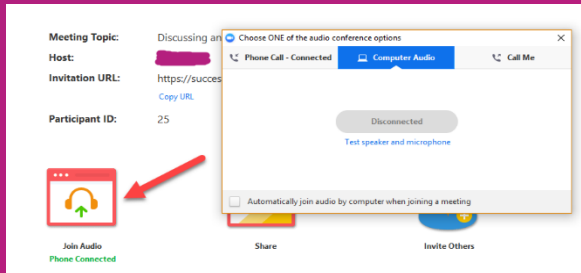




## Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

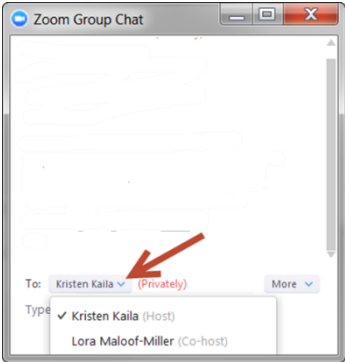
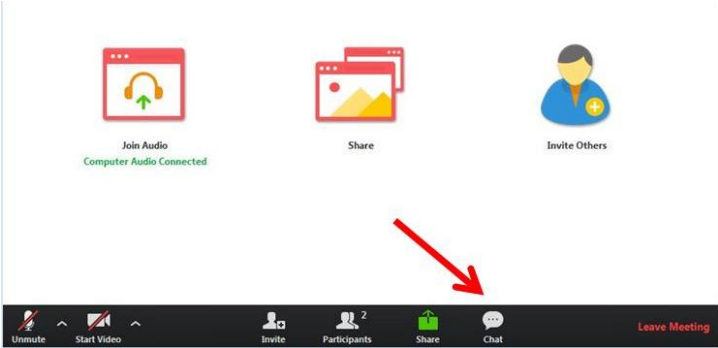
**If you wish to change your audio setting:** click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



**Call-in number for audio: 1-669-444-9171**

**Conference Code: 951 7008 9912**

# Chat Function



# Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.





# Nutrition Tips to Increase Metabolism

Presented by: Claudia Graetsch-Vasquez, RDN, CDCES/CDE

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*“Your metabolism is the envy of everyone at this party.”*

# What defines Metabolism?

Your metabolism can be broken down into four things:

1. BMR: Basal Metabolic Rate
2. TEF: Thermic Effect of Food
3. PA: Physical Activity Expenditure
4. NEAT: Non Exercise Activity Thermogenesis.

# What defines Metabolism?

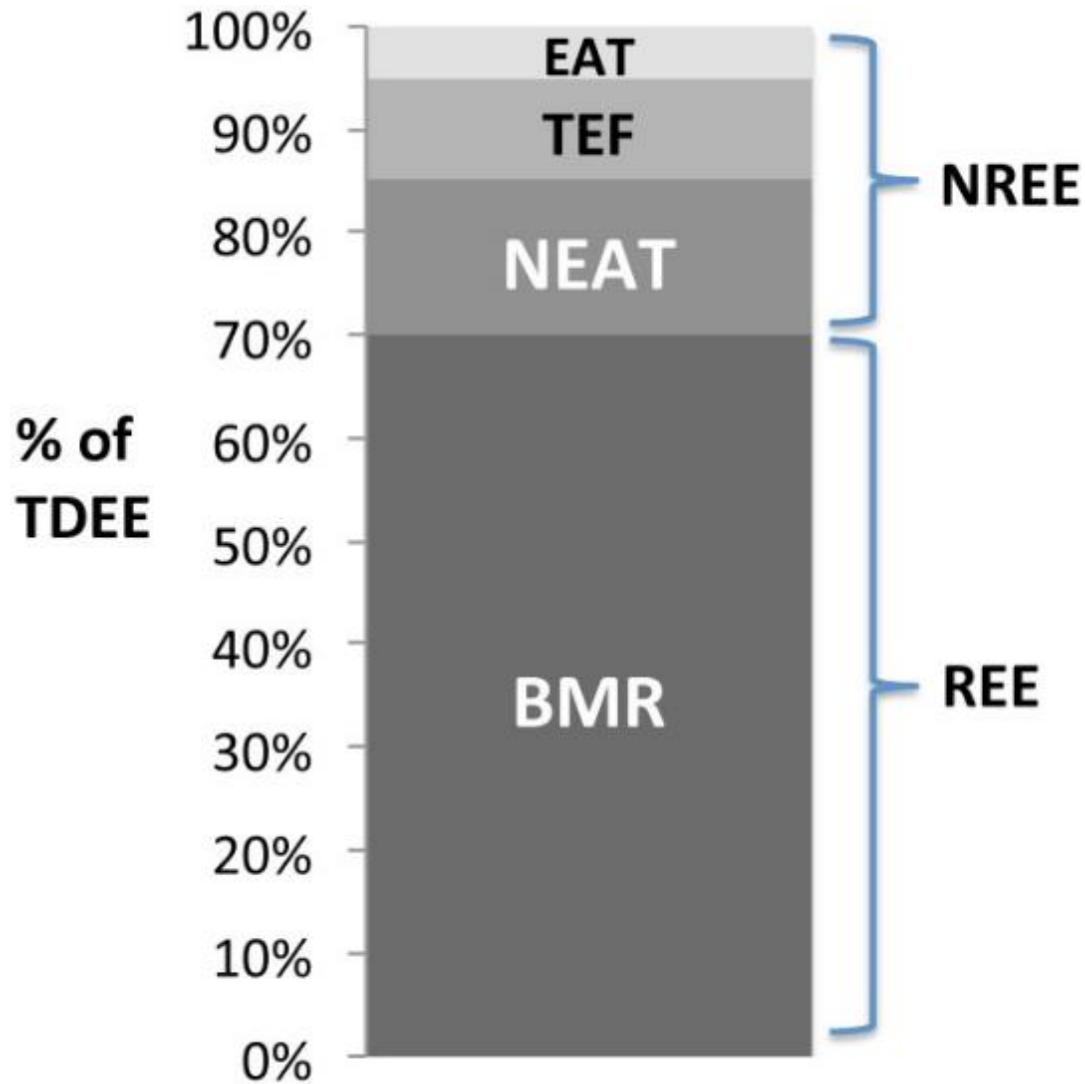
**BMR + TEF + PA + NEAT** = the calories you use in a day, or what most people equate with their 'metabolism'.

# What defines Metabolism?

**Process by which your body converts what you eat and drink into energy.**

- 60-80% of calories you burn daily (BMR)
  - Basal Metabolic Rate is the biggest consumer of calories used to power our bodies **at rest**:
    - Breathing
    - Heart rate
    - Waste removal
    - Growth and repair of cells
- 10-15% calories used for digestion and absorption (TEF)
- 10-20% calories used for non-exercise activity thermogenesis (NEAT).
- 5-10% calories are used for Exercise (EAT) or PA (Physical Activity)





J Int Soc Sports Nutr. 2014; 11: 7.

# What affects our Metabolism?

**Genetics** – like so many other things we inherit our BMR

**Age** – as age increases our muscle mass decreases slowing down our metabolism

**Sleep** – studies show that poor sleep may affect (reduce) metabolism

**Hormones** – thyroid hormone levels in particular can influence BMR

**Muscle Mass** – the more muscle you have the higher your BMR

**Body Size** – the bigger you are the more calories are needed to survive

**Gut Bacteria?** It is suspected they do play a roll in BMR but more studies are needed.

# Women - Hormones

- Women experience accelerated muscle loss during menopause
- Average weight gain for women in menopause is 13 lbs!



Estrogen



Muscle mass

Women need to be prepared for this and proactive during this time to maintain muscle mass.

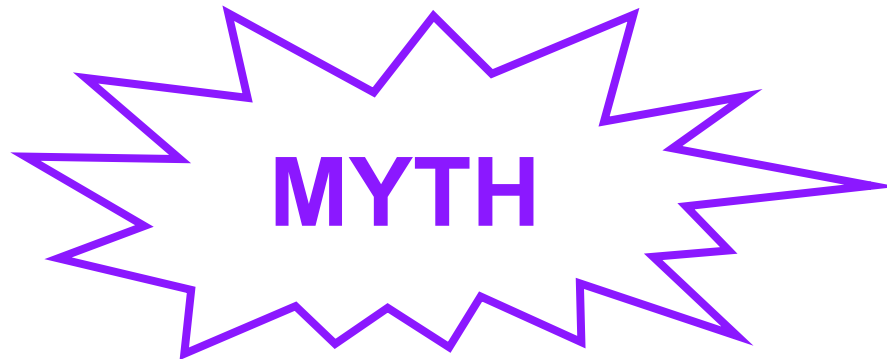
# Muscle Mass

- Our body muscle mass starts decreasing after age 30!
- We lose anywhere between 3-5% of our total muscle mass each decade.
- Muscle requires a few more calories than fat to maintain, so as we lose muscle, our body's calorie burning furnaces also slow down.



# Metabolism Myths & Truths

Can green tea/chili pepper/vinegar boost my metabolism?



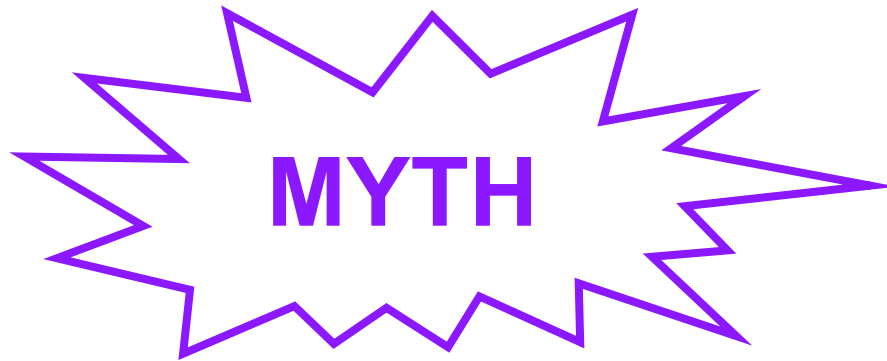
# Metabolism Myths & Truths

- No magic food, pill or supplement can speed up metabolism.
- Some studies have shown a temporary boost in metabolic rates, but this tiny boost is not enough to offset eating too many calories.



# Metabolism Myths & Truths

Does skipping breakfast slow down my metabolism?



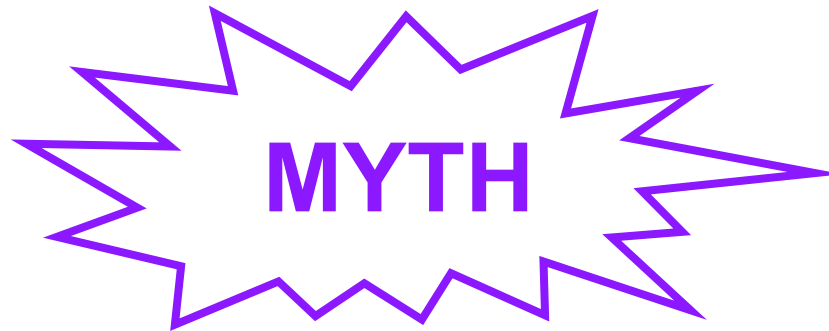
# Metabolism Myths & Truths

- Eating breakfast has been linked with weight loss in some individuals because breakfast eaters tend to be more active.
- Not enough convincing research to show that skipping breakfast slows metabolism.
- It's the total amount of energy you consume over the day vs the number of meals you eat which makes a difference



# Metabolism Myths & Truths

Does eating late/before bed slow down metabolism?

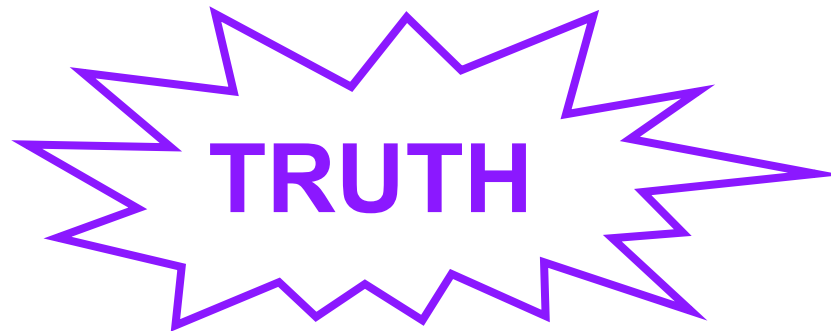


# Metabolism Myths & Truths

- It's the extra calories – not when you eat them – that causes weight gain.
- Little evidence to support that eating after 8 pm slows your metabolism.
- Overeating at night causes weight gain – again, just too many calories.
- Metabolism does slow a bit through the night, but never stops.
- “Don't eat after 7pm” – probably started to prevent mindless eating after dinner.
- If you are truly hungry before bed, have a little something – going to bed hungry can impact sleep quality.

# Metabolism Myths & Truths

How does dieting affect my metabolism? Did it slow down my metabolism?

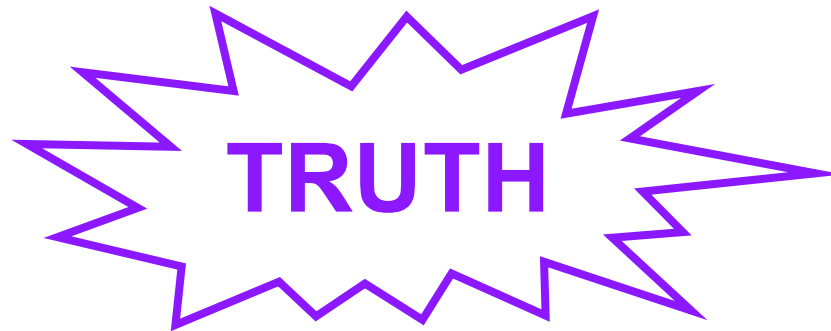


# Metabolism Myths & Truths

- Creating a large calorie deficit can backfire.
- Our bodies are very SMART and programmed for survival. It will adapt to the restricted calories and use fewer calories to perform a task. It thinks it's entering a famine.
- Hormones slow our metabolic rates to conserve energy.
- If your losing muscle from a low calorie diet, this can further decrease your metabolism.

# Metabolism Myths & Truths

Does fidgeting and moving around a lot burn more calories?

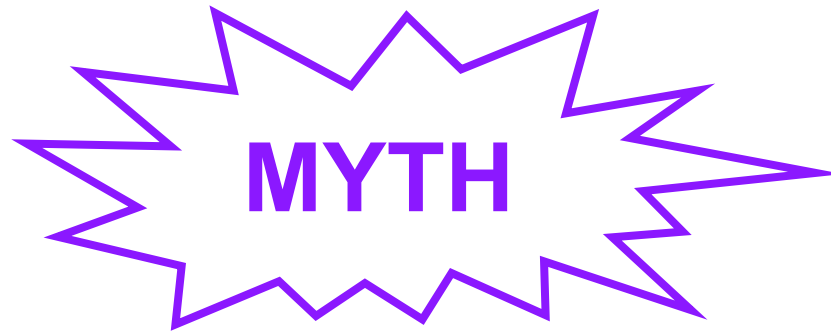


# Metabolism Myths & Truths

- Definitely YES! Remember NEAT accounts for the majority of our non resting energy needs. People who move more in general are leaner.
- Stand more (standing desks) – set your watch or phone to remind you every 30 minutes to move, especially if you have a desk job.
- Walk more. Move on your lunch break, park farther away, take the stairs...

# Metabolism Myths & Truths

Grazing all day with boost my metabolism



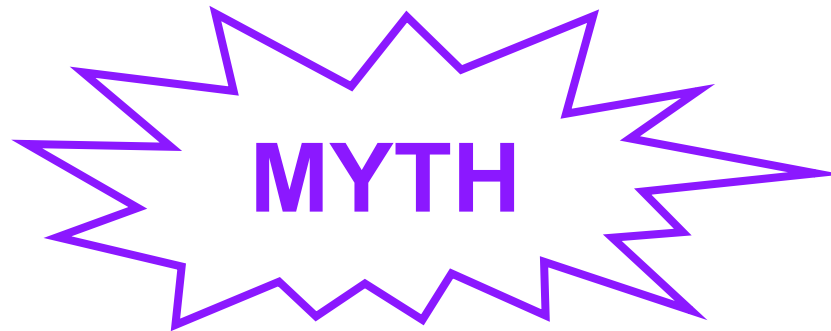
# Metabolism Myths & Truths

- Eating more frequently may cause people to eat more calories.
- Eating 6 times a day to boost metabolism? No research to back this up.
- Do what works for you – just stay within your caloric means.



# Metabolism Myths & Truths

Is my metabolism pre-determined? Am I stuck with it?



# Metabolism Myths & Truths

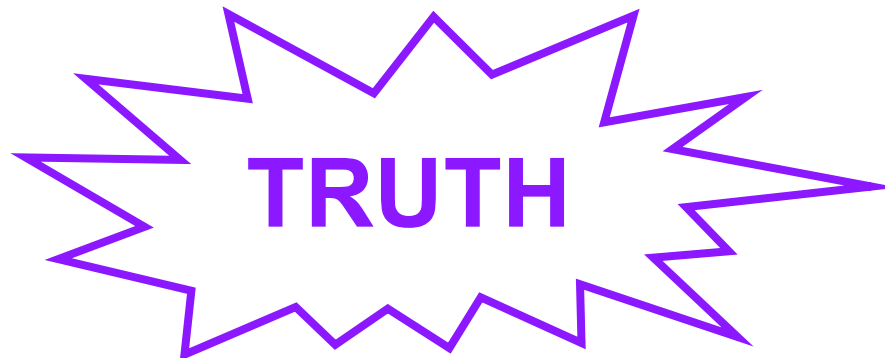
Absolutely not! Genetics is just one part of the equation.

Let's learn more...

# Metabolism Myths & Truths

## What can boost your metabolism?

- Increasing lean muscle mass! The more lean body mass you have (muscle) the more calories you'll burn at rest (aka increased BMR)
- Muscle burns more calories per hour than fat. A pound of muscle burns around 6 calories a day at rest. A pound of fat burns just 2.
- Muscle mass decreases as we age - so pick up those weights! Strength training is recommended 2-3 times per week



# What does work?

## What can I do to change my metabolism?

- Increase muscle mass
- Move more (increase NEAT)
- Eating more protein and fiber may help metabolism

# Protein

- **TEF** is the number of calories your body uses to digest food. Each macronutrient – carbohydrate, protein, and fat – has a different **thermic effect**.
- **Protein** takes the most energy for your body to process (somewhere near 20% of its calories). Fat takes the least (around 5%).
- This is one part of the reason why higher-protein diets can be effective for weight loss; you're using more energy just to metabolize your meals. (There are plenty of other factors involved though, so don't run off and start eating only protein...)
- Protein helps **rebuild muscle tissue**.

# Protein

Eating protein doesn't build muscle on its own.

When you exercise, such as lifting weights or running, some of your muscle cells break down.

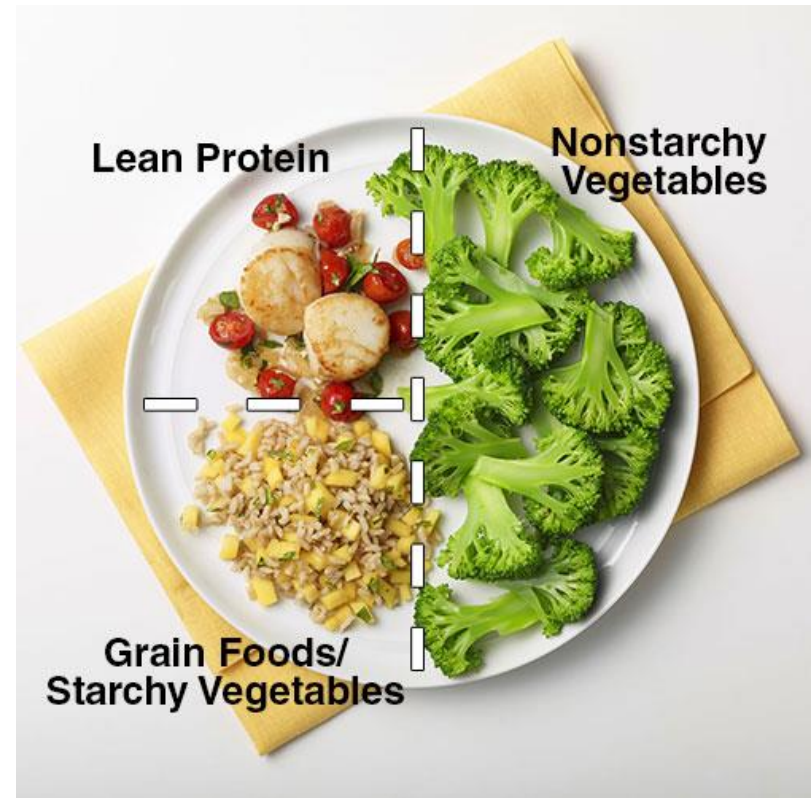
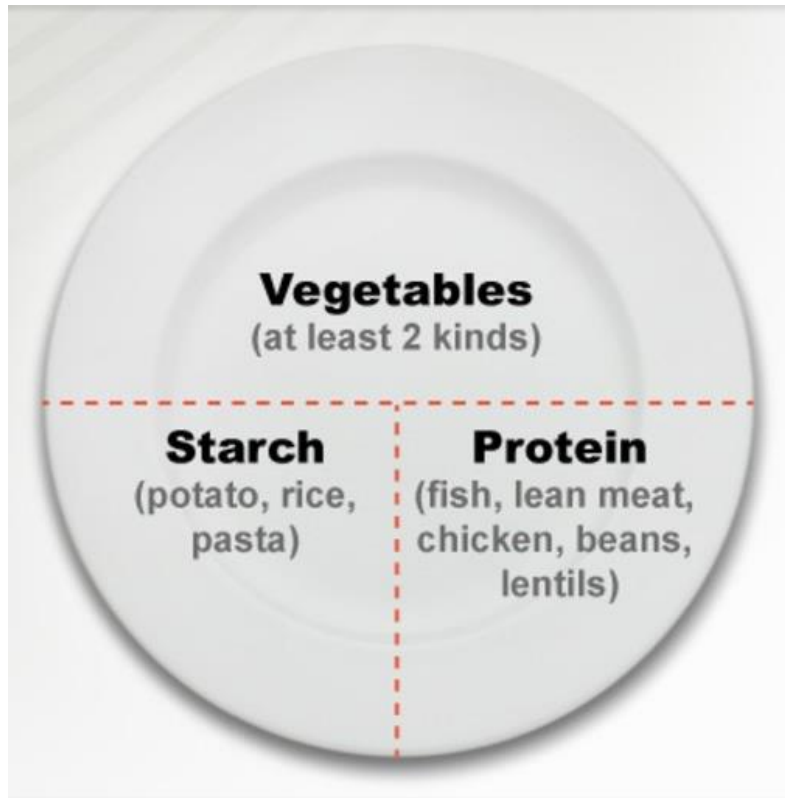
Protein from food helps repair this damage from exercising and builds up more muscle, making them stronger.

# Protein

Eating the *right* amount of protein is key. Consuming more protein than your body needs may translate to excess calories that must be stored, usually in the form of fat. Too little protein consumption means your body has to supply it itself, which can result in muscle breakdown and loss.

***When you eat a balanced diet that includes enough calories and carbohydrates, your body won't use protein as a calorie source — it will spare it to build muscles and repair them when needed.***

# A balanced plate





# Protein

- Studies now show that it is not just the total protein intake for the day that counts for building muscle.
- The body can best build and maintain muscles when total protein for the day is divided relatively evenly among three meals and a snack.
- Maximal anabolic (muscle-building) effects are seen with about **25 to 30 g** protein per meal. (0.75 g protein per pound of body weight per day). More than that has little or no further benefit.
- These recommendations do change with age. If you are >50 years old, you should target an additional 10 grams of high quality protein (milk, egg, fish, soy) per meal. That's just a little bit more: a glass of milk or extra 1.5 ounces of meat-fish-chicken.

# Protein



# “How Can I Get Over 20 Grams Of Protein in a Meal?”

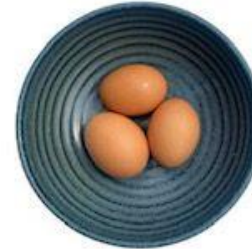
@eleatnutrition



**1.25 cup Edamame  
21 grams**



**4 oz. Salmon  
23 grams**



**3 extra large Eggs  
21 grams**



**4 oz. Tempeh  
25 grams**



**1 cup Greek  
Yogurt  
25 grams**



**4 oz. Chicken  
Breast  
31 grams**

# Protein – Breakfast ideas

- **2 egg omelet with spinach, asparagus, mushrooms. Small serving fruit.**
- **Oatmeal with 2 tbsp cottage cheese or protein powder, 1/2 cup blueberries, flax or chia meal, cinnamon.**
- **Yogurt Plus-- plain Greek yogurt, 1/2 cup berries, 2 tbsp chopped walnuts, stevia or honey.**
- **Smoothie: Strawberry-Almond**
  - Blend 1/2 cup almond milk, 1-2 scoops protein powder, 1/2 cup fresh or frozen strawberries, 1/2 banana, 1-2 tbsp chia seeds, dash of cinnamon.

# 4 High Protein Breakfasts That Aren't Eggs

## Pumpkin Pie Protein Oats



**20 grams protein**

- Rolled oats
- Pumpkin seed protein powder (or your choice)
- Pumpkin pie spice
- Pumpkin seeds, crushed pecans

## Apple Cinnamon Smoothie



**25-31 grams protein**

- 26-Apple, frozen banana
- 27-Whey or plant-based protein powder
- 28-Milk/non-dairy milk
- 29-Ground cinnamon, ground nutmeg, honey

@eleanutrition

## Whole Grain Waffles



**22 grams protein**

- Protein waffles (homemade or frozen)
- Peanut or almond butter
- Hemp seeds, fresh fruit

## Chicken Sausage, Potato, & Veggie Bowl



**25 grams protein**

- Chicken sausage links
- Diced, roasted potato or sweet potato
- Roasted or sautéed veggies

# Fiber

## **Fiber recommendations:**

25 grams for women & 38 grams for men each day.

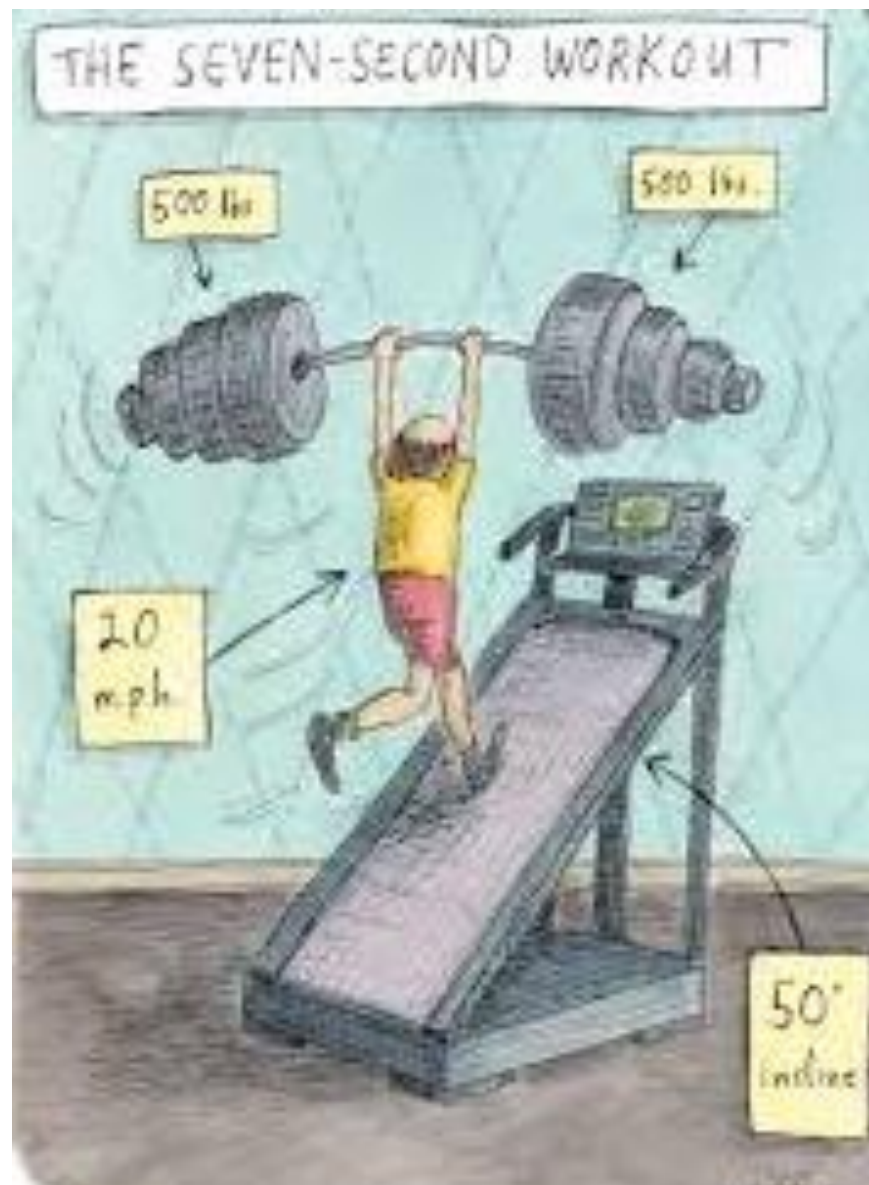
Fiber slows the speed at which food passes from the stomach to the rest of the digestive system – this can make us feel full longer. Foods that are higher in dietary fiber often are lower in calories as well.

- Mix in oats to meatloaf, bread or other baked goods.
- Toss beans into your next salad or soup.
- Chop up veggies to add to sandwiches or noodle dishes such as pasta or stir-fry.
- Blend fruit into a smoothie or use it to top cereal, pancakes or desserts.
- Don't forget to drink plenty of water.

# Exercise – time to build muscle

The only thing that we know of that really speeds up metabolism for the long-term is **exercise**.

The more lean body mass (otherwise known as muscle) you have, the more calories you'll burn at rest (aka increased BMR).





# Exercise: AHA Recommendation For Overall Cardiovascular Health

At least **30 minutes of moderate-intensity** aerobic activity at least **5 days per week for a total of 150 minutes.**

**OR**

At least **25 minutes of vigorous** aerobic activity at least **3 days per week for a total of 75 minutes**; or a combination of moderate- and vigorous-intensity aerobic activity

**AND**

**Moderate- to high-intensity muscle-strengthening activity** at least **2 days per week** for additional health benefits.

# Exercise

2015 study found that healthy adults who did resistance training 2-3 times/week for 9 months saw a 5% increase in BMR.

*Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.*

- Very light or light intensity is best for older persons or previously sedentary adults starting exercise.
- Two to four sets of each exercise will help adults improve strength and power.
- For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance.
- Adults should wait at least 48 hours between resistance training sessions.

-American College of Sports Medicine

# Exercise

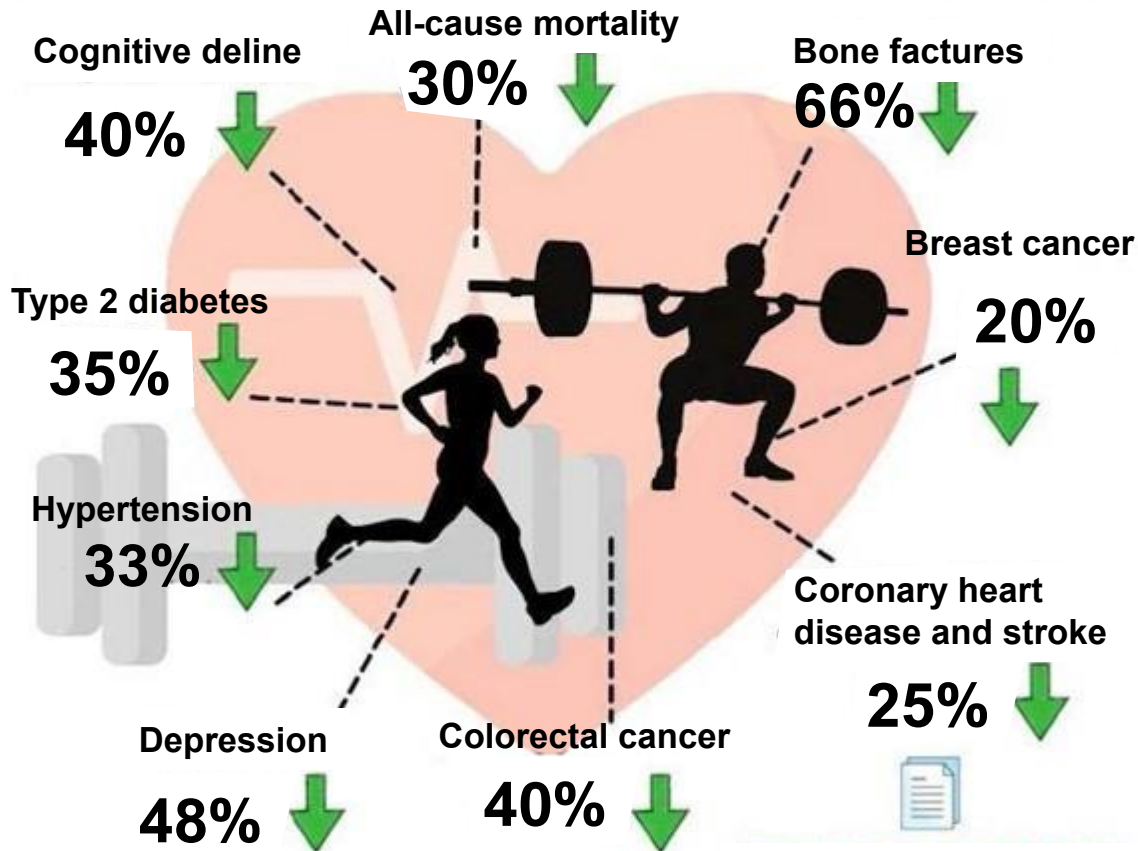
After you exercise you can raise your BMR by 20-30% for several hours!

The more intense the workouts are the longer it will last.



# Physically Active People Have Lower Health Risks

dr.williamwallace



Physical Activity Guidelines Advisory Committee Scientific Report (2018)

# Exercise

## Lifestyle activities

- Any extra movement helps burn calories. Look for ways to walk and move around a few minutes more each day than the day before.
- Taking the stairs more often and parking farther away at the store are simple ways to burn more calories. Even activities such as gardening, washing your car and housework burn calories and contribute to weight loss.

# Sleep

We're learning more and more about the roles of sleep on the metabolic pathways that influence your weight.

Aim for the recommended **7 to 9 hours** of sleep each night.

Establish some healthy sleep habits:

- Cut out caffeine after mid-day,
- create a relaxing bedtime ritual (reading and meditation are some ideas) and resist the urge to scroll through email or social media within an hour of bedtime.
- be careful with booze, since going above the recommended caps (one drink a day for women, two for men), interferes with restorative sleep.



# How Can I Improve My Metabolism?

@eleanutrition

## What Will Help



Daily movement  
(NEAT + exercise)



Adequate protein  
(thermic effect of food)



Strength training



Adequate sleep



Avoiding extreme  
calorie deficits/  
crash diets

## What Won't Help



“Metabolism-boosting”  
supplements



Not eating after 6pm



Eating 6+ small meals  
per day



Extreme calorie  
deficits/crash diets

## Other Factors Impacting Metabolic Rate:

- Age
- Menstrual cycle
- Body size
- Hormones
- Genetics
- Injury
- Environmental Conditions  
(*temperatura*)

# In conclusion

**If you want to lose weight without slowing down your metabolism while you do it, try the following:**

- *Build muscle mass through exercise.*
- *Eat a diet that's higher in protein and fiber.*
- *Don't cut calories too much.*
- *Focus on eating more whole or minimally processed foods and always make half your plate fruits and vegetables.*



# Red Flags

- The promise of **quick** weight loss
- Do you have to **eliminate** an entire food group?
- Use of **testimonials** from celebrities, influencers on social media
- Are they **selling something?** supplements, drinks, plans
- Are they **critical and skeptical** of the scientific community



The best diet is the diet you can stick to.

It's not about how big of a change you can make in the shortest period of time.

It's about how many small changes you can make over a long period of time.

***That is the recipe of success!***

# References

Academy of Nutrition and Dietetics

Science Based Medicine

Nutrition Action/CSPI

New England Journal of Medicine

US World and News Reports

NIH Office of Dietary Supplements

The American Journal of Clinical Nutrition

Images: <https://eleanutrition.com/> (IG handle: eleanutrition)

# Resources

<https://www.myplate.gov/>

<https://health.usnews.com/best-diet>

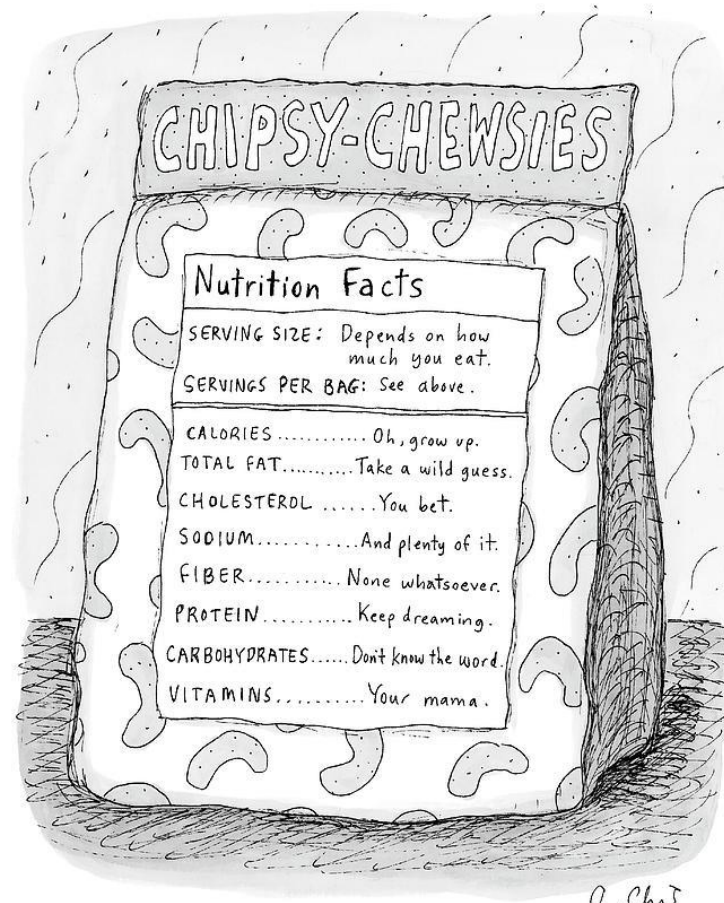
<https://ods.od.nih.gov/factsheets/list-all/>

<https://www.eatright.org/>

<https://www.heart.org/> (healthy living)

<https://www.cspinet.org/> (nutrition action)

# THANK YOU!



# Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
  - Weight management
  - Nutrition
  - Smoking Cessation
  - Exercise
  - Stress Management



# Telephonic Support/Lifestyle Management Health Coaching

## Personalized support

Work one on one with a health coach:

**Learn** what to expect when trying to make a healthy change.

**Understand** what motivates you.

**Decide** exactly what you want to focus on.

**Set** specific health goals.

**Track** your progress – Your coach will help you stay with it!

## Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597



# Healthy Discounts

With Decision Power® Healthy Discounts, you'll get value-added discounts on lifestyle improvement products and services, including:



## Weight management

- Weight Watchers
- Jenny Craig



## Chiropractic/ acupuncture services and more

ChooseHealthy



## Eye care EyeMed



## Hearing aids and screenings

- Connect Hearing
- Beltone



## Fitness club discounts

ChooseHealthy



# myStrength



## Proven tools for your mind, body and spirit

Help you learn to reduce stress, anxiety, depression, or substance use.



## Free and convenient

With web and mobile apps, you'll have support at home and on the go.



## Personal and private

Your home page is made for you. myStrength is secure and private.



## Engaging and inspirational

Activities help you learn new ideas while keeping you motivated!



# Online Health Challenges



Ongoing monthly challenges

Stress

Steps

Sleep

HN members register or log on : [healthnet.sharecare.com](https://healthnet.sharecare.com)

Non-HN members register or log on: [sharecare.com](https://sharecare.com)



Summer Health Challenge

Healthier You

The screenshot shows the 'Green Day: Healthier You Challenge FAQ's' page. At the top, there are logos for healthnet and sharecare, and a circular image of a woman in a kitchen. The main heading is 'Green Day: Healthier You Challenge FAQ's' with the subtext 'Everything you need to know to grow younger this season.' Below this, there are four sections of text: 'What's this challenge all about?' (describing the challenge as a spring-themed goal to track 60 green days), 'How do I sign up?' (a 4-step process), 'What's the challenge goal?' (to earn 60 green days between 5/1/2022 and 7/31/2022), and 'Who is eligible to participate?' (all eligible members). A final section, 'What are green days and how do I earn them?', explains that green days are earned based on 13 health factors like sleep, nutrition, exercise, and stress, rated on a five-point scale from red to green.

# Upcoming Wellness Webinar

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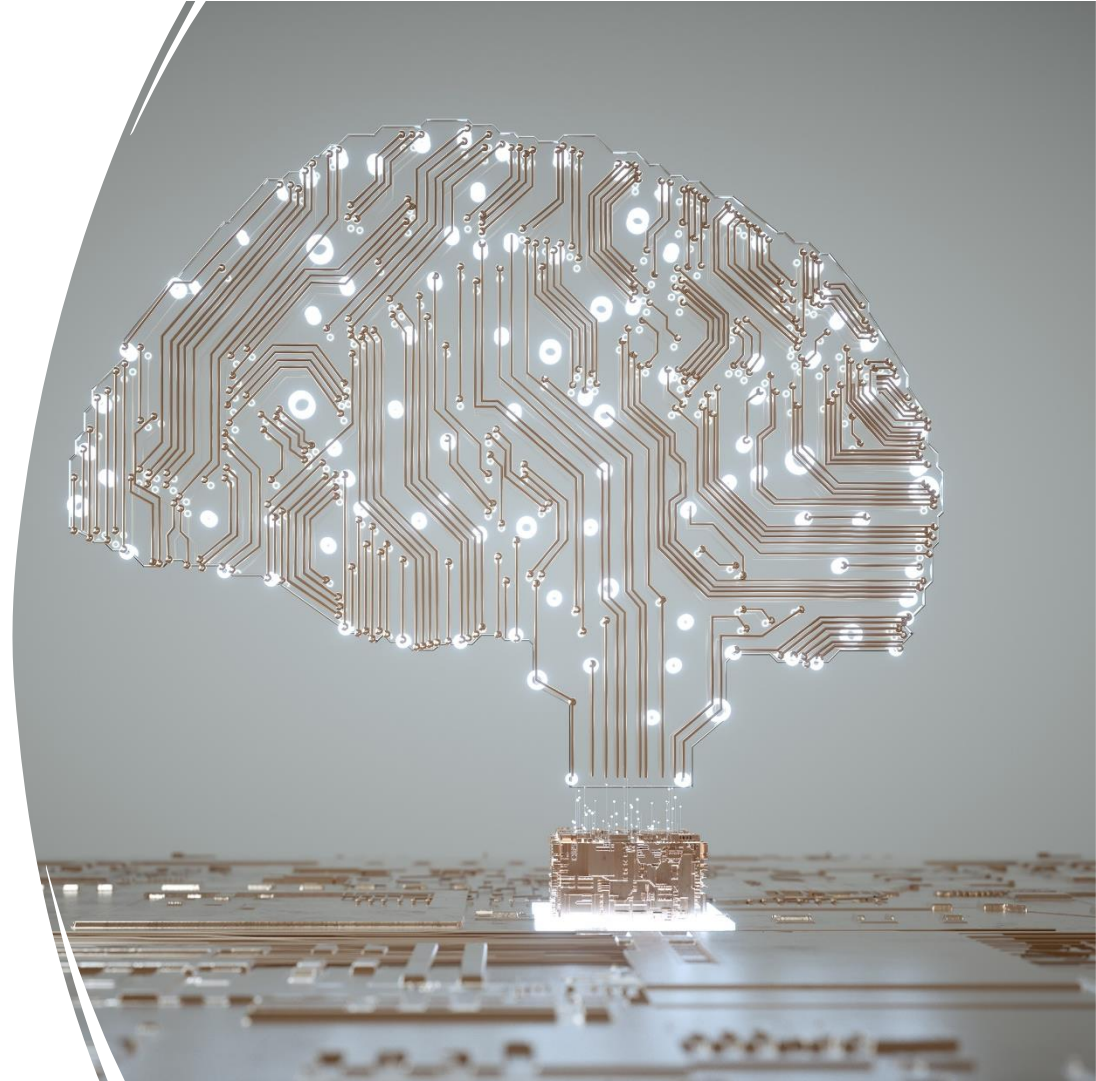
Your Brain Matters

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Wednesday July 20,  
2022

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12:00pm-12:45pm  
Pacific time



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THANK YOU FOR YOUR TIME TODAY!

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