






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?

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- 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			
Total minutes for the week (120 minutes):			

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?

