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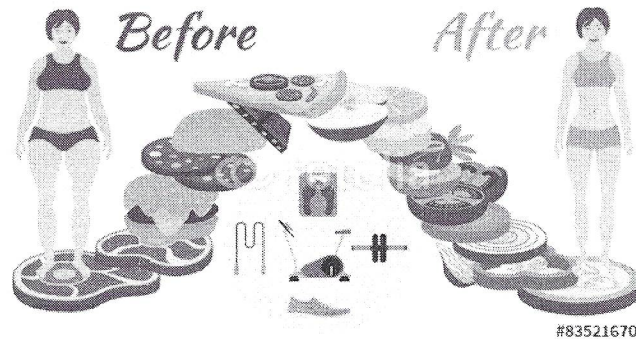
National Association for  
Family & Community Education



Leader's Guide

USE HF# 64

# How do I Manage My Obesity



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## **Are you struggling to lose weight?**

**Obesity is an epidemic!**

**Objective:** Our lesson will help you to learn ways to manage your emotional triggers, eating habits with better nutrition and to become more physically active.

**Supplies and preparations:**

**Room setup with chairs and tables for participants**

**Visual Aids**

**BMI Chart**

**Examples of Healthy Foods/9" plate**

**Choose My Plate.gov charts**

**Paper and pencils for participants**

**Handout – MyPlate.gov/Paper plate aerobics**

**Handouts – Diet Plans (WWatchers/Diabetes/S.Beach**

**Hearthfire..... Someone's Asking...How Do I Manage My Obesity**

**Items for Power Point Presentation**

**Laptop computer**

**PP Presentation**

**Extension cords**

**Power bar**

**Projector**

**Projector screen**

**Computer clicker**

# Obesity Lesson

## Obesity Quiz

## Power Point Presentation

**Food - 10 Nutritional Tips**

**Emotions**

**Activities**

**Yoga, Pilates, Tai Chi, Paper Plate Aerobics**

**Plan your exercise program/Check with your physician**

**Exercise Regularly**

**Eat Healthy**

**Reduce Stress**

**Drink Plenty of Water**

**Handouts – Diabetes Quiz/Weight Watchers Diet/South Beach Diet**

**Paper plate aerobics/Obesity Quiz**

**‘ THIS CAN BE THE START TO MANAGING YOUR OBESITY’**

## Q and A

### Resources:

- “Action Plan for Managing Obesity” by Donna Krug, Barton County Family & Consumer Science Agent, KSU
- “Emotional Appetite” The Food and Mood Connection by Tandalayo Kidd, Nutrition and Physical Activity Specialist and Registered Dietitian KSU
- “Let’s Live a Little: Physical Activity for Fun and Fitness” by Barbara Ames, Family & Consumer Science Agent, KSU
- “Making Everyday Choices for a Healthy, Sustainable Diet” by Mary Meck Higgins, Human Nutrition specialist and Registered Dietitian, KSU
- Choose MyPlate.gov
- Weight Watchers Diet: [https://www.pinterest.com/search/pins/?](https://www.pinterest.com/search/pins/)
- South Beach Diet
- DiabetesRiskTest: [diabetes.org/dorg/PDFs/Are\\_You\\_At\\_Risk\\_AmericanDiabetesAssociation.pdf](http://diabetes.org/dorg/PDFs/Are_You_At_Risk_AmericanDiabetesAssociation.pdf)

## Are you on the Road to Obesity Quiz?

1. The average American eats two hamburger and three orders of fries each week.
  - True
  - False
  
2. The difference between overweight and obese is the BMI (body mass index) or amount of body fat. The BMI for overweight lies between 25 and 29.9 and obese 30.0 or higher.
  - True
  - False
  
3. America has become a soda drinking society with a caloric intake from sugary soft drinks at 144 calories a day for the average consumer.
  - True
  - False
  
4. The obesity in kids have doubled since 1980.
  - True
  - False
  
5. Obesity is caused when more calories are consumer than burned.
  - True
  - False
  
6. Obesity elevates the risk for hypertension, stroke, cardiovascular disease, diabetes, and cancer.
  - True
  - False
  
7. Your social network can make you fat.
  - True
  - False
  
8. Before a person starts an exercise program it is a good idea to consult your physician.
  - True
  - False
  
9. Exercise makes it harder to lose weight because it adds muscle.
  - True
  - False
  
10. Three factors impact wither someone becomes obese; genetics, environment and behavior.
  - True
  - False

## Are you on the Road to Obesity Quiz?

1. The average American eats two hamburger and three orders of fries each week.
  - True
  - False** According to a report on health.msn.com, the average American gobbles up three hamburgers and four orders of French fries each week.
2. The difference between overweight and obese is the BMI (body mass index) or amount of body fat. The BMI for overweight lies between 25 and 29.9 and obese 30.0 or higher.
  - True** The BMI (body mass index) is calculated by using pounds, divide the weight in pounds by height in inches squared and multiply the result by 703
  - False
3. America has become a soda drinking society with a caloric intake from sugary soft drinks at 144 calories a day for the average consumer.
  - True** The average American drinks down 144 empty calories of soda each day.
  - False
4. The obesity in kids have doubled since 1980.
  - True
  - False It has Tripled**
5. Obesity is caused when more calories are consumer than burned.
  - True** Obesity is the result of consuming more calories than what is actually burnt (or made use of) by an individual. Genes, environment, stress and a host of other factors may also play a role in a person becoming obese.
  - False
6. Obesity elevates the risk for hypertension, stroke, cardiovascular disease, diabetes, and cancer.
  - True**
  - False
7. Your social network can make you fat.
  - True** Friends tend to have the same kinds of habits about food and exercise -- like ordering a second dessert or taking up running. They also share similar ideas, like what a good body size is. Peer pressure can make an overweight person want to lose weight, too. The closer your ties, the stronger the effect.
  - False
8. Before a person starts an exercise program it is a good idea to consult your physician.
  - True**
  - False
9. Exercise makes it harder to lose weight because it adds muscle.
  - True
  - False**
10. Three factors impact wither someone becomes obese; genetics, environment and behavior.
  - True**
  - False