


Allina Health  Weight Management

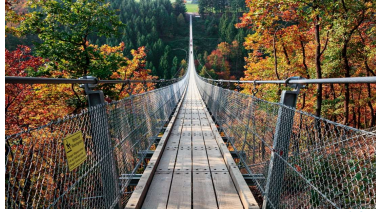
Overcoming Obstacles


Jeannie Paris, RD, LD

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Where you want to go

"If you don't know where you are going, any road will take you there." Lewis Carroll





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Time barrier - Finding versus Making or Creating


- Whatever fills your day, are your priorities!
- If it's important enough to you, it gets done.
- Take a step to look at your schedule and surroundings.
- How do you really want to spend your precious downtime?




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Social Media Draw





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Time Savers

- Make a list of at least 5 quick and healthy meals that take 15 minutes to fix
- Plan 1-2 dinners to start
- When cooking, make extra to be the start of another meal
- Buy a vegetable tray or veggies and fruit already cut up
- Meal kit delivery and grocery delivery are options





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Motivation barrier


- Focus on what your life can become as you become more fit and healthy!
- What exciting things will you do?
- Imagination helps you consider an array of possibilities.



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Where am I going?



Vague aims don't give direction.
"Toned up," "feel better," "have more energy"

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DARN

Desires-What do you want to do (actions)?

Abilities-How confident are you?

Reasons-Why does this matter to you?

Need-What do you need (resources) in order to take action?


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Emotional Eating

Be sure you are:

- Getting enough sleep
- Moving your body
- Keeping healthy food on hand and available
- Keeping tempting/trigger foods hidden
- Following a consistent eating schedule



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Mindless vs Mindful




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Ask yourself

1. Am I physically hungry right now?
 - a. Yes-eat something healthy
 - b. No- go to next question
2. What am I feeling right now? Label the emotion, who/what is causing it?
3. What do I *need* right now? What's my emotion? What can I do besides eat?



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A car will travel faster not only if you press the accelerator, but also if you remove the speed bumps (obstacles).

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