

MANAGING YOUR WEIGHT WITH INTERNET RESOURCES

CHAPTER 11

JENNY TRUJILLO
WELLNESS SECTION 2

A LITTLE ABOUT ME

WHO AM I? JENNY TRUJILLO

I AM MAJORING IN COMPUTER INFORMATION SYSTEMS (AKA CIS)

WHY DID I PICK CIS AS MY MAJOR? I HAVE ALWAYS LIKE PROGRAMMING AND WORK WITH DATABASES

FAVORITE HOBBY? I LOVE RUNNING

BE MORE ACTIVE AND AWARE OF YOUR OWN HEALTH

A BRIEF DESCRIPTION OF WEIGHT MANAGEMENT

WEIGHT MANAGEMENT

According to choose my plate, “weight management is not about how one feels or if one looks better; it is about reaching a healthier body weight for one’s overall health and well being.”

- ❖ The key is to maintain a balance of calories in and calories out
 - Resting metabolism – the energy required to maintain vital body functions
 - Food digestion –depends on the foods we eat
 - Physical activity –movement of the body that uses energy
 - Moderate physical activity: walking, gardening, tennis (doubles)
 - Vigorous physical activity: running, tennis (singles), basketball...

MANAGING YOUR WEIGHT WITH INTERNET RESOURCES

TO KEEP IN MIND...

- ❖ Even though most American struggle with overweight and obesity, there are a percentage out there that struggle with underweight.
- ❖ As technology becomes more accessible to us by using our smart phones, computer, and tablet devices, these devices are made to make our lives easier –and complicate our lives too. Anyways the online resources and tools can empower people to make healthier habits.
 - Sleeping
 - Eating
 - Physical.

AND WHEN TECHNOLOGY COMES INTO PLAY

CHOOSE MY PLATE

- ❖ www.choosemyplate.gov
- ❖ Illustrates the five food groups
 - Fruits
 - Vegetables
 - Grains
 - Protein foods
 - Dairy
- ❖ Provides information to all individuals, including health professionals, nutrition educators, and the food industry
- ❖ Weight management: for overall health and well being.
 - Find out what you eat and drink –key step in managing one’s weight.

- Make better food choices –everyone is different!
- Find out what to eat and drink –by getting a personalized daily food plan.

❖ Physical activities

- Says that most people do not do enough physical activity.

❖ Interactive tools

- BMI calculator

Body Mass Index

- Daily food plans



...

CALORIE CONTROL

- ❖ www.caloriecontrol.org
- ❖ Provides information about
 - Types of sweeteners
 - Healthy lifestyle recipes
- ❖ Provides healthy weight tools
 - BMI calculator
 - Food calorie calculator
 - Online food diary
- ❖ Provide detailed articles about weight management

HEALTH FINDER

- ❖ www.healthfinder.gov
- ❖ Indicates that to proper weight management one needs one thing first
 - TAKE ACTION!
 - Eat well, move more, and get support from family and friends –even strangers. (Half Marathon Story)
- ❖ Provides basic weight management tools
 - BMI calculator –Body Mass index
 - Daily food plans
- ❖ Also informative articles about how to get a better nutrition and more physically active.

BUT TECHNOLOGY IS AT OUR FINGERTIPS...

DO YOU USE A HEALTH OR
FITNESS APP TO TRACK YOUR
WEIGHT OR HEALTH?

Food tracker?

Physical activity tracker?

Sleep tracker?

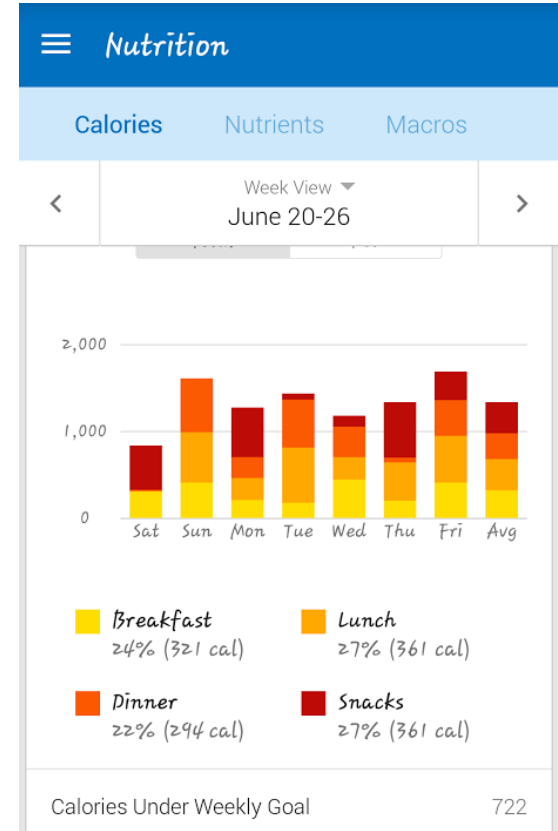
Or even, a quit smoking app?



APPS...

MYFITNESSPAL: CALORIE COUNTER AND DIET TRACKER

- ❖ Free for both iPhone and Android users
- ❖ Not need of another device
- ❖ User friendly
- ❖ Allows to set weight goals
- ❖ Helps to account for what one's eating
- ❖ Provides statistics per day or week based on calorie intake,
 - nutrients, and macros
- ❖ May share with other users
- ❖ Some features may ask to go pro.



... CONTINUED APPS

FITBIT

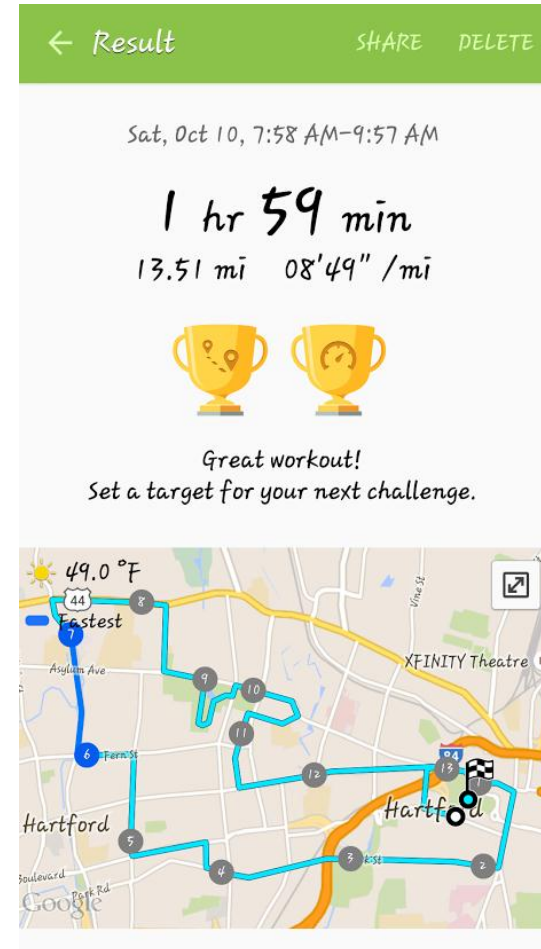
- ❖ Free for both iPhone and Android users
- ❖ Works with or without FitBit device
 - Not all features work without external device
- ❖ User friendly
- ❖ Allows to set weight goals
- ❖ Works as a pedometer, sleep tracker, food and water intake counter, and heart rate
- ❖ Counts calories burned depending on physical activity
 - Provides simple navigation
- ❖ May share with other users



... CONTINUED APPS

SHHEALTH

- ❖ Free for Android users
- ❖ Not need of another device
- ❖ User friendly
- ❖ Allows to set weight and physical activity goals
- ❖ Works as pedometer, food and water intake
- ❖ Counts calories burned depending on physical activity
- ❖ May share with other users



... CONTINUED APPS

NIKE+RUNNING

- ❖ Free for both iPhone and Android users
- ❖ User friendly
- ❖ Provides statistics, logs, and coaching are easy to find.
- ❖ May share with other users

FOODUCATE

- ❖ Free for both iPhone and Android users
- ❖ User friendly
- ❖ Provides important information about what one eats
- ❖ Easily finds foods, scans barcodes
- ❖ Reads recipes
- ❖ Gets tips and news



CONCLUSIONS

<https://www.youtube.com/watch?v=bKkY-zhkb7E>

If you are using an internet resource, and it works for you... stick to it!

QUESTIONS?