

PHYSICAL

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Nutrition and Weight Loss

Rationale

When we eat according to proper nutritional guidelines, our bodies work better and we have more energy to fulfill our work obligations. Better health contributes to overall life satisfaction, not just satisfaction at work. Healthy weight differs from person to person, and Deseret Industries associates should consult with their physician to determine if weight loss is necessary. (Note: Unless qualified, do not give medical advice.)

Objective

Help the Deseret Industries associate learn and follow proper nutrition guidelines for optimum energy and health.

Potential Discussion Items

- Assess what the Deseret Industries associate's motivation is—for example, a desire to lose weight, to have more energy at work, to better use food stamps for healthier choices, or to to manage health issues.
- With the Deseret Industries associate's permission, partner with his or her physician to establish healthy eating guidelines for him or her.
- Discuss how foods give us energy for work.
- Discuss the benefits and challenges of healthy eating.
- Ask how the Deseret Industries associate can prepare ahead for work snacks and meals.

Suggested Resources

- Doctrine and Covenants 89.
- The Gospel and the Productive Life Student Manual (Church Educational System, 2004), "Chapter 12: Observing the Laws of Physical Health": <http://www.lds.org/manual/the-gospel-and-the-productive-life-student-manual-religion-150/chapter-12-observing-the-laws-of-physical-health>.
- Benson, Ezra Taft, "A Principle with a Promise" (Ensign, May 1983, 53–55): <http://www.lds.org/general-conference/1983/04/a-principle-with-a-promise>.
- "Catching the Vision of Self-Reliance" (Ensign, June 2011, 85–91): <http://www.lds.org/ensign/2011/06/catching-the-vision-of-self-reliance>.
- Stephenson, William T., "Cancer, Nutrition, and the Word of Wisdom: One Doctor's Observations" (Ensign, July 2008, 42–47): <http://www.lds.org/ensign/2008/07/cancer-nutrition-and-the-word-of-wisdom-one-doctors-observations>.
- Church News and Events, "Growing Self-Sufficiency in Ecuador" (Feb. 4, 2011): <http://www.lds.org/church/news/growing-self-sufficiency-in-ecuador>.
- Food and nutrition information, including online education: <http://extension.usu.edu/htm/food>.
- Guidance about nutrition from the United States Department of Agriculture. Includes printable handouts: <http://www.choosemyplate.gov>.

