

# Game-Changing Nutrition Hacks to Start the New Year: Easy Ways to Lose Weight

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# Today's presenters



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# Agenda

- 14 nutrition and wellness hacks for weight loss
- Resources
- Q & A



# Polling question #1

**Do you plan out your meals each week and grocery shop with a list?**

- a) No, not at all.
- b) Yes, every week!
- c) Most weeks I do!
- d) I really try hard but I'm not consistent.





# 14 nutrition and wellness hacks for weight loss

Not sure where to start or what to eat? You are not alone.

Join us as we help break down the daily struggles and help you keep consistent!



**“He who fails to plan  
is planning to fail.”**

**– Winston Churchill**

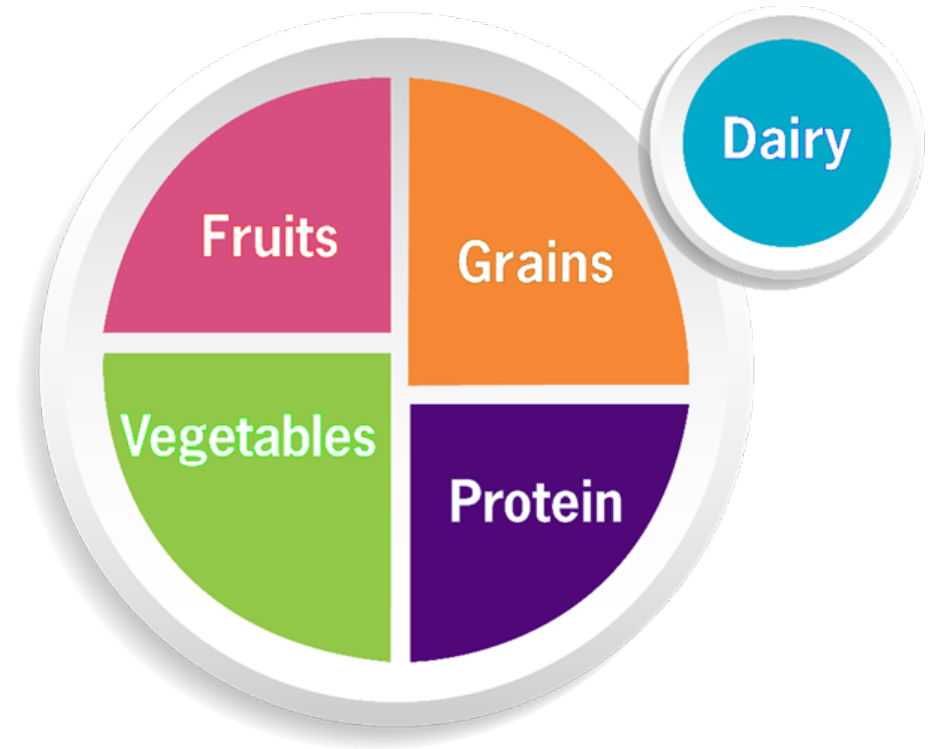
# Meal planning

- Save time and money
- Stay on track for goals
- Avoid food waste
- Enjoy more variety of foods and options
- Reduce the stress of cooking last minute
- Promote portion control
- Avoid unhealthy options



# Balance “MyPlate”

- Use the USDA MyPlate to help create balance for all meals
- ½ fruits and vegetables
- ¼ whole grains
- ¼ lean protein
- Low-fat dairy options





# Vegetables as the base

- Zoodles (zucchini spirals) or spaghetti squash instead of pasta
- Cauliflower rice instead of pizza crust or rice
- Salads for entrees
- Remember: ½ plate of vegetables is the goal!





## **Eat enough calories earlier in the day**

- Intermittent fasting
- Few calories slows down the metabolism over time
- Not eating enough can cause more calorie consumption later in the day and/or cause your body to hold onto fat stores

## Polling question #2

How many times a week do you eat out?  
(fast food or restaurant)

- a) 5+ times
- b) 3–4 times
- c) 2–3 times
- d) 0–2 times



# Cook more at home

- Better food choices
- Less calories per day
- Proper portion sizes
- More whole foods
- Higher quality of food
- More cooking methods







## Quality fats

- Eating fat DOES NOT EQUAL fat on your body!
- Quality fat sources:
  - Coconut oil
  - Butter/ghee
  - Avocados and avocado oil
  - Nuts and seeds
  - Fatty fish like salmon
  - Extra virgin olive oil (EVOO)

Source: [ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov)

## Polling question #3

What type of snacks do you tend to eat?

- a) Chips, crackers or cookies
- b) Fruit or veggies
- c) I don't eat snacks
- d) Fruit with nut butter, fruit with yogurt, cheese and crackers or trail mix



# Keep healthy snacks handy

- Fiber + protein = healthy, balanced snacks
- When we're hungry, we grab what is in sight
- Wash and organize
- Portion out
- Easy grab and go examples:
  - Fresh fruit with nut butter
  - Crackers and cheese
  - Hummus, veggies and pita chips
  - Trail mix







# Mindful eating

- Smaller plates and serving utensils = portion control
- Eat slower and attention to hunger and fullness cues
- Can lead to greater weight loss, greater satiety, and as a result, lower caloric intake
- Sit and enjoy meals without distractions



# Eat enough protein

- Protein is filling and satisfying
- Rev up your metabolism
- Consuming up to **35%** of your total daily calorie from protein can:
  - Build muscle
  - Reduce cravings
  - Promote weight loss
- Go for lean meats, Greek yogurt, cottage cheese, beans, eggs, nuts and seeds, as well as fatty fish, like salmon





# The power of smoothies

- ½ frozen banana
- ½–1 cup arugula or spinach
- ½ cup of broccoli
- 1 cup of frozen blueberries
- ½ tablespoon ground flaxseeds, hemp and chia seeds each
- 1 cup of oat or almond milk
- 1 scoop of peanut butter powder (optional)
- Blend and enjoy!



# Drink more water

- Prioritizing your water intake is an easy and effective way to stay hydrated and speed up weight loss
- Carry a water bottle everywhere you go
- Replacing calorie beverages with water can promote weight loss





## Keep a log

- Stay accountable and track progress
- Awareness of habits, more likely to be successful with losing weight
- Set SMART goals and track accordingly
- Write down the times of day and context for what you eat, how you exercise, and how you're feeling

Source: [ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov), [health.harvard.edu](https://health.harvard.edu)

# Track success

- Motivation and accountability
- Non-Scale Victories (NSV) are important and show that it's not just about the weight loss on the scale, but about how you feel and what your body can do!





# Quality sleep

- At least 7–9 hours of sleep per night
- The correlation between sleep and weight
- What happens while we sleep
- Restful vs. fragmented sleep
- Tips for better sleep





## Stay active

- Sustained weight loss of **3–5%**
- Lifestyle interventions
- ACSM's position stand
- <150 min/week of Physical Activity (PA)  
= minimal weight loss
- >150 min/wk. of PA = modest weight  
loss of 4–6.6 lbs.
- >250–420 min/wk.  
= ~11–16.5 lbs. of weight loss

Source: [acsm.org](https://www.acsm.org)

# GEHA member resources

- Elevate plans
  - Rally digital health platform
    - Register with Rally® for the Real Appeal Weight Management
  - Learn more at [geha.com/Elevate-Rewards](https://geha.com/Elevate-Rewards)
- HDHP, Standard and High plans
  - Health Balance digital health platform
  - Visit [geha.com/HB-Rewards](https://geha.com/HB-Rewards) to learn more
- All GEHA benefit plans
  - For healthy recipes, health and wellness articles, visit [geha.com/Blog](https://geha.com/Blog)
- GEHA website for benefit information [geha.com](https://geha.com)



# Wrap-up

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- Resources
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# Q&A



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# Thank you

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