

Jawbone UP Move

What exactly is a Jawbone UP Move Tracker?

The Jawbone's UP Move fitness tracker is a small wearable device that will track your steps, distance traveled, calories burned and hours slept. It syncs with your cell phone and is used to help people track what their eating and how many steps they take in a given day. Jawbone uses your recorded food data to calculate your caloric intake and a food score that measures the overall healthiness of your diet each day.

If you do not have a cell phone, food intake can be tracked manually or on a computer app and the tracker can still provide activity information.

There are two ways to wear the UP Move, a circular device not much larger than a quarter: You can either pop the disc into a comfortable rubber wristband, or put it in a clip that you can attach to your waistband or pocket. Users can press the face to see the time of day, and the percentage of steps they've taken that day. Compared to their goal

The tracker has a non-rechargeable, CR2032 Lithium Coin 3V 225mAh battery that will last up to 6 months



Do I have to use the Jawbone Tracker?

You do not have to use the Jawbone Tracker if you have a tracker that you prefer to use but we do require that food and activity are tracked. Research has found that people are more likely to lose weight if they are tracking food intake. Tracking helps by increasing awareness and accountability of food choices.

What weight loss diet should I follow?

Our weight loss program does not endorse a specific diet but will help you make choices that are realistic for your preferences and lifestyle. We will also share evidence based research on strategies that are more likely to lead to your weight loss goals. General principles of a healthy eating plan do include the following:

- Vegetables, fruits, whole grains, and fat-free or low-fat dairy products
- Lean meats, poultry, fish, beans, eggs, and nuts
- Limit saturated and *trans* fats, sodium, and added sugars
- Reduce numbers of calories from food and beverages (energy IN) and increase physical activity (energy OUT).
- For a weight loss of 1-1 ½ pounds per week, daily intake should be reduced by 500 to 750 calories.
- Eating plans that contain 1,200-1,500 calories each day for women and 1500-1800 calories will help most people lose weight safely.

SUNY College at Oneonta
Student Health Services
607-4363573

<http://www.oneonta.edu/development/health/>

“Weigh-To-Go” To a Healthy Lifestyle



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Who is Eligible for the Weigh-To-Go Program

Students who have BMIs of 30 or above are eligible for our new weight loss program. Medical research has found that individuals with BMIs over 30 are most at risk to develop chronic medical problems. This link will help you determine your BMI https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

What medical problems are associated with obesity?

There are many medical problems associated with obesity which can occur at any age. These conditions include: coronary heart disease, high blood pressure, stroke, type 2 diabetes, high cholesterol, metabolic syndrome, osteoarthritis, sleep apnea, reproductive problems and gallbladder problems. Certain cancers are also associated with obesity. These include: colon, breast, endometrial and gallbladder cancers.

What are the costs associated with the program?

The program is free; however there will be a fee if the activity/tracker that is loaned to you is not returned.

What should I do to get started in the program?

First and foremost, you need to be ready to change your lifestyle. We understand that college life can be stressful, mealtime is often an important social time and the availability and time to exercise may be limited. If your first thought is "lifestyle change is too hard right now", you may be right. Motivation and readiness to change is the cornerstone of the weight loss program.

WHEN I LOST
ALL OF
MY EXCUSES,
I FOUND ALL
MY RESULTS

I think I'm ready. How do I sign up?

Call the student health center and ask for an appointment for an initial evaluation for the weight loss program. You will then be asked to complete a questionnaire that will be located on the health center portal. Your answers give very important information about your weight history, activity levels, typical food intake, medical history and general experiences with prior weight loss attempts.

During the initial exam, you will be examined, weighed and your height will be recorded. Your BMI will be calculated along with your hip/waist ratio. We may recommend blood work to check cholesterol and/or thyroid function. You will be notified of lab results and assigned a coach.

What exactly does the coach do?

The coaches are health center staff members. The role of the coach is to provide support education and inspire motivation. Together we will develop weight and activity goals. You will also be lent a Jawbone tracker that syncs with your phone through an app. If you do not have a cell phone, your food and activity information can be recorded manually. You will meet with your coach weekly for eight weeks. The following are examples of what may be addressed during your visits.

- Discuss strategies and provide encouragement to maintain your lifestyle changes
- Review evidence based nutritional information
- Identify and help modify the pattern of emotional eating
- Identify barriers to behavioral changes and develop new coping strategies
- Discuss data from activity/food tracking
- Discuss ways to maintain lifestyle changes after completion of the eight week program.

