

# Weight Loss Myths & Facts

- 84+ years, started by Railway Mail Carriers
- 2+ million members worldwide
- Membership in FEHBP and FEDVIP
- Exclusively Federal / Postal / Annuitants / Military retirees
- Extensive nationwide network of doctors, dentists, hospitals and other providers
- GEHA starts with you

# Agenda

- Busting the myths with facts of weight loss
- Exercise vs. physical activity
- Metabolism and calories
- Sleep and the correlation with weight loss
- Chronic conditions – diabetes and hypertension





## Good foods vs. bad foods

- Stay away from behavioral words
- Keep food and eating habits positive
- Be kind to yourself with positive words



## Foods perceived as “good”

- Almond/coconut milk
- Bragg's apple cider vinegar
- Coconut oil
- Organic/non-GMO
- Gluten-free labels



## **Foods perceived as “bad”**

- Breads
- Pastas
- Canned foods
- Sugar substitutes
- Food dyes
- Oils, etc.

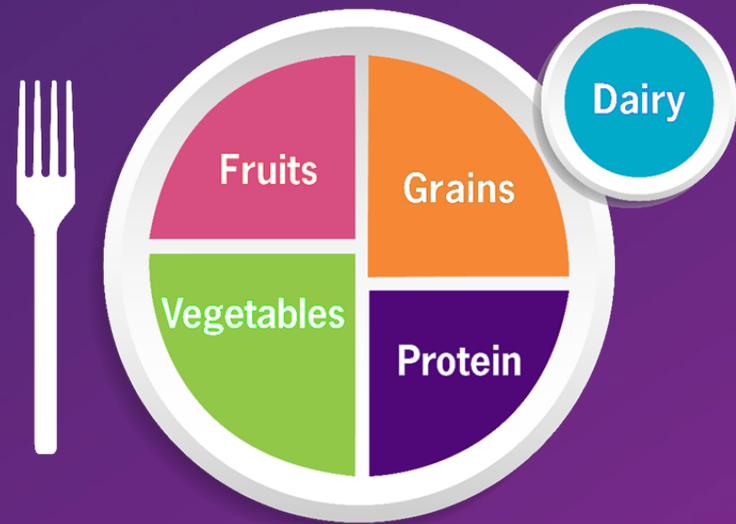
# Remember...

- “On this diet, you can eat all the red meat you want to, but fruit will kill you.” – **Myth!**
- “And on this diet, you can eat all the fruit you want, but red meat will kill you.” – **Myth!**
- “There is no diet that will do what healthy, balanced eating does.” – **Fact!**



# MyPlate

- Use the USDA MyPlate plan to help create balance for all meals
- $\frac{1}{2}$  fruits and vegetables
- $\frac{1}{4}$  whole grains
- $\frac{1}{4}$  lean protein
- Low-fat dairy options



# Myth or Fact

## Plant based eating is a diet

**Myth** — It's a lifestyle. There are so many ways we can follow a plant-based diet—soy, tofu, nuts, seeds, beans, legumes, etc. Can be opportunities for us to get protein and still maintain plant-based eating.



# Myth or Fact

All foods can fit in our daily diet

**Fact!** We don't have to eliminate foods we love—we might just have to limit or keep some of our favorite things in moderation, but we can make it fit!



# Myth or Fact

To lose weight, I need to eat fewer than 1,200 calories per day.

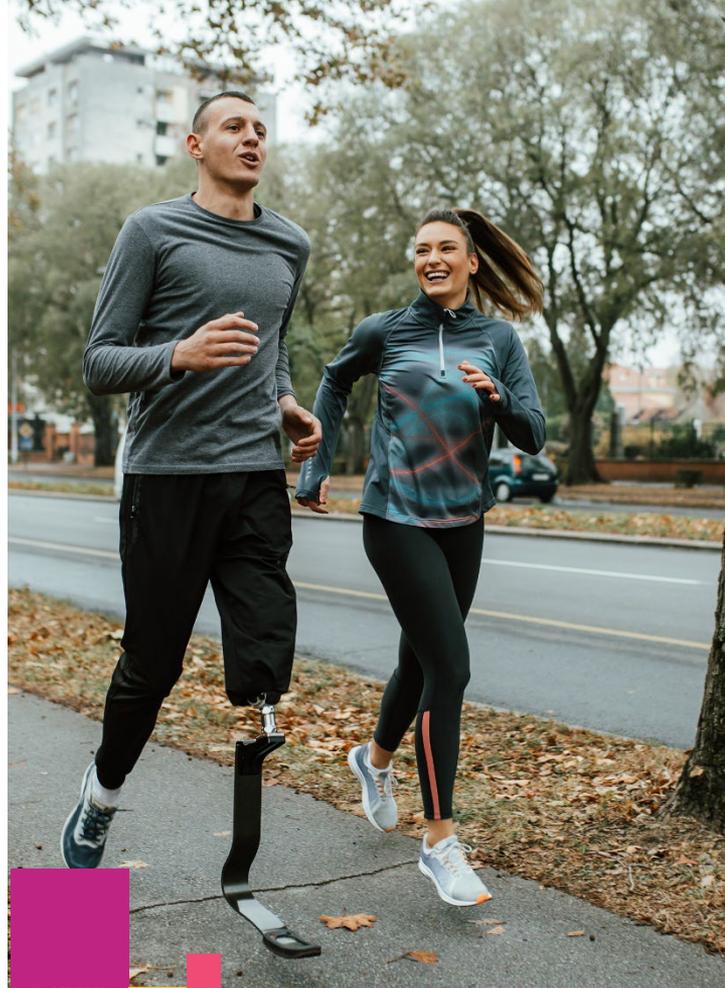
**Myth!** Everyone's body is different so there isn't a set calorie restriction or limit that's standard for weight loss



# Myth or Fact

Eating sugar will make me gain weight in the stomach.

**Myth!** Your body doesn't pick and choose where it's going to deposit the fat sources.



# Physical activity vs. exercise

- What is the difference?
- Is all physical activity considered exercise?
- How important is exercise to weight loss?





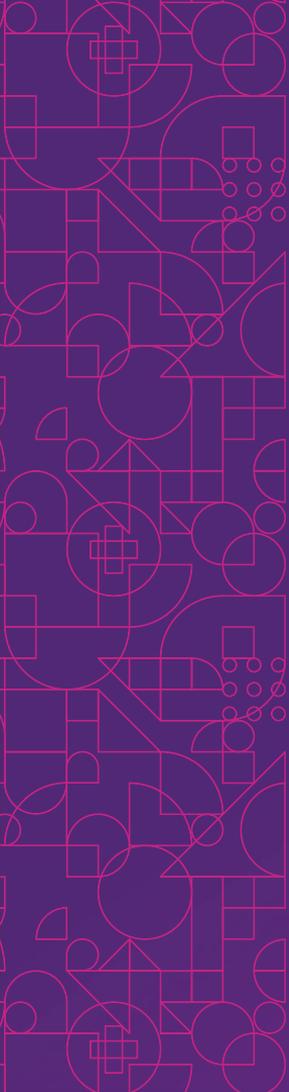
# Metabolism

- What is it?
- Factors that affect metabolism:
  - Size
  - Gender
  - Age
  - Thermogenesis
  - Physical activity

# Metabolism and weight

- Regulation process
- The energy equation
  - Calories in vs. calories out
- Physical activity and metabolism
- No magic bullet





# American College of Sports Medicine (ACSM) physical activity and weight loss guidelines

- Health improvements in chronic disease risk factors can be realized with as little as a **2% to 3%** reduction in excess body weight.
- Greater amounts of physical activity are likely to be needed to achieve weight loss and prevent weight regain in adults.
- Energy/diet restriction combined with physical activity will increase weight loss as compared to diet alone.



## Exercise or nutrition?

- Which is more important for weight loss and weight maintenance?

# Sleep

- The correlation between sleep and weight
- What happens while we sleep
- Restful vs. fragmented sleep
- Tips for better sleep



# Myth or Fact

Sit-ups will help you lose fat around the stomach

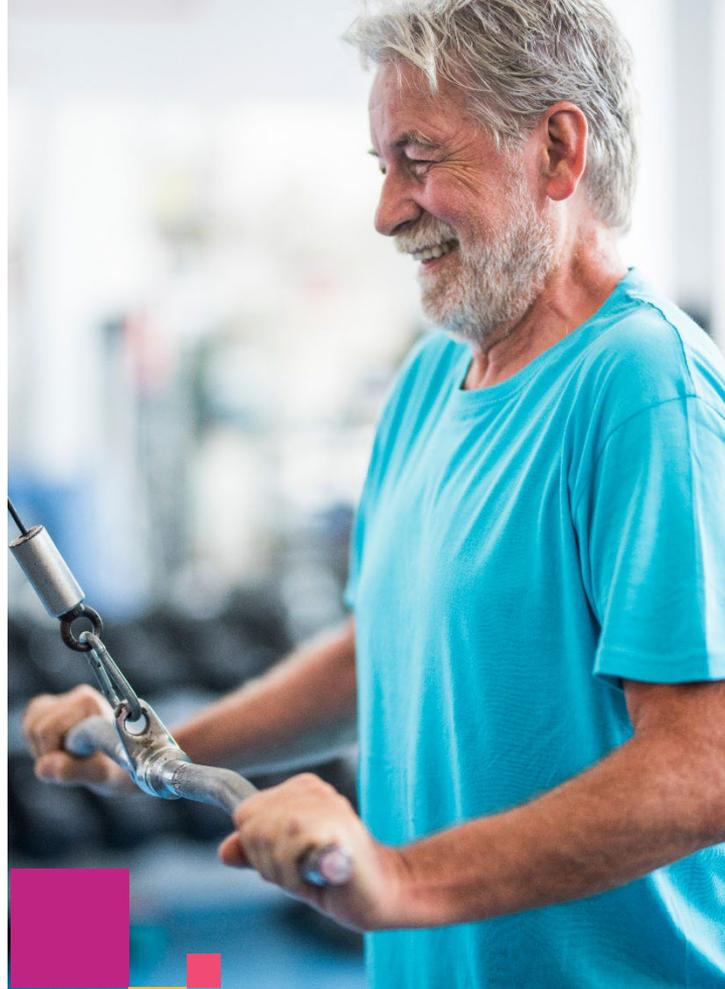
**Myth!** When it comes to body fat, there's no such thing as "spot" reducing.



# Myth or Fact

Weight training makes you muscle-bound and bulky

**Myth!** Depends on your goal and the design of your weight training program.



# Myth or Fact

Weight loss is all about diet,  
exercise and sleep?

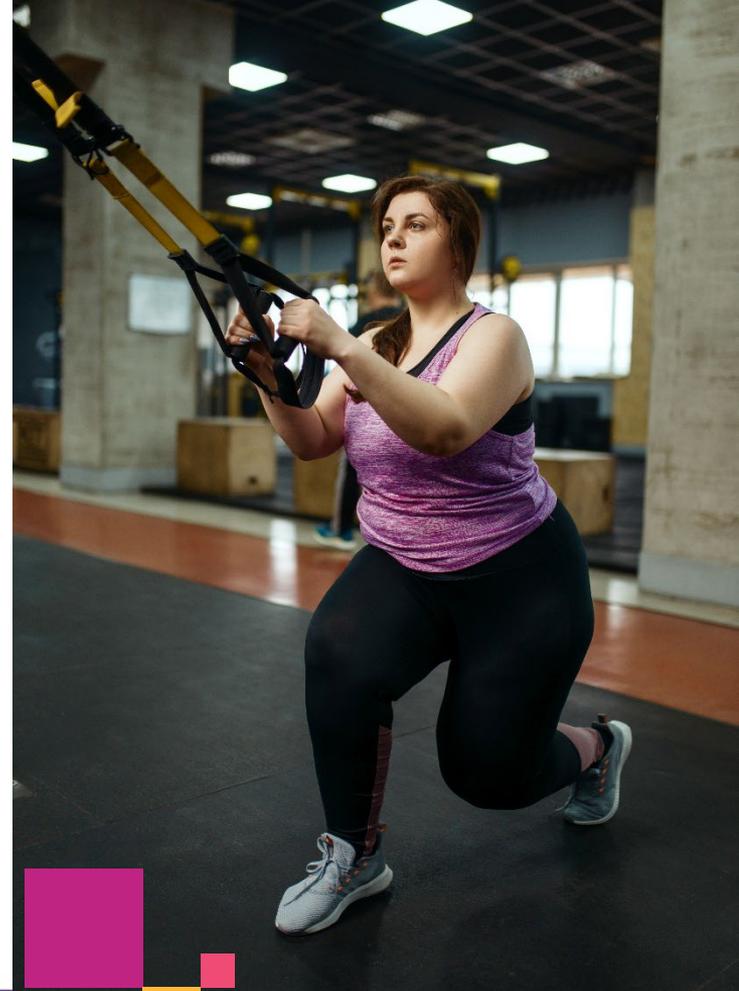
**Fact!** All three lifestyle keys to losing weight  
and keeping it off.

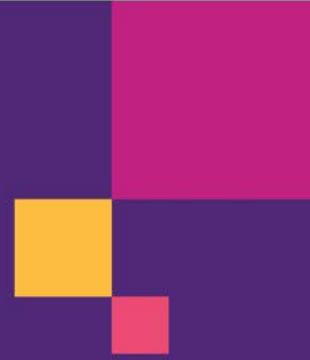


# Myth or Fact

Exercise turns fat into muscle

**Myth!** It only appears that way. One type of tissue can never turn into another type.





# Chronic conditions associated to obesity

# Diabetes Risk Factors

## Medical Risk Factors

- 45 years or older
- Overweight
- Race or ethnicity:
  - Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander
- Family history of diabetes
- High blood pressure
- High glucose levels
- Low HDL cholesterol and/or high triglycerides
- Polycystic ovary syndrome
- Diabetes during pregnancy
- Elevated A1C

## Lifestyle Risk Factors

- **Obesity**
- **Little to no exercise**
- **Poor diet**
- Smoking

Source: [cdc.gov](https://www.cdc.gov)

# Hypertension Risk Factors

## Medical Risk Factors

- Family history
- Age
- Race or ethnicity
  - Black, Hispanic/Latino, American Indian, Asian American or Pacific Islander
- Kidney disease
- Diabetes
- Obstructive sleep apnea
- Congenital heart defects
- Elevated BP >140/90

## Lifestyle Risk Factors

- **Obesity**
- **Little to no exercise**
- **Poor diet**
- Smoking
- Alcohol

# GEHA member resources

- Elevate and Elevate Plus plans
  - Rally digital health platform
  - Real Appeal weight management program
  - Learn more at [geha.com/Elevate-Rewards](https://geha.com/Elevate-Rewards)
- HDHP, Standard and High Option plans
  - Health Balance digital health platform
  - Visit [geha.com/HealthRewards](https://geha.com/HealthRewards) to learn more
- All GEHA benefit plans
  - For healthy recipes, health and wellness articles, visit [geha.com/Blog](https://geha.com/Blog)
  - Learn more about GEHA Connection Fitness at [geha.com/Fitness](https://geha.com/Fitness)
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# Q&A



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# Thank you

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