WEBINAR & TELELEARNING SERIES

Don’t Weight on Wellness

March 14, 2017

Presented by:

Genentech | Teva Pharmaceuticals | Acorda Therapeutics
How to Ask Questions During the Webinar:

- Type in your questions using the **Questions/Chat** box
- If box is closed, click + to expand

**Go-To-Webinar Attendee Support Line:**
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Don’t Weight on Wellness
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Objectives

• Define obesity
• Identify habits and comorbid health conditions associated with obesity
• Identify the relationship between obesity and multiple sclerosis
• Understand that the health benefits of physical activity and good nutrition are independent of weight loss
• Define the roles of nutrition and physical activity in weight management and health
• Identify habits associated with good health AND healthy weight
What is obesity?

- Obesity is a complex condition with biological, genetic, cultural, and environmental influences.
- Obesity is a risk factor for numerous chronic health conditions.
- Obesity is linked with decreased quality of life.
- An estimated 30% of adults in the United States are considered obese, which is defined as having a BMI of 30.0 or higher.
The Comorbidity Conundrum

- Type 2 Diabetes
- Cardiovascular Disease
- Metabolic Syndrome
- Cardiovascular Disease
- Hypertension
- Obstructive Sleep Apnea
- Arthritis
- Some Cancers
MS + Chronic Comorbid Condition(s) = □ QOL □ Disability
HEALTH BENEFITS OF PHYSICAL ACTIVITY AND GOOD NUTRITION ARE **INDEPENDENT OF** WEIGHT LOSS
“WEIGHT”...
Here are the Facts: How “Weight” may Influence MS

- High blood pressure, heart disease, smoking, overweight/obesity, and diabetes all have potential association with increased lesions and brain atrophy.

- Vascular conditions (high blood pressures, type 2 diabetes, elevated fat in blood, and peripheral vascular disease) may be associated with increased progression and disability.
How Obesity Impacts QOL

- Joint Pain
- Fatigue
- Incontinence
- Mobility
- Others?
Factors And Habits Associated With Obesity

**May Not Be Modifiable**
- Genetic
- Medical
- Prescription Meds

**Modifiable**
- Diet
- Inactivity
- Sleep
- Stress
I am on a 30 day diet
So far I have lost 10 days
HEALTH BENEFITS OF PHYSICAL ACTIVITY AND GOOD NUTRITION ARE **INDEPENDENT OF WEIGHT LOSS**
If Not A Diet, WHAT SHOULD I DO?

What you CAN DO
and
CAN CONTROL
really matter!
If Not A Diet, WHAT SHOULD I DO?

FOCUS MORE ON THINGS YOU CAN CONTROL

What you CAN DO and CAN CONTROL really matter!
WHAT are you eating?

Choose:
- A *variety* of colorful vegetables and fruits
- Whole grains
- Lean proteins
- Healthy fats

Limit:
- Salt, saturated fats, and added sugars

Avoid:
- Trans Fats (hydrogenated or partially hydrogenated oils)
WHAT kinds of exercise?

- AEROBIC
- STRENGTH TRAINING
- FLEXIBILITY
- BALANCE
WHERE are you eating?

• Meals cooked at home

• Meals cooked away From home
WHERE are you exercising?

• Home
• Gym
• Online Exercise

• Options may help with adherence
• Group exercise versus independent exercise

https://evergreencyclery.com/tag/reynolds-531/
WHEN are you eating?
WHEN are you exercising?

• Time of day
  • Mornings versus afternoons

• Time of year
  • Summer
    • Cooling devices

• “Sprinkle” through the day
  • Cumulative effect

www.polarproducts.com
HOW much are you eating?

Two Ways To Manage Your Portions

01 Portion

02 Proportion
**How much are you eating?**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>SERVING SIZE</th>
<th>LOOKS LIKE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>1 cup chopped</td>
<td>1 Baseball</td>
</tr>
<tr>
<td>Raw, Leafy Greens (Spinach, Kale, Lettuce)</td>
<td>1-2 cups</td>
<td>1-2 Baseballs</td>
</tr>
<tr>
<td>Fruit</td>
<td>1 small piece</td>
<td>Lightbulb</td>
</tr>
<tr>
<td>Fruit</td>
<td>1/2 cup chopped</td>
<td>Lightbulb</td>
</tr>
<tr>
<td>Potato / Sweet Potato</td>
<td>1/2 cup</td>
<td>Computer Mouse</td>
</tr>
<tr>
<td>Pasta, Rice, Cooked Grain</td>
<td>1/2 cup</td>
<td>Lightbulb</td>
</tr>
<tr>
<td>Ready To Eat Breakfast Cereal</td>
<td>Varies greatly, refer to Nutrition Facts Label</td>
<td></td>
</tr>
<tr>
<td>Milk / Yogurt</td>
<td>1 cup</td>
<td>1 Baseball</td>
</tr>
<tr>
<td>Red Meat, Poultry, Fish</td>
<td>3 oz boneless cooked wt (from 4 oz raw)</td>
<td>Deck of Cards</td>
</tr>
</tbody>
</table>

http://www.webmd.com/diet/healthtool-portion-size-plate
HOW much are you eating?

Proportion
HOW to exercise?

• Individualized

• General Guidelines
  • FITT
    • Frequency, Intensity, Time, Type (Mode)

• Seek guidance.....consider your energy and functional challenges!

• Your exercise program can change/evolve.....have options
HOW to exercise?

General Guidelines:

• Aerobic Exercise
  • 3-4 times/week, 20-30 minutes total, Rating Perceived Exertion (RPE) 3-5/10

• Strength Training
  • 2-3 times/week, 1-3 sets, 8-15 repetitions

• Flexibility
  • Daily, 2-3 repetitions for 20-60 second hold

• Balance/Coordination
  • Highly Individualized
EXAMPLES of exercise?

http://www.hercampus.com/health/fitness/exercises-you-can-do-your-desk

https://www.ortho.wustl.edu/content/Education/3691/Patient-Education/Educational-Materials/Plantar-Fasciitis-Exercises.aspx

www.nustep.com

www.balanceandmobility.com
HOW MUCH Exercise?

- AEROBIC
- STRENGTH TRAINING
- FLEXIBILITY
- BALANCE
TOO MUCH Exercise?

I do 5 sit-ups every morning. May not sound like much, but there's only so many times you can hit the snooze button.

http://www.theredheadriter.com/2014/01/11-funny-quotes-pictures-because-laughing-feels-great/
TOO MUCH Exercise?

• Overheating
  • Cooling products
  • Pre/post exercise cooling
• 2 Hour Recovery Rule
• Exercise options for “fatigue” days

www.polarproducts.com
<table>
<thead>
<tr>
<th>Physical Hunger</th>
<th>Emotional Hunger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comes on gradually</td>
<td>Comes on suddenly and feels urgent</td>
</tr>
<tr>
<td>Occurs several hours after a meal</td>
<td>Is unrelated to time since last meal</td>
</tr>
<tr>
<td>Strikes below the neck (e.g., growling stomach)</td>
<td>Occurs above the neck and involves specific cravings... pizza, ice cream, chips...</td>
</tr>
<tr>
<td>Can be satisfied with any type of food</td>
<td>Persists despite fullness and often leads to eating more than normally would</td>
</tr>
<tr>
<td>Goes away when full and once you are full you can stop eating</td>
<td>Leaves you feeling guilty, disappointed or upset with yourself</td>
</tr>
</tbody>
</table>
When I am stressed,
WHY should you exercise

Fig. 1. A conceptual model highlighting the hypothetical effects of exercise in improving health, mobility and modulating disease activity in multiple sclerosis.

Body Fitness

Brain Fitness?

Brain Power!

www.180degreehealth.com
Brain Health and Exercise Research

• Association between cardiovascular fitness levels and brain tissue damage/atrophy
  • The greater the aerobic fitness level, the less brain tissue damage demonstrated on MRI
  • Exercise may help to preserve brain tissue
  • Exercise may help improve cognitive functioning

• Aerobic fitness exerts a prophylactic/protective influence on the brain structures
  • Preconditioning Theory
Your MS Team

Medical Providers: Neurologist, Primary Care Physician, Physiatrist, MS Nurse
Mental Health: Psychologist, Social Worker
Rehabilitation: Physical Therapist, Occupational Therapist, Speech Pathologist Nutritionist/Registered Dietitian

Captain: Person with MS
Co-Captain: Support Partner
HEALTH BENEFITS OF PHYSICAL ACTIVITY AND GOOD NUTRITION ARE INDEPENDENT OF WEIGHT LOSS…

NOW WHAT?
Where you start is up to you…

But remember…
CHANGE IS HARD!

THINK

START
Motivation Matters

• Why are you making changes now?
• Having one or two specific motivating thoughts or mental images can help to guide you in making changes.
Set SMART Goals

Specific
Measurable
Action Oriented
Realistic
Time Bound
Set SMART Goals

- Specific
- Measurable
- Action Oriented
- Realistic
- Time Bound
Track Your Progress

<table>
<thead>
<tr>
<th>Smart Goal</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sa</th>
<th>Su</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat color at every meal for 1 week</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>
Strength in Numbers
Celebrate Successes…
Big And Small!

• Do something fun and special for yourself.
• How can you reward yourself?
• Be creative!
80/20 RULE
Every bite you take (and movement you make!) is an opportunity to promote your health.
HEALTH BENEFITS OF PHYSICAL ACTIVITY AND GOOD NUTRITION ARE **INDEPENDENT OF** WEIGHT LOSS!

Don’t *Weight* for Wellness!
Questions/Comments

Mona Bostick, RDN, CSO, LDN  Mandy Rohrig, PT, DPT

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https://www.mscando.org/get-involved
Can Do MS Resources

eNEWS
your best life update

Q&A

Can Do Library

Find these resources at www.MSCanDo.org.
National MS Society Resources

Nutrition and MS

Food for Thought – MS and Nutrition

Our Mission:
People affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

Fitting in Fat
- Keep your protein choices lean
- Choose low fat, 1% or nonfat dairy
- Include omega-3 rich seafood
- Experiment with more beans, peas & lentils
- Substitute packaged snack foods with nuts or seeds
- Use fats and oils sparingly
- Try cooking with little or no added fat
- Make 5 or more servings of fruits or vegetables a part of your day.

The Power Pantry

NationalMSSociety.org/Diet
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Thank you!