

USING AI TO EAT HEALTHIER, MOVE BETTER, AND IMPROVE WELLNESS



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Learning Objectives

- Identify ways that AI chatbots can help with work-life balance and overall well-being.
- Learn common chatbot prompts to save time while generating plans for nutrition, exercise, sleep, stress management, and more.
- Learn ways to validate chatbot responses to avoid following flawed wellness plans.



What is an AI chatbot?

Generative AI based on data used to train it

Natural language processing allows human-like conversations

Compare vs. search engine
search: indexed content
AI: synthesize content



Disclaimers

- AI isn't always right or accurate.
- AI is not a substitute for medical or expert advice.
- AI responses should be treated as a starting point for ideas, not as a final answer.
- I am not an expert on AI... I'm a nutrition and wellness expert sharing ways to use a new tool.



3 STRATEGIES

Summarizing data
list common sources of calcium
best-practice for sleep hygiene

Time-saving activities
build workout schedule
write a meditation script

Problem solving
how to deal with difficult situation
need "someone" to listen





Nutrition

- Generate meal plans
 - *Create a 5-day meal plan for two adults using only recipes with fewer than 5 ingredients.*
 - *Provide a week of dinner ideas that are prediabetes appropriate.*
- Tailor meals to your specific needs
 - *I need healthy dinner recipes under 500 calories.*
 - *Give me a vegan meal plan for 7 days. Use beans or lentils daily. Aim for 1700 calories, 70g of protein, and 25g of fiber.*
- Find new recipes
 - *What recipe can I make with pasta, sausage, and parsley.*
 - *What are some ideas for easy pantry meals.*



Fitness

- Generate workout ideas
 - *What are exercises I can do at home with dumbbells and exercise bands.*
 - *What are some cycling workouts to improve my speed.*
- Create exercise plans
 - *Create a 12-week couch to 5k running plan for someone who is just starting to run. I can only run 3 days each week.*
- Progress your workout
 - *What is an exercise progression that can help me build enough strength to do a pull-up?*
 - *What are progressions to a barbell squat that I can use to make the exercise more difficult without adding weight?*



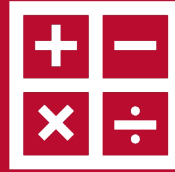
Sleep & Stress Management

- Summarize best practices
 - *What are the key habits that I should follow to improve sleep?*
 - *How can I add a daily gratitude practice without taking too much time?*
- Create plans to help achieve your goals
 - *Help me schedule my evening activities so I can get to bed on time. (You'd have to also provide details on your evening activities).*
 - *Create a daily journal schedule for one year. Include journal prompts to stimulate appreciation. Have one prompt for every day and do not repeat.*
- Creative stress aids
 - *Write a script for a 10-minute meditation that includes a body scan. Tailor it to help reduce feelings of anxiety.*



Mental Health Support

- NOT a substitute for a therapist
- You can set up the chatbot to act as a good listener
 - *For this conversation I would like you to act like a trained therapist. Your specialty is client-centered therapy. Your task is to reflect back to me what you believe I am thinking and feeling without giving specific advice.*
(Prompt from: <https://joyninja.com/chatgpt-self-therapy-personal-growth/>)
- Also useful for working through difficult decision making
 - *You are a professional mediator. I am having a conflict with a co-worker and I'm not sure how to handle the situation. Help me work through options to find a satisfying resolution.*



Generic Template

- For this conversation you are a [profession].
- I am a [age] year old [gender] who is interested in [goal].
- My experience level is [describe].
- The tools (or skills) I have are [summarize].
- I have the following medical conditions [summarize relevant ones].
- Create a [describe plan desired].
- I would like to practice/workout/eat [describe availability or any time restrictions]



Limitations

Can't see you

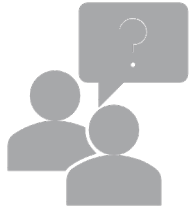
Won't ask clarifying questions

Not always accurate

Sometimes you'll recognize this

Sometimes you may not know

Know your resources...



Resources

Benefits & Employee Wellness!

nutrition counseling

fitness guidance

wellness coaching

hr.unm.edu/wellness



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Recommendations

- At this point for wellness, use AI chatbots primarily for:
 - Ideas, starting points, getting past roadblocks
 - Efficiency and time saving
- But not for:
 - Medical or professional advice and diagnosis
 - Final plans
- Always validate responses



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Demo & Questions

