



## **GROUP LIFESTYLE BALANCE™**

A Modification of the Diabetes Prevention Program's  
Lifestyle Change Program

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Developed by the Diabetes Prevention Support Center faculty of the University of Pittsburgh (Kaye Kramer, Andrea Kriska, Trevor Orchard, Linda Semler, and Elizabeth Venditti), and Bonnie Gillis, MS, RD, with funding support from National Institutes of Diabetes and Digestive and Kidney Diseases, National Institutes of Health & United States Air Force administered by the U.S. Army Medical Research Acquisition Activity, Fort Detrick, Maryland, Award Number W81XWH-04-2-0030. Review of materials does not imply Department of the Air Force endorsement of factual accuracy or opinion.

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A Modification of the Diabetes Prevention Program's  
Lifestyle Change Program

## **Participant Notebook**



## **GROUP LIFESTYLE BALANCE™**

### **A Modification of the Diabetes Prevention Program's Lifestyle Change Program**

**Your name:** \_\_\_\_\_

**Your Lifestyle Coach is:** \_\_\_\_\_

**Lifestyle Coach contact information:**

**Work Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_



## **Session 1: Welcome to the Group Lifestyle Balance™ Program**

### **Be a Good Group Member**

**A group is like a sports team. By working together, group members can:**

- **Support and encourage each other.**
- **Share ideas to solve problems.**
- **Motivate one another.**

**Being a good group member is a responsibility to others.**

**It is also the best way to help YOU be successful.**

### **Ten Ways to Be a Good Group Member**

- 1. Do your very best to come to every meeting. This is important even when it's hard to follow the program.**
- 2. Be on time. Call if you can't come.**
- 3. Complete the things you're supposed to do at home.**
- 4. Bring your notebook and Keeping Track to every meeting.**
- 5. Take part in sharing your ideas with other group members.**
- 6. Let everyone have a chance to share. Be careful how much time you spend talking.**
- 7. Be willing to really listen to other people's concerns. Do what you can to show you understand and care. Share what has worked for you.**
- 8. Do not repeat to other people outside of the group anything personal that's talked about in the group.**
- 9. Respect other people's ideas. Avoid putting others down.**
- 10. Stress the good things.**

**Remember, "team spirit" helps everyone on the team!**



## Welcome to the Group Lifestyle Balance™ Program

### Remember your purpose

- Why I joined the Group Lifestyle Balance™ Program:

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- What I hope to achieve by taking part in the Group Lifestyle Balance Program:

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- How healthy eating and being active will help me and/or others:

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## The Focus of the *Group Lifestyle Balance™* Program

We call our program "Lifestyle Balance" because we will help you reach a healthy balance between two parts of your lifestyle:

1. What you eat.
2. How physically active you are.



### Your Lifestyle Balance goals will be to:

1. Lose weight through healthy eating.
2. Be more physically active.

An important study showed that making these lifestyle changes and keeping them up over time can **prevent diabetes** in people like you who are at risk for diabetes.

The study was called the "Diabetes Prevention Program".



## The Diabetes Prevention Program (or DPP)

The **Diabetes Prevention Program (or DPP)** was conducted at 27 health centers throughout the United States. The DPP was funded by the National Institutes of Health.

### **More than 3,000 adults took part in the DPP.**

All were at high risk for Type 2 diabetes. This means they had a condition known as “pre-diabetes”. Pre-diabetes is defined as having glucose (blood sugar) levels that are elevated but not high enough to be considered diabetes. People with pre-diabetes can have an elevated fasting glucose or an elevated glucose during an oral glucose tolerance test, or both.

- About half of the study participants were African Americans, Hispanics, American Indians, Asians, or Pacific Islanders. Diabetes is very common in those groups.
- Two out of ten were 60 years old or older, another high-risk group.
- The average starting weight was 207 pounds.

Each person was assigned by chance to one of three groups.

- One group took part in a program to lose weight and be more active.
- One group took metformin, a pill used to treat diabetes.
- One group took a placebo or sugar pill.

### **The DPP was a great success.**

The volunteers were followed for about 3 years.

Taking metformin cut the risk of Type 2 diabetes by 31 percent.

The program to lose weight and be more active was even more successful.

- **Losing 10 to 15 pounds and being moderately active (similar to a brisk walk) for a minimum of 150 minutes per week cut the risk of Type 2 diabetes by 58% (more than half).**
- **For those over 60, it cut the risk by 71% (almost three-quarters).**

As a result of the DPP, many international, national, state, and local groups have begun programs like this one to help people lose weight and be more active.



## The Diabetes Prevention Program (or DPP)

The DPP also showed that losing weight and being active can reduce the risk of what's called the "metabolic syndrome".

Someone with the metabolic syndrome has three or more of the following:

- Fat stored largely in the belly (being "apple shaped")
- High triglycerides (a kind of fat in the blood)
- Low HDL cholesterol ("good cholesterol")
- High blood pressure
- High fasting blood glucose (blood sugar)

One of every four American adults has the metabolic syndrome.

Metabolic syndrome increases your risk of:

- Heart attack
- Diabetes
- Stroke
- Kidney problems (if you have heart disease and diabetes)



The DPP lifestyle program reduced the risk of the metabolic syndrome by 41%.

The Group Lifestyle Balance™ Program is designed to help you make lifestyle changes to both prevent diabetes and prevent or treat the metabolic syndrome.





## The Diabetes Prevention Program Outcomes Study (or DPPOS)

The landmark DPP study continues. About 88% (2,766 volunteers) of the eligible DPP group joined the DPPOS. This group of adults stuck with the program for more than five additional years.

### **DPPOS has two main goals.**

- Continue to delay and prevent diabetes.
- Prevent diabetes complications such as kidney, eye and nerve problems and heart disease over the long run.

Because lifestyle treatment worked best, all DPP volunteers were invited to participate in a 16-session Lifestyle Balance group program during a bridge period before the DPPOS follow-up.

Then, during the first five years of DPPOS:

- Every participant was invited to four educational sessions per year on a variety of healthy lifestyle topics (HELP).
- The original lifestyle group was offered BOOST sessions (in the fall and the spring of each year) to reinvigorate their behavior change efforts.
- The original metformin group continued to receive metformin pills.





## The Diabetes Prevention Program Outcomes Study (or DPPOS)

### What are the main findings of the DPPOS?

A committed group of volunteers has been followed for 10 years, on average.

- The original lifestyle group developed diabetes at a rate 34% lower than the people who were in the original placebo group.
- **Lifestyle participants aged 60 and older developed diabetes at a rate 49% lower than those in the placebo group.**
- The original metformin group developed diabetes at a rate 18% lower than those in the placebo group.

### How about weight loss?

- Both the lifestyle and metformin groups have demonstrated a 4-5 pound average weight loss since the start of DPP.
- This means there was a regain for the lifestyle group (from a 10 pound weight loss at the end of DPP).
- Nonetheless, there is no other study that shows this amount of weight loss over such a long period of time.

**Making and maintaining healthy lifestyle changes can lower risk for diabetes over the long-run.**



## The Lifestyle Balance Design

The Group Lifestyle Balance™ Program is based on the DPP lifestyle change program. It is also based on many research studies of the best ways to help people change.

### In this program we will help you:

- ☐ Learn the facts about healthy eating and being active.
- ☐ Learn what makes it hard for you to eat healthy and be active.
- ☐ Learn how to change these things so they work for you, not against you.



### For example, you'll learn how to:

- Be more aware of what you are eating and how to make healthy food choices.
- Find time to be active.
- Ask for what you want when you eat out.
- Keep things around you at home and at work that make it easier for you to be active and eat healthy. Get rid of things that get in your way.
- Stop negative thoughts and replace them with positive ones.
- Get back on your feet again when you slip from your plans for healthy eating and being active.
- Handle stress, social events and other people that make it hard for you to change.



## The Lifestyle Balance Goals

1. Lose 7% of your weight through healthy eating.

Your goal will be to weigh  
\_\_\_\_\_ pounds or less.



2. Do 2 ½ hours of brisk, physical activity each week.

Example: Take a brisk walk for 30 minutes on five days of the week.

The Lifestyle Balance goals are safe and can be reached.

We will help you reach the goals by making **gradual, healthy, and reasonable changes** in your eating and activity.



## Reaching the Lifestyle Balance Goals:

1. May prevent diabetes.

The Diabetes Prevention Program showed that reaching the same weight loss and physical activity goals reduced the risk of Type 2 diabetes.

2. Will help you look and feel better and be more healthy.

Research has shown that losing weight and being active can:

- Relieve tension, help you relax and sleep.
- Give you more energy, make it easier to get around.
- Lower blood pressure.
- Lower blood levels of LDL ("bad" cholesterol or fat in the blood).
- Raise blood levels of HDL ("good" cholesterol or fat in the blood).

3. Will set a good example for your family, friends, and community.

Changing behavior takes work. We are here to help.  
And you can do it!



## **We Will Work Together as a TEAM**

### **We will count on you to:**

- Attend or view the sessions each week and follow your handouts.
- Do your best to reach your eating and activity goals. That includes doing assigned activities to practice what you learn.
- Keep track of your eating and activity 7 days a week. Be honest.
- Keep track of your weight.
- Let your Lifestyle Coach know if you have any problems.
- Stay willing and open to change.

Always “hang in there.”



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### **You can count on us to:**

- Present accurate facts about healthy eating, physical activity, and weight loss.
- Answer your questions.
- Be honest.
- Believe you can reach your eating and activity goals.
- Always “hang in there” for you.
- Support and help you.

**We agree to work together in the ways described above.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Lifestyle Coach: \_\_\_\_\_



## Group Lifestyle Balance™ Sessions

<b>Month 1</b>	1. Welcome to the GLB Program 2: Be a Fat and Calorie Detective 3: Healthy Eating 4: Move Those Muscles
<b>Month 2</b>	5: Tip the Calorie Balance 6: Take Charge of What's Around You 7: Problem Solving 8: Four Keys to Healthy Eating Out
<b>Month 3</b>	9: Slippery Slope of Lifestyle Change 10: Jump Start Your Activity Plan 11: Make Social Cues Work for You 12: Ways to Stay Motivated
<b>Month 4</b>	13. Long-Term Self-Management 14: More Volume, Fewer Calories
<b>Month 5</b>	15: Balance Your Thoughts
<b>Month 6</b>	16: Strengthen Your Exercise Program
<b>Month 7</b>	17: Mindful Eating
<b>Month 8</b>	18: Stress and Time Management
<b>Month 9</b>	19: Standing Up for Your Health
<b>Month 10</b>	20: Heart Health
<b>Month 11</b>	21: Stretching: The Truth About Flexibility
<b>Month 12</b>	22: Looking Back and Looking Forward



## Recommended Weight Loss

### Minimum Recommended Weight for Height

If you want to lose more than 7% of your starting weight, we encourage you to do so. However, we recommend that you remain at or above the weight given below for your height, based on a BMI of 21kg/m<sup>2</sup>.

Height (in.)	Weight (lb.)
48	69
49	72
50	75
51	78
52	81
53	84
54	87
55	90
56	94
57	97
58	100
59	104
60	108
61	111
62	115
63	119
64	122
65	126
66	130
67	134
68	138
69	142
70	146
71	151
72	155
73	159
74	164
75	168
76	173
77	177
78	182
79	186
80	191





## Goal Weights

Goal Weights for the Group Lifestyle Balance Program

Starting Weight	Pounds to Lose	Goal Weight
120	8	112
121	8	113
122	9	113
123	9	114
124	9	115
125	9	116
126	9	117
127	9	118
128	9	119
129	9	120
130	9	121
131	9	122
132	9	123
133	9	124
134	9	125
135	9	126
136	10	126
137	10	127
138	10	128
139	10	129
140	10	130
141	10	131
142	10	132
143	10	133
144	10	134
145	10	135
146	10	136
147	10	137
148	10	138

<b>Starting Weight</b>	<b>Pounds to Lose</b>	<b>Goal Weight</b>
149	10	139
150	11	139
151	11	140
152	11	141
153	11	142
154	11	143
155	11	144
156	11	145
157	11	146
158	11	147
159	11	148
160	11	149
161	11	150
162	11	151
163	11	152
164	11	153
165	12	153
166	12	154
167	12	155
168	12	156
169	12	157
170	12	158
171	12	159
172	12	160
173	12	161
174	12	162
175	12	163
176	12	164
177	12	165
178	12	166
179	13	166
180	13	167
181	13	168
182	13	169
183	13	170
184	13	171
185	13	172

<b>Starting Weight</b>	<b>Pounds to Lose</b>	<b>Goal Weight</b>
186	13	173
187	13	174
188	13	175
189	13	176
190	13	177
191	13	178
192	13	179
193	14	179
194	14	180
195	14	181
196	14	182
197	14	183
198	14	184
199	14	185
200	14	186
201	14	187
202	14	188
203	14	189
204	14	190
205	14	191
206	14	192
207	14	193
208	15	193
209	15	194
210	15	195
211	15	196
212	15	197
213	15	198
214	15	199
215	15	200
216	15	201
217	15	202
218	15	203
219	15	204
220	15	205
221	15	206
222	16	206

<b>Starting Weight</b>	<b>Pounds to Lose</b>	<b>Goal Weight</b>
223	16	207
224	16	208
225	16	209
226	16	210
227	16	211
228	16	212
229	16	213
230	16	214
231	16	215
232	16	216
233	16	217
234	16	218
235	16	219
236	17	219
237	17	220
238	17	221
239	17	222
240	17	223
241	17	224
242	17	225
243	17	226
244	17	227
245	17	228
246	17	229
247	17	230
248	17	231
249	17	232
250	18	232
251	18	233
252	18	234
253	18	235
254	18	236
255	18	237
256	18	238
257	18	239
258	18	240
259	18	241

<b>Starting Weight</b>	<b>Pounds to Lose</b>	<b>Goal Weight</b>
260	18	242
261	18	243
262	18	244
263	18	245
264	18	246
265	19	246
266	19	247
267	19	248
268	19	249
269	19	250
270	19	251
271	19	252
272	19	253
273	19	254
274	19	255
275	19	256
276	19	257
277	19	258
278	19	259
279	20	259
280	20	260
281	20	261
282	20	262
283	20	263
284	20	264
285	20	265
286	20	266
287	20	267
288	20	268
289	20	269
290	20	270
291	20	271
292	20	272
293	21	272
294	21	273
295	21	274
296	21	275

<b>Starting Weight</b>	<b>Pounds to Lose</b>	<b>Goal Weight</b>
297	21	276
298	21	277
299	21	278
300	21	279
301	21	280
302	21	281
303	21	282
304	21	283
305	21	284
306	21	285
307	21	286
308	22	286
309	22	287
310	22	288
311	22	289
312	22	290
313	22	291
314	22	292
315	22	293
316	22	294
317	22	295
318	22	296
319	22	297
320	22	298
321	22	299
322	23	299
323	23	300
324	23	301
325	23	302
326	23	303
327	23	304
328	23	305
329	23	306
330	23	307

Starting Weight	Pounds to Lose	Goal Weight
331	23	308
332	23	309
333	23	310
334	23	311
335	23	312
336	24	312
337	24	313
338	24	314
339	24	315
340	24	316
341	24	317
342	24	318
343	24	319
344	24	320
345	24	321
346	24	322
347	24	323
348	24	324
349	24	325
350	25	325
351	25	326
352	25	327
353	25	328
354	25	329
355	25	330
356	25	331
357	25	332
358	25	333
359	25	334
360	25	335
361	25	336
362	25	337
363	25	338
364	25	339



## Getting Started Losing Weight

To help you **lose weight**, our goal is to help you eat a **healthy diet**.

Healthy eating involves eating **less fat and fewer calories**.

- Eating too much fat is fattening (makes us fat) and is related to heart disease, diabetes and other health problems.
- Eating too many calories from any type of food is also fattening.



The first step to eating less fat and fewer calories is to figure out how much fat and calories you are eating *now*.



Write down everything you eat and drink every day.

It's the **MOST IMPORTANT** part of changing your behavior.

Spelling IS NOT important. What IS important is to:

- Be honest (write down what you really eat).
- Be accurate (measure portions, read labels).
- Be complete (include everything).

Being aware of what you eat is the first step toward change.





## To do:

I will:

- ☐ Write down my 7% weight loss goal: \_\_\_\_\_ pounds
- ☐ Keep track of my weight.
  - Weigh myself at home at least once a week.
  - Record my weight on the back of the Keeping Track book.
- ☐ Write down everything I eat and drink every day.

Include:

  - Time.
  - Amount and the name of the food and a description.
  - **Skip the fat, calorie and activity columns.**
  - Use one line for each food.
- ☐ Buy a set of measuring cups and spoons for next week (if you don't already have them).
- ☐ Have my Keeping Track book and notebook available for next week's session.



## Keeping Track (Practice Page)

Time	Amount	Food: Name/Description	Grams of Fat	Calories

Total: \_\_\_\_\_

Kind of Physical Activity	Minutes
DO NOT RECORD PHYSICAL ACTIVITY YET	

Total: \_\_\_\_\_





## Session 2: Be a Fat and Calorie Detective

To help you lose weight, we'll help you build healthy eating habits.

### Healthy eating involves eating less fat.

- Fat is the most fattening of all the things we eat because it contains more than twice the calories as the same amount of sugar, starch, or protein.
- Eating too much fat can cause weight gain. By eating less fat, you can lose weight.
- Even small amounts of high fat foods are high in calories.

Compare:	Food	Grams of Fat	Calories
	¼ Cup Roasted Peanuts	19	215
	3 Cups Plain, Air-Popped Popcorn (12 times as much food!)	0	60

### Fat is related to heart disease and diabetes.

- Research has shown that eating a lot of fat can increase your cholesterol level. Cholesterol is one type of fat in your blood. The higher your cholesterol, the greater your chances of having a heart attack.
- Research has also shown that eating a lot of fat may increase your chances of getting diabetes.

**Keep in mind that eating too many calories from *any type* of food is also fattening and will cause weight gain.**

What kinds of foods do you eat that are high in fat or calories?

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

**Most of the fat we eat (70% of it) is hidden in foods.**

Let's uncover it! Here's a sample fast food meal\*:

Food	Fat Grams	Teaspoons of Fat	Calories
Fried Fish Sandwich	32	8	640
Large French Fries	28	7	580
Dutch Apple Pie	13	3	320
Medium Chocolate Shake	21	5	670
Total:	94	23 (That's about 1 stick of butter!)	2210

\*Burger King™, Calorie King™ Fat and Calorie Counter, 2010



## Keep Track of the Fat and Calories You Eat Every Day.

1. Write down everything you eat and drink. It's the most important part of changing your behavior. Spelling is NOT important. What IS important is to:

- Be honest (write down what you really eat).
- Be accurate (measure portions, read labels).
- Be complete (include everything).

2. Figure out how much fat and calories are in everything you eat and drink. Write it down. Figure out the amount of each food and beverage you ate or drank.

- Look up each item in the Fat and Calorie Counter or use the calorie and fat gram information listed on the food label.
- Compare the amount YOU ate or drank with the amount in the Fat and Calorie Counter to see how many fat grams and calories you ate or drank.



3. Add up the fat and calories you eat and drink during the day.

- Transfer the totals to the back page of your Keeping Track book.



## Keeping Track (Practice Page)

For each food below:

- Look up the food in the Fat and Calorie Counter.
- Figure out the grams of fat and calories in the amount you ate or drank.

Time	Amount	Food: Name/Description	Grams of Fat	Calories

**Total:** \_\_\_\_\_



## When You Use the Fat and Calorie Counter:

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### Can't find a food?

- Use the fat gram and calorie values for a food that's the most like it. (For example, use nut bread for zucchini bread.)
  - Write the name of the food in the back of your Fat and Calorie Counter and ask your Lifestyle Coach about it next week.
- 



### Have trouble figuring the grams of fat and calories?

- Just write down the food or beverage and amount.
  - Your Lifestyle Coach will help you next week.
- 

### Make a recipe?

- For many recipes, you can simply write down how much of each ingredient you ate.
  - For example, in a stew, how much meat did you eat? Carrots? And so on.
  - If you made the recipe yourself, you can add up the calories and fat grams of all the ingredients you used and divide by the number of servings. That will give you the calorie and fat counts for each serving of that dish.
- Another suggestion is to find a similar food in the Fat and Calorie Counter and use that nutrition information.
  - For example, use the nutrition information listed in the Fat and Calorie Counter for beef stew
- If you cook from recipes often, bring in a favorite recipe next week. Your Lifestyle Coach will help you count the grams of fat and calories.





## Rev. 7-2011





## Weighing and Measuring Foods is Important.

### Tips for accurate measuring:

#### Measuring cups

- For solid foods: Fill and level off.
- For liquids: Fill. Read the line at eye level.

#### Measuring spoons

- Fill and level off.

#### Scale (for meats, cheese, etc.)

- Weigh meats **after** they are cooked.  
Remove the fat and bone before you weigh it.
- 4 oz. raw = 3 oz. cooked (about the size of a deck of cards).



### Most people are surprised when they weigh and measure foods.



- Our eyes can play tricks on us.
- Write down the name of the foods on display.
- Guess the amount.
- Write down the actual amount.
- Figure the fat grams and calories for the actual amount.

	Guessed amount	Actual amount	Grams of Fat	Calories

Note: If you weigh and measure food at home, it will be easier for you to estimate portion sizes when eating away from home.



## Lifestyle Balance Fat and Calorie Goals

**To help you lose weight and improve your health, stay as close as possible to your fat and calorie goals.**

Find your starting weight below. Your fat and calorie goals are in the same row. Circle your fat and calorie goals.

Weight (lb)	Fat Goal (grams)	Calorie Goal
120-174	33	1,200
175-219	42	1,500
220-249	50	1,800
>250	55	2,000

- A gram is the way fat in food is measured.
- A gram is a unit of weight.
- A paper clip weighs about 1 gram.

- It may be hard to reach your fat gram and calorie goals at first.
- Just try to get as close to your goals as you can.
- It's important not to go too low-**do not** try to see how few calories and fat grams you can eat!





## Three Ways to Eat Less Fat and Fewer Calories:

### 1. Eat high-fat, high-calorie foods *less often*.

*Example:* Don't eat French fries every day.  
Have them only once a week.  
(That's about 132 fewer grams of fat per week!)

### 2. Eat *smaller amounts* of high-fat, high-calorie foods.

Cutting back even a little on the amount you eat can make a big difference.

*Example:* At the salad bar, don't use the ladle to pour on salad dressing. Most salad dressing ladles hold 4 tablespoons (That is 32 grams of fat for regular dressing!).



Instead, use a regular spoon from your place setting.  
Most hold 1 tablespoon or less.  
(That's 24 fewer grams of fat!)

### 3. Eat *lower-fat, lower-calorie foods instead*.

There are many lower-fat, lower-calorie items in the grocery stores.  
*Example:* low-fat salad dressing, skim milk, low-fat yogurt and cheese, lean cuts of meat.

Through trial and error you will find products you like.

Ask friends and family about products they like.

In the coming months, you'll discover a number of ways to "eat lower-fat, lower-calorie foods instead."

Ways to Eat Lower Fat/Calorie Foods	For example, instead of this food:	Fat (g)	Calories	Choose this food:	Fat (g)	Calories
Instead of high-fat/calorie foods, pick low-fat/calorie foods.	Potato chips, 1-ounce bag	10	150	Pretzels, 1-ounce bag	0	100
Instead of high-fat/calorie foods, use low-fat/calorie substitutes.*	Regular margarine, 1 teaspoon	4	35	Light margarine, 1 teaspoon	2	20
Find ways to lower the amount of fat in meats you eat.	Roast beef (chuck), untrimmed, 3 oz.	24	310	Roast beef (top round), trimmed, 3 oz.	5	160
Instead of flavoring foods with fat, use low-fat/calorie flavorings.	Sour cream, 2 tablespoons on baked potato	5	50	Salsa, 2 tablespoons, on baked potato	0	15
Avoid frying foods; use other healthier ways to cook.	4 ounce chicken breast, with skin, breaded, fried	17	315	4 ounce chicken breast, without skin, roasted	4.5	175

\* **Warning:** Low-fat or fat-free products still contain calories. Be careful about how much you eat. In fact, some low-fat or fat-free products are *very* high in calories because they're loaded with sugar.

Check the label. For example:

½ cup nonfat frozen yogurt	100 calories
½ cup regular ice cream (10-12% fat)	143 calories



## Menu Make-Over

The menus below show examples of small changes that make a big difference in fat grams and calories saved.

			Grams Of Fat	Calories Saved
<b>High-fat/calorie breakfast</b>				
2 Fried eggs (fried in butter) Whole milk, 1 cup Toast, 1 slice, with 1 teaspoon margarine Coffee, 1 cup, w/2 Tbsp. half and half	Pick low-fat/calorie foods.	Bran Flakes (1 cup)	15	90
	Use low-fat/calorie substitutes.	Skim milk, 1 cup	8	60
	Use low-fat/calorie flavorings.	Toast, 1 slice, with 1 teaspoon jam	4	17
	Use low-fat/calorie substitutes.	Coffee, 1 cup, w/2 Tbsp. nonfat creamer	4	20
<b>High-fat/calorie snack</b>				
Doughnut, glazed, raised 1	Pick low-fat/calorie foods.	1 medium apple	12	180
<b>High-fat/calorie lunch</b>				
Bread, 2 slices, with 1 Tbsp. mayonnaise	Eat smaller amounts.	Bread, 2 slices, with 1 teaspoon mayonnaise	4	64
Bologna, beef or pork, 1 ounce	Lower the fat in meats.	Turkey breast, 1 ounce	7	60
American cheese, 1 ounce	Use low-fat/calorie substitutes.	Low-fat American cheese, 1 ounce	5	40
Potato chips, 1-ounce bag	Eat smaller amounts.	Potato chips, ½ of a 1-ounce bag	5	75
<b>High-fat/calorie dinner</b>				
Fish, flounder, breaded and deep fried, 3 oz.	Cook in healthy ways.	Fish, flounder, baked without fat, 3 ounces	11	130
Mashed potatoes, ½ cup with milk and butter	Use low-fat/calorie flavorings.	Mashed potatoes, ½ cup, no butter added	4	35
Gravy, ¼ cup	Use low-fat/calorie substitutes.	Gravy, from mix, with water, ¼ cup	4	80
Green beans, w/bacon, ½ cup	Use low-fat/calorie flavorings.	Green beans, with nonfat broth, ½ cup	2	15
Tossed salad w/2 Tbsp. French dressing	Use low-fat/calorie substitutes.	Tossed salad w/2 Tbsp. fat-free dressing	11	100
Ice cream, super-rich, ½ cup	Eat less often.	1/2 cup fat & sugar free chocolate pudding [Save ice cream for a rare treat.]	18	210

**TOTAL DAILY SAVINGS: 114 1,176**



## To do:

### I will:

- ☐ Keep track of my weight.
  - Weigh myself at home at least once a week at the same time of day on the same scale.
  - Record my weight on the back of the Keeping Track book.
- ☐ Keep track of what I eat and drink.
  - Write down everything I eat and drink in the Keeping Track book.
  - Use the Fat and Calorie Counter to figure out how much fat and calories are in what I ate. Write the fat grams and calories down in the Keeping Track book.
  - Keep a running fat gram and calorie total throughout the day.
  - Transfer the daily totals of fat grams and calories to the back page.
  - Come as close to my fat gram and calorie goals as I can.
- ☐ Make a plan to eat less fat and fewer calories and follow it.
  - Write down 5 foods you eat that are high in fat and/or calories.
  - Pick one of the three ways to eat less fat or fewer calories for each food. Write down what you will do between now and the next session. Be sure it is **something you can do**.

My Top 5 high-fat/calorie foods	The Three Ways to Eat Less Fat and Fewer Calories		
	I will eat it only this (less) often:	I will eat only this (smaller) amount:	I will eat this (lower-fat/calorie) food instead:

What I will need to do to reach this goal:

---

Problems I might have and what I will do to solve them:

---

☐ Before the next session, answer these questions:

Did you follow your plan? Yes\_\_\_\_\_ No\_\_\_\_\_ Almost\_\_\_\_\_

What problems did you have following your plan?

---

What could you do differently?

---

☐ **GET THE OKAY TO BE PHYSICALLY ACTIVE!**

When starting any new physical activity program, it's always important to check with your physician to make sure that it's safe for you to increase your physical activity level.

Please be sure to get the ok for physical activity from your physician before our next session so that you'll be ready to get started!





## **Session 3: Healthy Eating**

Eating less fat and fewer calories are essential to losing weight. These are also important parts of healthy eating.

Some of the other parts of healthy eating include  
**...the way you eat.**

### **A regular pattern of meals is important.**

A regular pattern will keep you from getting too hungry and losing control.

### **Eat slowly.**

If you eat slowly, you will:

- Digest your food better.
- Be more aware of what you're eating.
- Be more aware of when you're full.

Try pausing between bites. Put down your utensils.

Enjoy the taste of your food.

### **Don't worry about cleaning your plate.**

Serve yourself smaller portions to begin with.

and

**... what you eat overall.**

**You will learn to eat "better" calories by making healthier food choices.**

**This will help you lose weight and improve your health.**



# MyPlate



In 2011, the United States Department of Agriculture (USDA) replaced **MyPyramid** with **MyPlate** as the model for healthy meals.

**MyPlate** includes five groups. The plate is divided into four sections; vegetables, fruits, grains, and protein. The fifth group, dairy, is off to the side.

## **MyPlate** recommendations:

- eat meals that include, vegetables, fruits, whole grains, lean protein, seafood, low-fat dairy, and healthy oils
- eat less added sugar, salt, fast food, refined grains, and saturated and trans fats

**MyPlate** is based on the 2010 Dietary Guidelines for Americans. It serves as the model for healthy meals for Americans ages 2 and over and helps us make better food choices.

## **Key recommendations of the Dietary Guidelines for Americans, 2010:**

### **Balancing Calories**

- Enjoy your food, but eat less.
- Avoid oversized portions

### **Foods to Increase**

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to fat-free or low-fat (1%) milk.

### **Foods to Reduce**

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Source: USDA ([www.dietaryguidelines.gov](http://www.dietaryguidelines.gov))



## MyPlate: Food Choices

Group	Example low-fat/calorie foods, serving size	High-fat/calorie (or high-sugar)
<b>Vegetables</b> (Make half your plate fruits and vegetables)	<ul style="list-style-type: none"> <li>• ½ cup cooked vegetables</li> <li>• ½ cup vegetable juice</li> <li>• 1 cups raw leafy greens</li> <li>• Starchy vegetables include corn, peas, potatoes, yams, winter squash, lima beans</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables with butter/margarine, cream, or cheese sauces</li> <li>• Fried vegetables</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• 1 small fresh fruit</li> <li>• ½ cup canned fruit or 100% fruit juice</li> <li>• ¼ cup dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits in pastry (as in pies)</li> <li>• Coconut</li> <li>• High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup</li> <li>• Large amounts of fruit juice</li> </ul>
<b>Grains</b> (Make at least half your grains whole)	<ul style="list-style-type: none"> <li>• 1 slice bread or tortilla</li> <li>• ½ bagel, English muffin, pita bread</li> <li>• ½ cup cooked cereal, pasta, bulgur, rice</li> <li>• 1 cup dry cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas</li> <li>• Sugar-coated or granola-type cereals</li> </ul>
<b>Protein Foods</b> (Vary your protein food choices)	<ul style="list-style-type: none"> <li>• 1 ounce cooked lean meat, poultry (without skin), or fish</li> <li>• ¼ cup cooked beans, lentils, split peas</li> <li>• 1 egg or ¼ cup egg substitute</li> <li>• 1 Tablespoon peanut butter</li> <li>• ½ ounce nuts or seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts)</li> <li>• Chicken or turkey with skin</li> <li>• Tuna canned in oil</li> <li>• Beans cooked in lard or salt pork</li> </ul>
<b>Dairy</b> (Switch to skim or 1% milk)	<ul style="list-style-type: none"> <li>• 1 cup skim, 1% milk</li> <li>• 1 cup low fat soymilk or lactose-free milk</li> <li>• 1 cup low- or nonfat yogurt</li> <li>• 1 ½ ounces low- or nonfat cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 2% or whole milk</li> <li>• Regular cheese (&gt;2 grams fat/ounce)</li> <li>• High in sugar: yogurt with added sugar</li> </ul>

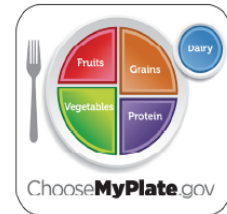
See [www.choosemyplate.gov](http://www.choosemyplate.gov) for additional information

# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



### Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

#### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

#### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



#### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

#### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



#### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

#### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



#### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

#### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

#### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



#### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

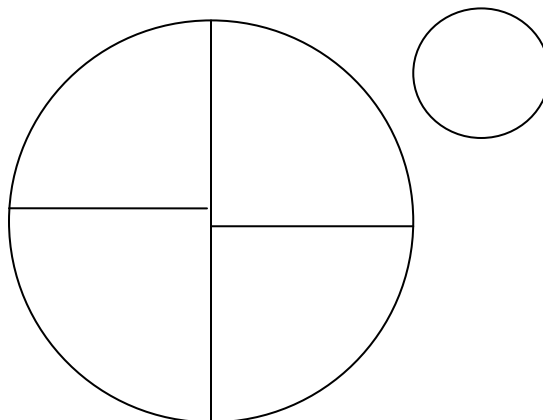
DG TipSheet No. 1  
June 2011  
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## Rate Your Plate

### MyPlate:

1. Let's look at a meal together. Fill in the correct section of the plate for each food that is eaten at the meal.



2. What changes could be made to this meal to better match the recommendations of **MyPlate**?

Vegetables \_\_\_\_\_

\_\_\_\_\_

Fruits

\_\_\_\_\_

\_\_\_\_\_

Grains

\_\_\_\_\_

\_\_\_\_\_

Protein

\_\_\_\_\_

\_\_\_\_\_

Dairy

\_\_\_\_\_

\_\_\_\_\_



## How to Include Fat in a Healthy Diet

Eating less fat overall not only helps with weight loss, it can also lower your risk of heart disease, cancer, and other health problems.

A healthy diet is low in saturated fat, trans fat, and cholesterol.

**Eating less saturated fat, trans fat, and cholesterol can lower your risk of heart disease.**

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### Saturated Fat

Saturated fats increase the LDL or “bad” cholesterol levels in the body.

Saturated fat is found in these foods:

- Fatty meats and meat drippings
- High-fat dairy products: Whole milk, high fat cheese, cream, ice cream
- Butter, lard
- Palm oil, palm kernel oil, coconut oil

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### Trans Fat

Trans fats also increase the LDL or “bad” cholesterol levels in the body.

Trans fats are found in products that contain oil that has been made solid (hydrogenated fat).

Foods high in trans fat:

- Stick margarine (Note: The softer the margarine, the less trans fat it contains. Squeeze and tub margarines have less trans fat than stick margarine.)
- Shortening
- Processed snack foods such as crackers and chips
- Baked goods that contain shortening. Examples include muffins, cakes, and cookies.

Check the ingredient list on food labels. Avoid foods that list “hydrogenated” or “partially hydrogenated” oils.

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### Cholesterol

Cholesterol also increases the LDL or “bad” cholesterol levels in the body.

Cholesterol is found only in animal foods.

To eat less cholesterol, cut down on these foods:

- Egg yolks
- Organ meats (liver, kidney, sweetbreads, brain)
- High-fat dairy products (regular cheese, whole milk, cream, ice cream)
- Butter
- Meat and meat products



## Choosing Healthier Fats

### Unsaturated Fats

The unsaturated fats, which include both monounsaturated and polyunsaturated fats, are often called the “good” or “healthy” fats. They can lower the LDL, or “bad,” cholesterol in your body, thus reducing the risk of heart disease.

Food sources of unsaturated fat:

- Olive, canola and peanut oil
- Corn, safflower, soybean, and cottonseed oil
- Avocados and Olives
- Nuts: almonds, cashews, pecans, walnuts
- Peanuts, peanut butter
- Some soft margarines
- Mayonnaise
- Salad dressings
- Sesame, pumpkin, and sunflower seeds

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### Omega 3 fatty acids

This type of unsaturated fat has been shown to reduce the risk of heart disease.

Omega 3 fatty acids are found in some fatty fish, such as salmon, albacore tuna, herring, mackerel, and rainbow trout. It is also in walnuts, flaxseed and flaxseed oil, and canola oil.

The American Heart Association recommends the following regarding omega-3 fat intake:

- Eat fatty fish at least two times per week. The serving size is typically 3-4 ounces. **Deep-fried seafood is *not* recommended.**
- Consult with your physician before taking any omega-3 supplements, including fish oil or flaxseed oil capsules.

**Remember to stay within your fat gram goal.  
All types of fat contain 9 calories per gram.**



## Making Healthier Food Choices

➔ Instead of high-fat foods, pick low-fat foods.

Choose fresh fruit and vegetables for snacks.
Serve vegetarian dinners several times a week.
Eat fruit for dessert.
Other:

➔ Instead of high-fat foods, use lower-fat substitutes

Use low-fat or fat-free:
<ul style="list-style-type: none"><li>• Margarine</li><li>• Frozen yogurt</li><li>• Salad dressing</li><li>• Cheese, cream cheeses</li><li>• Mayonnaise</li><li>• Sour cream</li></ul>
Skim or 1% milk
Other:






➔ Instead of flavoring foods with fat, use low-fat flavorings.

To flavor these foods:	Use these low-fat flavorings:
Potatoes, vegetables	<ul style="list-style-type: none"><li>• Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa.</li><li>• Herbs, mustard, lemon juice.</li></ul>
Bread	<ul style="list-style-type: none"><li>• Nonfat cream cheese, low-fat margarine (small amount), all fruit jams.</li></ul>
Pancakes	<ul style="list-style-type: none"><li>• Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.</li></ul>
Salads	<ul style="list-style-type: none"><li>• Nonfat or low-fat salad dressing, lemon juice, vinegar.</li></ul>
Pasta, rice	<ul style="list-style-type: none"><li>• Spaghetti sauce with lean meat and no added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat.</li></ul>
Other:	

➔ Find ways to lower the fat in meats you eat.

Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see.
Bake, roast, broil, barbecue, grill instead of fry. Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well.
Remove skin from chicken and turkey. This can be done before or after cooking. Choose white meat.
Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander after cooking and rinse with hot water.
Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice or Worcestershire.
Other:

➔ Avoid frying foods. Use other, healthier ways to cook.

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.
Microwave, steam, or boil vegetables in a small amount of water. Or stir-fry (see directions above).
Cook meats without adding fat (see ideas above).
Other:





## Planning Healthy Meals

1. Make healthy food choices within your calorie and fat gram goals.
2. Divide your food/calories **throughout the day** in a pattern that best suits your lifestyle.
  - Some may want 3 meals each day; some may want 3 meals + 1 or 2 snacks.
  - **Healthy snack** ideas include graham crackers and skim milk, yogurt and banana, or apple with low-fat string cheese. Don't think of snacks as "junk foods" such as chips and soda.
3. Use **MyPlate** as a model for healthy meals.
4. Eat a **variety of foods**. Include a variety of different colors of fruits and vegetables.
5. Eat foods as close to nature as possible. Limit processed foods.
6. Include **low-fat protein** at each meal.
  - Watch **portion sizes**!
  - Eat seafood twice a week.
  - Experiment with plant sources of protein (such as beans and peas) instead of meat. Example: Split pea soup, bean enchiladas.
7. Include **high fiber foods**.
  - Fiber helps lower the risk of heart disease and helps keep your blood glucose stable.
  - Fiber also prevents constipation, and makes you feel full for a longer period of time.
  - Increase fiber slowly. Also, **drink plenty of water**.
  - High fiber foods include:
    - High fiber breakfast cereals
    - Legumes ( beans and peas)
    - Whole grain products such as whole wheat bread, oatmeal, brown rice, whole wheat pasta
    - Nuts and seeds
    - Whole fruits and vegetables, with edible skin and seeds
8. Include enough **calcium for healthy bones**.
  - Low-fat, low-calorie sources of calcium include skim milk, soymilk, low-fat or non-fat yogurt, low-fat cheese.
  - Calcium is also found in salmon, broccoli, and leafy green vegetables.
  - Some foods, such as orange juice and bread, are available with added calcium.



- If you don't drink **3 servings of milk** or other high calcium foods each day, you may need a calcium supplement. Ask your Coach for details.

**9. Limit sodium.**

- Eating **less sodium** may help many people lower their blood pressure.
- Do not add salt to your food at the table.
- Use half the salt (or less) that is called for in a recipe.
- High-sodium foods include:



- Salty snacks such as chips and crackers
- Seasonings such as soy sauce and barbecue sauce
- Salty or smoked meats and fish, luncheon meats
- Food prepared in brine such as pickles and sauerkraut
- Many processed foods such as frozen entrees, soups, baked goods, fast foods

**10. Drink 6-8 cups of fluid** per day; at least half should be pure water. Be aware of the calories you drink.

**11. Choose healthier carbohydrates.**

- Just like you should choose healthier types of protein and fat, you need to choose healthier carbohydrates.
- Carbohydrates include sugar, starch, and fiber.
- Sugars – Choose natural sugar found in fruit, vegetables, and milk. Limit added sugar and high sugar foods such as candy, regular soda, cakes, pies, cookies, ice cream.
- Starches – Choose unsweetened breakfast cereals, whole grain bread, cereals, and pasta, brown rice, vegetables, and beans and peas. Limit sweetened cereals, white bread, white rice, croissants.
- Fiber – Include high fiber breakfast cereals, whole grain breads, brown rice, fruits, vegetables, beans and peas, nuts, and seeds.

**Don't let all the details overwhelm you! We'll show you how to plan meals that include these features.**



## To do:

### I will:

- ☐ Keep track of my weight and what I eat.
- ☐ DO SOMETHING ACTIVE on 3 to 4 days next week.

1. Start being active as part of your daily routine.

2. Do something you LIKE to do.

We suggest brisk walking. It's easy to do and good for you.

What other activities might you like to do?



**NOTE: Do not begin your physical activity program until you have gotten the okay from your health care provider.**

- ☐ Use **MyPlate** as a model for healthy meals.
- ☐ Answer these questions before our next session:

Did you make any changes to better match **MyPlate**? If yes, what were they?

What problems did you have? How did you solve them?



## Build a Better Recipe

Look for high-fat, high-calorie foods in your recipes. Use low-fat, low-calorie foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (lean only, no skin), extra lean ground beef, soy products
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see instructions on cocoa box label)
Pork or bacon fat for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or evaporated skim milk

\*Tip: In recipes for cakes, cookies, muffins, and quick breads:

- Try cutting the amount of margarine/butter/oil by 1/3 or 1/2.
- Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!



## How to Lower the Fat in Recipes

**\*Begin slowly. Make one change at a time.**

### 1. Leave out a high-fat food.

☐ Don't add the cheese topping to a casserole.

☐ Make lasagna without the meat.

☐ Other: \_\_\_\_\_

### 2. Use less of a high-fat food.

☐ Use only 1 teaspoon of oil to brown meat or onions.

☐ Use ½ the amount of cheese.

☐ Use ½ the amount of mayonnaise.

☐ Other: \_\_\_\_\_

### 3. Use a lower-fat food instead of a high-fat one.

☐ Use skim or 1% milk.

☐ Use low-fat or fat-free cheese.

☐ Use fat-free sour cream.

☐ Use two egg whites or egg substitute instead of a whole egg.

☐ Other: \_\_\_\_\_

### 4. Use a lower-fat way to cook.

☐ Trim fat from meat. Take skin off chicken and turkey.

☐ Use a nonstick pan or nonstick cooking spray.

☐ Steam or microwave vegetables.

☐ Cook meat without adding fat.

☐ Drain and rinse browned ground beef.

☐ Chill the broth when you make soups or stews until the fat becomes solid. Spoon off the fat before using the broth.

☐ Other: \_\_\_\_\_

**\*Make changes to add back moisture and flavor, too.**

### 1. Add liquid when you remove ¼ cup of fat or more.

☐ Add water, fruit juice, or skim milk.

☐ In baked goods, add applesauce, pureed prunes, or skim milk.

### 2. Add flavor.

☐ Use wine, lemon juice, flavored vinegars or mustards.

☐ Use garlic, onions, hot peppers, fresh herbs and spices.



## Lower-Calorie, Lower-Fat Cookbooks

The following cookbooks are some resources for lower-fat, lower-calorie cooking. There are many more, so feel free to explore!

- **A Low-fat Lifeline for the 90's.** Valerie Parker. Lowfat Publications, 52 Condolea Court, Lake Oswego, OR 97035, 1990.
- **All-American Low-Fat Meals in Minutes.** M.J. Smith, DCI Publishing, Inc., Minneapolis, MN 55447-9727, 1990.
- **American Dietetic Association Cooking Healthy Across America**, edited by Kristine Napier, 2005. **Controlling Your Fat Tooth.** Joseph C. Piscatella. Workman Publishing, New York, NY 10003, 1991.
- **Cooking À la Heart.** Linda Hachfeld and Betsy Eykyn. Appletree Press, Inc., Mankato, Minnesota 56001, 2010, 3<sup>rd</sup> Edition.
- **Cooking Light Cookbook Annual Recipes.** Oxmoor House, Inc., Birmingham, AL 35201, 2010(Published once a year.)
- **Down Home Healthy Cooking.** National Cancer Institute, September 2006.
- **Food for Life: The Cancer Prevention Cookbook.** Richard Bohannon, Kathy Weinstock and Terri P. Wuerthmer. Contemporary Books, Inc., Chicago, IL 60601, 1998.
- **Graham Kerr's Creative Choices Cookbook.** Graham Kerr. G.P. Putnam & Sons, New York, NY, 1993.
- **Graham Kerr's Smart Cooking.** Graham Kerr. Doubleday, New York, NY, 1991.
- **Healthy Heart Cookbook, The.** Joseph Piscatella and Bernie Piscatella. Oxmoor House, Inc., Birmingham, AL 35201, 2004.

- **Healthy Homestyle Cooking.** Evelyn Tribole, MS, RD, Rodale Press 1994.
- **Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining.** Jane E. Brody. Bantam Books, New York, NY, 1990.
- **Lean and Luscious.** Bobbie Hinman and Millie Synder. Prima Publishing, Rocklin, CA 95677, 1995.
- **Lean and Luscious Meatless.** Bobbie Hinman and Millie Snyder. Prima Publishing, Rocklin, CA 95677, 1998.
- **Lickety-Split Meals for Health Conscious People on the Go! 3<sup>rd</sup> Edition.** Zonya Foco. Zhi Publishing, 2007.
- **Light-Hearted Seafood.** Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1999.
- **Low Fat and Loving It.** Ruth Spear. Warner Books, Inc., New York, NY 10103, 1991.
- **Low-Fat Way to Cook, The.** Lisa A Hooper. Oxmoor House, Inc., Birmingham, AL 35201, 1993.
- **Mexican Light Cooking.** Kathi Long. Perigee Books, The Putnam Publishing Group, 1992.
- **New American Diet, The.** Sonja Connor and William Connor. Simon and Schuster, New York, NY 10020, 1986.
- **New American Heart Association Cookbook, The.** 7th Edition by American Heart Association.
- **Not Just Cheesecake, A Yogurt Cheese Cookbook.** Marilyn Stone, Shelley Melvin, and Carlie Crawford. Triad Publishing Co., Gainesville, FL, 1997.
- **Over 50 and Still Cooking: Recipes for Good Health and Long Life.** Edna Langholz, Betsy Manis, Sandra Nissenberg, Jane Tougas, and Audrey Wright. Bristol Publishing Enterprises, Inc., San Leandro, CA, 1990.

- **Que Bueno: Five a Day Cookbook.** Bonnie Jortberg, MS, RW. Colorado Department of Public Health and Environment.
- **Quick and Delicious Low-Fat, Low-Salt Cookbook, The.** Jacqueline Williams and Goldie Silverman. A Perigee Book, The Putnam Publishing Group, New York, NY 10016, 1986.
- **Quick & Healthy, Volume II.** 2<sup>nd</sup> Edition. Brenda J. Ponichtera. Small Steps Press, 2009.
- **Quick & Healthy Recipes and Ideas.** 3<sup>rd</sup> Edition Brenda J. Ponichtera. Small Steps Press. , 2008.
- **Seafood: A Collection of Heart-Healthy Recipes.** Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1990.
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- **Snack to Your Heart's Content.** Shelley Melvin and Marilyn Stone. Triad Publishing Co., Gainesville, FL, 1990.
- **Southern But Lite.** Jen Bays Avis and Kathy F. Ward. Avis and Ward Nutrition, Inc. 200 Professional Drive, West Monroe, LA 71291. Second Printing, February, 1990.
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## Build a Better Breakfast

Do you usually eat in the morning? ☐ Yes ☐ No

If yes, what do you usually eat? When? Where? \_\_\_\_\_

\_\_\_\_\_

If no, what are your reasons? \_\_\_\_\_

\_\_\_\_\_

How does your morning eating pattern vary on weekends? \_\_\_\_\_

\_\_\_\_\_

Did you know...?

- Breakfast can take less than 5 minutes to make and eat.
- People who eat breakfast tend to make healthier food choices during the day.
- Breakfast eaters tend to be in a better mood, have more energy, and do better on memory tasks.
- People who don't eat breakfast tend to overeat during the day, especially at night. So the next morning, they're less hungry and less likely to eat breakfast. This continues the unhealthy cycle of breakfast skipping and late-day overeating.

### Do you skip breakfast and overeat at night?

If so, what food(s) could you eat less often at night? (List calories/fat.) \_\_\_\_\_

\_\_\_\_\_

What food(s) could you gradually start eating in the morning? (List calories/fat.) \_\_\_\_\_

\_\_\_\_\_



## Planning a Morning Meal

### Keep it simple.

Use the following guidelines to plan breakfasts that are nutritious, yet require little time and energy to prepare. Use **MyPlate** as the model for healthy meals.

**Vegetables:** Add vegetables to egg dishes or include tomato, vegetable, or carrot juice.

**Fruit:** Choose fresh fruits or canned fruits packed in water or juice (not heavy syrup). Whole fruits are higher in fiber than juices. Eat less often: sweetened juice, fruit drinks, or fruit canned in syrup.

**Grains:** Choose oatmeal or cereals that are low in sugar and high in fiber. Include whole grain toast, English muffin, or bagel. Eat less often: “frosted” or sweetened cereals, granola, cereals with nuts or coconut, croissants, biscuits, and most muffins.

**Protein:** Include eggs, egg substitutes, seafood, beans, soy products or peanut butter. Eat less often: bacon (except Canadian bacon) or sausage.

**Dairy:** Choose skim, 1%, or soy milk, nonfat or low-fat yogurt or cheese. Eat less often: whole or 2% milk, high fat/sugar yogurt, high fat cheese.

**Limit fat and sugar.** Eat these foods less often: sugar, honey, high calorie coffee beverages, regular syrup, cream cheese, pastries, coffeecake, and doughnuts.

Use the microwave to reheat leftovers from last night’s dinner. Brown rice, pasta, tortillas, or vegetable soup can be just as delicious at breakfast.



## My Best Breakfast

Look through several of your completed Keeping Track booklets. Find some examples of healthy breakfasts that follow the **MyPlate** model. What food choices work well for you? \_\_\_\_\_

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How many fat grams and/or calories at breakfast are best?

Fat goal for breakfast: \_\_\_\_\_ grams

Calorie goal for breakfast: \_\_\_\_\_ calories

Use the examples to build 3 "standard" breakfast menus for yourself.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## Build a Better Light Meal

### Make one meal each day a “light” meal.

Have a simple, light lunch if you’re planning to go out to dinner.

Or make dinner a light meal if you have eaten a large lunch.

Use **MyPlate** as a model. Think simple and quick:

- Sandwich, carrot sticks, fruit, milk.
- Salad, tuna, whole grain crackers.
- Pasta, veggies, beans.
- Brown rice, stir-fried veggies, chicken.
- Burrito, salad, fruit.
- Frozen entree, salad, fruit, milk.



### Keep healthy, “quick-to-fix” foods on hand.

With the following foods in your fridge, freezer, or pantry, you’ll be able to pull together a packed lunch or light dinner at a moment’s notice.

#### Grains

- Low-fat breads, < 2 g fat/slice (whole grain bread, bagels, English muffins, plain rolls, pita bread, tortillas)
- Low-fat crackers
- Cold cereal, hot cereal
- Quick cooking brown rice
- Pasta (angel-hair pasta and fresh pasta cook most quickly)

#### Fruits/Vegetables

- Fresh fruit
- Peeled carrots
- Prepared raw vegetables from the salad bar
- Pre-washed salad greens in a bag
- Canned fruit, in water or juice
- Canned tomatoes
- Frozen mixed vegetables, for soups, stir-fries, etc.
- Frozen potato wedges (no fat added)

#### Dairy

- Skim or 1% milk
- Low-fat soy milk
- Nonfat or low-fat cheeses
- Nonfat, sugar-free yogurt

#### Protein

- Water-packed tuna, salmon, chicken
- Sliced turkey or chicken breast
- Sliced, extra lean ham
- Canned beans (garbanzos, black beans, navy, kidney beans, black eye peas, etc.)
- Vegetarian refried beans

#### Miscellaneous

- Canned, low-fat soups and broth
- Bottled low-fat sauces, including spaghetti sauce
- Bottled low-fat or nonfat salad dressings
- Flavored vinegars
- Salsa
- Spicy mustard
- Low-calorie frozen entrees (<300 calories, 10 grams of fat)



## My Best Light Meal

Look through several of your completed Keeping Track booklets.  
Find some examples of healthy light meals that follow the  
**MyPlate** model.

What food choices work well for you? \_\_\_\_\_

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How many fat grams and/or calories at your light meal are best?

Fat goal for light meal: \_\_\_\_\_ grams

Calorie goal for light meal: \_\_\_\_\_ calories

Use the examples to build 3 "standard" light meal menus for yourself.

1. \_\_\_\_\_

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2.

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3. \_\_\_\_\_

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## Build a better main meal

Use **MyPlate** as the model for healthy meals.

**Vegetables:** Include cooked vegetables without added fat. Add lots of vegetables to spaghetti sauce, lasagna, chili, stew, or grain dishes. Include a colorful salad with low-fat or fat-free dressing.

**Fruit:** Serve fruit with your meal or added to vegetable salads. Fruit also makes a great dessert: Slice several kinds of fresh or canned fruit (without syrup) into an attractive bowl. As a topping, try a small amount of sherbet, sorbet, or low-fat, sugar-free yogurt or pudding.

**Grains:** Try whole-grain pasta, bread, tortillas and pita bread. Experiment with brown rice, barley, couscous, wild rice, millet, kasha, and bulgur.

### **Protein:**

- Use low-fat cuts of meat, poultry, or fish, cooked without fat.
  - Watch portion sizes. Three ounces of meat per person is plenty.
  - To make it look like a larger portion, slice it thin, spread it out on the plate, or serve it with a fat-free sauce or gravy.
  - Or cut lean meat in small bits or strips. Add to rice, pasta, stew, stir-fry, or soup. Make chili with more beans and vegetables and less or no meat.
- Serve beans, in place of meat, more often. Try lentil dishes, bean or split pea soup, and baked beans. Avoid cooking beans with fatty meats.

**Dairy:** Choose skim, 1%, or soy milk, nonfat or low-fat yogurt or cheese.

**Limit fat and sugar.** Save calories by drinking water instead of sweetened beverages.



## My Best Main Meal

Look through several of your completed Keeping Track booklets.  
Find some examples of healthy main meals that follow the  
**MyPlate** model.

What food choices work well for you? \_\_\_\_\_

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How many fat grams and/or calories at your main meal are best?

Fat goal for main meal: \_\_\_\_\_ grams

Calorie goal for main meal: \_\_\_\_\_ calories

**Use the examples to build 3 “standard” main meal menus for yourself.**

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## Build Better Snacks

To improve your snack choices, first think about where and when you snack.

A snack you eat often:	Fat grams/calories per serving	Where and when do you usually eat the snack?
1.		
2.		
3.		
4.		
5.		

Are most of your snacks planned or unplanned? \_\_\_\_\_

For many people, unplanned snacks are often triggered by one or more of the following. Check the triggers (cues) that apply to you:

- |   |  |
|---|--|
| <input type="checkbox"/> Being too hungry                           | <input type="checkbox"/> Doing certain things or being in certain places (e.g., watching TV) |
| <input type="checkbox"/> Being tired or overworked                  | <input type="checkbox"/> Celebrating on holidays or at family gatherings                     |
| <input type="checkbox"/> Feeling stressed, anxious, bored, or angry | <input type="checkbox"/> Other: _____  |
| <input type="checkbox"/> Seeing or smelling food, or others eating  |  |

What could you do to avoid these situations/feelings or handle them differently? \_\_\_\_\_

Example: If the TV room triggers eating potato chips for you, you could stop buying potato chips and keep a bowl of fresh fruit in the TV room.







## My Best Snacks

Look through several of your completed Keeping Track booklets.  
Find some examples of snacks.

What food choices, times and places for snacks work well for you?

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How many total fat grams and/or calories for snacks are best?

Fat goal for snacks: \_\_\_\_\_ grams

Calorie goal for snacks: \_\_\_\_\_ calories

Use the examples of "Satisfying Snacks" list on the next page to build  
7 "standard" snacks for yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
7. \_\_\_\_\_



## Satisfying Snacks

Choose a healthy snack that matches the taste and texture you're looking for. And remember to watch the portion size. **Snacks should provide no more than 200 calories.** Check your grocery store for portion-controlled options.

### Crunchy Snacks:

- Fresh fruit (apple, pear)
- Raw vegetables (broccoli, carrots, cauliflower, green pepper, celery) with hummus
- Low-fat crackers (oyster, Melba, matzo, rice crackers, crispbread) with low-fat cheese or peanut butter
- Popcorn, air-popped or light
- Pretzels
- Baked tortilla chips and salsa
- Rice cakes, popcorn cakes
- 100 calorie pack of nuts
- Other: \_\_\_\_\_

### Chewy Snacks

- Dried fruit (raisins, apricots)
- Chewy breads (English muffin, bagel, pita, breadsticks, naan)
- Low-fat cheese sticks
- Other: \_\_\_\_\_

### Chocolate Snacks

- Fudgesicle, regular or sugar-free
- Low-fat chocolate pudding
- Chocolate nonfat milk
- Chocolate graham crackers
- Low-fat ice cream sandwich
- Other: \_\_\_\_\_

### Smooth or Frozen Snacks

- Applesauce, unsweetened with cinnamon
- Low-fat cottage cheese with fruit
- Low-fat or nonfat pudding
- Yogurt, light or nonfat
- Fruit Smoothie
- Frozen yogurt, nonfat
- Sherbet or sorbet
- Frozen fruit bars
- Lemon ice
- Frozen grapes, bananas, berries
- Popsicle
- Other: \_\_\_\_\_

### Sweet Snacks

- Fresh fruit (orange, banana, cherries, kiwi, grapes, blueberries, strawberries, peach, plum, pineapple, melon)
- Gelatin
- Low-fat cookies (ginger snaps, graham crackers, vanilla wafers)
- Other: \_\_\_\_\_





## Session 4: Move Those Muscles

### It's All about Movement

Progress and innovation have made life easier. We get by with less effort. The good news is that we can get more done over a given period of time. The bad news is that this progress typically means less physical movement of our body. More and more, the need to move is being eliminated from our daily routine.

*Think of some examples in your own life in which you can now perform a task with less movement compared to years ago?\_\_\_\_\_*

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The overall goal of the activity portion of the GLB is to help you find ways to add movement to your daily routine in ways that can be counted (planned) as well as in ways that would be difficult to count (spontaneous). At the end of the day, it is the sum of the spontaneous/unstructured activity and the planned physical activity that is important and comprises your total physical activity level.



**Spontaneous/Unstructured Activity:** Activity choices that we make during the day that are too brief to keep track of, but can make a difference in your total physical activity level.

**Planned Activity:** By the end of the GLB program, the goal is for you to have figured out how to regularly add a minimum of 150 minutes of moderately intense activity (similar to a brisk walk) to your week. These 150 minutes should be divided over the course of the week and are in line with the national public health recommendations (Physical activity and Health: a Report of the Surgeon General).



## So What Can You Expect of the Activity Program As We Get Started?

First of all, rest assured that **you can succeed!**  
The following are key reasons why this physical activity program can and will work for you:

Most of you will likely choose walking as your activity, although other activities similar in intensity to a brisk walk are acceptable.

**The starting point** is where you are right now. No judgment, no questions asked. You will begin from where you're currently at, and gradually add a small amount of activity over time.

You will be asked to keep track of your activity levels and to plan where to add activity to your week until you have a successful routine developed.

**Keeping track** is important because, just like diet, it is difficult to change a behavior such as physical activity until you understand your current activity habits.

**Planning ahead** for a week that includes activity is also very important because these things do not just happen by chance. We need to plan ahead for when we expect to participate in physical activity.

Your **progression** will be slow and safe with increases of no more than 30 minutes per week. That is less than 5 minutes per day.

**Safety.** This program is all about safety. To make sure that we begin on a safe note, we have asked that you check with your health care provider and get his or her approval for your plans to increase your physical activity level. To ensure the program remains safe for you, the initial goal will be to increase the duration of your activity, rather than the intensity. Any increases in either duration or intensity will be gradual.





## **Getting the OK to Increase Your Activity Level.**

We are requiring that you get approval from your healthcare provider before you increase your physical activity levels in the GLB program. Although the chance of you not being able to join the activity portion of this program is VERY rare, this decision needs to be made by your health care provider. You cannot proceed in this program until you have this approval.

### **So what is the involvement of your health care provider after the program gets started?**

- Never are we (as your GLB coaches) able to provide medical advice. We are NOT your health care provider and will NOT replace your health care provider in any way.
- In all cases of illness, pain, or medication adjustment, you need to talk to your health care provider.
- If you get sick, we will ask you to put your activity on hold until you are well and your health care provider has given you the OK to start exercising again.
- If you feel pain (not muscle aches, but pain), we ask that you stop doing what you are doing and have it checked out by your health care provider.
- Please review the *"When to Stop Exercising"* handout on the next page. All cases of chest pain and/or discomfort should be brought to the attention of your health care provider as soon as possible.

It is also a great idea to keep your health care provider informed about your progress in the GLB program. He or she is very interested in your health and well-being and will be pleased to hear about your effort to improve your lifestyle.



## When to stop exercising...

Being active is usually quite safe. But in rare cases, problems can arise. Be aware of some of the signs and symptoms of when to stop exercising.

### **Chest pain or discomfort:**

**What:** Uncomfortable feeling of pressure, pain, squeezing, or heaviness.

**Where:** Possibly in the:

- Center of the chest,
- Spread throughout the front of the chest, or
- Radiating to, or even starting, in the shoulder(s), arm(s), neck, jaw, and back.

**What to do:** Stop and sit or lie down.  
If it doesn't go away after 2-4 minutes, go to an emergency room.  
If it does go away, let your doctor know about your episode.

### **Severe nausea, shortness of breath, cold sweats, feeling lightheaded or irregular pulse/palpitations:**

**What to do:** Stop and sit or lie down.  
If it doesn't go away in 5-10 minutes call your doctor  
If it does go away, let your doctor know about your episode.

**Any of the above problems may be signs of something serious like a heart problem, so should NEVER be ignored.**

This program is centered on exercising wisely. You will receive information on ways to lessen the risk of activity related injury including the need to warm up before you begin your activity and the importance of cooling down afterward.



## What a Bargain! The Many Benefits of an Active Lifestyle.

Physical activity is one of the biggest “bargains” you can get. The list of benefits is extensive. This list includes only a few of these many benefits.

### Being more active will:

- ➔ Help you feel, look, and sleep better.
- ➔ Make you more physically fit. It will be easier for you to do your daily tasks, like climbing stairs and keeping up with your kids/grandkids.
- ➔ Help you lose weight and keep it off.
- ➔ Improve bone density and muscle strength; thus enhancing joint stability, flexibility, and balance.
- ➔ Lower your risk for heart disease and diabetes.

### Being more active may:

- Raise HDL cholesterol (the “good” cholesterol/fat in your blood).
- Lower triglycerides.
- Lower blood pressure.
- Lower blood sugar and make your body more sensitive to insulin.



☆*In the Diabetes Prevention Program, being active was shown to be an important part of reducing the risk of developing diabetes. Imagine having the chance to try and prevent such a serious disease.*☆



## The Physical Activity Goal

Your physical activity goal is a reachable, weekly goal.  
So what exactly is it?

**The Goal: Do 2½ hours (that's 150 minutes) of physical activity each week.**

- Pick activities you LIKE.
- Choose types of physical activity that are of moderate intensity, like brisk walking.
- Work up to this goal *slowly*.
- Spread the activity over 3 to 4 days (or more) per week.

Before we get started, let's think back to how active you have been both in the distant past and more recently.

How active are you now? (Type of activities you do, with whom, how often and for how long) \_\_\_\_\_

Are there activities that you did in the past that you no longer do?

Why did you stop? \_\_\_\_\_

What do you like or dislike about being active or being inactive?

	What I like about it	What I don't like about it
Being Active		
Being Inactive		





## Physical Activity Progression

**Where Should I Start?** How many minutes would you say that you spent in physical activity during the past week. If it is less than 60 minutes, your goal for next week is 60 minutes. If you did more than 60 minutes last week, do that same amount this week and record your activity.

**Progression:** Each week you should try and gradually increase the amount of physical activity that you do. However, work up to your activity goal slowly. A good rule of thumb is to increase by no more than 30 minutes each week.

### EXAMPLE:

Week 4:	Walk 60 minutes per week (12 minutes on 5 days per week).
Week 5:	Walk 90 minutes per week (18 minutes on 5 days per week).
Week 6:	Walk 120 minutes per week (24 minutes on 5 days per week).
Week 7+:	Walk 150 minutes per week (30 minutes on 5 days per week).

## Types of Aerobic Activities

We suggest **brisk walking** since it is easy to do and good for you. Here are some activities that are usually similar to or more intense than brisk walking.

- Aerobic dance (step aerobics)
- Bicycle riding (outdoors or on an indoor, stationary bike)
- Dancing (square dancing, line dancing)
- Hiking
- Rowing (canoeing, rowing machine)
- Skating (ice skating, roller skating, rollerblading)
- Skiing (cross-country, NordicTrack)
- Elliptical (Stair Master)
- Strength Training (not considered an aerobic activity but highly recommended)
- Swimming (laps, snorkeling)
- Tennis
- Volleyball
- Walking (treadmill, outdoor, indoor mall or fitness center)
- Water Aerobics
- Yard Work (mowing lawn or raking leaves)



## **Planning for an Active Week**

Last session we asked you to pay attention to the activities that you did throughout the week and to do something active on 3-4 days. Now we will ask you to begin keeping track of your physical activity levels and will have you start thinking about ways to plan for a more active week.

### **Planned Activity: You *can* find the time to be active:**

- Set aside blocks of time throughout the week to be active.

When can you set aside a block of time (15+ minutes) to do an activity that you like?

---

What activity is it? \_\_\_\_\_

Where will you be doing the activity? \_\_\_\_\_

---

- Look for free time (10 to 15 minutes) during the day. Use this time to be active.

When during the day might you have some free time (10 to 15 minutes)? \_\_\_\_\_

It's important that you look ahead each week and plan some devoted time to be active. Write down when you plan to be active on your calendar. Don't just wait for activity to happen. You have to make it happen!

### **Spontaneous/Unstructured Activity Choices**

Make active choices throughout the day. Every minute adds up to a "more active you."

There are times each day when you may have the opportunity to make a more active choice. These times occur spontaneously and, often, the activity will be brief. However, if you sum up many of these moments, they can make a difference.

**Give examples of these types of opportunities that you may be able to take advantage of.**

Inactive Choice	Active Choice
When you shop, park your car as close as you can to the entrance of the store.	Park your car further away and walk.

### **Decrease inactivity and time spent sitting:**

It's important to know how much activity you participate in each day. It's also important to pay attention to how much inactivity is in your day, and how much time you spend sitting. Your health may benefit by decreasing the time you spend sitting.

#### **Ways to decrease your sitting time:**

- Try cutting down your TV time. Walk instead.
- Be active while you watch TV (e.g., ride an exercise bike, lift weights).
- Move during the commercial breaks. On average, there are 17 minutes of advertising for every one-hour program. Use this time to MOVE!





## The Smart Way to be Active: Keeping It Safe

Being active is usually quite safe. But in rare cases, problems can arise. The best approach is prevention.

### Prevent sore muscles or cramps

- Only increase a little at a time; make small and gradual increases in how often, how hard, and how long you're active.
- Drink plenty of water before, during, and after being active.
- Wear socks that fit well, are comfortable, and keep your feet dry.
- Warm-up before and cool-down after every activity.

Here are some other tips on exercising the Smart Way.

## WARM UP AND COOL DOWN

### Warm-up

1. Do whatever activity you plan to do but at a lower intensity for a brief time.
  2. Do a few minutes of mild stretching.
- Most warm-ups take only 5 to 10 minutes.

### Cool-down

1. Do whatever activity you have been doing, but at a lower intensity for a brief time.
  2. Do a few minutes of mild stretching.
- Most cool-downs take only 5 to 10 minutes.

### If you do get a muscle cramp:

- Stretch the muscle and then massage it. Repeat.
- If there is still pain, put ice on the cramp for a few minutes (10-15 minutes).
- Repeat the massage and stretching.





## Keeping it Safe While Stretching Those Muscles

Stretching is one of the best ways to prevent muscle soreness, cramps, and injuries.

Stretching also helps you become more flexible and to feel relaxed.

A warm-up loosens the muscles to prevent injuries.

Other than swimming under water, never hold your breath in any exertion. Count out loud if that helps.

### How to Stretch

- Do a short warm-up *before* stretching.
- Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- Hold the stretch steady for 15 to 30 seconds. Do NOT bounce.
- Relax. Then repeat 3 to 5 times.
- Be careful to stretch both sides of your body – Stay in balance.
- Stretch within your own limits. Don't compete.
- Breathe slowly and naturally. Do NOT hold your breath.
- Always stay in control. Jerky unstable movements can lead to injury. And don't let gravity be the boss.

Do not bounce when stretching. Bouncing can lead to tearing of your muscles.

If you are walking on a small track be sure to reverse direction. This is another good example of balancing.

### Important Message: **NO PAIN IS GAIN**

- Never stretch if you have pain before you begin.
- If a particular stretch causes pain, stop doing it.

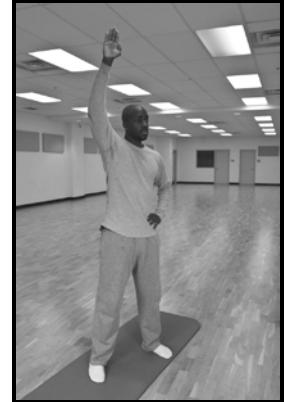
***Listen to your body!***



## Safe and Easy Stretches and Warm-up Activities

### 1. Arm Reaches

- Stand up straight with your feet shoulder-width apart.
- Counting to 15 or 30, stretch your right arm to the ceiling while keeping your feet flat on the floor. Repeat with your left arm.
- Do this 3 to 5 times. When finished, shake out your arms.



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### 2. Arm Circles

- Stand with knees slightly bent.
- Extend your arms straight out from the shoulders with your palms down. Keep your buttocks and stomach tight.
- Rotate your arms in circles 10 times forward and then 10 times backward. When finished, shake out your arms.
- Over time, work up to 20 circles in each direction.



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### 3. Waist Bends

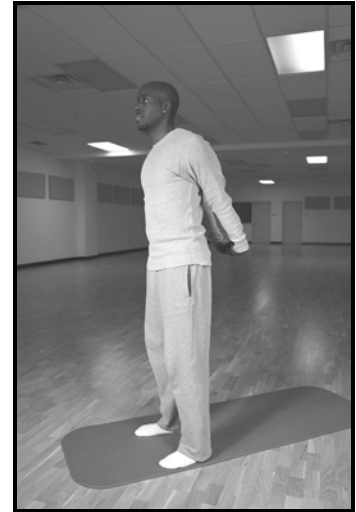
- Stand up tall with your feet shoulder-width apart.
- Bend to the right, bringing your left arm over your head and keeping your right arm on your waist. Look straight ahead and count to 15 to 30. Slowly return to the straight-up position.
- Repeat the exercise, bending to the left side.
- Over time work up to 5 of these.



#### 4. Chest Stretch

- Clasp your hands together behind your back with your palms facing up.
- Slowly turn your elbows inward and straighten your arms.
- Pull your hands down and press your shoulder blades together. Your chest should stick out.
- Hold for 15 to 30 seconds.
- Repeat 3 to 5 times.

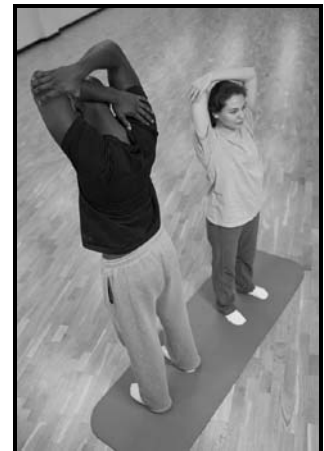
***Note: Do not do this stretch if you have a shoulder injury.***



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#### 5. Triceps Stretch

- With arms overhead, hold the elbow of one arm with the hand of the other arm.
- Gently pull your elbow behind your head, creating the stretch. Move slowly.
- Hold for 15-30 seconds.
- Repeat with other arm.



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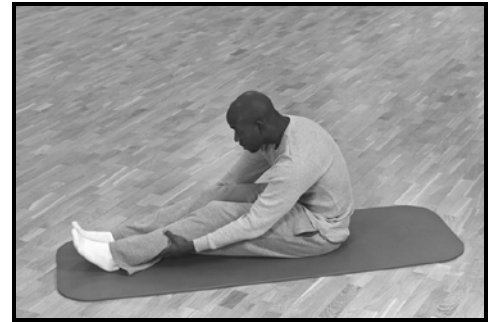
#### 6. Shoulder Stretch

- Gently pull your elbow across your chest toward your opposite shoulder.
- Use your opposite arm as support during the stretch.
- Hold for 15- 30 seconds.
- Repeat with other arm.



## 7. Sitting Toe Touch

- Sit on the floor with your knees slightly bent. Reach out your hands and slowly stretch them toward your toes. Keep breathing.
- Hold for 15 to 30 seconds.
- Repeat 3 to 5 times.



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## 8. Back Stretch

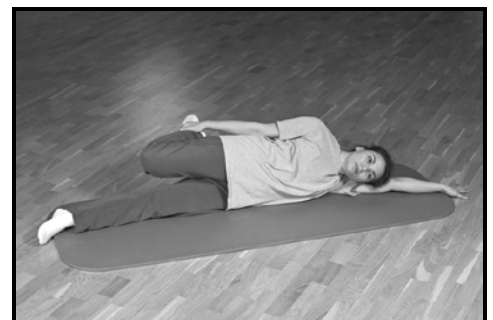
- Lie on your back with your knees bent and your arms flat on the floor at your sides. Keep your feet flat on the floor. Take a deep breath and relax.
- Grasp the **back** of one knee (**not** the top of the knee) with both hands and pull as close to your chest as possible.
- Hold 15 to 30 seconds then return to the starting position.
- Repeat 3 to 5 times on both legs.



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## 9. Quadriceps Stretch

- Lay on your left side on a comfortable surface and bend your right knee behind you grabbing your ankle.
- Hold for 15 to 30 seconds.
- Repeat 3 to 5 times on both legs.





## 10. Heel Cord (Achilles) Stretch

- Stand facing a wall an arm's distance away, with your knees straight and your heels flat on the floor.
- With your hands resting on the wall, allow your body to lean forward by bending your elbows slowly. Keep your legs and body straight and your heels on the floor.



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## 11. Calf Stretch

- Stand straight with feet shoulder-width apart.
- Step forward with your right foot, slightly bending your right knee. The front of your knee should be lined up with the front of your toes. Your left leg should stay relatively straight and your left heel should remain on the floor. Hold for 15 to 30 seconds.
- Slightly bend your left knee. Hold for 15 to 30 seconds.
- Repeat for the opposite side.





## Wear a Good Pair of Shoes

You don't *need* to buy new or special shoes if the shoes you have now fit well and support your feet. Here are some pointers if you are planning to buy shoes:

### **Shoe stores offer many kinds of shoes for active people.**

- Visit one or more store(s) you trust. Try on various styles and brands.
- The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.

### **Look for a good fit.**

- Wear the kind of socks you'll wear when you're active. Cotton is best.
- Go to the store right after you've been active, if possible. That way, your feet will be the size they are when you're warmed up.
- The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
- There should be one thumb's width of space between your longest toe and the end of the shoe.
- The heel should NOT pinch or slip around when you walk.
- The shoes should bend easily at the ball of your feet (just behind your toes).

### **Get the kind of support you need.**

Your shoes should match the shape of your foot and the way your feet strike the ground.

- Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.





## In Case of Injury

**Call your doctor if:** You suspect a serious injury. If you can't move the injured area, or if there is immediate, severe swelling, these may be signs of a broken bone. If in doubt, call your doctor.

If you do get a sprain, strain, "pull" or bruise: **R.I.C.E.**

What R.I.C.E Stands For:	What to do:
<b>Rest (restrict movement)</b>	<ul style="list-style-type: none"><li>• Stop doing the activity.</li><li>• Rest for a few days. This will stop excess bleeding</li><li>• Sometimes splints, tapes, or bandages are necessary.</li></ul>
<b>Ice</b>	<ul style="list-style-type: none"><li>• Apply ice or cold compresses for the first 24 to 36 hours after the injury. This reduces pain, bleeding and swelling.</li><li>• Schedule: 10 minutes on, 10 minutes off.</li><li>• <i>Always</i> wrap ice or compresses in an absorbent towel or cloth. Don't apply directly or wrapped in plastic. That can cause frostbite and more injury.</li></ul>
<b>Compression (Pressure)</b>	<ul style="list-style-type: none"><li>• Apply pressure by wrapping the injury with an elastic bandage. This helps to reduce swelling and blood flow (pressure) to the area.</li><li>• The bandage should be tight enough to reduce blood flow but not cut it off completely. Loosen the bandage if your toes or fingers begin to feel numb or lose their color.</li></ul>
<b>Elevation</b>	<ul style="list-style-type: none"><li>• Lift the injured area above heart level. Keep it elevated whenever possible, not just during icing.</li><li>• This helps reduce internal bleeding and pooling of blood in the area that can cause pain and throbbing.</li></ul>



## Beat the Heat

- CHECK THE WEATHER ADVISORY. On rare occasions, it may be too hot to exercise outdoors.
- Drink water before, during, and after being active.
- Sports drinks, like electrolyte replenishment drinks, can also replace minerals lost when sweating a lot. This is especially important in hot temperatures because of cramping.
- On hot, humid days, be active early or late in the day when it is the coolest.
- Don't overdo it. Go at your own pace.
- Wear light, loose-fitting, cotton clothes.
- Wear a hat to shade your face from the sun.
- Know the signs of heat illness. Paleness, dizziness, nausea, vomiting, fainting, warm flushed skin, or not sweating in situations in which you would normally expect to sweat. These are all signs of heat illness.
- Tell someone your route and when you'll be back. Better yet, go with a friend. And wear some form of ID.





## Keep Warm in the Cold

- CHECK THE WEATHER ADVISORY. On rare occasions, it may be too cold and/or icy to exercise outdoors.
- Be active in the middle of the day, when it's the warmest.
- Drink plenty of water, even though you may not be sweating.
- Dress warmly from head to toe.

Head: Wear a stocking cap or ear muffs.

Body: Dress in several thin layers.  
Remove or add layers as needed.

- Full-length long-underwear or tights on your legs.
- T-shirt, long-sleeved turtleneck.
- Well-vented wind jacket with a zipper.



Hands: Wear mittens or gloves.

Feet: Wear well-insulated socks. Wear shoes or boots that keep your feet warm and dry and give you good traction.



- Go out against the wind and come home with the wind.
- Avoid patches of ice.
- Know the signs of frostbite. Progressive numbness, tingling or a burning feeling that may fade, followed by changes in color may be signs of frostbite.
- Tell someone your route and when you'll be back. Better yet, go with a friend. And wear some form of ID.



**To do:**

**I will:**

- ☐ **Be active for \_\_\_\_\_minutes this week. Below are times I will plan to be active.**

- Choose activities that you LIKE to do and can do.
- Warm up, cool down, and include stretches when you're active.
- Follow the guidelines for safe stretching.

	What I Will Do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
	Total Minutes of Physical Activity=		

- ☐ **Keep track of my physical activity minutes, as well as weight and fat and calorie intake**

- Record only the time when you're **doing** physical activity.
- Don't record activities that last less than 10 minutes.
- Come as close to your fat gram and calorie goals as you can.

- ☐ **Increase your spontaneous/unstructured "lifestyle" activity throughout the day.**

What I will do: \_\_\_\_\_.

In the next session, we'll talk about the lifestyle activity you did.

- ☐ **Review my progress so far.**

Next week, we will set some goals for improvement.



## Session 5: Tip the Calorie Balance

The Group Lifestyle Balance Program involves 2 lifestyle changes:

1. Healthy eating. This includes eating less fat and more whole grains, fruits, and vegetables.
2. Being active.

Both relate to weight loss.

Both are part of the "calorie balance."

### Calorie balance

- Calories are a unit of measure. Calories are used to measure the energy value of foods and beverages. When you eat food, you take in calories.
- The number of calories in a food or beverage depends on the amount of protein, fat, carbohydrates (starches and sugars), and/or alcohol it contains.

Calories/Gram	Fat	Carbohydrates (Starches/Sugars)	Protein	Alcohol
	9	4	4	7

- Fat is the highest in calories per gram. Fat contains more than twice the calories as the same amount of protein or carbohydrate.
- **Calories also measure the energy you use.** You use calories for just staying alive (for bodily functions like breathing) and by **being active.**

#### Rule of thumb:

1 mile of brisk walking (15-20 minutes) = About 100 calories burned



## Food and Activity Balance

Your weight is a result of the **balance** between food (calories in) and activity (calories out). If you want to change your weight, you need to “tip the balance”.

The best way to “tip the balance” is to eat less and be more active. This will help you lose weight and improve your health.

Food Calories	Activity Calories
------------------	----------------------

1. Your weight can stay the same.



- 
2. You can gain weight.



- 
3. You can lose weight.



- 
4. You can reach a new balance at a new weight.







## Remember:

**Food and being active work together to control your weight and to improve your health.**

To lose weight, it's best to eat less *and* be more active. That way, you change both sides of the balance at once.

**By TIPPING the balance you can lose the weight you want.**

Then, over time, you can reach a new balance at a new, lower weight. **Make the changes part of your lifestyle and you will keep the weight off.**

### How much does it take to tip the balance?

- 1 pound of body fat stores about 3,500 calories.
- Slow, steady weight loss (1-2 pounds/week) is the best way to lose weight.

To lose:	Tip the balance by this number of calories:
1 pound per week	3,500 per week (or 500 each day for 7 days)
1-1/2 pounds per week	5,250 per week (or 750 each day for 7 days)
2 pounds per week	7,000 per week (or 1,000 each day for 7 days)

Note: Eat at least 1200 calories per day in order to have a healthy, well-balanced diet.

**For weight loss, it's best to eat less *and* be more active.**



## Changes You Have Made So Far

To be more active (both to reach your goal and to be more active in general):

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To eat less fat and fewer calories:

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Have these changes *tipped the balance*?

Your weight at the start of Group Lifestyle Balance: \_\_\_\_\_

Your weight now: \_\_\_\_\_

Expected weight by this time: \_\_\_\_\_

If you have:

☐ Stayed at the same weight, or gained weight.

- To lose weight, try something else to tip the balance.
- We'll work together to find what will work better for you.

☐ Lost some weight, but not as much as expected.

- Good. You've made some progress.
- To lose more weight, try something else to further tip the balance.

☐ Lost as much weight as expected (or more).

- Great! You've tipped the balance.
- Keep tipping the balance, and you'll keep losing weight.

**NOTE:** if you have stayed the same, gained or not lost as much weight as expected, talk to your Coach about using a structured meal plan.



## To do:

### I will:

- ☐ Keep track of my weight, eating, and activity.
- ☐ Be active for \_\_\_\_\_ .

Try setting aside one block of time. Or find 2-3 shorter time periods. Plan activities you LIKE to do.

	What I will do	When	Minutes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
Total minutes for the week (60-90 minutes):			

- ☐ Make active lifestyle choices throughout the day: \_\_\_\_\_  
\_\_\_\_\_

### To tip the balance further, I will:

- ☐ Lower my fat and calorie goals.

Stay within \_\_\_\_\_ grams of fat and \_\_\_\_\_ calories.

- Watch out for foods that are high in fat and calories.
- Be sure to record *everything*.
- Watch portion sizes.

- ☐ Follow a structured meal plan for \_\_\_\_\_ calories per day.






## Session 6: Take Charge of What's Around You

**What "cues" you (or makes you want) to eat?**

- Hunger.
- What you're thinking or feeling.
- What other people say and do.
- Sight and smell of food.
- Certain activities that make you think about food, like watching TV or reading magazines.

*Examples:*

"Cue"	Makes you want to eat:
You see a carton of ice cream.	Ice cream. 
You turn on the TV. 	Potato chips.
You go to the movies.	Popcorn. 

When you respond to a food cue in the same way, over and over again, you build a habit.

**How can you change problem food cues and habits?**

1. Stay away from the cue. Or keep it out of sight.
2. Build a new, healthier habit.
  - Practice responding to the cue in a healthier way.
  - Add a new cue that helps you lead a healthier life.

Remember, it takes time to break an old habit and build a new one.



## Common Problem Food Cues

### At home

- Living room: TV, computer, telephone, candy dishes.
- Kitchen: Ready-to-eat foods (ice cream, cheese, cookies), foods being cooked, leftovers.
- Dining room: Serving dishes on table, large dinner plates, leftovers on plates.

### At work

- Commute: Bakery on the way to work.
- Cafeteria: High-fat/calorie foods in public areas (doughnuts, high-fat coffee creamers, candy), or in desk, vending machines.

### Remember:

1. **Keep high-fat/calorie foods out of your house and work place.**  
Or keep them out of sight. Out of sight is out of mind.
2. **Keep lower-fat/calorie choices easy to reach, in sight, and ready to eat.**  
Examples: Fresh fruits, raw vegetables (already washed and prepared), nonfat dips, pretzels, low-fat popcorn, diet drinks, sugar-free Jell-O, sugar-free popsicles.
3. **Limit your eating to one place.**
4. **When you eat, limit other activities.**

### Shopping:

Where you shop: \_\_\_\_\_

### Tips

- Make a shopping list ahead of time. Stick to the list!
- Don't go shopping when you're hungry.
- Avoid sections in the store that are tempting to you, if possible.
- Ask the grocery store manager to order low-fat/calorie foods you want.
- Only use food coupons for low-fat/calorie foods, not for high-fat foods.



## Activity Cues

### 1. Add positive activity cues to your life.

- Keep these in sight: Equipment such as shoes, bag, mat, bike.  
Calendar or graph. Video and magazines.  
Photos, posters. Positive reminders.
- Set up a regular "activity date" with a friend or family member.
- Set a timer or alarm on your watch to remind you to be active.
- Others: \_\_\_\_\_

### 2. Get rid of cues for being inactive.

- **Limit TV watching.** Or be active while you watch TV.
- Don't pile things at the bottom of the stairs.  
Climb the stairs each time something needs to be taken upstairs.
- Others: \_\_\_\_\_



You can make food and activity cues work **for** you, not against you.



**To do:**

**I will:**

☐ **Get rid of one problem food cue.**

What problem food cue will you get rid of? \_\_\_\_\_

\_\_\_\_\_

What will you need to do to get rid of it? \_\_\_\_\_

\_\_\_\_\_

What problems might you have? What will you do to solve them?

\_\_\_\_\_

---

☐ **Add one positive cue for being more active.**

What activity cue will you add? \_\_\_\_\_

\_\_\_\_\_

What will you need to do to add it? \_\_\_\_\_

\_\_\_\_\_

What problems might you have? What will you do to solve them?

\_\_\_\_\_

- ☐ **Keep track of my weight, eating, and activity. Do my best to reach my goals.**

Where are you at this point with your activity? If you are comfortable at your current level of activity, make it your goal to add 30 minutes this week. If you are struggling with activity keep up with what you have been able to do.

Be active for \_\_\_\_\_.

Try setting aside one block of time. Or find 2-3 shorter time periods. Plan activities you LIKE to do.

	What I will do	When	Minutes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
<b>Total minutes for the week (120 minutes):</b>			

**Before the next meeting, answer these questions:**

Did you follow your plan?    \_\_\_Yes    \_\_\_No    \_\_\_ Almost

What problems did you have? \_\_\_\_\_

\_\_\_\_\_

What could you do differently?

\_\_\_\_\_

\_\_\_\_\_







## Session 7: Problem Solving

Many things can get in the way of being more active and eating less fat and calories. But problems can be solved.

### The five steps to solving a problem:

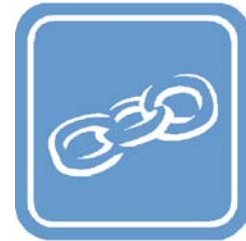
#### 1. Describe the problem in detail.

- Be specific.
- Look at what led up to the problem.
- Find the action (or behavior) chain.

#### Try to see the links (steps) in the action chain.

Look for:

- Things that “cue” you (or make you want) to eat or be inactive.
- People who don't support you.
- Thoughts or feelings that get in your way.



#### Sarah's Action Chain

- Didn't eat lunch.
- Boss was critical.
- Sarah felt stressed and anxious.
- Came home tired, upset, and hungry.
- Went right to the kitchen.
- Saw cookies on counter.
- Ate cookies.

## 2. Brainstorm your options.

Links	<i>Some of Sarah's Options</i>
Didn't eat lunch.	<ul style="list-style-type: none"><li>• Quit her job. (Just kidding.)</li><li>• Pack a quick bag lunch.</li></ul>
Boss was critical. Sarah felt stressed and anxious.	<ul style="list-style-type: none"><li>• Talk with her boss about solving the problems at work.</li><li>• Take a break.</li><li>• Get support from a co-worker.</li></ul>
Came home tired, upset, and hungry.	<ul style="list-style-type: none"><li>• Go for a walk after work to unwind.</li></ul>
Went right to the kitchen.	<ul style="list-style-type: none"><li>• Enter house through different door.</li><li>• Plan something to do the minute she gets home (like getting out in the yard, straightening a closet or room in the house).</li></ul>
Saw cookies on counter.	<ul style="list-style-type: none"><li>• Don't buy cookies.</li><li>• Keep cookies out of sight.</li><li>• Keep fruit in sight.</li></ul>


## 3. Pick one option to try.

- Weigh the pros and cons.
- Choose one that is very likely to work and that you can do.
- Try to break as many links as you can, as early as you can.



#### 4. Make a positive action plan.

##### Example for Sarah:

She will	<ul style="list-style-type: none"><li>• Pack a quick bag lunch.</li></ul>	
When?	<ul style="list-style-type: none"><li>• Tuesday and Thursday next week.</li></ul>	
She will do this first	<ul style="list-style-type: none"><li>• Shop for the foods.</li><li>• Pack lunch the night before.</li></ul>	
Roadblocks that might come up, and how she'll handle them	<ul style="list-style-type: none"><li>• I might forget.</li><li>• I will find a healthy sandwich place with quick service.</li><li>• I will order a turkey sandwich by phone.</li></ul>	
She will do this to make her success more likely	<ul style="list-style-type: none"><li>• Ask a friend who also brings bag lunches to work to join me for lunch on Tuesday.</li></ul>	

#### 5. Try it. See how it goes.

Did it work? If not, what went wrong? Problem solve again.

**Problem solving is a process. Don't give up!**



## The Lifestyle Balance Problem Solver

**Describe the problem in detail.** Be specific.

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Find the action chain. Links	Brainstorm your options. Options

**Pick one option.** Is it very likely to work? Can you do it?



## Make a Positive Action Plan

I will ... \_\_\_\_\_

When? ... \_\_\_\_\_

I will do this first ... \_\_\_\_\_

Roadblocks that might come up

I will handle them by:

---

---

---

---

---

---

I will do this to make my success more likely: \_\_\_\_\_

---

---

How can we help you? \_\_\_\_\_

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## To do:

### I will:

- ☐ **Keep track of my weight, eating, and activity.**
- ☐ **Do my best to reach my goals.** The goal is to be active for 150 minutes or more per week. Wherever you are at this point with your activity, if you are comfortable at that level make it your goal to add 30 minutes this week. If you are struggling with activity keep up with what you have been able to do.

Try setting aside one block of time. Or find 2-3 shorter time periods. Plan activities you LIKE to do.

	What I will do	When	Minutes
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			
Total minutes for the week (Goal: 150 minutes):			

- ☐ **Follow my action plan.**

Did it work? If not, what went wrong? What could I do differently?

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## **Session 8: Four Keys to Healthy Eating Out**

### **1. Plan ahead.**

- Call ahead to ask about low-fat, low-calorie choices on the menu.
- Carefully select where you will eat. Go somewhere that offers low-fat, low-calorie choices.
- Eat less fat and fewer calories during other meals that day.
- Eat a small healthy snack before you go out. Or drink a large, calorie-free or low-calorie beverage.
- Plan what to order without looking at the menu.
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring a healthy, low-calorie food to share with others.

### **2. Don't be afraid to ask for what you want. Be firm and friendly.**

Ask for the foods you want:

- Ask for lower-fat, lower-calorie foods.
- Can foods be cooked in a different way?
- Don't be afraid to ask for foods that aren't on the menu.

Ask for the amounts you want:

- Ask how much is usually served.
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Order a small size (appetizer, senior citizen's, children's size).
- Before or after the meal, have the amount you don't want to eat put in a container to take home.





## How to Ask For What You Want

Ask for what you want

- Begin with "I", not "You."
- Use a firm and friendly tone of voice that can be heard.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.

<i>Wishy-washy</i>	"Oh, well. I guess they couldn't broil the fish."
<i>Threatening</i>	"You said you would broil my fish!"
<i>Firm and friendly</i>	"This looks very nice. But I asked for my fish to be broiled, not fried. Would you have some broiled for me, please?"



### 3. Take charge of what's around you.

- If appropriate, be the first to order.
- Keep foods off the table that you don't want to eat.
- Ask that your plate be removed as soon as you finish.

### 4. Choose foods carefully.

Watch out for these high-fat, high-calorie words on menus.



- Au gratin
- Hollandaise
- Breaded
- Parmesan
- Buttered or buttery
- Pastry
- Cheese sauce
- Rich, creamed, creamy, in cream sauce
- Sautéed
- Escalloped
- Fried, deep fried, French fried, batter fried, pan fried
- Scalloped
- Seasoned
- Southern style
- Gravy

Look for these low-fat, low-calorie words, instead.

- Baked
- Broiled
- Boiled
- Grilled
- Poached
- Steamed
- Roasted
- Stir-fried



#### **TIPS:**

- Watch out for sauces.
- Think about what you really need to eat.
- Trim visible fat off meat.
- Take skin off chicken.



## What's on the Menu?

It is possible to make lower-fat, lower-calorie choices at all types of restaurants. Be sure to ask the waiter how the food is prepared. Note: Most restaurants serve a tossed salad--a low-fat choice if topped with lemon juice, vinegar, or a low-fat dressing.

<b>GO! Lower-fat/calorie choices</b>	<b>CAUTION! High-fat/calorie choices</b>
<b>Pizza</b>	
<ul style="list-style-type: none"> <li>• Plain cheese pizza (ask for half the cheese or low-fat cheese).</li> <li>• Onions, green peppers, mushrooms.</li> </ul>	<ul style="list-style-type: none"> <li>• Meat toppings (sausage/pepperoni).</li> <li>• Olives.</li> </ul>
<b>Burger Place (fast food)</b>	
<ul style="list-style-type: none"> <li>• Grilled, broiled, or roasted chicken, without sauce.</li> <li>• Broiled, extra lean burger.</li> </ul>	<ul style="list-style-type: none"> <li>• Large hamburger, cheeseburger.</li> <li>• French fries.</li> <li>• Fried fish or chicken.</li> <li>• Mayonnaise-based sauces, cheese, bacon.</li> </ul>
<b>Mexican</b>	
<ul style="list-style-type: none"> <li>• Heated (not fried) tortillas.</li> <li>• Grilled chicken or beef fajitas.</li> <li>• Soft tacos (corn or flour tortillas).</li> <li>• Salsa.</li> </ul>	<ul style="list-style-type: none"> <li>• Enchiladas.</li> <li>• Chili con queso.</li> <li>• Fried tortillas, tortilla chips.</li> <li>• Sour cream, guacamole.</li> <li>• Crisp tacos.</li> </ul>
<b>Chinese and Japanese</b>	
<ul style="list-style-type: none"> <li>• Stir-fried chicken.</li> <li>• Stir-fried vegetables.</li> <li>• Steamed rice.</li> <li>• Soup.</li> <li>• Teriyaki.</li> </ul>	<ul style="list-style-type: none"> <li>• Egg foo yung.</li> <li>• Fried chicken, beef, or fish.</li> <li>• Fried rice or noodles.</li> <li>• Egg rolls.</li> <li>• Fried won ton.</li> <li>• Tempura.</li> </ul>
<b>Italian</b>	
<ul style="list-style-type: none"> <li>• Spaghetti with meatless tomato sauce.</li> <li>• Minestrone soup.</li> </ul>	<ul style="list-style-type: none"> <li>• Lasagna, manicotti, other pasta dishes with cheese or cream.</li> <li>• Sausage.</li> <li>• Fried or breaded dishes (such as veal or eggplant parmesan).</li> </ul>
<b>Seafood</b>	
<ul style="list-style-type: none"> <li>• Broiled, baked, or boiled seafood with lemon.</li> <li>• Plain baked potato.</li> </ul>	<ul style="list-style-type: none"> <li>• Fried fish.</li> <li>• Fried vegetables.</li> <li>• French fries.</li> </ul>
<b>Steakhouses</b>	
<ul style="list-style-type: none"> <li>• Shrimp cocktail.</li> <li>• Broiled chicken or fish.</li> <li>• Plain baked potato.</li> </ul>	<ul style="list-style-type: none"> <li>• Steak (except trimmed lean cuts).</li> <li>• Fried fish or chicken.</li> <li>• Onion rings, other fried vegetables.</li> <li>• French fries.</li> </ul>



## Fast Food *Can* Be Lower in Fat and Calories

The following are lower calorie fast food choices that contain from 0 to 14 grams of fat per serving. All nutrition information derived directly from restaurant websites.

Food Items	Fat (g)	Calories
<b>ARBY'S®</b>		
Roast Chicken Ranch Sandwich	9	<b>340</b>
Ham and Swiss Melt	8	<b>300</b>
Regular Roast Beef	13	<b>350</b>
Junior Roast Beef	9	<b>300</b>

<b>BOSTON MARKET®</b>		
4 ounces roasted turkey breast	2.5	<b>150</b>
Garlic Dill New Potatoes	3	<b>140</b>
Fresh Steamed Vegetables	2	<b>60</b>

<b>WENDY'S®</b>		
Mandarin Chicken® Salad w/ fat free French dressing	2	<b>250</b>
Grilled Chicken Go Wrap	10	<b>250</b>
Junior Hamburger	8	<b>230</b>
Small Chili	6	<b>190</b>
Ultimate Chicken Grill Sandwich	7	<b>350</b>
Plain Baked Potato	0	<b>270</b>

<b>MCDONALD'S®</b>		
Premium Grilled Chicken Caesar Salad®	6	<b>220</b>
Low-fat Balsamic Vinaigrette dressing	3	<b>40</b>
Chipotle BBQ® or Honey Mustard® (grilled) snack wrap	9	<b>260</b>
Hamburger (single)	9	<b>250</b>

Food Items	Fat (g)	Calories
<b>BURGER KING®</b>		
Tendergrill® Chicken Sandwich	9	<b>380</b>
Whopper Jr.® (w/o mayo or cheese)	11	<b>260</b>
Tendergrill™ Garden Salad w/chicken and fat-free Ranch Dressing	9	<b>330</b>

<b>SUBWAY®</b>		
6" Veggie Delite®	2.5	<b>230</b>
6" Turkey Breast	3.5	<b>280</b>
6" Turkey and Black Forest Ham	4	<b>290-267</b>
6" Subway Club®	5	<b>320</b>
6" Oven Roasted Chicken	4.5	<b>320</b>

<b>KFC®</b>		
Grilled Chicken Breast	4	<b>180</b>
BBQ Baked Beans	1.5	<b>270</b>
Green Beans	0	<b>25</b>
Honey BBQ Sandwich	4	<b>310</b>
Roasted Chicken BLT Salad w/Lite Italian dressing	7 0	<b>200 35</b>
Roasted Chicken Caesar w/o croutons w/Fat-Free Ranch	6 .5	<b>190 10</b>

<b>DOMINOS PIZZA®</b>		
1/8 <sup>th</sup> of 12" Hand-Tossed Cheese Pizza	5	<b>170</b>



## To do:

### I will:

- ☐ Keep track of my weight, eating and activity.
- ☐ Work toward solving an **eating out problem**.
  - Describe a problem that I have when I eat out:  
\_\_\_\_\_
  - Choose one of the four keys to healthy eating out that I will use to solve my problem: \_\_\_\_\_
  - Make and follow a Positive Action Plan:

I will... \_\_\_\_\_

When? \_\_\_\_\_

I will do this first \_\_\_\_\_

Roadblocks that might come up:    I will handle them by:

\_\_\_\_\_  
\_\_\_\_\_

I will do this to make my success more likely: \_\_\_\_\_

\_\_\_\_\_

How can my lifestyle coach help me? \_\_\_\_\_

- ☐ Evaluate my plan. Did it work? If not, what went wrong?  
What could I do differently?
- ☐ Review my progress so far.



## Session 9: The Slippery Slope of Lifestyle Change

### Progress Review

Changes you've made to be more active:

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---



Changes you've made to eat less fat (and fewer  
calories):

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---

Have you reached your weight goal?

☐ Yes

☐ No

Have you reached your activity goal?

☐ Yes

☐ No

If not, what will you do to improve your progress?

---

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## The Slippery Slope of Lifestyle Change

### **"Slips" are:**

- Times when you don't follow your plans for healthy eating or being active.
- A normal part of lifestyle change.
- To be expected.

**Slips don't hurt your progress.**

**What hurts your progress is the way you react to slips.**

What things cause you to slip from healthy eating? \_\_\_\_\_

---

---

---

What things cause you to slip from being active?

---

---

---

What causes you to slip is learned. It is a habit. The way you react to slips is also a habit.

**You can learn a new way to react to slips  
to get back on your feet again.**



## What to Do After a Slip

**First, remember two things:**

**1. Slips are normal and to be expected.**

99.99% of all people on their way to losing weight and being more active have slips.

**2. No one time of eating too much or not being active, no matter how extreme, will ruin everything.**

The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

**So after you slip: 1. Talk back to negative thoughts with positive thoughts.**

Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."

**2. Ask yourself what happened.**

Learn from the slip. Can you avoid it in the future? Manage it better?

**3. Regain control the very next time you can.**

Do not tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

**4. Talk to someone supportive.**

Talk with a family member or call a friend. Discuss your new strategy for handling slips. Commit yourself to renewed effort.

**5. Focus on all the positive changes you've made.**

You are making life-long changes. Slips are just one part of the process.



## Self-defeating thoughts

Everyone has negative thoughts at times. Negative thoughts, which include excuses and rationalizations, can lead you to overeat or be inactive. A vicious cycle of self-defeat can result.

### Example:

*Thought:* "I'm tired of working so hard. I'm sick of being in this program. I can never eat what I want."

*Result:* You eat potato chips.

*Thought:* "I did it again. I'll never lose weight."

*Result:* You feel discouraged and eat more.

### Some common negative thoughts:

### Example(s)

<b>Good or Bad</b>	Divide the world into: <ul style="list-style-type: none"> <li>• Good or bad foods;</li> <li>• Seeing yourself as a success or failure;</li> <li>• Being on or off the program.</li> </ul>	"Look at what I did. I ate that cake. I'll never be able to succeed in this program."
<b>Excuses</b>	Blame something or someone else for our problems. We don't mean to go off the program, but we "can't help it."	"I don't have the willpower." "I have to buy these cookies just in case company drops in."
<b>Should</b>	Expect perfection. A set-up for disappointment. Lead to anger and resentment.	"I should have eaten less of that dessert."
<b>Not As Good As</b>	Compare ourselves to someone else. Blame ourselves for not measuring up.	"Mary lost two pounds this week, and I only lost one."
<b>Give Up</b>	Defeat ourselves. Often follow the other kinds of negative thoughts.	"This program is too hard. I might as well forget it."





## How to Talk Back to a Negative Thought






1. Catch yourself. Think, "I'm doing it to myself."
2. Imagine shouting, "STOP!" to yourself. Picture a huge, red stop sign.
3. Talk back with a positive thought.

Negative thought:	Talk back with a positive thought:
<b>Good or Bad</b> <ul style="list-style-type: none"> <li>• "I can never eat dessert again."</li> <li>• "Look at what I did. I ate that cake. I'll never succeed."</li> </ul>	<b>Work toward Balance</b> <ul style="list-style-type: none"> <li>• "I can eat that dessert and then cut back on something else."</li> <li>• "One slip-up isn't the end of the world. I can get back on track."</li> </ul>
<b>Excuses</b> <ul style="list-style-type: none"> <li>• "It's too cold to take a walk."</li> <li>• "I don't have the willpower."</li> </ul>	<b>It's Worth a Try</b> <ul style="list-style-type: none"> <li>• "I can try going for a walk and stop if it gets too cold."</li> <li>• "It's hard to change old habits, but I'll give it a try and see how it works."</li> </ul>
<b>Should</b> <ul style="list-style-type: none"> <li>• "I should have eaten less dessert."</li> <li>• "I have to write down everything I eat."</li> </ul>	<b>It's My Choice</b> <ul style="list-style-type: none"> <li>• "It was my choice. Next time I can decide not to eat so much."</li> <li>• "I'm writing down everything I eat because it helps me eat better."</li> </ul>
<b>Not As Good As</b> <ul style="list-style-type: none"> <li>• "Mary lost two pounds this week, and I only lost one."</li> </ul>	<b>Everyone's Different</b> <ul style="list-style-type: none"> <li>• "It's not a race. Mary and I can lose weight at different rates and both succeed."</li> </ul>
<b>Give Up</b> <ul style="list-style-type: none"> <li>• "This program is too hard. I might as well forget it."</li> <li>• "I'll never get it right."</li> </ul>	<b>One Step at a Time</b> <ul style="list-style-type: none"> <li>• "I've learned something about what's hard for me."</li> <li>• "I'll try something different next time."</li> </ul>



## Practice:

1. Write examples of negative or self-defeating thoughts below.
2. Say each thought out loud, then say, "Stop!"
3. Talk back, again out loud, with a positive thought. Write it down.

Negative Thought	STOP!	Positive Thought
		
		
		
		
		



## Slips from Healthy Eating

Describe one thing that has caused you to slip from healthy eating:

\_\_\_\_\_

Can you avoid it in the future? If so, how? \_\_\_\_\_

\_\_\_\_\_

If not, make a plan for how to get back on your feet the next time you slip:

I will ... \_\_\_\_\_

When? ... \_\_\_\_\_

I will do this first ... \_\_\_\_\_

Roadblocks that might come up

I will handle them by:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will do this to make my success more likely: \_\_\_\_\_

\_\_\_\_\_

How can we help you? \_\_\_\_\_

\_\_\_\_\_



## Slips from Being Active

Describe one thing that has caused you to slip from being active:

\_\_\_\_\_

Can you avoid it in the future? If so, how? \_\_\_\_\_

\_\_\_\_\_

If not, make a plan for how to get back on your feet the next time you slip:

I will ... \_\_\_\_\_

When? ... \_\_\_\_\_

I will do this first ... \_\_\_\_\_

Roadblocks that might come up

I will handle them by:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will do this to make my success more likely: \_\_\_\_\_

\_\_\_\_\_


How can we help you? \_\_\_\_\_

\_\_\_\_\_



## To do:

### I will:

- ☐ Keep track of my weight, eating and activity.
- ☐ Catch myself thinking negative or self-defeating thoughts. Write them in my Keeping Track books.
- ☐ Practice  -ping them and talking back with positive thoughts.
- ☐ Try my two action plans for handling slips.
- ☐ Answer these questions:

Did my action plans work? \_\_\_\_\_  
\_\_\_\_\_

If not, what went wrong? What could I do differently? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Mental Gremlins

What are your thoughts when you “slip” in your efforts to make a lifestyle change? The way you talk to yourself can make all the difference.

Do you recognize the voices of any of the “mental gremlins” below?  
Example: You worked long hours this week and over-ate fast food on 3 nights.

### Mental Gremlins

- **The Scolder** (“You did it again! Stupid! When will you ever learn?”)
- **The Labeler** (“Face it. You’re a fast food junkie.”)
- **The Threat Maker** (“Okay. No food for you tomorrow.”)
- **The Commander** (“You’ve got a meal plan to follow. So just do it!”)
- **The Lecturer** (“You know better. This always happens. You should’ve brought something low-fat from home.”)
- **Mr. or Ms. Sarcasm** (“Brilliant! Lock you up and throw away the key, and then you might lose weight.”)
- **The Comparer** (“What’s the big deal? Sue can work all night and not eat a thing.”)
- **The Worrier** (“With your bad habits, you’ll never lose weight.”)
- **The Quitter** (“You blew it! Might as well give up trying.”)

### Here’s how to talk back to those nasty mental gremlins.

1. First, describe what you did *right*. “On four days this week, I stayed under my fat and calorie goals.”
2. Give information without insult. Instead of describing what you did wrong, point out what still needs to be done. “I need to make a plan for dinner on nights when I work late.”
3. Offer yourself a choice. “Next time I work late, I can get a turkey sandwich around the corner at the sandwich shop. Or plan what I’m going to eat at McDonald’s and use the drive-through so I’m not tempted to overdo it.”
4. Say it with a word or two. Next time you work late, think: “Drive-through.”
5. Describe what you feel, without reference to your character. “I’m disappointed and frustrated that I went back to old habits.”
6. Put it in writing. Put a note on your car’s dashboard: “Drive-through.”
7. Believe in yourself. Keep the faith. Say to yourself with a confident tone of voice, “I can do this.”



## Practice

Describe an example "slip" from your own life: \_\_\_\_\_

\_\_\_\_\_

What do your "mental gremlins" say? \_\_\_\_\_

\_\_\_\_\_

### Practice talking back:

1. Describe what you did *right*. \_\_\_\_\_

2. Give information without insult (point out what still needs to be done). \_\_\_\_\_

3. Offer yourself a choice. \_\_\_\_\_

4. Say it with a word or two. \_\_\_\_\_

5. Describe what you feel (no reference to character).  
\_\_\_\_\_

6. Put it in writing. \_\_\_\_\_

7. Believe in yourself. Say to yourself in a confident tone, "I can do this." \_\_\_\_\_  
\_\_\_\_\_



## **Session 10: Jump Start Your Physical Activity Plan**

### **Stepping Up Your Activity with a Pedometer**

#### **What is a Pedometer?**

Pedometers are wonderful tools that measure your movement such as walking or climbing stairs (in the form of steps) throughout the day. Using a pedometer as part of your daily routine can give you a better idea of how much total movement you get in a day or week. This total movement includes both your spontaneous/unstructured activity and the planned activity we talked about in session 4.

#### **How Does a Pedometer Work?**

When worn correctly, your pedometer records a step each time your foot hits the ground. All your steps throughout the day, including activities such as vacuuming, walking around the house, or brisk walking outside, are added together to give you a total step amount for that day.

#### **How Do I Wear It?**

Attach the pedometer to your belt or waistband near the front of your hipbone, in line with your kneecap. Specific instructions on how to wear a pedometer are found on the next page.

#### **What can I do with a Pedometer?**

Using your pedometer, there are several different tests that you can do to learn about your current levels of physical activity and movement. These are described below. There are also challenges provided that are designed to help you increase your current activity levels. As you know, achieving your planned activity goal each week will add to your total number of steps.





## Pedometer Instructions

### Pedometers

Using a pedometer can be fun and provides useful feedback about your physical activity levels. Starting tomorrow, try wearing your pedometer.

**Wear the pedometer, and record your steps every day.**

- Clip the pedometer to your clothes at your waist when you first get up in the morning and reset it to zero. (See picture.)
- Make sure it is securely attached and worn firmly against your body so that it does not jiggle.
- Do not let it flop around in a pocket or on your purse.
- **Make sure to keep it upright.**



- Make sure that you **do not let the pedometer get wet**. Don't wear it in the rain or while bathing or swimming.
- Take the pedometer off at night before you go to sleep.
- Write down the number of steps you took that day in your Keeping Track book.

### Important:

1. Be sure to reset the pedometer to zero every morning.
2. Don't open the case. If you think the batteries may need to be changed, return the pedometer to your lifestyle coach.
3. Don't get the pedometer wet. Don't swim or shower with it on. Keep it under your coat if you are walking in the rain or snow.
4. Don't forget to write down your total step number in your Keeping Track book at the end of each day.



## Get to Know Your Pedometer and Activity Levels

### 100 Step Test to check the Accuracy of the Pedometer

Use this test to see if you're wearing the pedometer correctly:

1. Clip the pedometer at your waist
2. Reset it to zero and close the cover
3. Walk 100 steps
4. Open the pedometer and check how many steps were recorded

**100 steps = Perfect**

**95 or 105 steps = Good ( $\pm 5\%$  error)**

**90 or 110 steps = Acceptable ( $\pm 10\%$  error)**

**85 or 115 steps = Unacceptable ( $\pm 15\%$  error)**

If you find that your pedometer is giving you unacceptable readings, move the pedometer to a different spot along your waistband or even to the small of your back. Make sure that it's attached firmly against your torso and does not flop around. You should wear your pedometer in the spot that gives you the most reliable results. As you lose, or if you gain large amounts of weight, you may need to do the 100-Step Test again to make sure that you're still getting accurate results.

### How many steps do you average in a week?

Wear your pedometer and log the number of steps taken for seven consecutive days in the 7-day physical activity log below.

#### ~ 7-Day Physical Activity Log~

Su	Mo	Tu	We	Th	Fr	S
steps	steps	steps	steps	steps	steps	steps

Add your step counts for the 7 days and divide by 7 to get your



#### Average Daily Steps

Steps = \_\_\_\_\_

## Measure a Mile

- Wearing your pedometer, go to a track or find a level surface (a sidewalk or street) where you can walk one mile.
- Reset your pedometer to zero, walk the mile, and record the number of steps it took. This number can be used in the future to estimate distance based upon the number of steps you walked in that mile.

*Keep in mind that it takes on average about 2000 steps to walk a mile, but this will vary from person to person. For example, a taller person will take fewer steps than a shorter person when walking one mile because of his/her longer stride-length.*

It takes me \_\_\_\_\_ steps to walk one mile.

## Step Credit for Activities That Are Not Recorded By the Pedometer

There are some types of physical activity that aren't recorded by the pedometer or situations where the pedometer cannot be worn since the activity happens in water. The two most common examples are biking and water activities like swimming and rowing. However, you can crudely estimate a "step" credit for these activities to add to your daily pedometer count.

Follow the instructions below to determine your step credit:

1. Determine how many steps you take to walk one mile (shown above). [FYI: At a normal walking pace (3 miles/hour), it takes about 20 minutes to walk a mile].
2. Take your number of steps from #1 and divide it by two. This will give you the number of steps you took in 10 minutes. (Don't worry if you took a little more or less than 20 minutes to walk the mile. Remember, this is an estimate).
3. When you bike or perform water activities, for every continuous 10 minutes of that activity, credit yourself the number of steps you calculated in #2.

### Step Credit Example

It takes Jane **2,000** steps to walk one mile

**2,000** divided by 2 = **1,000**

**1,000** is then the number of steps that Jane can record for every **10 minutes** of "non-pedometer" activities like biking, swimming, or rowing

## Weekend vs. Weekday

Some people tend to be more active during the week while others are typically more active on the weekends. What is your pattern?

- Wear your pedometer and record the number of steps on your pedometer each day throughout the work week (Mon-Fri).
- At the end of the work week, add up the number of steps taken during those 5 days and divide by 5. This is your weekday average.
- Similarly, add your Saturday and Sunday totals and divide by two for your weekend average.
- Are you more active during the work week or on the weekend? Did your answer surprise you?

I am more active on the weekend\_\_\_\_\_ during the work week\_\_\_\_\_.

## Develop an Active Head

- Wearing your pedometer, pick two days during the week that are likely to be similar from a physical activity/movement point of view.
- On the first day, your **Normal Day**, go about your day as normally as possible.
- On the next day, your **Lifestyle Day**, try to incorporate as many short bursts of physical activity as possible without making any major changes to your day. Turn any spare second that you can into an "active second". Taking the stairs instead of using the elevator or walking across the hall to talk to your colleague instead of using the email or phone are two examples of ways to add these short bursts of activity into your day. Think of other ways that might work for you.

Day 1: Normal Day	Day 2: Lifestyle Day
Total # of steps= _____	Total # of steps= _____

Compare the number of step taken on these two days. Do they differ? What short bursts of lifestyle activity were you able to incorporate in the **Lifestyle Day**? Could you continue to do them?

## Mixing it Up



**To prevent boredom, there are many ways to mix up your activity**

<b>Ways to Mix It Up:</b>	<b>Examples:</b>
<b>Add Variety:</b> <ul style="list-style-type: none"><li>• Do something new</li><li>• Do the same activity in a new place or at a new time</li><li>• Be active as a way to be social/Be active with someone new</li></ul>	
<b>Make Being Active Fun</b> <ul style="list-style-type: none"><li>• Dance</li><li>• Listen to music or books on tape while being active</li><li>• Look for active events such as a walking tour or group bike ride</li></ul>	
<b>Challenge yourself</b> <ul style="list-style-type: none"><li>• Try adding more steps to your day</li><li>• Train for an event such as a walk-a-thon or challenging hike</li></ul>	



## The F.I.T.T. Principle

Physical activity is a complex behavior that is made up of several factors. It is not just about what type of activity you do, but how long you do it each time, how often you do it in a week or month, and how hard you perform the activity.

An easy way to remember this is the acronym, **F.I.T.T.**, which stands for **F**requency of activity, **I**ntensity of activity, **T**ype of activity and **T**ime of activity. We have already discussed frequency, type of activity and time/duration of your activity program. Intensity is the final part of this puzzle.

	What to Do:
<b>Frequency</b> How often are you active?	Try to be active on most days of the week (at least 3 days per week is recommended, 5 to 7 days are even better).
<b>Intensity</b> How hard are you working while being active: how fast your heart beats? <i>Intensity of your physical activity is the topic for the rest of this session.</i>	<ul style="list-style-type: none"><li>• Stay within your target heart rate (Your target heart rate is ____ to ____ beats per minute).</li><li>• Breathe fast enough that you can talk, but not sing. If you can break into song, speed it up! If you have trouble breathing and talking, slow down.</li><li>• As you do regular activity over time, your heart won't beat as fast for the same effort. You'll need to do more challenging activity to reach your target heart rate.</li><li>• Slowly increase the intensity of your workout</li></ul>
<b>Type of Activity</b> Aerobic activity is the foundation of this program	<ul style="list-style-type: none"><li>• Heart fitness activities—those that challenge your heart.</li><li>• Use larger muscles such as your legs. Example: Brisk walking, swimming</li></ul>
<b>Time</b> How long are you active?	<ul style="list-style-type: none"><li>• Stay active for at least 10 minutes at a time.</li><li>• Increase slowly.</li></ul>

## **Determining Your Activity Intensity Level**

So far, you have focused on the “time” part of your aerobic activity program. Your goal was to gradually achieve a foundation of aerobic activity of at least 150 minutes spread out over the week. But how about intensity, how hard are you working?

### **Physical Activity Intensity**

Physical activity intensity is the level of effort you exert during a workout or activity. It’s how hard you are performing that activity. Increasing the intensity of your physical activity will help you to improve how well your heart works.

Your heart is a muscle, too. If you exercise your heart (make it beat faster), it will become stronger over time. This is just like the muscles in your arm becoming stronger if you lift weights every day.



As your heart becomes stronger, you’ll notice that it’s easier for you to do things like walking up stairs and carrying groceries. This is because, as your heart becomes stronger over time, your aerobic fitness will improve. “Aerobic fitness” refers to how well your heart can pump oxygen through your blood to your muscles, like those in your arms and legs.

There are two ways that you can measure your physical activity intensity, one is **heart rate** and the other is **rate of perceived exertion or RPE**. Since breathing rates and amount of sweat are highly individual during exercise, heart rate tends to be a more reliable indicator of **physical activity intensity**

Let’s talk in more detail about intensity of activity and specifically how to estimate your physical activity intensity by either taking heart rate or by your rate of perceived exertion.

**Please keep in mind that you should check with your Primary Care Provider if you plan to make major increases in the intensity of your activity.**



## Estimating the Intensity of Your Workout by Taking Your Heart Rate

First, you will calculate your **target heart rate**. This is the range that you will aim to achieve during your physical activity workout.

**To figure your target heart rate:**

1. Subtract your age from 220.	1. $220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$
2. Multiply the result by 0.5. This is the <b>low end of the target</b> .	2. $\underline{\hspace{2cm}} \times 0.5 = \underline{\hspace{2cm}}$
3. Multiply the result by 0.7. This is the <b>high end of the target</b> .	3. $\underline{\hspace{2cm}} \times 0.7 = \underline{\hspace{2cm}}$

Your target heart rate is  $\underline{\hspace{2cm}}$  to  $\underline{\hspace{2cm}}$  beats per minute.

Divide these numbers by 4 to get your target heart rate in beats per 15 seconds.

Your target heart rate is  $\underline{\hspace{2cm}}$  to  $\underline{\hspace{2cm}}$  beats per 15 seconds.

**To measure your exercise heart rate, you will need a clock, watch, or stopwatch with a second hand.**

- Take your pulse while you are in the middle of your activity, long after your warm up. Be sure to keep moving, rocking side-to-side.
- Use your index and middle fingers. Don't use your thumb, which has a pulse of its own.
- Place them on your wrist, just above the base of the thumb.
- Or place the tips of the fingers on your neck, just on either side of the Adam's apple. (This is a less desirable option) Don't press too hard on the neck or you may feel dizzy or light headed.
- Count the number of beats for 15 seconds. Multiply this number by 4 to get your heart rate in beats per minute.
- Your exercise heart rate is:  $\underline{\hspace{2cm}}$ . Is it within your target heart rate range?





Rate yourself on the following scale while you are being active.

6		12		16		20
●	●	●	●	●	●	●
Very, Very Light?	Very Light?	Fairly Light?	Somewhat Hard?	Hard?	Very Hard?	Very, Very Hard?
<p><b>Examples:</b></p> <div> <div> <p>"I'm not working hard at all. I can talk and even sing easily."</p> </div> <div> <p>"I'm working and breathing harder than usual. I can still talk easily"</p> </div> <div> <p>"I'm working and breathing somewhat hard. I can talk fairly easily."</p> </div> <div> <p>"I'm working hard and breathing deeply. I can still talk."</p> </div> <div> <p>"I'm working very hard. I can't catch my breath or talk."</p> </div> </div>						
<p>➔ <b>Stay in This Range</b> ➔</p>						

# Adding Steps to Your Day

There are many simple ways you can add steps throughout your day. Below are some fun facts and tips that will enable you to add steps to your day without going out of your way.

## At Home

- ♥Make an after-dinner walk a family tradition.
- ♥Walk your dog.
- ♥Try to take half of your goal steps by noon.
- ♥Get up and move around once every 30 minutes
- ♥If you make a call, walk while you talk.
- ♥Reward your family for meeting step goals with fun activities.
- ♥For every one hour of television programming there are 17 minutes of commercials, walk around your house during the television commercials.
- ♥Take a walk while your kids are playing sports.
- ♥Walk to your neighbor or friend's house instead of calling.
- ♥Start a walking club with your neighbors or friends.
- ♥Turn off the television and do an active family activity.
- ♥Take a walk and pick up litter in your neighborhood or in a park.
- ♥Plan active weekends (longer walks, scenic hikes, playing in the park).
- ♥Plan walks into your day, for example, with a friend at the beginning of the day, and with your family at the end of the day.

## On the Town

- ♥Park farther away in store parking lots.
- ♥Avoid elevators and escalators – try the stairs instead.
- ♥Plan active vacations.
- ♥Walk at the airport while waiting for your plane, and avoid the people movers.
- ♥Walk your grocery cart back to the store.
- ♥Walk, don't drive, for trips less than one mile
- ♥Take several trips to unload groceries from your car.
- ♥Avoid the drive-through at the bank. Instead, walk inside.

## At Work

- ♥Get off the bus earlier and walk farther to work.
- ♥Take several 10-minute walks during the day.
- ♥Host "walking" meetings.
- ♥Start a break-time walking club with your coworkers.
- ♥Walk a few laps on your floor during breaks, or go outside and walk around the block.
- ♥Get up and move at least once every 30 minutes.
- ♥Choose the farthest entrance to your building, then walk the long way to your office.
- ♥Take a longer route to your meeting.
- ♥Walk during your lunch break.
- ♥Take 5 minute walking breaks from your computer.
- ♥Take the stairs rather than the elevator or the escalator.
- ♥Walk to a colleague's office rather than calling or sending an email.
- ♥Park farther away in the morning or when you go to lunch.
- ♥Walk to a restroom, water fountain, or copy machine on a different floor.



## To Do:

### I will:

- ☐ **Keep track** of my weight, eating and activity.
- ☐ Complete the 100-Step Test
- ☐ Wear my **pedometer**, and calculate my average steps per day.  
What are your average step counts **per day** \_\_\_\_\_?  
How many steps does it take you to walk a mile \_\_\_\_\_?
- ☐ Take my **heart rate** (pulse) every time I'm active.  
**Adjust how hard I'm working** while I'm active so that I stay within my target heart rate range of:  
between \_\_\_\_\_ and \_\_\_\_\_ beats per minute  
(between \_\_\_\_\_ and \_\_\_\_\_ beats per 15 seconds)  
OR
- ☐ **Estimate** how hard I am working at this level using RPE.
- ☐ Try a lifestyle activity challenge.



## Session 11: Make Social Cues Work *for* You

### **Social cues:**

What other people say or do that affects your eating and activity.

<b>Problem Social Cues:</b>	<b>Examples:</b>
The sight of other people eating problem foods or being inactive.	
Being offered (or pressured to eat) problem foods or invited to do something inactive.	
Being with peers who are rarely active	
Being nagged	
Hearing complaints	

<b>Helpful Social Cues:</b>	<b>Examples:</b>
The sight of other people eating healthy foods or being active	
Being offered healthy foods or invited to do something active	
Being praised	
Hearing compliments	

When you respond to a social cue in the same way, you build a habit.

The other person has *also* learned a habit. This makes social cues even harder to change than other cues.



## To Change Problem Social Cues:

### 1. Stay away from the cue, if you can.

- Example: Move to a different room.

### 2. Change the cue, if you can.

- Discuss the problem with the other person.
- Brainstorm options.
- Tell the other person about this program and your efforts to lose weight and be more active.

#### Ask others to:

- Praise you for your efforts and
- Ignore your slips.

**This is KEY to your success.**

### 3. Practice responding in a more healthy way.

- Say "No" to food offers.
- Show others you know they mean well.
- Suggest something they can do to help you.
- *Example:* "No, thanks. But I'd love a glass of ice water."

**Remember, it takes time to change habits.**



## To Add Helpful Social Cues:

- Spend time with people who are active and make healthy food choices.
- Put yourself in places where people are active.
- Set up a regular “date” with others to be active.
- Ask your friends to call you to remind you to be active or to set up dates to be active.
- Bring a low-fat/calorie food to share when you go to a dinner party.
- When it’s appropriate, be the first to order when you eat out at a restaurant.
- Be social by doing something active. Take a walk and talk.
- Others:

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## Who Could Provide Support for You?

For healthy eating: \_\_\_\_\_

For being more active: \_\_\_\_\_

What could they do to help you? Here are some ideas.

Ways to help me eat healthy:	Ways to help me be more active
<input type="checkbox"/> Serve low-fat/calorie foods for meals	<input type="checkbox"/> Go for a walk with me. Or do other physical activities with me.
<input type="checkbox"/> Eat low-fat/calorie foods when I'm nearby	<input type="checkbox"/> Plan social events around being active
<input type="checkbox"/> Don't tempt me with problem foods as a reward or gift.	<input type="checkbox"/> Compromise when my being active conflicts with your schedule.
<input type="checkbox"/> Clear the table and put food away as soon as the meal is over.	<input type="checkbox"/> Praise me when I do my scheduled activity. Don't remind me when I don't.
<input type="checkbox"/> Help with cooking, shopping, or cleaning up after meals	<input type="checkbox"/> Baby-sit for me so I can take a walk.
<input type="checkbox"/> Don't offer me second helpings	<input type="checkbox"/> Set up a regular date with me to be active.
<input type="checkbox"/> Encourage me to cook new foods.	<input type="checkbox"/> Encourage me to go out for a walk when I'm debating whether or not to go.
<input type="checkbox"/> Praise my efforts to eat healthier foods	<input type="checkbox"/> Try to achieve and maintain the program goals with me.
<input type="checkbox"/> Other:	<input type="checkbox"/> Other:



## Social Cues are Powerful at Social Events

### Social events:

- Upset our routine.
- Challenge us with unique food and social cues.
- May involve habits that have developed over many years and so can be very powerful.

To handle social events problem solve. Brainstorm your options.

Options:	Examples:
Plan Ahead.	<ul style="list-style-type: none"> <li>■ Eat something before an event.</li> <li>■ Plan your meal in advance.</li> <li>■ Budget your fat grams ahead of time. Plan to eat the best (in small portions) and leave the rest.</li> <li>■ Bring a tasty, low-fat dish to share.</li> </ul>
Stay Away from Problem Cues.	<ul style="list-style-type: none"> <li>■ Stand as far away as you can from the table with the food. Keep your hands busy with a glass of water, coffee, tea, or diet soda.</li> <li>■ Watch the alcohol. It lowers your willpower and increases appetite.</li> <li>■ Clear the table as soon as possible. Put the food away.</li> </ul>
Change Problem Cues.	<ul style="list-style-type: none"> <li>■ Discuss your goals with your family, friends, guests, host or hostess.</li> <li>■ Ask others to praise your efforts and ignore your slips.</li> </ul>
Respond to Problem Cues in a More Healthy Way.	<ul style="list-style-type: none"> <li>■ Practice a polite, but firm, "No, thank you."</li> <li>■ Suggest something else they can do to help you. "No thanks, but I'd love a glass of ice water."</li> </ul>
Add Helpful Cues.	<ul style="list-style-type: none"> <li>■ Serve healthy foods or bring some to share.</li> <li>■ Use low-fat products to lower the fat in favorite recipes.</li> <li>■ Try some new, low-fat recipes.</li> <li>■ Ask a friend or family member for support (split-dessert with you, take a walk together, offer you healthy food choices).</li> <li>■ Plan things to do that are active and don't involve food.</li> </ul>





## Describe a Social Cue That's a Problem for You

Pick one idea from this session for changing that social cue. Choose one that is likely to work and that you can do.

### Make a positive action plan.

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up

I will handle them by:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will do this to make my success more likely: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can we help you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## Positive Social Cues You'd Like to Add to Your Life

Pick one idea from this session for adding that social cue. Choose one that is likely to work and that you can do.

### Make a positive action plan.

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up:

I will handle them by:

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I will do this to make my success more likely:

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How can we help you?

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## To Do:

**I will:**

- ☐ **Keep track of my weight, eating, and activity.**
- ☐ **Add at least 250 steps per day.**

\_\_\_\_\_ plus 250 = \_\_\_\_\_  
Average steps per                      Goal for next week for  
day last week                      average steps per day

**Continue to record activity minutes.**

- ☐ **Try my two action plans for making social cues work for me.**

## Answer these questions:



Did my action plans work?

\_\_\_\_\_

If not, what went wrong?

\_\_\_\_\_

\_\_\_\_\_

What could I do differently next time?

\_\_\_\_\_

\_\_\_\_\_

- ☐ **Review my progress so far.**  
In the next session, we'll talk about your progress and set some goals for improvement.



## Getting Ready for the Holidays

**Planning ahead** is the key to staying active and eating healthy during the holidays.

1. Take time to think about potential problems in advance.
2. Write down the problem. List some possible solutions.
3. Choose the best strategy. Write it down.
4. Plan to reward yourself. Write down what you will do to earn the reward. Write down what the reward will be.

### Ten Ways to Get Ready for the Holidays

1. Plan pleasures other than food or drink.
2. Hold a family conference well before the holidays.
  - a. Are we going to have tempting high-fat/calorie foods in the house?
  - b. Get the family to agree not to nag you about what you eat or your activity plan.
  - c. Are there positive ways they can help?
  - d. What changes can be made to the holiday menus?
3. When you decide to eat a special high-fat/calorie food, choose quality, not quantity.
4. Plan ahead to be assertive with hosts. Let hosts know, in a clear and direct way, what you are planning to eat and not eat.
5. Eat something before you go to a party.
6. Decide what you want to do about alcohol. Alcohol increases appetite. It also lowers self-control. If you drink, are you aware of the calories involved?
7. Beware of fatigue, rushing, and tension. Look for early warning signals. Plan nonfood ways to cope, including exercise. Also, make plans to simplify.
8. Prepare for old friends or relatives you see only at holidays.
9. Plan for other pleasures *after* the holidays.
10. Make *reasonable* New Year's resolutions.





## Staying Active on Holidays

For most of us, staying active on holidays isn't easy. Holidays upset our routine. They also challenge us with unique social cues. What's more, holidays may involve inactive habits that have developed over many years.

### **The key to staying active on holidays is planning.**

Take a minute to think ahead about your next holiday.

- Where will you be?
- What might the weather be like?
- What days and times of the day will you have available for exercise?
- Are there nearby places to exercise?
- Who will you be with? Are they supportive of your being active?
- What kind of "holiday mind" thoughts might get in the way of staying active (e.g., I'm off from work now)?
- If you are traveling, what gear or clothing will you need to pack?
- How can you make staying active extra fun and festive?

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up:

I will handle them by:

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I will do this to make my success more likely: \_\_\_\_\_



## Lifestyle Balance on Vacation

### Ways to Handle Vacations

#### 1. Plan pleasures other than food or drink.

- Plan the kind of vacation *you* want.
- Think about what you like to do for physical activity. Can you make that a part of your vacation?

#### 2. Hold a family meeting ahead of time.

- What did we like or dislike about our last vacation? What will we do this time? How will we handle food and eating out?
- Can we find a fun way to all be physically active this vacation? Get the family to agree not to nag you about your eating or activity. Talk about ways your family can help.

#### 3. Have reasonable expectations for your vacation.

- Keep track of your eating and activity.
- Weigh yourself often. But remember, scales differ. Plan to *maintain* your weight.
- Let go a little. Eat something special. (Choose the best. Have a small portion.) Get extra activity.



#### 4. If you tend to be tense on vacation:

- Avoid long periods when you're doing what others want and not what you want.
- Plan daily times to relax.
- Plan regular breaks while driving.

#### 5. Decide what you want to do about alcohol.

- Alcohol may lower self-control. If you drink, be aware of the calories.



#### 6. Balance rest with activity.

- Look for ways to be active that you enjoy.

#### 7. Prepare for friends or relatives you haven't seen in a while.

#### 8. Plan for pleasures *after* your vacation.



## Lifestyle Balance on Vacation: Problem Solving

Healthy eating and being active *are* possible on vacation.  
The key is to plan ahead:

1. What problems might come up?

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2. Choose one problem. List some possible solutions.

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3. Choose the best solution. What will you need to do to make that happen? How will you handle things that might get in the way?

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4. Plan to reward yourself. What will the reward be? What will you need to do to earn that reward?

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## Staying Active on Vacation

Vacation means freedom from the demands of work and home life. So it's easier to be active, right? Not always. The change of routine and surroundings can bring new challenges.

For most people, the key to staying active on vacation is **planning**.

Take a minute to think ahead about your next vacation.

- Where will you be?
- What might the weather be like?
- What days and times of the day will you have available for exercise?
- Are there nearby places to exercise?
- Who will you be with? Are they supportive of your being active?
- What kind of "vacation mind" thoughts might get in the way of staying active (e.g., I'm off now)?
- If you are traveling, what gear or clothing will you need to pack?
- How can you make staying active extra fun?

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up

I will handle them by:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will do this to make my success more likely: \_\_\_\_\_

\_\_\_\_\_





## Session 12: Ways to Stay Motivated

### Progress Review

Changes you've made to be more active:

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Changes you've made to eat less fat (and fewer calories):

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Have you reached your weight goal? ☐ Yes ☐ No

Have you reached your activity goal? ☐ Yes ☐ No

If not, what will you do to improve your progress?

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## Ways to Stay Motivated:

### 1. Stay aware of the benefits you've achieved and hope to achieve.

What did you hope to achieve when you started the Group Lifestyle Balance™ Program? Have you reached these goals?

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What would you like to achieve in the next three months?

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### 2. Recognize your successes.

What changes in your eating and activity do you feel proudest of?

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### 3. Keep visible signs of your progress.

- Post weight and activity graphs on your refrigerator door.
- Mark your activity milestones on a map toward a particular goal.
- Measure yourself (waist, belt size) once a month.

### 4. Keep track of your weight, eating and activity.

- Record your activity daily.
- Record what you eat: \_\_\_\_\_
- Record your weight on: \_\_\_\_\_

### 5. Consider whether you need to add variety to your routine.

Is it time for you to vary your activity?

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Are you feeling bored with your meals, snacks, or specific foods?

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Can you think of some ways to vary this part of your eating?

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## 6. Manage stress.

Stress is tension or pressure.

Many people react to stress by overeating or being inactive.

What kinds of things make you feel stressed?

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What is it like for you when you get stressed?

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**Use all the skills you have learned in the program  
to prevent or manage stress**

☐ **Practice saying, "No."**

- Try to say "Yes" only when it is important to **you**.

☐ **Share some of your work with others.**

☐ **Set goals you can reach.**

☐ **Take charge of your time.**

- Make schedules with the real world in mind.
- Get organized.

☐ **Use problem solving:**

- Describe the problem in detail.
- Brainstorm your options.
- Pick one option to try.
- Make an action plan.
- Try it. See how it goes.

☐ **Plan ahead.**

- Think about the kind of situations that are stressful for you.
- Plan for how to handle them or work around them.

☐ **Keep things in perspective. Remember your purpose.**

- Think of all of the good in your life.
- Remember why you joined the program.

☐ **Reach out to people.**

☐ **Be physically active.**



## When You Can't Avoid Stress:

Catch yourself feeling stressed as early as you can.

### Take a 10-minute "time out."

- Move those muscles.
- Pamper yourself. Just take 10 minutes for YOURSELF.
- Breathe.

Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.

The Group Lifestyle Balance Program may cause stress:

Possible Source of Stress	Way(s) to manage stress	Examples
Extra time spent in food preparation, shopping.	<ul style="list-style-type: none"> <li>• Share some of your work.</li> <li>• Take charge of your time</li> </ul>	<ul style="list-style-type: none"> <li>• Ask a spouse to help shop.</li> <li>• Make double recipes. Freeze part for later.</li> </ul>
Feel deprived when you can't eat favorite foods	<ul style="list-style-type: none"> <li>• Set goals you can reach.</li> <li>• Keep things in perspective.</li> </ul>	<ul style="list-style-type: none"> <li>• Allow yourself to have favorite foods in small amounts now and then.</li> <li>• Remind yourself how important preventing diabetes is to you.</li> </ul>
Your family doesn't like low-fat foods.	<ul style="list-style-type: none"> <li>• Reach out to people.</li> <li>• Use the steps for solving problems.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask your family to support your efforts to try new foods.</li> <li>• Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.</li> </ul>
You feel uncomfortable participating in social activities where high-fat foods are available.	<ul style="list-style-type: none"> <li>• Practice saying "No."</li> <li>• Reach out to people.</li> <li>• Plan ahead.</li> </ul>	<ul style="list-style-type: none"> <li>• Turn down invitations that aren't important to you.</li> <li>• Call the host of hostess ahead and ask what will be served and if you can bring a low-fat dish.</li> <li>• Before you go to the party, plan what foods you will choose.</li> </ul>
You feel stressed by trying to fit activity into an already busy schedule.	<ul style="list-style-type: none"> <li>• Plan ahead</li> <li>• Problem Solve</li> </ul>	<ul style="list-style-type: none"> <li>• Make an appointment to be active.</li> <li>• Combine activity with other events you plan to do anyhow (Take a walking meeting. Go hiking with the family.)</li> </ul>

## 7. Set new goals for yourself.

Develop ways to reward yourself when you meet each goal.

**Goals:** Specific, short-term, just enough of a challenge.

**Rewards:** Something you will do or buy **if and only if** you reach your goal.

What are some non-food ways you can reward yourself for reaching a goal?

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## 8. Create some friendly competition.

Set up the kind of competition in which you both win.

## 9. Use others to help you stay motivated.

Talk with a supportive family member or friend for encouragement.





## Stay Motivated

Choose one way to stay motivated that would be helpful to you now.

### Make a positive action plan.

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up

I will handle them by:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will do this to make my success more likely: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can we help you? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## How Do Successful Weight Losers Do It?

There's an old saying, "A path is made by walking on it."

Researchers have studied people who've lost weight and kept it off. What path did these successful weight losers "make by walking on it"? What steps did they take? What turns in the road did they navigate? Studies suggest the following:

Successful weight losers move from:	Toward:
Trying to fool themselves	→ Being honest with themselves
Looking for a "magic" cure	→ Recognizing that behavior change takes hard work and persistence.
Looking for a "cookbook" approach that applies to everyone.	→ Fitting the tried-and-true ways of losing weight into their own lifestyle.
Looking for someone else to fix their weight problem or take the blame for it	→ Taking "lonely responsibility" for doing what needs to be done or for not doing it.
Thinking of weight loss as an end in itself.	→ Thinking of weight loss as a part of an overall process of learning about themselves and their priorities.
Being afraid to fail and/or punishing when they do fail.	→ Being willing to make mistakes, learning from them and trying again.
Wanting to do it perfectly right away.	→ Being willing to settle for "small wins" and build on the positive, one step at a time.
Seeking approval or forgiveness from others.	→ "Owning" their own successes and mistakes.
Relying on willpower, control, or discipline.	→ Making choices one at a time, being flexible, and trusting themselves.
Blaming themselves or seeing the needs of others as more important than their own.	→ Maintaining a healthy self-interest.

Think about yourself. What path have you been on?

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What steps can you take now on your own path toward weight loss?

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## What's Your Pleasure?

It takes time and effort to build new eating and exercise habits. One way to keep going is to be sure there's enough pleasure in your life.

### List three things you enjoy doing but rarely do.

Choose things that are not related to food and that are easy to do. See the next page for ideas.

- 1.
- 2.
- 3.

### Schedule these pleasures into your life.

Get out a calendar. Make appointments with yourself.

As often as possible, schedule your pleasures for the following times:

- **When the "old you" might have rewarded yourself by overeating or being inactive.** (For example, if you used to eat ice cream or sit down in front of the TV after a hard day at work, plan to buy yourself flowers instead.)
- **Right after you've taken a challenging step toward change.** (For example, if you've been putting off enrolling in an aerobics class, plan to take a long, hot bath on the night after the first class.)
- **When you feel discouraged.** Remember, it takes time to change. You deserve to be good to yourself for all of the efforts you make.

Follow through with your plan...no matter how odd it feels.

Treat your appointments with yourself as seriously as you would those with someone else you care about.



## Let Me Count the Ways... To Be Good to Myself

- |  |   |  |
|--|---|--|
| 1. Soak in the bathtub.                            | 45. Arrange flowers.                                | 89. Play with animals.                               |
| 2. Plan my career.                                 | 46. Have sex.                                       | 90. Read fiction.                                    |
| 3. Collect shells.                                 | 47. Ride a motorcycle.                              | 91. Watch an old movie.                              |
| 4. Recycle old items.                              | 48. Practice religion (go to church, pray).         | 92. Go dancing.                                      |
| 5. Go on a date.                                   | 49. Go to the beach.                                | 93. Meditate.  |
| 6. Buy flowers.                                    | 50. Sing around the house.                          | 94. Play volleyball.                                 |
| 7. Go to a movie in the middle of the week.        | 51. Go skating.                                     | 95. Read nonfiction.                                 |
| 8. Walk or jog.                                    | 52. Paint.  | 96. Go bowling.                                      |
| 9. Listen to music.                                | 53. Do needle point, crewel, knitting, sewing, etc. | 97. Go the mountains.                                |
| 10. Recall past parties.                           | 54. Take a nap.                                     | 98. Think about happy moments in my childhood.       |
| 11. Buy household gadgets.                         | 55. Entertain.                                      | 99. See or show photographs or slides.               |
| 12. Read a humor book.                             | 56. Go to a club meeting.                           | 100. Play cards, checkers, etc.                      |
| 13. Think about my past trips.                     | 57. Go hunting.                                     | 101. Solve riddles.                                  |
| 14. Listen to others.                              | 58. Sing with groups.                               | 102. Have a political discussion.                    |
| 15. Read magazines or newspapers.                  | 59. Flirt.  | 103. Play softball.                                  |
| 16. Do woodworking.                                | 60. Play a musical instrument.                      | 104. Do crossword puzzles.                           |
| 17. Build a model.                                 | 61. Make a gift for someone.                        | 105. Shoot pool.                                     |
| 18. Spend an evening with good friends.            | 62. Collect postcards.                              | 106. Dress up and look nice.                         |
| 19. Plan a day's activities.                       | 63. Buy a record, tape, or CD.                      | 107. Think about how I've improved.                  |
| 20. Meet new people.                               | 64. Plan a party.                                   | 108. Buy something for myself.                       |
| 21. Remember beautiful scenery.                    | 65. Go hiking.                                      | 109. Talk on the phone.                              |
| 22. Save money.                                    | 66. Write a love poem.                              | 110. Kiss.   |
| 23. Go home from work.                             | 67. Buy clothes.                                    | 111. Go to a museum.                                 |
| 24. Practice karate, judo, yoga.                   | 68. Go sightseeing.                                 | 112. Light candles.                                  |
| 25. Think about retirement.                        | 69. Garden.   | 113. Get a massage.                                  |
| 26. Repair things.                                 | 70. Go to a beauty parlor.                          | 114. Say, "I love you."                              |
| 27. Work on my car or bicycle.                     | 71. Play cards, chess, etc.                         | 115. Take a sauna or steam.                          |
| 28. Remember the words and deeds of loving people. | 72. Buy a book.                                     | 116. Go skiing.                                      |
| 29. Wear sexy clothing.                            | 73. Watch children play.                            | 117. Have an aquarium.                               |
| 30. Have a quiet evening.                          | 74. Write a letter.                                 | 118. Go horseback riding.                            |
| 31. Collect coins.                                 | 75. Write in a diary.                               | 119. Do a jigsaw puzzle.                             |
| 32. Take care of my plants.                        | 76. Go to a play or concert.                        | 120. Go window shopping.                             |
| 33. Buy or sell stock.                             | 77. Daydream.                                       | 121. Send a greeting card to someone you care about. |
| 34. Go swimming.                                   | 78. Plan to go to school.                           | 122. Other ideas.                                    |
| 35. Doodle.  | 79. Go for a drive.                                 |  |
| 36. Collect old things.                            | 80. Listen to music.                                |  |
| 37. Go to a party.                                 | 81. Refinish furniture.                             |  |
| 38. Think about buying things.                     | 82. Make lists of things to do.                     |  |
| 39. Play golf.                                     | 83. Go bike riding.                                 |  |
| 40. Play soccer.                                   | 84. Take a walk in the woods.                       |  |
| 41. Fly a kite.                                    | 85. Buy a gift for someone.                         |  |
| 42. Have a discussion with friends.                | 86. Visit a national park.                          |  |
| 43. Have a family get-together.                    | 87. Take photographs.                               |  |
| 44. Take a day off with nothing to do.             | 88. Go fishing.                                     |  |



## My Personal Lifestyle Contract

**Congratulations on completing the weekly sessions of the Group Lifestyle Balance™ Program!**

Now is the time to set the goals that you will carry with you as we move into the next phase of the program.

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**What is my purpose now? Start by answering these questions.**

Why is reaching and staying at a healthy weight and being active important to me? \_\_\_\_\_

\_\_\_\_\_

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### Activity Goals

- I plan to do at least \_\_\_\_\_ minutes per week of moderate physical activity similar to brisk walking.
- I will slowly increase my steps until I reach an average of 7,000 or more per day.

\_\_\_\_\_ plus 250 = \_\_\_\_\_

Average steps per day last week.

Next week's goal for avg steps/day.

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## Weight Goal

My goal weight is \_\_\_\_\_ pounds.

To reach and maintain this weight, I plan to: \_\_\_\_\_

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If I regain weight, I plan to: \_\_\_\_\_

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## Keeping Track

I plan to weigh myself this often: \_\_\_\_\_

I plan to keep track of my ☐ physical activity minutes ☐ steps

☐ what I eat ☐ fat grams ☐ calories

This often: \_\_\_\_\_

On (e.g., calendar, notebook): \_\_\_\_\_

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## Social Support

I will seek support for my lifestyle goals by: \_\_\_\_\_

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## **To Do:**

### **I will:**

- ☐ **Keep track of my weight, eating, and activity.**
- ☐ **Continue to record activity minutes.**
- ☐ **Try to do the three things I enjoy doing listed on page but rarely do.**

Choose things that are not related to food and that are easy to do. See page 10 for ideas.

- 1.
- 2.
- 3.

**Schedule these pleasures into your life.**



## **Session 13: Preparing for Long-Term Self-Management**

### **What's Next?**

Now that you have reached this stage of the GLB program, you will continue to come to regular sessions but now they will occur bi-weekly and monthly. We will continue to work with you to take charge of your healthy behaviors with an eye toward your increasing independence. It is important that you make every effort to participate in each of these meetings because attendance at these sessions will likely increase your chances for meeting your weight loss and physical activity goals.

### **Why is it Important to Keep Coming for GLB Support?**

As you see your coach less often and you work on reaching and/or maintaining your personal weight and activity goals more and more on your own, you will discover new challenges that you may want to discuss with the group at these scheduled meetings.

We are confident that you will become more skillful in making long-term healthy lifestyle changes with the support, accountability and feedback provided in these sessions during the coming months. In a way, it is like a new driver in training, increasingly taking over the wheel of the car as the driving coach takes a back seat to the whole experience.

Each new meeting will give you a chance to:

- turn in self-monitoring records
- have a check-point for your current weight and physical activity levels
- get support and discuss plans for dealing with your biggest food and activity challenges
- benefit from the experience of your fellow group members
- reinforce all the self-management skills you have already learned
- learn new strategies for long term success

The goal of the GLB program is to provide you with the kind of information, skills and practice for healthy living that will last beyond the end of the program and, indeed, throughout your lifetime.

## Does Attendance Matter?

Research has shown that attendance really does matter. Psychologists at the University of Florida\* have studied factors related to long-term success in making changes in a behavioral lifestyle intervention program. The researchers concluded that regular participant attendance at group meetings over an extended period of time had a lot to do with personal success in achieving future lifestyle goals.

The participants who came to the most sessions were better at maintaining the necessary behavior changes and had the best weight loss in the final phase of the program. The researchers also found that improving problem solving skills was a key ingredient for success.

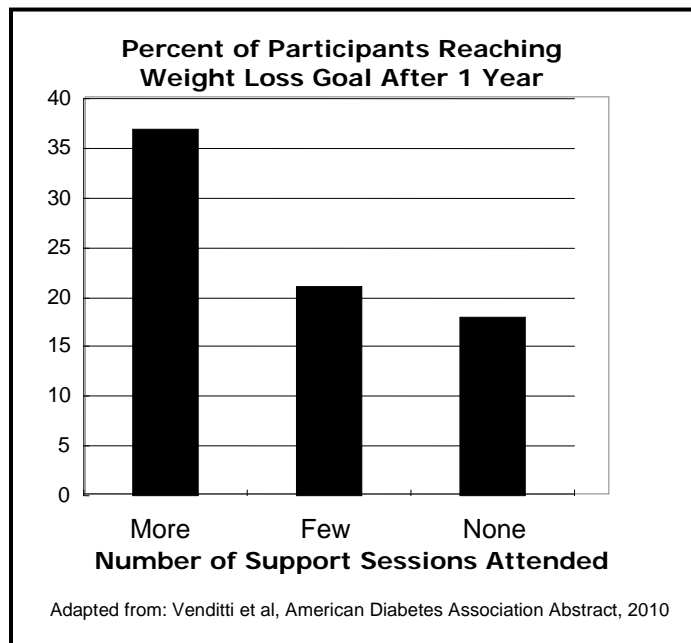
\* Perri MG et al, 2001, JCCP. 57, 717-721

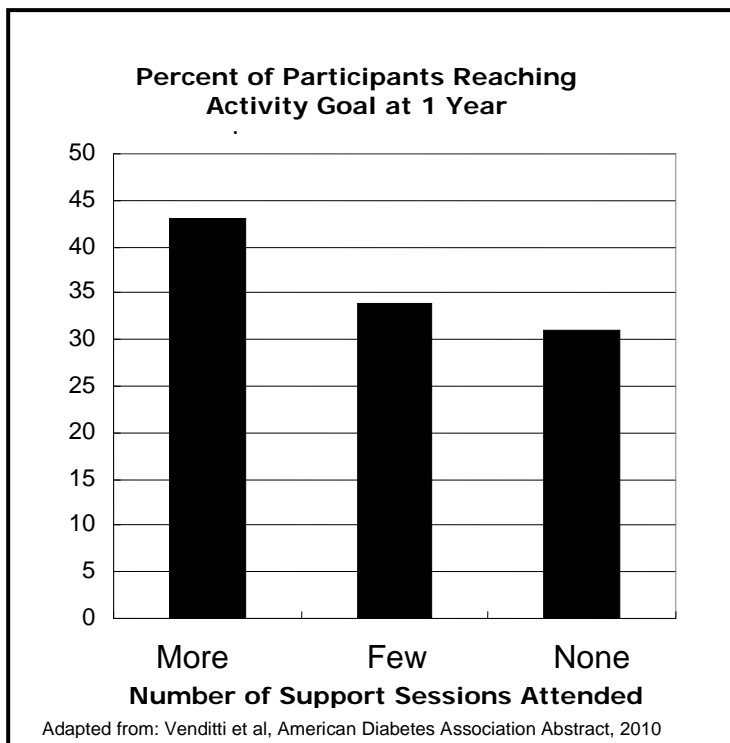
## Attendance Mattered in the Diabetes Prevention Program Too

We already know that Diabetes Prevention Program (DPP) lifestyle participants, on average, were successful in reaching their 7% weight loss and 150 minute weekly physical activity goals following their initial core program participation.

However, what do we know about predicting their future healthy lifestyle success? Did attendance at ongoing group sessions offered during the long-term follow-up of the DPP (Diabetes Prevention Program Outcomes Study or DPPOS) matter? Well, see for yourself!

The figure to the right shows that those participants who attended the most group sessions offered throughout the later years in the DPP (DPPOS) were more likely to be at their weight loss goals than those who attended only a few sessions or none at all.





Continuing to participate in lifestyle sessions was also important for achieving long-term physical activity goals. As you can see in the figure to the left, participants who attended the most DPPOS sessions were more likely to be at their physical activity goal at one year, compared with those who attended fewer or none.

*Maintaining your physical activity levels as you go forward in the future is another important factor in long-term healthy lifestyle success. As discussed earlier in session #4, a physically active lifestyle is important to your health and your ability to function properly. In addition, maintaining adequate physical activity levels plays a key role in future weight loss. Research studies have shown that individuals who continued to maintain their physical activity goals tended to maintain a healthier diet and were more successful with their weight loss goals than those who abandoned their physical activity program\*\*.*

**\*\*Catenacci and Wyatt. Nature Clinical Practice: Endocrinology & Metabolism. Vol 3, 2007.**

#### The Bottom Line

- Coming to the GLB sessions will improve your chances of meeting (and exceeding) the 7% weight loss and 150 minute weekly physical activity goals.
- The more often you reach your healthy lifestyle goals, the more likely you are to continue meeting those goals in the future.
- In other words, "Nothing breeds success like success."



## How Will I Prepare For Long-Term Success?

### We will count on you to:

- Keep coming to sessions (and let us know when you can't so we can make a plan for you to get materials)
- Do your best to keep reaching your eating and activity goals. That includes practicing on your own what you have learned at group meetings.
- Keep track of your eating, activity and weight according to the plan you made in Session 12
- Pay close attention to the things in your life that help or hurt your ability to stick to healthy lifestyle behavior change
- Share some of your challenges at the group sessions so that everyone can benefit and work on ways to be more successful
- Keep at it (even when the slope gets slippery)



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### You can count on us to:

- Continue providing information, tools and coaching support to help you succeed over the long haul
- Believe you can be independent and successful
- Always “hang in there” for you.

### Renew Your Commitment.

**Based on what we have discussed today, and my desire for long-term success, I commit to attending ongoing GLB sessions. I will work with my lifestyle coach and fellow group members in the ways described above.**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Lifestyle Coach: \_\_\_\_\_

## A Sneak Peak at What's Ahead (The Next Session)

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### To Do:

#### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat, drink, and your physical activity using the Keeping Track book (or preferred self-monitoring record). You may want to use your pedometer and record your steps.
- Be physically active for at least 150 minutes per week. Aim for an average of at least 50,000 steps per week.

#### Additional Notes:

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## **Session 14: More Volume, Fewer Calories**

Thus far in GLB, we have covered a number of nutrition topics that help you to balance your eating for healthy lifestyle success. Today we want to help you learn ways to feel fuller on fewer calories and how to choose foods that keep hunger in check.

Barbara Rolls, Ph.D., who holds the endowed Guthrie Chair of Nutrition at Penn State University, is the author of a popular book entitled, "Volumetrics: Feel Full on Fewer Calories" (HarperCollins Publishers, 2000). The information in this session is based on Dr. Rolls' research.

All foods provide a certain number of calories (energy) for a specific amount (volume) of food. This concept is called energy density.

- High-density foods provide a lot of calories in a small portion (volume) of food. Examples: crackers, chips, cookies, chocolate/candies, nuts, butter
- Low-density foods provide few calories per portion (volume) of food. Examples: non-starchy vegetables, nonfat milk, soup broth

For example, 1 cup of raw spinach (low-density) provides 7 calories but 1 cup of premium ice cream (high-density) provides 500 calories. They have the same amount or volume of food, but very different calories!

The basic idea of "Volumetrics" is to add volume to your meals by:

1. reducing fat
2. adding fiber
3. adding water
4. adding fruits and vegetables

**By increasing the volume of food, you will consume fewer calories, enjoy a satisfying portion of food, and keep hunger in check.**



## **How to Increase Volume in Your Meals**

### **Add water to the dishes you cook**

- Make soup, stews and casseroles
- Start meals with broth-based, low-fat soups
- Dilute fruit juice with water or soda water ( $\frac{1}{2}$  and  $\frac{1}{2}$ )

### **Add fruit to increase water and fiber**

- Choose whole fruits, fruits canned in water or juice, and frozen fruits
- Start your meal off with fruit. Half of a fresh grapefruit could be an appetizer
- Add fruit to your favorite yogurt
- Add strawberries, pears, or mandarin oranges to lettuce salads
- Add mango or fruit cocktail to rice
- Keep frozen fruit in your freezer; blend with yogurt for a great smoothie
- Add fruit to your breakfast cereal as a way to sweeten it
- Substitute applesauce/pureed prunes in baked goods and reduce the amount of oil

### **Add vegetables to increase water and fiber**

- Start your meals with a salad, raw vegetables, or a clear broth soup that has lots of vegetables
- Experiment with new vegetables. Try some "new" kinds of greens in your salad
- Try drinking vegetable juice such as V8 or tomato juice
- For a snack, choose raw vegetables with a low-fat or non-fat dip
- Add vegetables to your cooked dishes
- Have fresh, frozen or canned vegetables on hand to add to casseroles or mixed meat dishes. (Add spinach, diced carrots, and extra onions to chili. Add broccoli to baked ziti. Add plenty of vegetables to jars of tomato sauce)

## Salads are filling

- Vegetable Salads
  - Any combination of vegetables makes a great salad
  - For more fiber and a tasty crunch, add 2 Tablespoons of nuts to your salad
  - Use lower calorie dressings
  - Add chicken, canned tuna, or beans (black beans, kidney beans, chickpeas, soybeans) to a salad to make it a more complete and filling meal

- Grain and Bean Salads
  - Add vegetables to add bulk to a brown rice, couscous, or barley salad
  - Combine three different beans with vegetables, herbs, and a vinegar-based dressing

## Soups are satisfying

- Numerous research studies report that soup helps people eat less
- Broth-based soups have been shown to help people lose weight and keep weight off
- Soup takes a long time to eat, fills up your stomach, and takes time to empty from your stomach which increases satiety
- Choose soups with
  - defatted broth or stock (instead of cream-based soups)
  - generous amounts of vegetables
  - chicken, turkey, lean beef, beans, lentils, barley, or tofu
- Aim for broth-based soups with about 100 calories per cup
- Enhance prepared soups by adding extra vegetables or beans

## Legumes are Versatile

- Add beans (black, kidney, chickpea, soybean) or lentils to soups, stews, chili, salads, pasta, rice, casseroles, pizza and pasta sauces
- Legumes also make great dips. Spread hummus on sandwiches or use it as a dip

## Nuts, Seeds, and Dried Fruits are Nature's Bounty

- They are good sources of fiber, but contain little water
- Caution: They are higher in calories and fat so eat them in moderation.
- Add them to cereal and milk, salads, and vegetables

## Use Whole Grains

- The USDA MyPlate recommends that at least half of the grains eaten each day should be whole grains
- It is important to *substitute* whole grain products for refined grain products, rather than *adding* whole grain products, in order to stay within your calorie and fat goals



## **Main Dish Soups**

### **Light and Fresh Vegetable Soup**

2 teaspoons olive oil  
4 cloves garlic, minced  
5 cups low-fat or fat-free chicken broth  
2 sprigs thyme  
½ cup frozen green peas, thawed  
1 cup thinly sliced red bell pepper  
1 cup cut fresh asparagus--(1 ½ -inch long pieces)  
1¾ cups sliced Swiss chard or spinach  
1½ cups cooked penne pasta

#### **Directions:**

- Heat olive oil in large saucepan over medium heat. Add garlic and sauté 1 minute.
- Add the broth and thyme, and bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- Add Swiss chard, bell pepper, and peas; cover and simmer 5 minutes.
- Add the asparagus, cover and simmer 2-4 minutes or until the asparagus is just tender.
- Stir in the pasta, and cook 1 minute.

**Servings** = 4 servings of 2 cups each

**One serving (2 cups)** = 150 calories, 3 grams fat

**Source:** 'Volumetrics : Feel Full on Fewer Calories' by Barbara Rolls, PhD. (HarperCollins Publishers, 2000)

### **Lentil Soup**

1 pound lentils, rinsed and drained	3 carrots, peeled and chopped
12 cups water	2 cloves garlic, minced
6 chicken bouillon cubes	8 ounce can tomato sauce
2 onions, chopped (1 cup)	2 bay leaves
3 celery ribs, chopped	1 teaspoon oregano
½ cup red wine vinegar	

#### **Directions:**

- Place all ingredients EXCEPT red wine vinegar in large soup pot.
- Bring to a boil, cover, and let simmer several hours.
- About 30 minutes before serving, add red wine vinegar.

**Yield:** approximately 12 cups

**Serving:** 1 cup = 155 calories, .5 fat grams

### **Split Pea Soup**

1 pound bag of green split peas	12 cups water
1 cup dry baby lima beans	4 chicken bouillon cubes
6 carrots, diced	4 onions, chopped (2 cups)
½ teaspoon dried dill weed	¼ teaspoon garlic powder

#### **Directions:**

- Rinse split peas and baby limas in hot water and drain.
- Place all ingredients in soup pot. Bring to boil. Let simmer several hours.

**Yield:** approximately 12 cups

**Serving:** 1 cup = 211 calories, 1 gram fat



### **White Bean Chili**

8 cups water	1 teaspoon oregano
4 chicken bouillon cubes	2 teaspoons ground cumin
3 cloves garlic, minced	1 teaspoon cayenne pepper
pinch of ground cloves	1 pint mild salsa
1 pound navy beans - soak 24 hours, rinse and drain	
6 onions, chopped (approximately 3 cups)	
2-3 boneless, skinless split chicken breasts (optional)	
*Pepper Jack cheese	

#### **Directions:**

- Place in large soup pot: beans, water, bouillon cubes, chicken, garlic, and onion. Bring to a boil & let simmer several hours or at least until beans are tender.
- Remove chicken, shred, & return to pot.
- Add spices and let simmer several hours.
- 30 - 60 minutes before serving add salsa.
- Garnish each bowl with shredded hot pepper cheese. \*Pepper Jack Veggie Slices could also be used.

**Serving:** 1 cup = 150 calories, 2 grams fat



## What's in Your Bowl? High Fiber Cereals

The 2005 Dietary Reference Intake (DRI) for fiber is 25 grams per day for women and 38 grams per day for men up to age 50. After age 50, women should include 21 grams per day, men 30 grams daily.

Including a high fiber breakfast cereal is an easy way to boost your fiber intake. Add nutrients by including low-fat or fat-free milk and a serving of fruit.

The following cereals are healthy choices because they contain:

1. at least 10 grams of fiber
2. no more than 200 calories
3. and no more than 10 grams of sugar per serving

Brand Name**	Serving Size	Calories	Fat (grams)	Fiber (grams)	Sugar (grams)	Protein (grams)
Fiber One®	½ cup	60	1	14	0	2
Fiber One® Honey Clusters®	1 cup	160	1.5	13	6	3
Fiber One® Raisin Bran Clusters®	1 cup	170	1	11	14*	3
Kashi ®Go Lean®	1 cup	140	1	10	6	13
Kashi ® Good Friends®	1 cup	160	1.5	12	10	5
Kellogg's® All Bran Bran Buds®	1/3 cup	70	1	13	8	2
Kellogg's® All Bran Original®	½ cup	80	1	10	6	4
<b>Compare with:</b>						
Kellogg's® Special K®	1 cup	120	.5	<1	4	6
Kellogg's® Corn Flakes®	1 cup	100	0	1	2	2
Kellogg's® Rice Krispies®	1¼ cup	130	0	<1	4	2

\* This item contains fruit, so is higher in grams of sugar. Labels do not separate added sugar from the natural sugar from fruit.

\*\*Nutrition information from company websites, 2/2011

## A Sneak Peak at What's Ahead (The Next Session)

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### To do:

#### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

#### Challenge Yourself:

- Practice adding volume to your meals. Evaluate the impact on your calorie intake. Evaluate the impact on your degree of fullness.

#### Additional Notes:

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## Session 15: Balance Your Thoughts for Long-Term Self-Management

Many GLB participants tell us about the positive things that come from the process of weight management, both in the weight loss and weight maintenance phases.

- Think about the impact weight management has on your life.
- Rank the top 5 reasons that are most important to you.

Reasons I Want to Lose Weight (and Maintain Weight Loss)	
I want to look in the mirror and feel OK.	
I want to look better to others.	
I want to be able to wear a smaller size.	
I want to be able to shop for clothes with less difficulty.	
I want to stop dwelling on how others view me.	
I want to be complimented on my appearance.	
I want to prevent physical illness and disease.	
I want to be comfortably active.	
I want to live longer.	
I want to have more energy.	
I want to be fit.	
I want to wake up in the morning and feel healthier.	
I want to like myself more.	
I want to feel more in charge of my life.	
I want to feel as if I've accomplished something important.	
I want to feel self-confident.	
I want to stop saying negative things to myself.	
I want to feel happier in social situations.	
I want to do more and different kinds of activities	
I want my family to be proud of me.	
I want to be able to be more assertive.	
I want to eat with others and feel comfortable.	
I want to stop being nagged about my weight.	
Another reason:	
Another reason:	
Another reason:	

## Do Your Thinking Patterns Help or Hurt Your Lifestyle Progress?



Earlier in the GLB program we asked you to “listen” to the kinds of things you say to yourself as you work on building healthier habits. We hope some of these self-statements are positive and you can give yourself credit for small changes in the right direction. However, you probably struggle with self-defeating thoughts too. Such thoughts disrupt your ability to reach healthy lifestyle goals. Listed below are some common self-defeating thoughts with suggestions on how you can handle them and move toward lifestyle balance.

Self-Defeating Thoughts	Example	Helpful Response
All-or-nothing thinking	<i>Either I'm perfect on my diet and activity plan or I've completely failed.</i>	Making a mistake is definitely not the same as failure.
Jumping to conclusions	<i>Since I ate chocolate today, reaching my healthy eating goals is impossible.</i>	I don't have to be perfect. I make healthy food choices most of the time.
Negative fortune-telling	<i>I won't be able to resist the desserts at the party.</i>	No one will force me to eat. I need to prepare myself in advance.
Discounting the positive	<i>I only walked for 100 minutes this week. I deserve credit only if I reach my activity goal.</i>	I deserve credit for every positive action that I take.
Emotional reasoning	<i>Since I feel so hopeless about reaching my goals, it really must be hopeless.</i>	Everyone gets discouraged from time to time. My goals are unreachable <u>only</u> if I decide to give up.
Labeling	<i>I'm a failure for overeating or skipping my workout today.</i>	Of course I'm not a failure. I reach my goals most weeks.
Mythologizing	<i>If I eat standing up, it doesn't count.</i>	A calorie is a calorie, no matter how I consume it.
Excuses & Rationalizations	<i>It's okay to eat these sweet foods because I'm so stressed out.</i>	Emotional eating is a habit I need to break. I need to tolerate my distress or cope with my problems in a healthier way.
Exaggeration	<i>I'm totally out of control with my eating and lack of activity!</i>	I may have strayed from my plan, but I can start following my program again right away.

## Excuses and Rationalizations

Some thoughts give you permission to steer away from your healthy lifestyle plan. These thoughts usually have a kernel of truth to them at the time. Unfortunately, they also give you permission to stray from what you know is healthy and productive. Have you heard yourself saying any of these things?

The next time you have an urge to eat something that's not in your healthy eating plan, or to stray from your scheduled activity, notice what is going through your mind. Are you trying to justify these thoughts or tell yourself that it's ok "just this once"?

Identify your own words, and the specific situations in which they most often occur. You want to be ready to respond with a new, healthier self-statement, like "Even though I had a bad day and feel I deserve a treat, I will eat an apple instead of this candy bar because I want to stay on track to reach my goals" or "Yes, I am tired but I will feel so much better after I work out".

When you give yourself permission to stray from your healthy eating and physical activity plan, you strengthen your old habits of making excuses and rationalizations. This learning process make its more likely that you will give-in again in the future. However, each time you respond in a healthier way, you break this negative cycle and strengthen your new habit of healthy self-control.

### It's okay to stray because.....

- \_\_\_ It's just one little piece.
- \_\_\_ It's not *that* fattening.
- \_\_\_ I'll just eat less later today.
- \_\_\_ It won't matter in the long run.
- \_\_\_ It'll go to waste if I don't eat it.
- \_\_\_ I'll disappoint someone if I don't eat it.
- \_\_\_ Everyone else is eating it too.
- \_\_\_ I worked out today.
- \_\_\_ I'm tired and deserve to rest.
- \_\_\_ No one will see me eating it.
- \_\_\_ It's free.
- \_\_\_ It's a special occasion.
- \_\_\_ I'm upset, and I just don't care.
- \_\_\_ I'm craving it.
- \_\_\_ I'll probably just eat it eventually.
- \_\_\_ I want to get my money's worth.
- \_\_\_ I'll exercise tomorrow.
- \_\_\_ People are depending on me right now.

Your own excuses:

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A healthier response:

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**The more you practice healthy restraint, the easier it becomes.**



## Do You Give Yourself Credit?

It's normal to have "slips" or times when you don't follow your healthy eating and activity goals. Do you also have a tendency to only think about the things you have done wrong with your lifestyle program throughout the day rather than everything you did well?

As you work toward your goals, do you ever pat yourself on the back for something you did right? Focusing only on your mistakes, without paying attention to your successes, may cause you to feel weak or hopeless when the next "slip" occurs.

In order to counteract these feelings of self-doubt, discouragement or defeat, it's important to **give yourself credit for everything you do right.**

### Give Yourself Credit:

List three positive changes you have made during GLB that have helped you manage your weight and improve your health.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Starting today, record in your Keeping Track 1 or 2 things you did **right** each day. List your credit-worthy behaviors and write down positive words or phrases to give yourself a pat on the back.

***For example:***

I didn't take a second helping at the party. I'm in control.  
I walked for 30 minutes today...YEAH! I feel great!  
I weighed myself today ☺

When you begin to give yourself credit every time you do something right, you can more easily see that those times when you "slip" are just momentary mistakes, not complete disasters.

**By consciously giving yourself credit, you will reinforce your self confidence and build awareness that you are strong and in control.**

## A Sneak Peak at What's Ahead (The Next Session)

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### To do:

#### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

#### Challenge Yourself:

- Practice replacing self-defeating thoughts with positive ones.
- Write down 1 or 2 things you have done right each day in your Keeping Track book.

#### Additional Notes:

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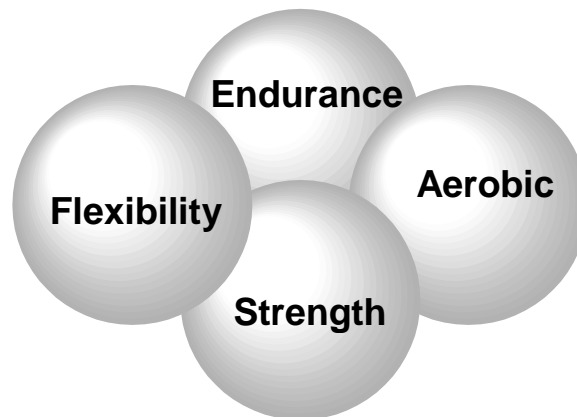
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## **Session 16: Strengthen Your Exercise Program**

### **Include Resistance Training as Part of Your Weekly Exercise Program**



Well-rounded physical fitness is made up of four basic components: cardiovascular fitness (aerobic), flexibility, muscular strength, and muscular endurance. Each component of physical fitness can be achieved with different types of physical activity. Aerobic activity can improve cardiovascular fitness and may have the greatest impact on weight control and cardiovascular disease risk. Resistance training (also known as strength training), which is defined as any type of physical activity in which you move your muscles against resistance, will improve muscular strength and endurance, improve your body's ability to handle insulin, along with several other health benefits.

Your body is challenged everyday to perform many tasks that require a certain level of muscular strength and endurance. A safe resistance training program can help you maintain a lifetime of physical independence by providing many proven benefits.

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## **Benefits of Resistance Training**

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### **Increases Muscular Strength and Endurance**

- A program of consistent resistance training will allow you to perform daily activities, such as carrying groceries, yard work, and shoveling snow with greater ease.
- Enhanced skeletal muscle strength and endurance can help prevent exhaustion and soreness associated with strenuous activities of daily living.

### **Minimizes Loss of Muscle Tissue Associated with Aging**

- Muscle mass naturally diminishes with age. Resistance training can help in preserving or enhancing your muscle mass, at any age.
- Additionally, as you lose muscle, your body burns calories less efficiently, which can lead to increases in body fat and make it difficult to lose weight. The more toned your muscles, the easier it is to manage your weight.

### **Assists with Maintenance of Bone Strength**

- By applying a moderate amount of stress to your bones, resistance training increases bone density and reduces the risk of osteoporosis.
- If you already have osteoporosis or reduced bone density, resistance training can lessen its impact.

### **Reduces Your Risk of Injury**

- Building muscle protects your joints from injury. Specific types of resistance training, such as free weights, resistance bands, and body weight exercises can enhance balance, coordination, and posture.
- Stronger muscles equal better mobility and balance, leading to a lower risk of falling or being injured.

### **Improves Your Sense of Well-Being**

- Resistance training can improve your body image, boost self-confidence, and reduce the risk of depression.
- Regular resistance training can improve sleep patterns and aid in a better night's rest.

### How about it's Impact on Diabetes?

- Resistance training can help improve insulin sensitivity and aid in blood glucose control.
- The combination of resistance training **and** aerobic exercise will provide even greater benefits than either alone. For this reason, the GLB program strongly recommends that you perform both regularly. This is in line with the national recommendations as mentioned below.

**In 2008, the Physical Activity Guidelines for America were developed by several organizations including the US federal government, the American College of Sports Medicine, and the American Heart Association. Acknowledging the many benefits of resistance training, these guidelines clearly state that, "in addition to aerobic exercise, adults should perform muscle-strengthening activities that involve all major muscle groups on 2 or more days per week."**

Remember that resistance training is only one component of your overall exercise program. It should **complement** and **not replace** aerobic physical activity.



## **How to Improve Muscular Strength and Endurance**

The F.I.T.T. Formula, which we discussed several times throughout the physical activity portion of the GLB intervention program, can also be used here to identify key components of a resistance training regimen necessary to improve your muscular strength and endurance in a safe manner.

	What to do
<b>Frequency</b>	<ul style="list-style-type: none"><li>• 2-3 days/week non-consecutive days</li></ul>
<b>Intensity</b>	<ul style="list-style-type: none"><li>• 8-10 exercises*</li><li>• 12-15 repetitions**</li><li>• 1-3 sets***</li></ul>
<b>Type</b>	<ul style="list-style-type: none"><li>• Machines, free weight, fitness bands, etc.</li></ul>
<b>Time</b>	<ul style="list-style-type: none"><li>• 15-60 minutes</li></ul>

**\*At least one exercise should be performed on each major muscle group (e.g. chest, back, quadriceps, hamstrings, shoulders, biceps, triceps, abdominals)**

**\*\*A repetition is taking one exercise through its complete range of motion one time**

**\*\*\*A set is a group of repetitions consecutively performed before resting**



## The Essentials of Any Resistance Training Program

What to do before, during, and after a working? Like aerobic training, it is important that you warm up and cool down, but here are some additional guidelines for resistance training!

Before:

- Check your equipment
  - Inspect machines, free weights, and bands/tubes to ensure they are in good condition
- Have a plan
  - Know what joints and muscles each exercise targets
  - Know how to modify or eliminate exercises that may be inappropriate for you
- Get comfortable
  - Wear clothing that allows you to move freely through a complete range of motion
- Get warmed up!
  - Perform low intensity exercises (e.g. walking in place) and gentle stretches as a good warm up.
- Be Secure!
  - When using fitness bands, it is important to secure the band in a door with a proper anchor
  - You must also make sure that you are able to maintain a good grip of the band throughout the exercise.

During:

- Stay in control
  - Always use proper form (do not use momentum)
  - Use slow and controlled movements (never fast or jerky motions)
- **NEVER** hold your breathe
  - Breathe throughout the exercise, especially when moving against any resistance
- Rest
  - Rest for 30-60 seconds in between sets

After:

- Cool down
  - Perform low intensity exercises (opposite of a warm-up)
    - Allow your body to ease back down to where you were before you began the workout
  - Perform gentle stretches

**NO PAIN, NO GAIN is a MYTH, but SORENESS may occur.....**

*We've all heard the expression "No pain, no gain," but did you know that's actually not true? Many people think if their muscles don't hurt, they're not having a quality workout. This is way off base. While resistance training can be intense, and some level of discomfort or soreness may occur, pain is not required for a successful workout. It's also important to note that pain can be a warning sign of an exhausted muscle or torn ligament.*

Some soreness is normal. When performing resistance training, it is normal to experience some soreness the next day. The good news is that there are steps you can do to decrease soreness:

- Progression is the key! Remember to always take it **SLOW** when first starting out. You want to gradually work up to performing 3 sets of 12-15 repetitions. If this is your first time performing resistance training or your first time you're getting back into after taking a break, start out with 1 set of 12 repetitions. Over time, you can start to increase the number of sets and repetitions.
- **REST** is essential! Make sure you allow yourself the opportunity or rest in each workout. You do not want to perform resistance training on the same muscles two days in a row.
- **DON'T** skip out on the warm up and cool down!

## A Sneak Peak at What's Ahead (The Next Session)

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### To do:

#### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

#### Challenge Yourself:

- Pick a resistance training activity. Add this to your exercise program twice a week.

#### Additional Notes:

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## Session 17: Mindful Eating

Did you ever eat a reasonably sized meal but feel that you want to keep eating? This is common, and happens because we eat too quickly or mindlessly.

### What is mindful eating?

- Choosing food you enjoy that nourishes your body.
- Tuning into all your senses to find pleasure in your food.
- Being aware of your level of hunger and satiety.

### The two main reasons for eating slowly and mindfully:

- Your brain has time to register that you are full. It takes approximately 20 minutes for your brain to register that you are full.
- When you notice and enjoy every mouthful, eating is more satisfying.

### How to eat slowly:

- Put your utensils down for 10-15 seconds after a few bites.
- Take sips of water (or non-calorie beverage) after every few bites.
- Take small bites and chew slowly. Finish chewing and swallowing each bite before you put more food on your fork.

### How to eat mindfully:

- **Focus on your food.** Look at the food on your plate. Notice the texture and flavor of each bite. Take time to savor the taste and aroma of the food.
- **Create a calm eating environment.** With less stress or chaos, you will be able to pay attention to what you are eating. Turn off the TV and computer, put away reading material, and refrain from eating on the run.



- **Learn to refocus on your food after a distraction.** Although it is ideal to eat without distractions such as the TV, computer, phone calls, etc., there will probably be times when you will be interrupted by someone or something. It is at these times that you need to remind yourself to refocus on your food.

**Each time you eat, sit down and eat slowly and mindfully.  
Learn how to enjoy every bite of food so you feel both  
physically and mentally satisfied at the end of the meal.**

## A Sneak Peak at What's Ahead (The Next Session)

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### To do:

#### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

#### Challenge Yourself:

- Practice eating slowly and mindfully. The goal is to make each meal last 20 minutes.

#### Additional Notes:

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## Session 18: Stress and Time Management

### **Make Time to Manage Stress**

Stress is part of everyone's life. Stress means different things to different people, and what causes stress for one person may not cause stress for another person.

Stress is not always bad. For example, very positive events like weddings, birth of a grandchild, and starting or ending a job can create stress.

Some stress can help make your life interesting and exciting, but too much stress or stress that continues for too long can have a very negative effect on your body and your mind.

If not managed properly, stress can lead to illness, such as heart disease, increased blood glucose levels, increased anxiety, or bouts of depression and mood swings.

#### **Stress comes in many forms and these may include:**

- physical stressors (fever, pain, illness)
- environment stressors (weather, noise, housing concerns, traffic)
- social and emotional stressors (financial concerns, job and family demands, having to make a big decision, guilt, loss)

**Please take a moment and think about stress and how it affects your life.**

1. How often do you feel stressed?

☐ Often

☐ Sometimes

☐ Seldom

2. How do you know you are stressed? Describe your experience.

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3. List some of the things that are making you feel stressed right now.

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4. What are some ways you deal with the stress in your life?

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5. Which of these ways of dealing with stress do you think are negative or unhealthy?

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6. Which of these ways of dealing with stress do you think are positive or healthy?

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High levels of stress can be a barrier to making healthy changes in your exercise and eating behaviors. Stress can cause people to:

- lose motivation to exercise
- become very inactive and withdrawn
- increase sedentary behaviors such as spending a lot of time watching television, playing on the computer, or sleeping
- eat or drink too much

Take charge of your response to stress. The best approach is to prevent stress whenever you can.

**Ways to prevent or reduce stress:**

- **Practice saying**
  - **"No."** Try to say "Yes" only when it is important to **you**.
- **Share some of your work or responsibilities with others.**
- **Set goals you can reach.**
- **Take charge of your time.**
  - Make schedules with the real world in mind.
  - Get organized.
- **Use problem solving:**
  - Describe the problem in detail.
  - Brainstorm your options.
  - Pick one option to try.
  - Make an action plan.
  - Try it. See how it goes.

- **Plan ahead.**
  - Think about the kind of situations that are stressful for you.
  - Plan for how to handle them or work around them.
- **Keep things in perspective.**
  - Think of all the good things in your life.
  - Maintain a positive attitude.



- **Reach out to people.**
- **Focus on wellness.**
  - Eat a healthy diet.
  - Get adequate sleep.
  - Practice relaxation techniques, meditation, and/or prayer
  - Improve your spiritual health. Many people find spirituality through religion. Others find it in art, music or connecting with nature.
  - Laughter, lots of laughter!
- **Be physically active.**

Even if you do all you can to **prevent or reduce** stress, you will still experience stress. Having healthy ways to respond to stress is very important.

### **Healthy Responses to stress:**

- Catch yourself feeling stressed as early as you can.
- Take a 10-minute "time out."
  - Move those muscles!
  - Pamper yourself. Just take 10 minutes for **YOURSELF**. For example, take a bath, call a friend, read the funnies, or manicure your nails.
  - Try a relaxation technique like meditation, prayer, yoga, muscle relaxation, or a breathing exercise.
- Can you think of other healthy responses to stress? Write them down.



## **Make Time to Relax**

There are several relaxation techniques that help reduce stress. These techniques bring on what is called the “relaxation response” where your body enters a state of calmness.

Using these relaxation techniques can help reduce stress and tension, lower blood pressure and blood glucose, relieve tension and migraine headaches, and improve sleep patterns. All these benefits could help improve your overall health. Feeling relaxed and in control of your life can help you be more effective in time management, problem solving barriers to exercise, and making healthier food choices. It is not uncommon that when we feel stressed we decrease our activity and make poor food choices/overeats. Learning to deal with stress in a positive manner can help you to greatly improve your health!

Good breathing habits can quiet your mind and relax your body. Good breathing is “belly breathing.” The breaths are slow and deep and fill the abdomen, not the chest. This is how newborn babies and sleeping adults breathe.

### **To learn belly breathing:**

1. Lie down or sit comfortably. Bend your knees, with your feet on the floor about eight inches apart. Make sure your spine is straight.
2. Now put one hand on your belly. Put the other hand on your chest. Breathe in slowly and deeply through your nose. Gently press down on your belly as you breathe out through your nose. Let your belly push your hand back up as you breathe in. Let your chest move just a little. It should follow the movement of your belly.

Practice belly breathing when you notice yourself getting tense. You can do it sitting down or standing still. Try it in rush hour traffic or while waiting in line.



## **Make Time to Sleep**

Sleep is important to feel your best, yet one in three Americans suffers from sleep deprivation. Since you spend approximately one-third of your life sleeping, you should know a little bit about it.

### **Getting Enough ZZZs: How much is enough?**

Not everyone needs the same amount of sleep. The range is 5-10 hours per night with the average of 7.5 - 8 hours. Averaging less than four hours or greater than nine hours of sleep per night is associated with higher mortality.

- How do you feel when you have adequate sleep?
- How do you feel when you have too little sleep?
- How do you feel when you get too much sleep?

### **Sleep on this: The benefits of adequate sleep**

- According to the Center for Disease Control and Prevention (CDC), insufficient sleep is associated with the onset of many chronic conditions – such as diabetes, cardiovascular disease, obesity, and depression. Not getting enough sleep may also complicate their management and outcome. Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion.  
([www.cdc.gov/features/sleep](http://www.cdc.gov/features/sleep))
- Adequate sleep helps with weight management. Sleep helps to regulate several hormones that research has linked to alterations in metabolism, increased appetite, and weight gain.
- Research suggests that people who engage in regular physical activity fall asleep faster, sleep for a longer time, and spend less time awake during the night.

**Adequate sleep is a major element of coping with stress. People are better able to deal with stressors during the day if they have enough sleep. This makes it easier to make healthy behavior changes.**

## **Sleep Stealers**

The following can have a negative impact on sleep:

- stress, depression
- alcohol, nicotine, caffeine, eating a large/high fat meal
- exercising too close to bedtime
- going to bed and getting up at differing times, shift work, jet lag
- bed partner with sleep problems
- bedroom that's too hot/ too cold/ too noisy/ too bright
- arthritis, hormonal shifts (e.g. menopause), asthma, sleep apnea, pain
- some medications

## **Here are some tips for how you can improve your sleep**

- Don't go to bed unless you are sleepy.
- If you are not asleep after 20 minutes, then get out of the bed. Find something else to do that will make you feel relaxed. If you can, do this in another room.
- Begin rituals that help you relax each night before bed.
- Get up at the same time every morning.
- Avoid taking naps if you can. If you nap, keep it short (less than one hour). Generally, it is best to avoid napping after 3 p.m.
- Keep a regular schedule.
- Do not have any caffeine after lunch.
- Limit or avoid alcohol and nicotine within six hours of your bedtime.
- Do not go to bed hungry or overly full.
- Avoid vigorous physical activity within six hours of your bedtime.
- Avoid sleeping pills, or use them cautiously.
- Make your bedroom quiet, dark, and a little bit cool.





## **Make Time to Laugh**

A growing number of healthcare professionals are saying that a laugh a day may help keep the doctor away! Humor and laughter can cause a domino effect of joy and amusement, as well as set off a number of positive physical effects. A good laugh can help:

- ☺ **Reduce stress**
- ☺ **Boost immune system**
- ☺ **Lower blood pressure**
- ☺ **Protect the heart**
- ☺ **Elevate mood**

Laughing out loud for 10-15 minutes a day burns 10-40 calories, depending on a person's body weight. This translates to laughing away about four pounds a year! Not enough to give up your regular physical activity, but every little bit helps! (Buchowski M, Majchrzak K, Blomquist K, Chen K, Byrne D, Bachorowski J: Energy expenditure of genuine laughter. *International Journal of Obesity* 31:131-137, 2007)

Laughing has also been shown to reduce blood sugar levels in people with Type 2 Diabetes. One study done in Japan found that diabetics who watched a live comedy show had a lower sugar rise two hours later than when those individuals ate the same meal and heard a boring lecture. The authors conclude that laughter may affect the interplay between the brain and hormones, and humor might also act on the endocrine system to suppress blood sugar levels. (Hayashi K, Hayashi T, Shizuko I, Kawai K: Laughter lowered the increase in postprandial blood glucose. *Diabetes Care* 26:1651-1652, 2003)

**"Laughter is internal jogging."**

Norman Cousins

**"Without humor one's thought processes are likely to become stuck and narrowly focused leading to increased distress."**

Association for Applied and Therapeutic Humor

**"By the time a child reaches nursery school, he or she will laugh about 300 times a day."**

**Adults laugh an average of 17 times a day."**

"Science of Laughter" Discovery Health Website

## A Sneak Peak at What's Ahead (The Next Session)

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### To do:

#### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

#### Challenge Yourself:

- Practice relaxation techniques at home and/or at your worksite. Find what works best for you.
- Find your perfect sleep number. Monitor your sleep hours and evaluate how you feel. Feel free to track this in your diary if you like. Determine the number of hours where you feel the best. The bottom line is: aim to sleep that amount every night.

#### Additional Notes:

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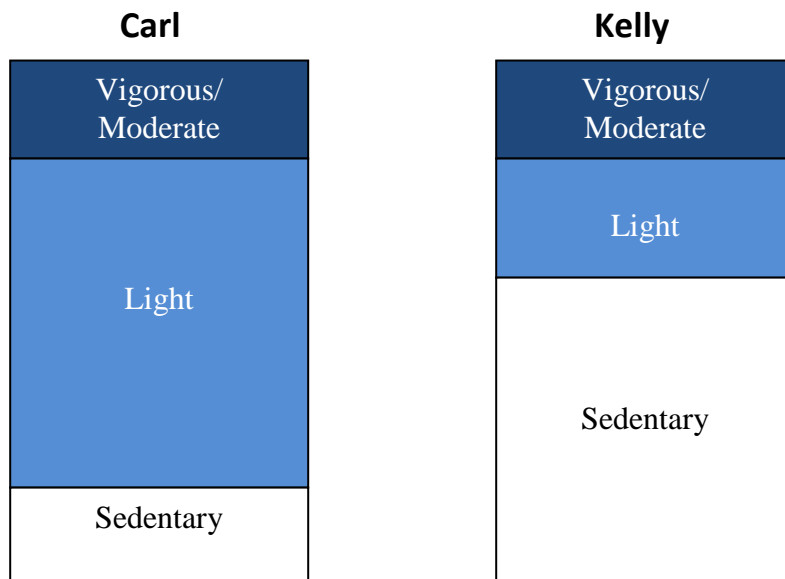
## Session 19: Standing Up for Your Health

Throughout the GLB program, we have talked about the importance of reaching and maintaining your physical activity goal of 150 minutes of moderate to vigorous activity per week. More recent studies have shown that your health is affected not only by how much moderate to vigorous physical activity you do, but also by how much time you spend at the other end of the activity scale, that of being inactive or not moving.

Sedentary activities are defined as those activities done most often in a sitting position (from sedere which is the Latin for “to sit”). Common examples include reading, watching television and using the computer.

In the past 10 years, scientific research has demonstrated that it is possible to be physically active and yet still spend too much time being sedentary. A term that has been used to describe this type of person is the “active couch potato”. Evidence from public health research is emerging to suggest that we need to maintain adequate levels of physical activity as well as to limit the amount of time spent in sedentary (sitting) activities in order to maintain a healthy lifestyle.

As an example of this, let’s take a look below at Kelly and Carl.



Kelly and Carl are married and joined a neighborhood gym together about 2 years ago. **In a typical week, they each participate in about 150-175 minutes of moderately intense physical activity.**

Kelly is a computer programmer and Carl is a school teacher. Neither do much moderate or vigorous intensity activity in their jobs. However:

- Kelly spends most of her work day sitting and then comes home and sits on the computer emailing friends.
- Carl rarely sits at school and is usually cooking, tinkering around the house, or walking their dog when he is home from work.

Carl has a lot of **LOW or LIGHT ACTIVITY**. Kelly has a lot of **NO or SEDENTARY ACTIVITY**.

In this case, Kelly can be described as the “active couch potato”.

Think about the amount of physical activity (moderate/vigorous) you typically participate in during an average week. Also think about the amount of time you usually spend sitting. Look below at the four activity/sitting categories. ***Which category best describes you??***

		<b>Amount of Moderate or Vigorous Physical Activity</b>	
		<b>High</b>	<b>Low</b>
<b>Amount of Sitting in a Day</b>	<b>Low</b>	<p>Doesn't sit much during the day and participates in regular physical activity</p> <p>Example- Cleans for a living and goes for a one hour walk daily</p>	<p>Doesn't sit much during the day but has little regular physical activity</p> <p>Example- Cleans for a living and spends evenings and weekends watching television</p>
	<b>High</b>	<p>Sits most of the day at work but has regular physical activity</p> <p>Example- Types for a living and goes for a one hour walk daily.</p>	<p>Sits most of the day at work and has little regular physical activity</p> <p>Example- Types for a living and spends evenings and weekends watching television</p>

## **Sitting More and Moving Less: How Did This Happen?**

In session #4, we talked about examples in our own lives of tasks that can be performed now with much less movement than when compared to years ago. As we have become more and more “westernized”, many of us can accomplish the same tasks of daily living at home, work, and leisure using much less energy. Unless we make a conscious effort to change, less and less movement means more and more time in our day spent sitting.

So what are the health consequences of spending too much time sitting? Let’s take a look at some of the current research findings:

- Adults who watched an average of three or more hours of television per day had a higher BMI compared to those who watched less than three hours per day. (Fitzgerald, SJ; Kriska, AM; Pereira, MA; de Courten, MP. *Med Sci Sports Exerc*, 1997, 29(7): 910-915)
- Increased TV time was also found to be associated with increased risk of type 2 diabetes. (Hu et al. *JAMA*, 2003, 289(14):1785-91)
- In an Australian Study, more than 2 hours of television viewing per day was associated with an increased risk of death from cardiovascular and all other causes. (Dunstan et al, *Circulation*, 2010, 121: 384-391)
- Individuals who broke up their sitting time by getting up and moving around had healthier blood fat and blood glucose levels than those who did not. (Healy et al, *Diabetes Care*, 2008, 31(4): 661-66)

In session 4, we also talked about the differences between “spontaneous or unstructured activity” and “planned activity” and the importance of working on both. While planned activity includes the 150 minutes of moderately intense activity you aim to do each week, spontaneous or unstructured activity includes the active choices that you make each day that are hard to actually “count”.

Continue to maintain an “active head” and make a conscious effort to turn inactive moments into active moments when possible. Examples may include such things as taking the stairs rather than an elevator, getting off the bus at an earlier stop, or choosing a parking spot further away. Doing these spontaneous activities day in and day out can add up and will play a big role in reducing your sedentary time.

## What's in Your Week?

Do you really know how much time you spend sitting? It may be that the answer is almost as important as knowing how active you are. As you know from previous lessons, there is no better way to determine the amount of sitting you typically do in a day than for you to keep track of it.

Try and complete at least one weekday and one weekend day on the log below. For each day you do keep track, write the word "SIT" in each of the 30-minute blocks in which most of your time was spent sitting. For a real challenge, you can use different colors to track job sitting (e.g. black) versus non-job sitting (e.g. red).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
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6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							

## How Did You Do?

**Number of sitting blocks in a day \_\_\_\_\_ ÷ 2 = \_\_\_\_\_number hours spent sitting that day.**

(If you filled out your sitting blocks by job (black) versus non-job (red) sitting, look at these separately. It is the red leisure time sitting that you can try and decrease).

## So How Much is Too Much Sitting Time?

Not enough is known in the research literature to set solid recommendations for a healthy limit on total hours of sitting throughout the day. However, since less sitting time has been associated with better health, it is safe to say that you would benefit if you reduced your current amount of sitting. There has been some suggestion that screen-based leisure-time sitting (e.g. TV or computer activities), should be limited to less than 2 hours per day. Additionally, blocks of sitting in excess of 2 hours may be harmful to the body and should be broken-up by periods of movement such as standing up and walking around.

## If You Need to Decrease Your Sitting Time, What Can You Do?

**On the Job:** If your job is primarily in front of a computer screen, we might suggest that you think about ways you could break up your day. For example: if you are sitting all day, stand up and walk around periodically. Your body and mind will benefit from these short breaks. Stand up and stretch, walk upstairs, or walk across the hall to talk to a co-worker rather than sending an email or using the phone.

**At Home:** Unlike your job-related sedentary behavior, you have a great deal of control over how you spend your leisure time. Making changes to the ways you spend your leisure time can be a great way to reduce the amount of time you spend being sedentary.

There are many ways you can turn sedentary leisure time into active time. Here are some tips to help:

- Limit the television shows you watch to only a few favorites. It is easy to get hooked into a whole line-up of programs and waste the evening on shows you don't even enjoy. Or better yet, do your television watching at the gym while walking on the treadmill.
- Instead of meeting a friend over coffee to catch-up, ask the friend to join you for a walk to talk.

- Take your dog (or borrow a friend's dog) for a walk. It's a win-win situation for both you and Fido.
- Make plans to play with your kids, nieces/nephews, or grandkids. Run around with them, kick a soccer ball, or jump rope—it's a great way to spend quality time with them!

What Are Some Ways You Can Reduce Your Sedentary Leisure Time?

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## Indoor Activities

When the weather is just too hot, too cold, or too wet, it is easy to give up your activity for the day, stay inside and SIT. Instead, how about if you think about "moving" your activity plans indoors.

Bad weather can make outdoor activities much more difficult. However, don't use the weather as an excuse not to be active. Here are several approaches to keep you active when you can't go outside.

## Experimenting with Indoor Activities

Consider some of the following:

- In many areas, schools and colleges open their indoor tracks and other facilities to the public. Other alternatives include malls, municipal centers, or gyms with indoor walking areas.
- Try other indoor activities such as bowling, swimming, dancing, zumba, or salsa.
- Malls attract walkers because they're temperature-controlled and have smooth floors, filtered air, security, bathrooms, and easy parking. Many malls can provide maps for you to give you an idea of distance covered.

### On your own:

- Think about the activities that you currently do; is there something new that you would like to try?
- Identify local centers that have indoor tracks or places that you can walk or participate in an indoor activity.



## Check out a Gym or Fitness Facility

Fitness centers and gyms have treadmills and some have tracks for indoor walking. These places usually offer televisions to watch or music to listen to while you walk. Many gyms and fitness facilities offer short-term (usually 1-week) trial memberships, often for free. Take advantage of these offers in order to try some their machines and equipment, as well as a variety of their classes.

### On your own:

- Go to a fitness facility near you and sign up for a trial membership.
- Try out different machines. If you are interested in purchasing equipment for your home this is the perfect opportunity to see what you like and don't like.

## Check-out DVDs/Cable TV

If you can't go outside, there are many different fitness DVDs, and cable shows that you can watch at home.

- Workout DVDs are available at your local public library or you can explore online sites like YouTube.
- Many cable companies have programs such as "Fitness On Demand" that you can use whenever convenient.
- Remember that these many of these items vary in intensity and ability so it is important that you choose one that matches your abilities.

### On your own:

- Borrow a physical activity DVD from your public library or check out online or cable options.

## A Sneak Peak at What's Ahead (The Next Session)

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## **To do:**

### **The Basics:**

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

### **Figure out how much time you spend Sitting and Try to Reduce It.**

- Fill out the sitting grid on page 4. If you experience several unusual days (sickness, long flights, all-day seminars) do not count those days.
- Try breaking up your job-related sitting time with brief walks and stretches.
- Reduce your non-job related sitting time. Be creative!

### **Challenge Yourself:**

- Complete one or more of the “on your own” challenges listed in the handout.

### **Additional Notes:**

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## Session 20: Heart Health

In the United States, heart disease is the leading cause of death for **both** men and women. People with pre-diabetes and/or the metabolic syndrome are at higher risk for developing heart disease. The good news is that leading a healthy lifestyle can reduce your risk.

### What is heart disease?

- Heart disease, also known as cardiovascular disease, is a group of diseases and conditions that affect the heart (cardio) and blood vessels (vascular).
- Examples of heart disease include heart attack, high blood pressure, and stroke.

**What are the risk factors for heart disease?** The American Heart Association has identified the following risk factors:

Increasing age  
Sex (male)  
Heredity (including race)  
Smoking  
Physical inactivity  
High blood cholesterol  
High blood pressure  
Diabetes  
Obesity and Overweight

- Other factors associated with increased risk of heart disease include stress, alcohol, and diet.
- The more risk factors you have, the greater your risk of heart disease.
- Many risk factors can be controlled by being physically active and eating a healthy diet.

**A heart-healthy lifestyle is your best defense against heart disease.**

## **Facts about Cholesterol**

- **Cholesterol** is a soft, waxy substance. Your liver makes all the cholesterol your body needs each day. You also get cholesterol from animal foods you eat, such as meat, fish, poultry, egg yolk, and dairy products.
- **HDL (high-density lipoprotein)**, “good cholesterol”, removes cholesterol from the body, preventing it from building up in the arteries thus protecting against heart disease.
- **LDL (low-density lipoprotein)**, “bad cholesterol”, carries harmful cholesterol in the blood. High levels can lead to blockages in the arteries, thus increasing the risk of heart disease.
- **Triglycerides** are the most common type of fat in the body. High levels may increase the risk of heart disease.

## **Facts about Blood Pressure**

- Blood pressure is the force exerted against the walls of the blood vessels as blood flows through.
- Blood pressure is measured with two readings:
  - Systolic (upper number) is the pressure against the walls of the arteries during a contraction or heart beat.
  - Diastolic (lower number) is the pressure against the walls of the arteries during the relaxation phase (the heart is at rest between beats).
- Having high blood pressure increases the risk for heart disease and kidney failure. The higher the blood pressure; the greater the risk.
- High blood pressure is called the “silent killer” because there are usually no symptoms to warn you something is wrong.

# Preventing or Managing Heart Disease



The American Heart Association identified seven steps, called "Life's Simple 7™", to improve health. These guidelines reflect those established for the GLB program.

## **1. Eat a healthy diet**

- Eat at least 4.5 cups of fruits and vegetables a day.
- Have at least two 3.5 ounce servings of fish a week (preferably oily fish).
- Eat at least 3 servings of fiber-rich whole grains a day.
- Limit sugar-sweetened beverages to not more than 450 calories (36 ounces) per week.
- Eat less than 1500 mg of sodium a day.

## **2. Maintain a healthy body weight**

## **3. Take charge of cholesterol**

- **Goals for cholesterol - *Think 50, 100, 150, 200***
  - HDL – greater than **50 mg/dL**(for women)  
greater than **40 mg/dL** (for men)
  - LDL – less than 130 mg/dL (under **100 mg/dL** is optimal)
  - Triglycerides – less than **150 mg/dL**
  - Total cholesterol – less than **200 mg/dL**
- Testing is recommended starting at age 20.
- Have your cholesterol profile done at least every five years to age 40, then every year.

#### 4. Manage blood pressure

- Normal - less than 120/80 mm/Hg
- Pre-hypertension - 120-139/80-89 mm/Hg
- High blood pressure/hypertension - 140/90 mm/Hg or higher

##### **DASH diet (Dietary Approaches to Stop Hypertension)**

- The DASH diet emphasizes fruit, vegetables, whole grains, legumes, nuts, low-fat dairy products, foods high in fiber, and the minerals calcium, potassium, and magnesium.
- The DASH diet recommends a moderate fat intake of 25-30% of total calories with an emphasis on using unsaturated fats in place of saturated fats.
- The diet also recommends limiting sodium and alcohol.

[www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

#### 5. Keep blood sugar, or glucose, at healthy levels

- Normal fasting blood glucose – under 100 mg/dl
- Pre-diabetes – 100-125 mg/dl
- Diabetes – 126 mg/dl or higher

#### 6. Engage in regular physical activity

- The American Heart Association suggests at least 30 minutes of moderate intensity activity on 5 days each week.
- Regular physical activity improves risk factors such as blood pressure and cholesterol and blood glucose levels. It also strengthens your heart muscle, improves blood circulation, reduces feelings of stress, and helps control body weight.



#### 7. Don't smoke

Even one lifestyle change can make a difference. A combination of two or more lifestyle changes may achieve even better results.

**Web sites for heart health information:**

- American Heart Association:  
[www.americanheart.org](http://www.americanheart.org)
- National Heart, Lung and Blood Institute:  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
- National Cholesterol Education Program:  
[www.nhlbi.nih.gov/chd](http://www.nhlbi.nih.gov/chd)



**The GLB program not only can lower your risk of developing diabetes, it is also heart-healthy!**

## A Sneak Peak at What's Ahead (The Next Session)

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### To do:

#### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

#### Challenge Yourself:

- Check your numbers. Do your blood pressure, blood glucose and blood lipid levels fall within the recommended guidelines?

#### Additional Notes:

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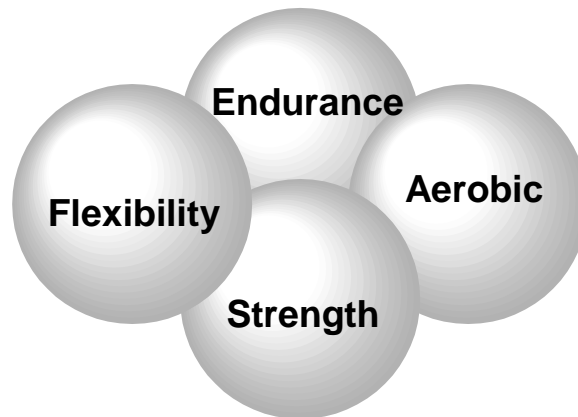
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## Session 21: Stretching: The Truth about Flexibility

To improve your level of health and fitness, consider...



A well-rounded exercise program includes all four components. Each one benefits your body in a different way.

**One aim of the GLB program is to help you be physically fit...while maintaining safety.**

You have learned about the health and fitness benefits of regular **aerobic** activities, ways to improve your **strength**, and have been encouraged to do gentle stretching exercises to help with **flexibility**.

Let's look at flexibility in more detail today.

### **What is flexibility?**

- Flexibility refers to is a joint's ability to move through its full range of motion.
- You rely on being flexible to carry out everyday activities, such as bending to tie your shoe or twisting around to see who is calling your name.

### **Why is flexibility important?**

- Flexibility is an important component of fitness that is often neglected. Flexibility is not something just for dancers, gymnasts, and martial arts athletes to work on. Flexibility is an important part of fitness for everyone regardless of age, gender, goals, or experience.
- Poor flexibility of the low back and hamstrings (back of upper leg) has been shown to contribute to low back pain.
- Having good flexibility will help alleviate stiffness, prevent injuries, and maintain good range of motion in the joints.

As you age, your muscles naturally lose strength and size and can become less supple and stiffer. This can affect the range of movement around your joints, which may lead to stiffness in the muscles and joints. It is this loss of tissue elasticity that can cause muscles and joints to tighten up. There are many different activities and exercises that benefit or improve flexibility.

At the beginning of the program, in session #4, we provided you with safety guidelines for stretching. Since these are VERY important, let's go over them again briefly.

## Safety Guidelines for Stretching

A warm-up loosens the muscles to prevent injuries.

Other than swimming under water, never hold your breath in any exertion. Count out loud if that helps.

- Do a short warm-up *before* stretching.
- Wear comfortable clothing, nothing which limits movement
- Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- Hold the stretch steady for 10 to 30 seconds. Do NOT bounce.
- Relax. Then repeat 2 to 3 times.
- Be careful to stretch both sides of your body – Stay in balance.
- Stretch within your own limits. Don't compete.
- Never stretch if you have pain before you begin.
- If a particular stretch causes pain, stop doing it.
- Breathe slowly and naturally. Do NOT hold your breath.
- Always stay in control. Jerky unstable movements can lead to injury. And don't let gravity be the boss.

**Important: NO PAIN IS GAIN**  
***Listen to your body!***

Do not bounce when stretching. Bouncing can lead to tearing muscles.

If you are walking on a small track be sure to reverse direction. This is another good example of balancing.

**How to maintain (or improve) your flexibility:**

The best way to maintain flexibility is to stretch regularly. Whatever your age, you must incorporate stretching exercises into your day at least once a day.

The F.I.T.T. Formula, which we discussed several times throughout the physical activity portion of the GLB intervention program, can also be used here to identify key components of a good stretching regimen necessary to improve your flexibility in a safe manner.

	What to do
Frequency	<ul style="list-style-type: none"><li>• At least 2-3 days/week</li></ul>
Intensity	<ul style="list-style-type: none"><li>• Stretch to mild discomfort, NOT pain</li></ul>
Type	<ul style="list-style-type: none"><li>• Static stretches (NO BOUNCING)</li></ul>
Time	<ul style="list-style-type: none"><li>• Hold each stretch 10-30 seconds</li></ul>

It is important that, when you are doing flexibility exercises, you make sure that you do at least one stretch for each of the major muscle groups and that you repeat each stretch at least 2-3 times.

The PARC-PH Stretching Packet (that you receive as part of this session) is designed to walk you through stretching exercises for the whole body.

## A Sneak Peak at What's Ahead (The Next Session)

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### To do:

#### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

#### Challenge Yourself:

- Add flexibility activities to your exercise program.

#### Additional Notes:

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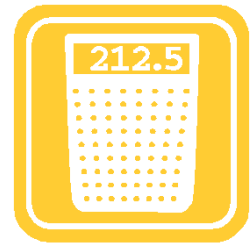


## Session 22: Looking Back and Looking Forward

### How do Successful Weight Losers Think?

There's an old saying, "A path is made by walking on it." Researchers have studied people who have lost weight and kept it off. Studies suggest that successful weight losers describe a shift in their thinking patterns.

Old thinking:	New thinking:
Trying to fool themselves	Being honest with themselves
Looking for a "magic" cure	Recognizing that behavior change takes hard work and persistence
Looking for a "cookbook" approach that applies to everyone	Fitting the tried-and-true ways of losing weight into their own lifestyle
Looking for someone else to fix their weight problem or take the blame for it	Taking "lonely responsibility" for doing what needs to be done or for not doing it
Thinking of weight loss as an end in itself	Thinking of weight loss as part of an overall process of learning about themselves and their priorities
Being afraid to fail and/or punishing themselves when they do fail	Being willing to make mistakes, learn from them, and try again
Wanting to do it perfectly right away	Being willing to settle for "small wins" and building on the positive, one step at a time
Seeking approval or forgiveness from others	"Owning" their successes and mistakes
Relying on willpower, control, or discipline	Making choices one at a time, being flexible, and trusting themselves
Blaming themselves or seeing the needs of others as more important than their own	Maintaining a healthy self-interest



## **What do Successful Weight Losers Do?**

### **National Weight Control Registry**

The National Weight Control Registry (NWCR) is a research study developed by Rena Wing, PhD and James Hill, PhD. The registry has identified over 6000 “successful losers” aged 18 years and over who have lost 30 pounds or more and kept it off for at least one year. Here are some facts about the members.

- The average weight loss is over 70 pounds per person
- About half lost weight on their own, the other half sought help.
- Weight losses have been maintained for five years, on average.
- Over 90% have tried many times before achieving success.
- About 95% said the overall quality of their lives improved.
- About 92% said their energy level and mobility got better.
- For 91% there were decreases in depressive symptoms

### **Winning at Losing: How They Keep it Off**

The majority of successful losers (89%) said they changed both their eating habits and their physical activity to lose weight.

- The three most common dietary changes included limiting sugary and fatty foods, decreasing portions, and counting calories
- Most did regular physical activity as part of their weight control program and most did so at home.
- They averaged about 60 minutes of moderate-intensity physical activity each day, usually walking.

The majority report other consistent behaviors.

- Self-weighing more than once a week
- Having a plan for getting back on track when regain occurs
- Regular eating patterns (on average 4.7 times/day)
- Rarely skipping breakfast
- Eating out no more than three times per week, and fast food no more than once a week.
- Watching less than 10 hours of TV per week.
- Consistent patterns of eating with little splurging on weekends or holidays.

**Long-term maintenance of weight loss is possible!**

For more information, or to join the National Weight Control Registry, go to:  
[www.nwcr.ws/](http://www.nwcr.ws/)



### **What's Your Story?**

Now that you have completed the Group Lifestyle Balance Program, we invite you to reflect on your personal healthy lifestyle story. What words of wisdom can you share with others who learn they are at risk for diabetes and/or cardiovascular disease?

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What did you find most helpful when feeling discouraged about your progress?

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Write a message to yourself for the future. Make it a powerful statement that will guide you in the coming months and years.

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## To do:

These behaviors are your foundation for healthy lifestyle success. **Keep using them!**

### The Basics:

- Keep track of your weight.
  - Weigh yourself at home daily or at least once a week at the same time of day.
  - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

### Challenge Yourself:

Remember: You have the tools you need for success in maintaining your healthy eating and activity behaviors! You know what you must do to succeed, and your lifelong learning challenge will be keeping these skills ready and available even when you may find yourself on the slippery slope.

### Additional Notes:

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"Success is the sum of small efforts, repeated day in and day out"  
Robert Collier