

Teresa G's Victory Story: Thoughts for Faith Community Nurses

Teresa Grebeldinger is here today to share her personal story of non-surgical weight loss of over a hundred and thirty pounds. Despite over two decades of professional healthcare experience, Teresa struggled with weight management and subsequently her health. Two years ago Teresa embarked on a journey of personal discovery with the goal of losing half of her body weight. Through her inspiring testimony Teresa will highlight the faithfulness of God in overcoming what seems impossible to us individually. Together we will discover how to celebrate even when the challenges seem insurmountable and the choices difficult; all along the way praising the Lord!

Objectives:

- 1) Discuss mental, physical, emotional, and spiritual healthy choices;
- 2) Describe two strategies for staying committed to weight management;
- 3) Create a personal victory story to inspire others to live differently.

Challenge:

To become half the woman that I was; Overcome a history of weight losses and gains

Choice:

Eat differently

Exercise differently

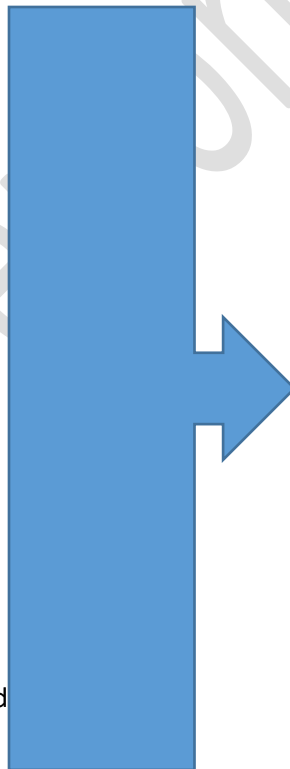
Think differently

Believe differently

Celebrate: Active-ities

Lessons Learned: Staying Committed

Show up and Listen and Look
Individual journey surrounded
by team
Talk to others you trust
Move More outdoors



= Live Differently

Takeaways:

Faith Based Weight Loss programs – A compilation, not a recommendation

Resources:

NIH Body Weight Planner <https://www.niddk.nih.gov/bwp> Date accessed 10/21/21

National Weight Registry <http://www.nwcr.ws/> Date accessed 10/21/21

Buxton, R.T., Pearson, A.L. Allou, C. et al (2021). A synthesis of health benefits and of natural sounds and their distribution in national parks, *PNAs*, 118, 14(1-6). Available online <https://doi.org10.1073/pnas2013097118>, date accessed 6.3.21

Chalmin-Pui, L.S. and Cameron, R. et al (2021) Why garden? Attitudes and the perceived health benefits of home gardening, *Cities*, 112, online 103118 Science Direct access 5.1.21

Calories burned in 30 minutes for people of three different weights, *Harvard Health Publishing*, March 2021 date access 5.1.21

CDC Physical Activity for Different Groups, Date accessed 10/21/21.
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Harvey, J. Krukowski, R. Priest, J. West, D. (2019). Log often, lose more: Electronic dietary self-monitoring for weight loss, *Obesity*, 27(3), 380-384 Available online

Hall, K.D. and Kahan, S (2018). Maintenance of lost weight and long term management of obesity, *Medical Clinics of North America*, 102(1), 183-197

Market Research. (March 2021). <https://www.researchandmarkets.com/reports/5313560/the-u-s-weight-loss-and-diet-control-market>

Puhl, R.M., et al (2020). International comparisons of weight stigma: Addressing a void in the field, *International Journal of Obesity*

Prochaska and Diclemente's Stages of Change <https://www.prochange.com/transtheoretical-model-of-behavior-change> Date accessed 10.21.2021

USDA <https://www.myplate.gov/> Date accessed 10.22.21

University of Pennsylvania. Types of Social Support. <https://www.med.upenn.edu/hbhe4/part3-ch9-key-constructs-social-support.shtml>

Add Your Own: _____
