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Habits for Health: A Holistic Approach to Women's Well-Being

Katelyn Helms
katehelms5@gmail.com

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Habits for Health: A Holistic Approach to Women's Well-Being

Katelyn Helms OTD/OTS

Faculty Mentor: Dr. Katy Schmidt OTD, OTR/L

Expert Mentor: Karen Gillingham, TNBC Director of Operations



Mission and Vision

The New Beginnings Center (TNBC) is a nonprofit organization that offers a holistic approach to a healthy lifestyle including instruction regarding nutrition and exercise training. They offer a 12-week program for women of all backgrounds 18+ that empowers women through fitness and lifestyle changes. They have also recently started a program called Iron souls which offers the same education and empowerment for teenagers.

Mission: "To help financially disadvantaged women discover the strength in themselves, inside and out, and to become the healthiest they can be through individualized world-class coaching in fitness, nutrition, and behavior change."

Vision: "Reshaping the future of health."

Needs of Agency

- Content for the launching of their new membership site. The membership site is for women who have completed the program and want further information to contribute to their transition out of the program.
- Review of literature regarding how food/nutrition affects moods
- Review of literature regarding the interrelation between hormones, nutrition, and exercise from teenage years to post-menopausal women
- Increased social media presence

Goals of Capstone

- Become familiar with TNBC programming and serve as a resource for clients and staff
- Educate staff and clients on the role of OT
- Review current literature to fulfill the needs of the agency.
- Create and disseminate resources for participants at the site through social media and handouts.

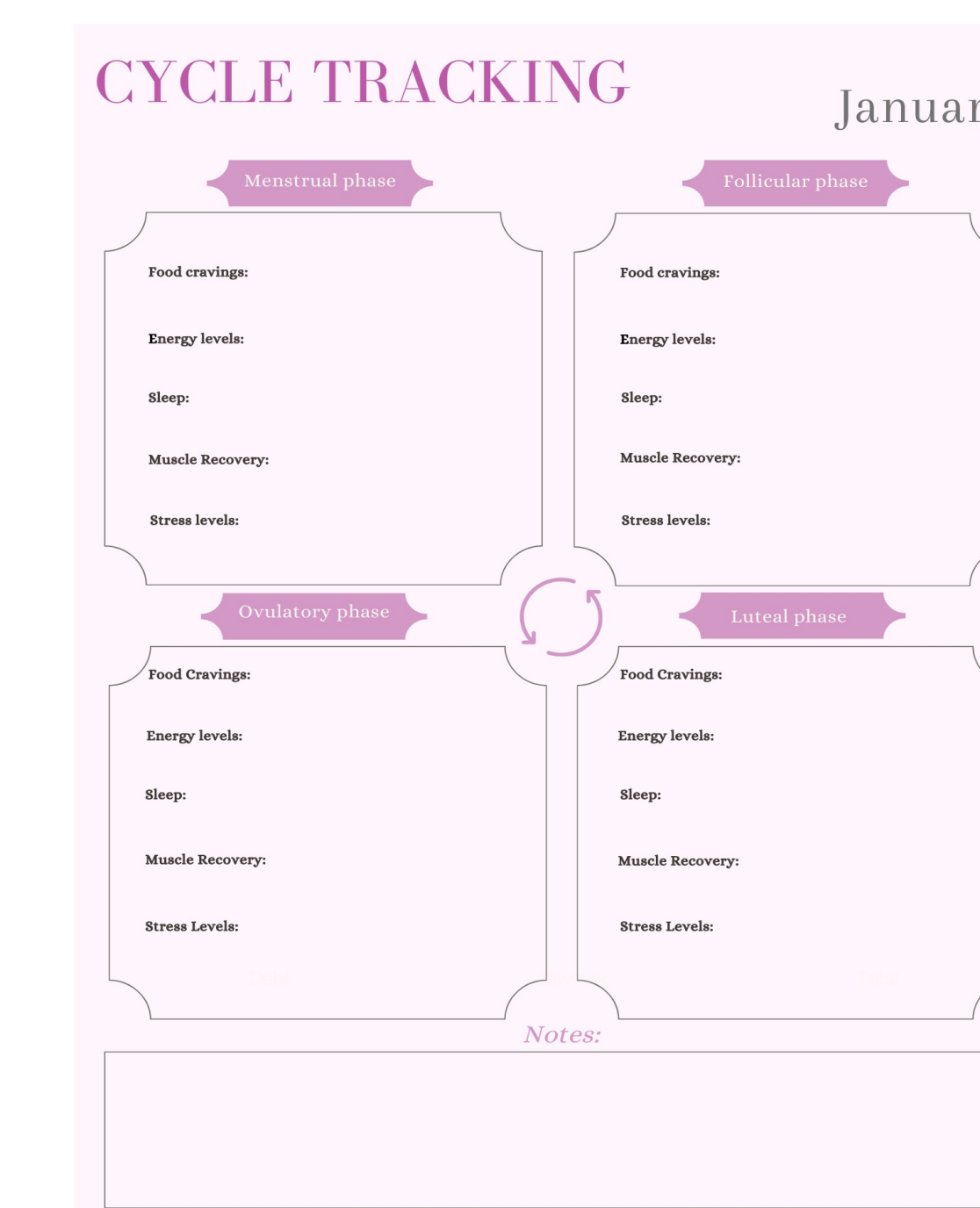
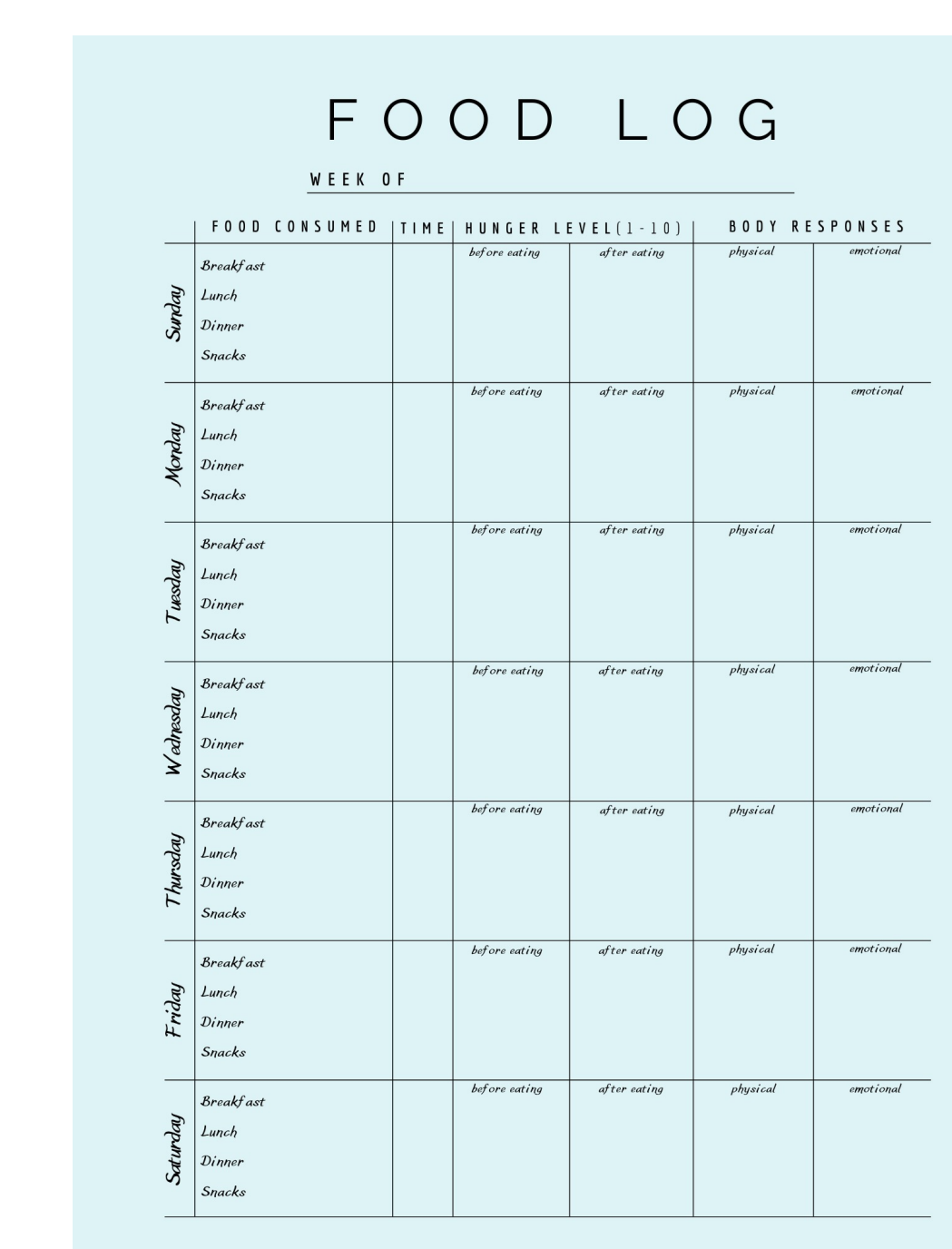
Outcomes

- Biweekly posts on social media for women at the site and to increase awareness to the local community.
- Mindfulness exercises delivered via social media and through handouts promoting wellbeing.
- Recipes that can be easily implemented into the lifestyles for the participants of the program.
- Membership site content regarding how food/nutrition affects mood, energy levels, and participation
- Membership site content regarding interrelation between hormones (including the hormones of the menstrual cycle and other hormones including insulin) and nutrition and exercise
- Membership site content regarding changes with aging including metabolic changes, muscle mass changes, and hormonal changes throughout the lifespan.

Examples of Content:

- A longitudinal study performed by the Women's Health Institute (WHI) examined women who were considered healthy individuals (ie- had no prior history of mental illness or blood sugar abnormalities). The more high glycemic index foods were incorporated into their diet, the more depressive symptoms they reported (Gangwisch, 2015).
- Currently, there is lack of research regarding health and nutrition for menstruating women specifically. Most of the current research completed was done on men or post-menopausal women (Sims, 2019).
- During the low-hormone phases (including menstruation and ovulation), women's bodies are functioning differently than the high-hormone phases (luteal and follicular). During the low-hormone phases, the anabolic rate is working faster, and the catabolic rate is working slower. During the high-hormone phases, the opposite effect occurs (Sims, 2019).
- The basic metabolic rate for men and women alike does not change as you age until 60 years old. Muscle mass starts to decrease slowly around 30 (Peyton, 2020).

Deliverables



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