

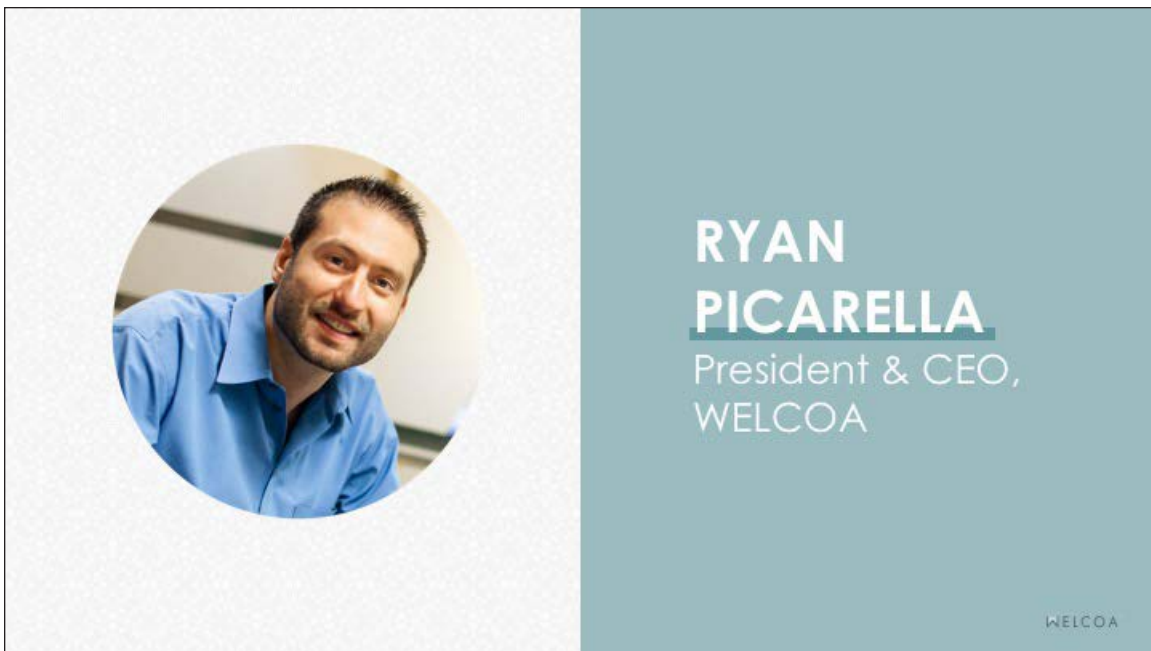
PPN Webinar – Are Your Employees Eating Enough to Lose Weight?

Diana Fleming, PhD, LDN - Director of Nutrition Services - Full Plate Living

Ricky Seiler, Employer Network Manager - Full Plate Living



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A WELCOA PREMIER PROVIDER NETWORK WEBINAR WITH



Are Your Employees Eating Enough to Lose Weight?

WELCOA

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DIANA FLEMING, PHD, LDN
Director of Nutrition Services,
Full Plate Living

RICKY SEILER
Employer Network Manager,
Full Plate Living

WELCOA

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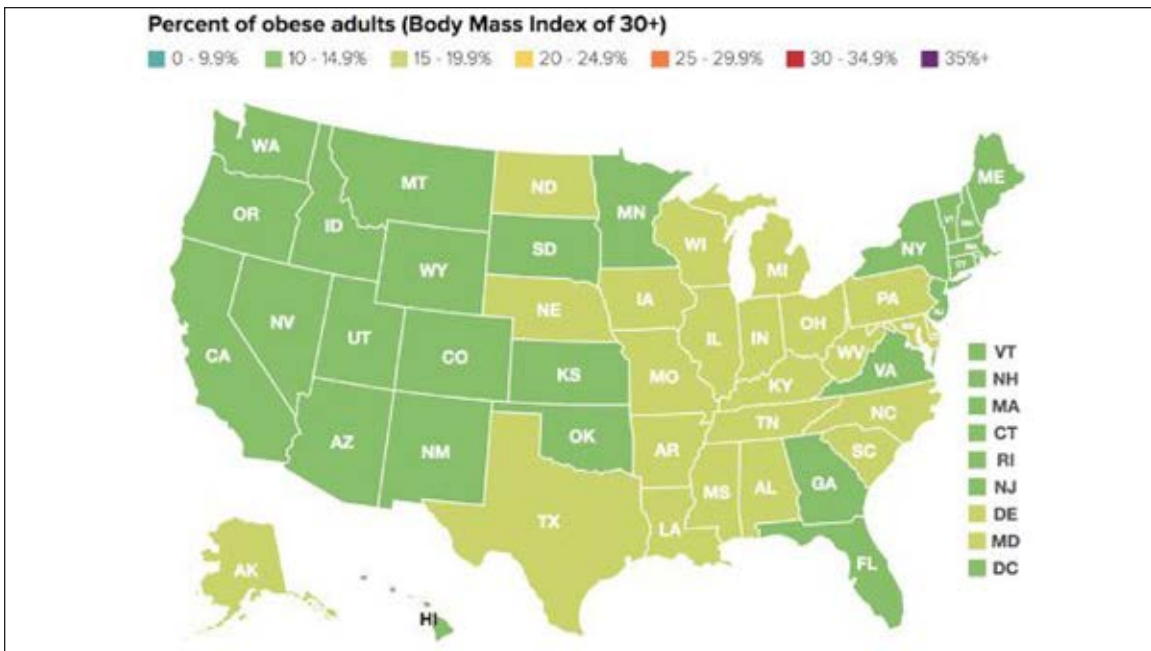
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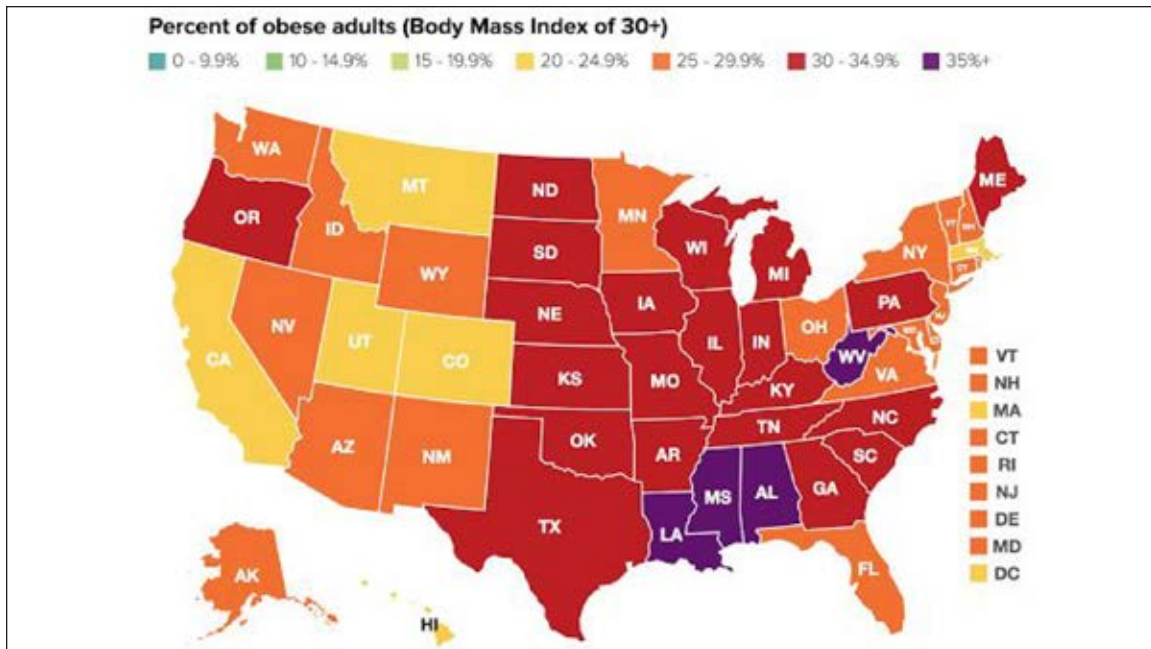


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OBESITY

40% of U.S. Women Are Now Obese

Alexandra Sifferlin
Jun 07, 2016

 For more, visit *TIME Health*.

The number of Americans who are **overweight or obese** continues to reach shocking highs, with **some estimates** that more than two-thirds of American adults are now overweight or obese. Now, a **new study** reveals that while obesity rates in men have plateaued, rates have continued to rise among women.

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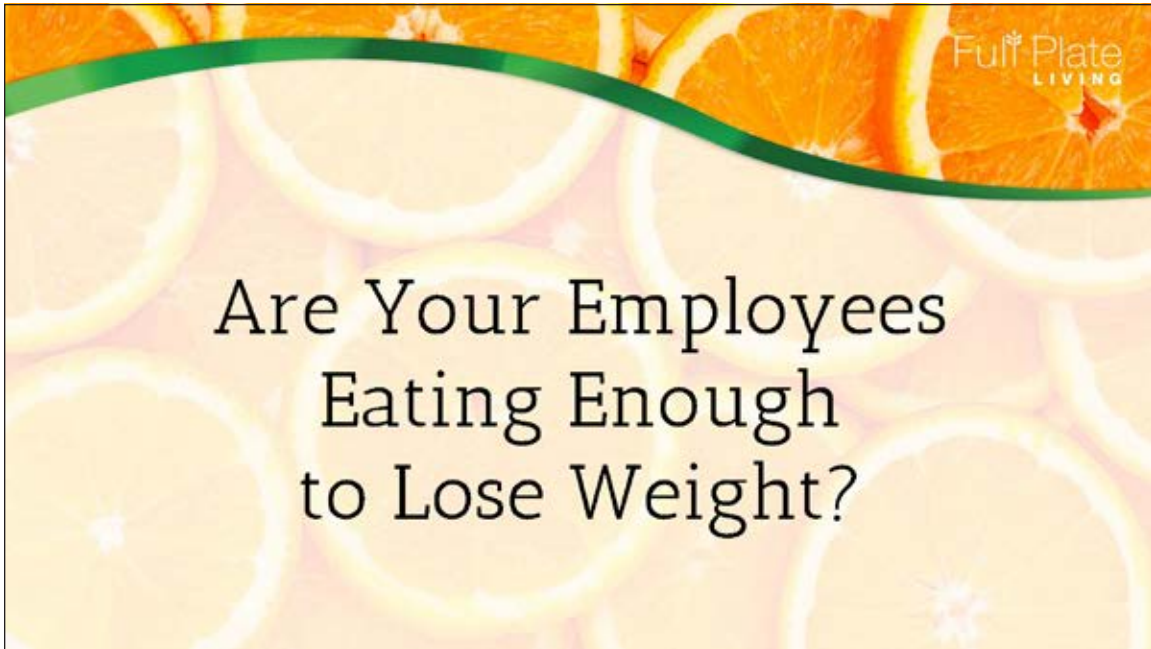
3 out of 4 adult Americans are overweight or obese

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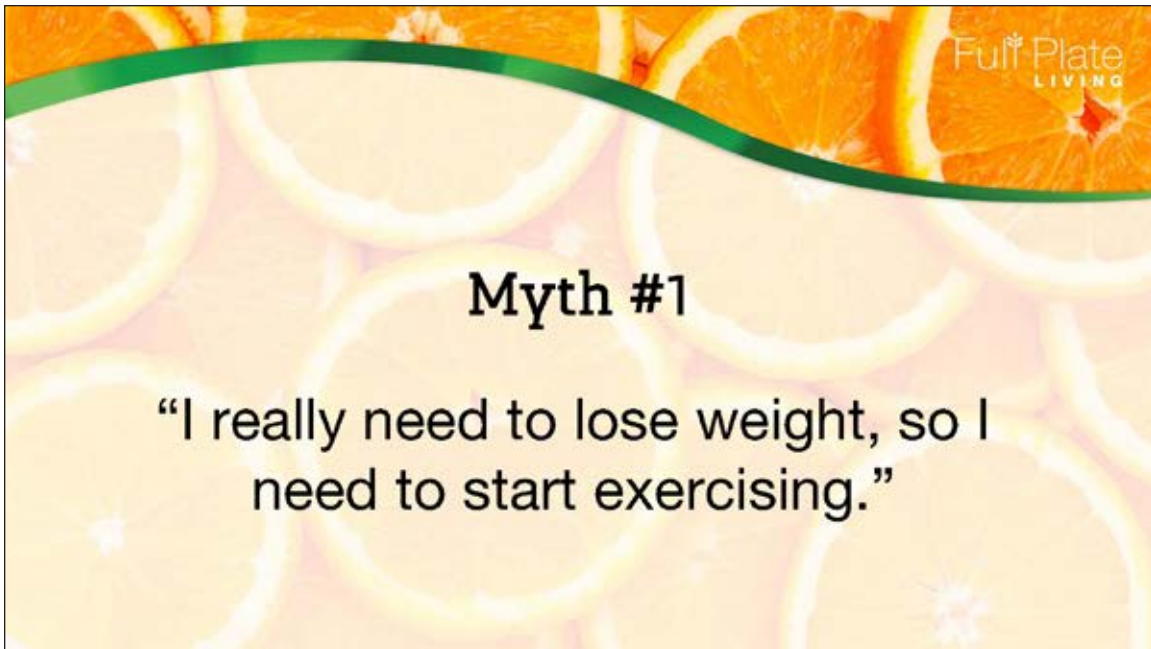
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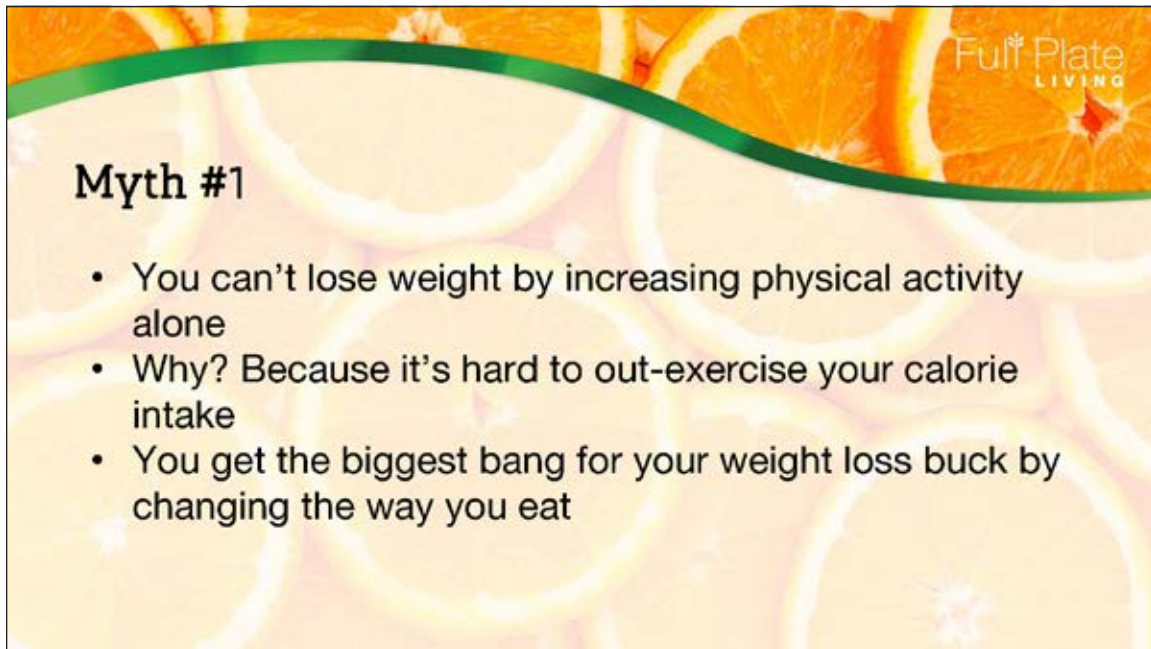


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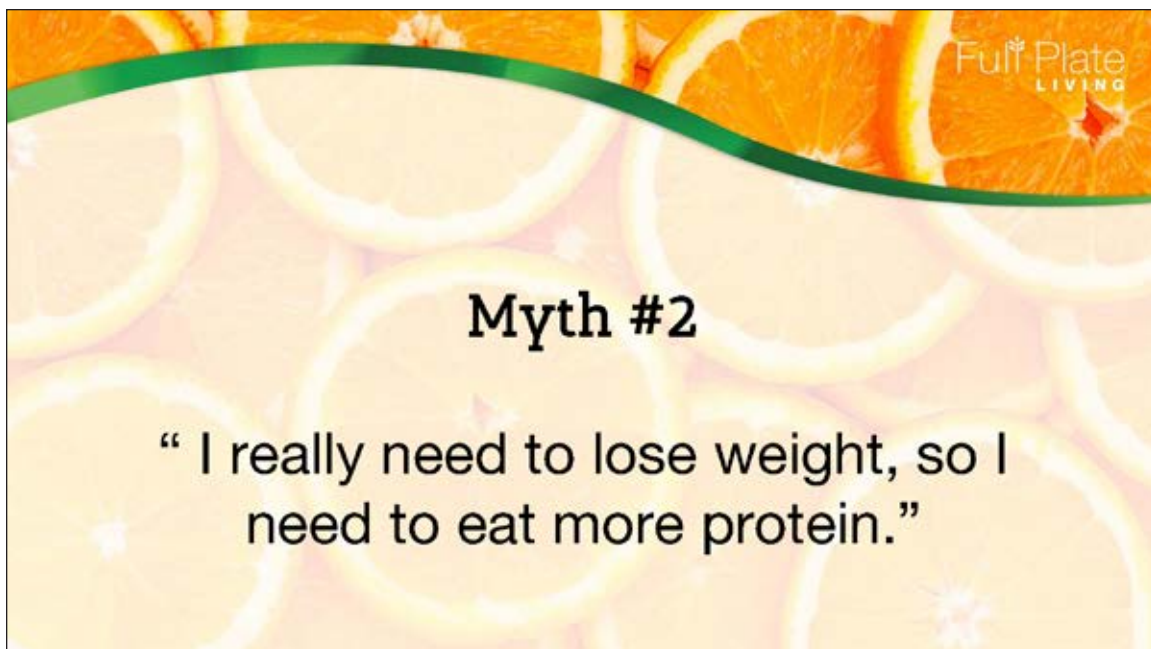
A slide thumbnail with a background of orange slices and a green wavy line at the top. The text is as follows:

Myth #1

- You can't lose weight by increasing physical activity alone
- Why? Because it's hard to out-exercise your calorie intake
- You get the biggest bang for your weight loss buck by changing the way you eat

Full Plate LIVING logo in the top right corner.

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A slide thumbnail with a background of orange slices and a green wavy line at the top. The text is as follows:

Myth #2

“ I really need to lose weight, so I need to eat more protein.”

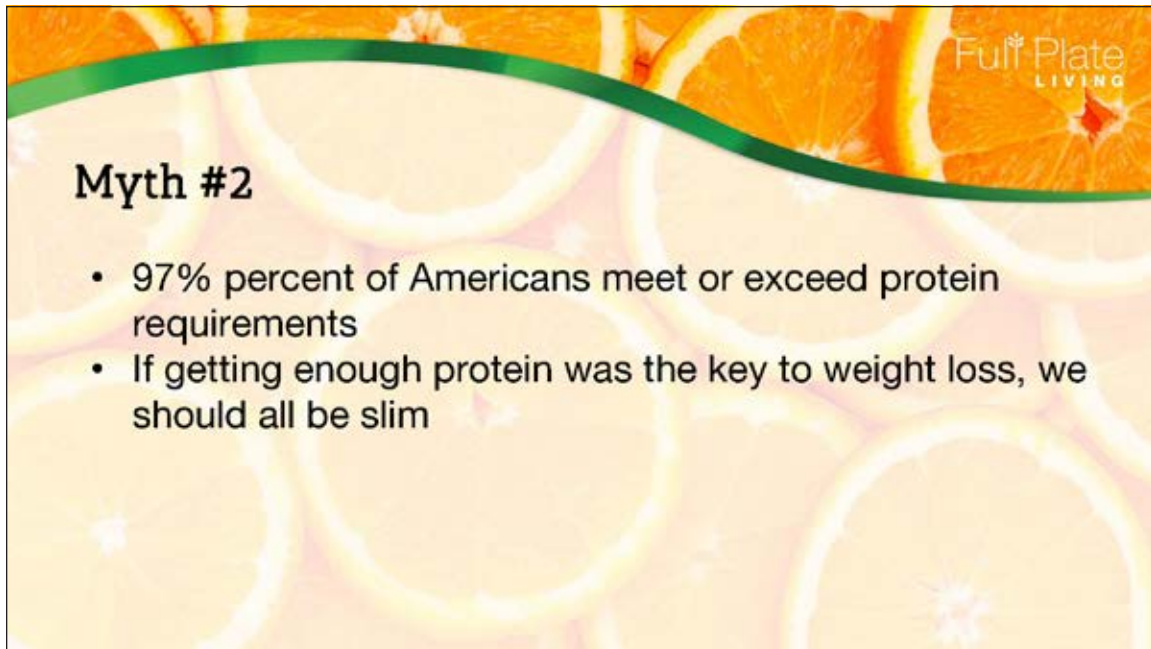
Full Plate LIVING logo in the top right corner.

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Myth #2

- 97% percent of Americans meet or exceed protein requirements
- If getting enough protein was the key to weight loss, we should all be slim

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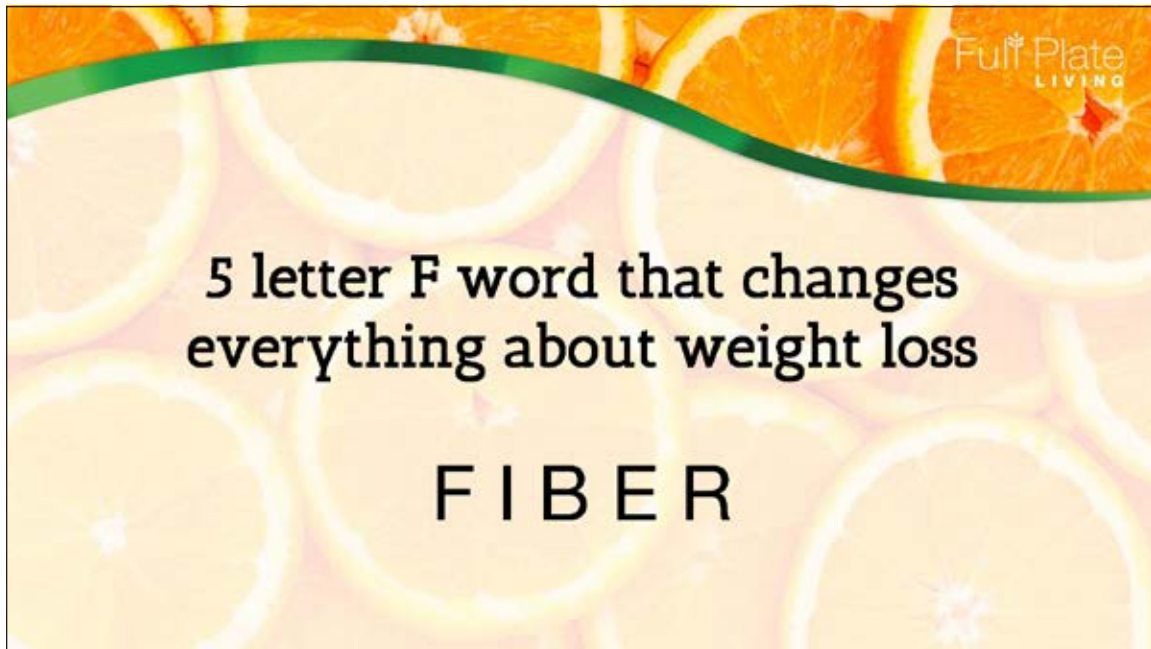


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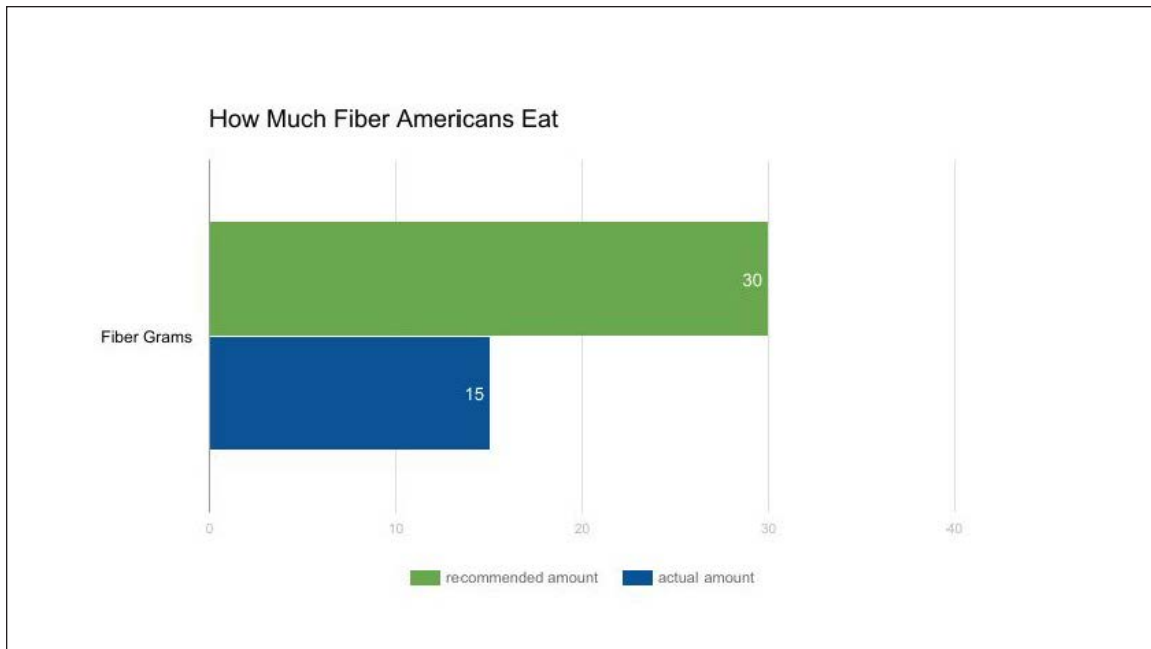


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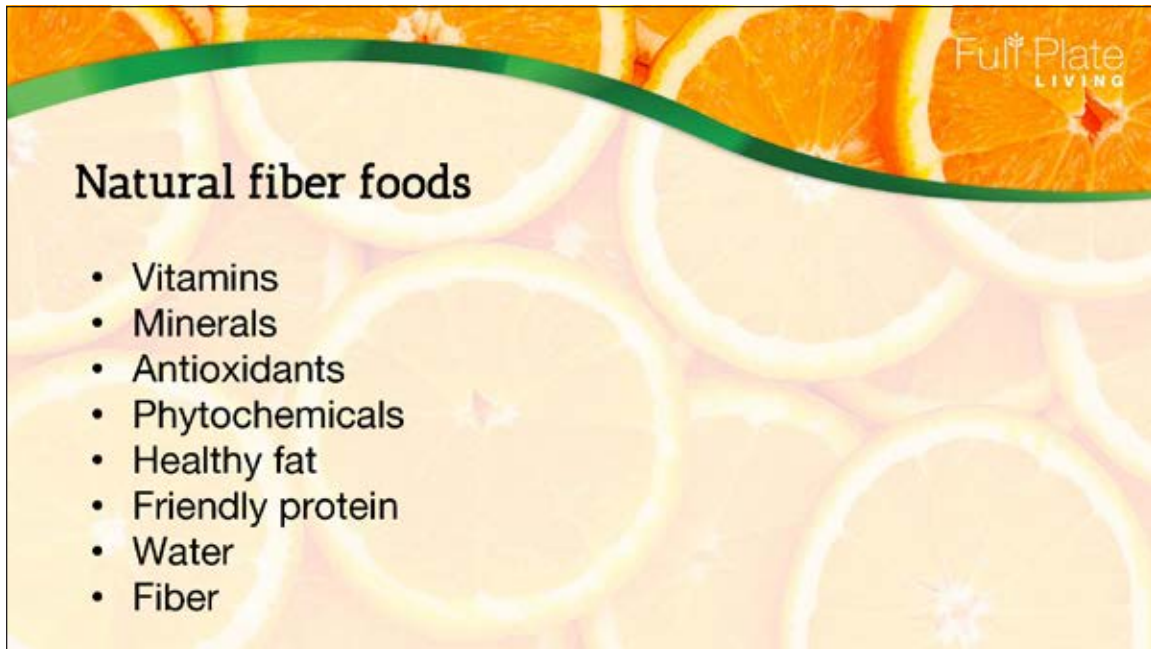


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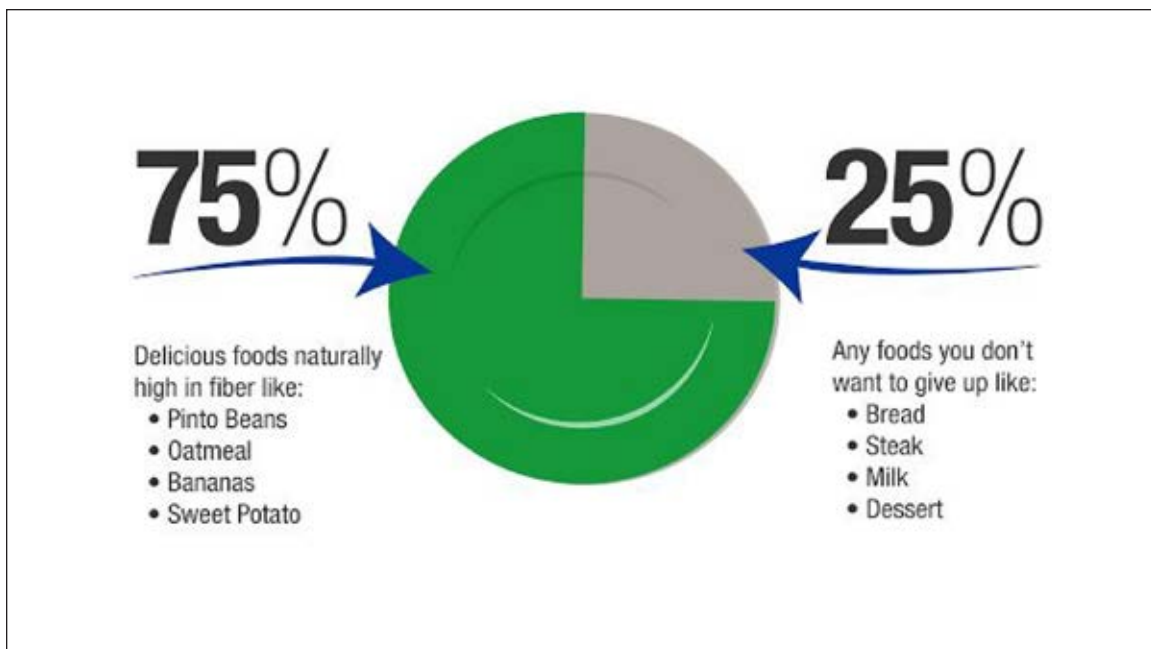


Natural fiber foods

- Vitamins
- Minerals
- Antioxidants
- Phytochemicals
- Healthy fat
- Friendly protein
- Water
- Fiber

Full Plate LIVING

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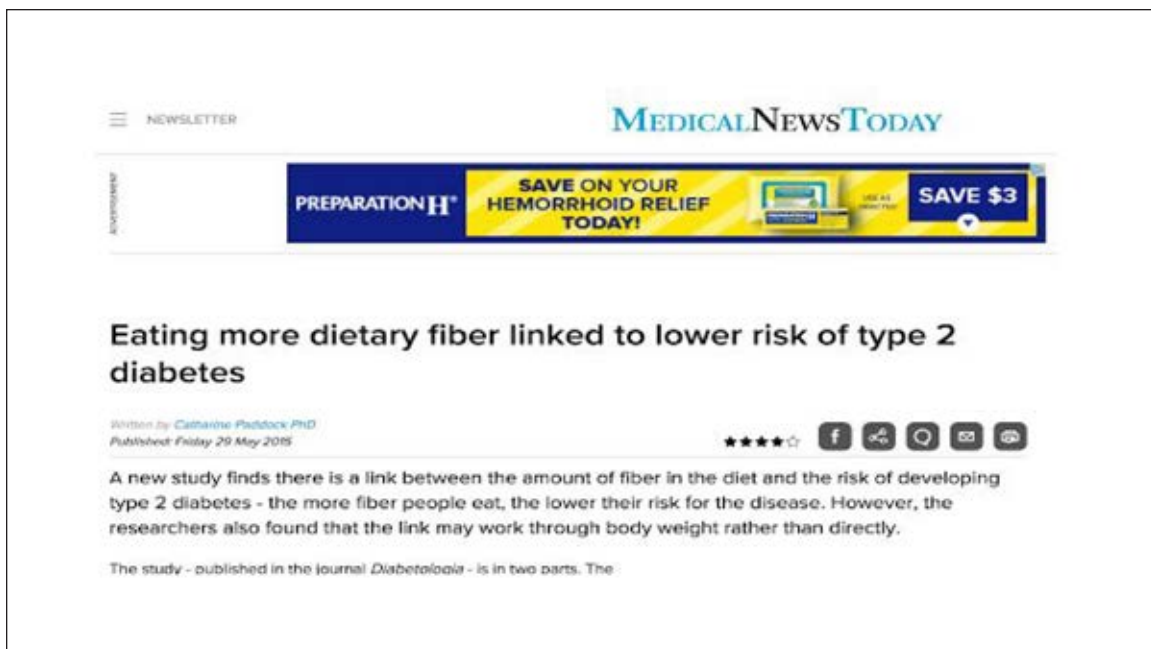
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The screenshot shows the PhysiciansCommittee website. At the top, the logo reads "PhysiciansCommittee for Responsible Medicine". Below the logo is a navigation bar with a search box, "HOME | ABOUT | EVENTS | BLOG", and fields for "email address" and "zip/pos". On the left, a vertical menu lists categories: FOR PHYSICIANS, HEALTH AND NUTRITION, ETHICAL RESEARCH & EDUCATION, MEDIA CENTER, LEGISLATIVE FOCUS, CLINICAL RESEARCH, EDUCATIONAL LITERATURE, MEMBERSHIP, and SHOP. The main content area features a green banner for the "FOOD FOR LIFE Cancer Project" with a circular logo containing icons for fruits, vegetables, and grains. Below the banner is the article "How Fiber Helps Protect Against Cancer" with a sub-headline: "You don't usually see it or taste it, but fiber works wonders for your body. Dietary fiber, or roughage is a known cancer fighter found only in the cell walls of plant foods.¹ For years, studies have pointed to the fact that increased fiber intake decreases the risk of colorectal cancer. This protective effect may be due to fiber's tendency to add bulk to your digestive system, shortening the amount of time that wastes travel through the colon.²As this waste often contains carcinogens, it is best if it is removed as quickly as possible; so, increased fiber decreases chances for intestinal cells to be..."

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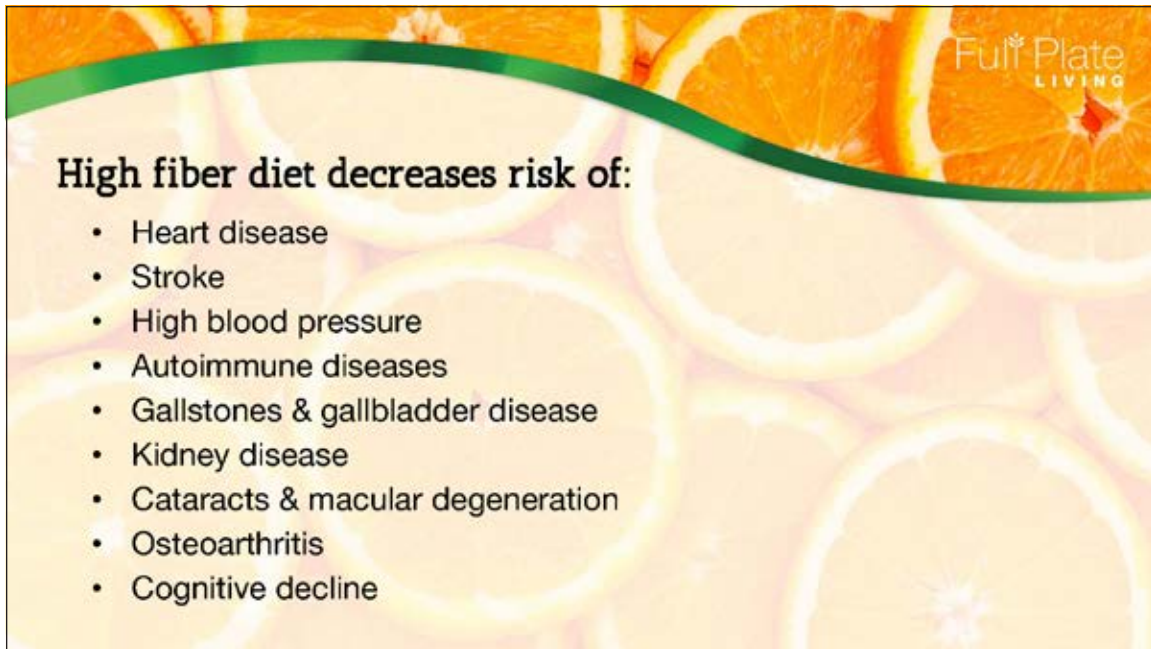
The screenshot shows the The Wall Street Journal website. The masthead reads "THE WALL STREET JOURNAL." with a navigation bar for "Home World U.S. Politics Economy Business Tech Markets Opinion Arts Life Real Estate". Below the masthead are several news thumbnails. The main content area features a green banner for "CERAWEEK CONNECTION 2017" with the text "Online access to CERAWeek 2017 video highlights, executive interviews, presentations, and more..." and an "EXPLORE" button. Below the banner is the article "Fiber-Rich Diet Linked to Longevity" by Jennifer Corbett Dooren, updated Feb. 15, 2017 12:01 a.m. ET. The article text begins: "People who consumed higher amounts of fiber, particularly from grains, had a..."

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PPN Webinar – Building a Resilient Workplace: How Employee Wellbeing is Driving Business Outcomes

Dr. Batman, M.D., Virgin Pulse Science Advisory Board

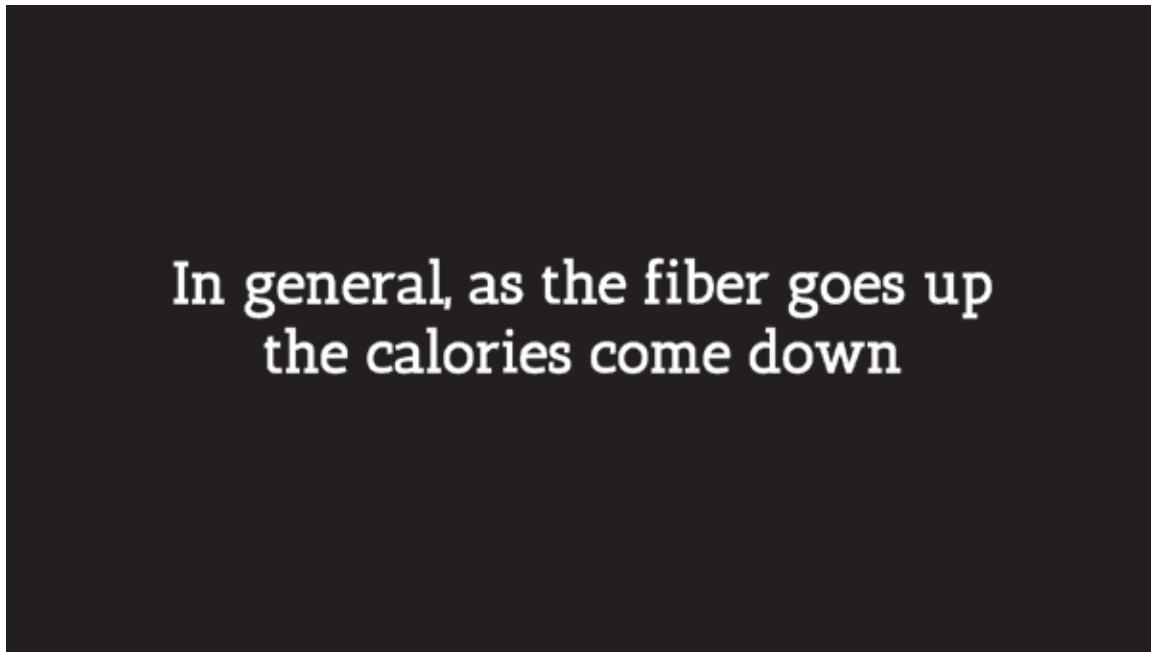
Rajiv Kumar, M.D., President & Chief Medical Officer, Virgin Pulse



High fiber diet decreases risk of:

- Heart disease
- Stroke
- High blood pressure
- Autoimmune diseases
- Gallstones & gallbladder disease
- Kidney disease
- Cataracts & macular degeneration
- Osteoarthritis
- Cognitive decline

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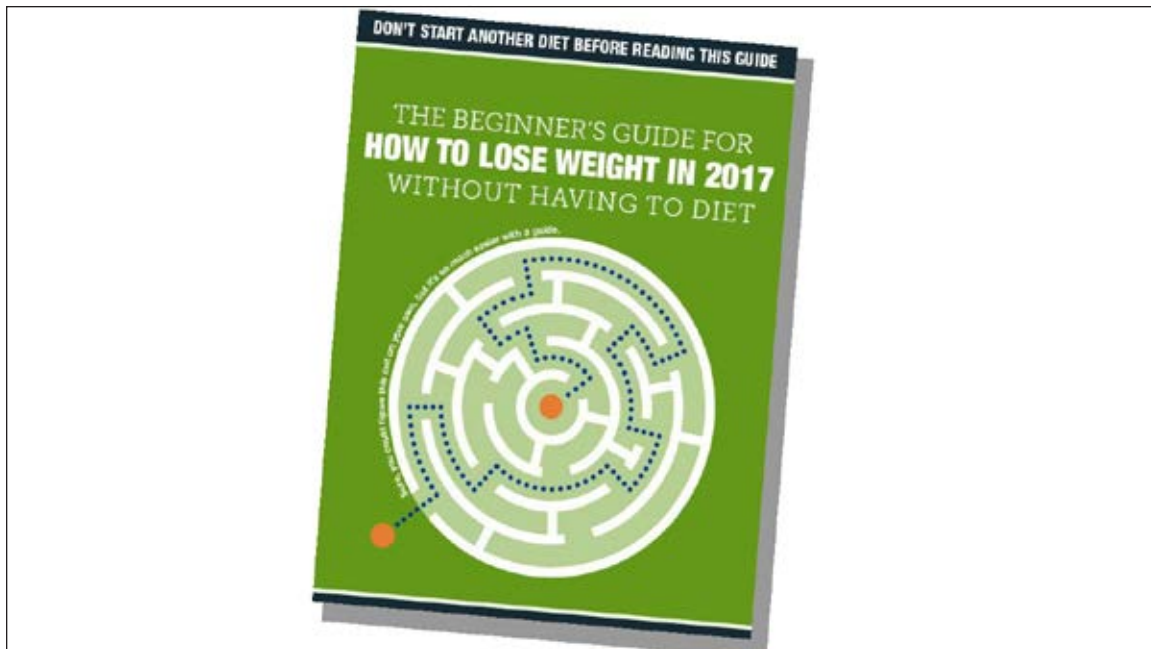
**In general, as the fiber goes up
the calories come down**

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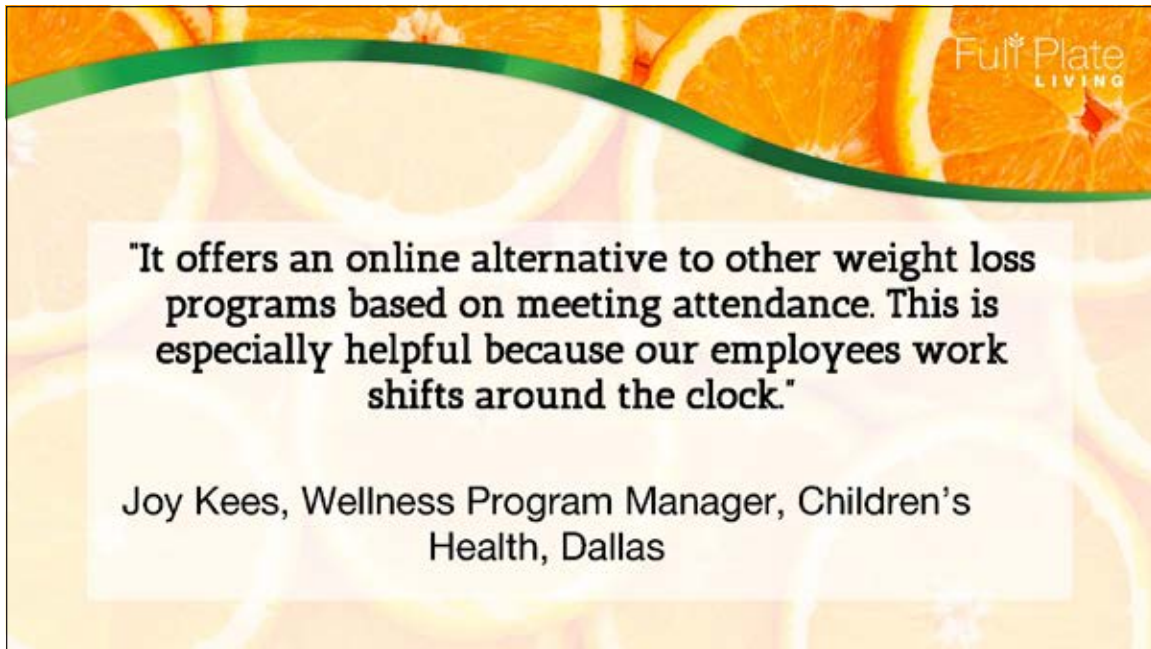


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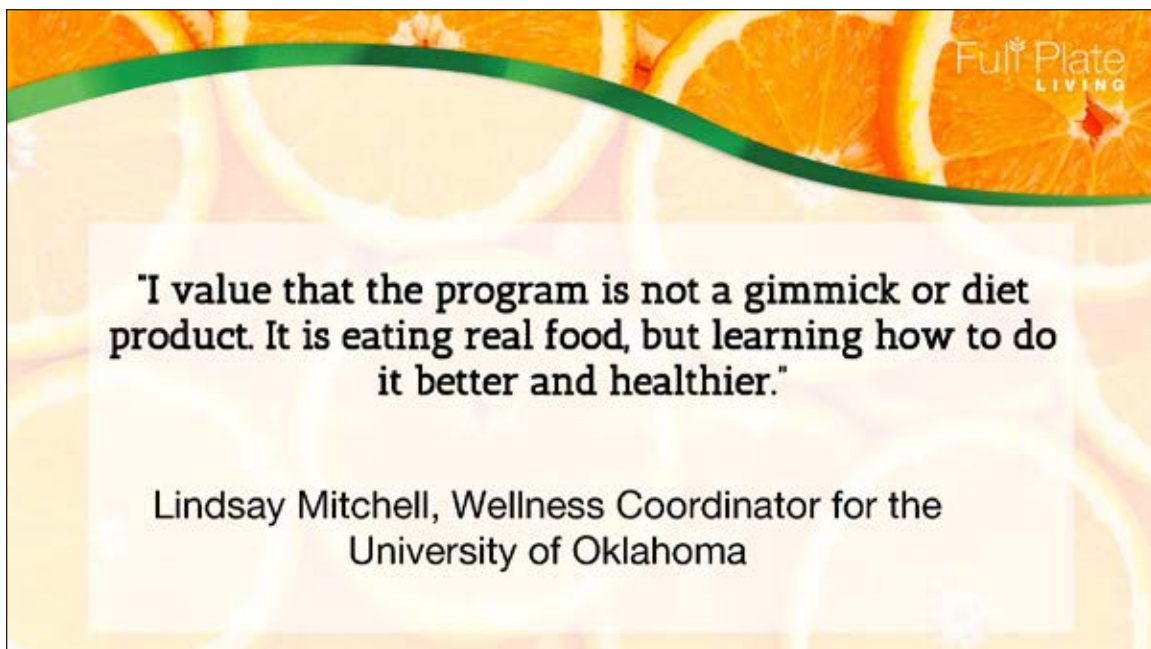
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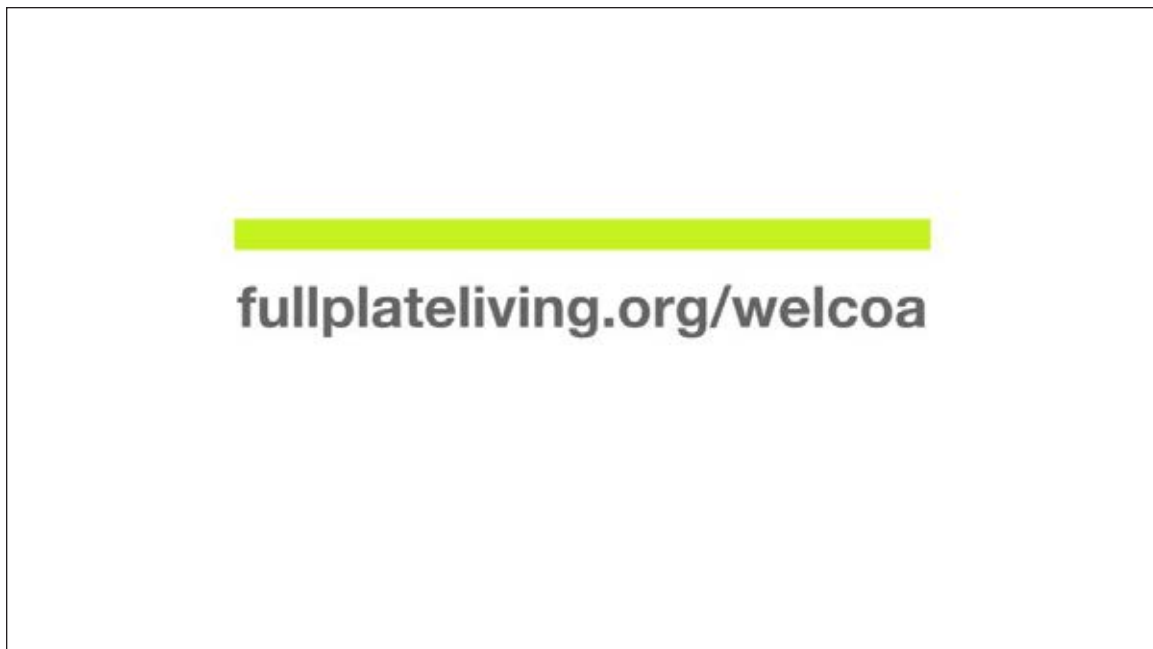
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