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**Human Resources**

**MHRA  
Yoga & Fitness  
Presentation**

Eveline B. Moss  
HR Coordinator  
Group Fitness Instructor

11/16/2023

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**Agenda**

- Ice Breaker
- Meet the Presenter
- Background
- Bad Eating Habits/How to Fix it
- Standing & Chair Yoga at your desk
- Fun Workout
- Session Ends



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**Meet the presenter**



**Eveline B. Moss**

Eveline is the HR Coordinator at the City of Anderson and is a Group Fitness Instructor for the City of Anderson Recreation Center. I have been employed with the COA for nearly 7 years and a Certified Fitness Instructor for 2 years. I'm a wife (26yrs), mother of three and g-ma of four. I love my job and the people I work with. My passion is to make everyone I encounter with feel good about themselves inside and out.

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**Background**



As a young child, my interest has always been in physical fitness and physical activities. Throughout high school, I played softball and basketball, but softball was my favorite. I graduated high school in 1982, and I still hold the record for hitting the most homeruns and pitching strike outs. I truly feel as though my physical and athletics abilities has led me to help others to become healthy in the mind, body and soul. I am a certified instructor in group fitness, and I teach the following classes:

- Step Cardio
- Cardio Bootcamp
- Yogalates
- Zumba/Line Dancing
- TRX
- Tae Bo
- Spin Cycling

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**Bad Eating Habits**



**What are some bad eating habits?**

- ❖ Nighttime Snacking
- ❖ Emotional Eating
- ❖ Mindless Eating
- ❖ Junk Food Binges
- ❖ Eating Too Quickly
- ❖ Endless Eating
- ❖ Skipping Breakfast

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**Bad Eating Habits/How to Fix it.**

Sneaky bad eating habits can develop without you realizing it. We rush out the door on some mornings without breakfast. We also find ourselves munching on chips, popcorn, or some type of unhealthy foods while sitting in front of the television. Then the next thing you know, one little bad habit can equal a lot of bad habits and a lot of weight gain. The worst part is that you might not even realize what you're doing to your diet.

**Nighttime Snacking**  
Study shows that nighttime eating is not good if you are trying to lose weight. We find ourselves standing in front of the refrigerator looking for something to snack on.

**The Fix:** After dinner, treat your kitchen like a restaurant, put a sign up "saying this kitchen is closed for the night."  
After you eat, brush your teeth because we are less likely to eat with a clean mouth. If a craving hits, reach for something small like string cheese or a piece of fruit.

**Emotional Eating**  
When you have a bad day at the office, the first thing we do when we get home is open the refrigerator and start eating the first thing in site. We put food in our mouth as a coping mechanism.

**The Fix:** "If you're stressed out at work or at home, go take a short walk or just call a friend and vent. Whatever you do, just stay out of the kitchen.

**Mindless Eating**  
Recent studies show that we tend to eat from large bowls, large dinner plates, and large containers (things like popcorn, chips, and cookies). We find ourselves grabbing a hand full and shoving it in our mouth.

**The Fix:** Eat from a smaller bowl or plate and not straight out of a container. Chew your food into small pieces and swallow it before putting more food in your mouth.

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**Eating Junk Food**  
 Eating junk food doesn't help your waistline, but the effect may be worse than you think. Fatty and high-sugar foods can be addictive — much like drugs.

**Tip** The solution isn't to eliminate your favorite junk food because it will only make you crave it more. The key is to identify what you really want, and eat in moderation as special treats, but not every day.

**Eating Too Quickly**  
 Eating your food too fast, whether you're snacking or eating a meal, it doesn't give your brain time to catch up with your stomach. Your brain doesn't signal that you're full until about 15 to 20 minutes after you've started eating. If you gulp down your meal in 10 minutes or less, you could end up eating way more than you need.

**The Fix** To [slow down your eating](#), physically put your fork down between bites, take smaller bites, and be sure to chew each bite thoroughly. Also, drinking water throughout your meal will help you slow down and feel fuller as you go. Eating too quickly can cause weight gain.

**Endless Snacking**  
 Here's a bad habit we all are guilty of: snacking round the clock, keeping snacks in or on your desk. Placing candy, cookies, or chips in plain sight.

**Tip** Keep only [healthy snacks](#) within reach, such as carrots and cucumber slices, yogurt, and [almonds](#). Don't stock your desk or pantry with chips, candy, or cookies because you know you can't resist.

**Skipping Breakfast**  
 You know that breakfast really is the most important meal of the day, but with so many other things competing for your attention, you may decide that you don't have time to eat. Keep in mind, when skipping meals, your [metabolism](#) begins to slow down and that's not good because your body will go to starvation mode.

Breakfast gives you that boost of energy you need to take on your day. Without this fuel, chances are, you'll just overeat later. Study shows that those who skipped [breakfast](#) gained significantly more weight over a two-year period than those who eat a morning meal.

**Tip** Have ready healthy breakfast foods you can consume while on the run. Try easy items such as whole fruit, yogurt, homemade cereal bars, and smoothies.

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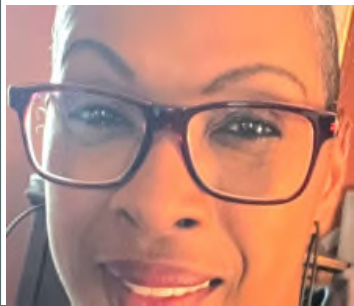
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Thank you

Eveline B. Moss  
 Office - 864-231-2201  
 Cell - 864-933-4938  
 Work - [emoss@cityofandersonsc.com](mailto:emoss@cityofandersonsc.com)  
 Personal - [ebmoss45@aol.com](mailto:ebmoss45@aol.com)

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