Traditional and conventional weight loss therapies

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The inclusion of information related to fitness and exercise science in nursing curricula needs to increase due to the increasing prevalence of obesity and its negative effect on health and our society in general. Educators need to develop nurses who can provide service outside the hospital setting in clinics, physician offices and rehabilitation centers to meet the directives of the Institute of Medicine (IOM). This pilot project examined a Faculty Fitness Training Program that was executed over a summer session. The program was offered to a six members of Queensborough Community Colleges nursing faculty on a volunteer basis, with the ultimate goal being to demonstrate the evidence supporting the use cardiovascular fitness testing and training to improve health and prevent disease. Secondly, the participants in this study benefited from it by receiving an enhanced understanding of cardiovascular health and physiology. The Faculty Fitness Training Program (FFTP) combined with the Exercise Tolerance Test (ETT) performed along with a cardiologist in his office, allowed the participants to witness progress of their cardiovascular health and fitness first hand. It increased their familiarity with what a comprehensive cardiovascular assessment should include, and as a result faculty members will then be in a better position to relay this information to future students, by incorporating pertinent content into their classroom. At the conclusion of the pilot the participants took a Likert type survey, which demonstrated that the group felt the program offered useful clinical skill development experiences for nursing students.

Quiet the inner food debate

Joyce Lillis
Metabolic Reset Program, USA

Intention for the presentation: Recognize your “Inner Food Voice” about how much, what and when to eat. Understand the difference between Biological Hunger versus Emotional Hunger. Develop new behaviors to live a healthy and balanced lifestyle

Outline for Presentation: Fundamentals of the body’s digestive process reviewing how from birth we are connected to our biological hunger. Share when our inner voice develops in childhood and how we have lost touch of feeling biological hunger. Breakdown the fundamentals of how dieting begins with willpower and determination and why it cannot last indefinitely. Provide a framework to release the guilt that comes with failed dieting. And learn to identify how to maintain a healthy lifestyle by developing a meal plan not only to lose weight but maintain a healthy weight so dieting is no longer necessary

Exercises: Ask audience to write down their relationship with food. Provide breathing exercise before eating to relax the body. Identify and develop new behaviors when eating for emotional reasons

Duration: Will develop program based on time allotted. Seminar conducted with audiences to date are based on a six week series of one hour session. Coach clients one-on-one weekly in one hour sessions. Speakers events – One hour – 45 minute presentation, 15 minutes Q&A