

# 10 Healthy Habits for Wellness, Weight Management, & Longevity

By Anna Jones, MS, RD, LD



# Intro

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- Weight and health are influenced by many things
- Certain habits have been proven to have a positive impact
- Small, gradual changes work best



# 1. Commit

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- ◉ Diets and fads are not the answer
- ◉ Are you ready to change your lifestyle?
- ◉ What small change are you willing to make today?



## 2. Write It Down

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- A food diary is one of the most proven, effective ways to change eating habits
- Research shows people who keep them are the most successful with weight loss
- Keeping a food diary
  - Increases awareness
  - Keeps you accountable
- Sharing your food diary with someone else is especially effective



# Tips For Keeping a Food Diary

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- Don't wait until the end of the day to record
- Be honest
- Record emotions too
- Use whatever method works
- Great apps/websites available
  - My Net Diary
  - Lose It!
  - My Fitness Pal



## 3. Eat Often

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- Try to avoid skipping meals
- Eat every few hours
- Eat a healthy balance of high fiber carbs, lean protein, and healthy fat
- Eating should be based on true physiological hunger
- Know your body's cues



## 4. Eat Breakfast Every Day

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- The healthiest most successful weight losers eat breakfast
- Why?
  - Stokes your body's calorie burning furnace
  - Sets you up to eat better the rest of the day
  - Reduces hunger later in the day
  - Breakfast eaters tend to eat fewer calories, less saturated fat and cholesterol
  - Skipping breakfast is association with less physical activity



# What is a Healthy Breakfast?

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- A balanced breakfast includes
  - Some whole grain carbs
  - Lean protein
  - Fruit or vegetable
  - Some calcium





# Some Examples

**Greek yogurt topped a little granola and a fresh sliced peach**

**1 whole egg plus 1 egg white scrambled with 1/4 cup spinach and a pinch of shredded cheese with a slice of whole wheat toast**

**High fiber cereal, such as Fiber One, Cheerios, Kashi GoLean, or Shredded Wheat with 1/4 cup walnuts or almonds and skim milk**

**Breakfast burrito made with 1 whole-wheat tortilla, 1/2 cup egg substitute scrambled with 1/2 cup assorted cooked vegetables, and 1 ounce of reduced-fat cheese**



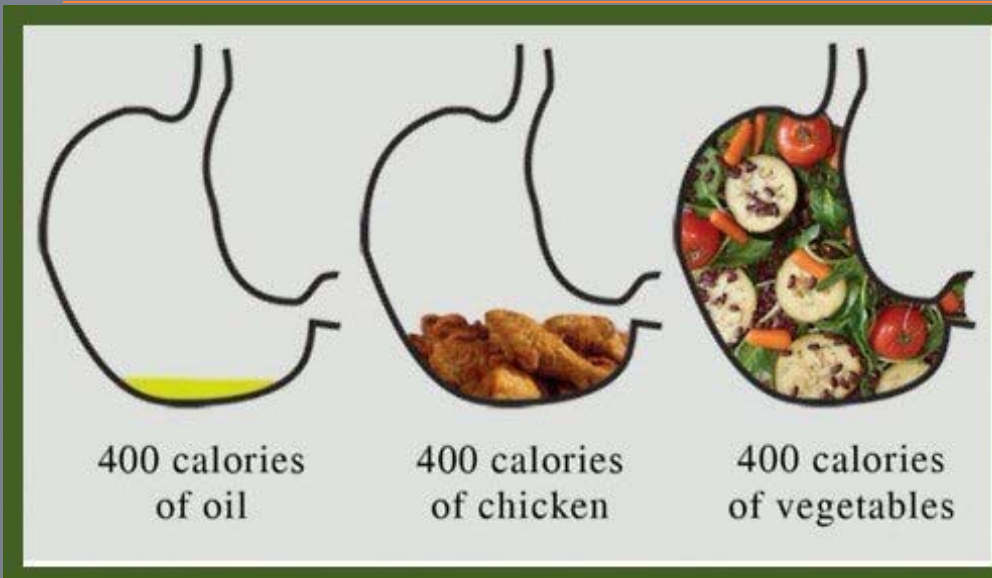
# 5. Choose Nutrient-Dense Foods

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- What is nutrient-dense food?
  - A food with a lot of nutrients compared to the number of calories
- Eat more and feel more satisfied
- Base your meal planning on real foods loaded with nutrients
  - Whole grains
  - Fruits & vegetables
  - Beans, lean meats, nuts, & seeds



# Nutrient Density vs. Calorie Density



Great resource:  
[The Volumetrics Diet](#)  
by Barbara Rolls, Ph.D. & Mindy Hermann, RD



## 6. Plan Ahead

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- ◉ Having a plan will set you up for success
- ◉ Make healthy eating convenient
- ◉ Plan meals for the week in advance
- ◉ Keep healthy foods and snack on hand
- ◉ Schedule physical activity ahead of time



# 7. Drink Plenty of Water

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- Make water your main choice of beverage & drink it all through the day
- Are you hungry or thirsty?
- Benefits
  - Helps control calories
  - Energizes muscles
  - Helps keep skin looking good
  - Aids in digestion
  - Helps kidneys function



# Tips for Drinking More Water



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1. Have a big glass of water at every transitional point of the day: when you first get up, just before leaving the house, etc.
2. Make it convenient – keep a big, insulated water bottle or cup with you all day
3. Down a full glass several times a day
4. Freeze peeled pieces of lemons, limes, and oranges and use them instead of ice cubes



## 8. Get Enough Sleep

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- Sleep is tied to hormones that influence appetite and food choices
  - Ghrelin – stimulates appetite
  - Leptin – send a signal to your brain when you are full
- Lack of sleep = ghrelin  and leptin 
- Shoot for 7-8 hours per night



# Tips for Getting More Sleep

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- Be physically active during the day
- Turn off your phone and computer at least one hour before bed
- Take time in the evening to journal, sit in silence, meditate, or pray
- Read a relaxing book rather than watching TV
- Go to bed 20 minutes earlier





## 9. De-Stress

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- Emotions and stress can greatly influence food choices
- Stress also effects hormone levels
  - Cortisol – “fight-or-flight” stress hormone
- Cortisol increases appetite, especially for sweets and refined carbs
- “Stress fat” is concentrated around the midsection



# De-Stress

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- Choose a de-stressing option
  - Meditation or prayer
  - Yoga
  - Pilates
  - Deep breathing exercises
  - Massage



# 10. Be Mindful

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- What is mindful eating?
  - Bringing awareness to food
  - Choosing to eat food that you enjoy and is good for your body by using all your senses to explore, savor and taste
  - Eating without judgment
  - Learning to be aware of physical hunger and satiety cues



# Be Mindful

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- ◉ Read ingredients
- ◉ Look at nutrition facts
- ◉ Think about food when you are eating
- ◉ Sit down and slow down
- ◉ Avoid multitasking while you eat
- ◉ Pay attention to hunger and fullness
- ◉ Before you eat, ask yourself “Am I Really Physically Hungry?”



# 11. Be Physically Active

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- Physical activity is key to weight management, wellness and longevity
- Aim for at least 150 minutes of moderate-intensity exercise each week
  - Short bouts count too
- The most successful weight losers exercise, on average, 1 hour per day
- Focus on aerobic and strength, variety and intensity



# Incorporating Healthy Habits

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- ◉ Where to start?
- ◉ Remember, small gradual changes are more sustainable
- ◉ Find out what works for **YOU**
- ◉ Do what you enjoy!



# For More Information

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Check out my website and follow my blog

at [www.annajonesrd.com](http://www.annajonesrd.com)

or follow me on Facebook at

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**THANK YOU!**

