



Health and Wellness
Month

eSafetyLine

Keep It Off

It's that time of year again; the holidays and lots of great food and drink. And adding on some unwanted weight. And New Year's Resolutions. Weight loss has just about become a national obsession, with spokespeople for weight loss programs including anyone from Marie Osmond to football greats Don Shula and Mike Ditka.

There are many benefits to losing weight; looking better, feeling better both physically and emotionally. However, for those working in the trades, weight loss may become a matter of keeping your job or needing to be reassigned. There are weight limits associated with equipment like fall arrest equipment, rescue gear, ladders, aerial lifts and bucket trucks. Some companies are instituting a weight loss programs for individuals in high weight groups.

Anyone who's ever tried to loss weight knows that it is no easy feat. It's important to know that the goal should be to not only loss weight but to do it in a healthy way and for the weight to stay off. The following tips can help to achieve weight loss in a healthy way.

Think Long-term

If there is weight to lose, whether it's 5 pounds or 50, that extra weight didn't show up over night; even though it may feel that way. It takes time for a person to gain weight; it's a slow, gradual process. It's also going to take time to get rid of it. Healthy weight loss that's going to stay lost also needs to happen over time. It's crucial to remember that it took time to go on and it's going to take time to get rid of.

Be Realistic

Weight loss goals must be realistic or you're just setting yourself up for failure, which will make you feel even worse than just being overweight. An important factor in setting a weight loss goal is realizing the types of changes in behavior and diet you can actually make and stick to. If you really just can't enjoy your morning coffee without cream then giving up ALL fats just isn't going to work for the long-term.

Write It Down

A good way to figure out which behaviors need to be changed is to keep track of what you're eating, when and why. This will help to fit a plan to your specific needs. It may be that you're not aware of exactly how much you're eating or that you're doing most of your eating when you're stressed. This can help get a handle on what needs to be changed.

Know Where You Stand

Weigh yourself everyday. This flies in the face of what has been popular in recent years. However, recent studies have shown that weighing yourself every day is an important component of successful, long term weight loss. It's best to weigh yourself at about the same time each day because your weight will vary over the course of a day.

Be Your Friend and Coach

It's necessary to reward yourself with foods you miss during the weight loss journey. If you get too focused on all the things you CAN'T have, you end up obsessed with them, snapping and over-indulging. If you just HAVE to have that piece of pie; have a small piece and don't beat yourself up and figure that you've failed. Just move on and adjust; do a bit more exercise or be a bit more careful of what you eat for the rest of the day.

Weight loss isn't easy for anyone but it's important to focus on the benefits; feeling better, looking better and being able to move around the jobsite more easily. But remember: Rome wasn't built in a day!

Discussion Questions

Why is writing down what you eat and when you eat it a help to losing weight?

Is weighing yourself helpful when trying to loss weight?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/_____

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

___/___/___
Date

Safety Coordinator's Signature

___/___/___
Date