

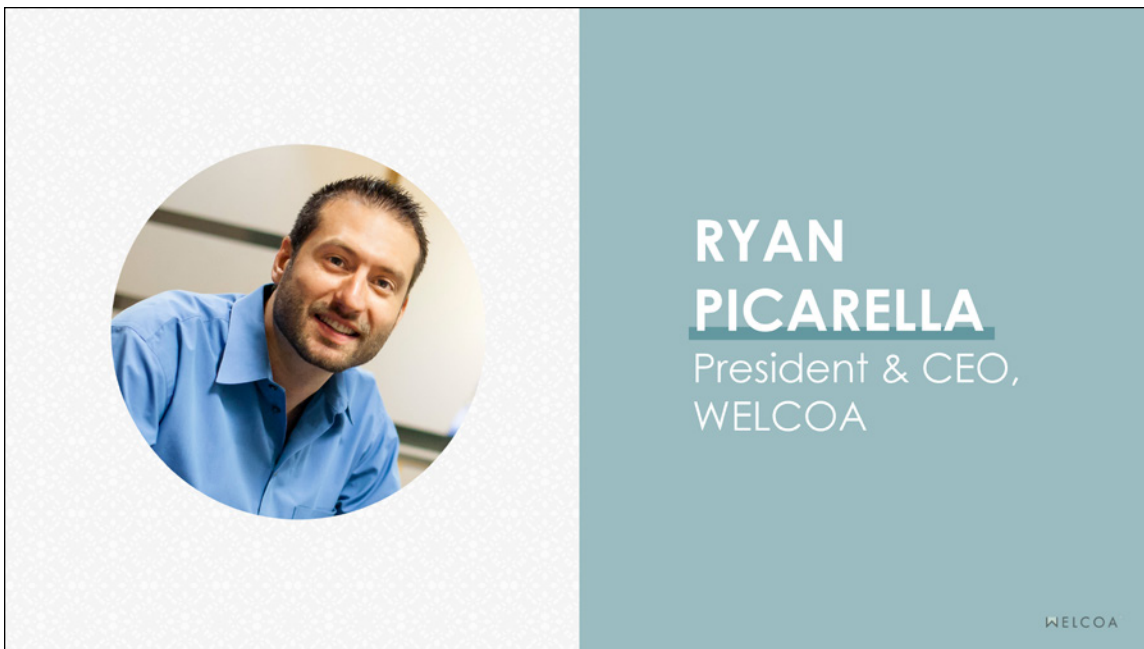
PPN Webinar – The #1 Habit Employees Need for Lasting Weight Loss

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



The #1 Habit Employees Need
for Lasting Weight Loss

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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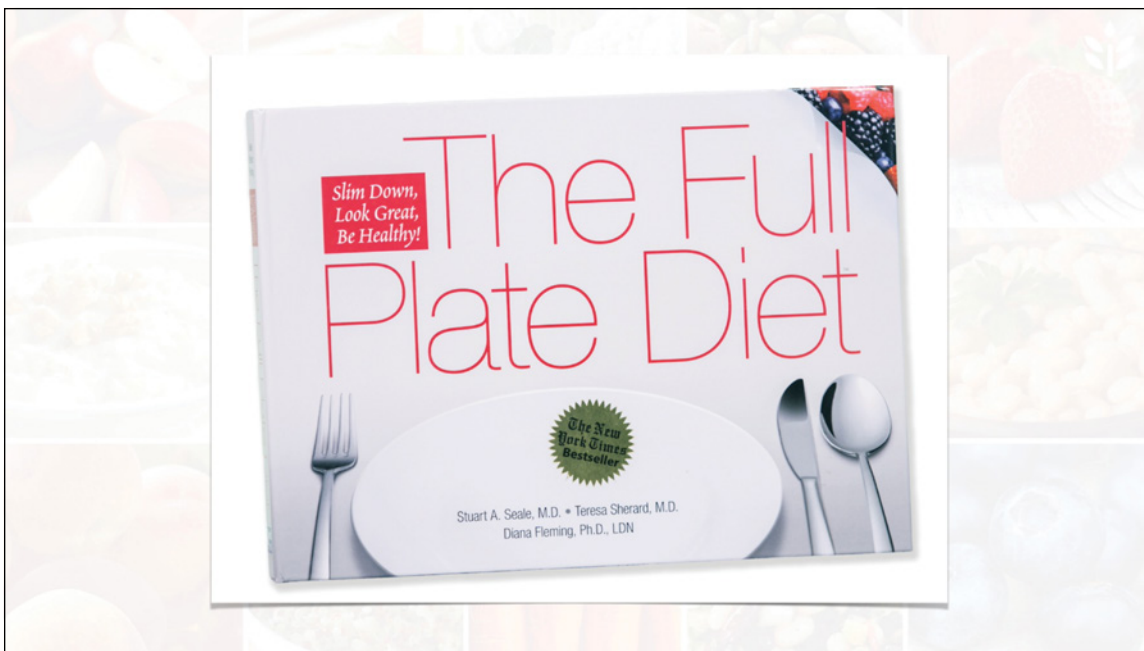


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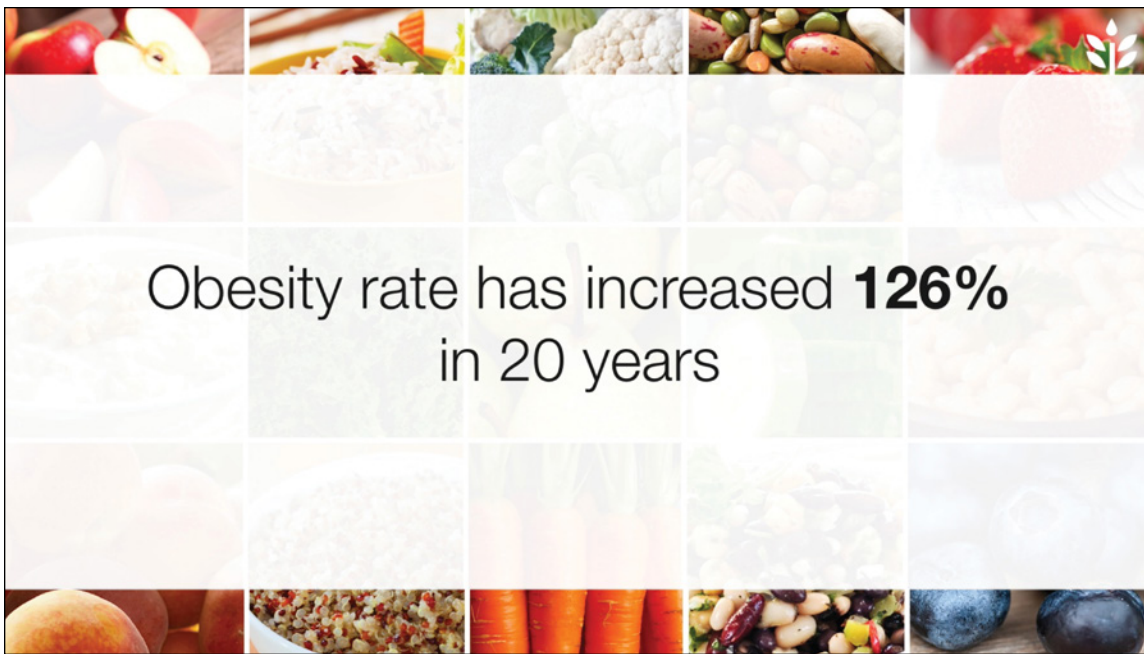
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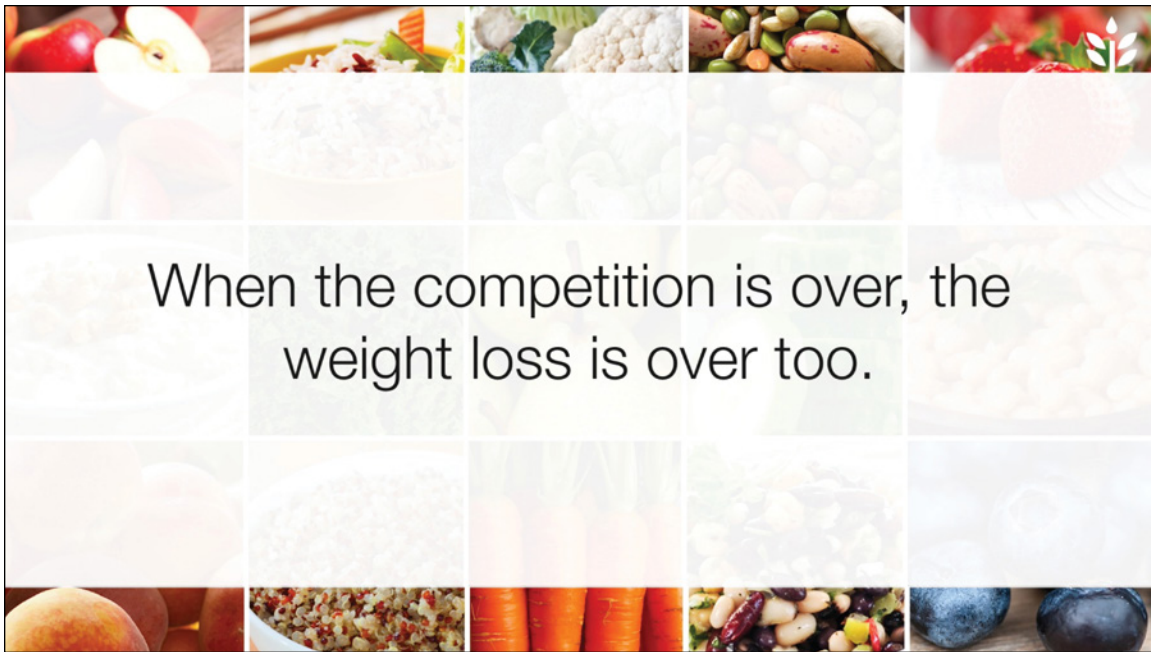
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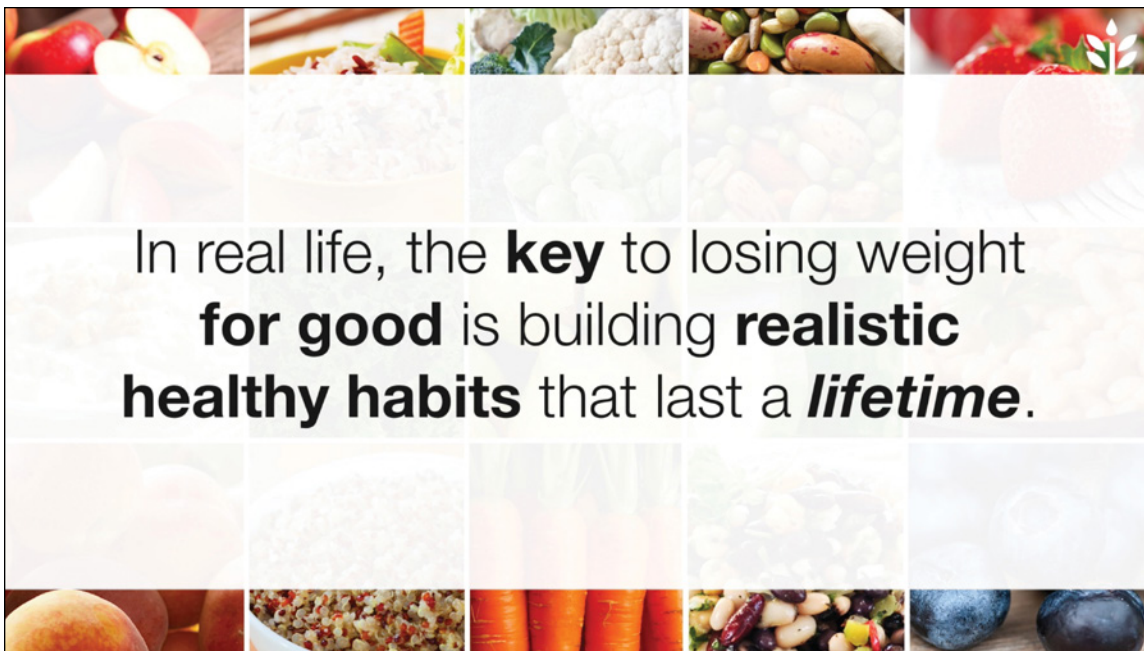
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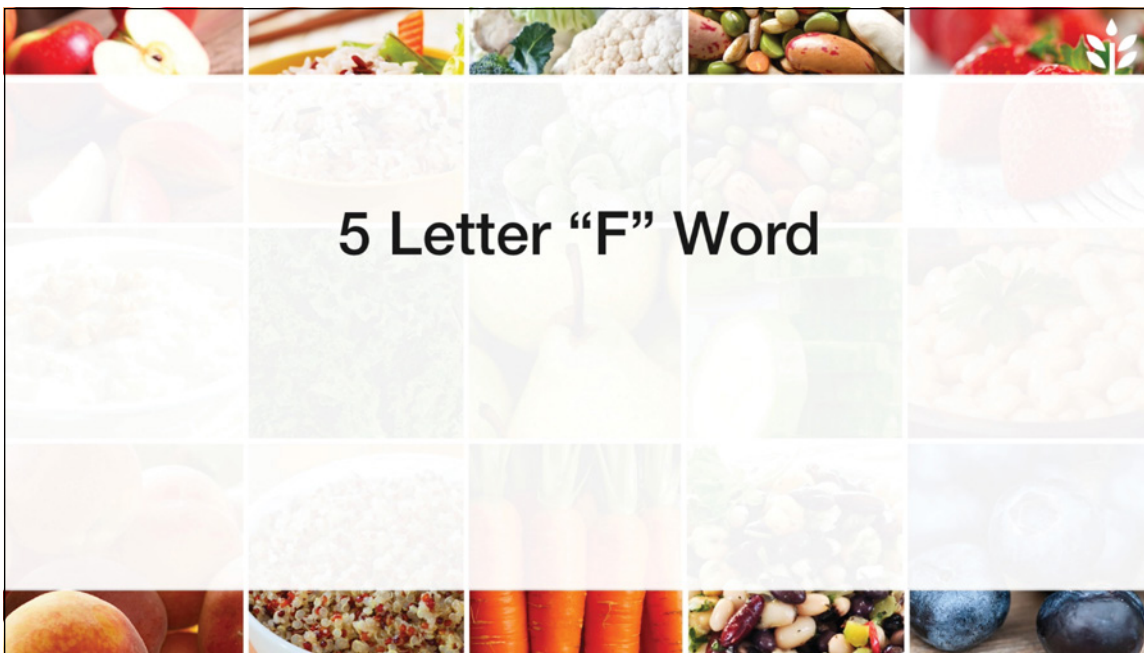


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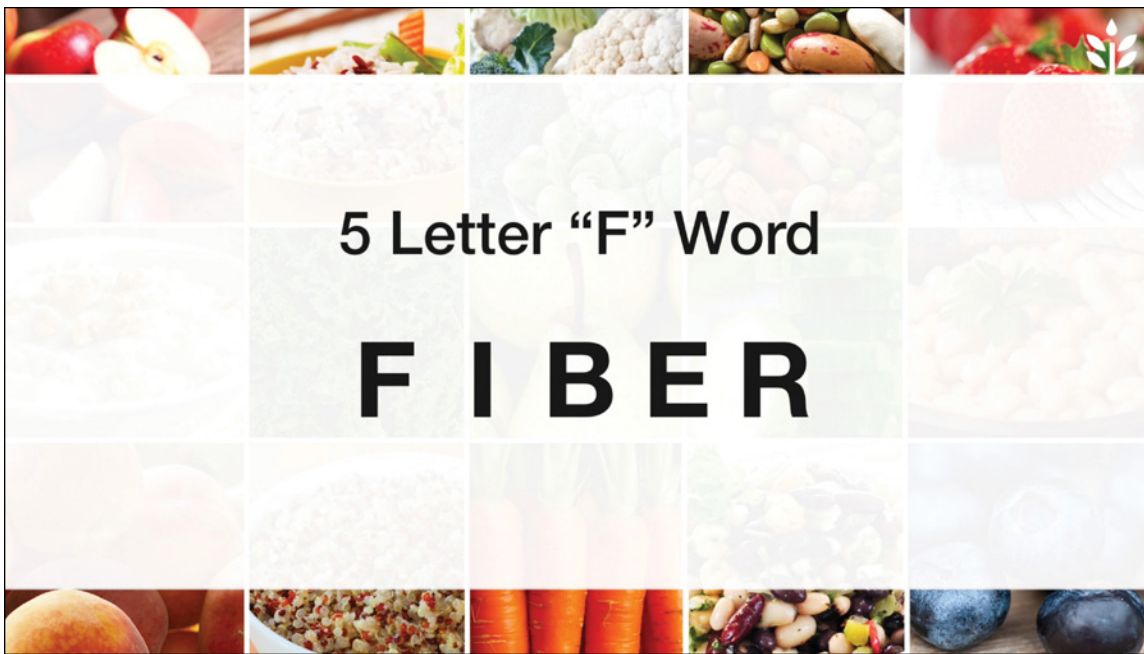
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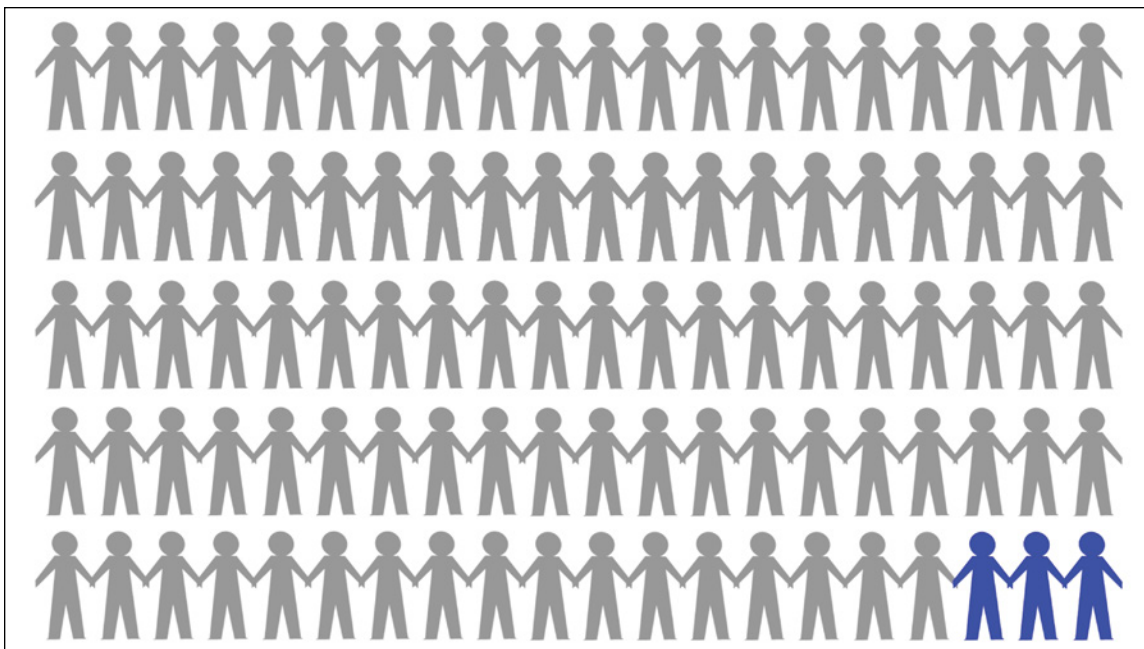
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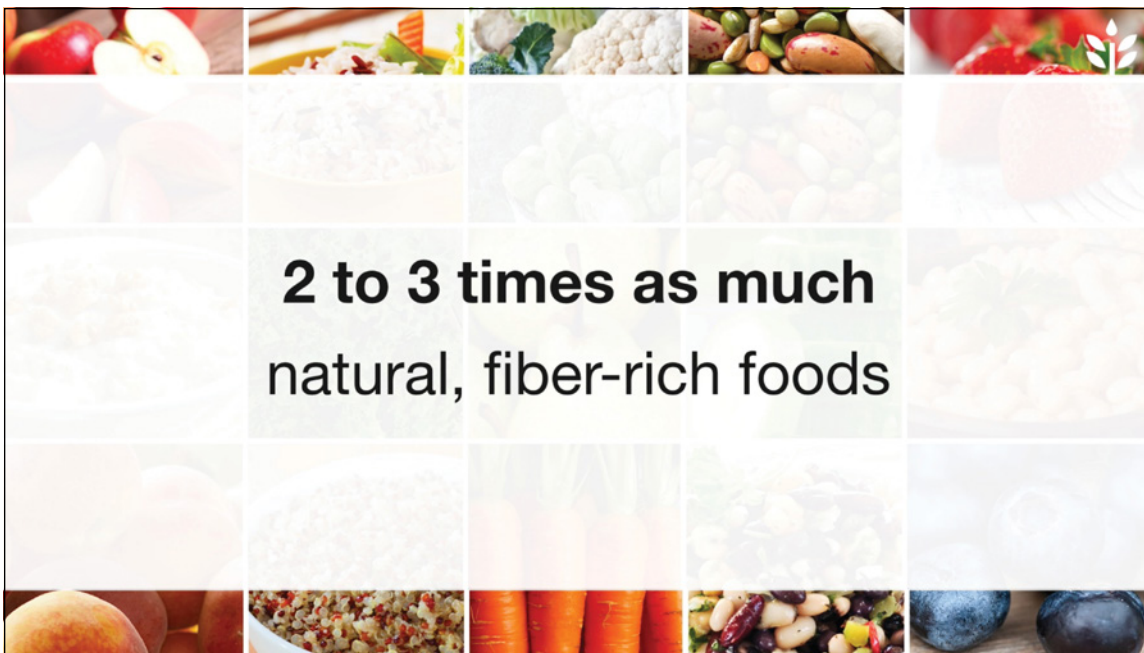


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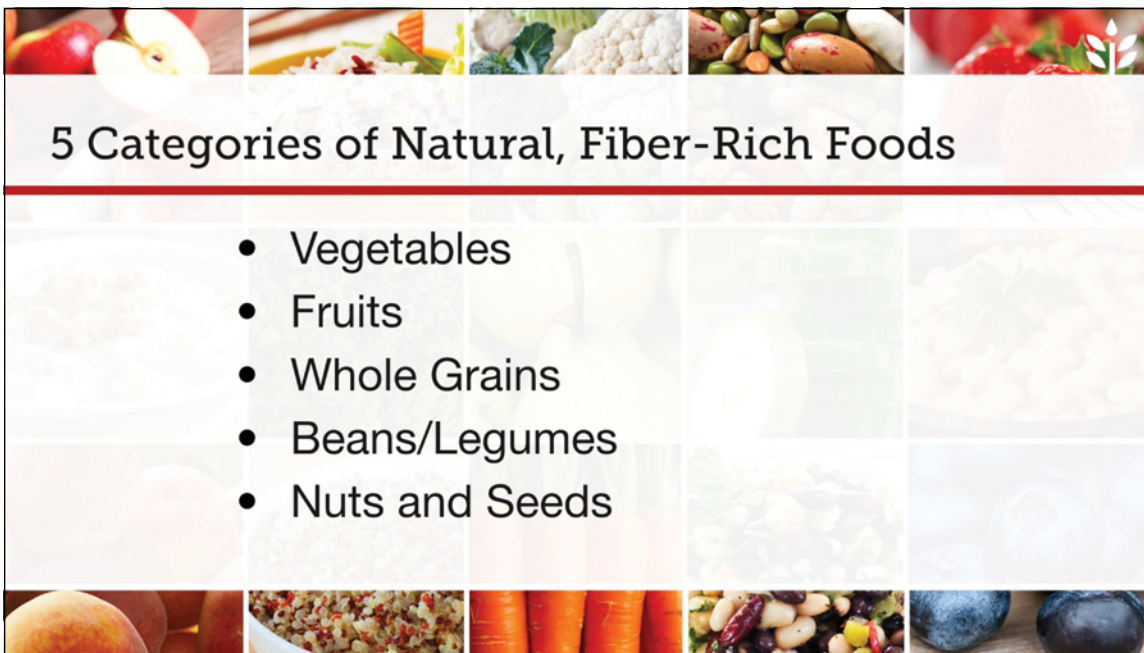


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5 Categories of Natural, Fiber-Rich Foods

- Vegetables
- Fruits
- Whole Grains
- Beans/Legumes
- Nuts and Seeds

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4.2 million users -

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4.2 million users -


- recently active on app
- goal of losing weight
- recorded at least 2 measurements

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Subset 427,000 within 5% stated goal weight

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427,000 4.2 Million 3.8 million

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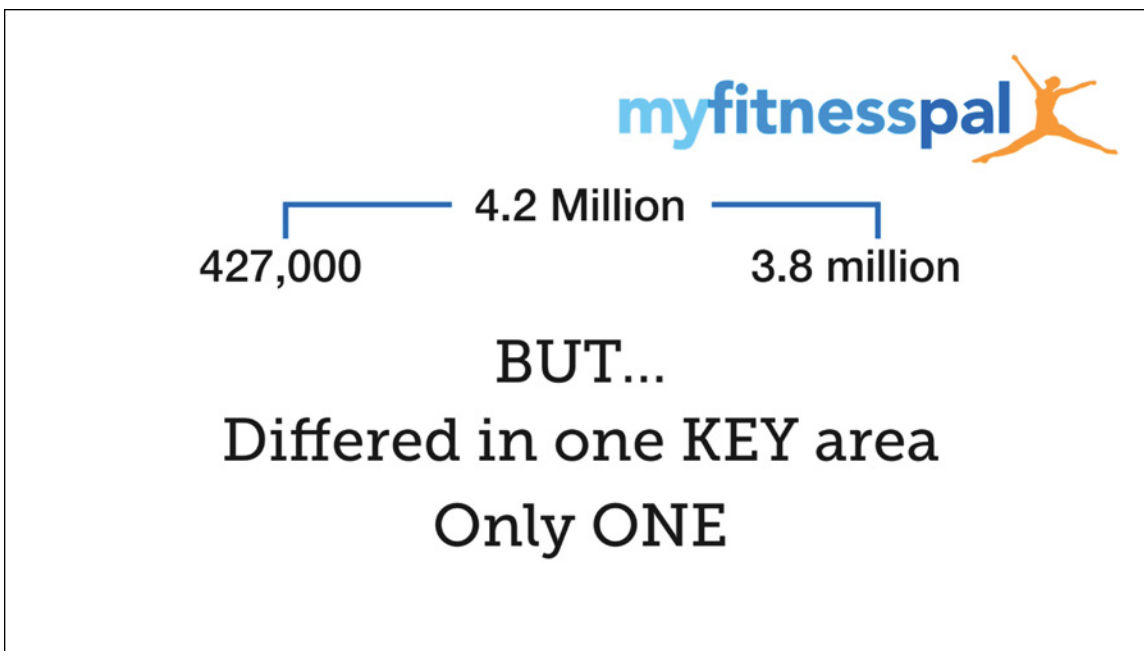
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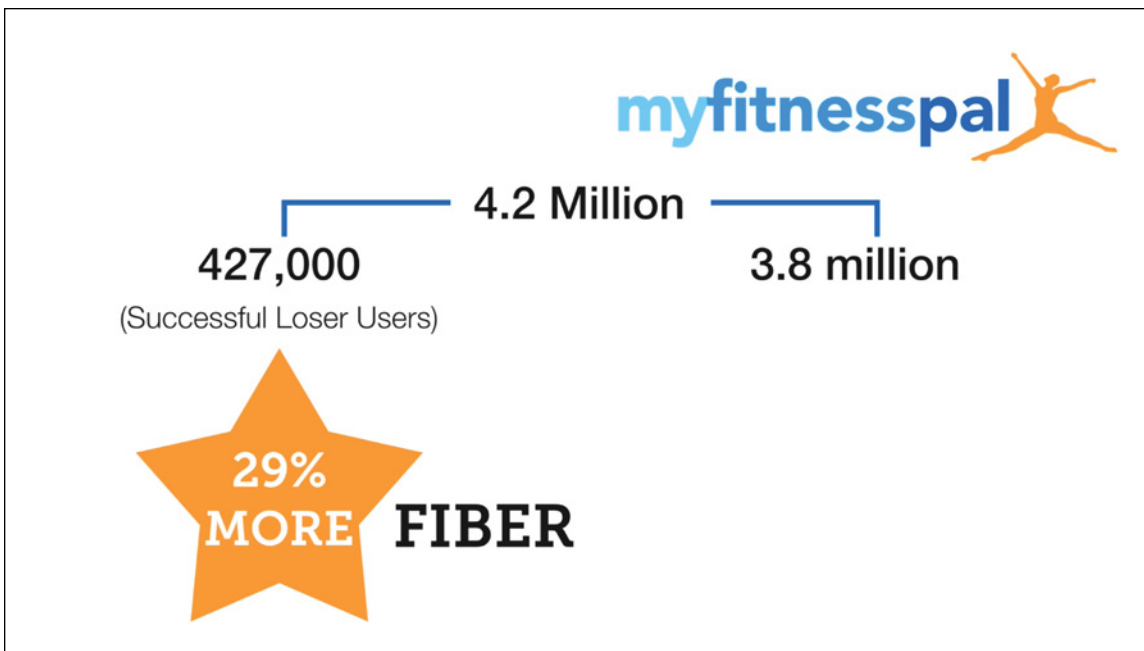
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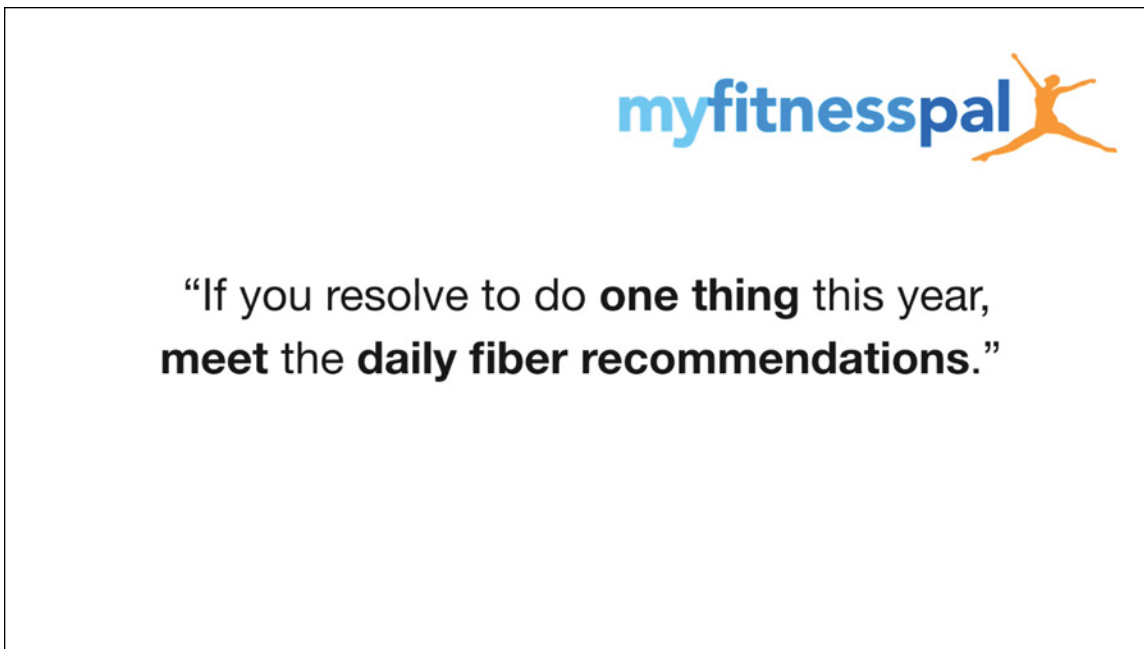
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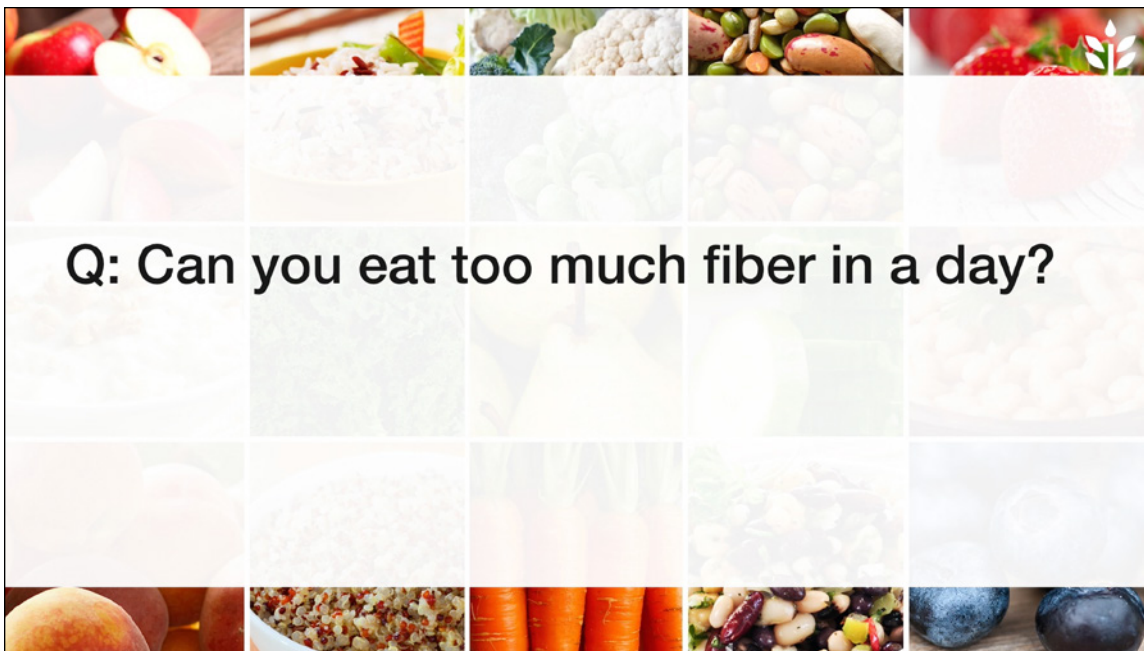
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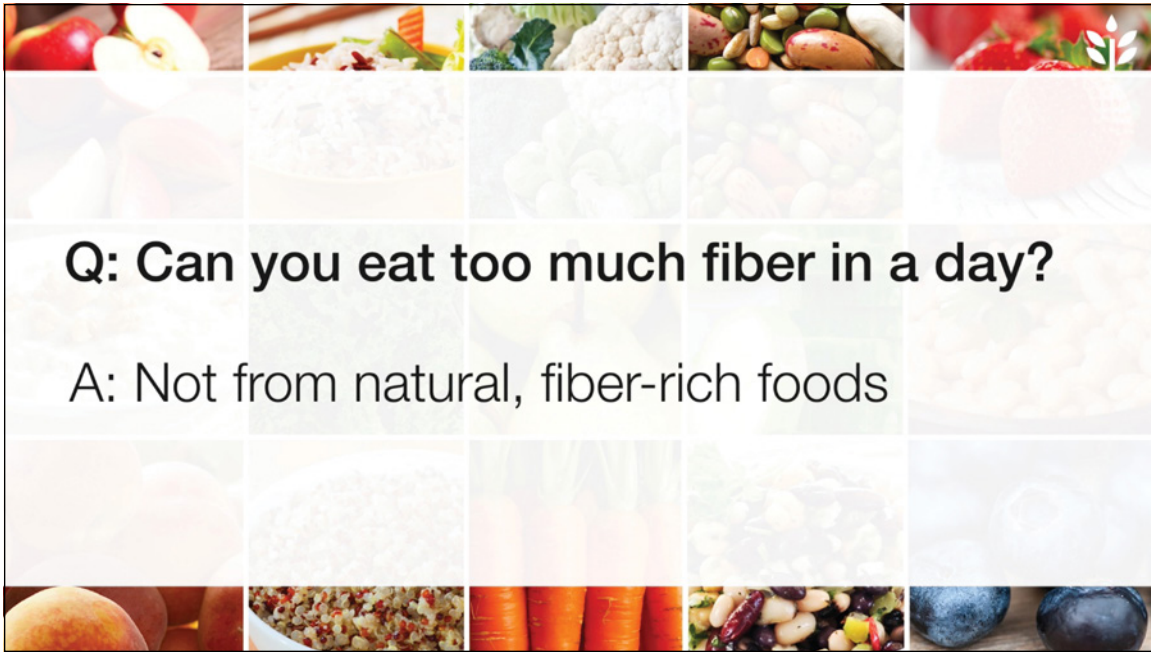


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Q: Can you eat too much fiber in a day?

A: Not from natural, fiber-rich foods

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Fiber foods made greatest difference in

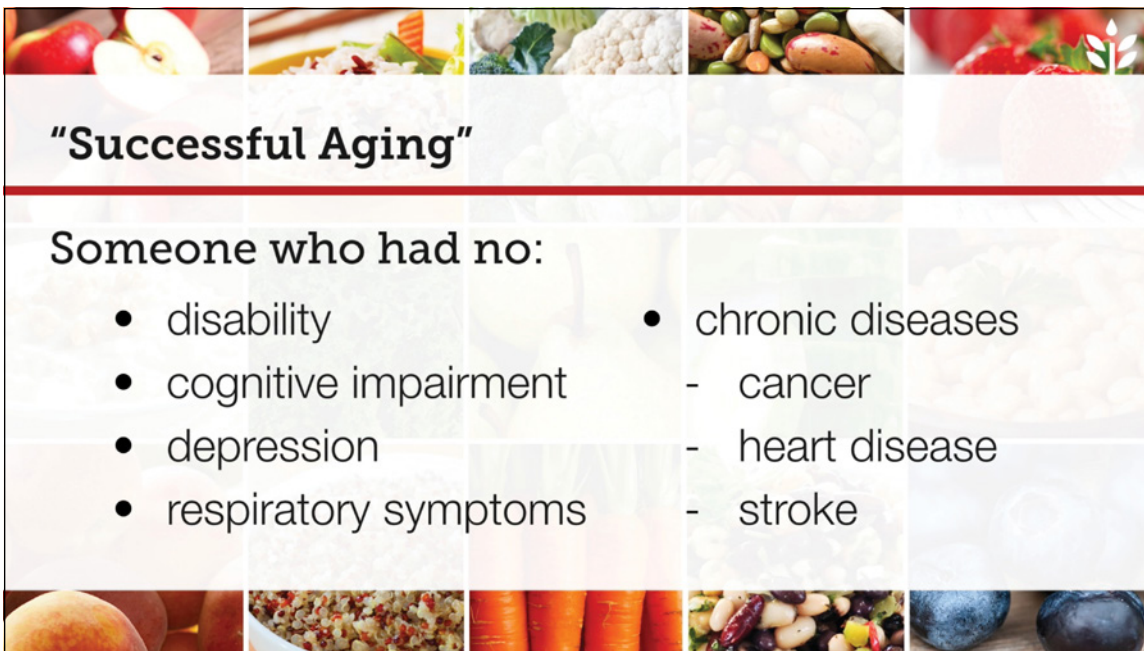
“Successful aging”

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"Successful Aging"

Someone who had no:

- disability
- chronic diseases
 - cancer
 - heart disease
 - stroke
- cognitive impairment
- depression
- respiratory symptoms

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“...those who had the **highest intake** of fiber or total fiber actually had an almost **80 percent greater likelihood** of living a long and healthy life over a 10-year follow-up...”

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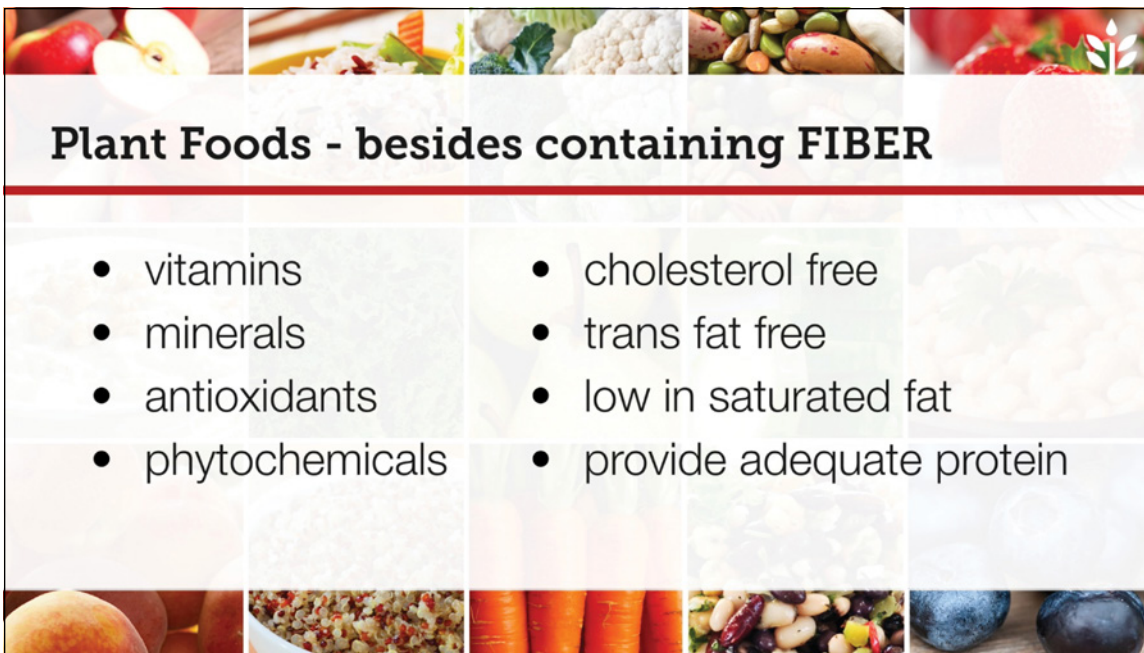


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Plant Foods - besides containing FIBER

- vitamins
- minerals
- antioxidants
- phytochemicals
- cholesterol free
- trans fat free
- low in saturated fat
- provide adequate protein

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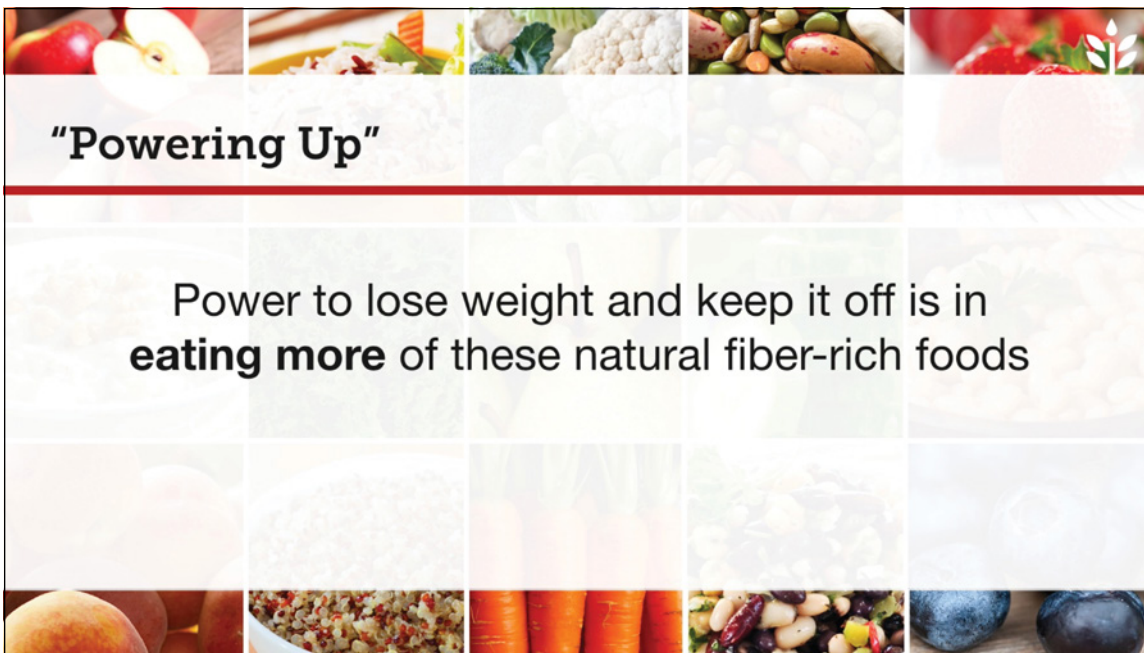


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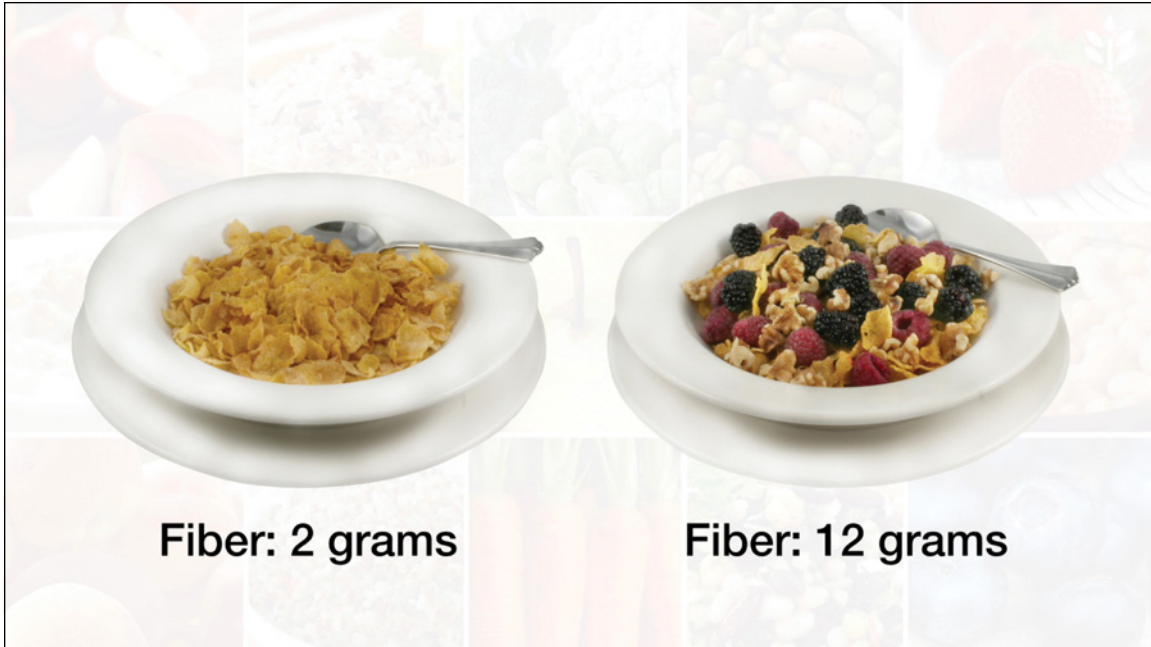


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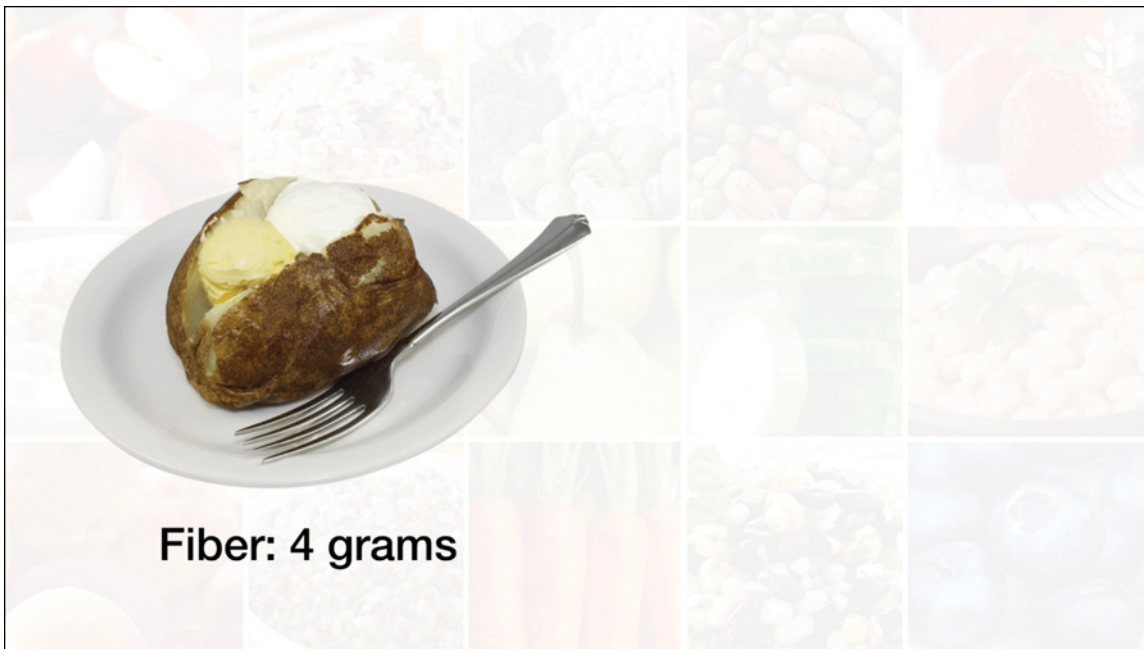


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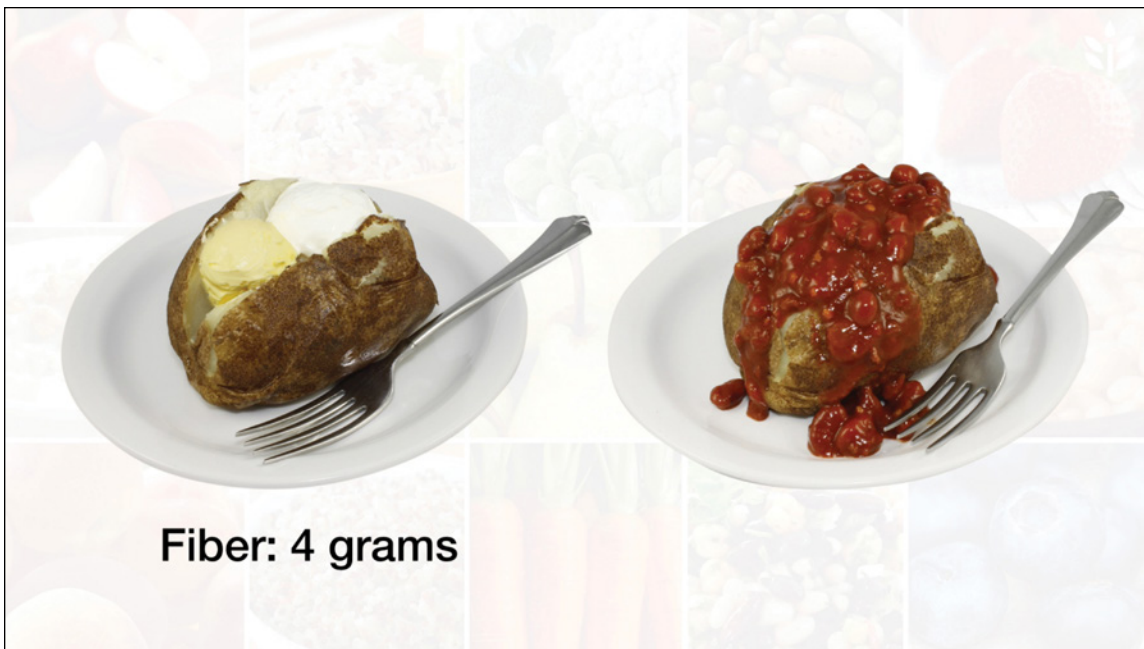
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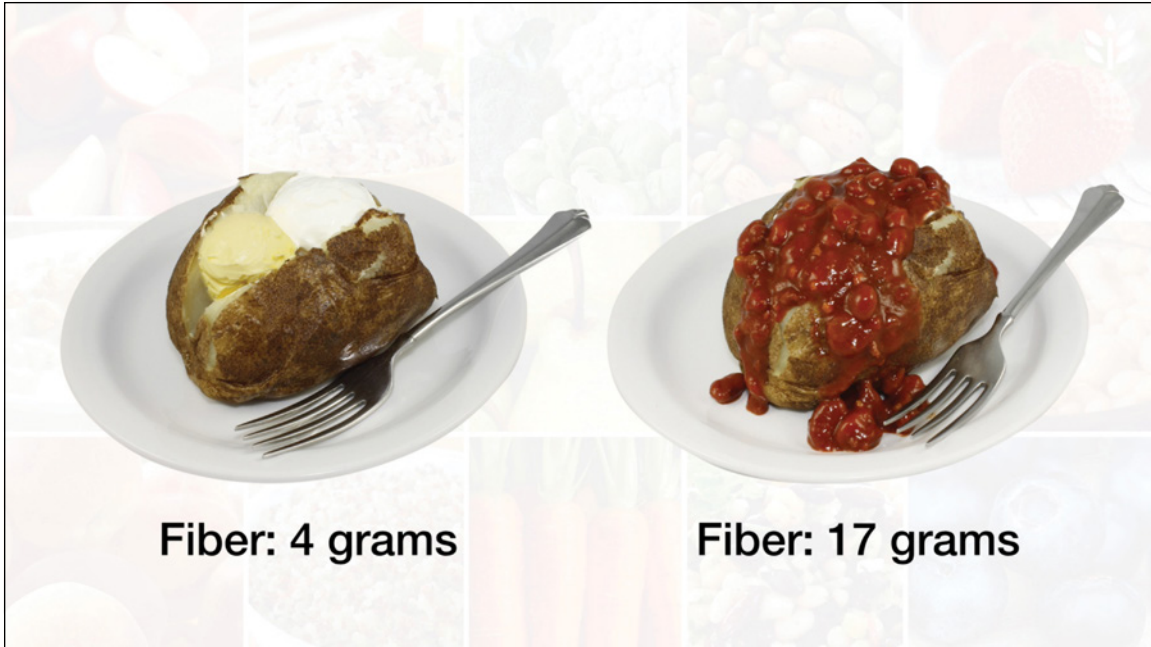


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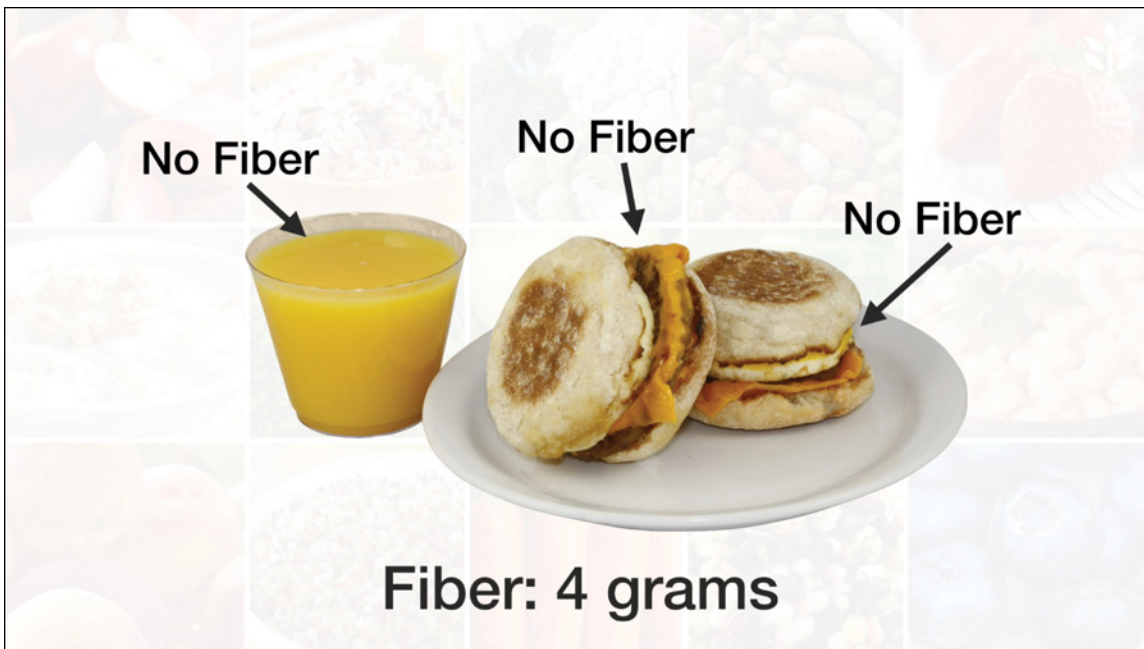
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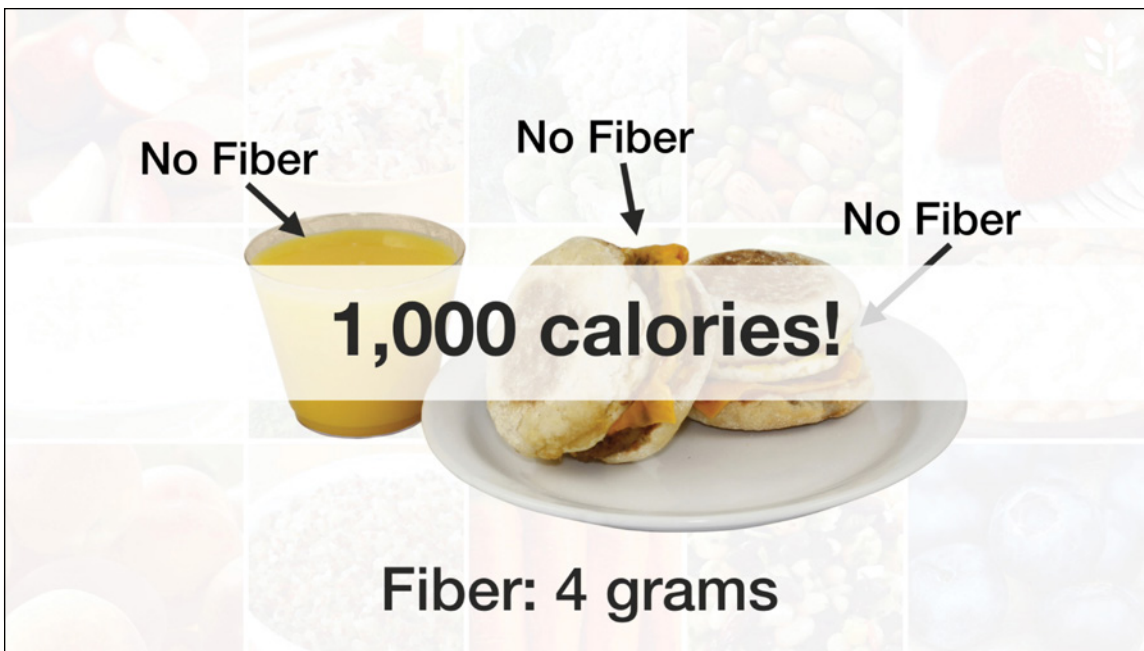


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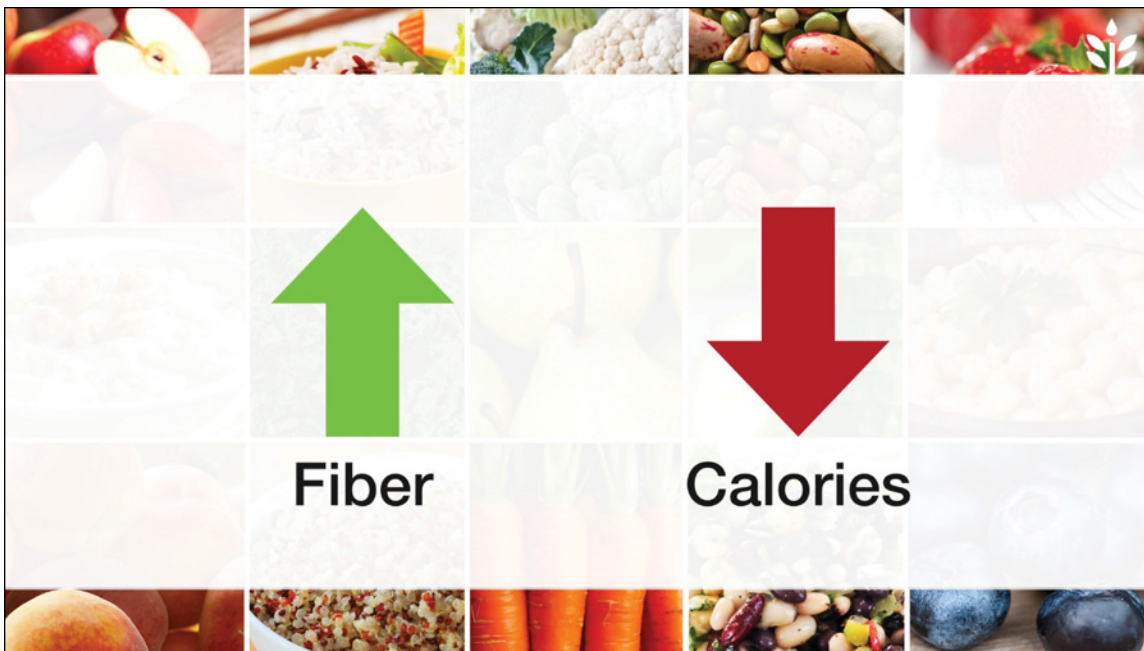
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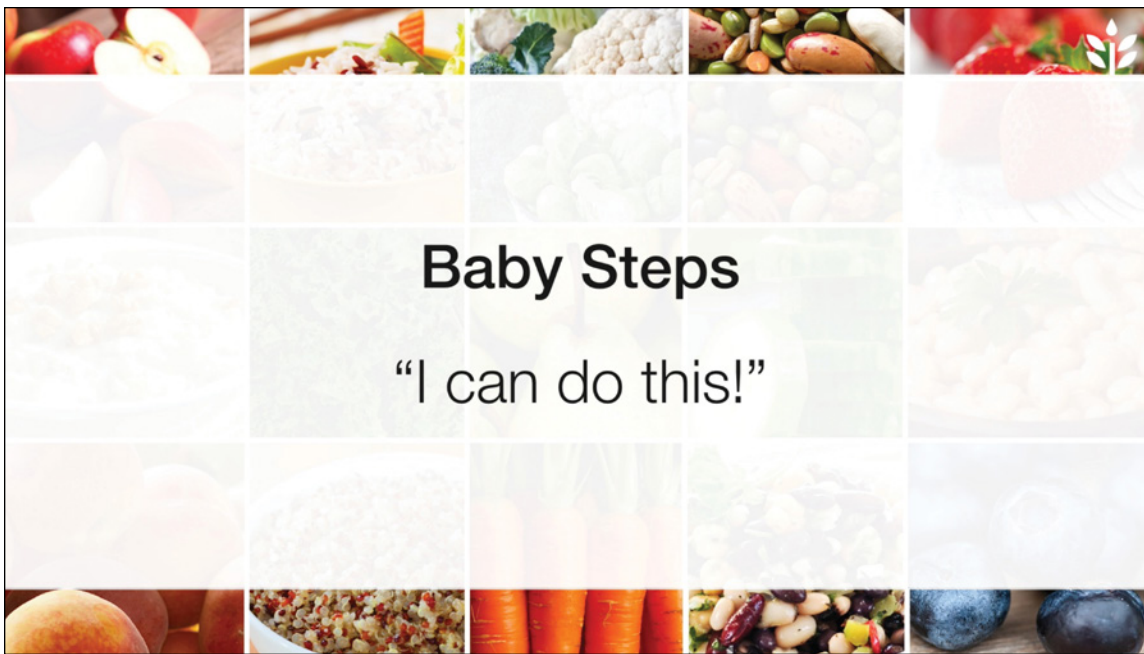
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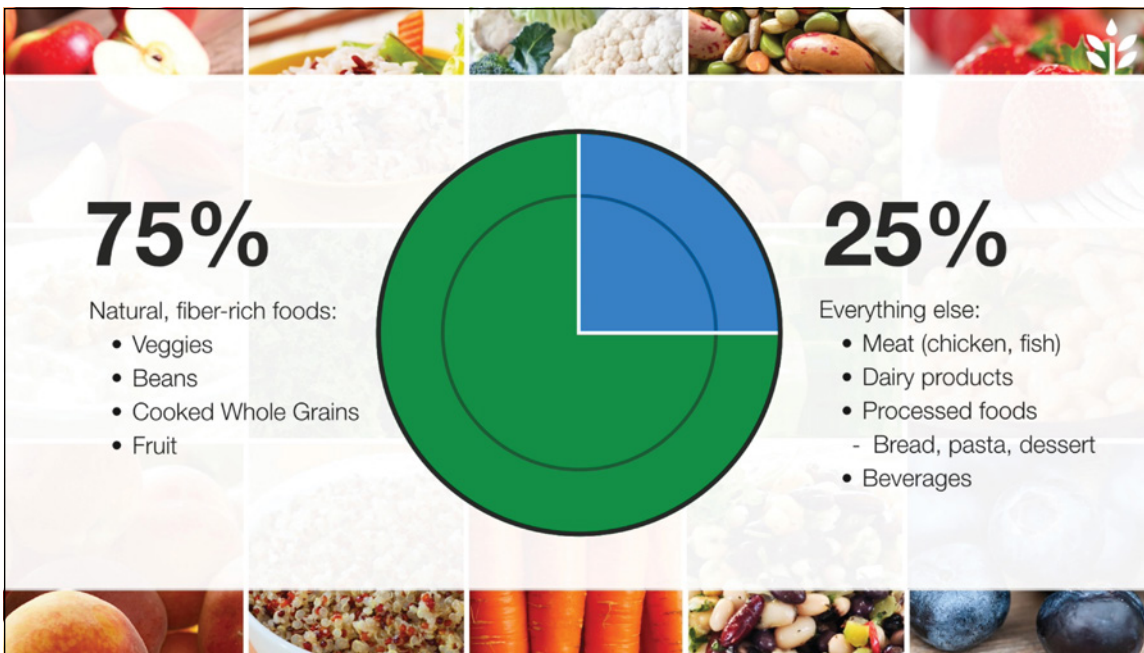


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“I think the biggest thing for those of us trying to lose weight is that we always feel like we are dieting. But you will not feel that way with Full Plate Living. You’ll feel like you are living, enjoying life and not deprived.”

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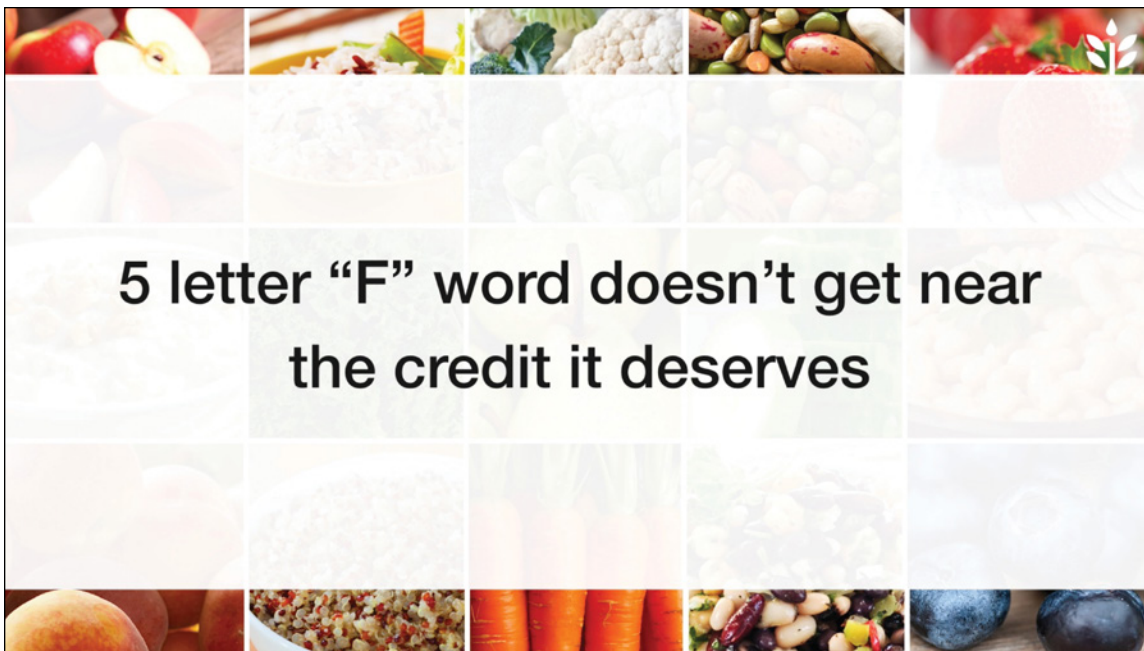
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“This feels doable. I’ve learned a way of eating that will help me keep it off. I’m confident now that I can maintain the progress I’ve made.”

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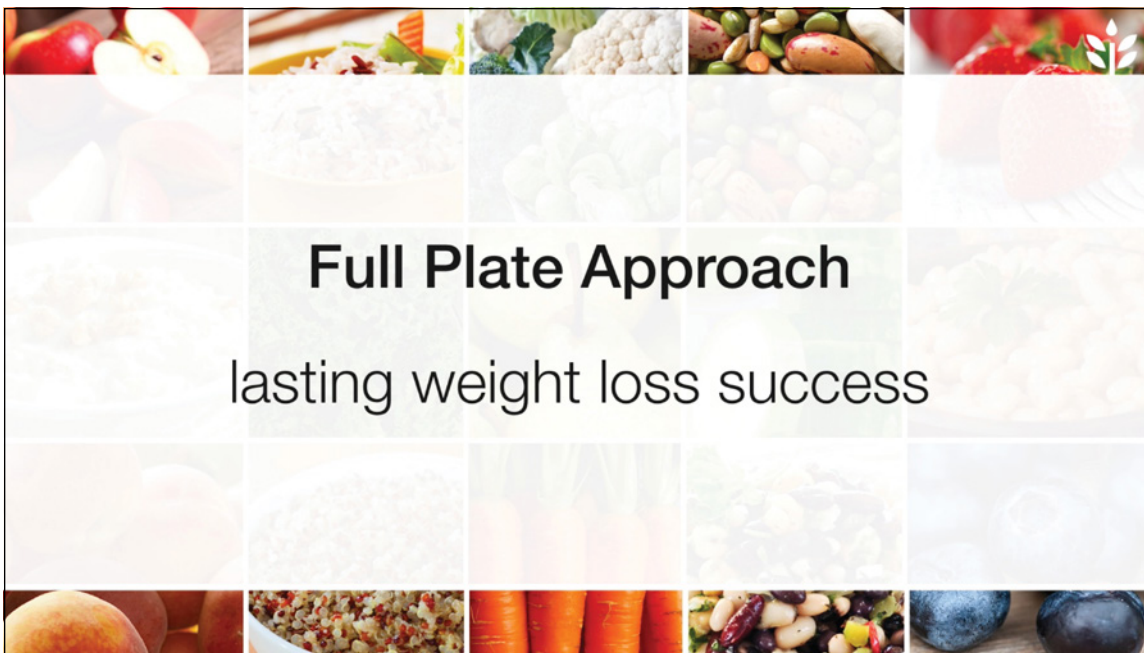
5 letter “F” word doesn’t get near the credit it deserves

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