Resources for Getting to a Healthy Weight

Stacey Kendrick, MS
Faculty and Staff Health and Wellness
Vanderbilt has Reversed the Obesity Trend

Vanderbilt
Each time you register, pay for, and participate in a ten week Vanderbilt Weight Watchers at Work Program.
How do I get the Vanderbilt Weight Watchers at Work credit?

• Complete your yearly Health Risk Assessment

• Register for one of the ten week Vanderbilt Weight Watchers at Work programs on campus and pay the program fee

• To register, contact Beth Dunaway at 498-0617 or email her at beth.dunaway@vanderbilt.edu

• After you register and pay the program fee, go to www.healthplus.vanderbilt.edu to register for your VU Weight Watchers at Work Credit of $25.00 from Health Plus.
Where do the Vanderbilt Weight Watchers at Work programs meet?

<table>
<thead>
<tr>
<th>Location</th>
<th>Day and Time</th>
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<tbody>
<tr>
<td>OB/GYN, 4th Floor, MCE</td>
<td>Wednesdays at noon</td>
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<tr>
<td>Center for Health Services</td>
<td>Wednesdays at noon</td>
</tr>
<tr>
<td>School of Nursing, Godchaux Hall</td>
<td>Tuesdays, 10:30am</td>
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<tr>
<td>VMG, 2141 Blakemore Ave.</td>
<td>Wednesdays at 11am</td>
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</table>
How do I begin a Vanderbilt Weight Watchers at Work program at my worksite?

- Recruit a minimum of 14 people to participate and pay for a ten-week program.
- Find a place to meet.
- Contact Beth Dunaway at 498-00617 or email her at beth.dunaway@vanderbilt.edu.
Individualized Counseling at the Vanderbilt Nutrition Clinic

- individualized evaluation and comprehensive weight management that features counseling, dietary changes, physical activity, and behavior therapy

- Nutrition counseling for medical conditions is covered by many insurance carriers with a doctor’s referral

- The Nutrition Clinic is located in the Medical Arts Building, Suite 607

- Call 936-3952 or e-mail Nutrition.Clinic@vanderbilt.edu to make an appointment with a registered dietitian
Adult Weight Management Workshop

Partnership between Health Plus and the Dayani Center

Workshop Forming Now For January:
Tuesdays 5:30 – 6:30 p.m. starting January 13

FREE ORIENTATION sessions:
Monday December 15 (5:30pm – 6:30pm)
Tuesday January 6th (5:30pm – 6:30pm)
Adult Weight Management Workshop

Workshops Include:

- a 1-hour orientation session with no obligation to enroll in the workshop.
- a 20-week educational program
- a digital pedometer and walking program.
- access to an on-line step tracking and exercise buddy program.
- use of the Dayani exercise facility for 4 months
- a 1-hour personal training session to help you to get started with exercise.
- a free 1-year follow-up program with monthly meetings & optional weigh-ins.
Educational Topics Include:

- Eating Healthy on the Run
- Fitting Physical Activity Into A Busy Day
- Making Exercise More Enjoyable
- Balancing Fats, Carbohydrates, & Protein
- Increasing Your Motivation for Exercise
Adult Weight Management Workshop

- Workshop Fee: $525 for full-time Vanderbilt employees and for Dayani Center members, $795 for all others.

- Full-time Vanderbilt employees who complete the program may qualify for reimbursement of up to $142.50 of their fee, courtesy of HEALTH Plus.

- Vanderbilt payroll deduction over 4 months is available.
Successful weight losers:

- Eat breakfast every day;
- Eat fewer calories and less fat;
- Exercise regularly.

Source: National Weight Control Registry
Exercise more.

- Move more during the day.
- Start slowly and work up gradually.
- Aim for at least 30 minutes most days of the week.
Keep a record.

- Write down the food you eat every day.
- Write down the exercise you do.
- Weigh yourself every week.
The best predictor of long term weight loss:

Being physically active
Set a goal.

- Be realistic.
- Aim for 1 – 2 pounds per week.
- Decide what works for you. Everyone is different.
Pick up an informational handout and holiday recipe on your way out today.