



# Communication Tool Kit

PHYSICAL, MENTAL, SPIRITUAL, SOCIAL, FINANCIAL  
QUARTER 3 (April-June)



# Q3 (Physical Pillar)

## “An apple a day...”



**Vignette:** You are talking to your friend, and she is discussing how she wants to lose weight. She states she’s tried everything—keto diet, calorie counting, and even juice cleanses. She complains of fatigue and that she has trouble keeping her eyes open at work. Even though she’s fatigued, she says that it will all be worth it once she’s skinny. What do you do NEXT?

- A) Do nothing. She knows her body better than you do and if she wants to diet, then so be it.
- B) Tell her how silly fad diets are and that if she wants to lose weight, she just needs to eat healthy food and workout everyday.
- C) Talk to her more about other concerns you have, like how tired she is at work and what other factors could be contributing to her fatigue.
- D) Explain to her that while you don’t personally know a lot about nutrition, you can help connect her with nutrition and fitness professionals/resources offered specifically for WING members.

**BEST answer. D.** You can reinforce your willingness to support your friend in multiple ways. Some ideas might include:

- 1) Connect her with Military One Source (Fitness, Nutrition and Active Living).
- 2) Get her in contact with the Comprehensive Health and Wellness program manager and get her enrolled in the Basic or Leaders course.
- 3) Connect her with a nearby YMCA or other fitness centers to see what discounts/offers they might have for currently serving WING members.

### Discussion Q&A:

- What are some pros and cons of each of the potential responses listed above?
- Why do you think it might be important to address other concerns you might be having in this conversation with your friend (i.e. her fatigue)?
- Why do you think it might be a bad idea to come up “with a plan” yourself to help your friend lose weight and properly diet?

**Resources:** Military One Source, Comprehensive Health and Wellness Program Managers, registered dietician (if available), primary care physician

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### Takeaways:

- The best nutrition advice a non-nutrition professional can give is NONE. Instead, connect them to a professional and be there to support them.
- Making recommendations (without being a professional) could negatively impact your friend. It could lead to disordered eating habits (i.e. starvation or laxatives) as a means to meet military standards and/or achieve a desired body size.
- Restricting certain types of foods (which is most diets) builds a rigid and unhealthy relationship with food.
- 95% of diets are unsuccessful long-term and result in weight-cycling which can lead to increased risk for chronic health conditions.

### Follow-Up Resources:

- Military One Source (1-800-345-4856)
- SSgt Dickmann-CHW Leaders Course Program Manager (715-584-7335)
- SSG Stover, CHW Basic Course Program Manager (779-245-3171)
- Registered dietician (if you have one available to you)
- Primary Care Physician

## **Feedback From the Field:**

We know your time is valuable and we want to thank you for setting aside some time to talk over these topics. Your feedback is highly encouraged and welcomed. We would love to hear your thoughts and ideas as to how well these discussions were implemented as well as how well they were received. For feedback, suggestions or even any success stories that you would like to share, a survey can be completed at:

<https://www.surveymonkey.com/r/SMSD2021>