



Introductory Presentation

Wellness

For this presentation:

Make sure that each participant has this week's participant materials (*Are You Ready to Become More Active? Worksheet*, and the *Setting Goals* worksheet). If you want participants to track their progress, send them the *Bi-Weekly Log* worksheet as well. Make sure each participant is placed on a team, knows meeting times and 'rules' for your site's implementation of Power Panther Professionals, understands the concept of RealAge®, and is prepared to set goals for the next 12 weeks.

Introduction to Wellness PowerPoint:

This presentation discusses the concept of wellness; a multi-dimensional and dynamic state. Wellness is more than just not being sick, it balances many facets of health including physical health, psychological (emotional) health, spiritual health, social health, intellectual health, cultural health, vocational health, and environmental health. For your reference, a more specific definition of each dimension of health is listed here:

- **Physical health** – More than just the absence of sickness or disease, physical health is achieved through consumption of nutritious foods, regular physical activity, avoiding harmful behaviors and substances, and watching for early signs of sickness.
- **Psychological (emotional) health** – This term refers to a person's mental and emotional wellbeing and includes acceptance of a wide range of feelings, ability to express emotions, and to cope with daily stresses and challenges.
- **Spiritual health** – Individuals who are spiritually healthy identify their basic purpose in life, learn how to experience love, joy, peace and fulfillment, and find a sense of greater meaning in their lives by devoting themselves to the needs of others. Keep in mind that spiritual health is not connected to any specific religion or culture, and that it is a uniquely personal dimension of health and wellbeing.
- **Social health** – This term refers to a person's ability to interact effectively with others, to develop and maintain personal relationships, and to fulfill their social roles.

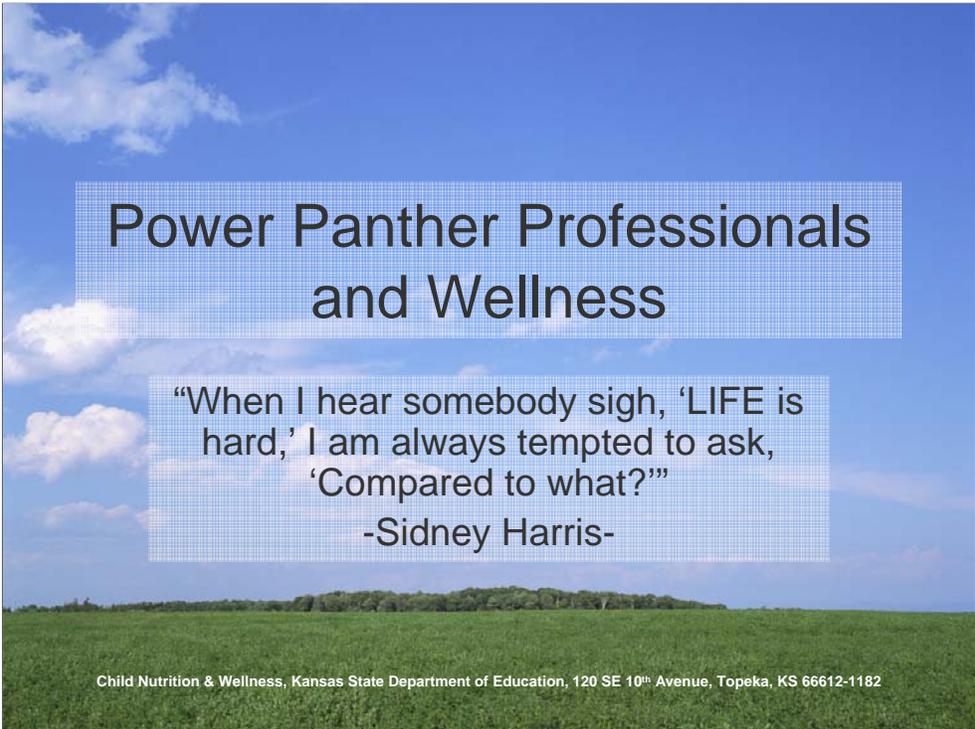
- **Intellectual health** – A person’s ability to think and learn from their own life experiences, being open to new ideas, and able to question and evaluate information.
- **Cultural health** – Being a productive member of one’s culture by being involved and identifying with the community. This includes being involved in school or civic organizations and attending cultural and social events.
- **Vocational Health** – An individual’s ability to be happy with his or her work. This includes taking responsibility for oneself and others, enjoying what you do, being dependable, taking pride in your work and benefiting in other areas of your life because of what you do.
- **Environmental Health** – This term refers to the impact that your environment has on your health... as well as the impact that you have on the environment around you. Protecting yourself from dangers in the air, soil, water, and the products you use. In order to guard against many environmental dangers, each person should take personal responsibility to protect and preserve the environment itself.

Power Panther Professionals also includes RealAge® information in each of the 2-week sections. RealAge® is a method of determining the biological age of a person’s body (how old your body really is based on a number of different factors including lifestyle choices, family history, and other internal and external factors). You may prefer to have participants visit the RealAge® website (at www.realage.com) to take the RealAge® test *before* you give your introductory presentation, or you may choose to invite people to take the test *after* you give the introductory presentation. Either way, this will give participants a starting point from which they can work to make changes that will make their RealAge® younger.

Kansas Team Nutrition encourages all participants to make healthy changes that decrease their RealAge® during the 12 weeks of PP Professionals; however, we hope that these healthy behaviors continue to be a part of each participant’s routine after Power Panter Professionals has ended.

Suggested Enhancement Activities:

- Have participants visit www.realage.com and take the RealAge® test.
- **Are You Ready to Become More Active?** (an electronic copy of this worksheet can be found on the Participant Materials CD). Use this worksheet with slide #13.
- Discuss goal-setting with participants and complete the **Goal Setting Worksheet** (an electronic copy of this worksheet can be found on the Participant Materials CD).



Power Panther Professionals and Wellness

“When I hear somebody sigh, ‘LIFE is hard,’ I am always tempted to ask, ‘Compared to what?’”

-Sidney Harris-

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Striking a Balance

- Wellness is most simply defined as a state of optimal health that balances:
 - Physical health
 - Psychological (emotional) health
 - Spiritual health
 - Social health
 - As well as intellectual, cultural, vocational and environmental health.

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The term “wellness” has many definitions, but is most simply defined as a state of optimal health that balances the multiple dimensions of health. Four of the dimensions of health are addressed, in some form, by Power Panther Professionals: physical health, psychological health, spiritual health and social health. The other dimensions of health, intellectual, cultural, vocational and environmental, are also important; however, since they are not specifically addressed by Power Panther Professionals, they will not be discussed in this presentation.

Power Panther Professionals Focuses on:

- Physical health – nutrition and physical activity
- Psychological and Spiritual health – stress prevention and management
- Social health – support from coworkers

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•Physical health is the focus of the majority of the Power Panther Professionals subject areas. The numerous nutritional sections focus on the new food pyramid, called MyPyramid. There is also a focus on regular, moderate physical activity as a part of a healthy lifestyle.

•Psychological and spiritual health are both addressed in the stress prevention and management presentation. Being able to find ways to deal with the inevitable stresses in life are essential in order to maintain a state of ‘wellness,’ and both psychological and spiritual health are needed to effectively deal with stressful situations.

•Social health refers to a person’s ability to develop and maintain relationships with others. Studies have shown that social health has an affect on longevity... people who have a supportive network of friends and family have been found to live up to 30 YEARS LONGER than their “lone wolf” type counterparts. Power Panther Professionals is designed to bring coworkers together to support and challenge one another to reach health and wellness goals.

Physical Health

- Nutritious food
- Regular, physical activity
- Avoid harmful behaviors and substances
- Health screenings



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Physical health is far more than “not being sick.” Your physical health can impact your life in a number of different ways including your productivity at work, your stress levels, and your relationships with family and friends. Power Panther Professionals’ main focus is to improve and support a person’s physical health and wellbeing. There are several ways to do this including:

- Consuming nutritious food in amounts appropriate for your own body’s needs.
- Participating in regular, physical activity in amounts and at an intensity appropriate for your body’s needs.
- Avoiding harmful behaviors and substances like tobacco use.
- Getting regular health screenings to reduce the incidence and severity of many lifestyle-related diseases. While Power Panther Professionals does not specifically address this component of physical health, it is still an important part of a healthy lifestyle and physical wellbeing.

Nutritious Food

- USDA's MyPyramid
 - www.mypyramid.gov
 - Develop a personalized eating plan
 - Learn about serving sizes and food groups
 - Tips and resources
 - www.mypyramidtracker.gov
 - Keep track of food and physical activity



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- The familiar Food Guide Pyramid has recently been replaced by the new MyPyramid from the USDA (United States Department of Agriculture). Because the pyramid's look has changed so significantly, there has been some confusion about the new recommendations. To help alleviate the confusion, the USDA has developed a website with several resources to help you learn more about the concept of MyPyramid and well as resources to help you develop a personalized eating plan, learn about serving sizes and food groups and tips and resources to help you eat according to the MyPyramid recommendations.
- Additionally, you can keep track of your food intake and physical activity at the MyPyramid Tracker website. There, you can create an account and manage your own plan for a healthy diet and regular, physical activity.

MyPyramid Recommendations:

- Make half your grains whole.
- Vary your veggies.
- Focus on fruits.
- Get your calcium-rich foods.
- Go lean with protein.
- Know your fats.
- Find your balance between food and physical activity.



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The new MyPyramid provides a number of recommendations to encourage people to get the most from the foods they eat:

- When eating foods from the grain group, make half your grains whole. Whole grains, like refined, enriched grains, provide many vitamins and minerals but whole grains are also a good source of dietary fiber.
- When eating from the vegetable group, make sure to vary your veggies. Eat different colored vegetables, especially those that are dark green and deep orange.
- Focus on fruits. Fruits are a sweet, low-calorie alternative to high-calorie snacks and desserts. Shift your focus to fruits and reap the health benefits!
- Make sure to get your calcium-rich foods; especially those from low-fat and fat-free sources like low fat milk and yogurt.
- Go lean with protein! Protein is one of the body's 6 essential nutrients, but many sources of protein are also high in fat. MyPyramid encourages consuming more servings of lean protein to replace the high-fat proteins in a person's diet.
- Know your fats: Ideally, most of your fats should come from unsaturated sources like oils. Oils are not a food group, but you need some for good health. Get your oils from fish, nuts and liquid oils.
- Finally, one of the biggest changes from the old Food Guide Pyramid is the focus that MyPyramid has put on physical activity. Find your balance between food and physical activity. A healthy balance between food and physical activity is essential for the maintenance of a healthy body weight.

Power Panther Professionals

- Hydration
- Whole Grains
- Low-Fat Dairy
- Fruits and Vegetables
- Breakfast
- Healthy Snacks



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Throughout Power Panther Professionals, consuming nutritious foods is emphasized and the USDA's MyPyramid is used as a guide. Bi-weekly segments include hydration, whole grains, low-fat dairy, fruits and vegetables, breakfast, and healthy snacks.

Regular Physical Activity

- A healthy combination of aerobic and anaerobic activity.
- Performed at the appropriate intensity.



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Physical activity is the second, major component of physical health. Power Panther Professionals provides knowledge to help you get started in implementing a plan for regular physical activity in your own life. The presentation on physical activity discusses the difference between aerobic and anaerobic activity as well as how to balance the two to provide maximal benefits to your physical health. You will also learn about the appropriate intensity of a workout and how you can tell whether or not you are exercising at an intensity that will help you reach your goals.

Kansas Tobacco Quitline

- A resource from the Kansas Department of Health and Environment.
- 1-866-KAN-STOP



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Power Panther Professionals will not specifically address tobacco use during the 12-weeks of the program, but there is a resource available to all Kansans from the Kansas Department of Health and Environment. The Kansas Tobacco Quitline is offered as a part of the Kansas Tobacco Use Prevention Program and offers free materials and support for any Kansan trying to quit smoking or using other tobacco products. They offer a toll free quitline with counselors who can help you develop a plan for quitting.

Materials from the Kansas Tobacco Quitline are included in your kit of Power Panther Professionals materials (brochures and business cards). You may choose to pass these out at this time, or make them available in the staff break room or lounge. Also included is a full-color flyer aimed at young smokers who want to quit. Feel free to post this on a bulletin board where students can access the information. Additional materials from the Kansas Tobacco Use Prevention Program can be ordered from the following: Tobacco Use Prevention Program, 130 S. Market, Suite 6050, Wichita, KS 67202. (316) 337-6050.

Psychological Health

- More than just the absence of problems/illnesses.
- Ability to recognize and accept feelings and emotions.
- Cope with daily stressors.



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A person's psychological health is more than just the absence of problems or illness. In fact, there are a number of indicators of a healthy psychological state including the ability to recognize and accept feelings and emotions both of ones-self and of those around you, and the ability to cope with daily stressors. Power Panther Professionals provides some suggestions on preventing and managing the stresses of life, work and family.

Social Health

- The ability to interact effectively with other people.
- Develop and maintain interpersonal relationships.



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Social health, another component of wellness, is marked by the ability to interact effectively with other people and to develop and maintain interpersonal relationships. While Power Panther Professionals does not specifically address social health in any of its presentations, social health is incorporated into the program itself as participants work together to achieve their health and wellness goals. Supportive relationships with coworkers can not only help you reach your goals, but can also contribute to your overall state of health and wellness.

What is RealAge®?

- A dynamic concept in health and wellness.
- Personal evaluation of the effects of your lifestyle choices on your body.
- Allows for personalization of goals.
- www.realage.com
 - Take the RealAge® test to find out your body's RealAge®.

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Power Panther Professionals recognizes that each person's wellness needs and goals are going to be different. In order to provide each individual with the 'best fit,' Kansas Team Nutrition has partnered with RealAge® to provide participants with the opportunity to evaluate their current state of health/wellness as well as to develop a plan based on specific goals.

- RealAge® is a dynamic new concept in health and wellness where your own lifestyle choices are translated into years of life either added or taken-away from your body's "age." In other words, your lifestyle choices 'age' you or help to keep you young.

- RealAge® provides each participant the opportunity to evaluate the effects of their lifestyle choices on their body, and then offers resources and tools to help develop a plan and goals to reduce your RealAge®.

- Visit www.realage.com and take the RealAge® test to find out your own RealAge®.

Are You Ready for Change?

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance



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Take a minute to answer the questions in the worksheet emailed to you earlier this week. These questions will help you to determine how ready you are to begin making healthy changes. The worksheet specifically addresses physical activity, but if your goal is to change another behavior, just substitute that behavior for physical activity. Go ahead and answer the questions and then score your sheet. What is your stage of change? (Allow participants a couple of minutes to complete their worksheet.)

There are 5 Stages of Change (Transtheoretical Model of Change):

•If you found yourself in the Pre-contemplation stage, you are not even thinking about making healthy changes. Hopefully participating in Power Panther Professionals will get you to consider making healthy changes to your lifestyle.

•Was anybody in the Contemplation stage? This means that you're thinking about becoming active (or making whatever healthy change you selected). Take the information and support you will get from this program to help move you into the next Stage of Change.

•Was anyone in the Preparation stage? Generally, people in the Preparation stage are actively participating in whatever healthy behavior they have selected, but are not doing so regularly (the term 'regular' is defined in your handout). The support and teamwork from Power Panther Professionals may be just the boost you need to move into the next stage.

•Anybody find themselves in the Action stage? Individuals in the Action stage are actively participating in the healthy behavior and are doing so regularly, but for less than 6 months. If you are in this stage, keep up the good work! You are forming healthy habits that will benefit you for a lifetime.

•Finally, is the Maintenance stage. Is anyone in this stage? Individuals in the Maintenance stage are participating regularly in physical activity (or the healthy behavior they have selected) and have been doing so for more than 6 months. It is a part of their routine so they are no longer *making* a change to their behavior, but instead *maintaining* a behavior. These people can serve as role models and supporters for others who are thinking about making behavior changes.

People find themselves in different stages at different points in their lives: an individual may initially find themselves in a pre-contemplation stage for physical activity and then jump into the preparation stage when they hear from their physician that they are pre-diabetic. With the proper support from others, everyone is capable of moving toward the Maintenance stage of change. You have all taken a great first step by joining Power Panther Professionals.

Let's Get Started!

- Power Panther Professionals program
 - Teams?
 - Competition?
 - Activities/meeting times?
- Take the RealAge® test at www.realage.com
- Set goals.

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*Use this last slide as an opportunity to discuss how the program will be run in your school/child care center:

- Will there be teams or partners utilized in your school/child care center?
- Is this program going to be run as a competition? Will there be prizes?
- When will participants meet? How often?

Make sure that you answer these questions early in the program to avoid confusion later.*

- Encourage participants to take the RealAge® test at www.realage.com.
- Using the results from that test, each participant will be in a better position to set realistic goals. ***Refer to your Implementation Manual to learn more about goal-setting***