



Navigating Fad Diets

Presented By | HealthCheck360



AGENDA

What is a fad diet?

Types of fad diets

Why diets don't work

The dieting cycle

Nutrition tips



WHAT IS A FAD DIET?

Eating plans that are often promoted as the “best” or “fastest” approach to losing weight. They can sound like a newly discovered “hack” that promises a better, healthier you.





EXAMPLES OF FAD DIETS

Keto

Adkins

Gluten free

Vegan

Carnivore

Low-fat





WHY DIETS DON'T WORK

Don't focus on long-term lifestyle habits and changes

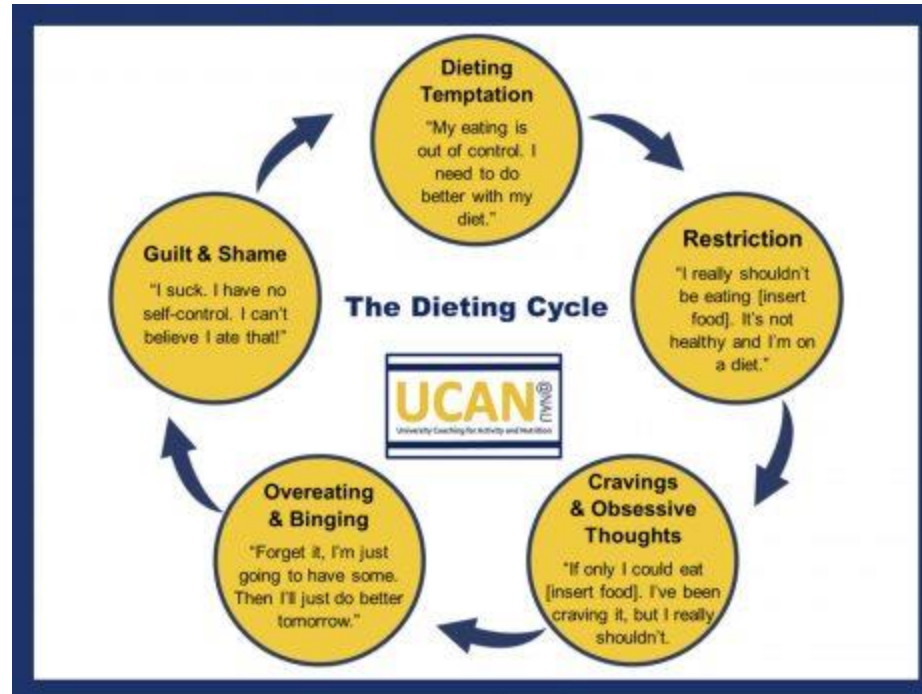
Can lead to:

- Dieting cycle
- A false sense of success
- Nutrient deficiencies
- Food noise
- Bad relationships with food and body

The diet industry benefits if you fail



THE DIETING CYCLE





NUTRITION TIPS

Don't listen to everything you hear

Don't cut out a whole food group just to lose weight

Your body needs enough fuel

1200 calories daily is not enough for an adult

Make sure your nutrition is tailored towards you





TIPS, CONTINUED

Variety/balance

Other habits can help nutrition

- Exercise
- Sleep
- Stress management

Check with your doctor before big changes

Don't forget about us!





SUMMARY

There are many different fad diets

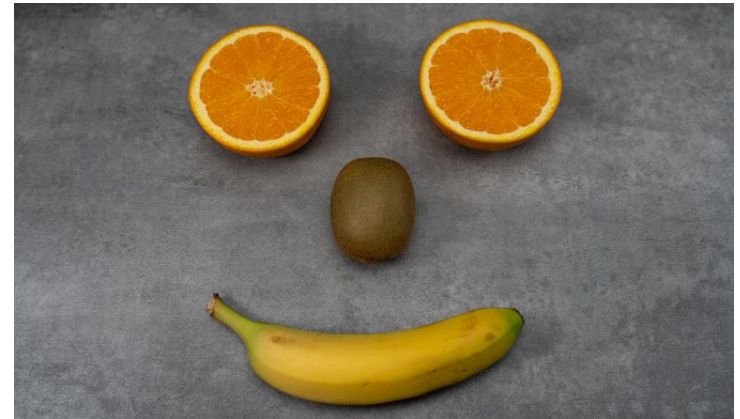
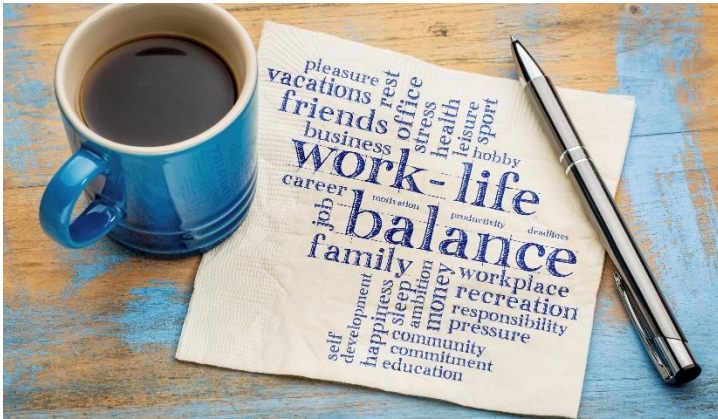
Fad diets don't focus on the long-term

Everybody and every body is different

Find what works for you



UPCOMING WEBINARS



Building a Balanced Life

Learn actionable tips to improve time management, empowering you to optimize your schedule and create more room for what matters.

October 2

Find out more on www.healthcheck360.com/blog

Emotional Eating: Breaking the Cycle

Our emotions often lead us to crave less-than-healthy foods. Get valuable tips to break free from emotional eating and establish a healthier relationship with food.

November 6





LIFESTYLE REWARDS

1. True or False: Even a diet that is medically necessary for some can be considered a fad diet.
 - a. True
 - b. False
2. What was one fad diet example shared?
 - a. Low protein
 - b. Keto
3. What was one nutrition tip mentioned.
 - a. Don't listen to everything you hear
 - b. Cut out one food group to be successful

****If your company has elected questions for lifestyle rewards, it will be noted when you submit on your myhealthcheck360 account.****



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