Women and Wellness...
Exchanging *The Hunger Games* for a realistic definition of health

Anna Threadcraft, RDN
Regions Bank

WHY I CHOSE THE PROFESSION

- Food
- Diversity of roles
- Lifelong application
- Helping profession
EDUCATIONAL OBJECTIVES

• Discuss cultural influences on women’s health & body image
• Define healthy: What it is, what it’s not and why it’s more fun than being skinny
• Discuss attainable and sustainable ways to live your healthiest

DISCLOSURES...
QUESTION...

How do we, who live EXTREMELY hectic lifestyles, take care of our own health and still get everything accomplished on our to-do list?

BARRIERS TO LIVING WELL

• Time - never enough
• N.T.T.P. Syndrome - no time to potty
• Energy - constantly need more
• Culture...
WEBSTER’S DEFINITION...

**Body Image**: [Ba-dee Em-ag] (N)

- An individual’s concept of his or her own body
- The subjective concept of one’s physical appearance based on self-observation and reactions of others.

**INFLUENCES ON BODY IMAGE**

1992
WHO/WHAT INFLUENCES OUR BODY IMAGE?

1.

2.

THE POWER OF WORDS

“Words are, of course, the most powerful drug used by mankind”
Rudyard Kipling

“We are slaves to everything we say and masters of all that we don’t”
Dr. Hal Threadcraft
IMPACT OF WORDS SPOKEN

WHO SAID IT?

"They can take our lives, but they can never take our freedom!"
Mel Gibson, Braveheart

"You can’t handle the truth!"
Jack Nicholson, A Few Good Men

"I have a dream."
Martin Luther King Jr.

"I’ll be back."
A. Schwarzenegger, Terminator

"You had me at hello."
Renee Zellweger, Jerry McGuire

WHO/WHAT INFLUENCES OUR BODY IMAGE?

1. Words
2. Media
MEDIA’S MESSAGES...

1. “I woke up like this”
   ...and you can too if you only buy, eat, take, apply, use _______.
2. Weight dictates your worth
3. Only PERFECTION is acceptable

Behind the scenes...

IN REALITY...

1. Everyone (including Beyonce) wakes up with crazy hair and bad breath
2. Weight does not dictate personal worth
3. The pursuit of perfection leads to despair

An old school favorite

- Barbie would not menstruate
- She would walk on all fours
- She would fit the BMI criteria of anorexia
HEALTHY?

Webster’s definition...

**Healthy**: [hel-thee]–adjective

Possessing or enjoying good health or a sound and vigorous mentality: a healthy body; a healthy mind

HEALTHY 101

Three Principles for Living Healthy
PRINCIPLE I

All foods can fit

MY PLATE...

- Balance of food groups
- Consider overall portion size, even if food group balance is appropriate

*20/80 Rule

PRINCIPLE II

Hydrate
(on the right stuff)
FLUID

• Consider what you’re drinking
• Keep a water bottle handy
• Drink water with meals and snacks
• Remember that fluid calories still count

COFFEE = BAD?

• Potentially dehydrating
• Negative effect on iron absorption
• May replace better choices
• Contributor to anxiety

*limit consumption to 3 cups/day

PRINCIPLE III

Eat like a kid
LIKE A KID?

Eat routinely (every 3-4 hours)
Snack
Leave room for cake... for special occasions

H.A.L.T. Principle

H. ___
A. ___
L. ___
T. ___
NEGATIVE EMOTIONS:
- Guilt
- Regret
- Frustration
- Self-criticism

ALTERNATIVES
- Brush Teeth
- Work on a craft
- Take a bath
- Call a friend
- Check e-mail
- Put a penny in a jar
- Brush your teeth

FOOD ACTIVITY?
1) Improved sleep
2) Natural anti-depressant/stress relief
3) Protects against injury
4) Women 50 +
Perspective...

WHO/WHAT INFLUENCES OUR BODY IMAGE?

1. Media
2. Words
3. Mind/Heart

GUARDING OUR HEART & MIND
PROVERBS 4:23
I. KNOW YOUR TRIGGERS

• Consider your past/present
• Identify triggers in order to **address & avoid** them

  counseling
  medication
  accountability

II. DEVELOP A BATTLE PLAN

Set Healthy Boundaries

• Limit, not eliminate (20/80 rule)
• Protect time to rest
• Protect time to move

III. RENEW YOUR MIND

Who are you listening to?
What are you empowering?
Skinny ‘vs’ Healthy

IN SUMMARY

• All foods can fit... just in moderation!
• Hydrate
• Eat like a kid

Questions

Anna Threadcraft
RDN
Regions Bank
annathreadcraft@regions.com