

OptiHealth Institute

# Rewind the Future

## Seminar Notes

In this seminar, we're going to see how important it is for us, as parents, to instill in our children the value of a healthy lifestyle. Surprisingly, as you will see, the impact of an unhealthy lifestyle can be seen at a very early age.

First, we are going to watch a short video: **Rewind the Future**. Afterwards, we will review several important issues portrayed in the video by asking some specific questions. A lot happens in the video, and it happens quickly – in reverse chronology. So please watch carefully.

### Watch video: Rewind the Future

Wasn't that a powerful message? The choices you teach your child today – will become their habits for a lifetime. Your child's future does not have to be a battle with junk food and poor health. There is still time to reverse the unhealthy habits that our children take into their adulthoods.

Let's take a few minutes now to consider HOW parenting styles for making daily choices from a very early age has a real-life impact on your child's health and longevity. There are 8 questions for us to consider.

#### Q1: What unhealthy behavior contributed most to the obese man's chronic condition?

**Excessive use of alcohol?** Alcohol is high in calories, and devoid of nutritional value, but this was not the cause of the obese man's health problems. But notice: Although we recognize that alcohol use is dangerous, this video showed that junk food in excess can be just as deadly.

**Poor eating habits.** Yes, this was definitely the unhealthy behavior that contributed most to the obese man's chronic weight problem.

**Smoking?** No, tobacco use was not involved in this case, but again, this video showed that junk food in excess can be deadlier than smoking.

We don't let children buy cigarettes, for obvious reasons, but children of any age are allowed to purchase all the junk food they want. This makes educating and training our kids to make healthy food and drink choices even more important than warning them about the dangers of tobacco.

**Not enough exercise.** Yes, this certainly played a role in the man's problem with obesity, but it wasn't the primary problem. "More exercise" wasn't going to solve this man's problem by any means.

**A1: The correct answer is: Poor Eating Habits** was the unhealthy behavior

that contributed most to the obese man's chronic condition?

In fact, poor eating habits is the #1 health problem for most adults and most teens and most children in the United States today, and it keeps getting worse.

#### Q2: During what stage of life did the obese man gain excess weight?

**As an adult?** Yes, the obese man, even though he was already obese, he was still gaining even more excess weight as an adult.

The man had a job, was married with kids, and had no control over his own eating habits. In fact, looking back over his life, the obese man gained excess weight at every stage:

As a **young adult**, as a **teenager**, as an **adolescent**, as a **child**, and even as a **toddler**.

**A2: The correct answer is: All the above.**

The obese man gained excess weight during each stage of his life! This poor guy was already obese before he graduated from kindergarten! His poor eating habits – a “super-size me” fast food diet and constant snacking – and his low activity levels – watching television and playing video games – only got worse at each stage!

But what was the common denominator in each stage of his life? Yes, his unhealthy lifestyle – particularly his poor eating habits.

Many people blame their weight gain on a “stage” of their life. They fail to take responsibility for it, and they feel helpless to do anything about it.

The point here is: Weight gain is not because of a “stage” in life. Excess weight gain is because of unhealthy food choices and eating patterns.

The earlier you can intervene and make some changes, the easier it is to reverse, but LATE is better than NEVER.

### **Q3: Which health risk factors are more important?**

**LIFESTYLE Health Risk Factors**, such as a diet high in fat, sugar, and salt, and not enough exercise? Or...

**Lifestyle-related MEDICAL Health Risk Factors**, such as high blood sugar, high blood cholesterol, and high blood pressure?

LIFESTYLE health risk factors are evident immediately. We can simply observe them.

Lifestyle-related MEDICAL health risk factors are not so evident. You need a health professional with special equipment to detect them.

The crazy thing is that we know by the time the MEDICAL risk factors become detectable, the pathology has been progressing for 10-15 years. The disease process towards having a heart attack is well underway.

The so-called medical RISK factors are, in fact, DISEASES in and of themselves. They aren't risk factors for disease; they are risk factors for the later-stage COMPLICATIONS of their own disease process!

**A3: The answer is: The LIFESTYLE Health Risk Factors are more important.**

It's the daily CHOICES of poor eating habits and low activity levels that are the most important risk factors, because you can readily detect them, and change them more effectively, by simply learning how to make healthier CHOICES.

### **Q4: Who was responsible for the obese man's unhealthy choices?**

**Himself?** Yes, by a certain age or maturity level, children should start taking more and more responsibility for their choices – including those regarding their health, along with appropriate parental guidance, of course.

**Himself and his parents?** Yes, parents have a critical role in establishing a healthy lifestyle early in their child's formative years, teaching them especially by setting a good example.

**Himself and his doctor?** Yes, proper health care is important throughout the lifespan, including in childhood, when habits are established and easier to change. Hopefully, his doctor at least warned him and his parents about the dangers of childhood obesity.

**Himself and the culture?** Yes, the culture, such as the child's friends, social media, our educational system, the food industry, and later, even employers – COMBINED the culture

has a tremendous influence – mostly negative – on our personal daily choices, and especially on our kids.

**A4: The correct answer is: Ultimately, the responsibility for his unhealthy choices is on HIMSELF**, but it is important to be aware that all the above have an impact on our lifestyle choices.

We should all be more on guard against unhealthy influences, and more open to trusted, credible healthy influences to help us make healthier choices more consistently.

**Q5: If the man survives his heart attack, do you believe he will change his lifestyle? Explain.**

Would you say: **No, he will not change** his lifestyle, because a major lifestyle change is nearly impossible, and it is too late now, anyway.

Or would you say: **Maybe, he might change** his lifestyle somewhat, but he will probably rely more on medical treatment to manage his chronic condition, rather than fully addressing the underlying cause.

Or would you say: **Yes, he will change** his lifestyle, **but only IF** he gets the specific help he needs – that works for him.

Or would you say: **Yes, he will definitely change** his lifestyle, because such an event – a near death experience – is usually – if not always – life changing.

Although you could argue that each of these scenarios are very plausible for different people under different circumstances, the correct or at least the ideal answer is:

**A5: Yes, people can, and are more likely to, make therapeutic lifestyle changes IF or WHEN they get the specific help they need to be successful.**

People CAN stop smoking. People CAN lose weight (and keep it off). People CAN eat healthy foods (and enjoy it). People CAN exercise regularly. People CAN learn how to relax and be happy.

Although lifestyle change is simply a matter of choice – it's not necessarily easy, because it is more a matter of being properly informed and getting enough opportunity to experience the benefits.

**Q6: Which approach to healthcare would be more cost-effective?**

**Everyone knowing CPR** (Cardio-Pulmonary-Resuscitation) to keep each other alive whenever we have our heart attacks – sometime between 40 to 80 years old, and often having multiple heart attacks! (That's never good.) Or...

**Everyone doing TLC** (Therapeutic Lifestyle Change) to create a culture of optimal health and not having heart attacks at an early age – not until sometime after celebrating your 100<sup>th</sup> birthday, let's say. (Doesn't that sound better?)

**A6: Yes, of course, everyone doing TLC, Therapeutic Lifestyle Change**, as a personal choice for both preventing disease and for promoting higher levels of wellness.

An informed voluntary cultural change, one person at a time. TLC would be far more cost-effective than a crisis-driven response in desperation – doing CPR, after the fact.

**Q7: What could you do to help create a culture of optimal health?**

I would suggest you could... **Learn more about lifestyle diseases and know YOUR lifestyle risk factors.**

You could also... **Learn more about health, fitness, and therapeutic lifestyle change.**

You could also... **Make healthy lifestyle changes, and set a good example**, for your children and grandchildren.

And as you are doing all of that, you could do the most rewarding thing of all, you could... **Encourage others to do the same and support their choices** for a healthier lifestyle and a longer and better life!

**A7: The answer to this question is All the above.**

This is what OptiHealth Choices is striving to do – to create a culture of optimal health – and we do that by helping one person, one family, one community at a time, and we invite you to join us.

**Q8: (The last question of this seminar.) What kind of impact does your lifestyle have on those you care about?**

A **positive** (healthy) impact?

Or a **negative** (unhealthy) impact?

Or is it some of **both**?

Sometimes it is hard to know, so here is a hint: **How healthy do YOUR CHILDREN behave?** Ask yourself the following questions (depending on how old your children are) and observe...

**Do my children:**

- **Throw tantrums to get what they want?**
- **Hide forbidden “goodies” in their room?**
- **Watch hours of TV or play Video Games every day?**
- **Snack on ice cream and cookies, and drink sodas?**
- **Eat “Fast Food” for nearly every meal?**
- **Get out-of-breath by just walking?**
- **Compromise their health for convenience or appetite?**

Since most children do these things to some degree, it might be more accurate and useful to ask yourself...

- **To what degree do my children behave in an unhealthy way?**
- **Are my children’s health behaviors getting better or worse?**
  
- **What can I do to positively influence my children regarding their health choices and behaviors?**
- **Am I willing to change my lifestyle to set a better example for my kids?**

These are tough questions. Acting on them can be even more difficult. But remember, your choice for a healthier lifestyle is a choice for a longer and better life – not only for yourself, but also (by example) for your kids, as well.

It’s what we all want, but it can be tough. **OptiHealth Choices is here to help.**