



# WELCOME TO THE 2019 FRPA CONFERENCE!

## LEARNING OBJECTIVES

- Recognize the effectiveness of understanding how external factors, biological factors, and retraining the brain affect weight management.
- Recognize that Empowered Wellness program helps turn new life skills and habits into natural responses to live a healthier lifestyle.
- Recognize that the Empowered Wellness program is based on the science of weight management, not fads or gimmicks.





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## The Empowered Wellness Program

...How it works

- Summer Camp
- Teens & Young Adults
- Learning Healthy Life Skills
  - Nutrition Classes
  - Culinary Classes
  - CBT groups
  - Fitness
  - Sports
  - Camp Weirdness
- Taking it all home
  - Dine out Challenges



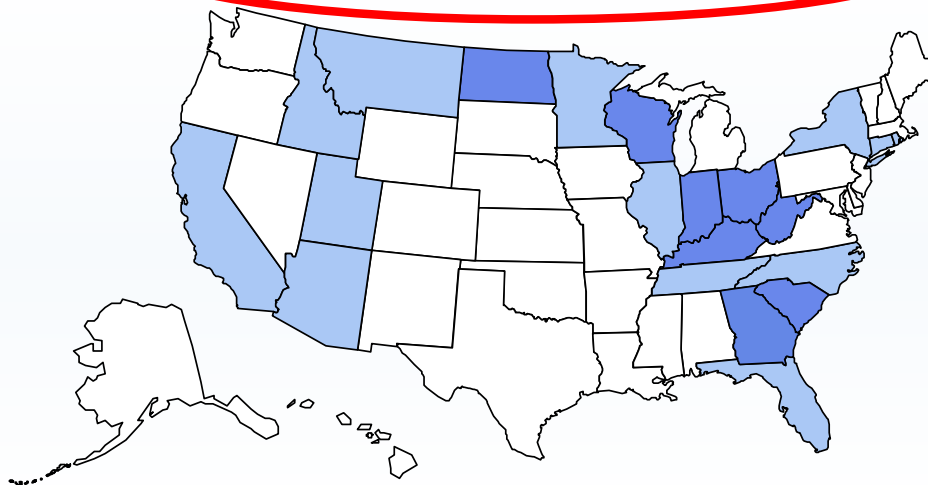
# A Typical Day

- **7:45am**-Activity Stroll on the beach, jump on a trail, or just take a leisurely walk with your friends
- **8:30am**-Flag Pole, set intentions, create SMART goals
- **8:45am**-Breakfast, Raspberries, oatmeal & scrambled eggs + your Camper's Choice selections
- **9:30am**-Activity block, Scavenger hunt, Zumba class, personal training or basketball
- **10:45**-Small Group, Life skills, cognitive-behavior strategies & more
- **12:00**-Lunch, Homemade pita pizzas, fresh roasted veggies + Camper's Choice selections
- **1:15pm**-Activity block, Nutrition classes, culinary classes, recipe makeovers, pro cooking techniques
- **2:30pm**-Activity block, Fitness classes, yoga class, beach hikes & more
- **5:00pm**-Shower hour, Time to chill, write in your journal, or hit the showers before dinner, phone time
- **6:15pm**-Dinner, Crispy chicken nuggets, seasoned green beans, couscous & your Camper's Choice preferences
- **7:30pm**-Evening Activity, Dance party, arts & crafts, movie night, writing letters & more
- **9:30pm** Daily Wrap up, head to bed

## Obesity Trends\* Among U.S. Adults

BRFSS, 1985

(\*BMI  $\geq 30$ , or ~ 30 lbs. overweight for 5' 4" person)

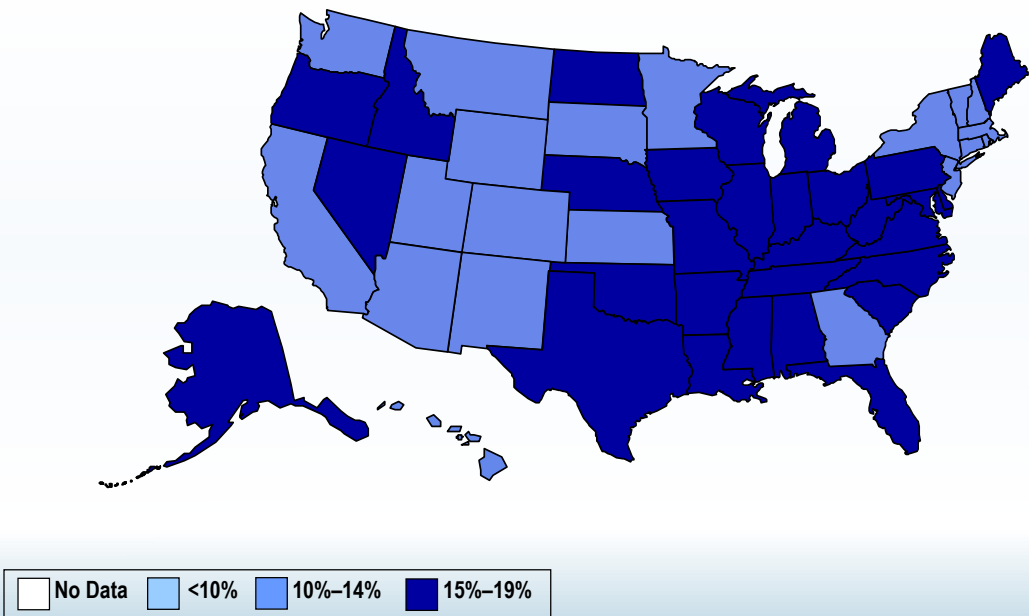


□ No Data    □ <10%    □ 10%-14%



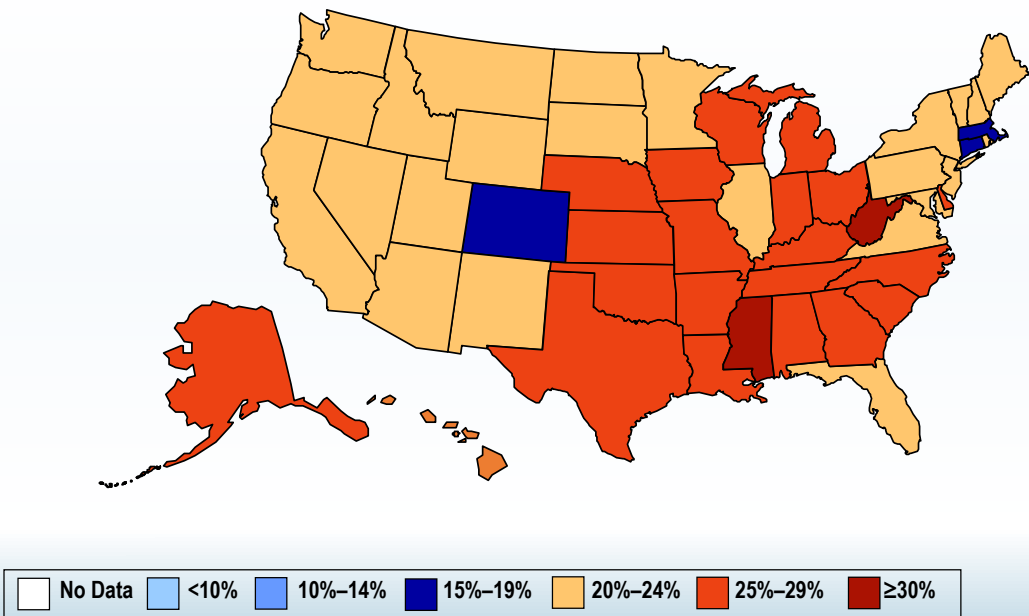
Obesity Trends\* Among U.S. Adults  
BRFSS, 1996

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



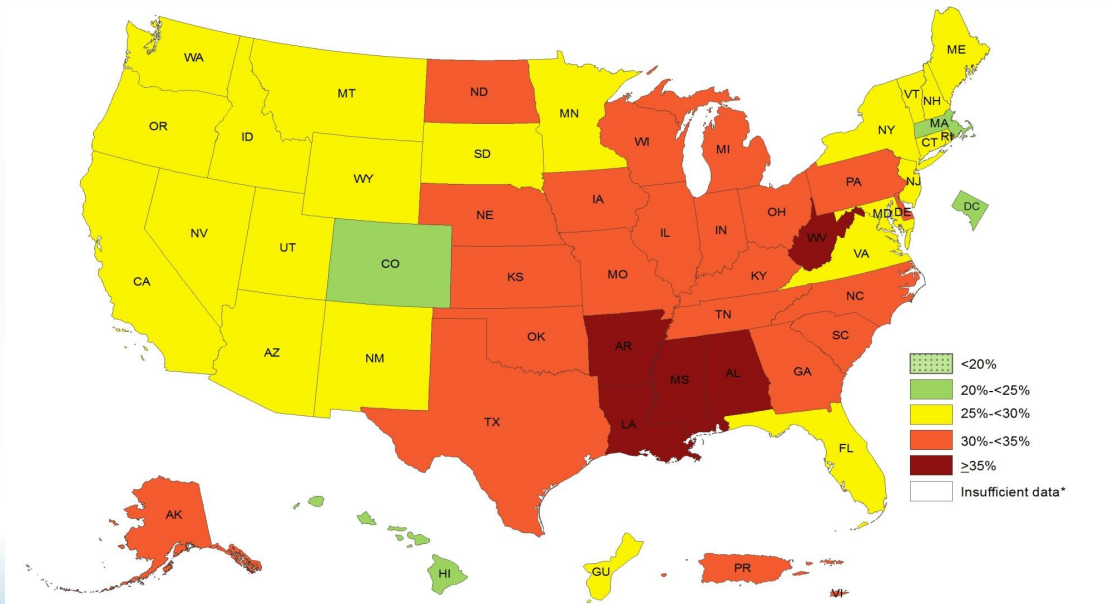
Obesity Trends\* Among U.S. Adults  
BRFSS, 2006

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Prevalence of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2016

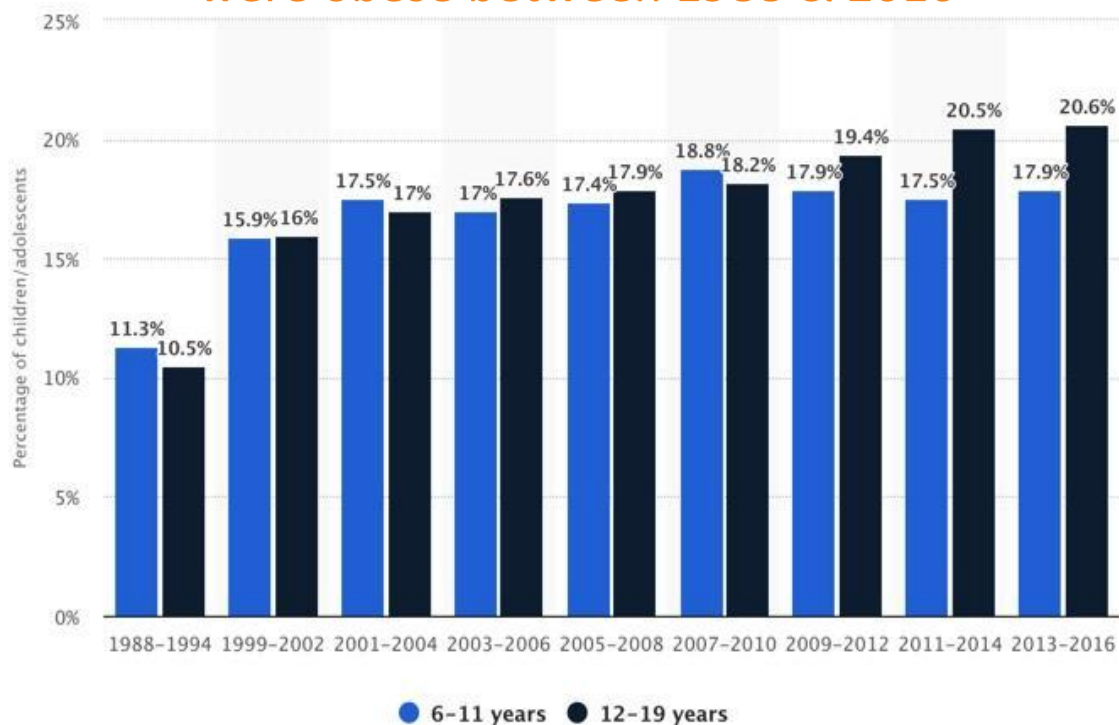
<sup>1</sup> Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.



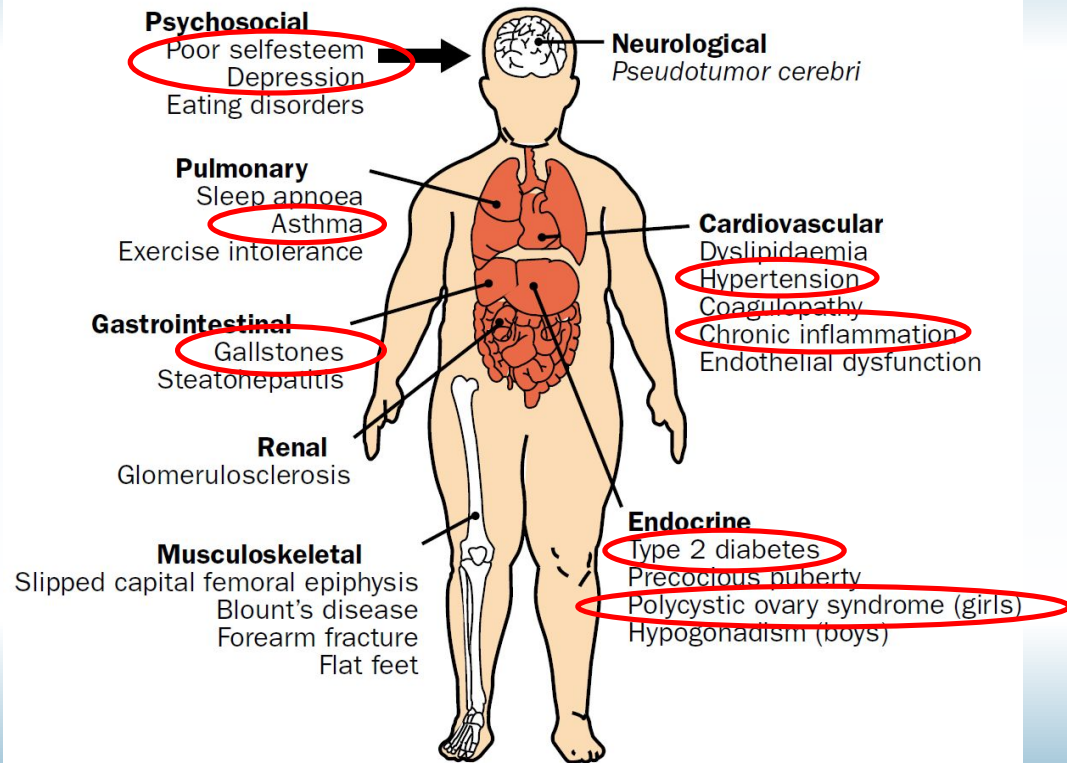
\*Sample size <50 or the relative standard error (dividing the standard error by the prevalence) ≥ 30%.



## % of U.S. children and adolescents who were obese between 1988 & 2016



## COMPLICATIONS OF CHILDHOOD OBESITY



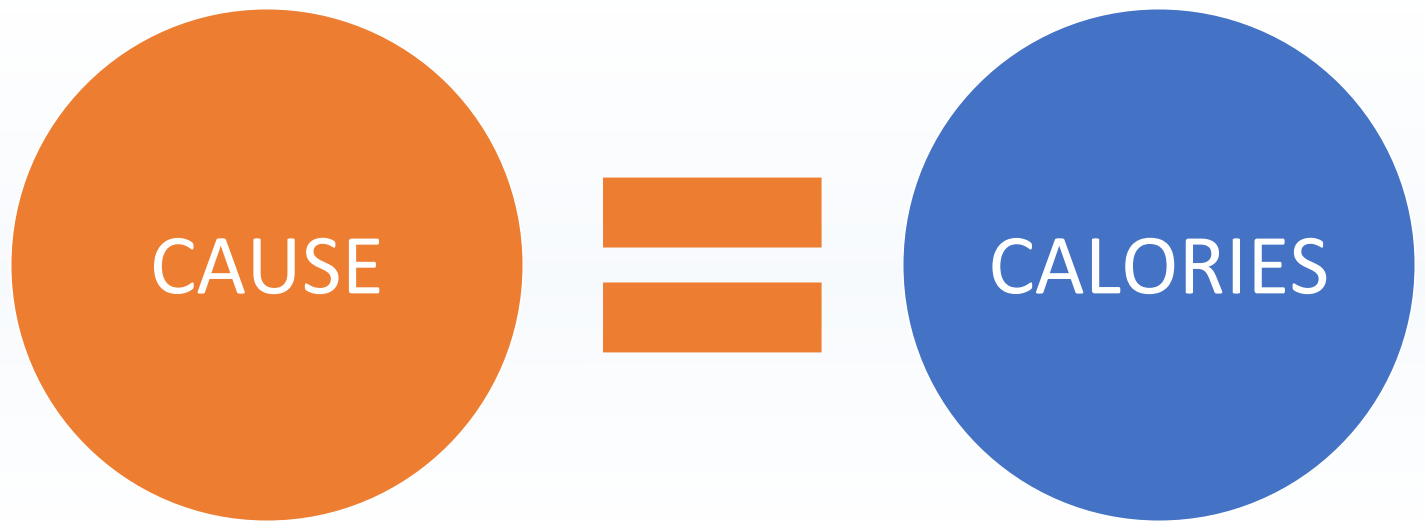
## What are the causes?

### External Factors

- Too many calories
- Lack of exercise

### Biological Factors

- Highly Palatable Foods/Food Reward
- Lipostat
- Homeostasis
- The Demonization of Fat
- Insulin sensitivity
- Calories in vs Calories out myth



## How big can we go?



## Portion Distortion

20 YEARS AGO	TODAY	DIFFERENCE	20 YEARS AGO	TODAY	DIFFERENCE
 <b>333 Calories</b> <small>Renee Comst, National Cancer Institute</small>	 <b>590 Calories</b>	<b>257 MORE CALORIES</b> Lifting weights for <b>1 HOUR AND 30 MINUTES</b> burns approximately 257 calories* <small>*Based on 130-pound person</small>	 <b>45 Calories</b> <small>Renee Comst, National Cancer Institute</small>	 <b>350 Calories</b>	<b>305 MORE CALORIES</b> Mocha Coffee, 16 oz (with steamed whole milk and mocha syrup) Walking <b>1 HOUR AND 20 MINUTES</b> burns approximately 305 calories* <small>*Based on 130-pound person</small>
 <b>500 Calories</b>	 <b>850 Calories</b>	<b>350 MORE CALORIES</b> Playing golf (while walking and carrying your clubs) for <b>1 HOUR</b> burns approximately 350 calories* <small>*Based on 160-pound person</small>	 <b>210 Calories</b> <small>1.5 oz</small>	 <b>500 Calories</b> <small>4 oz</small>	<b>290 MORE CALORIES</b> Vacuuming for <b>1 HOUR AND 30 MINUTES</b> burns approximately 290 calories* <small>*Based on 130-pound person</small>
 <b>500 Calories</b> <small>1 cup spaghetti with sauce and 3 small meatballs</small>	 <b>1,025 Calories</b> <small>2 cups spaghetti with sauce and 3 large meatballs</small>	<b>525 MORE CALORIES</b> Housecleaning for <b>2 HOURS AND 35 MINUTES</b> burns approximately 525 calories* <small>*Based on 130-pound person</small>	 <b>55 Calories</b> <small>1.5 diameter</small>	 <b>275 Calories</b> <small>3.5 diameter</small>	<b>220 MORE CALORIES</b> Washing a car for <b>1 HOUR AND 15 MINUTES</b> burns approximately 220 calories* <small>*Based on 130-pound person</small>

We eat 363 calories per day more than we did 50 years ago

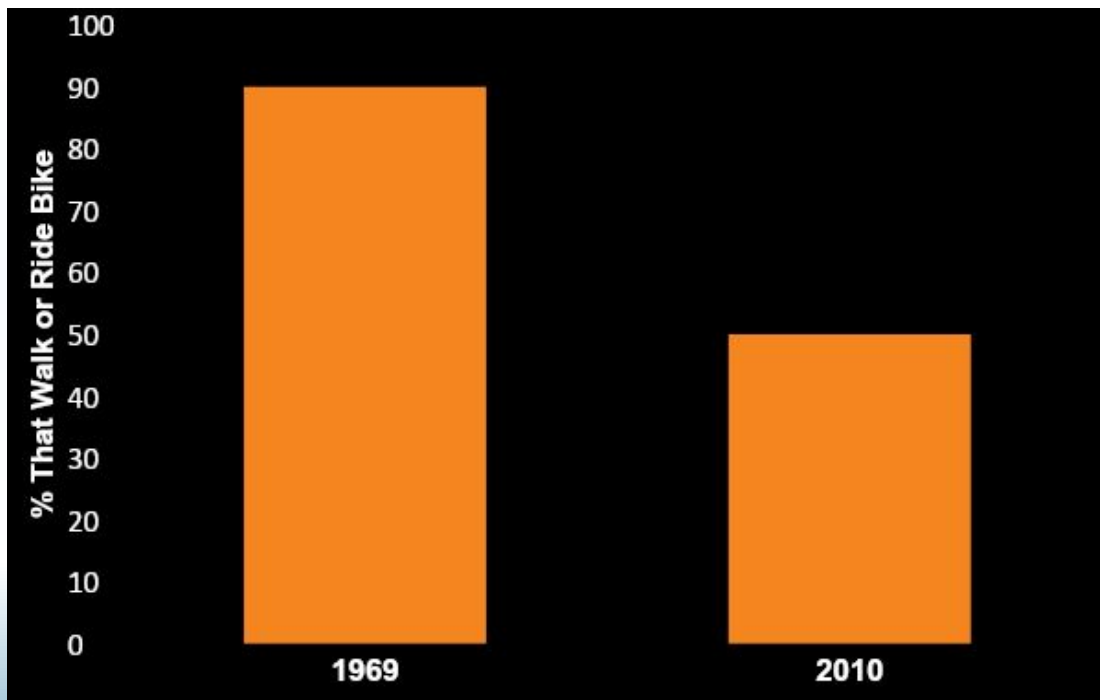
CAUSE



LACK OF  
EXERCISE



## % of Elementary School Children Who Live within One Mile that Walk or Bike to School



Now What?



# Empowered Wellness Mission

## Empowering

Empowering youth with the confidence and skills to reach and maintain their best weight – the weight where they're healthiest and happiest.

## Teaching

Teaching self-compassion and healthy body image for long-term emotional health

## Learning

Learning long-term skills to make consistently healthy choices for food, movement and behaviors

## 3 Simple Goals

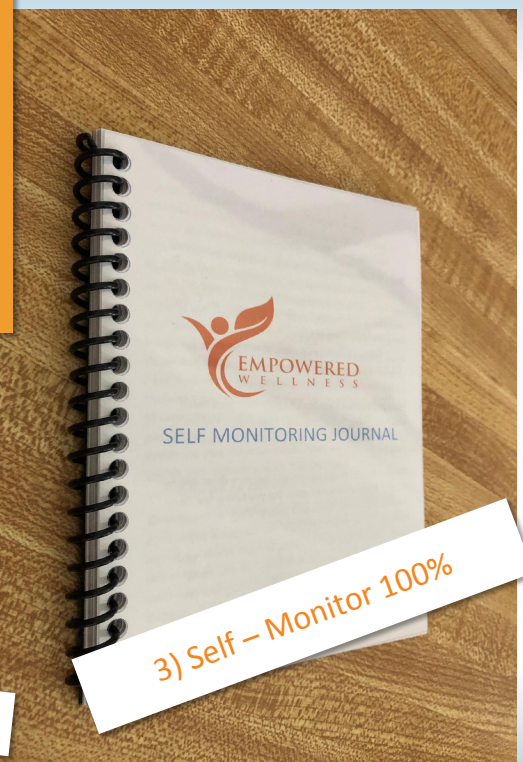
1) Eat Nutrient-Dense Whole Foods



2) 10,000 Steps



3) Self – Monitor 100%





## The Empowered Wellness Approach

# Eat Nutrient Dense Whole Foods

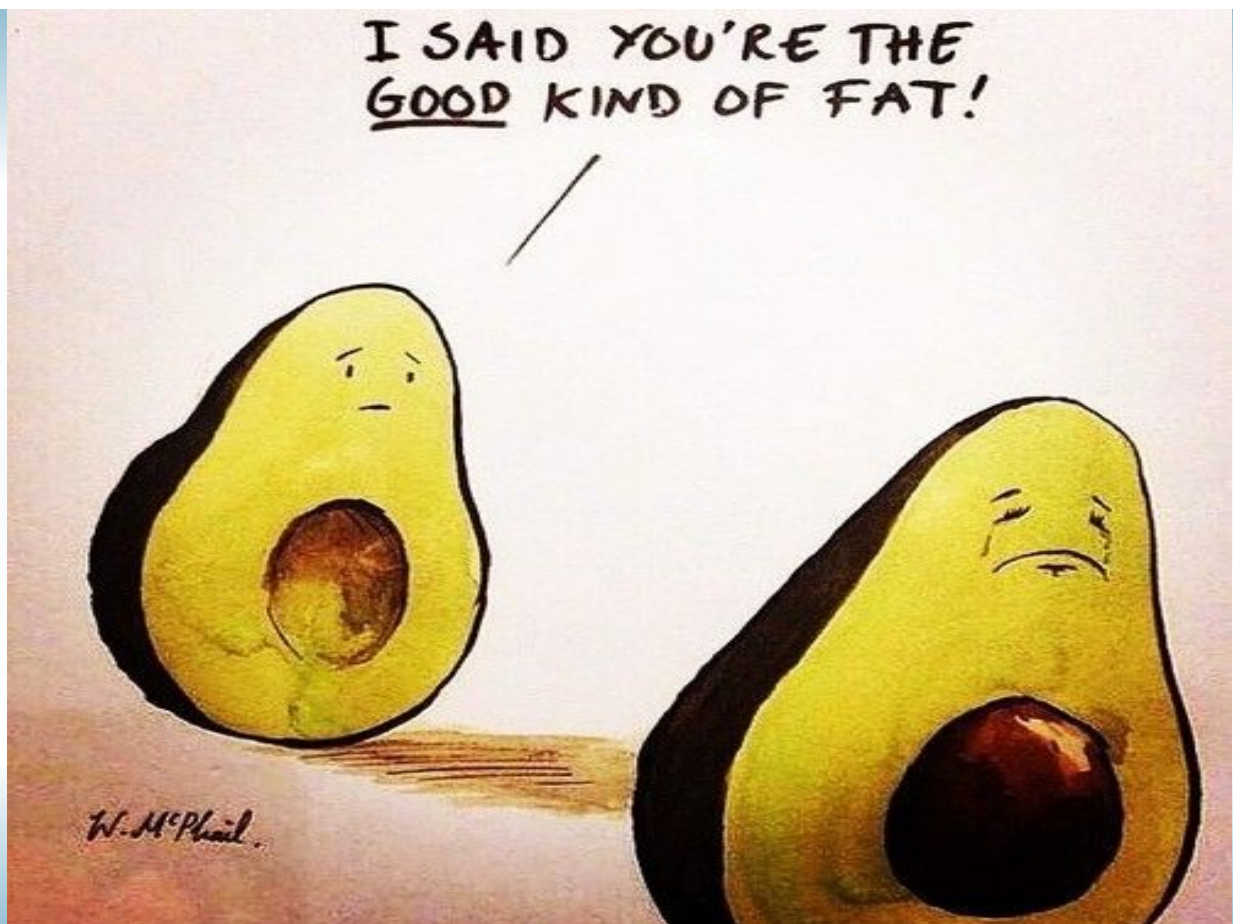
## Empowered Wellness Simple Change #1

### As many whole foods as possible

- Eliminate processed foods from your diet.
- Number of ingredients on a label, and do you recognize them.

### As little dietary sugar as possible

- Soon dietary sugar will be added to food labels
- Added sugar vs. naturally occurring
  - Name naturally occurring sugar
- All sugar should come with fiber



MINDFULNESS

~~MODERATION~~

# Why Mindfulness Skills ?

Mindfulness skills help campers develop a sense of one-mindedness and an ability to focus their attention back to their “wise mind” (Rational Mind meets the Emotional Mind).

Mindfulness will allow the camper to be fully immersed in the moment, rather than thinking of a couple of things at one time.

Helps to de-escalate from positive and negative moments.

## Mindfulness & Meditation-What's the difference?

**Mindfulness is non-judgmental acceptance of the present moment.**

Mindfulness is not:

- Forcing yourself to be happy
- Having to like what is...

**Meditation is the act of engaging in contemplation or reflection.**

Meditation is not:

- Prayer
- Religion
- Dogma

# ACA did some research...

- mindfulness led to someone experiencing less stress, being less emotionally reactive, and developing more satisfying relationships.
- lifestyle has shifted in a healthy direction since learning to be mindful of the choices they make and the impact these choices have on mood, energy level, and overall wellness.

## Mindfulness In Action

- Setting Intentions and SMART Goals
- Creating Affirmations
- Mindful Eating
  - Use a hunger scale
  - Ask group questions
  - Quiet meals
- Show Gratitude
- Blowing Bubbles
- Playing with balloons

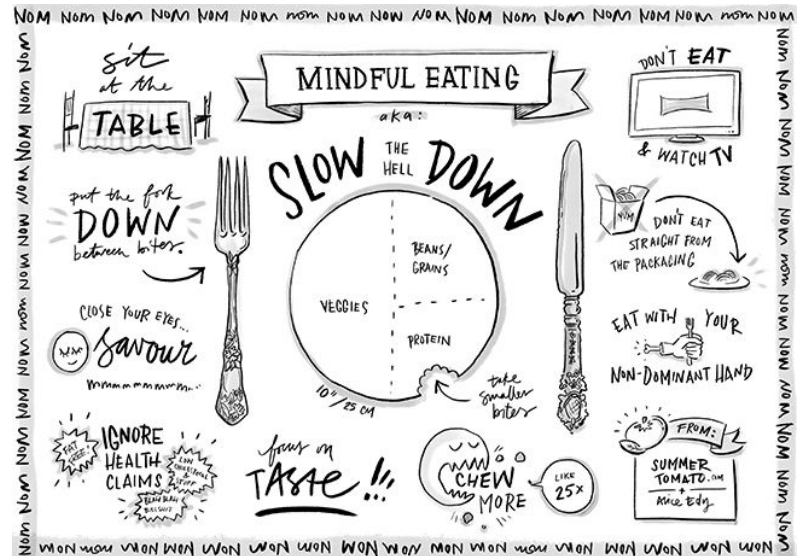
**Hunger Fullness Working towards eating more in the grey area (from 4 to 7) will help with portion control as well as blood sugar balance and energy level. We don't want to work in EITHER extreme (too hungry OR too full).**

## Hunger/Fullness Scale

0	Empty
1	Ravenous
2	Over Hungry
3	Hunger Pangs
4	Hunger Awake
5	Neutral
6	Just Satisfied
7	Completely Sat
8	Full
9	Stuffed
10	Sick

## Mindful Eating at camp

- Start by looking at what you are planning to eat. What do you notice visually?
- Now, smell the food carefully. What do you notice?
- Now, put the piece of food on your tongue, but don't chew on it yet. Just leave it on your tongue and notice how it feels in your mouth. Do you taste anything yet? What activity do you notice in your mouth?
- Start chewing it, very slowly, just one bite at a time. Notice how the tastes change as you chew.



## Tree Meditation

The goal of this mindfulness activity is to have the campers imagine that they are a tree: strong, rooted, but flexible and able to bend. Tell campers to stand in mountain pose—feet rooted into the floor, hands by their sides but slightly away from their bodies, palms face forward, and imagine a string pulling the top of their heads to stand up taller. Remind campers that if their minds wander, that is normal and they should refocus their attention to the focus on being a tree. Continue this exercise for 3-5 minutes. Use a timer.

# Meditation Labyrinth



## Breathing Exercises

- Counting Breaths: Inhale 1, exhale 2, inhale 3, exhale 4, repeat until you get to ten then start over again. Do this for a timed amount or for a couple of rounds.
- 4-7-8 Breathing: Inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds. Repeat 4 times. This helps with calming the body and also helps with falling asleep.

# Mindfulness Tools

- Apps
  - Head space
  - The Mindfulness app
- Mindful card activities
- Yoga
- Coloring Books
- Mindfulness Thumball
- [\*Mindful Games: Sharing Mindfulness and Meditation with Children, Teens, and Families\*](#) by Susan Kaiser Greenland.

## BITS

Are you...

**Bored**

**Irritated**

**Tired**

**Stressed**

**?**



## 2) 10,000 Steps



What makes activity  
VITAL for successful  
weight control?

### High Levels of Activity:

- Expend Energy
- Increase Metabolic Rate
- Increase Fat Burning
- Improve Moods
- Improve Sleep
- Improve Commitment
- Improve Perceived Control of Biological Challenges

# Level System

- **Level One: Turtle** Green “Turtle” band

The Turtle is the first stage– all campers start their journey here with a commitment to being at Camp and to making a health change in your life. Turtles represent determination and persistence. They start their journey at camp in a slow and peaceful manner adjusting to the journey ahead.

- **Level Two: Squirrel** Red “Squirrel” band

Squirrels spend time planning and gathering for their future. They discover new ideas and prepare themselves for change by clearing away old habits. Squirrels actively pursue goals and store knowledge, they are preparing for how to survive in the winter. This takes dedication, action and intelligence.

- **Level Three: Elk** Blue “Elk” band

The Elk represents gaining strength and taking pride on a new journey. The energy of the elk demonstrates pride in self, and the elk is excited to discover themselves on their journey. They are confident, bold and stand strong. Our campers have gained even more knowledge and are starting to really understand all the concepts we are teaching.

- **Level Four: Bear** Purple “Bear” band

Bears reflect qualities of courage and confidence, and they will encourage others to take a leadership role and action without fear. Our campers have the knowledge, skills, and abilities to live a successful and healthy life. They begin to feel confident in these abilities and begin to move forward with the courage necessary to be successful.

- **Level Five: Falcon** Glow in the dark “Falcon” band

Our campers have reached the top of the Totem Pole and they are ready to start sharing all that they have learned. They have the wisdom and knowledge needed to be successful at home. They are a positive influence for their peers and also give the utmost respect for those that are teaching and leading them to a successful healthy lifestyle. These campers also exemplify everything that Empowered Wellness campers strive to be, respectful, positive, encouraging, helpful, and an everlasting role model of a Long-Term Weight Controller.



**TURTLE** -All campers begin as Turtles and receive their Green Turtle Band, ready to join the Line-up and take part in the Level System.

**SQUIRREL**

- Average 10,000 steps a day
- Complete food log for 20 out of 35 meals/snacks a week
- Complete Dealing Skills for 3 out of 7 days a week
- Develop personal commitment statement and share with CBT group

**ELK**

- Average 15,000 steps a day
- Participate in ALL planned activities
- Complete food log for 25 out of 35 meals/snacks a week
- Complete Dealing Skills for 4 out of 7 days a week
- Act as a role model within the Empowered Wellness community
- Share BC approved personal commitment statement at ceremony

**BEAR**

- Average 20,000 steps a day
- Complete food log for 30 out of 35 meals/snacks a week
- Complete Dealing Skills for 6 out of 7 days a week
- Develop and submit Falcon project, then present to camp

**FALCON**

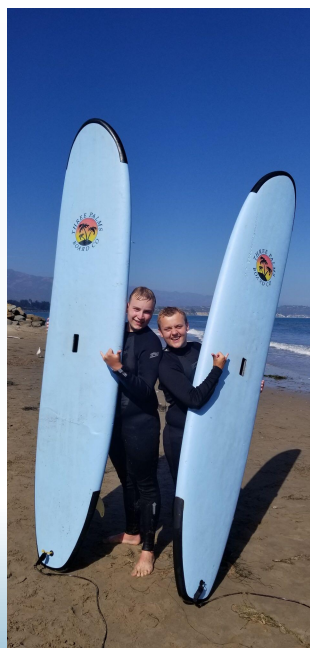
- Average 25,000 steps a day
- Complete food log for 30 out of 35 meals/snacks a week
- Complete Dealing Skills for 7 out of 7 days a week
- Complete Mindfulness activity at least 7 out of 7 days a week
- Mentor other campers who may be newer to the program
- Share past, present and future at ceremony
- Complete plan for home document
- Complete Falcon project

**SQUIRREL** “Slime” a counselor of your choice at Friday Ceremonies.

**ELK** 30 minutes Special PT time

**BEAR** Special Beach Activity on Sunday

**FALCON** Project MUST be completed! Special Movie Night





3. Self Monitoring 100%  
You Can't Manage What  
You Don't Monitor

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### ✓ Hydration Check

How many bottles of water have you had today?

✓			
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<b>Dealing Skills</b>	<b>✓</b>
Wise Mind/ Growth or Fixed	
Mindfulness	
Self-Talk/Affirmations	
Planning	
Vibe/Gratitude	
RRR/BITS	
Distracting/Improving the Situation	
Self-Care	







- The focus is NOT on simply restricting our participants' caloric intake and increasing their physical activity to produce weight loss.
- We focus on simple lifestyle skills and behaviors that encourage weight loss and long term weight control.
- We not only teach our participants **what** they need to do in order to lose weight, we teach them **why** these things work and **how** they can incorporate them into their lifestyle.

## Taking it all home

### Dining Out Prep

- Portion Control
- Substitutions
- Pre-Dinner Planning
- Role Play (dinner/server)
- Get a copy of the menu

### Skill Practice: Reading a Food Label

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

### Plain Yogurt

Nutrition Facts	
Serving Size	8 oz
Servings per container	4
Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 135mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	
Ingredients	
Cultured Pasteurized Grade A Fat Free Milk and Milk, Modified Tapioca Starch, Whey Protein Concentrate, Kosher Gelatin, Tricalcium Phosphate.	

### Fruit Yogurt

Nutrition Facts	
Serving Size	1 container
Servings per container	1
Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 33g	11%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 5g	
Ingredients	
Cultured Pasteurized Grade A Low Fat Milk, Sugar, Strawberries, Modified Corn Starch, High Fructose Corn Syrup, Nonfat Milk, Kosher Gelatin, Citric Acid, Tricalcium Phosphate, Natural Flavor, Pectin, Colored with Carmine, Vitamin A Acetate, Vitamin D3.	

# Taking it all home-staying active

Morning Walks-Move your feet before you eat!

Applicable Fitness routines-we don't always use weights or equipment.

Fitness Assessments-Before and Afters

Family Workshop-Support



*Have you noticed that when you're more present, you also tend to be more content?*



# Any Questions?



## MANIC MONDAY WORKOUT

### ROUND 1

10 SIT UPS  
5 PUSH UPS  
15 SQUATS  
20 LUNGES  
35 JUMPING JACKS  
15 SEC PLANK  
25 CRUNCHES  
25 SEC WALL SIT  
10 BUTT KICKERS



### ROUND 2

20 SIT UPS  
10 PUSH UPS  
25 SQUATS  
10 LUNGES  
10 JUMPING JACKS  
25 SEC PLANK  
30 CRUNCHES  
45 SEC WALL SIT  
40 BUTT KICKERS



### ROUND 3

15 SIT UPS  
15 PUSH UPS  
15 SQUATS  
30 LUNGES  
50 JUMPING JACKS  
30 SEC PLANK  
25 CRUNCHES  
35 SEC WALL SIT  
25 BUTT KICKERS



**Stretch & Hydrate**

## With Weights COMPLETE 8 ROUNDS:

5 Lunges-each leg  
10 Sumo Squats  
15 Kettlebell Swings

## FUN FRIDAY FITNESS

3 rounds 30 seconds each:

Mountain Climbers  
Wall Sit    Walking Lunges  
Triceps Dips    V-Ups  
Plank  
High Knees    Donkey Kicks  
Russian Twists    Push Ups  
Burpees



I learned valuable things about my health that will last a long time and will carry with me forever.

-Beverly, EW Camper



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