

WEBINAR & TELELEARNING SERIES



Don't Weight on Wellness

March 14, 2017

Presented by:



Genentech | Teva Pharmaceuticals | Acorda Therapeutics

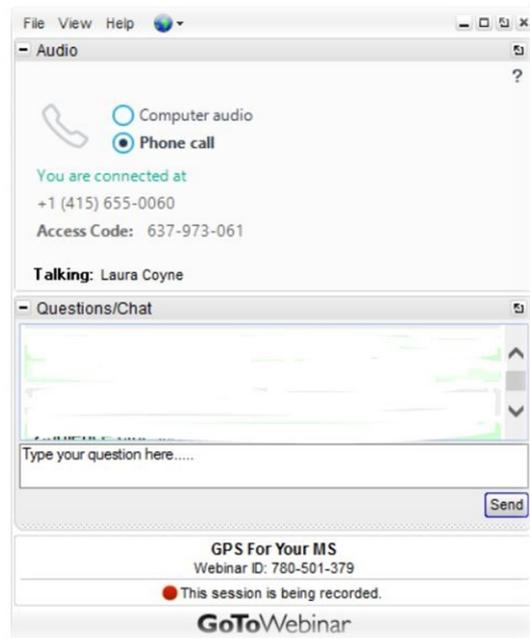


**National
Multiple Sclerosis
Society**



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:
(877) 582-7011**

Mona Bostick, RDN, CSO, LDN



**Registered Dietitian Nutritionist
Food Matters 365, LLC
Greensboro, NC**

Mandy Rohrig, PT, DPT



**Physical Therapist
Horizon Rehabilitation Centers
Omaha, NE**

WEBINAR & TELELEARNING SERIES



Don't Weight on Wellness

March 14, 2017

Presented by:



Genentech | Teva Pharmaceuticals | Acorda Therapeutics

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.



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





Inmyskinnyjeans.com



HEALTH BENEFITS OF PHYSICAL ACTIVITY AND GOOD NUTRITION ARE INDEPENDENT OF WEIGHT LOSS



If Not A Diet, WHAT SHOULD I DO?

FOCUS
MORE
ON THINGS
YOU
CAN
CONTROL

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?



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?

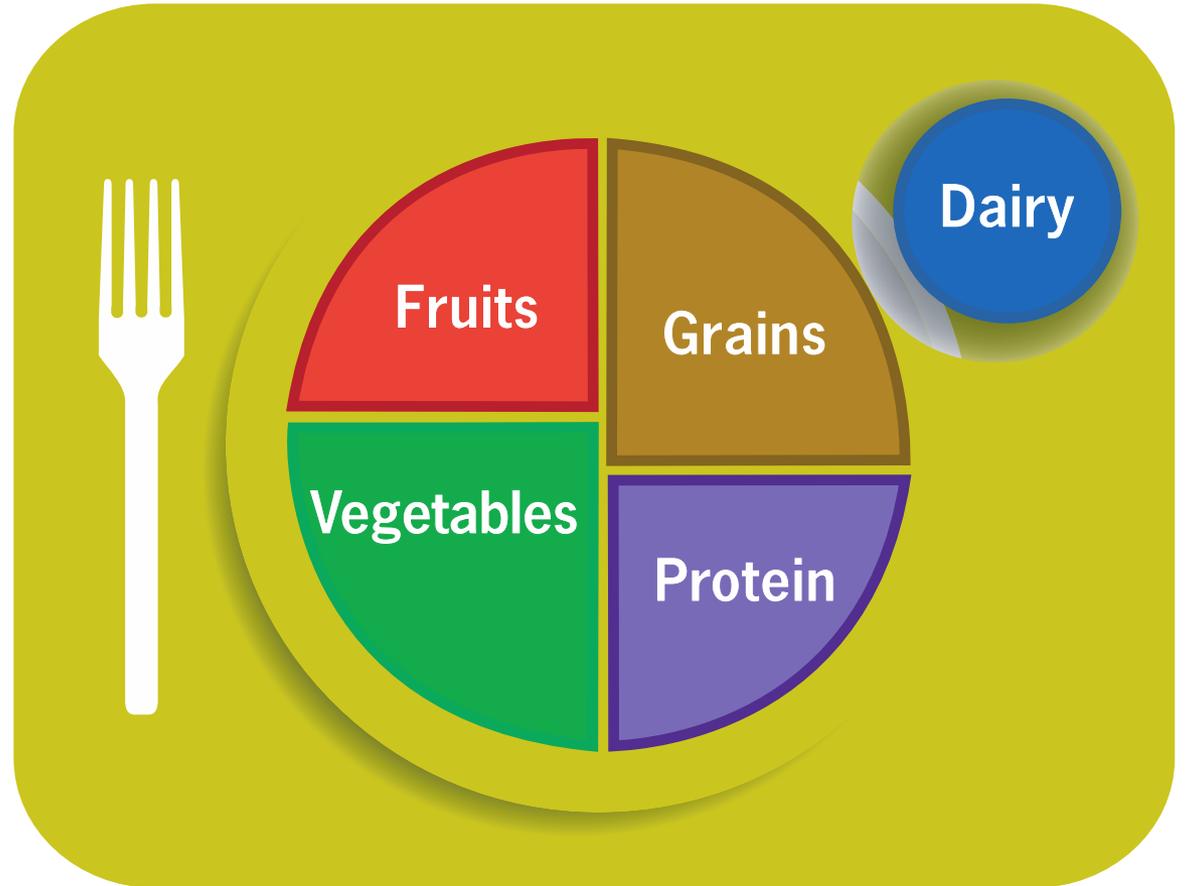
Portion Size

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

<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?

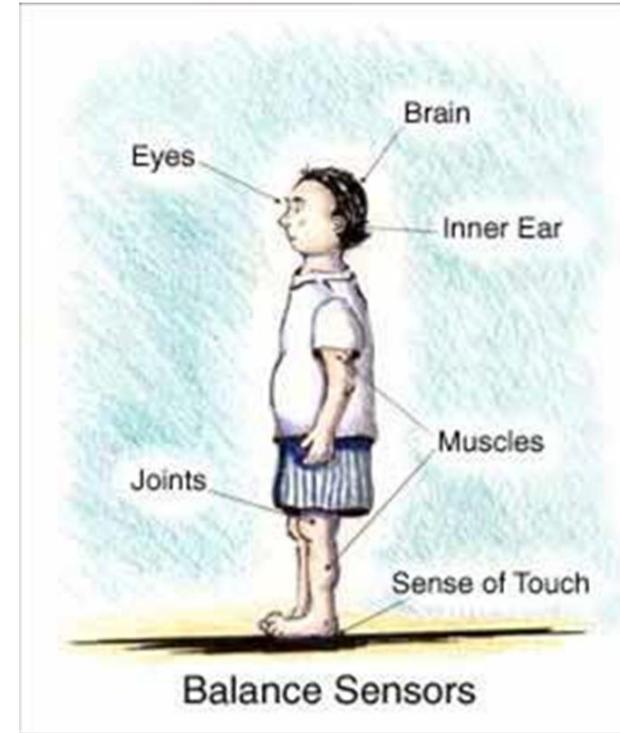
<http://www.hercampus.com/health/fitness/exercises-you-can-do-your-desk>



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



www.nustep.com

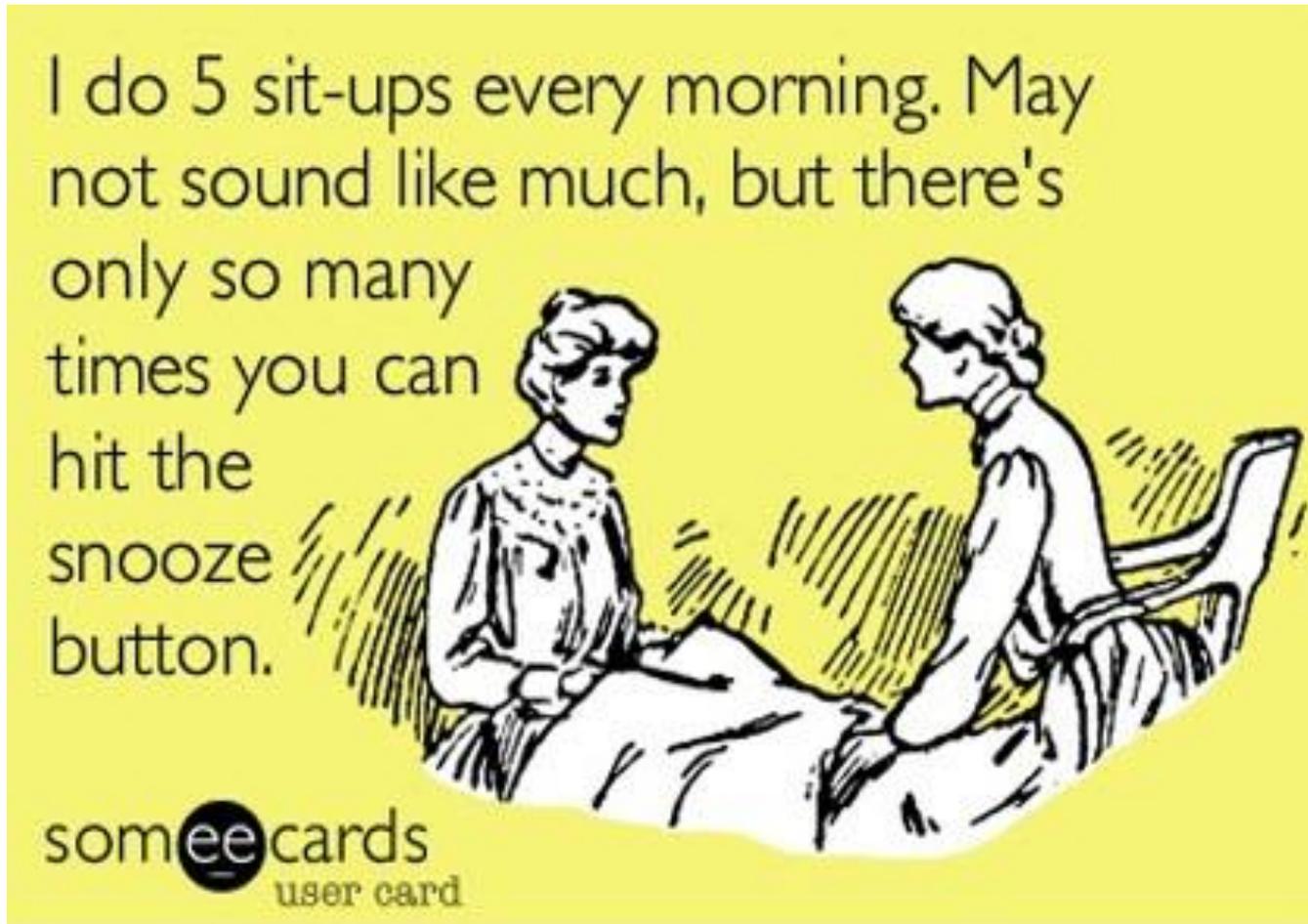


www.balanceandmobility.com

HOW MUCH Exercise?



TOO MUCH Exercise?



<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

WHY are you eating?

Physical Hunger

VS

Emotional Hunger

Comes on gradually

Occurs several hours after a meal

Strikes below the neck (e.g., growling stomach)

Can be satisfied with any type of food

Goes away when full and once you are full you can stop eating

Leaves you with a feeling of satisfaction, not guilt

Comes on suddenly and feels urgent

Is unrelated to time since last meal

Occurs above the neck and involves specific cravings... pizza, ice cream, chips...

Persists despite fullness and often leads to eating more than normally would

Leaves you feeling guilty, disappointed or upset with yourself

When I am stressed,

I

WHY should you exercise

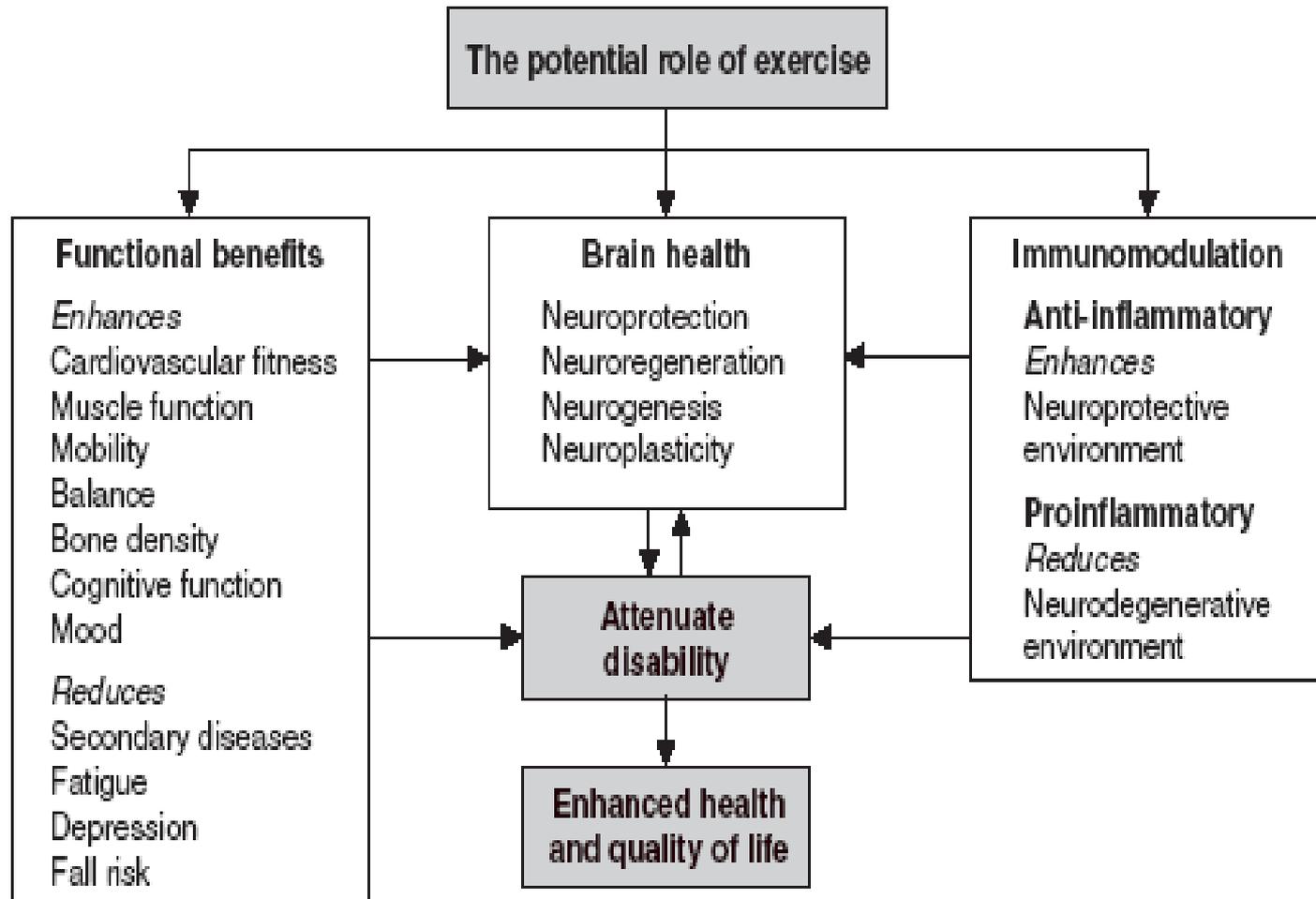
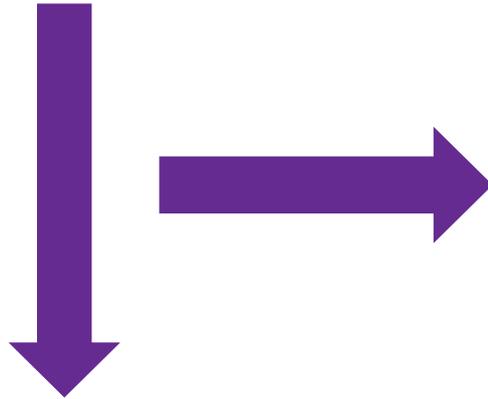
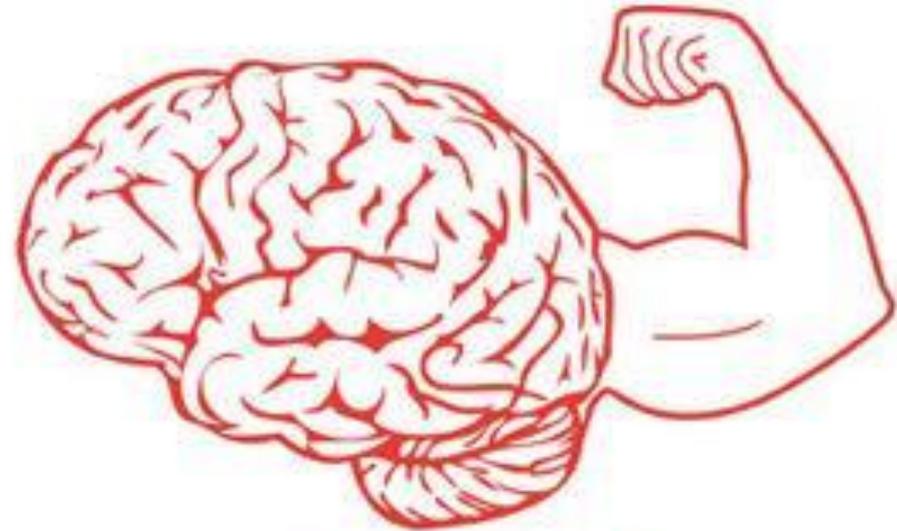


Fig. 1. A conceptual model highlighting the hypothetical effects of exercise in improving health, mobility and modulating disease activity in multiple sclerosis.

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



www.mybasketballblackmamba.weebly.com

Medical Providers: Neurologist, Primary Care Physician, Psychiatrist, MS Nurse

Mental Health: Psychologist, Social Worker

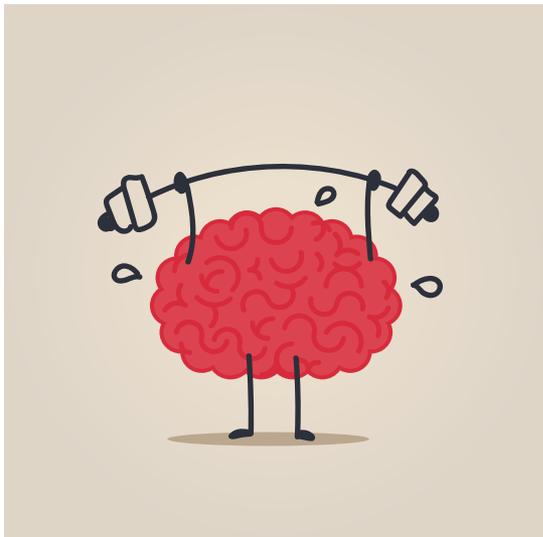
Rehabilitation: Physical Therapist, Occupational Therapist, Speech Pathologist
Nutritionist/Registered Dietitian

Captain: Person with MS

Co-Captain: Support Partner

HEALTH BENEFITS OF PHYSICAL ACTIVITY AND GOOD NUTRITION ARE INDEPENDENT OF WEIGHT LOSS...

NOW WHAT?



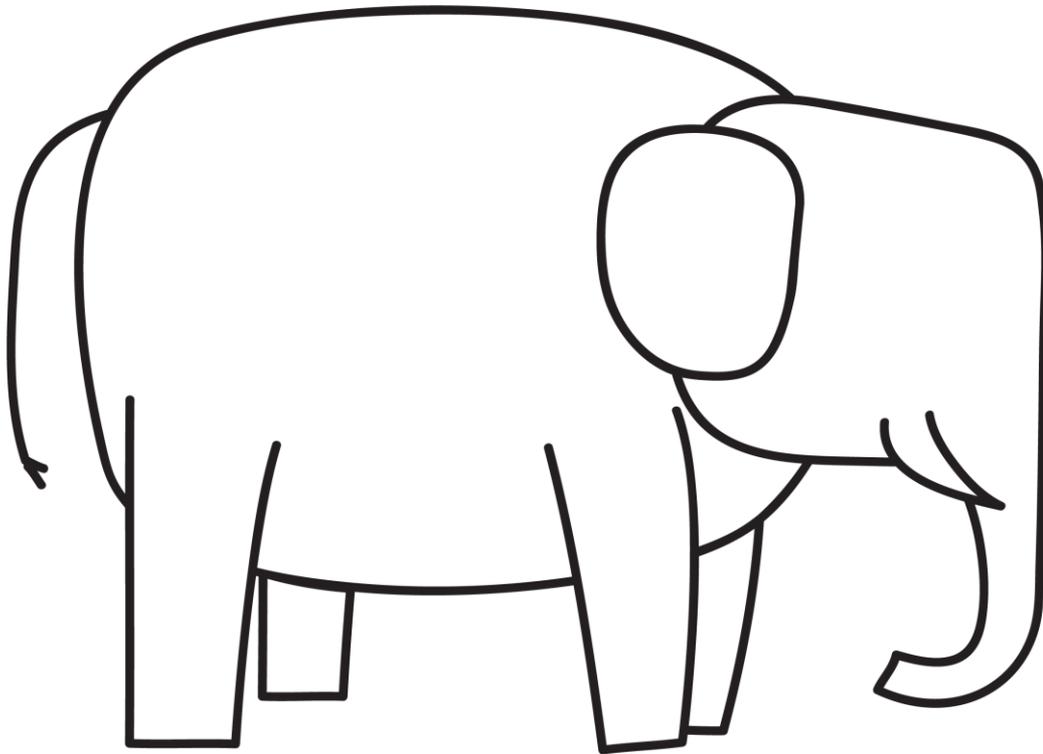
Where you start is up to you...



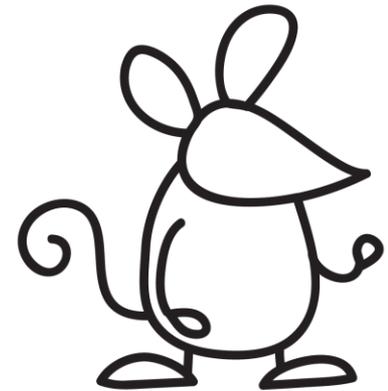
But remember...

CHANGE IS HARD!

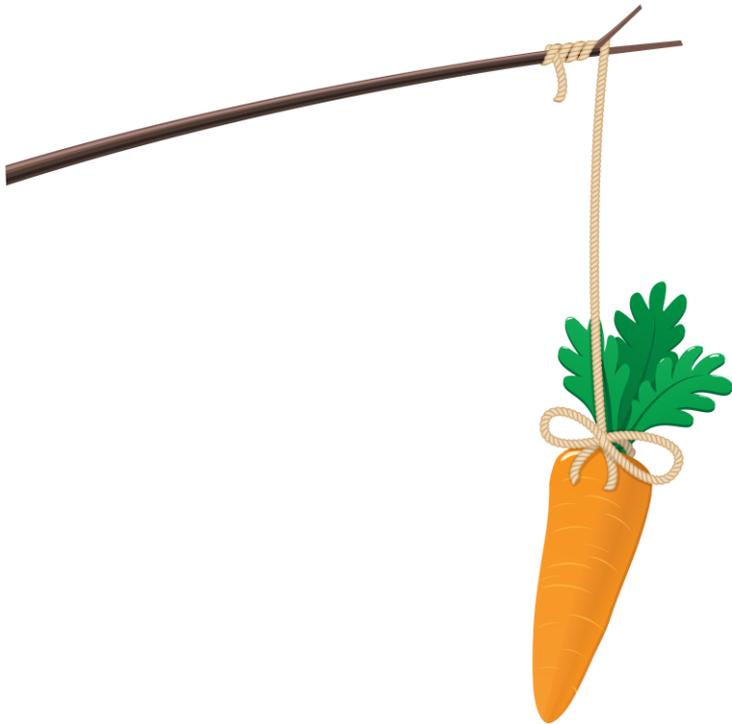
THINK



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



Set SMART Goals



Track Your Progress

Smart Goal	M	T	W	Th	F	Sa	Su
Eat color at every meal for 1 week	✓	✓	✓	✓	✓	✓	✓



**CHALLENGES
AHEAD**



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

If you are enjoying tonight's presentation, please consider donating to our programs:

Text to donate: **970-626-6232**

<https://www.mscando.org/get-involved>

Can Do MS Resources

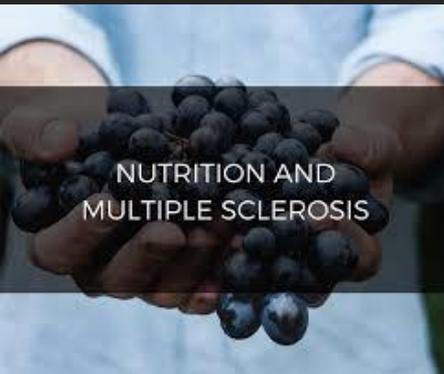
e | NEWS
your best life update

Q&A

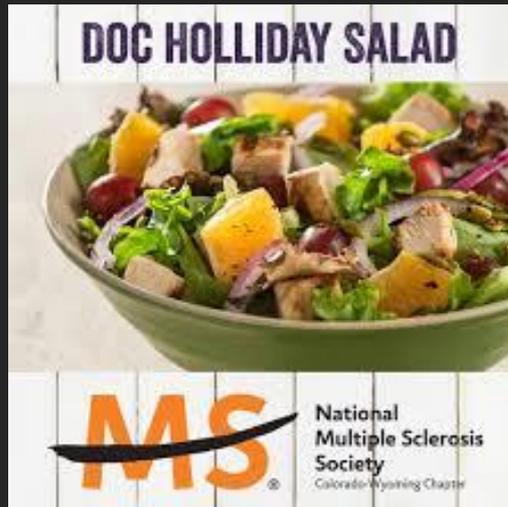
Can Do Library

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.

NATIONALMSSOCIETY.ORG/DIET

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

WEBINAR & TELELEARNING SERIES



Knowing How To Navigate Leaving the Workforce

March 21, 2017

Presented by:



Genentech | Teva Pharmaceuticals | Acorda Therapeutics

Text-to-Donate

Help support our webinars with a donation
by texting

970-626-6232

Thank you!