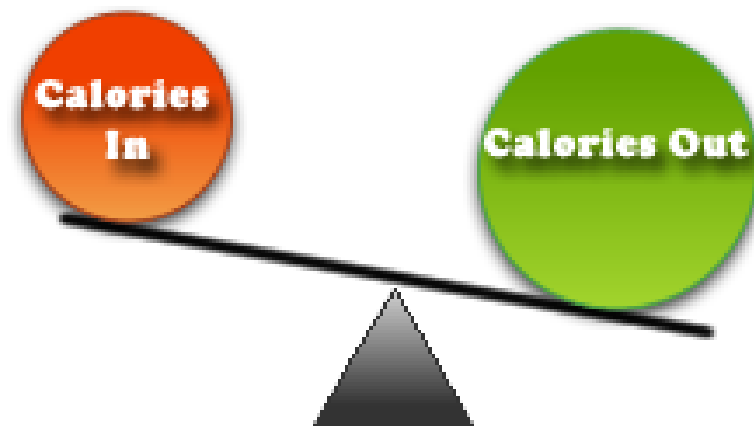
- Eat more fiber, and multiple times a day
- Eat less fat, especially saturated fat
- Don't drink your calories
- Walk more, walk faster (if you can)



# So how can we lose weight?



**Weight Maintained**  
**Isocaloric Balance**  
Energy In = Energy Out



**Weight Loss**  
**Negative Caloric Balance**  
Energy In < Energy Out



**Weight Gain**  
**Positive Caloric Balance**  
Energy In > Energy Out

- We aim to reduce our daily calories by at least 500 below the amount we need to **MAINTAIN** our weight. That way we lose about 1 pound a week
- We increase our physical activity alongside decreasing our calories to give the calorie balance an extra boost
- Aim for long-term success by finding things you can stick to, but trying new things that improve the health of our daily lifestyle
- Don't fall into the trap of eating more because you exercise more— stick to your calorie plan!

# Building on the last month

- **OUR ACHIEVABLE GOALS**

- Started with 6,000 steps a day with 2,000+ “brisk”
- Aiming for 150 min a week by Week 8
  - That’s about 22 min a day!
- Sticking to our calorie goals, and being consistent
- Logging calories and exercise everyday so you can track what is working and what is not working
  - Review your weekly weight change with the intervention team by email to make sure you keep advancing toward your goals
- Acknowledge the hard work and success you’ve already had
  - Maintaining those while we explore more
- Achieving 5-7% body weight loss and keeping it off the rest of the year



**THIS WEEK’S TIP:**

**Drink water before you eat!**

Sometimes we mistake thirst for hunger and reach for a snack instead of a glass of water or a calorie-free beverage. Check in with your thirst before grabbing something to eat.



# How am I going to tip the calorie balance?

## What will this week include? (select all)

- Drink more water
- Start every meal with a salad
- Take the long way back on a walk
- Jog in place during commercial breaks
- Make a walking date with a friend
- Take an extra loop or two in the grocery store
- Cut out soda and alcohol
- Try a new recipe
- Log my calories and staying on my calorie target
- Getting in my steps
- Weigh myself everyday
- Other (discuss)





# Put it into Practice

## Tip the Energy Balance

1. Track those meals and take your weight EVERYDAY!
  - Monitor your progress and identify areas for improvement towards YOUR GOALS
2. Ask yourself- can I do another 10 min of exercise today?
  - Aim to do 30 min more this week than last week (a minimum of 60 min)
  - Use your activity planner and record your 10min+ successes!
3. Stand more than sit, walk more than stand.
  - Take the stairs, go on a short walk to kill time– more ideas to get more active? Put them in the chat!



**REMEMBER THIS WEEK'S TIP: Drink more water!**

Fill up on fluids with no calories! Make sure to get enough water in which will make exercise easier and hunger less frequent

# Questions?

## For next week:

1. Drink water when you feel hungry between meals
2. Track your food and exercise and **Weigh Every Day**
3. Remember your calorie, fat, and step count targets
4. Email your logs and progress to the Intervention Team and Review the response!



## FOOD FOR THOUGHT

- The calorie balance can work for you, keep trying
- Check that scale everyday but focus on weekly trends, you got this!