



**Diabetes Prevention Program Group Lifestyle Balance™
Participant Handouts**



Participant Notebook

Welcome to the Diabetes Prevention Program:
Group Lifestyle Balance™

Your Name:

Your Lifestyle Coach:

How to Contact Your Lifestyle Coach:



DIABETES PREVENTION PROGRAM GROUP LIFESTYLE BALANCE™

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

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Session 1: Welcome to the Diabetes Prevention Program: Group Lifestyle Balance™

Be a Good Group Member

In this program, you will be part of a group. A group is like a 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. Team spirit helps *everyone* on the team.

10 Ways to Be a Good Group Member

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



Remember Your Purpose

Let's reflect on and discuss these questions:

- Why did I join **Group Lifestyle Balance™**?

- What do I hope to achieve by taking part in Group Lifestyle Balance™?

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



The Diabetes Prevention Program

Let's start with some background.

This program is based on a landmark study, funded by the National Institutes of Health. It was called the Diabetes Prevention Program (or DPP).

The DPP involved more than 3,000 adults with pre-diabetes. In pre-diabetes, **a person's** blood glucose (this is sometimes referred to as blood sugar) levels are above normal. However, these levels **aren't** high enough to have a diagnosis of diabetes.

- About half of participants in the DPP were African Americans, Hispanics, American Indians, Asians, or Pacific Islanders. Two out of 10 were 60 years of age or older. Diabetes is very common in these groups.
- Each person was assigned by chance to one of three groups:
 - One group took part in a "**lifestyle** program" to lose weight and be more active.
 - One group took metformin, a pill used to treat diabetes.
 - One group took a placebo (sugar pill).

The DPP was a great success.

1. Compared to the placebo group, taking metformin cut the chances of getting type 2 diabetes by 31%.
2. The lifestyle 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 at least 150 minutes per week cut the chances of getting type 2 diabetes by 58% . More than half.
 - For those over the age of 60, the lifestyle program cut the chances of getting diabetes by 71% . Close to three-quarters.
3. The DPP Outcomes Study (DPPOS) continues to show positive benefits of modest weight loss and physical activity.

The bottom line is that losing weight and being more active lower your chances of getting type 2 diabetes.

Now there are programs like the DPP all over the world.



The DPP and the Metabolic Syndrome

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

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

- **More fat stored in the belly than on the hips (being “apple shaped”)**
- High triglycerides (a kind of fat in the blood)
- **Low HDL cholesterol (“good cholesterol”)**
- High blood pressure
- High fasting blood glucose

One of every four American adults has the metabolic syndrome. Metabolic syndrome increases your chances of:

- Heart attack
- Diabetes
- Stroke
- Other problems related to these conditions such as eye, nerve, and kidney problems

Group Lifestyle Balance™ (or GLB) is a direct adaptation of the successful DPP lifestyle program. GLB is designed to help you make lifestyle changes to prevent diabetes and also prevent or treat the metabolic syndrome.



Group Lifestyle Balance™ Goals

We call this **program “Lifestyle Balance”** because, just like the DPP, we will help you reach a healthy balance between two parts of your lifestyle:

- What you eat and
- How physically active you are.

Your goals will be the same as the DPP lifestyle goals. Many studies, including the DPP, have shown that these goals are safe, can be reached, and kept up over time.

Goal 1. Lose 7% of your weight.

You will lose weight at a pace that is safe and do-able: about 1-2 pounds per week.

To get started: Look at your Weekly Record to check how much you weighed today. Find that weight in the first column of the boxes on the next pages.

Circle it. Then circle the other numbers in that row. Copy them below.

Starting weight (Session 1: today): _____

Pounds to lose: _____

Goal weight (7% loss): _____



Also write the numbers at the top of your Weekly Record.

Goal 2. Do at least 150 minutes of physical activity each week.

Your physical activity program will be one that you CAN achieve. We will help you reach your activity goal at a pace that is safe and do-able.

In Session 4, we will help you get started on reaching your physical activity goal.

For now, pay close attention to how active you are now and where you may be able to add activity to your day.





Group Lifestyle Balance™ Goal Weights

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
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
149	10	139
150	11	139
151	11	140
152	11	141

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
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
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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

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
185	13	172
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
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213	15	198
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216	15	201
217	15	202
218	15	203
219	15	204
220	15	205
221	15	206
222	16	206
223	16	207

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
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
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255	18	237
256	18	238
257	18	239
258	18	240
259	18	241
260	18	242
261	18	243
262	18	244

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
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
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278	19	259
279	20	259
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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
297	21	276
298	21	277
299	21	278
300	21	279
301	21	280

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
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
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323	23	300
324	23	301
325	23	302
326	23	303
327	23	304
328	23	305
329	23	306
330	23	307
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

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
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
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365	26	339
366	26	340
367	26	341
368	26	342
369	26	343
370	26	344
371	26	345
372	26	346
373	26	347
374	26	348
375	26	349
376	26	350
377	26	351
378	26	352
379	27	352

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
380	27	352
381	27	354
382	27	355
383	27	356
384	27	357
385	27	358
386	27	359
387	27	360
388	27	361
389	27	362
390	27	363
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401	28	373
402	28	374
403	28	375
404	28	376
405	28	377
406	28	378
407	28	379
408	29	379
409	29	380
410	29	381
411	29	382
412	29	383
413	29	384
414	29	385
415	29	386
416	29	387
417	29	388
418	29	389

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
419	29	390
420	29	391
421	29	392
422	30	392
423	30	393
424	30	394
425	30	395
426	30	396
427	30	397
428	30	398
429	30	399
430	30	400
431	30	401
432	30	402
433	30	403
434	30	404

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
435	30	405
436	31	405
437	31	406
438	31	407
439	31	408
440	31	409
441	31	410
442	31	411
443	31	412
444	31	413
445	31	414
446	31	415
447	31	416
448	31	417
449	31	418
450	31	419



Keep an eye on *your* 7% weight loss goal.



How Reaching the Group Lifestyle Balance™ Goals Can Help You

Losing weight and being more physically active:

1. May prevent diabetes and the metabolic syndrome.
The DPP proved this to be true for many people.

2. Will help you be healthier, look better, and feel better.

Research has shown that being active and losing weight can:

- Ease tension, help you relax and sleep.
- Give you more energy, and 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 eating and activity behaviors takes work.

You *can* do it and we are here to help.



Group Lifestyle Balance™ Program Design

We will help you reach the study goals by making gradual, healthy, and reasonable changes in your eating and activity. The kind of changes you can stick with for a lifetime.

In this program you will learn:

- Facts about healthy eating and being active.
- What makes it hard for you to eat healthy and be active.
- 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.
- Be more aware of how much activity you do in a day and 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 make healthy food choices. Get rid of things that get in your way.
- Stop self-defeating 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.



Group Lifestyle Balance™ Sessions

Group Lifestyle Balance™ (GLB) includes 22 sessions, which are held over the course of about one year.

Month 1	1. Welcome to the Diabetes Prevention Program: Group Lifestyle Balance™
	2: Be a Calorie Detective
	3: Healthy Eating
	4: Move Those Muscles
Month 2	5: Tip the Calorie Balance
	6: Take Charge of What's Around You
	7: Problem Solving
	8: Step Up Your Physical Activity Plan
Month 3	9: Manage Slips and Self-Defeating Thoughts
	10: Four Keys to Healthy Eating Out
	11: Make Social Cues Work for You
	12: Ways to Stay Motivated
Month 4	13. Strengthen Your Physical Activity Plan
	14: Take Charge of Your Lifestyle
Month 5	15: Mindful Eating, Mindful Movement
Month 6	16: Manage Your Stress
Month 7	17: Sit Less for Your Health
Month 8	18: More Volume, Fewer Calories
Month 9	19: Stay Active
Month 10	20: Balance Your Thoughts
Month 11	21: Heart Health
Month 12	22: Look Back and Look Forward



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 goals for eating and activity. That includes doing assigned activities to practice what you learn.
- Keep track of your eating and activity seven days a week. Be honest.
- Keep track of your weight.
- Do your very best to tackle these changes now, while you have support from your coach and the group.
- Let your Lifestyle Coach know if you have any problems.
- **Stay willing and open to change. Always “hang in there.”**

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 weight, 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: _____



Getting Started Losing Weight

The first step in behavior change is to be aware. **Let's get going.**

Be aware of how much you weigh.

- You will be weighed at every session.
- Weigh yourself at home, at least once a week, at the same time of day. Use the same scale from week to week.
- Make peace with the scale. If you have stopped self-weighing, it might feel hard to do this. We will help you with this important behavior.
- Record your weight on the Food and Activity record.

Be aware of what you eat and drink.

- The goal is to help you follow a healthy eating pattern.
- You will find ways to eat fewer calories.
- Being overweight or obese is related to heart disease, diabetes, and other health problems.



To begin, keep track of everything you eat and drink every day. It's the **MOST IMPORTANT** part of changing your eating habits.

- Your coach may provide you with Food and Activity books to record your eating, physical activity, and weight.
- If you choose to use a digital option, talk to your coach about the best way to share your weekly Food and Activity record.

Spelling is **NOT** important. When keeping track it is important to:

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



To Do:

Check the boxes when you complete each item:

- Keep track of your weight.
 - Weigh yourself at home at least once a week, at the same time of day. Use the same scale.
 - Record your weight on the Food and Activity record.
 - Talk to your coach **if you don't have a scale** for self-weighing.

- Record everything you eat and drink every day.
 - Use one line for each food or drink.
 - Include:
 - Time.
 - The amount and name of the food or drink and a description.
 - Skip the calorie and fat columns for now.

- Buy a set of measuring cups and spoons for next week (if you **don't already have them**). **A food scale that weighs in ounces is useful but not required.**

- Start thinking about physical activity.
 - What do you do now?
 - What might you like to do? (You will track this later.)

- Talk with your health care provider.
 - Let your health care provider know that you will be making changes in your eating, activity and weight. You may be advised to limit or avoid certain activities.

- Bring to next week's session:**
 - Your GLB notebook
 - Your Food and Activity record.

Session 1: Resources

Page

Group Lifestyle Balance™ Weekly Record	21-22
How Am I Doing? Sample Tracking Weight Loss	23
How Am I Doing? Tracking Weight Loss	24-25

Name _____

Weekly Record

Use this log to record your progress throughout the upcoming year.

My Goals:

Calories _____ Fat grams _____ 7% weight loss _____

Session	Date	Weight (pounds)	Activity Minutes	Steps
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

Session	Date	Weight (pounds)	Activity Minutes	Steps
17				
18				
19				
20				
21				
22				



Session 2: Be a Calorie Detective

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

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

- Eating fewer calories. Eating or drinking too many calories from *any type of food or drink* can cause weight gain. Being overweight or obese increases your risk of heart attack, stroke, and diabetes.
- Eating less fat. Fat has more than twice the calories as the same amount of sugar, starch, or protein. Even small amounts of high-fat foods are high in calories. With lower fat foods, you can eat more and feel fuller on fewer calories.

Note: Low-fat or fat-free foods still contain calories. Read the label.

Compare	Calories*	Fat Grams*
2 cups of cheese curls (2 ³ / ₈ -ounce bag)	370	24
5 cups of 94% fat-free microwave popcorn	110	2

* These values are averages. Always check labels.

- Eating less *unhealthy fat*. Too much unhealthy fat can raise your **level of "bad" cholesterol**. It may also increase your chances of having a heart attack or stroke or getting diabetes.



Group Lifestyle Balance™ Calorie and Fat Gram Goals

To get started losing weight, stay as close as you can to your calorie and fat gram goals. They are shown in the chart below.

- Find your starting weight.
- Your calorie and fat gram goals are in the same row. Circle them.
- Write them on your Weekly Record.

Starting Weight (pounds)	Daily Calorie Goal	Daily Fat gram Goal
120-174	1,200	33
175-219	1,500	42
220-249	1,800	50
250 or more	2,000	55

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

About your calorie and fat gram goals:

- It may be hard to reach your goals at first. Just try to get as close to them as you can.
- Everyone is different. Research has shown that these goals are a good starting point. They are designed to help you lose about 1-2 pounds per week.
- Aiming for a goal of about 25% (one-quarter) of calories from fat means this is a moderate fat, not a low-fat eating plan.
- **It's important not to go too low.** Do NOT try to see how few calories and fat grams you can eat. You need to get enough food for health and good nutrition.





How and Why to Measure Foods

If you measure food at home, you will:

- Know the calories that you eat and drink.
- See what a moderate portion looks like.
- Be better at guessing amounts when eating away from home.

Most people are surprised when they measure foods. **Let's look** at some examples:

- Write down the name of the food.
- Guess the amount.
- Write down the actual amount.
- Figure the calorie and fat grams for the actual amount.



Food	Guessed Amount	Actual Amount	Calories	Fat Grams

Measuring foods will help you help you stay within your calorie and fat gram goals.

Measuring cups

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

Measuring spoons

- Fill and level off.

Measuring/Estimating Meat and Cheese

- Estimate the portion size.
 - 4 ounce raw = 3 ounce cooked (about the size of a deck of cards or the palm of your hand).
- Some people find it helpful to use a food scale.
 - Weigh meats after they are cooked with the fat and bone removed.





Keep Track of the Calories and Fat You Eat Every Day

1. Record 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. (Record down what you really eat.)
- Be accurate. (Measure portions, find calorie and fat information.)
- Be complete. (Include everything.)

2. Figure out how many calorie and fat grams are in everything you eat and drink. Record it.

- Find the serving size, calorie, and fat gram information by using:
 - Food labels. Always use label values if you can. They are the most up-to-date and exact.
 - Calorie and fat counter. Use a book or digital option.
 - Menus, menu boards, or displays at some restaurants, bakeries, and coffee shops.
- Compare the amount YOU ate or drank with the amount listed on the label, Calorie and Fat Counter, or menu.
- Figure out how many calorie and fat grams are in the amount you ate or drank.



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

- Subtotal the calorie and fat grams in each meal and snack. Doing so will help you stay on track with your goals.
- Transfer the daily totals of calories and fat grams to the back cover of your Keeping Track book.





Eat a Packaged Food? Read the Nutrition Facts Label

Look at the Serving size. →

Look at the Calories per serving. →

Look at the Total Fat Grams per serving. →

Question: What if you eat a larger serving than is listed on the label?

Answer: You will be eating more calories and fat grams than are listed on the label.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



When You Use the Calorie and Fat Counter

Can't find a food?

- **Use the calories and fat grams for a food that's the most like it.** For example, use nut bread for zucchini bread.
 - Or write down the name of the food. Ask your Lifestyle Coach about it next week.
-



Having trouble figuring calories and fat grams?

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

Making a recipe?

- For many recipes, you can simply record how much of each ingredient you ate.
 - For example, in a stew, how much meat did you eat? Carrots? And so on.
 - Have you made the recipe yourself? Add the calories and fat grams in all the ingredients. Divide the sum by the number of servings. That will give you the calorie and fat grams for each serving.
- Another option is to find a similar food in the Calorie and Fat Counter. Use that information.
 - For example, use the calorie and fat grams for beef stew.





Know Where Your Calories and Fat Grams Come From

Let's uncover the calories and fat grams in a sample meal:

Food	Calories	Fat Grams	Teaspoons of Fat
Quarter pound hamburger sandwich with cheese	730	44	11
French fries, large	500	22	5 ½
Chocolate milkshake (large, 20 ounces)	980	24	6
Total:	2210	90	22 ½ About 1 <i>stick</i> of butter

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

1.
2.
3.
4.
5.



Three Ways to Eat Fewer Calories

1. Eat high-calorie foods less often.

Example: Eat high-calorie desserts (cake, pie, premium ice cream) less often.

2. Eat smaller amounts of high-calorie foods.

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

Example: Use 2 tablespoons instead of 4 tablespoons of salad dressing on your salad. This could save 145 calories and 15 grams of fat.

3. Eat lower-calorie foods instead.

Example: Eat broiled fish instead of fried fish.

Make a plan to eat fewer calories.

- Write down three foods you eat often that are high in calories.
- What are you willing to do to eat fewer calories?

Your Top Three High-Calorie Foods	The Three Ways to Eat Fewer Calories		
	Eat it only this (less) often:	Eat only this (smaller) amount:	Eat this (lower calorie) food instead:

Through trial and error you will find products and recipes you like.

Ask friends, family, and group members for ideas.



Practice Keeping Track

If you are using the GLB Keeping Track book, be sure to fill out the back page. Why?

1. It will let you review the week as a whole. Ask yourself:
 - Which days were higher or lower in calories, fat grams, and activity than usual? What happened on those days?
 - On average, are you meeting your goals?
 - Most important, how has your eating and physical activity affected the trend in your weight? What changes, if any, do you want to make next week?
2. It will help your coach to see your overall eating pattern and give you feedback.

My totals for the week

	Calories	Fat Grams	Minutes of Activity	Steps	Weight
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Total					
Average					



To Do:

Check the boxes when you complete each item:

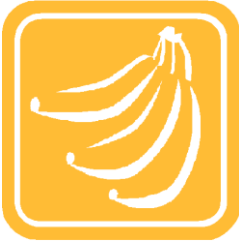
- Keep track of your weight.
 - Weigh yourself at home at least once a week, at the same time of day. Use the same scale.
 - Record your weight on the Food and Activity record.
- Record everything you eat and drink every day.

New things to practice:

- Come as close as you can to your calorie and fat gram goals.
 - Use the Nutrition Facts label, Calorie and Fat Counter, and menus, menu boards or displays to figure out the calories and fat in what you eat and drink. Record this.
 - Subtotal your calories and fat grams after each meal and snack.
 - If you are using the GLB Keeping Track books, transfer the daily totals of calories and fat grams to the back page.
- Follow your plan to eat fewer calories (see page 8).

How did it go?

- Keep thinking about physical activity.
 - What do you do now?
 - What might you like to do? (You will track this later.)



Session 3: Healthy Eating

Staying close to your calorie goal is key to losing weight. With practice, you will learn what foods, drinks, meals, and snacks work best *for you*.

Increasing physical activity will also help with losing weight. We will talk more about this in the next session.

First, let's talk about some important parts of healthy eating:

The way you eat

- When you eat
 - Plan ahead for healthy meals and snacks.
 - A regular pattern of meals or snacks is important. Some people do best with 3 meals per day; others with 3 meals plus 1 or 2 healthy snacks. Find what works best for you.
 - Eating something about every 3 to 5 hours will help you manage your hunger and blood glucose levels.
- How you eat
 - Eat slowly. This will help you:
 - Digest your food better.
 - Be more aware of **what you're eating** and enjoy the taste of your food.
 - Be more aware of **when you're full**. It takes about *20 minutes* for the brain to know that your stomach is full.
 - Pause between bites. Put down your fork or spoon.
 - Serve yourself smaller portions to begin with. **Don't** worry about cleaning your plate.

... and **w**hat you eat overall.

A model for planning healthy meals is MyPlate.

MyPlate

MyPlate was developed by the United States Department of Agriculture (USDA).

- It is a simple guide to building a healthy eating style.
- Helps you make a shift to healthier food and beverage choices.
- Based on science to promote health and prevent disease now and in the future.
- A healthy way to eat for the whole family.



MyPlate shows you what foods to eat and in what amounts:

- Make about $\frac{1}{2}$ your plate **fruits** and **vegetables**.
- Make about $\frac{1}{4}$ of your plate **grains**. At least half your grains should be whole grains.
- Make about $\frac{1}{4}$ of your plate **protein foods**.
- Include 3 servings of fat-free or low-fat **dairy** every day.

The 2015 Dietary Guidelines tell you to **“follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease”**. A healthy eating pattern:

- Includes all MyPlate groups; Fruit, Vegetables, Protein, Dairy, Grains, and Oils.
- Limits saturated fats and trans fat, added sugars, and sodium.

Go to www.ChooseMyPlate.gov for more information.



Healthy Food Choices from MyPlate

<p>Fruits (fresh, frozen, canned, or dried)</p>	<p>Focus on whole fruits.</p> <ul style="list-style-type: none"> • Choose fresh, canned, frozen, dried, 100% fruit juice. • Eat whole fruit more often than fruit juice. • Limit pastries, fruit drinks with added sugar, fruit canned in syrup.
<p>Vegetables (raw or cooked)</p>	<p>Vary your veggies.</p> <ul style="list-style-type: none"> • Choose fresh, frozen, canned, dried or 100% juice. • Limit fried vegetables and those with added fat, cream, cheese, gravy, salt.
<p>Grains (bread, cereal, pasta, rice, tortillas, pita, muffins, oatmeal, barley, quinoa, couscous)</p>	<p>Make half your grains whole grains.</p> <ul style="list-style-type: none"> • Look for a “whole” grain as the first ingredient. • Limit refined grain foods (those that are not whole). • Limit those with added sugar and fat. Examples: white bread, pasta, and rice, pastries, donuts, muffins, biscuits, high-fat crackers, tortilla chips, fried tortillas, sweetened and granola type cereals.
<p>Protein Foods (meat, poultry, fish, legumes (beans/peas), eggs, nuts, seeds)</p>	<p>Vary your protein routine.</p> <ul style="list-style-type: none"> • Eat fish at least twice a week (<i>not fried</i>). • Eat plant proteins often: tofu, soy products, cooked dried beans, rinsed/drained canned beans, split peas, lentils, hummus, and <i>small amounts</i> of nuts, seeds, peanut butter and other nut butters. • Select lean cuts of meat. Trim or drain fat and remove poultry skin. • Use low-fat cooking methods (bake, grill, steam, roast, microwave without added fat). Do not fry. • If using processed meats, choose those with less fat, saturated fat, and sodium. Examples: sausage, bacon, hot dogs, ham, deli luncheon meats.
<p>Dairy (milk, yogurt, cheese, soymilk)</p>	<p>Move to low-fat and fat-free dairy.</p> <ul style="list-style-type: none"> • Most choices should be fat-free or low-fat milk, lactose-free milk, soymilk, yogurt, or cheese. • Limit whole milk or cheese or yogurt, cream, cream cheese, sweetened yogurt/frozen yogurt/smoothies, ice cream.



United States Department of Agriculture

10
tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to ChooseMyPlate.gov
for more information.

DG TipSheet No. 1
June 2011
Revised October 2016



Choose Healthy Fats

Some fat in the diet is needed for health. MyPlate recommends that you replace unhealthy fats with *healthy* ones. This can help:

- Lower the levels of “bad” cholesterol and triglycerides in your blood. This lowers your risk of heart attack and stroke.
- Reduce your risk of type 2 diabetes and other health problems.

Important: Both healthy and unhealthy fats contain the same number of calories per gram. So always keep your fat gram goal in mind.

Unhealthy fats are solid at room temperature.

Limit:

- Saturated fat: found in animal foods, such as meat, meat drippings and high-fat dairy foods, and tropical oils, such as palm, palm kernel, and coconut oils.
- *Trans* fats: found in foods **made with “hydrogenated” or “partially hydrogenated” oils** (stick margarine, shortening), processed snack foods (crackers and chips), and baked goods (muffins, cakes, and cookies). Food companies are taking steps to remove trans fats from their products.

Healthy fats are liquid at room temperature. MyPlate calls them **“Oils.”**

Choose:

- Monounsaturated and polyunsaturated fats: found mainly in non-tropical vegetable oils such as olive and canola, nuts, seeds, avocados, olives, peanut and other nut butters, mayonnaise, and fatty fish such as salmon, albacore tuna, herring, mackerel, and rainbow trout.



Healthy Eating for a Healthy Body

A healthy eating pattern and regular physical activity can improve health and reduce the risk of many diseases throughout life.

Experiment and find your own best ways to get there. Note that this **means you will either** “replace”, “limit” or “include” certain types of foods.

To help keep blood glucose stable and hunger in check:

Build a regular pattern of healthy eating.

- Eat about the same amount of food at meals and snacks each day.
- Eat meals and snacks at about the same times every of day.
- Try not to skip meals and snacks.
- For healthy meals:
 - Include a variety of foods from all groups of MyPlate.
 - Include a food from the Protein and/or Dairy group at each meal. Protein will help you feel fuller longer.
 - Replace highly processed foods with those that are as close to nature as possible.
- For healthy snacks:
 - Limit **“junk foods” such as chips and soda** or a candy bar.
 - Replace with healthy snacks such as yogurt with a banana or an apple with a low-fat cheese stick or peanut butter.



A change I can make: _____

Choose healthier carbohydrates (sugar, starch, and fiber).

- Sugar:
 - Limit added sugars, high-sugar foods (candy, cakes, pies, cookies, and ice cream), and sugar-sweetened beverages (regular soda, fruit drinks, sweet tea, fancy coffee drinks).
 - Replace foods with added sugars with those that have natural sugar (fruit, vegetables, and milk).
 - Replace sugar-sweetened drinks. At least half of your daily fluid intake should be water.

- Starch:
 - Limit sugar-sweetened cereals, white bread, rice, and pasta.
 - Replace with whole grain bread and pasta, brown rice, legumes (beans and peas), unsweetened cereals high in fiber.
- Fiber:
 - Include high fiber foods: legumes (beans and peas), nuts, seeds, whole grains, high fiber cereal, fruits and vegetables.
 - Foods with 3 grams of fiber/serving are a good source of fiber; those with 5 grams or more are an excellent source.
 - Drink water and increase fiber slowly to avoid constipation.

A change I can make: _____

To help reduce your risk of heart disease:

Replace unhealthy saturated and trans fats with healthier unsaturated fats. Include monounsaturated and polyunsaturated oils instead.

- Replace shortening or stick margarine with oil.
- Replace bacon or cheese in a salad with nuts or seeds.



Include foods with omega-3 fatty acids.

- Fatty fish, walnuts, ground flaxseed, chia seeds, flaxseed oil, and canola oil.
- The American Heart Association recommends:
 - Eat fish (mainly fatty fish) at least two times per week. The serving size is 3.5 ounces cooked. Deep fried seafood is *not* recommended.
 - Talk with your health care provider before taking omega-3 supplements.

Include high fiber foods.

- Fiber helps lower blood cholesterol and triglycerides.

A change I can make: _____

To help manage your blood pressure:

Limit your sodium intake. The 2015 Dietary Guidelines recommend you aim for less than 2300 milligrams (mg) per day.

Limit the use of table salt.

- **Don't add salt to your food at the table.**
- Use half (or less) the amount of salt called for in a recipe.
- Replace salt with herbs, spices, peppers, lemon juice, or vinegar.



Limit the number of foods you eat that are high in sodium. Read food labels (you may be surprised at the sodium content).

- Seasonings like soy sauce and barbeque sauce.
- Salty snacks such as potato chips and crackers.
- Salty or smoked meats and fish, lunch meats.
- Foods prepared in brine such as pickles and sauerkraut.
- Processed foods such as frozen entrées, canned or dried soups, baked goods, and pizza.
- Eat out less often. Limit fast food.

A change I can make: _____

To help maintain healthy bones:

Include foods high in calcium:

- Low-fat or fat-free milk, soymilk, yogurt, or cheese.
- Salmon, broccoli, and leafy green vegetables.
- Fruit juices, bread, and cereal with added calcium.



Note: Talk to your health care provider before taking a calcium supplement.

A change I can make: _____

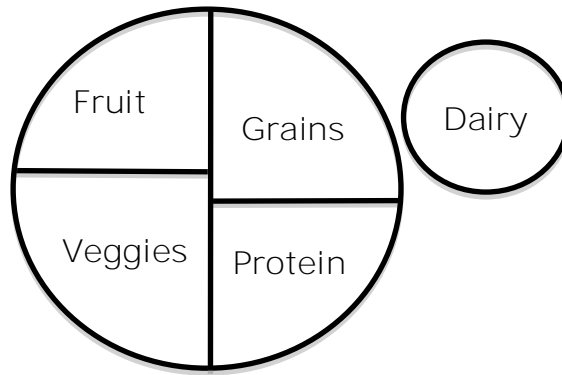
Don't let all the details overwhelm you.
You will find ways to make your own healthy eating pattern.
We are here to help.



MyPlate Makeover

Let's practice a meal makeover.

1. Write each item on the plate or cup below. If some of the items don't fit into any of the MyPlate groups, write them off to the side.



2. What changes could you make to this meal to better match MyPlate?

Vegetables _____

Fruits _____

Grains _____

Protein _____

Dairy _____

To eat fewer calories and limit unhealthy types of fat:



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.

New Things to Practice:

- Follow MyPlate as a model for planning healthy meals and making better food choices. What changes did you make?

- "Replace", "limit", or "include" certain** types of foods to meet your calorie and fat gram goals. What changes did you make?

- Be aware of your physical activities in the coming week and about how much time you spend doing them.

Session 3: Resources

Page

Build a Better Recipe

12

Making Healthier Food Choices

13-14



Build a Better Recipe

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

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean only, no skin), seafood, soy crumbles, tofu
Regular cheese	Low-fat or fat-free cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or fat-free sour cream or plain, fat-free yogurt
Margarine, oil, or butter	Trans fat free tub margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of tub margarine (look on the back of the cocoa box for directions)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Canned milk	Canned fat-free milk
Whole eggs	2 egg whites, egg substitute
Mayonnaise or salad dressing	Low-fat or fat-free mayonnaise or salad dressing, plain fat-free or low-fat yogurt
Whole milk or heavy cream	Low-fat or fat-free or canned fat-free milk

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

- Try cutting the amount of shortening, margarine, butter, or oil by $\frac{1}{3}$ or $\frac{1}{2}$.
- Replace the fat with the same amount of unsweetened applesauce, pureed prunes, or fat-free milk. It works!
- Keep in mind that these recipes may still be high in calories. Eat them less often and take small portions.



Making Healthier Food Choices

Instead of high-calorie foods, pick low-calorie foods.

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

Instead of high-calorie foods, use lower-calorie substitutes

Use low-fat:
<ul style="list-style-type: none"> • Soft (tub) margarine • Frozen yogurt • Salad dressing • Cheese, cream cheeses • Mayonnaise • Sour cream
Fat-free or Low-fat 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"> • Soft (tub) margarine (small amount), fat-free or low-fat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa. • Herbs, mustard, lemon juice.
Bread	<ul style="list-style-type: none"> • Low-fat or fat-free cream cheese, soft (tub) margarine (small amount), all fruit jams.
Pancakes	<ul style="list-style-type: none"> • Fruit, unsweetened applesauce, crushed berries.
Salads	<ul style="list-style-type: none"> • Low-fat salad dressing, lemon juice, vinegar. • Use nuts or seeds instead of bacon or cheese.
Pasta, rice	<ul style="list-style-type: none"> • Tomato based spaghetti sauce made with lean meat, poultry, seafood, or soy products, chopped vegetables, and no added fat. • White sauce made with fat-free or low-fat milk.
Other:	

Ways to lower the calories, total fat, and saturated fat in meats.

Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see.
Use low-fat cooking methods: <ul style="list-style-type: none">• Bake, roast, broil, barbecue, stir-fry or grill instead of fry.• Use a slow cooker without adding fat.
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 or strainer 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.

Eggs: <ul style="list-style-type: none">• Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray.• Use two egg whites instead of a whole egg.
Vegetables: <ul style="list-style-type: none">• Microwave, steam, stir-fry or boil vegetables in a small amount of water.• Oven roast: Spray an oblong pan with cooking spray. Place cut vegetables (broccoli, cauliflower, onion, carrots, asparagus, Brussels sprouts, etc.) in pan. Drizzle with a small amount of olive or canola oil or use cooking spray. Season with pepper, garlic powder or other herbs/spices. Roast 450° for about 30 minutes, stirring occasionally, until brown.
Cook meats without adding fat (see ideas above).
Other:



Session 4: Move Those Muscles

It's all about moving more.

Progress has led to less overall daily movement. Many people now do their day-to-day tasks with little physical effort.

- The good news: You get more done in a given amount of time.
- The bad news: The need to move is being removed from your daily routine.

What tasks do you do now with less movement than years ago?

Moving more is one of two main goals of GLB. It is key to your overall physical health, well-being and independence. An active lifestyle can also help you manage your weight. To add movement back into your daily routine, *focus on the two important types of activity*.

1. Planned activity:

- Moderate intensity physical activity (similar to a brisk walk) that you add to your schedule
- The eventual goal is to reach at least 150 minutes of moderate intensity activity/week. Example: 30 minutes of brisk walking on 5 days per week.
- Bouts of activity should last at least 10 minutes at a time
- Build up at a pace that is safe and do-able

2. Spontaneous or unstructured activity:

- Activity choices you make throughout the day
- Hard to keep track of easily but makes a big difference in your physical activity level at the end of the day
- Often these activities are of light intensity (such as housework or gardening)
- Research suggests that replacing your sitting time with physical movement is important for your overall health



It is *the sum of both planned and spontaneous activity* that makes up your total physical activity level.

Think back. Were there times when you were more physically active? What sort of activities did you do? What worked best for you?

Most people begin this program with their own thoughts and feelings about what it is like to be active or inactive (see common examples below). *What are yours?*

	What's good about it	What's hard about it
Being Inactive	<p><i>"I like to lie on the couch and watch TV"</i></p> <hr/> <hr/>	<p><i>"I feel stiff and sluggish"</i></p> <hr/> <hr/>
Being Active	<p><i>"I feel strong and healthy"</i></p> <hr/> <hr/>	<p><i>"I am really busy"</i></p> <hr/> <hr/>





What a Bargain: The Many Benefits of an Active Lifestyle

Physical activity is one of the biggest “bargains” you can get. It has many rewards. Here are just a few:

Being more active may:

- Help you have more energy, feel better and sleep better.
- Make you more physically fit. Being more fit will make it easier for you to do your daily tasks (like climbing stairs, keeping up with your children, grandchildren or friends).
- Improve your bone density and muscle strength. This leads to better joint health, flexibility, and balance.
- Lower your risk for diabetes, heart disease and certain types of cancer.
- Improve your mental alertness and brain-function. This can lower **risk of dementia and Alzheimer’s disease.**
- Help you lose weight and keep it off.

Being more active may:

- Raise your **HDL (“good”) cholesterol.**
- Lower your triglycerides.
- Lower your blood pressure.
- Lower your blood glucose by making your body more sensitive to insulin.



All of these physical activity benefits can lead to better overall physical function and more independence as you age.

What are the main reasons *you* want to have a more active lifestyle?

The DPP showed that being active was an important part of reducing the risk of developing type 2 diabetes.

It also improved other risk factors for heart disease.

I imagine having a chance to prevent or delay such serious conditions.



What You Can Expect from the GLB Physical Activity Program

Rest assured that you can do it. There are many reasons the physical activity part of GLB is likely to work for you.

- Realistic starting point: Begin where you are right now. No judgment, no questions asked. Add small amounts of activity over time.
- Choose your own types of activities: Most people choose **brisk walking as their main form of activity. It's your choice.**
- Keep track: Being aware of **your activity habits is important. It's** key to changing your activity behavior. It also lets you see your progress over time.
- Plan ahead: A physically active lifestyle does not happen by chance. Look at your typical week and schedule blocks of time that are most likely to work for you.
- Progression: Should be slow and safe. Increase around 30 minutes per week (less than 5 minutes per day). For safety reasons, we recommend that you increase duration of activity (total time) first, not intensity (how hard you are working). Any increase in either duration or intensity should be gradual.
- Safety: This program is all about safety. Let your health care provider know that you will be making changes in your eating, activity, and weight. You may be advised to limit or avoid certain types of activity.





Your Physical Activity Goal: Planned Activity

Aim for at least 2½ hours (**that's** 150 minutes) of physical activity each week.

This is **the “planned” part of your total activity goal**. It is safe, gradual, and do-able. It is also in line with many national public health recommendations as well as the DPP itself.

- Choose forms of physical activity that are of moderate intensity, like brisk walking.
- Aim to do at least 10 minutes at a time.
- Work up to this goal *slowly*.
- Spread the activity over 3 or more days per week.
- Pick activities you LIKE.

You have thought about activities you used to do and what worked best. What will you do to get started with your activity progression now? Many people choose walking and that is great. List below some of the things that you think will help you put your best foot forward.



Physical Activity Progression: Where should I start?

How many total minutes did you spend doing moderate intensity physical activity this past week?

- If less than 60 minutes, aim for 60 minutes this week.
- If 60 minutes or more, aim for the same amount this week.
- Track your activity minutes this week.

How to progress: Gradually increase the amount of physical activity you do. A good rule of thumb is to increase by 30 minutes each week. For 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)
Week 8+:	Walk at least 150 minutes per week.

Types of Aerobic Activities

Aerobic physical activities when done at a moderate intensity work your heart and lungs. They elevate your heart rate and keep it up for the duration of the activity. Most people choose to do brisk walking because it is relatively easy to do and good for you.

- Aerobic dance (step aerobics)
- Bicycle riding (outdoors, or indoor stationary bike)
- Dancing (square dancing, line dancing)
- Hiking
- Rowing (canoeing, rowing machine)
- Skating (ice skating, roller skating, rollerblading)
- Skiing (cross-country, NordicTrack)
- Elliptical, StairMaster®
- Swimming (laps, snorkeling)
- Tennis
- Volleyball
- Walking (treadmill, outdoor, indoor mall or fitness center)
- Water Aerobics

Note: Resistance training is not considered aerobic but is highly recommended; more on this later.



Plan for an Active Week

"A goal without a plan is just a wish"

-Antoine de Saint-Exupery, French writer

Last week we asked you to be aware of the physical activities that you were doing. Now you will make a plan for a more active week and keep track of your physical activity minutes.

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

- Set aside blocks of time this week to be active.
- Record bouts of activity that last 10 minutes or longer and are of **"moderate" intensity (like a brisk walk)**.

	What will you do?	When?	Where?	Minutes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total planned physical activity this week				

Don't just wait for physical activity to happen.

Make it happen by *devoting blocks of time* to be active. Look ahead each week, plan dates with yourself and others, and mark it on your calendar. Try not to schedule others things during those times.

Once you complete your activity, record your minutes and give yourself credit.



The Smart Way to Be Active: Keep It Safe

Being active is usually quite safe. However, in rare cases, problems can arise. *Prevention* is the best approach. Here are 5 key ways to be sure that you can keep it safe when being active.

1. WARM-UP and COOL-DOWN

Warm-up

- Slowly increases blood flow and prepares your body for exercise.
- This is even more important if you have high blood pressure or a history of heart conditions.
- Do whatever activity you plan to do but at a lower intensity.
- Take about 5 to 10 minutes to warm up. For example, walk at a slow pace before picking up to a brisk pace.

Cool-down

- Helps keep your heart rate and blood pressure from dropping too quickly. If you stop abruptly, you may feel light-headed.
- Do whatever activity you have been doing, but at a lower intensity (go back to a slow walking pace).
- Take about 5 to 10 minutes to cool-down.
- Once you cool down, you may choose to do a few minutes of mild stretching.

2. KEEP IN CONTROL

- **Stay in the driver's seat and don't let gravity be in control.**
- **Jerky unstable movements (like "bouncing") can lead to injury.**
- When doing stretches, or any activity, use your body (or stable object like a chair) to help support yourself and keep in control.
- See page 14, exercise 2 for an example of a supported side bend.

3. KEEP BALANCED

- Always work BOTH sides of your body equally.
- When you stretch or strengthen on one **side, don't forget to do** repeat on the other side.
- If you walk laps on a small track, be sure to change direction.

4. BREATHE

- Keep breathing while exerting yourself during physical activity. (Swimming underwater is the exception to the rule).
- Holding your breath during exercise can increase blood pressure.
- Count out loud if that helps.
- Pace yourself.

5. STRETCH

- Stretching may prevent muscle soreness, cramps, and injuries.
- Stretching may also help you become more flexible and feel relaxed.
- WARM-UP before stretching (Example: gentle walking).
- Move slowly until you feel the stretch.
- Hold for 15 to 30 seconds.
- See stretching exercises on pages 13-16.

Important Message from Your Coach:

NO PAIN IS GAIN. *Always listen to your body.*

- Make small, gradual increases in how often, hard, and long you are physically active.
- You may feel sore when you start or increase an activity. Some soreness is normal, but it should ease up over time.
- Physical activity *should not be painful*. If a certain activity is quite painful—STOP. If pain persists, seek medical advice.



When to stop exercising...

Being more physically active is usually quite safe. But in rare cases, problems can arise. The following may be signs of something serious like a heart problem, so should NEVER be ignored.

Chest pain or discomfort:

What: Uncomfortable feeling of pressure, pain, squeezing, or heaviness. Especially if it comes on with increased effort or when trying a new activity.

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, call 9-1-1.

If it does go away, let your health care provider know this happened.

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 health care provider.

If it does go away, let your health care provider know this happened.

We want you to stay safe while you exercise. Following the guidelines above will lessen the risk of exercise-related injury.



Your Physical Activity Goal: Spontaneous/Unstructured Activity

Every day you have many chances to make “the more active choice”.
Every time you move it adds up to a “more active you”.

1. Start by becoming more aware of these opportunities.
 - These activity moments will usually be brief and of light intensity.
 - They will often be spontaneous and last a few minutes.
 - These minutes will add up and make a big difference in your total physical activity level.
 - **Experts suggest you pay closer attention to this “light intensity activity”. It makes up the largest portion of your total physical movement each day.**
2. Increase your spontaneous activity. When you have the chance, choose to move.
 - Walk instead of driving when possible (**called “active transport”**).
 - Get off the bus a few stops sooner and walk.
 - Take the stairs instead of the elevator, even a few flights.
 - Be active while you watch TV. Get up and move during commercial breaks.
3. Decrease the time you spend sitting. Be aware of how much time you sit (at work, at home, during social activities).
 - Cut down on your TV and screen time.
 - Break up long bouts of sitting.



By replacing sitting time with movement of any intensity, you will increase your overall physical activity level. This behavior change may benefit your health.

Name some ways you could make an active choice or replace your sitting time. Study your routine. Find strategies that will *work for you*.



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.

New things to practice:

- Be active for ____ minutes this week.
 - How many minutes were you active last week? _____
 - If less than 60 minutes, your goal for this week is 60 minutes.
 - If 60 minutes or more, aim for the same amount this week.
- Follow your Activity Plan, see page 8.
 - Warm up, cool down, and follow the guidelines for safe stretching.
- Keep track of your minutes of physical activity.
 - **Record only the time when you're** doing physical activity.
 - Only record activities that last 10 minutes or more.
 - **Begin to fill in the "Year-at-a-Glance" chart on page 21** (optional).
- Make active choices throughout the day.
 - List some of the ways you increased your spontaneous physical activity.

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References:

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Stretches

Stretching may prevent muscle soreness, cramps and injuries. It may help you become more flexible and feel relaxed. REMEMBER:

- Always WARM-UP before stretching (such as gentle walking).
- Stretching should not feel painful. Move slowly until you feel the stretch.
- Hold the stretch for 15 to 30 seconds.
- Breathe.

Here is a stretching program for you to try. Some stretches show two options. The second image shows a more advanced option for each specific muscle group. Be sure to listen to your body and choose the stretches that work best for you.

1a. Corner Chest Stretch

- Put your hands up in a corner, keep your shoulders relaxed.
- Gently step forward until you feel a stretch in your chest.
- Hold for 15 to 30 seconds. Repeat 3 to 5 times.



1b. Chest Stretch (more advanced)

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

- Clasp your hands behind your back with your palms facing up.
- Pull your hands down and press your shoulder blades together. Your chest should stick out.
- Gently lift arms up, moving hands away from your back.
- Hold for 15 to 30 seconds. Repeat 3 to 5 times.



2. Waist Bends

- Stand up tall with your feet shoulder-width apart.
- Bringing your left arm over your head and keep your right arm on your waist. Bend gently to the right.
- Look straight ahead.
- Hold for 15 seconds. Repeat 3 to 5 times.
- Repeat the exercise, bending to the left side.



3a. Sitting Hamstring Stretch

- Sit at the edge of a chair with your knees slightly bent. Straighten one leg out in front. Sit up straight.
- Gently bend forward at the waist, keeping your shoulders back and your back straight.
- Hold for 15 to 30 seconds. Repeat 3 to 5 times on both legs.



3b. Hamstring Stretch on Floor (more advanced)

- Sit on the floor with one knee bent.
- Reach out your hands towards the extended leg and bend forward at the waist, keeping your shoulders back and your back straight.
- Hold for 15 to 30 seconds. Repeat 3 to 5 times on both legs.



Note: Do not do these stretches if you have had a hip replacement.

4a. Figure 4 Stretch –lower intensity

- Cross one ankle below the opposite knee and allow knee to fall out.
- To deepen the stretch, gently bend forward at the waist, keeping your shoulders back and your back straight.
- Hold 15 to 30 seconds. Repeat 3 to 5 times on both legs.



4b. Figure 4 Stretch (more advanced)

- Keeping your back straight, cross one ankle over the opposite knee and allow knee to fall out.
- To deepen the stretch, bend forward at the waist, keeping your shoulders back and your back straight.



5a. Lower Back Stretch

- Can be done on bed or floor.
- Lay on your back, with legs extended.
- Bring one knee into your chest, clasp hands behind thigh.
- Gently pull knee into chest.
- Hold for 15 to 30 seconds. Repeat 3 to 5 times on both legs.



5b. Lower Back Twist (more advanced)

- Lay on your back, bring both knees to 90 degrees with feet on floor.
- Keeping shoulders flat in the ground, let both knees fall gently to same side.
- Hold for 15 to 30 seconds.
- Repeat 3 to 5 times on both sides



6a. Hip Flexor Stretch

- Take a big step forward. Gently bend the front knee until you feel a stretch in the front of your hip of the extended leg.
- Keep both toes pointing forward. Do not allow front knee to go over toes.
- Hold for 15 to 30 seconds. Repeat 3 to 5 times on both legs.



6b. Kneeling Hip Flexor Stretch (more advanced)

- From kneeling, take a big step forward.
- Keep your upper body straight, while you gently increase the weight on your front foot, do not allow front knee to go over toes.
- You should feel the stretch in the front of the hip of the leg that is kneeling.
- Hold for 15 to 30 seconds.
- Repeat 3 to 5 times on both legs.



7. Calf Stretch

- Stand straight with feet shoulder-width apart.
- Holding on to a stable chair or countertop, step forward with your right foot, slightly bending your right knee.
- The front of your knee should be in line with the front of your toes. Your left leg should stay relatively straight and your left heel should remain on the floor. Slightly bend your front knee.
- Hold for 15 to 30 seconds. Repeat on the opposite side.





Wear a Good Pair of Shoes

You don't need to buy new or special shoes if the ones you have now fit well and support your feet. Keep these tips in mind when shopping for shoes:

Visit one or more stores you trust. Try on various styles and brands.

You may be able to ask the store staff to help you find shoes that fit well, give the support you need, and suit the kind of activity you do.

Look for a good fit.

- Wear the kind of socks **you'll wear when you're active.**
- Shop **right after you've been** active. That way, your feet will be the **size they are when you're warmed up.**
- 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.
- Shoes should bend easily at the ball of your feet (behind your toes).

Get the support you need for the kind of activity you plan to do.

- 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. The pattern of wear 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.
- You may want to look for shoes that suit the activity you plan to do. Stores offer many types of shoes for activity, such as running or aerobic dance. They are made to give you the kind of support needed for that activity.

The bottom line is good fit, comfort, and support. You may want to visit a store with expert staff who will know how to help you.



In Case of Injury

Call your health care provider when you suspect a serious injury. If **you can't move the injured** area, or if there is immediate and severe swelling, these may be signs of a broken bone.

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

What R.I.C.E stands for	What to do
Rest (restrict movement)	<ul style="list-style-type: none">• Stop doing the activity.• Rest for a few days.• Sometimes splints, tapes, or bandages are needed.
Ice	<ul style="list-style-type: none">• Apply ice or cold compresses for the first 24 to 36 hours after the injury. This reduces pain and swelling.• Schedule: 10 minutes on, 10 minutes off.• <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.
Compression (Pressure)	<ul style="list-style-type: none">• Apply pressure by wrapping the injury with an elastic bandage. This helps to reduce swelling and blood flow (pressure) to the area.• 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.
Elevation	<ul style="list-style-type: none">• Lift the injured area above heart level. Keep it elevated whenever possible, not just during icing.• This helps reduce the pooling of blood in the area that can cause pain and throbbing.

If ever in doubt about your physical condition, call your health care provider.



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.
- 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 clothes.
- Wear a hat to shade your face from the sun.
- Know the signs of heat illness: paleness, dizziness, nausea, vomiting, fainting, warm and flushed skin, or not sweating in situations in which you would normally expect to sweat.
- **Tell someone your route and when you'll be back.**
- Better yet, go with a friend.
- Carry a cell phone and 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 hat 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: numbness, tingling or a burning feeling and/or changes in skin color.
- **Tell someone your route and when you'll be back.**
- Better yet, go with a friend.
- Carry a cell phone and some form of ID.





Session 5: Tip the Calorie Balance

The Group Lifestyle Balance Program™ involves two lifestyle changes:

1. Healthy eating.
2. Being physically active.

Both are part of calorie balance:

- Calories In
 - Calories are a unit of measure. Calories are used to measure the energy value of foods and beverages. When you eat and drink, you take in calories.
 - The number of calories in a food or beverage depends on the amount of fat, carbohydrates (starches and sugars), protein, and/or alcohol it contains.
 - Fat has the most calories per gram. A gram is a unit of weight. Fat has more than twice the calories as the same amount of protein or carbohydrate. Note: Alcohol is high in calories too.

Calories per Gram*	Carbohydrates (Starches and Sugars)	Protein	Alcohol	Fat
	4	4	7	9

- Calories Out
 - Calories are also used to measure the energy you spend. You use calories for just staying alive (for bodily functions like breathing) and by being physically active.

Be aware of what you eat and drink and how active you are.



Calorie Balance: Calories In and Calories Out

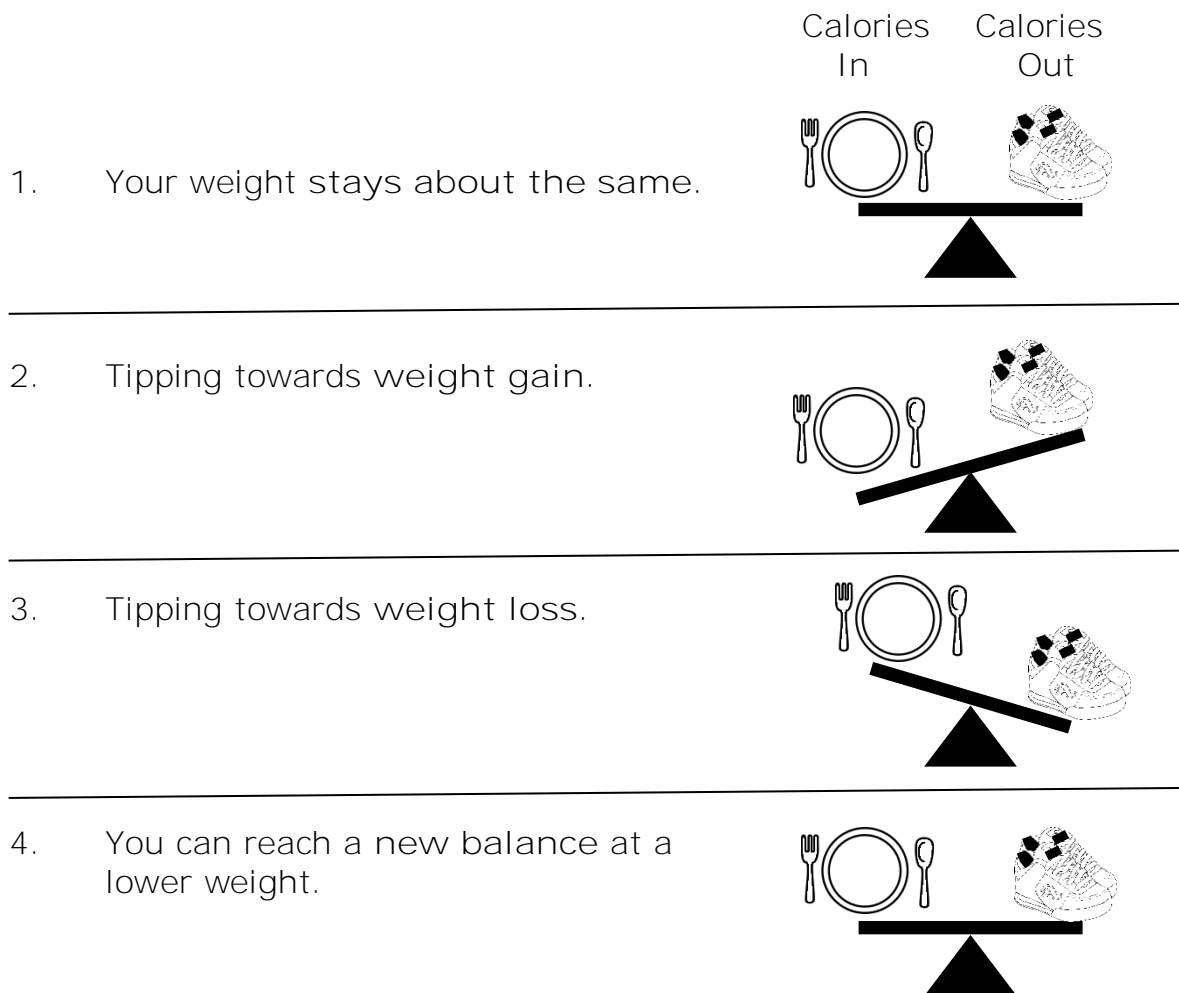
Your weight is a result of the balance between:

- Calories in from what you eat and drink
- Calories out from moving more (planned and spontaneous activity during your day)

If you want to change your weight, you need to “tip the balance”.

The best way to “tip the balance” is to both eat and drink less and be more physically active.

“Tipping the balance” will help you lose weight and improve your health.





Healthy Eating and Being Active Work Together

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

Tip the calorie balance to lose weight.

Work to find a new balance at a new, lower weight.
Make the eating and activity changes part of your lifestyle,
to keep the weight off.

How much does it take to tip the balance?

- Eating 500 fewer calories per day should result in losing about 1 pound per week. Research shows that this varies from person to person.
- Slow, steady weight loss (an average of 1 to 2 pounds per week) is the best way to lose weight.
- Your calorie goal was set to help you “tip the balance” enough to reach your goal weight.
- **Beware of falling into the “because I exercised” trap.** Physical activity uses calories, but not as many as people think. For example, 1 mile of brisk walking (15-20 minutes) uses about 100 calories.

To lose:	Tip the balance by this number of calories:
1 pound per week	Roughly 3,500 per week (or 500 each day for 7 days)

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



Changes You Have Made So Far

To be more active:

Planned Activity: _____

Spontaneous Activity: _____

To change your eating pattern:

Fewer calories: _____

Healthier food choices: _____

Have these changes *tipped the calorie balance*?

Look on your Weekly Record for the following:

- Your goal of 7% weight loss: _____
- Your Session 1 weight: _____
- Your Session 5 weight (today): _____

Change in weight so far: _____

- No, I weigh as much or more than I did at Session 1.
 - To lose weight, try something else to tip the balance.
 - **We'll work together to find what will work better for you.**
- Yes, I have lost 1-5 pounds so far.
 - You have made some progress.
 - To lose more weight, try something else to tip the balance further.
- Yes, I have lost more than 5 pounds so far.
 - You have tipped the balance.
 - **Keep tipping the balance, and you'll keep losing weight.**



New Ways to Tip the Balance

Keep Track

- Record everything. Watch portion sizes.
- Try a new way to spread your calories throughout the day.
- Try a digital option for tracking eating and activity.

Be Active

- Move more throughout the day.
- Borrow an exercise DVD from your local library.
- Join an exercise class or gym.
- Find ways to be more active using TV or the internet.
- Find an activity buddy.

Try New Recipes

- Look for healthy recipes online.
- Borrow low-calorie cookbooks from your local library.

Be Aware of Liquid Calories

- Drink more water.
- Replace sugar-sweetened beverages (soft drinks, sweetened coffee drinks, sweet tea, etc.) with ones that are calorie-free.
- Limit liquid calories from alcohol.
 - Alcohol increases appetite and lowers self-control.
 - Calories in alcohol are called "**empty** calories" because they **don't** have healthy nutrients.
 - Health experts recommend no more than two drinks per day for men and no more than one drink per day for women. **If you don't consume alcohol, don't start.**
- Limit liquid calories from coffee drinks.
 - Be aware of added sugars and/or fat.
 - Health experts say that moderate coffee intake is not associated with an increased risk of disease. This is defined as no more than 3 to 5 cups (8-ounce each) per day (or up to 400 mg/day of caffeine). **If you don't consume caffeine, don't start.**

Try a New Eating Pattern

Eating patterns provide ideas for healthy meals and snacks.

For example:

- USDA. These websites list 12 calories levels with the daily amount needed from each food group.
 - Healthy U.S.-Style Eating Pattern.
<https://health.gov/dietaryguidelines/2015/guidelines/appendix-3/>
 - Healthy Mediterranean-Style Eating Pattern. This eating pattern is based on the positive health outcomes seen in studies of Mediterranean-Style diets.
<https://health.gov/dietaryguidelines/2015/guidelines/appendix-4/>
 - Healthy Vegetarian Eating Pattern. This eating pattern does not contain meat, poultry, or seafood but does include dairy and eggs. It can be adapted for vegan diets.
<https://health.gov/dietaryguidelines/2015/guidelines/appendix-5/>
- MyPlate. **Go to “Online tools” on this website.**
 - **Choose the “Daily Checklist” option if you want general information about how much to eat for your calorie level.**
 - **Choose the “SuperTracker” option if you would like to create a personalized plan.**
<https://www.choosemyplate.gov/>
- The GLB Healthy Menu Ideas are on pages 9-11. These menu ideas are based on your calorie and fat gram goals and give you an example of how you might spread those calories throughout the day. Menus for meals and snacks, recipes, and a shopping list are included.

What can you see yourself doing with your eating and activity behaviors to “tip the balance” further?

Increasing physical activity and eating fewer calories helps tip the calorie balance towards weight loss. These two lifestyle changes are key to improving your health and well-being.



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.

New things to practice:

- Tip the balance (see pages 5 and 6). What changes did you make?
-

- Be active for _____ minutes this week. Record what you do.
 - The suggested activity goal for last week was 60 minutes.
 - If you reached 60 minutes, try adding 30 minutes this week.
 - If you were active for less than 60 minutes, **that's okay**. Start at your current activity level and try adding 30 minutes more.
 - If you are doing more, great work and keep it up.

Look for blocks of time when you could be active. Have these blocks of time last for 10 minutes or more. Plan activities you LIKE to do.

	What You Will Do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (My goal: ____ minutes)			

- Make active choices throughout the day. List some of the ways you increased your spontaneous activity.
-

Session 5: Resources

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The Group Lifestyle Balance™ Healthy Menu Ideas

Using these menu ideas may:

- Provide structure. You have fewer choices and decisions to make.
- Help you stay away from high calorie foods in the store and not bring them into your house.
- Make it easier and faster to shop for food. We give you a simple shopping list.
- Make it easier to keep track. The calorie and fat grams are listed for meals and snacks.
- Show you how to spread your calories throughout the day. This helps you feel fuller and be less likely to make unhealthy food choices or eat too much.

About the GLB Healthy Menu Ideas:

- The calories are spread over the day as follows:

	Breakfast	Light Meal	Main Meal	Snacks
1,200 calories:	200-300	300-400	500-550	200
1,800 calories:	250-400	400-500	600-650	200-400

- If your calorie goal is 1,500 calories:
Begin with the Menu Ideas for 1,200 Calories. Add 300 calories by adding more servings from one or more food groups.
- If your calorie goal is 2,000 calories:
Begin with the Menu Ideas for 1,800 Calories. Add 200 calories by adding more servings from one or more food groups.
- The calories and fat grams on the food lists are averages. If you **eat a packaged food, use the values found on the package's Nutrition Facts label.**

Note: Over time, you will come up with your own healthy eating pattern that suits your lifestyle. You may want to return to these menu ideas if you feel you need more structure.

Menu Ideas for 1,200 Calories

Mix and match the menus below for breakfast, a light meal, a main meal, and snacks. Choose foods from the attached lists. Make sure to follow the portion sizes on the lists.

Breakfast 200-250 calories	<ul style="list-style-type: none"> • Cold or hot cereal • 1 cup milk • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Peanut butter or low-fat cheese • Toast (1 slice), or ½ English muffin/bagel • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg or egg substitute • Toast (1 slice), or ½ English muffin, or ½ bagel, or 1 tortilla • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Yogurt • Fruit • Chopped walnuts
Light Meal 300-400 calories	<ul style="list-style-type: none"> • Sandwich: <ul style="list-style-type: none"> • 1 protein serving (chicken, turkey, salmon, or tuna) • 1 slice low-fat cheese • 2 bread servings • Mayonnaise • Raw vegetables • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Salad: <ul style="list-style-type: none"> Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with olive oil vinaigrette • 1 pita or ½ bagel or whole grain crackers • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Cottage cheese • Fruit • 1 pita or ½ bagel or whole grain crackers 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with balsamic vinaigrette • Fruit
Main Meal 500-550 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, rice, barley, couscous, yam, or quinoa • Vegetable with soft (tub) margarine • Fruit 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with avocado and low-fat dressing • Vegetable with soft (tub) margarine • Fruit 	<ul style="list-style-type: none"> • Lean beef or pork • Pasta, potato, rice, barley, couscous, yam, or quinoa • Salad with sunflower seeds and low-fat dressing • Vegetable • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Chicken stir-fry • Rice • Fruit • 1 cup milk or yogurt
Snack 200 calories	Mix and match choices from the Snack List to total 200 calories.			

Menu Ideas for 1,800 Calories

Mix and match the menus below for breakfast, a light meal, a main meal, and snacks. Choose foods from the attached lists. Make sure to follow the portion sizes on the lists.

Breakfast 250-400 calories	<ul style="list-style-type: none"> • Cold or hot cereal • 1 cup milk • ½ cup fruit juice or 1 fruit serving • Toast (1 slice) or ½ English muffin/bagel 	<ul style="list-style-type: none"> • Peanut butter or low-fat cheese • Toast (2 slices), or 1 English muffin/bagel • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Egg/Egg substitute • Toast (2 slices), or 1 English muffin, bagel, or 1 tortilla • ½ cup fruit juice or 1 fruit serving 	<ul style="list-style-type: none"> • Yogurt • Fruit • Chopped walnuts • Toast (1 slice), or ½ English muffin or ½ bagel
Light Meal 400-500 calories	<ul style="list-style-type: none"> • Sandwich: <ul style="list-style-type: none"> • 1 protein serving (chicken, turkey, salmon, or tuna) • 1 slice low-fat cheese • 2 bread servings • Mayonnaise • Raw vegetables • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Salad: Salad vegetables, 1 serving of turkey, chicken, tuna, or salmon, with olive oil vinaigrette • Pita, bagel, or whole grain crackers • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Cottage cheese • Fruit • Pita, bagel, or whole grain crackers 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with balsamic vinaigrette • Fruit
Main Meal 600-650 calories	<ul style="list-style-type: none"> • Fish or poultry (baked or broiled) • Pasta, potato, rice, barley, couscous, yam, or quinoa • Vegetable with soft (tub) margarine • Dinner roll • Fruit 	<ul style="list-style-type: none"> • Low-calorie frozen entrée • Salad with avocado and low-fat dressing • Vegetable with soft (tub) margarine • Dinner roll • Fruit 	<ul style="list-style-type: none"> • Lean beef or pork • Pasta, potato, couscous, rice, barley, yam or quinoa • Salad with sunflower seeds & low-fat dressing • Vegetable • Fruit • 1 cup milk or yogurt 	<ul style="list-style-type: none"> • Chicken stir-fry • Rice • Fruit • 1 cup milk or yogurt
Snack 200 - 400 calories	Mix and match choices from the Snack List to total 200-400 calories.			



Breakfast Food List

Grains	1 Serving	Calories	Fat (g)
Bran flakes	¾ cup	100	0
High-fiber cereal	¾ cup	100	1
Oatmeal, cooked	1 cup	120	2
Whole wheat bread	1 slice	80	1
Tortilla, whole wheat	1(6" diameter)	95	2
Tortilla, corn	.7 ounce	40	1
English muffin, whole grain	½ muffin	65	.5
Bagel, whole grain	½ (3" diameter)	100	1

Dairy			
Fat-free milk (or lactose free)	1 cup	90	0
Low-fat or light soy milk	1 cup	105	2
Low-fat cheese	1 ounce	60	2
Fat-free yogurt, no sugar added	6 ounces	100	0

Protein			
Egg substitute	½ cup	60	0
Large egg	1	70	4
Egg whites	3	50	0
Nuts, chopped (unsalted)	2 Tablespoons	95	9
Peanut butter or other nut butters	1 Tablespoon	95	8

Fruit			
Fruit juice with no added sugar	½ cup	50	0
Banana	½ (8" long)	60	0
Fresh fruit	1 small/medium	80	0
Fruit canned in juice	½ cup	70	0
Grapefruit	½ medium	41	0
Berries, any kind, fresh or frozen	1 cup	70	0
Melon, any kind	1 cup	60	0
Dried fruit	2 Tablespoons	60	0

Miscellaneous			
Soft (tub) margarine	1 Tablespoon	70	7
Regular jam or jelly, any flavor	1 Tablespoon	50	0
Low sugar jam or jelly, any flavor	1 Tablespoon	25	0



Light Meal Food List

Frozen Low-Calorie Entrées:

Choose any which have less than 300 calories and 10 grams of fat.

Protein	1 Serving	Calories	Fat (g)
Tuna, canned in water	3 ounces	99	1
Salmon, canned in water	3 ounces	130	6
Turkey or chicken breast, roasted	3 ounces	140	3
Lean beef or pork	3 ounces	100	3
Tofu	½ cup	94	6
Soy burger	1 patty	95	2.5
Hummus	2 Tablespoons	50	2
Cooked dried beans or canned	½ cup	110	.5
Nuts, chopped (unsalted)	2 Tablespoons	95	9
Seeds (unsalted)	2 Tablespoons	93	8
Grains			
Pita , whole grain	1 (4" diameter)	75	1
Bagel, whole grain	½ (3" diameter)	100	1
Whole wheat bread	1 slice	80	1
Tortilla, 6-inch, whole wheat	1 (6" diameter)	95	2
Tortilla, corn	.7 ounce	40	1
Whole grain fat crackers	6	100	3
Fruit			
Fresh Fruit	1 small/medium	80	0
Banana	½ (8" long)	60	.5
Fruit canned in juice	½ cup	70	0
Dried fruit	2 Tablespoons	60	0
Berries, any kind, fresh or frozen	1 cup	70	0
Melon, any kind	1 cup	60	0
Dairy			
Fat-free milk (or lactose free)	1 cup	90	0
Low-fat or light soy milk	1 cup	105	2
Low-fat cheese	1 ounce	60	2
Fat-free yogurt, no sugar added	6 ounces	100	0
Cottage cheese, low-fat	½ cup	80	1

Light Meal Food List (continued)

Vegetables	1 Serving	Calories	Fat (g)
Avocado	1/4	80	7.5
Tomato or vegetable juice	1 cup	40	0
Salad greens (lettuce, spinach)	1 cup	7	0
Raw vegetables (carrot, celery, bell pepper)	1/2 cup	20	0

Oils			
Light salad dressing	2 Tablespoons	70	5
Balsamic vinaigrette	2 Tablespoons	60	5
Olive oil vinaigrette	2 Tablespoons	70	5
Mayonnaise	1 Tablespoon	90	10
Light mayonnaise	1 Tablespoon	35	3
Soft (tub) margarine	1 Tablespoon	70	7



Main Meal Food List

Frozen Low-Calorie Entrées:

Choose dinners which have less than 400 calories and 12 grams of fat.

	1 Serving	Calories	Fat (g)
Protein			
Halibut	3 ounces	125	3
Cod	3 ounces	95	1
Tuna, yellow fin, fresh	3 ounces	115	1
Salmon	3 ounces	175	10
Turkey or chicken breast, roasted	3 ounces	140	3
Lean beef or pork	3 ounces	100	3
Tofu	½ cup	94	6
Soy burger	1 patty	95	2.5
Cooked dried beans or canned	½ cup	110	.5
Nuts, chopped (unsalted)	2 Tablespoons	95	9
Seeds (unsalted)	2 Tablespoons	93	8

Grains

Pasta (cooked.), whole wheat	1 cup	175	1
Brown rice	½ cup	110	1
Barley, cooked	½ cup	97	0
Couscous, cooked	½ cup	88	0
Quinoa, cooked	½ cup	110	2
Dinner roll	1	84	0

Vegetables

Tomato or vegetable juice	1 cup	40	0
Cooked non-starchy vegetable (Brussels sprouts, cabbage, carrots, cauliflower, broccoli, green beans, spinach, zucchini, beets)	1 cup	60	0
Cooked starchy vegetables (Corn, peas, lima beans)	½ cup	70	.5
Potato, baked in skin	Medium	180	0
Sweet potato (yam)	Medium	105	0
Salad greens (lettuce, spinach)	1 cup	7	0
Raw vegetables (carrot, celery, bell pepper)	½ cup	20	0
Avocado	1/4	80	7.5

Main Meal Food List (continued)

Dairy	1 Serving	Calories	Fat (g)
Fat-free milk (or lactose free)	1 cup	90	0
Low-fat or light soy milk	1 cup	105	2
Low-fat cheese	1 ounce	60	2
Fat-free yogurt, no sugar added	6 ounces	100	0

Fruit			
Fresh Fruit	1 small/medium	80	0
Banana	½ (8" long)	60	.5
Fruit canned in juice	½ cup	70	0
Dried fruit	2 Tablespoons	60	0
Berries, any kind, fresh/frozen	1 cup	70	0
Melon, any kind	1 cup	60	0

Oils			
Light salad dressing	2 Tablespoons	70	5
Balsamic vinaigrette	2 Tablespoons	60	5
Olive oil vinaigrette	2 Tablespoons	70	5
Mayonnaise	1 Tablespoon	90	10
Light mayonnaise	1 Tablespoon	35	3
Soft (tub) margarine	1 Tablespoon	70	7



Snack List

Feel free to include healthy snacks during the day, if desired. Choosing snacks that are less than 200 calories will help you to stay close to your daily calorie goal.

Snack time is a great time to enjoy veggies, fruit, and foods high in calcium. Snacks with protein and fiber may help you feel fuller longer.

Snacks	Calories	Fat Grams
1 cup fat-free milk with 1 graham cracker sheet/rectangle	150	1
100 calorie pack of almonds	100	9
1 container fat-free Greek yogurt with 1 cup sliced strawberries	140	1
1 sliced apple with 1 Tablespoon peanut butter	180	8
1 low-fat cheese stick or 1 ounce low-fat cheese with ½ cup grapes	140	5
4-ounce fat-free vanilla pudding snack with ½ banana	150	0
¼ cup hummus with raw veggies (carrot, bell peppers, celery)	100	6
8-ounce can low-sodium vegetable or tomato juice with 1 low-fat cheese stick	130	6
½ cup low-fat cottage cheese with ½ cup fresh or canned fruit in juice	140	2
100 calorie bag of microwave popcorn	100	2
2 Tablespoons guacamole with raw veggies (carrot, bell peppers, celery)	50	4.5



Shopping List

Check (✓) the items you need to follow the GLB Healthy Menu Ideas.

Produce

- Fresh fruit
- _____
- _____
- _____
- Dried fruit
- _____
- _____
- Avocado
- Salad greens
- Potatoes, white
- Potatoes, sweet
- Raw vegetables
- _____
- _____
- _____

Dairy

- Milk/soy milk
- Yogurt
- Low-fat cheese
- Low-fat cottage cheese
- _____

Salad Dressings

- Low-fat salad dressing
- Vinaigrette dressing
- Mayonnaise
- _____

Cereals/Grains

- High-fiber cereal
- Oatmeal
- Whole wheat bread
- Dinner rolls
- English muffins
- Bagels
- Pita
- Whole grain crackers
- Brown rice
- Whole grain pasta/couscous
- Barley
- Quinoa
- Tortilla, whole wheat or corn
- _____
- _____
- _____

Frozen Entrées

- Light meals (less than 300 calories & 10 fat grams)
- Main meals (less than 400 calories & 12 fat grams)

Protein Foods

- Chicken/turkey white meat
- Lean beef or pork
- Fish
- Canned tuna or salmon, in water
- Eggs or egg substitute
- Peanut butter
- Walnuts
- Sunflower seeds
- _____
- _____

Miscellaneous

- Soft (tub) margarine
- Vegetable/olive oil
- Garlic
- Nonstick spray
- Jam or Jelly
- Canned or frozen fruit
- Canned or frozen vegetables
- 100% fruit or vegetable juice
- _____
- _____



Lentils Ole´



This is one of the best tasting lentil dishes I've ever prepared. I found it in the *Minnesota Heritage Cookbook*, produced in a state not known for haute cuisine but one that harbors quite a number of wonderful cooks.

Serving suggestions: These lentils go well with rice, plain pasta, baked potato or corn bread. Or serve them as a taco filling or on a flour tortilla with chopped fresh vegetables (tomato, lettuce, cucumber, peppers, onion) and shredded cheese for garnish or as the base for tostadas (prepared with softened corn tortillas) with toppings that might include shredded carrots and zucchini, chopped fresh spinach or lettuce, mashed avocado, plain yogurt, salsa, and sunflower seeds.

Preparation tip: This recipe freezes well. It holds up well, and the flavor improves upon reheating.

Lentils Ole´

7 ½ cups water	2 cups chopped sweet red or green pepper
1 pound lentils	2 ½ Tablespoons chili powder
1 Tablespoon olive oil	1 teaspoon ground cumin
4 cloves garlic, minced	28 ounce can tomato sauce or crushed tomato
2 bunches green onions, chopped (including green tops)	2 ½ Tablespoons molasses
	2 ½ Tablespoons red-wine vinegar

1. In a large saucepan, bring the water and the lentils to a boil. Reduce the heat to medium-low, cover the pan, and simmer the lentils for 25-30 minutes or until the lentils are tender but not mushy. **Do not overcook the lentils.** Drain the lentils.
2. While the lentils cook, sauté the garlic, onion and pepper in olive oil in a large pot for about 2 minutes or until the vegetables are tender-crisp.
3. Add the chili powder, cumin, tomato sauce, molasses and red-wine vinegar and simmer.
4. When the lentils are cooked and drained, add the lentils to the vegetable mixture. Heat through before serving it.

½ cup serving = approximately 155 calories, 1.5 grams fat, 7 grams fiber

Source: Jane Brody's Good Food Gourmet 1990

Note: Use no-salt-added tomato sauce or crushed tomatoes to lower the sodium content.






Session 6: Take Charge of What's Around You

The first step to a healthier lifestyle is to look closely at your day-to-day routines. **To take charge, learn the "cues" (or "triggers")** for how you eat and how you move.

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 This
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.

Keep in mind: It takes time to break an old habit and build a new one.



Common Problem Food Cues

At home

- Living room: TV, computer, phone, candy dishes
- Kitchen: Ready-to-eat foods (ice cream, chips, cookies), preparing food, putting away leftovers
- Dining room: Serving dishes on table, large dinner plates, long amount of time spent at the table

Away from home

- Commuting: Bakeries, coffee shops, fast food drive-thru windows
- Public areas: High-calorie foods and beverages (doughnuts, pastries, candy) in cafeteria, vending machines
- Workplaces: Candy and snack foods always in view

My problem food cues: _____

Tips

- Keep problem foods out of your house and work place. Or keep them out of sight. Out of sight is out of mind.
- Keep healthy choices easy to reach, in sight, and ready to eat. Examples: Fresh fruits, raw vegetables (already washed and prepared), water, and other calorie-free drinks.
- Limit your eating to one place (or fewer places).
- Limit other activities when you are eating.

Shopping Tips

- Become an expert on where you shop (name those places):

- Plan meals and 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 a problem for you.
- Buying in bulk can help your budget but be sure to have a plan for portion control.
- Ask the store manager to order healthy food you want.
- **Don't let** coupons tempt you to buy junk food.



Common Activity Cues

Now look at your cues for moving and sitting.

1. Add positive activity cues to your life.

- Keep these in sight:
 - Equipment such as shoes, bag, mat, bike
 - Self-monitoring record, exercise calendar
 - Exercise video
 - Motivational photos, posters, magazines
- Set up a regular "activity date" with a friend or family member.
- Set a timer or alarm on your watch or other device to remind you to be active.
- My positive activity cues: _____

2. Decrease your cues for being inactive.

- Limit TV watching. Or be active while you watch TV.
- Limit any form of screen time (such as videos, games, shopping, and social media).
- **Limit "over scheduling"**. Having too much on your calendar makes it hard to find time to be active.
- My cues for being inactive: _____



3. Learn to use feelings of being low on energy or stressed as cues for being active.

- Try building a new habit. Go for a walk instead of watching TV when feeling stressed, bored, or sluggish.



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.

New Things to Practice:

Make food and activity cues work for you, not against you.

- 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?

- Be active for _____ minutes this week. Record what you do.

- The suggested activity goal for last week was 90 minutes.
- If you reached 90 minutes, try adding 30 minutes this week.
- If you were active for less than 90 minutes, **that's okay. Start** at your current activity level and try adding 30 minutes more.
- If you are doing more, great work and keep it up.

Look for blocks of time when you could be active. Have these blocks of time last for 10 minutes or more. Plan activities you LIKE to do.

	What You Will Do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (My goal: ____ minutes)			

- Make active choices throughout the day. Name some of the ways you increased your spontaneous activity.

- Before the next session, answer these questions:

- Were you able to change any food or activity cues?

___Yes ___No ___Almost

- What problems did you have?

- What could you do differently?



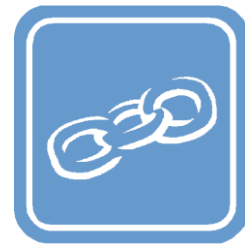
Session 7: Problem Solving

Many things can get in the way of being more active and achieving your healthy eating, physical activity and weight goals. But problems can be solved.

The five steps to problem solving:

1. Describe the problem *in detail*, as a chain of actions.

- Give a specific example of one time you have had that problem.
- Try to **find “the action chain”** — a **series of actions (or “links”)** that led up to the problem. Look for:
 - Things that “cued” you (made you want) to eat or be inactive.
 - People who didn't support you.
 - Thoughts or feelings that got in your way.



Example:

- **Sarah says, “I’m a mess. I seem to end up eating sweets every afternoon. And then I don’t care about my food choices the rest of the day.”**
- A specific example: Last Saturday afternoon she ate a lot of cookies.

Sarah’s action chain:

- Skipped lunch while running errands. Traffic was bad.
- Said to **herself, “I have no energy to go for a walk today”**. Came home tired, stressed, grumpy and hungry.
- Went right to the kitchen.
- Talked with her son on the phone. He was critical, which upset her.
- Saw cookies on counter.
- Ate cookies.

2. Brainstorm your options for each link in the chain.

Links in Sarah's Action Chain	Some of Sarah's Options
Skipped lunch while running errands. Traffic was bad.	<ul style="list-style-type: none"> • Never run errands again. (In our dreams....) • Pack a healthy snack.
Skipped her walk. Came home tired, stressed, grumpy and hungry.	<ul style="list-style-type: none"> • Go for a walk to unwind.
Talked with her son on the phone. The conversation upset her.	<ul style="list-style-type: none"> • Take a few deep breaths. • Remind herself not to take what he said personally. • Try to avoid difficult conversations when she's tired, stressed, grumpy or hungry.
Went into the kitchen. Saw cookies on the counter.	<ul style="list-style-type: none"> • Avoid the kitchen. Go out in the yard or sit in a favorite chair for a few minutes to calm down. • Don't buy cookies. • Keep cookies out of sight. • Keep fruit in sight.

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 in the chain as you can.



Let's say Sarah chose to pack a healthy snack.

4. Make a positive action plan.

Example for Sarah:

She will:

- Pack a 200-calorie snack.
-

When?

- The next time she runs errands.
-

She will do this first:

- Shop for the healthy snack foods.
 - Put one in her purse.
-

Roadblocks that might come up:

- Might forget to pack her snack.

How she'll handle them:

- Will go to a healthy quick-serve place.
 - Will buy a light and healthy meal or snack.
-



She will do this to make her success more likely:

- Brainstorm with her group about healthy snacks that work in these situations and fit her lifestyle.

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!



Practice: Help Sam Solve His Problem

To practice problem solving, help Sam (this page) or Sadie (next page).

Sam's problem: Nighttime snacking

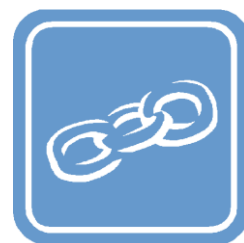
Sam has been working hard to lose weight. He has lost 7 pounds since Session 1. He takes a brisk 40-minute walk, three or four times a week.

At today's session, he told the group that he's frustrated. "Here's one of my biggest problems," he said:

- I eat pretty healthy most of the time, and I feel good.
- **But for the last couple of nights, I've been back into my old habit of snacking at night. I'm worried I won't be able to stop.**
- **I eat dinner around 6. By 8:30 I'm prowling around in the kitchen, looking in the cupboards and the refrigerator. Sometimes I go back to look two or three times.**
- The more I try not to do this, the more I seem to want SOMETHING.
- If I just let myself go, I can end up eating over 600 calories.
- **It's really discouraging. I want to stop but I'm not sure I can.**

Help Sam solve his problem. Turn to the attached worksheets.

1. In the left column of the Problem Solver for Sam or Sadie, **write down some of the important "links" in the chain of Sam's day.** You can "make believe" and fill in details from your own life. The goal is to spell out more about what might be going on with Sam.



2. In the right column, brainstorm options for each link. What could Sam do differently along the way? The more ideas you have for each link, the better. Be creative and have fun.

3. Choose one option. Fill in the blanks on the Make a Positive Action Plan for Sam or Sadie worksheet.



Practice: Help Sadie Solve Her Problem

Sadie's problem: Too tired to exercise

On most weeks, she walks for about 20 minutes on the weekend.

"At least part of the problem," she says, "Is not getting enough exercise."

- **I've never liked to exercise, even when I was young.**
- One of the reasons I joined GLB was to get help fitting in exercise. I know I need to be more active. **But it's a real struggle for me.**
- **It's not that I do nothing. I'm always busy! I spend a lot of time** visiting friends and family. I love to cook—it seems like I'm cooking all the time. And I work part-time and do a couple of volunteer jobs too.
- **At the end of a busy day, I'm** bushed. I get home and fix dinner and then have a glass of wine to relax. The idea of going back outside to take even a short walk is not very appealing. I like to **read after dinner too because it's a quiet time just for me.**
- This is a long-standing pattern. But I really do want to find a way to fit in more exercise.

Help Sadie solve her problem. Turn to the attached worksheets.

1. In the left column of the Problem Solver for Sam or Sadie, write down **some of the important "links"** in the **chain of Sadie's day**. You can "make believe" and fill in details from your own life experiences. The goal is to spell out more about what might be going on with Sadie.



2. In the right column, brainstorm options for each link. What could Sadie do differently along the way? The more ideas you have for each link, the better. Be creative and have fun.
3. Choose one option. Fill in the blanks on the Make a Positive Action Plan for Sam or Sadie worksheet.



The Lifestyle Balance Problem Solver for Sam or Sadie

Describe the problem in detail. Be specific.

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 for Sam or Sadie

Pretend to be Sam or Sadie

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 I get the support I need? _____



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.

New things to practice:

- Choose a problem of your own that is getting in the way of meeting your weight, calorie, fat gram, and/or activity goals.
- Complete the **“My Lifestyle Balance Problem Solver”** and **“My Positive Action Plan”** worksheets (pages 10 and 11). Follow your action plan.
- Be active for _____ minutes this week. Record what you do.
 - The suggested activity goal for last week was 120 minutes.
 - If you reached 120 minutes, try adding 30 minutes this week.
 - If you were active for less than 120 minutes, **that’s okay. Start** at your current activity level and try adding 30 minutes more.
 - If you are doing more, great work and keep it up.

Look for blocks of time when you could be active. Have these blocks of time last for 10 minutes or more. Plan activities you LIKE to do.

	What I Will Do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (My goal: ____ minutes)			

My Lifestyle Balance Problem Solver & Action Plan

10-11



My Lifestyle Balance Problem Solver

Describe the problem in detail. Be specific.

Find the action chain. Links	Brainstorm your options. Options

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



My 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 I get the support I need?



Session 8: Step Up Your Physical Activity Plan

In Session 4 you learned that both planned and spontaneous physical activities are important. Together they make up your total day-to-day activity level.

How are you doing with your physical activity? What has worked for you so far?

What are your challenges?

Balancing your day with a solid physical activity plan takes some effort and sometimes you will find yourself in a slump. You may need a boost to “**step up**” your activity plan.

Step Up Your Physical Activity with a Pedometer

So far you have been focusing mostly on your planned activity and tracking your weekly minutes. Now you will add in a pedometer.

The pedometer is a tool that can help you learn *a lot* about your total physical activity level.

Your total physical activity includes spontaneous activity and your planned activity.



What is a Pedometer?

- A pedometer is a fun and simple tool that has been shown to help people be aware of and improve their activity levels.
- Pedometers measure your movement such as walking or climbing stairs throughout the day. They capture that movement in the form of steps.
- Wearing a pedometer as part of your daily routine will begin to give you a better idea of how much total movement you get. The pedometer estimates total movement by capturing most of your planned and spontaneous activity.

How Does a Pedometer Work?

- It records a “step” each time your foot hits the ground.
- If you wear it correctly, it gives you credit for *most steps you take* throughout the day including:
 - during spontaneous activities such as household chores, or simply walking around the house
 - during planned activity such as brisk walking outside
- It does not matter where the steps are coming from. All steps are added together to give you a total count for the day.
- Pedometers do best counting steps in movement that resembles walking. **You can't wear it** swimming, and it will not measure biking or arm activities very well.



Why Wear a Pedometer? What Are Some Benefits?

- It can help you keep track of your total daily physical activity.
- It can help you monitor your activity when your routine changes (such as weekdays to weekends, or season to season).
- You can try fun activity challenges and learn new ways to add steps into your daily routine. The next pages will help you get to know your pedometer.



Pedometer Instructions

Wear your pedometer correctly to get a more accurate step-count.

When you first get up in the morning:

- Clip the pedometer to your waistband, on your side, in line with your hip.
- Reset it to zero.
- Make sure it is securely attached and worn firmly against your body so that it does not bounce.
- Do not let it flop around in a pocket and never wear it on a jacket.
- Keep it upright.
- Do not let the pedometer get wet. **Don't wear it bathing or swimming.** Keep it under your coat when you walk in the rain or snow.



Before you go to sleep at night:

- Take it off. Put it where you can find it easily in the morning.
- Write down the number of steps you took that day in your Food and Activity record.

Important: If you think the batteries need to be changed, return the pedometer to your Lifestyle Coach.



Get to Know Your Pedometer and Your Activity Levels

Test your new pedometer with the **“100 Step Test”**.

Complete this simple test to see if you're wearing the pedometer correctly and if it is measuring your steps accurately:

1. Clip the pedometer firmly 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)

You can repeat this test from time to time to feel confident about the accuracy and placement of your pedometer.

Pedometer Problem Solving:

If you suspect it is not working properly:



- Make sure that it is attached firmly against your torso and does not flop around.
- Try pants with a belt or a better fitting waistband.
- If **it won't stay upright**, or you are getting unacceptable readings, try securing the pedometer to *the back* of your waistband (see photo). Recount your steps.
- Major increases or decrease in weight may change how you should wear the pedometer. If this occurs, you can do the 100-Step Test again to test the accuracy/placement.

Bottom line: Wear your pedometer in the spot that gives you the most reliable results



Use Your Pedometer to Learn About Your Activity Patterns

Key Challenge #1:

How many steps do you take in an average week?

1. Wear your pedometer every day for seven days in a row. Record your daily steps here (or use your own self-monitoring record).

Mon	Tue	Wed	Thu	Fri	Sat	Sun

2. Add up the daily steps to get your total number of steps per week.

My total steps per week: _____.

3. Divide the total number of steps per week by 7 to get your average steps per day. Write this number in the box below.

My average steps per day = _____

Are your average steps per day about what you expected?



Use Your Pedometer to Develop an “Active Head”

Key challenge #2:

1. Wear your pedometer on two days during the week when you would typically get about the same level of physical activity or movement.
2. On the first day, go about your routine activities as you normally would do. This is your Normal Day.
3. On the second day, include as many short bursts of *spontaneous activity* as you can. Do not make any major changes to your day. Rather, turn any spare minute into an active minute.

Examples: take the stairs instead of using the elevator, walk across the hall or street to talk to your neighbor instead of using the phone.

Think of other quick and simple ways that might work for you. This is your Active Head Day.

Record your steps below.

Day 1: Normal Day Total steps= _____	Day 2: Active Head Day Total steps= _____
---	--

Compare the number of step taken on these two days.

- Do they differ? YES NO
- If yes, what do you think explains the difference?

- If no, what could you have added to your day to make a difference?

Subtle increases in movement throughout the day can lead to an increase in your total physical activity levels. Developing an Active Head is one way to make this happen. Your pedometer can help you measure these small increases in movement.

Other pedometer challenges to try:

Measure Your Mile in Pedometer Steps

- Wear your pedometer to a local school track, or any fairly level surface (a sidewalk or street) where you can walk one mile. Choose a location where the exact distance is known.
- Reset your pedometer to zero, walk the mile, and record the number of steps you took. Now you can use this "**personal** steps per mile" number in the future to estimate distances (miles) walked.

It takes me _____ pedometer steps to walk one mile.

Keep in mind:

- It takes, on average, about 2000 steps to walk *one mile*.
- This step count varies from person to person. A taller person will take fewer steps per mile compared to someone who is shorter because of longer stride length.
- For a moderate walking pace of 3 miles/hour, it takes about *20 minutes to walk one mile*.

Measure Your Weekday vs. Weekend Pedometer Steps

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

- Wear your pedometer and record the number of steps taken each weekday (Monday-Friday). Add up your Monday-Friday steps and divide by 5. This is your weekday average.
- Next, record the number of steps taken each day on Saturday and Sunday and divide by 2. This is your weekend average.

Average weekday steps _____.
Average weekend steps _____.

When are you more active? Did your answer surprise you?



Adding Steps *Throughout Your Day*

Try some of the simple ideas and tips below.

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.
- Walk while you talk on the phone.
- Reward your family for meeting step goals with fun activities.
- Walk around your house during TV commercials (they average 17 minutes per one hour of TV programming)
- Walk while your kids play sports.
- Walk to your **neighbor's** house instead of calling.
- Start a walking club with your neighbors or friends.
- Turn off the TV and do something active with family.
- 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 (a friend at the beginning, with your family at the end).

On the Town

- Park farther away in parking lots.
- Limit use of elevators and escalators – use the stairs instead.
- Plan active vacations.
- Walk at the airport while waiting for your plane.
- Avoid people movers at the airport.
- 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 morning or when you go to lunch.
- Walk to a restroom, water fountain, or copy machine on a different floor.



Mixing It Up and Staying Active

There are many ways to add variety to your activity routine. “Mixing it up” can make activity more fun and help to prevent boredom.

Using a pedometer is one way to help you to mix it up.
Can you think of any other ways?

Ways to Mix It Up:	Ideas:
<p>Add Variety:</p> <ul style="list-style-type: none">• Do something new.• Do the same activity in a new place or at a new time.• Be active as a way to be social.• Be active with someone new.	
<p>Make Being Active Fun:</p> <ul style="list-style-type: none">• Dance.• Listen to music or audio books while being active.• Look for active events such as a walking tour or a group bike ride.	
<p>Challenge yourself:</p> <ul style="list-style-type: none">• Find ways to add steps to your day.• Train for an organized event such as a charity walk.• Take a nature hike.	

Changes in the weather/seasons can be a barrier to keeping up with your activity plan. Can you think of ways to stay active in bad weather?



The F.I.T.T. Principle

Physical activity is made up of several components. It is not just about what type of activity you do, but how long you do it each time, how often you do it, and how hard you perform the activity.

One way to remember all of these components is the acronym, F.I.T.T: Frequency of activity, Intensity of activity, Type of activity and Time of activity.

So far, we have discussed frequency, type of activity and time (or duration) of your physical activity program. Intensity is the final component to consider.

F.I.T.T.	What to Do:
Frequency How often are you active?	<ul style="list-style-type: none"> 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).
Intensity How hard are you working while being active? How fast is your heart beating?	<ul style="list-style-type: none"> Two methods that will be described in this session are: <ol style="list-style-type: none"> 1) Rating of Perceived Exertion 2) Estimated Target Heart Rate
Type of Activity Aerobic activity is the foundation of this program. <i>Note: We will discuss resistance training in a later session.</i>	<ul style="list-style-type: none"> For heart fitness, do aerobic activities that challenge your heart and lungs. Use larger muscles such as your legs. Examples: Brisk walking, swimming
Time How long are you active?	<ul style="list-style-type: none"> Stay active for at least 10 minutes at a time. Increase slowly.



Physical Activity Intensity Level

So far, your GLB activity focus has been on frequency (most days of the week), type (aerobic activities that strengthen your heart) and time (at least 150 minutes per week). **Now let's focus on intensity.**

Increasing physical activity intensity can improve how well your heart works. Remember, your heart is a muscle, too. If you exercise your heart by doing aerobic activity, it will become stronger and more fit over time. This is just like the muscles in your arm becoming stronger if you lift weights.

As your heart becomes stronger over time, that means your aerobic fitness is improving. **"Aerobic fitness" refers to how well your heart can pump oxygen in your blood to your muscles, like those in your arms and legs.** When you perform aerobic activity regularly, your aerobic fitness improves and your heart does not need to beat as fast for the same effort. As your heart becomes stronger, you may notice that it's easier for you to do things like walking up stairs and hills.

After you have reached the 150 minutes per week activity goal, consider kicking up the intensity of your activity a bit. For example, walk a little faster, just enough to notice that you are breathing a little bit harder, or add hills to your walking route.

How to Measure your Physical Activity Intensity

There are several ways that you can measure your physical activity intensity. Below are two common ways:

1. Rating of Perceived Exertion or RPE (see next page)
2. Estimated Target Heart Rate (see page 15).

In GLB, we use the RPE but both are good options.

Please check with your health care provider if you plan to make major increases in the intensity of your activity.



How Hard are You Working? Estimating Rating of Perceived Exertion

Rating of Perceived Exertion (RPE) is:

- A tool that allows you to measure how hard you feel you are working while performing your physical activity.
- Based on a scale of 1 to 10 with a 1 being that the activity was very easy and a 10 being the hardest you've ever worked.
- Aim for a rating between 4 and 6. This is considered a good training range for making your heart stronger.

Most people have a good sense of how hard they are working when **they're being active**. Listen to your body.

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

How Hard are You Working?

1	2	3	4	5	6	7	8	9	10	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Very easy	Easy		Moderate	Somewhat hard	Hard		Very hard		Very, very hard	
Examples:										
<p>"I'm not working hard at all. I can talk and even sing easily."</p>			<p>"I'm working and breathing harder than usual. I can still talk easily."</p>			<p>"I'm working and breathing somewhat hard. I can talk fairly easily."</p>		<p>"I'm working hard and breathing deeply. I can still talk."</p>		<p>"I'm working very hard. I can't catch my breath or talk."</p>
← Stay in this range →										



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.

New things to practice:

- Wear your pedometer every day this week. Calculate your average steps per day (see page 5).
 - My average step counts per day _____
- Complete the Active Head challenge on page 6.
- Estimate activity intensity using the rating of perceived exertion (RPE). Record it each time you are active.
- Optional: Calculate your estimated target heart rate (see pages 15-16).
- Be active for _____ minutes this week. Record what you do.
 - The suggested activity goal for last week was 150 minutes.
 - If you reached 150 minutes, congratulations. This will continue to be your minimum goal throughout GLB. If you are doing more, great work and keep it up.
 - If you were active for less than 150 minutes, **that's okay. Start** at your current activity level and try adding 30 minutes more.

Estimating your target heart rate	15
Step credit calculation	17



Estimating the Intensity of Your Workout by Taking Your Heart Rate

You can calculate your estimated target heart rate. This range is a guide that you can use during your aerobic activity workout. But, always listen to your body first.

Several things can affect your heart rate, such as:

- Stress
- Sickness
- Heat
- Medications (in particular blood pressure medications such as beta-blockers)

If you are interested, follow these steps:

First you need to measure your resting heart rate. You will need a clock, watch, or stopwatch with a second hand.

- Use your index and middle fingers. Don't use your thumb, which has a pulse of its own.
- Place your fingers on your wrist, just above the base of the thumb.
- Or place the tips of the fingers on your neck, on either side of the Adam's apple. Do not press too hard on the neck or you may feel dizzy or light headed. This option is less preferred.

Next, find your estimated target heart rate.



To calculate your estimated target heart rate:

1) Maximum heart rate: Subtract your age from 220. $220 - \underline{\quad} = \underline{\quad}$ (estimated maximum heart rate)
2) Resting heart rate: Measure your heart rate at rest by counting beats for 30 seconds and multiplying by two. Resting beats in 30 seconds $\underline{\quad} \times 2 = \underline{\quad}$ (resting heart rate)
3) Target heart rate = ((maximum heart rate - resting heart rate) X % intensity) + resting heart rate. $\boxed{\quad} \quad \boxed{\quad} \quad \boxed{\quad}$ Lower range 50% = (maximum heart rate - resting heart rate) X 0.5) + resting heart rate = $\underline{\quad}$ $\boxed{\quad} \quad \boxed{\quad} \quad \boxed{\quad}$ Upper range 70% = (maximum heart rate - resting heart rate) X 0.7) + resting heart rate = $\underline{\quad}$
Your target heart rate range is $\underline{\quad}$ to $\underline{\quad}$ beats per minute (bpm).

Finally, measure your heart rate while you are exercising.

- Take your pulse as directed above while you are in the middle of your activity, long after your warm up. Keep moving, rocking side-to-side.
- Stay within your target heart rate range.

Example for a 40-year old:

This person has an estimated maximum heart rate of 180 bpm and a resting heart rate of 70 bpm.

- **50% Target Heart Rate:** $[(180 - 70) \times 0.50] + 70 = 125$ bpm
- **70% Target Heart Rate:** $[(180 - 70) \times 0.70] + 70 = 147$ bpm
- The Target Heart Rate range = 125 - 147 bpm



Step Credit Calculation

For activities that are not recorded by your pedometer

Some types of physical activity aren't recorded by the pedometer or there may be situations when the pedometer cannot be worn.

The two most common examples are biking and water activities such as swimming and rowing. **However, you can estimate a "step credit"** for these activities and add it to your daily pedometer count.

Determine your step credit:

1. Figure out how many steps you take to walk one mile (see page 7). At a normal walking pace (3 miles/hour), it takes about 20 minutes to walk a mile.
2. Divide your number of steps 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. This is only an estimate.
3. Credit yourself the number of steps you calculated above for every continuous 10 minutes **"non-pedometer"** activities you do.

Step Credit Example

1. It takes Jane 2,000 steps to walk one mile.
2. $2,000 \div 2 = 1,000$
3. 1,000 is the number of steps that Jane will record for every 10 minutes of **"non-pedometer" activities like biking, swimming, or rowing.**



Session 9: Manage Slips and Self-Defeating Thoughts

Progress Review

Changes you have made so far:

To be more active:

Planned physical activity: _____

Spontaneous activity: _____

To change your eating pattern:

Fewer calories: _____

Healthier food choices: _____

Have you reached the 7% weight loss goal? Yes No

Are you on track with your personal weight loss goal? Yes No

Have you reached the goal of 150 minutes per week of physical activity? Yes No

Are you on track with your personal activity goal? Yes No

How will you continue to make progress? Describe the eating and activity changes that you are willing to focus on right now:



What is a Healthy Weight for You?

If you want to lose more than 7% of your Session 1 weight, keep the following in mind:

- Health care providers often use the Body Mass Index or BMI (see page 13) to help them decide what weight is healthy for someone. It is only one of many tools. It is not perfect.
- The DPP advised participants not to go below a BMI of 21.
- Talk with your health care provider about what weight is right for you, given your age and overall health.
- After talking with your health care provider, choose a 5 pound weight range you would like to reach and maintain.

My personal weight goal range is _____ - _____ pounds



The Slippery Slope of Lifestyle Change

“Slips” are:

- Times when you do not follow your plans for healthy eating or being physically active.
- A normal part of lifestyle change.
- To be expected.

Slips do not 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 physically 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 being inactive, no matter how extreme, will ruin everything.

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

So after you slip:

1. Talk back to self-defeating thoughts with positive thoughts.

Self-defeating thoughts, **such as "I'm a failure,"** 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 family, friend, group members or your coach. Discuss your new strategy for handling slips. Commit yourself to renewed effort.

5. Focus on all the positive changes you have made.

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



Practice: Help Sadie Manage the Slippery Slope of Lifestyle Change

Take turns reading the cards numbered 1 to 6.

After hearing **Sadie's story** discuss the questions at the bottom of the page.

<p>1. Sadie lost 15 pounds over a 4 month period, slowly but steadily. She felt better than she had in years and was proud of herself. Then, she decided to go away for a long weekend to visit her sister.</p>	<p>2. After doing so well in the program, Sadie felt she deserved a break from her hard work on healthy eating and activity. She decided to go away without her self-monitoring tools and to eat and drink whatever she wanted.</p>
<p>3. Sadie weighed herself as soon as she got home and couldn't believe that she gained 5 pounds. She knew that she had slipped and got right back on track with recording and meeting her eating and activity goals. It took 3 weeks to lose the 5 pounds she gained over one weekend, but she did it.</p>	<p>4. Sadie kept thinking about how little time it took for her to regain 5 pounds and how long and hard it was to lose it again. She thought, "If I can't just enjoy myself for a few days, why do I even bother?" She felt sometimes like there was no use in continuing to try to stick to her long term goals.</p>
<p>5. Sadie found it harder to stay on track. She rarely completed her self-monitoring books and became lax in planning ahead for healthy meals. She started watching more TV. She gained 5 pounds, again. Sadie thought, "I don't want to face the weigh-in at the next class...it's too upsetting."</p>	<p>6. One week of avoiding the group turned into 4 missed sessions. Sadie was now close to her baseline weight. Sadie realized she needed the group support and coaching now more than ever. She felt embarrassed and uneasy but she pushed herself go to the next class.</p>

- What are Sadie's "high risk situations"? _____
- What does Sadie do well? Not so well? _____
- What parts of Sadie's story do you relate to? _____
- How could her slips be managed better? _____



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? _____

Make a plan for how to get back on your feet when you have a slip:

There will be roadblocks, how will you handle them?

How can I get the support I need? _____



Slips from Being Physically Active

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

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

Make a plan for how to get back on your feet when you have a slip:

Roadblocks that might come up, how will you handle them?

How can I get the support I need?



Self-Defeating Thoughts

Self-defeating thoughts can lead you to overeat or be inactive. A vicious cycle can result. For 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.

Common Kinds of Self-Defeating Thoughts

Examples

Common Kinds of Self-Defeating Thoughts	Examples	Examples
Good or Bad	Divide the world into: <ul style="list-style-type: none"> • Good or bad foods • Seeing yourself as a success or failure • Being on or off the program 	"Look at what I did. I ate that cake. I'll never be able to succeed in this program."
Excuses	Blame something or someone else for our problems. Do not mean to go off the program, but we "can't help it."	"But I'm really enjoying myself. " "I have to buy these cookies just in case company drops in."
Should	Expect perfection. A set-up for disappointment. Leads to anger and resentment.	"I should have eaten less of that dessert."
Not As Good As	Compare ourselves to someone else. Blame ourselves for not measuring up.	"Mary lost two pounds this week. I only lost one."
Give Up	Tempted to stop trying. (Often follow other kinds of self-defeating thoughts.)	"This program is too hard. I might as well forget it."



How to Talk Back to a Self-Defeating 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.






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



Practice: Help Sam Talk Back

Work together in small groups to practice talking back to self-defeating thoughts (you can also do this, on your own, at home).

1. Say each of Sam's **self**-defeating thoughts out loud. Then say, "Stop"
2. Talk back, out loud, with a positive thought. Write it down.
3. Imagine self-defeating thoughts that you might have.
4. Talk back, out loud, with a positive thought. Write it down.

Self-Defeating Thought	STOP	Positive Thought
Sam: "I am letting go this weekend...I will eat and drink whatever I want."		
Sam: "If I can't enjoy myself for a few days, maybe I don't want to do this program."		
Sam: "All I really want to do is lie on the couch with my remote and watch TV."		
Sam: "I would like to avoid the scale this week."		
<i>My self-defeating thoughts:</i>		

Managing slips (and preventing relapse) means finding ways to cope with negative or self-defeating thoughts and behaviors not just once, but many times. Practicing talking back can help you become stronger and more confident in managing slips.



Checking In On the Pedometer

Last week you learned that a pedometer is a fun, simple tool to keep track of your steps throughout the day.

One of the Key Challenges was to calculate your average steps per day.

What were your *average steps* per day? _____

How does my step count compare to others?

There is no **clear** “national step goal” **for all adults**, although national health organizations have provided some guidelines. These guidelines are based on research and show that age and health status influences the average amount of steps a person takes per day.

What is the recommended GLB step goal?

GLB recommends that you work up to the same step goal that was used in DPP.

- Aim for about 7,000 steps per day, or about 50,000 steps per week.
- This is just a guideline; your personal goal may vary.
- It is important to be aware of what your average steps per day are *right now*, then increase safely and gradually.
- When adding more steps, try adding about 250-500 steps per day.
- Talk back to self-defeating thoughts about your activity and keep trying.

Session 9: Resources

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Body Mass Index Table for Adults Age 20 and Over

Find your height in the first column. Move across that row to find the weight that is closest to yours. Your BMI will be at the top of that column.

Height (inches)	Normal										Overweight										Obese										Extreme Obesity									
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54				
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258				
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267				
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276				
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285				
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295				
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304				
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314				
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324				
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334				
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344				
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	296	302	308	315	322	328	335	341	348	354				
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365				
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376				
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	336	343	351	358	365	372	379	386				
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397				
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408				
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420				
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431				
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443				

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.



Build a Better Morning Meal

Keep breakfast simple. Use MyPlate as a model. Include healthy food choices, such as:

Vegetables

- Vegetables added to egg dishes
- Tomato, vegetable, or carrot juice

Fruit

- Fresh fruit or canned fruit packed in water or juice (not syrup)
- Eat whole fruit more often than fruit juice
- Eat less often: sweetened juice, fruit drinks, fruit canned in syrup

Grains

- Oatmeal or cereals that are low in sugar and high in fiber
- Whole -grain toast, English muffin, or bagel
- **Eat less often: "frosted" or sweetened cereals, granola, cereals with nuts or coconut, pastries, croissants, biscuits, and most muffins**

Protein

- Eggs, egg substitutes, seafood, cooked dried beans, soy products, or peanut butter
- Eat less often: bacon (except Canadian bacon) and sausage

Dairy

- Fat-free or low-fat (1%) milk/soymilk/cheese
- Fat-free or low-fat yogurt, with no added sugar
- Eat less often: Whole or 2% milk, high-fat/sugar yogurt, regular cheese

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



My Best Breakfasts

Look through your completed Food and Activity records. Find some breakfasts that most closely follow MyPlate.

- What food choices work well for you?

- What calorie and fat gram goals would work well for you at breakfast?

Calorie goal for breakfast: _____ calories
 Fat gram goal for breakfast: _____ grams

Use the above to build **three "standard" breakfast menus** for yourself.

1. _____



2. _____

3. _____



Build a Better Light Meal

Make one meal each day a “light” meal. Use MyPlate as a model. Think simple and quick. Examples:

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

Keep healthy, “quick-to-fix” food choices on hand, such as:

Vegetables

- Peeled carrots, prepared raw vegetables from the salad bar, pre-washed salad greens in a bag, canned tomatoes, frozen mixed vegetables

Fruit

- Fresh fruit or canned fruit in water or juice

Grains

- Whole grain breads, rolls, bagels, English muffins, pita bread, tortillas
- Whole grain crackers, unsweetened hot or high fiber cold cereals, quick cooking brown rice, whole-wheat couscous, other types of whole grain pasta

Protein

- Water-packed tuna, salmon, chicken; sliced turkey or chicken breast; sliced extra lean ham; canned or cooked dried beans (garbanzos, black beans, navy, kidney beans, black eye peas, etc.); vegetarian refried beans

Dairy

- Fat-free or low-fat (1%) milk/soymilk/cheese
- Fat-free or low-fat yogurt, with no added sugar

Other: Canned, low-fat soups and broth; low-fat sauces, including spaghetti sauce; nonfat or low-fat salad dressings; salsa; flavored vinegars; spicy mustard; low-calorie frozen entrees



My Best Light Meals

Look through your completed Food and Activity records. Find some light meals that most closely follow MyPlate.

- What food choices work well for you?

- What calorie and fat gram goals would work well for you at light meals?

Calorie goal for light meal: _____ calories

Fat gram goal for light meal: _____ grams

Use the above to build **three "standard" light meal** menus for yourself.

1. _____

2. _____

3. _____



Build a Better Main Meal

Use MyPlate as a model for your main meals. Make healthy food choices, such as:

Vegetables

- Cooked vegetables without added fat as side dishes
- Vegetables added to spaghetti sauce, lasagna, chili, stew, grain dishes
- Colorful salads with low-fat or vinaigrette dressing

Fruit

- Fresh, dried, or canned fruit (in juice) added to vegetable salads
- Fruit for dessert

Grains

- Whole-grain pasta, bread, tortillas, and pita bread
- Brown rice, barley, couscous, wild rice, quinoa, and bulgur

Protein

- Lean cuts of meat, poultry, or seafood, cooked without fat
- Hummus, canned or cooked dried beans, split peas, or lentils, cooked without fat or fatty meats (Serve in place of meat more often. Try them in casseroles, soups, or salads. Make chili with more beans and veggies.)
- Nuts and seeds.
- Watch portion sizes

Dairy

- Fat-free or low-fat (1%) milk/soymilk/cheese
- Fat-free or low-fat yogurt, with no added sugar

Limit saturated fat and added sugar. Drink fat-free or 1% milk. Save calories by drinking water instead of sugary drinks.



My Best Main Meals

Look through your completed Food and Activity records. Find some main meals that most closely follow MyPlate.

- What food choices work well for you?

- What calorie and fat gram goals would work well for you at main meals?

Calorie goal for main meal: _____ calories

Fat gram goal for main meal: _____ grams

Use the above to build **three "standard" main meal menus** for yourself.

1. _____

2. _____

3. _____



About Your Snacking Habits

Think about your snacking habits.

A Snack You Eat Often, Amount	Fat Grams, Calories	Where and When You Eat This Snack
1.		
2.		
3.		
4.		
5.		

Are most of your snacks planned or unplanned? _____

Unplanned snacks are often triggered by (check what applies to you):

- | | |
|---|---|
| <input type="checkbox"/> Being too hungry | <input type="checkbox"/> Doing certain things or being in certain places (such as watching TV or a movie) |
| <input type="checkbox"/> Being tired or overworked | <input type="checkbox"/> Holidays or family events |
| <input type="checkbox"/> Feeling stressed, anxious, bored, or angry | <input type="checkbox"/> Other:
_____ |
| <input type="checkbox"/> Seeing or smelling food, or others eating | _____ |

How could you avoid these triggers? Or handle them in a healthier way? (Example: Do you eat potato chips while you watch TV? You could stop buying chips. You could keep a bowl of fresh fruit in the TV room.)



My Best Snacks

Look through your completed Food and Activity records. Find some healthy snacks.

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

- What calorie and fat gram goals would work well for you for snacks?

Calorie goal for snacks: _____ calories

Fat gram goal for snacks: _____ grams

Use the above and the list of snacks on the next page to build seven **"standard" snacks** for yourself.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



Satisfying Snacks

Choose snacks with a taste and texture you enjoy.

- Use MyPlate as a guide for snack choices.
- Watch portion sizes. Aim for less than 200 calories.
- Limit snacks with empty calories from added sugars, saturated fat, and alcohol.

Crunchy Snacks:

- Fresh fruit (such as apple, pear)
- Raw vegetables (such as broccoli, carrots, cauliflower, green pepper, celery) with hummus
- Low-fat crackers (such as oyster, Melba, matzo, rice crackers, crisp bread), with low-fat cheese or peanut butter
- Popcorn, air-popped or light
- Cereal and low-fat or fat-free milk
- Pretzels
- Baked tortilla chips and salsa
- Rice cakes, popcorn cakes
- 100-calorie package of nuts

Sweet Snacks

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

Chewy Snacks

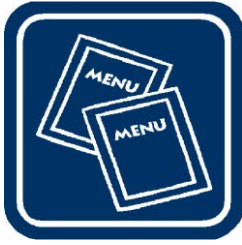
- Dried fruit (raisins, apricots)
- Chewy breads (such as English muffin, bagel, pita, breadsticks)
- Low-fat cheese sticks

Chocolate Snacks

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

Smooth or Frozen Snacks

- Applesauce, unsweetened
- Low-fat cottage cheese with fruit
- Low-fat or fat-free pudding
- Yogurt, low-fat or fat-free, with no added sugar
- Fruit smoothie
- Frozen yogurt, nonfat
- Sherbet, sorbet, frozen fruit bars, lemon ice, or popsicles
- Frozen grapes, bananas, berries



Session 10: Four Keys to Healthy Eating Out

Not every meal will be prepared and eaten at home. It is important to develop skills and have a plan for healthy eating out.

1. Plan ahead.

- Carefully select where you will eat. Choose places that offer lower calorie healthy options.
- Start thinking about what you might order. Before you go, view **the menu and nutrition information on the restaurant's website**, look at a calorie and fat counter, or call ahead to ask about the menu.
- Eat fewer calories during other meals and snacks that day.
- Eat a small healthy snack before you go out. Or drink a large, calorie-free or low-calorie beverage.
- If available at the restaurant, use the nutrition information listed on the menu, menu board, or displays to help you make healthy choices.
- You may want to limit alcohol. Alcohol adds calories, stimulates the appetite, and may make it harder to stick to your plan.
- For 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-calorie foods.
- Ask if foods can 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**).
- 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.

Wishy-washy	"Oh, well. I guess they couldn't broil the fish."
Threatening	"You said you would broil my fish! I'm not paying for this!"
Firm and friendly	"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 you can, be the first to order.
- Keep foods off the table that you don't want to eat. Or take one serving and then ask that the item be removed from the table.
- Ask that your plate be removed as soon as you finish eating.



4. Choose foods carefully.

Watch out for these high-calorie words on menus:

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

These words may or may not mean the items are low in calories:

- Baked
- Broiled
- Boiled
- Grilled
- Rubbed, blackened
- Poached
- Steamed
- Roasted
- Stir-fried
- Spiced, seasoned





What's on the Menu?

You can find lower-calorie choices wherever you eat out. Be sure to ask the waiter how the food is prepared.

Go means lower-calorie choices. Caution means high-calorie choices.	
Pizza	
Go	Plain cheese pizza (ask for half the cheese or low-fat cheese), onions, green peppers, mushrooms
Caution	Meat toppings (sausage, pepperoni, ham, bacon)
Burger Place (fast food)	
Go	Grilled, broiled, or roasted chicken, without skin or sauce; broiled, extra lean burger
Caution	Large hamburger, cheeseburger, French fries, fried fish or chicken, mayonnaise-based sauces, cheese, bacon
Mexican	
Go	Heated (not fried) tortillas, grilled chicken or beef fajitas, soft tacos (corn or flour tortillas), salsa
Caution	Enchiladas, chili con queso, fried tortillas, tortilla chips, sour cream, crisp tacos
Chinese and Japanese	
Go	Stir-fried chicken, stir-fried vegetables, steamed rice, soup, teriyaki
Caution	Egg foo yung, fried chicken, beef, or fish, fried rice or noodles, egg rolls, fried won ton, tempura
Italian	
Go	Spaghetti with tomato sauce, minestrone soup
Caution	Lasagna, manicotti, other pasta dishes with cheese or cream, sausage, fried or breaded dishes (such as veal or eggplant parmesan)
Seafood	
Go	Broiled, baked, or boiled seafood with lemon, plain baked potato
Caution	Fried fish, fried vegetables, French fries
Steakhouses	
Go	Shrimp cocktail, broiled/grilled chicken or fish, plain baked potato
Caution	Steak (except for lean, trimmed cuts), fried fish or chicken, onion rings, other fried vegetables, French fries



Fast Food *Can* Be Lower in Calories and Fat

The choices below contain less than 370 calories and 15 grams of fat per serving. Values are from restaurant websites (2017).

Food Item	Calories	Fat grams
Arby's®		
Farmhouse Salad w/Roast Turkey, Light Italian Dressing	250	14
Turkey and Cheese Slider	200	7
Boston Market®		
Fresh Steamed Vegetables	60	3.5
Rotisserie Potatoes	120	2.5
Turkey Breast, Regular	160	4.5
Burger King®		
Regular hamburger	220	8
Tendergrill® Chicken Sandwich, no mayonnaise	320	6
BK Veggie® Burger, no mayonnaise	310	7
Domino's Pizza®		
1/6 th 10-inch Hand-Tossed Cheese Pizza	200	7
KFC®		
Green Beans	25	0
Grilled Chicken Breast	210	6
McDonald's®		
Fruit and yogurt parfait	150	2
Egg White Delight McMuffin	260	8
Southwest Grilled Chicken Salad	350	9
Hamburger (single)	250	8
Subway®		
6" FRESH FIT sandwich, no cheese/dressing (Turkey, Roast Beef, Subway Club®, or Oven Roasted Chicken)	280-320	3.5-5
Black bean soup	210	1
Wendy's®		
Large Chili	250	7
Power Mediterranean Chicken Salad, Half Size	250	9
Grilled Chicken Go Wrap	270	10
Junior hamburger	240	14
Grilled chicken sandwich	360	8



Practice: Eating at Fast Food Restaurants

Can you eat low-calorie, healthy meals when you eat out at fast food restaurants?

Answer the questions below.

1. What problems and challenges might get in the way?

2. What could you do to overcome those problems and challenges?



Practice: Eating at Restaurants (not fast food)

Can you eat low-calorie, healthy meals when you eat out at restaurants (not fast food)?

Answer the questions below.

1. What problems and challenges might get in the way?

2. What could you do to overcome those problems and challenges?



Practice: Eating at Banquets and Buffets

Can you eat, low-calorie, healthy meals when you eat out at banquets and buffets (such as church dinners, wedding receptions, business events, and reunions)?

Answer the questions below.

1. What problems and challenges might get in the way?

2. What could you do to overcome those problems and challenges?



Practice: Eating at the Homes of Family and Friends

Can you eat low-calorie, healthy meals when you eat out at the homes of family and friends?

Answer the questions below.

1. What problems and challenges might get in the way?

2. What could you do to overcome those problems and challenges?



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.
- Record your minutes of physical activity. Come as close as you can to the GLB goal of at least 150 minutes per week.

New things to practice:

- Work toward solving an eating-out problem.
 - Describe a problem you have when you eat out:

- 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 I get the support I need? _____

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

- Add at least 250 steps per day.

Last week, what was your average step count per day? _____

_____ plus 250 steps = _____

Average steps per day
(last week)

Daily step goal
(next week)



Session 11: Make Social Cues Work *for* You

What other people say or do may have a big impact on your eating and physical activity. These are called social cues.

Problem Social Cues:	Examples:
The sight of other people eating problem foods or being inactive.	
Being offered (or pressured to eat) problem foods or invited to do something that involves sitting for a long time.	
Being with peers who are rarely active.	
Being nagged.	
Hearing complaints.	

Helpful Social Cues:	Examples:
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 GLB and your efforts to eat a healthier diet and be more active to lose weight and improve health.

Ask others to:

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

This is KEY to your success.

3. Practice responding in a healthier 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-calorie food to share when you go to a 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.
- What are some other social cues you might find helpful?



What Social Support Do You Need?

Research shows that people are better able to reach their eating and activity goals if they have some type of social support in place. What support do you need?

For healthy eating: _____

For being more active: _____

What could others do to help you? Here are some ideas. Check the ones that are important to you. You may need to teach your family and friends how to support your efforts.

Ways to help me eat healthy:	Ways to help me be more active
<input type="checkbox"/> Serve low-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-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"/> Do one extra household chore to allow time for me to 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 or try 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 GLB 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"> ■ Eat something before an event. ■ Plan your meal in advance. Budget your calories for the day. ■ Plan to eat the best (in small portions) and leave the rest. ■ Bring a tasty, low-calorie dish to share.
Stay Away from Problem Cues.	<ul style="list-style-type: none"> ■ 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 calorie-free beverage. ■ Watch the alcohol. It lowers your willpower and increases appetite. ■ Clear the table as soon as possible. Put the food away.
Change Problem Cues.	<ul style="list-style-type: none"> ■ Discuss your goals with your family, friends, guests, host or hostess. ■ Ask others to praise your efforts and ignore your slips.
Respond to Problem Cues in a Healthier Way.	<ul style="list-style-type: none"> ■ Practice a polite, but firm, "No, thank you." ■ Suggest something else they can do to help you.
Add Helpful Cues.	<ul style="list-style-type: none"> ■ Serve healthy foods or bring some to share. ■ Use low-calorie ingredients or cooking methods to lower the calories in favorite recipes. ■ Try some new, low-calorie recipes. ■ Ask a friend or family member for support (split dessert with you, take a walk together, offer you healthy food choices). ■ Plan things to do that are active and don't involve food.



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 I get the support I need? _____



Positive Social Cues You Would Like to Add

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:

I will do this to make my success more likely:

How can I get the support I need?



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.
- Record your minutes of physical activity. Come as close as you can to the GLB goal of at least 150 minutes per week.

New things to practice:

- 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?

- Add at least 250 steps per day.

Last week, what was your average step count per day? _____

_____ plus 250 steps = _____

Average steps per day
(last week)

Daily step goal
(next week)

Session 11: Resources

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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. Plan a non-food reward.

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.
 - Are we going to have tempting high-calorie foods in the house?
 - Get the family to agree not to nag you about what you eat or your activity plan.
 - Are there positive ways they can help?
 - What changes can be made to the holiday menus?
3. When you decide to eat a special high 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:

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 physical 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 physical 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?

2. Choose one problem. List some possible solutions.

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?

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





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 have made so far:

To be more active:

Planned physical activity: _____

Spontaneous activity: _____

To change your eating pattern:

Fewer calories: _____

Healthier food choices: _____

Have you reached the 7% weight loss goal? Yes No

Are you on track with your personal weight loss goal? Yes No

Have you reached the goal of at least 150 minutes per week of physical activity? Yes No

Are you on track with your personal activity goal? Yes No

If not, *take heart*.

You have learned many skills that will help you move forward.

At the end of this session, you will set goals to carry with you into the next phase of the program.



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 Group Lifestyle Balance™? Have you reached these goals?

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

2. Recognize your successes.

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



3. Keep visible signs of your progress.

- Keep weight and physical activity graphs (minutes or steps) where you can see them. Your graphs will help you stay focused on your goals.
- Measure yourself (waist, belt size) once a month and chart your progress.
- Other ways: _____

4. Do you need to vary your routine?

Is it time for you to vary your physical activity? Yes No

Can you think of some ways to vary it?

Is it time to add more variety to your meals and snacks?



Some people do best with structure, others with variety. There is no one right way.... **look** for the things that keep *you* motivated.

5. Create some friendly competition.

Do you like to compete with others or yourself?

How? _____

6. Use others to help you stay motivated.

Who gives you support and encouragement?

Are there new connections you can make?

7. Manage stress.... **see** pages 5-6.

8. **Set new goals...see page 7.**



Manage Stress

Stress is tension or pressure. It is not uncommon for people to respond to stress by overeating, drinking too much alcohol, or being inactive.

- What kinds of things make you feel stressed?

- What is it like for you when you get stressed?

- How have you learned to respond to stress in healthy or unhealthy ways? _____

Use *all* the skills you have learned in this 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 GLB.
- 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 your face, arms, legs, and body muscles relax.

Group Lifestyle Balance™ may cause stress. For example:

Sources of Stress	To Manage Stress	Examples
It takes extra time to shop for and prepare food.	<ul style="list-style-type: none"> • Share your work. • Take charge of your time. 	<ul style="list-style-type: none"> • Ask your family to help. • Make double recipes. Freeze part for later.
Your food budget is tight; healthy options are limited.	<ul style="list-style-type: none"> • Reach out to people. • Problem solve. • Plan ahead. 	<ul style="list-style-type: none"> • Explore community resources. • Stock up on frozen/canned fruits and vegetables from discount markets.
You feel deprived when you can't eat favorite foods.	<ul style="list-style-type: none"> • Set goals you can reach. • Keep things in perspective. 	<ul style="list-style-type: none"> • Enjoy favorite foods in small amounts now and then. • Remind yourself why <u>you</u> want to have a healthy lifestyle.
Your family doesn't like low-calorie foods.	<ul style="list-style-type: none"> • Reach out to people. • Problem solve. 	<ul style="list-style-type: none"> • Ask your family to support you in trying new foods. • Brainstorm options together.
You feel uneasy at social events where there are high-calorie foods.	<ul style="list-style-type: none"> • Practice saying "No." • Reach out to people. • Plan ahead. 	<ul style="list-style-type: none"> • Turn down invitations that aren't important to you. • Call the host/hostess. Ask if you can bring a low-calorie dish. • Before you go to the party, plan what foods to choose.
It is hard to fit activity into your busy life.	<ul style="list-style-type: none"> • Plan ahead. • Problem solve. 	<ul style="list-style-type: none"> • Make a date to be active. • Be active while doing other things. Take a walking meeting. Hike with family.
Remembering to make the active choice is hard.	<ul style="list-style-type: none"> • Try to be more aware of adding in more steps each day. 	<ul style="list-style-type: none"> • Park further away from the entrance. • Take stairs instead of elevator. • Get off the bus a few stops earlier.



Set New Goals for Yourself

Find 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?





What's Your Pleasure?

It takes time and effort to build new eating and physical activity habits. One way to stay motivated **is to be sure there's enough** pleasure in your life.

Name 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 the above pleasures into your life.

Make appointments with yourself on a calendar. When you can, schedule your pleasures for:

- **When the “old you” might have rewarded yourself by** overeating or being inactive. For example, do you have a habit of eating ice cream after working hard in the garden? Find a way to relax in the garden (e.g., read a book, talk on the phone with a friend).
- Right after you have taken a challenging step toward change. For example, have you been putting off enrolling in a water 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.
- Keep your appointments with yourself, no matter how odd it feels. Treat them like you would treat appointments with someone else you care about.



50 Ways to Be Good to Yourself

1. Soak in the bathtub.
2. Plan your career.
3. Collect shells.
4. Recycle old items.
5. Go on a date.
6. Buy flowers.
7. Go to a movie in the middle of the week.
8. Walk with a friend.
9. Listen to music.
10. Recall past parties.
11. Buy household gadgets.
12. Read a humor book.
13. Think about your past trips.
Or plan future ones.
14. Listen to others.
15. Read magazines or newspapers.
16. Do woodworking.
17. Build a model.
18. Spend an evening with good friends.
19. Plan a day's activities.
20. Meet new people.
21. Remember beautiful scenery.
22. Save money.
23. Go home from work.
24. Practice yoga or tai chi.
25. Think about retirement.
26. Repair things.
27. Work on your car or bicycle.
28. Remember the words and deeds of loving people.
29. Wear sexy clothing.
30. Have a quiet evening.
31. Collect coins.
32. Take care of your plants.
33. Buy or sell stock.
34. Go swimming.
35. Doodle.
36. Collect old things.
37. Go to a party.
38. Think about buying things.
39. Play golf.
40. Play soccer.
41. Fly a kite.
42. Have a discussion with friends.
43. Have a family get-together.
44. Take a day off with nothing to do.
45. Arrange flowers.
46. Have sex.
47. Ride a motorcycle.
48. Go to the beach.
49. Sing around the house.
50. Go skating.



MORE Ways to Be Good to Yourself

50. Paint.
51. Do needle point, crewel, knitting, sewing, etc.
52. Take a nap.
53. Entertain.
54. Go to a club meeting.
55. Go hunting, skiing, or fishing.
56. Sing with a group.
57. Flirt.
58. Play a musical instrument.
59. Make a gift for someone.
60. Collect postcards.
61. Buy a record, tape, or CD.
62. Plan a party.
63. Buy clothes.
64. Sightsee or window-shop.
65. Garden.
66. Go to a beauty parlor.
67. Play cards, chess, etc.
68. Buy a book.
69. Watch children play.
70. Write a letter or card.
71. Write in a diary.
72. Go to a play or concert.
73. Daydream.
74. Take a class.
75. Go for a drive.
76. Listen to music.
77. Refinish furniture.
78. Take a sauna or steam.
79. Make a list of things to do.
80. Ride a bike or a horse.
81. Take a walk in the woods.
82. Buy a gift for someone.
83. Visit a national park.
84. Take photographs.
85. Play with animals.
86. Read fiction or nonfiction.
87. Watch an old movie.
88. Go dancing.
89. Meditate, pray, or go to church.
90. Go bowling.
97. Go the mountains.
98. Think about happy memories.
99. Look at photographs.
100. Play cards, checkers, etc.
101. Do a jigsaw puzzle
102. Solve riddles.
103. Discuss politics.
104. Play softball or volleyball.
105. Do crossword puzzles.
106. Shoot pool.
107. Dress up and look nice.
108. Buy something for yourself.
109. Talk on the phone.
110. Kiss.
111. Go to a museum.
112. Light candles.
113. Get a massage.
114. Say, "I love you."
115. Start an aquarium.

Adapted from the *Skills Training Manual for Treating Borderline Personality Disorder* by Marsha Linehan. © 1993 The Guilford Press.



What is Your Purpose Now?

You have been working hard to change your lifestyle.

Why is reaching and staying at a healthy weight and being physically active important to you?

Take a moment to revisit your healthy lifestyle goals.

My Weight Goal

What is your weight goal now?

- I am working on reaching the 7% weight loss goal.
- I have reached the 7% weight loss goal.
- I am working on a personal weight loss goal.

In the next month, I will focus on (check one):

- Continued weight loss.
- Weight maintenance.

My Physical Activity Goals

What is your planned physical activity goal now?

- I am working on reaching the 150 minute per week goal.
- I have reached the 150 minute per week goal.
- I am working on a personal physical activity goal of _____ minutes per week.

What are your other activity goals?

- I am working on adding spontaneous activity as often as I can each day.
- I am working on adding steps each day to reach at least 7,000 steps per day, or about 50,000 per week.

In the next month, I will focus on (check one):

- A weekly activity goal of _____ minutes.
- A weekly step goal of _____.
- I will add spontaneous physical activity.

My Self-Monitoring Goals

Research shows that people who keep track are better at losing weight, staying active, and maintaining healthy lifestyle behaviors.

Look at page 13. Based on how I am doing right now:

I will commit to self-monitor at this level:

- Gold
- Silver
- Bronze



How I Will Keep Track

Choose and commit to one of the following three levels of self-monitoring based on how you are doing now. You should adjust the level (frequency and detail) based on your progress toward your weight and/or activity goals.

For all levels, continue to record your weight. Also record activity minutes or track your activity in any way that keeps you motivated.

Gold

- Record everything every day.
- Choose this if:
 - **You aren't at your weight** and/or activity goals yet.
 - You start to regain weight or stop exercising.
 - You know this level of detail helps you stay motivated and in control.

Silver

- Cut back somewhat on recording, but choose wisely. For example, you might decide to record calories/fat on fewer days per week, for the times of day when you need more control, or just write what you eat and drink.
- Choose this if:
 - You *are* at or below your weight and/or activity goals.
 - You are feeling confident about your eating and activity behaviors. You want to do some recording because it helps you stay aware.

Bronze

- Use the Group **Lifestyle Balance™** Monthly Calendar (page 16) or other simple tracking method. At a minimum, record weight and physical activity at least once a week. Daily may be best.
- Choose this if:
 - You are feeling confident and in control.



To Do:

Check the boxes when you complete each item:

- Keep track of your weight. Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity. Come as close as you can to the GLB goal of at least 150 minutes per week. Aim for at least 7,000 steps per day, or about 50,000 per week.

New things to practice:

- Try one way to stay motivated that will be helpful to you right now. Review the suggestions on pages 2-4.

- Take steps to connect with others who support your lifestyle goals (page 4).

What is a good first step?

- Try to do three things you enjoy doing but rarely do. Copy below the list you made on page 8.

The three things I enjoy doing but rarely do are:

1. _____

2. _____

3. _____

Schedule these pleasures into your life.

- Remember your purpose. Commit to following your healthy lifestyle goals for weight, activity, and self-monitoring (pages 11 & 12).

Group Lifestyle Balance™ Monthly Calendar

16



Group Lifestyle Balance™ Monthly Calendar

Name: _____

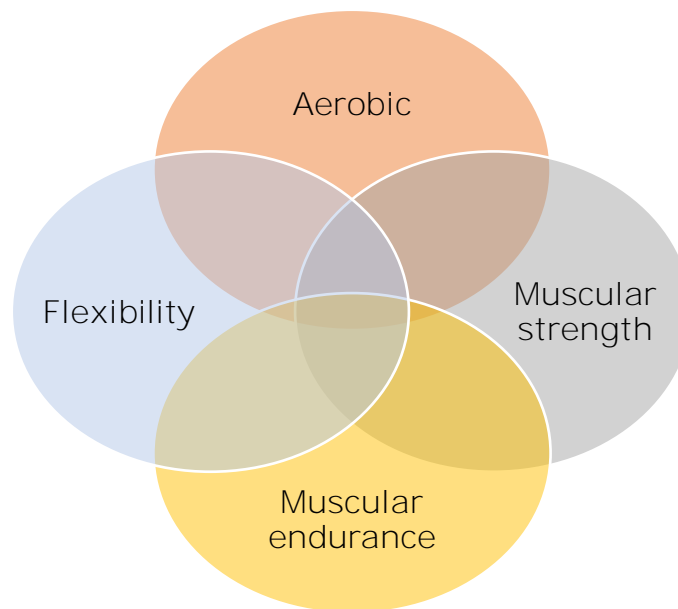
Goals: Activity _____ minutes per week Steps _____ per week
 Weight Range _____ - _____ pounds.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Weekly Activity _____ minutes _____ steps
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Session 13: Strengthen Your Physical Activity Plan

Well-rounded physical fitness is made up of four parts: aerobic fitness (cardiovascular), flexibility, muscular strength, and muscular endurance. Each can be achieved by doing different types of activities. Each has its own benefits.



Up until now we have focused on moderate intensity physical activity (like brisk walking) and stretching exercises that improve aerobic fitness and flexibility. Improving muscular strength and endurance is also important, particularly as you get older.

Muscular strength is the ability of your muscles to exert force in a short amount of time. Examples are the strength you need to lift a heavy object (a bag of groceries) or to get up off the floor with ease.

Muscular endurance is the ability of your muscles to move repeatedly without getting tired. It is a measure of how much stamina you have to do things like climbing stairs, raking, and shoveling.

Resistance training (also known as strength training) will improve both muscular strength and endurance. It is any type of physical activity in which you move your muscles against resistance such as that provided by bands or weights.



Stay Stronger Longer: The Benefits of Resistance Training

Your body is challenged every day to do many tasks that need a certain level of muscular strength and endurance. A safe resistance training program has many benefits and can help you maintain an independent lifestyle as you age.

Helps Prevent Diabetes

- Can improve **the body's ability to use insulin and maintain** healthy glucose levels.
- Doing both resistance training and aerobic activity has been shown to be the most helpful in preventing diabetes.

Prevents Muscle Loss with Aging

We naturally lose muscle mass with age. Resistance training:

- Can help preserve your muscle mass at any age.
- Firms and tones muscles. The GLB resistance training plan will not make muscles bulky or large or cause weight gain.
- Makes it easier to do daily chores such as carrying groceries or doing yard work.
- Helps maintain physical independence.

Helps Maintain and Build Strong Bones

By using your muscles and applying a moderate amount of stress to your bones, resistance training can:

- Increase bone density.
- Reduces the risk of osteoporosis and bone fractures.

Reduces Your Risk of Injury

- Protects your joints from injury.
- Improves balance, coordination, and posture.
- Provides better mobility and balance, which leads to a lower risk of falling or being injured.

Prevents Loss of Muscle Mass with Weight Loss

When you lose weight, it is normal to also lose some muscle mass.

- Resistance training can help reduce the amount of muscle mass you lose, more than aerobic training alone.
- Muscle burns more calories at rest than fat tissue. Having more muscles may help you lose weight and keep it off.

Improves Your Sense of Well-Being

- Improves body image, self-confidence, and sleep.
- Reduces the risk of depression.

All these benefits confirm that maintaining muscular strength and endurance are very important. Strength is needed for activities of daily living such as:

- ✓ Getting in or out of a chair or car
- ✓ Carrying groceries
- ✓ Going up and down stairs
- ✓ Taking care of your personal needs
- ✓ Getting up off the floor

Can you think of any other activities of daily life that need strength and endurance?

The GLB goal is to do resistance training exercises
2 or more times per week.

Please note: This strength training goal is *in addition* to your goal of 150 minutes of moderate intensity aerobic activity per week. Aerobic activity improves your heart fitness more than strength training.

The 2008 Physical Activity Guidelines for Americans 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.*"



The F.I.T.T. Principle A Guide for Resistance Training

F.I.T.T. is an acronym used to describe the components of a solid aerobic activity program and was presented to you in session 8. It can also be modified for use with resistance training to guide you in how to improve muscular strength and endurance in a safe manner.

Here are some key definitions:

- Range of motion: the extent of movement around a specific joint
- **Repetition (or “rep”)**: taking one exercise through its complete range of motion one time
- Set: a group of repetitions performed before resting. For example, Sadie does a wall push-up. She repeats it 10 times. This is one set.
- RPE (Rating of Perceived Exertion): Session 8 introduced this scale that allows you to rate from 1-10 how hard you feel you are working. For resistance training, aim to be working in the 5-6 range (“**somewhat hard**” to “**hard**”).

F.I.T.T. for Resistance Training	
Frequency	<ul style="list-style-type: none">• 2-3 days/week• Rest at least one day in between
Intensity	<ul style="list-style-type: none">• 8-10 exercises*• 10-15 repetitions• 1-3 sets• RPE: “somewhat hard” to “hard”
Type	<ul style="list-style-type: none">• Exercise bands, free weights, weight machines, body weight, milk jugs filled with water, etc.
Time	<ul style="list-style-type: none">• 15-60 minutes

*At least one exercise should be performed on each major muscle group (e.g. chest, back, quadriceps (front of thigh), hamstrings (back of thigh), calves, shoulders, biceps, and triceps).

It is important that you don’t exercise the same muscle group two days in a row. Your muscles need time to rest and recover.



Keep it Safe: Guidelines for Resistance Training

Check Your Equipment

- Check the resistance band or tube for nicks, worn spots, or cuts.
- Be secure:
 - Always get a good grip on your band or other equipment.
 - If using resistance bands or tubing in a door, it is important to secure the band with a proper anchor for certain exercises.

Warm Up

- Be sure to get your blood flowing by doing a warm-up for 5-10 minutes. This can be a low intensity activity like going for a short walk or walking in place.

Do Only the Exercises That You Are Able to Do Safely

- Stop any exercise that causes pain or makes existing pain worse.
- If an exercise causes pain, speak to your health care provider or a physical therapist.

Do Not Hold Your Breath

- Breathe throughout the exercise. Holding your breath can cause a dangerous rise in blood pressure.
- Exhale more often during the hardest part of the exercise, with each repetition.

Keep Each Movement Slow and Controlled

- Avoid doing any exercises with fast jerky movements.
- For example, when doing a bicep curl, raise the band for 3 seconds and lower the band for 3 seconds.

Maintain Stable and Proper Posture for Each Exercise

- Keep your back straight. Pull your belly button to your spine.
- Avoid rounding your shoulders. Keep shoulders relaxed.

Cool Down

- Do some gentle stretches. Use the stretches from Session 4 as a guide.
- Or, walk around for a few minutes.



Move it Forward: Guidelines for Progression

Start Slow. Gradual progression is key with resistance training.

- Is this your first time doing resistance training? Or is this your first time back after taking a break?
- Begin with 1 set of 10 repetitions (reps). Gradually work up to doing 3 sets of 10-12 reps. Over time, you can start to increase the number of sets and reps.

Here is a suggested plan for progression:

Week Number	Number of Sets	Number of Reps	Intensity (Rating of Perceived Exertion)	Frequency (days/week)
1-2	1	10	moderate	2-3
3-4	2	8	moderate - somewhat hard	2-3
5-6	2	10	somewhat hard	2-3
7-8	2	12	somewhat hard	2-3
9-12	3	8	hard	2-3
13-24	3	10-12	hard	2-3

Rest

- Rest for 30-60 seconds after each set.
- Do not do strength training on the same muscles two days in a row.
- Do NOT skip the warm up and cool down.

Progression is key

Once your body gets stronger it adapts to the resistance level you have been using. This is the time to move to the next level.

- Increase the intensity of your work-out program. Either increase the number of reps or the amount of resistance (see table above).
- After you have been doing an exercise regularly for at least 2 weeks, check your RPE. On the last rep, you should feel that you are not able to do much more and that you are close to fatigue.

"NO PAIN, NO GAIN" is a MYTH, but slight SORENESS may occur.

Some soreness is normal especially when you are getting started. If you have pain during strength training, STOP. Speak to your health care provider if you have lasting pain.



Group Lifestyle Balance Resistance Training Program

GLB has created a sample resistance training program for you to try.

Equipment needed:

- Resistance bands or resistance tubing
- A good sturdy chair, preferably without arms
- A wall

You will also need:

- A copy of the suggested exercises with instructions
- A method to record and track your progress

Keep in mind all the points discussed in this session and give it a try.

We will spend time reviewing the exercises together as a group and revisit this topic later on in GLB.





To Do:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
- Keep moving throughout the day.

What's New: Add Resistance Training

- Aim to complete the GLB Resistance Training program at least two times per week. Remember: Use resistance training exercises in addition to your aerobic (cardiovascular) program, not to replace it.
- Keep track of your resistance training program using the GLB Resistance Training Log or your preferred method.



Session 14: Take Charge of Your Lifestyle

In GLB, you have learned:

1. Many facts about healthy eating and being more physically active.
2. What makes it hard to change long-standing lifestyle behaviors.
3. **Ways to take charge of what's** around you (such as cues, thoughts, social situations and more).

We want to keep supporting you.

We want to make sure that your behavior changes work for you, not against you.

So, what lies ahead?

- Ongoing support.
- Learn and practice ways to reach (or maintain) your personal eating, activity, and weight goals, even when it is hard.
- Keep building healthy and positive lifestyle habits.
- Solve problems with fellow group members and other important people in your life.
- Become *your own* Lifestyle Coach.

Attendance matters.

- Many research studies, including the DPP, report that continued contact makes it more likely that you will succeed.
- Continued contact makes it more likely that you will keep your lifestyle behavior change goals **on “the front burner”**.

Physical activity matters.

- Maintaining a physically active lifestyle is a key part of healthy living and aging. Those who commit to staying active typically have better health, physical function, greater independence, and improved quality of life over their lifespan.
- Activity helps with weight loss and weight maintenance. Research studies suggest that those who monitor and maintain regular physical activity tend to eat a healthier diet. Many studies have also shown that remaining physically active (or better yet, increasing the total amount of physical activity minutes performed per week) can help with long-term weight-management. Activity and long-term weight-management go hand in hand.

Group sessions matter.

- They are a great place to talk about challenges and slips, find better ways to tackle problems, and make new plans.
- The group can support you in achieving and maintaining your weight and physical activity goals.

Why do group sessions matter? They:

- Provide structure and a checkpoint ("**be accountable**") for your weight, healthy eating and physical activity progress.
- Strengthen the self-management skills you have already learned.
- Offer new strategies for long-term success.

Whether or not you have reached your weight and activity goals, we will **talk about ways to "get there from here"**.

The ultimate goal of GLB is to help you build skills that last a lifetime.



Long Term Weight Loss Maintenance: Who succeeds? How do they do it?

You may have heard that no one is successful at keeping weight off. Here are two examples showing that long-term weight loss is possible.

The National Weight Control Registry (NWCR) was started by obesity researchers Rena Wing, Ph.D. and James O. Hill, Ph.D. in 1994. The registry surveys people in the US who have succeeded at weight loss maintenance in an effort to learn more about their habits.

The NWCR has tracked over 10,000 adults who lost at least 30 pounds and kept it off for at least one year. Results show that the average participant:

- Maintained their weight loss for over five years
- Ate a diet that was low in calories and fat
- Ate the same way on weekdays and weekends
- Watched less than 10 hours of TV per week
- Exercised often, mostly walking

The NWCR also found that the majority of people surveyed weighed themselves at least once a week, and ate breakfast every day.

The U.S. National Health and Nutrition Examination Survey (NHANES) suggests more good news. This survey included over 14,000 adults, of all races and ethnicities.

NHANES reported that people who had ever been overweight or obese and had lost weight:

- Had an average weight loss maintenance of 5% from their highest lifetime weight
- One in three adults kept their weight off for at least one year



Weight Loss Plateaus

After a period of steady weight loss, there may be times when the scale will not budge.

- This can last a few days or a few weeks, despite your best efforts.
- This is common and frustrating, but there are ways to cope.

The biological and behavioral reasons for weight loss plateaus are complex.

Theory and research suggests:

- Biological factors that helped our ancestors survive in ancient times may have something to do with it.
- The less you weigh the fewer calories your body needs to maintain the new, lower weight. A smaller body generally burns fewer calories than a larger one, just as smaller cars burn less fuel than larger ones.
- Motivational plateaus are common after many months of keeping track of eating and activity carefully. You may be having more slips.

Do not give up (or beat yourself up). We will focus on the behaviors that you CAN modify. Try any of the following:

1. Work on “calorie creep”. Be mindful of your calorie goal. You may want to go lower for a short period (but not less than 1200 per day).

- Research shows that people often underestimate how much they eat and drink by about 300 – 500 calories per day.
- Bring back the measuring cups and spoons for accuracy.
- Record **everything, including “bites, licks, and tastes”**.
- Limit eating out for a while. Restaurant portions are large and it can be difficult to keep track of calories.

2. Focus on both structured and spontaneous physical activity. Add a few days of resistance training to your weekly routine.

- Research shows that people often overestimate the amount of structured exercise they do.
 - Record daily activity.
 - You may want to set your sights beyond 150 minutes of moderately intense aerobic activity (brisk walking) per week if you are able.
 - Exercise is one of the best ways to boost your long-term weight loss maintenance.
- Research has shown that there are many good reasons to do **resistance (“strength”) training**. As discussed in Session 13:
 - It is good for overall health and can help you maintain an independent lifestyle as you age.
 - Strength training counters the muscle loss that can happen as you lose weight and help with weight management.
- Focus on sitting less at home, work, and play. If you move very little in your daily routine, your weight loss will slow down.
- To sum it up—keep moving in whatever way you can as often as you can.

3. Manage stress and get adequate sleep.

- Practice belly-breathing, meditation, prayer, yoga and other relaxation techniques to decrease stress and avoid eating or being inactive in response to stress.
- Research shows that good sleep can reduce stress and may help with weight control by regulating the hormones that affect metabolism and appetite.

4. Balance your thoughts. Think of signs of progress that don't involve the scale.

- Do your clothes fit better?
- Do you have more energy?
- Do you have better self-esteem or confidence?
- Has your glucose, blood pressure, and/or cholesterol improved?

5. Practice motivational strategies and positive imagery.

- Get a mental picture of yourself being more fit and weighing less.
- Visualize yourself preparing and eating healthy foods.
- Visualize yourself doing physical activities that you like to do.

Take charge of your long-term lifestyle self-management.

- Maintaining contact with GLB will improve your chances of meeting your weight loss and physical activity goals.
- The more often you reach these healthy lifestyle goals now, the more likely you are to continue meeting those goals when GLB ends.
- In other words, "Nothing breeds success like success."

What does "taking charge of your lifestyle" mean to you?

The bottom line:

If you have had success, you are still a success.

Remind yourself often of all the great things you have accomplished on your journey to better health.



We Will Continue to Work Together as a TEAM

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 physical 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).



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 lifestyle self-management, 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: _____



Group Lifestyle Balance: Resistance Training Review

You have been introduced to the importance of resistance training.

Here is a reminder of the many benefits of resistance training:

- Helps prevent diabetes
- Prevents muscle loss with aging
- Help maintains strong bones
- Reduces risk of injury
- Prevents loss of muscle mass during times of weight loss
- Helps to maintain well-being and physical independence

How has it been going with adding resistance training to your routine?

- Have you been able to try the exercises on your own?
- Are you recording it?
- Are you having trouble with any of the exercises?
- Do you have any questions or concerns?

As you move forward in GLB, we strongly encourage you to make resistance training a key part of your activity plan. Aim to:

- Complete the exercises on at least 2 non-consecutive days per week.
- Keep track of your progress in the GLB Resistance Training Log or other method.
- Turn your log in to your coach at the next session.
- Always keep it safe.



To Do:

Check the boxes when you complete each item:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Keep moving throughout the day.

What's New:

- Why is it important for you to keep coming to the group meetings?
-

- Review "Weight Loss Plateaus" on pages 4-6. What are you willing to do?
-

When You Reach Your Goal Weight

11



When You Reach Your Goal Weight

Congratulations.

Plan for weight maintenance:

Goal Weight: Decide on a 5-pound weight range you will stay within.

Calories: Find the calories you need to maintain your weight.

It is important to keep track of your eating and activity during your calorie adjustment experiment.

Calories	Fat Grams
1200	33
1500	42
1800	50
2000	55
2200	61
2500	69

Be active: Continue to exercise at a moderate intensity for at least 150 minutes per week. This is a key factor in weight maintenance.

Weigh in: Weigh yourself at least once per week.

Plan to stop weight regain:

If you reach the upper limit of your 5-pound target weight range, take action right away.

My plan to stop weight regain:

- Record eating and activity every day.
- Measure foods and beverages.
- Follow a lower calorie and fat gram goal.
- Be active for at least 150 minutes per week.
- Other: _____



Session 15: Mindful Eating, Mindful Movement

Are there times when you realize that you are still eating and simply **haven't noticed that** you are not even hungry anymore?

Do you ever get to the end of a long day and realize how little you have moved and how much time you spent sitting?

These patterns are common.

All of us can benefit from practicing being more “mindful” of our eating and movement habits throughout the day.

Being more mindful can help us to reach or maintain our healthy lifestyle goals. It may also help our physical and mental well-being.

Let's start with mindful eating.

1. Mindful eating means to eat slowly and with awareness.
 - Tune into all your senses while you eat.
 - Be aware of your level of hunger and fullness.
2. Mindful eating helps with weight management.
 - Your brain has time to register that you are full. This takes about 20 minutes. If you eat too quickly, you are more likely to overeat.
 - When you notice and enjoy every mouthful, you will feel more satisfied at the end of the meal.

3. Prepare to eat slowly and mindfully.

- Create a calm eating environment. This lets you pay attention to what you are eating. Put flowers, plants, or a candle on the table. Turn on calming music.
- Decrease distractions. Avoid (or limit) eating while doing other things at the same time. Turn off the TV, electronics, phones, and put away reading material.
- Sit down and relax. Avoid (or limit) eating while standing in the kitchen or when on the run.
- Appreciate the moment. When you first sit down to eat, pause for a minute. Take a few deep breaths. Say grace, if that is your tradition. Or think about all of the hands that brought the food to your table.



4. Focus on your food. Eat slowly, with awareness. Try to make each meal last at least 20 minutes.

- Look at the food on your plate. Notice the colors, shapes, and aroma of the food.
- Take small bites. Be aware of how the food feels in your mouth, the texture. Take time to savor the taste of the food.
- Chew slowly and be aware of how much you are chewing. Try to chew at least 5 times more per mouthful than you usually do.
- Finish chewing and swallowing each bite before you put more food on your fork.
- Put your fork down for 10-15 seconds after a few bites. Pause to take a sip of water or take a deep breath. These small changes will really help you extend your mealtime.
- You may be distracted by others or your own thoughts. Pause, and return your focus to the food in front of you.

5. Stay tuned to your level of hunger and fullness.

- Several times during the meal, check your level of hunger and fullness. Do you need more food? Do you want more food?
- Are you still eating just because there is food left on your plate?
- Are you ready to stop eating? If so, push away your plate and pay attention to any physical sensations.

6. Practice eating mindfully with others and alone.

- Take **time to enjoy one another's** company.
- You may want to try eating a meal in silence. Even short periods of silence can be very calming.

Enjoy each and every bite of your food.

Practice eating slowly and mindfully.

This may help you feel physically and mentally satisfied with a smaller amount of food.

What can you see yourself doing to improve your mindful eating experience?



Mindful Movement

Life is busy. Many people tell us that they feel stressed and overwhelmed by all they need to accomplish at home, at work, for their family and community.

For some of you, this means long periods of sitting with little time spent stretching, moving, or doing much planned physical activity.

Practicing mindful movement can help you break this pattern.

1. Mindful movement means to be aware of your total movement throughout the day.
 - Tune in to how much sitting you do.
 - Add movement and activity when and where you can.
2. Mindful movement also means doing physical activity (such as a simple 15-20 minute walk) with purpose and increased awareness of the full experience.
 - Tune into your posture and breathing as you prepare for walking (or any other exercise). Notice how your body feels.
 - Pay attention to the rhythm of your breathing and how it changes as you move.
 - Notice the movement of your feet. Feel how your feet make contact with the ground and then move through the air. Also notice the contact between your feet and your socks or shoes as you move.
 - Do you notice any other physical sensations? Some people get distracted by changes in body heat or other minor discomforts. Try to counter these thoughts by reflecting on the opportunities that movement allows. Gently bring your attention back to the present moment.
 - Appreciate the outdoors. Tune into the sights and sounds of nature.

3. Pay attention to how your body feels when moving after long periods of sitting.
 - Be aware of how you feel when you make a shift from long periods of sitting to stretching, moving, and being active.

4. Stop and consider all the amazing work your body does day in and day out. Think about adding movement to your routine that increases awareness of and appreciation for your physical well-being (such as simple stretches or gentle yoga).
 - Use mindful movement to relax, release tension, and reduce stress.
 - Use mindful awareness to notice how often you give yourself permission to be physically active or to take movement breaks during long bouts of sitting.

Use mindfulness to identify any positive feelings you get from movement.

Moving mindfully means being alert to any and all opportunities for movement. This may include sitting less or making time for planned physical activity you enjoy.

- Use your pedometer to stay aware of how much you move during the day. What happens to your pedometer steps as you become more mindful about movement?
- Use the Active Head Challenge (Session 8) to help you find ways to add **as many short bursts of "spontaneous activity" as you can**. Do you feel better at the end of an Active Head day?
- How can you turn a spare minute into an **"active minute"**?
- List ways you could put mindful movement into a typical day.



To Do:

Check the boxes when you complete each item:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Keep moving throughout the day.

What's New:

Practice Mindful Eating

- Create a calm eating environment. See suggestions on page 1.
- Practice eating slowly and mindfully. Try to make each meal last about 20 minutes. See suggestions on page 2.
- When practicing mindful eating were you aware of any new thoughts or feelings? _____
- On a scale of 1-5 (1=none and 5=a lot) rate your experience of:

Physical fullness	1	2	3	4	5
Enjoyment of the food	1	2	3	4	5
Overall satisfaction	1	2	3	4	5

Practice Mindful Movement

- Be aware of how much time you spend sitting.
- Add movement and activity when and where you can.
- When practicing mindful movement were you aware of any new thoughts or feelings? _____
- Try some of the strategies listed on page 5. How did it go?



Session 16: Manage Your Stress

Stress is part of life. However, you can learn better ways to take care of yourself when faced with stress.

Stress is not always bad. Some stress can make life interesting and exciting (for example births, weddings, a new job).

Too much stress can have a negative effect on your body and mind. It may lead to physical symptoms, high blood glucose levels, or feeling moody (for example, anxious, angry, depressed).

Stress comes in many forms and may be related to:

- Health (pain, chronic medical conditions)
- Basic needs (work, housing, transportation, finances, even the weather, traffic, noise, or crime in your community)
- Social conflicts (fighting with a spouse or partner, children, friends, coworkers, neighbors)
- Emotional troubles (worry, sadness, grief, anger, guilt)

Take a minute to answer these questions:

1. How often do you feel stressed? Often Sometimes Seldom

2. How do you know you are stressed? What is it like for you?

3. Name some things that are making you feel stressed right now.

4. What are some *unhealthy* ways you deal with stress?

5. What are some *healthy* ways you deal with stress?

Too much stress can make it harder for you to reach and keep a healthy weight or stay physically active. Under stress you may withdraw from healthy activities and go back to old habits.

For example, you may:

- Move less (watch too much TV, play on the computer, sleep more)
- Eat or drink too much (often foods with a lot of fat and sugar or more alcohol)

Instead, use healthy ways to cope with stress. Check the ideas below that you would like to try.

1. Prevent or reduce stress when you can. Are there one two areas you are willing to work on?

- Practice saying "No." Say "Yes" only when it is important to *you*.
- Share some of your work or duties with others.
- Set goals you can reach.
- Take charge of your time. Be realistic. Get organized. Make schedules that are likely to work.
- 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 cause stress for you. Plan ways to get little breaks from chronic stress. This may help you cope better over the long run.
- Keep things in perspective. Think of all the good things in your life. Maintain a positive attitude.
- Reach out to people.
- Focus on wellness.
 - Find healthy foods that also comfort you (nutritious snacks, special teas).
 - Get enough sleep.

- Practice ways to relax. Do yoga. Listen to music.
 - Nurture your spiritual health. Many people do so with religious activities, or through art, music or being in nature.
 - Laugh often. Enjoy humor.
- Re-commit to your physical activity routine. Find something you are willing and able to do. Get started.

2. When you can't prevent stress, try to manage it better. Catch yourself feeling stressed as early as you can. Take a 10-minute "time out."

- Stand. Stretch. Move those muscles anyway you can.
- Take care of yourself. Take 10 minutes just for YOURSELF. Water the garden, take a bath or shower, talk to a friend, organize your tools or pictures, read the funnies, walk the dog.
- Do something that quiets your mind and relaxes your body. Meditate, pray, do yoga, listen to soothing music, practice "belly breathing."
- Other ideas. _____

Belly breathing is how newborn babies and sleeping adults breathe. The breaths are slow and deep and fill the belly not the chest.

To learn belly breathing:

1. Sit comfortably. Keep your spine straight. Bend your knees, with your feet on the floor about eight inches apart.
2. Put one hand on your belly. Put the other hand on your chest.
 - Breathe in slowly and deeply through your nose. Let your belly push your hand up and out.
 - Gently press down on your belly as you breathe out through your nose.
 - 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.



Manage Sleep to Manage Stress

“Sleep is the best meditation.” ~ Dalai Lama

A good night’s sleep is as important for your body and mind as eating, drinking, and breathing.

How do you feel when you get *enough* sleep? _____

How do you feel when you get *too little* sleep? _____

How do you feel when you get *too much* sleep? _____

One in three Americans doesn’t get enough sleep.

- Many adults say they get less than the recommended 7-9 hours.
- Only one in five adults say their sleep is good or excellent.
- Poor sleep makes it harder to cope with stress, which further disturbs sleep, leading to a bad cycle.
- Poor sleep increases risk for (and makes it harder to manage):
 - Obesity (sleep helps balance hormones that affect metabolism, appetite, and weight). This may lead to sleep apnea and a slippery slope of health decline.
 - Pre-diabetes
 - Heart disease
 - Depression

Sleep problems steal your energy and make it harder to work on your eating and physical activity habits during the day.

Start by taking a close look at your sleep habits and patterns. Is there room for improvement?

Not everyone needs the same number of hours. What is your ideal “sleep number”? _____.

Track your sleep this week and see what amount helps you feel your best.



Tips for Getting Better Sleep

Think about behaviors related to sleep and bedtime that you might be able to change. **Check one or two that you can try.**

- Be active. Regular physical activity helps many people fall asleep faster, sleep longer, and spend less time awake during the night.
- Use routines that help you relax each night before bed.
- Don't go to bed unless you are sleepy.
- Turn off all electronics before getting in bed. Even better, keep them all out of the bedroom.
- If you are not asleep after 20 minutes, then get out of bed. Do something relaxing in another room if possible.
- Go to bed and get up at roughly the same time each day.
- Avoid taking naps. Or keep them short (less than one hour and before 3:00 pm).
- Avoid large amounts of caffeine.
- Avoid large amounts of alcohol or nicotine.
- Do not go to bed hungry or overly full.
- Avoid sleeping pills, or use them with caution.
- Make your bedroom quiet, dark, and a little bit cool.

Psychiatric conditions such as major depression, anxiety disorders, or post-traumatic stress disorder (PTSD) affect sleep in many different ways.

Talk to your health care provider if you want more help. In some cases, a sleep evaluation, behavioral sleep intervention, or medications may be needed.



Laughter is Good Medicine

"With mirth and laughter let old wrinkles come." ~William Shakespeare

"Laughter is internal jogging." ~Norman Cousins

Does a laugh a day keep the doctor away? Much more research needs to be done, but more and more experts believe that strong laughter (about 10-15 minutes or more each day) can help:

- Ease stress
- Boost your immune system
- Lower your blood pressure
- Lift your mood
- Burn a few calories

Laughter may also help your brain and hormones handle blood sugar. Here is what one Japanese study found:

- People with type 2 diabetes were given a meal to eat. Then they watched a live comedy show. Their blood sugar was measured two hours later.
- At another time, the same people ate the same meal. But afterwards, they listened to a boring lecture. Again, their blood sugar was measured.
- Can you guess what happened? Their blood sugar went up less after watching the comedy show.

Try your own laughter experiments. Look up "Laughter Yoga" on YouTube, watch funny movies, listen to funny radio shows, get together with friends who enjoy laughing and see what happens.



To Do:

Check the boxes when you complete each item:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Keep moving throughout the day.

What's New:

- Practice ways to prevent or reduce stress (pages 2 and 3). Did it work? _____
- Practice relaxation techniques at home and/or at your worksite. Find what works best for you. _____
- Find your best sleep number. Monitor and track your sleep hours. What did you learn? _____
- Try adding more laughter to your life. Did you notice a difference in how you feel? _____
- To become more aware of how much time you spend sitting, **fill in the 7-Day Sitting Diary for one week** (see next page). Have it ready for your next session.



7-Day Sitting Diary

What's in Your Week?

Do you really know how much time you spend sitting? There is no better way to find out than for you to keep track of it.

For one week, please keep track of your sitting time by filling in this **7-Day Sitting Diary** (see next page).

Write the abbreviation for the day of the week below each numbered day.

Shade in each 30-minute block in which more than 15 minutes was spent sitting (exclude sleep time).

You may want to use different colors to track job sitting (black) versus non-job sitting (red).

Start date _____

End date _____

Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
12:00AM							
12:30AM							
1:00AM							
1:30AM							
2:00AM							
2:30AM							
3:00AM							
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11:30PM							



Session 17: Sit Less for Your Health

You know how important it is to reach and maintain your healthy lifestyle goal of at least 150 minutes of physical activity per week. However, there is something else that you can do to increase your movement and improve your health.

The amount of physical activity you do in a day is important.
How much time you spend sitting also matters.

To live a healthy lifestyle, public health research suggests that people need to both:

- maintain adequate levels of physical activity and
- limit the amount of time spent sitting.

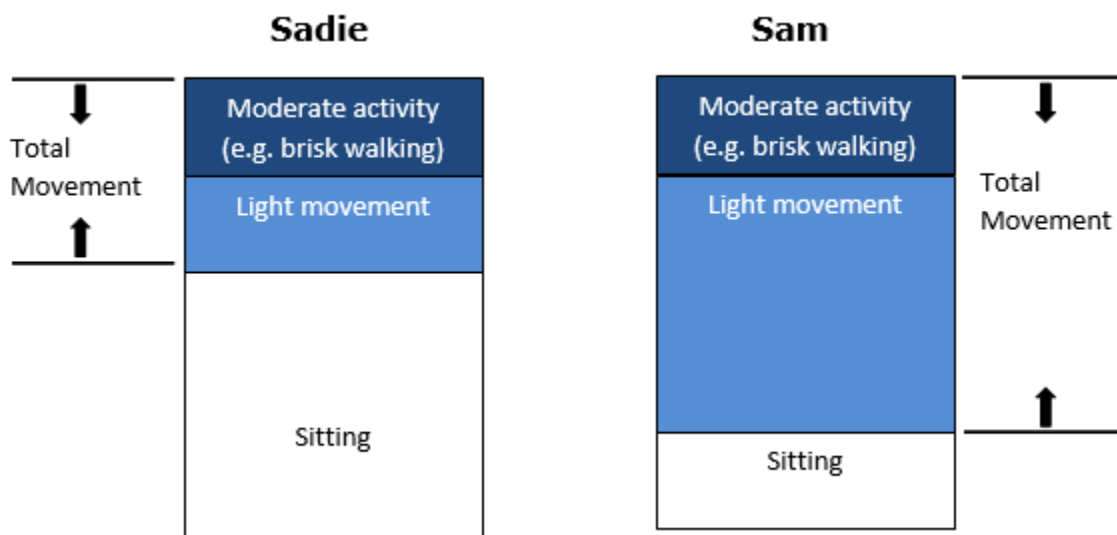
It is possible to reach your 150 minutes of moderate intensity activity goal each week, yet still sit too much. This is often referred to as **being an “active couch potato”**.

Two people could have the same amount of moderate intensity activity (such as brisk walking) but differ on the amount of sitting and light movement they do. **Let’s look at an example** about Sadie and Sam.

- Sadie is a computer analyst.
 - At work: She spends most of her day sitting.
 - At home: She enjoys spending time on the computer playing games, connecting with friends, and searching the internet.
- Sam is an elementary school teacher.
 - At work: He spends most of his day on his feet in front of his class and rarely sits.
 - At home: He enjoys spending time cooking, gardening, and doing little projects around the house.

The graphs below show how much time Sam and Sadie spend in an average day doing moderate activity, light movement, and sitting.

- Moderate activity (like brisk walking): Sam and Sadie spend about the same amount of time doing their moderate intensity activities.
- Light movement: Sam spends much more time doing light movement during the day.
- Sitting: Sadie spends much more time sitting during the day.



- Total Movement: Although Sam and Sadie have the same amount of moderate activity, there is a big difference in their amount of daily total movement. Sam is getting much more per day than Sadie.

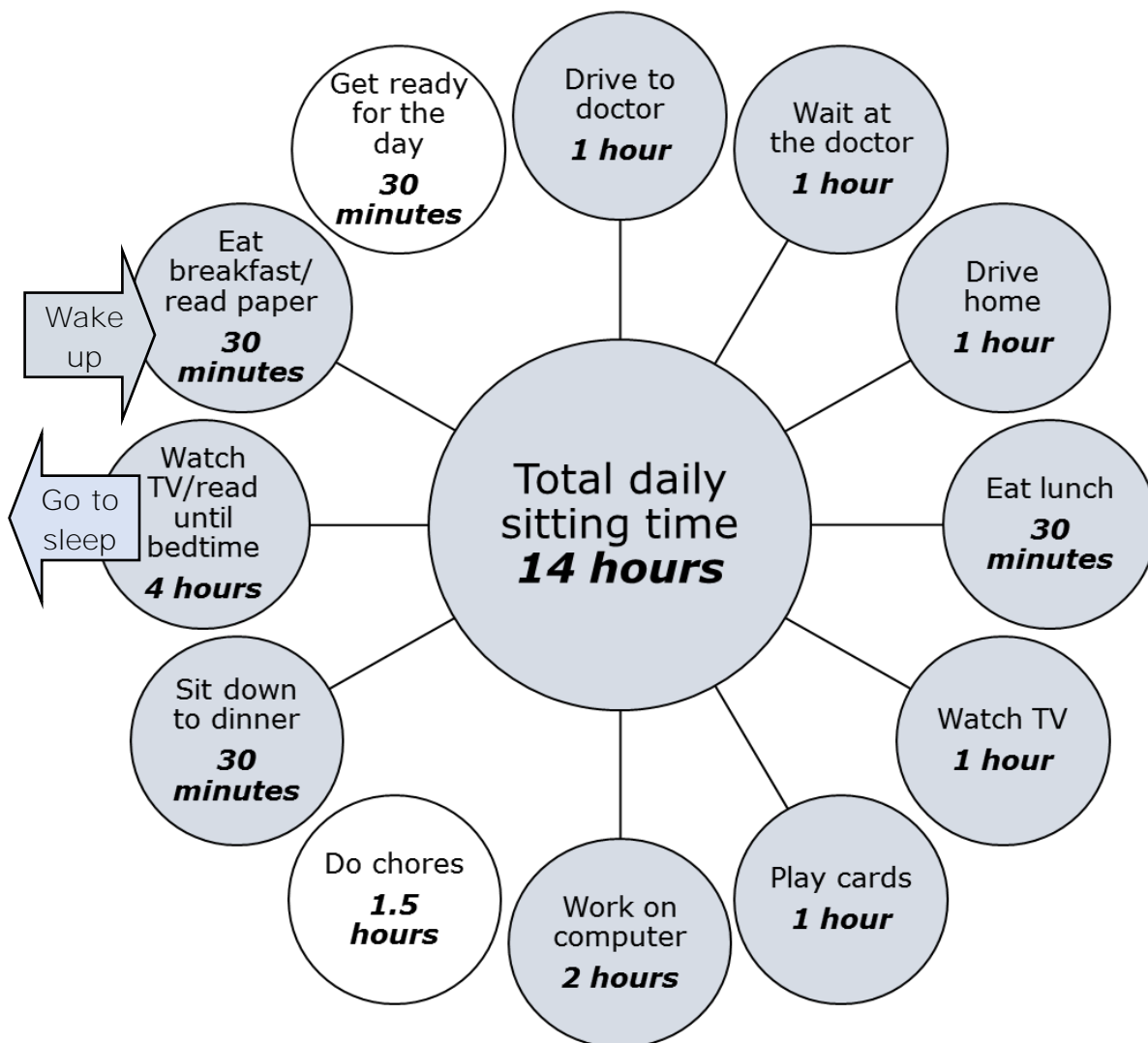


Sitting is Becoming the New Normal

Progress over time has led to less and less movement in any given day. In general, people now perform most of their day-to-day tasks with little physical effort.

- The good news is that you tend to get more done in a day.
- The bad news is that the need to move is being removed, little by little, from your daily routine.

On average, adults spend more than half of their waking hours sitting. It is amazing how easily sitting time can add up:





The Problem with Too Much Sitting

Research is finding that long bouts of time spent sitting can be harmful to your health. **Let's look at** a few studies:

- In the DPP, the risk of developing diabetes in overweight adults with pre-diabetes increased an average of 3.4% for each hour spent watching TV per day.
- Pima Indian adults who watched an average of 3 or more hours per day of TV weighed more than those who watched less.
- An Australian study showed that more than 2 hours of TV viewing per day was associated with an increased risk of death from heart disease and all other causes.
- Another Australian study found adults who broke up long bouts of sitting time by getting up and moving around had healthier blood cholesterol and glucose levels than those who do not.
- A review of a large number of research studies found that higher amounts of sitting were related to a higher risk of:
 - diabetes
 - heart disease
 - some types of cancers
 - early death

How much sitting is too much?

So far, not enough is known to set a healthy limit on the total number of hours in a day you spend sitting. In general, it is safe to say that most people would benefit from sitting less.

Here are some tips from experts:

- Limit screen-based sitting time (e.g. TV or computer) outside of work to less than 2-3 hours per day.
- Break up long continuous bouts of sitting with periods of movement (standing up, stretching, walking around).



Sitting Less

Look at your 7-day Sitting Diary from the last session.

- What are your thoughts about the amount of time you sit?

- When did you tend to sit for a long period?

To **get started “sitting less” think about:**

- Where can you break up long periods of sitting with a brief movement break (standing up, stretching, or walking around)?
- Where can you replace a bout of sitting with a physical activity that lasts about 10 minutes or more?

You can find ways to **“sit less”** in many areas of your daily life. Think about a typical day. How much time do you spend sitting in each of these four major areas?

- Home
- Work
- Transportation
- Out and about (social or on your own)

Target blocks of time when you can sit less. What can you see yourself doing to make these changes?

	Reduce total sitting during the day	Break up long periods of sitting
Home		
Work		
Transportation		
Out and About		

Here are some more ideas. Check the ones you would like to try.

At Home
<ul style="list-style-type: none"><input type="checkbox"/> Get up and move around the house during TV commercials<input type="checkbox"/> Read the mail/newspaper while standing at the kitchen counter<input type="checkbox"/> Do household chores or exercise while watching television<input type="checkbox"/> Fold laundry while standing<input type="checkbox"/> Stand or pace while on the phone
At Work
<ul style="list-style-type: none"><input type="checkbox"/> Get up and take a break from your computer every 30 minutes<input type="checkbox"/> Take breaks from sitting in long meetings<input type="checkbox"/> Stand to meet with a visitor at your work space<input type="checkbox"/> Stand during phone calls<input type="checkbox"/> Drink more water – going to the water cooler and bathroom will break up sitting time
Transportation
<ul style="list-style-type: none"><input type="checkbox"/> Park your car further away from stores, the shopping mall, or work<input type="checkbox"/> Stand up and move around during long airplane flights<input type="checkbox"/> Offer your seat to a person who really needs it when riding the bus<input type="checkbox"/> Stop and take regular breaks from sitting during long car trips<input type="checkbox"/> Avoid using the car for short trips – walk or bike instead
Out and About
<ul style="list-style-type: none"><input type="checkbox"/> Stand instead of sitting to have coffee<input type="checkbox"/> Suggest an active option when meeting a friend for a visit<input type="checkbox"/> Take breaks from sitting when playing a game<input type="checkbox"/> Get up after dinner instead of sitting at the table



Ways to Achieve the “Sit Less” Goal

In addition to doing your planned physical activity, you are now encouraged to “sit less”. The first step is to be aware of your sitting habits throughout the day. Then find ways to reduce your sitting time.

To help you “sit less”, remember these key ideas:

Replace sitting activities with non-sitting activities

Decrease daily screen time (TV, computer, tablets, smart phones)

Avoid long periods of sitting. Break up your sitting time as often as possible.

There are two ways to help you “sit less”:

1. TABS = Take A Break from Sitting

- TABS is when you break up your sitting time by standing up. In other words, a **“sit-to-stand” moment**. This can be done in many ways.
- Each time you break up sitting by standing up counts as a TABS.

Once you have been successful at adding TABS into your day, you can build on this by adding Super TABS.

2. Super TABS

- This is a TABS that lasts 10 minutes or more. It is a longer block of time in which you replace sitting with standing or moving.
- Can be anything from standing still to taking a brisk walk.
- Helps you achieve even more health benefits.

Double Bonus: If your Super TABS involve physical activity at least as intense as a brisk walk, it can be added toward your daily activity goal.



The **GLB "Sit Less" Goal**

The GLB daily **"sit less" goal** is to do at least:

- 5 TABS (quick break) and
- 1 Super TABS (longer break of 10 minutes or more)

Get started:

- Take at least 3 short breaks from sitting (TABS) per day.
- Think of your typical day. List 3 times when you could break up your sitting time and do a TABS.

1. _____
2. _____
3. _____

- Record using the "Sit Less" Tracker. Research suggests that self-monitoring a behavior will help you be more successful.

Keep going:

- Add more TABS to reach the goal of 5 TABS per day.
- Add 1 Super TABS per day.
- Work slowly and steadily toward this goal over the next month.

Week 1	Complete 3 TABS each day
Week 2	Complete 5 TABS each day
Week 3	Complete 5 TABS and 1 Super TABS each day

Once you reach this goal, you may choose to add additional TABS and Super TABS to your day.

A final thought... "Failing to plan is planning to fail."

- Chinese Proverb



To Do:

Check the boxes when you complete each item:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Keep moving throughout the day.

What's New:

- Complete 3 TABS each day next week.
- Keep going by following the chart on page 8. Complete your TABS and Super TABS each week over the next month.
- Keep track of TABS and Super TABS **by using the "Sit Less" Tracker** (pages 10-11).

References and further reading for those who are interested:

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Wilmot, E.G., Edwardson, C.L., Achana, F.A., Davies, M.J., Gorely, T., Gray, L.J., Khunti, K., Yates, T. and Biddle, S.J. (2012). Sedentary time in adults and the association with diabetes, cardiovascular disease and death: systematic review and meta-analysis. *Diabetologia*, 55, pp.2895-2905.

Group Lifestyle Balance™ – “Sit Less” Tracker

Name: _____

Day	TABS – short breaks from sitting. Goal = 5 or more per day.	Super TABS – Replace 10 minutes or more of sitting. Goal = 1 per day
Sun	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Mon	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Tue	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Wed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Thu	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Fri	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Sat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Sun	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Mon	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Tue	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Wed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Thu	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Fri	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Sat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10

Group Lifestyle Balance™ – “Sit Less” Tracker

Name: _____

Day	TABS – short breaks from sitting. Goal = 5 or more per day.	Super TABS – Replace 10 minutes or more of sitting. Goal = 1 per day
Sun	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Mon	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Tue	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Wed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Thu	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Fri	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Sat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Sun	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Mon	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Tue	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Wed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Thu	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Fri	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10
Sat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10



Session 18: More Volume, Fewer Calories

We have discussed many important nutrition topics to help you build new skills and follow a healthy eating pattern.

You learned from using Nutrition Facts labels, calorie and fat counters, menus, menu boards, and displays that all foods and drinks provide a certain number of calories per serving. Now you can learn some new ways to think about where your calories are coming from.

When you make food choices, think about:

The difference in calories for the same amount (volume) of food.

For example:

- o 1 cup of raw spinach = 7 calories
- o 1 cup of premium ice cream = 500 calories



It's the same amount of food, but a big difference in calories.

The amount (volume) of food you get for the calories you spend.

For example:

- o 1 slice of apple pie = 360 calories
- o 6 apples = 360 calories



The same calories, but a big difference in the amount (volume) of food.

Adding volume to your meals and snacks

You can learn ways to feel fuller on fewer calories by adding more volume to your meals.

This **approach is called “Volumetrics”** (Rolls, B.J. (2012). The Ultimate Volumetrics Diet. William Morrow, New York, New York).

The main idea in **“Volumetrics” is to add volume to your meals.** You do this by eating foods that are:

- Lower in fat
- Higher in fiber (such as beans, split peas, lentils, fruits, vegetables)
- Higher in water content (such as broth-based soups, fruits, vegetables)

Note: Just drinking more water has not been shown to have the same effect.

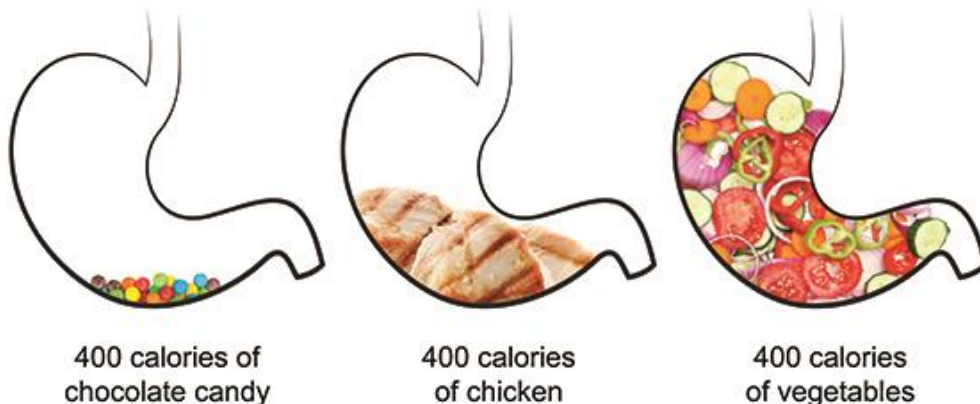
Eating lower fat foods that are higher in fiber and water content will:

- Encourage a plant-based diet
- Provide many helpful nutrients
- Follow the recommendations of MyPlate and the 2015 Dietary Guidelines

This “Volumetrics” way of eating is helpful in weight

management because it allows you to:

- Eat a greater amount or volume of food
- Consume fewer calories overall
- Enjoy a satisfying portion of food
- Feel fuller on fewer calories





How to Increase Volume in Your Meals

1. Eat vegetables

- Start your meals with a salad, raw vegetables, vegetable juice, or a clear broth-based vegetable soup.
- **Experiment with new vegetables. Try some “new” kinds of greens in your salad.** Try grilled or oven roasted vegetables.
- For a snack, choose raw vegetables with hummus or a low-fat dressing.
- Have fresh, frozen or canned vegetables on hand to add to soups, casseroles, chili, and pasta or rice dishes. (Add spinach, diced carrots, and extra onions to chili. Add broccoli to baked ziti. Add plenty of vegetables to jars of tomato sauce).
- To reduce sodium, use fresh, frozen, or canned vegetables without added salt.

2. Eat fruit

- Start your meal with fruit.
- Add fruit to your favorite yogurt, cereal, cooked rice, and tossed salad.
- Keep frozen fruit in your freezer; blend with yogurt for a great smoothie.
- Choose whole fruits, fruits canned in juice, and frozen fruits without added sugar.
- Replace part of the oil in baked goods with unsweetened applesauce.
- Fruit is a sweet way to end your meal.

3. Eat broth-based soups (about 100 calories per cup)

- Make your own soup. Add plenty of vegetables.
- Remove fat from the top of chilled leftover soup before reheating and eating.
- To reduce sodium, use reduced sodium broth. Flavor with herbs and spices rather than salt.
- Add extra vegetables or beans to prepared soups.

Note: “Volumetrics” research studies report that starting a meal with a serving of fruit, vegetable, or 1 cup of broth-based soup helps people eat less at the meal.

4. Eat beans, split peas, and lentils

- Add beans (black, kidney, chickpea, soybean) or lentils to soups, stews, chili, salads, pasta, rice, casseroles, and pasta sauces.
- Enjoy split pea soup, lentil soup, and chili with kidney beans.
- Use hummus as a dip or sandwich spread.
- To reduce sodium, use dried beans that have been soaked and cooked or canned beans that have been rinsed and drained.

5. Eat whole grains rather than ones that are highly refined

MyPlate recommends that at least half of the grains eaten each day should be whole grains, such as:

- High fiber ready-to-eat breakfast cereal.
- Cooked oatmeal or whole grain cereal.
- 100% whole wheat bread, buns, bagels, pita, English muffins, tortillas, and crackers.
- Brown rice, barley, bulgur, whole wheat couscous, farro, quinoa.
- Popcorn that is low-fat or air popped.

Note: 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 goals.

6. Eat small amounts of nuts

Nuts are a good source of fiber but also high in calories and fat.

Use a small amount:

- Added to cooked cereal.
- On tossed salads in place of cheese or croutons.
- Added to yogurt.
- Sprinkled on cooked vegetables.

Research studies have shown that people tend to eat about the same amount or volume of food each day. It is the amount of food in your stomach that determines how full you feel.

If you “volumize” your meals, you can eat more food. This will leave you feeling fuller and more satisfied.

If you try to rely on just eating less, you may be left feeling hungry and deprived.

By increasing the volume of food, you will consume fewer calories, enjoy a satisfying portion of food, and keep hunger in check.



Satiety

Satiety means how full you are feeling. The more satisfied you feel, the easier it will be to stay close to your calorie goals and manage your weight.

Adding volume is just one way to feel more satisfied after a meal. Here are some other ways:

Eat foods high in protein at each meal.

- Protein may help you feel fuller longer.
- Choose lean protein foods **from MyPlate's Protein** and Dairy Groups. Examples include lean meats, chicken, seafood, eggs, low-fat dairy products, and beans, or small servings of nuts or peanut butter.

Eat high fiber foods instead of simple carbs.

- Simple carbs (sugar, sweets, highly refined grains) are digested quickly so you may feel hungry again very soon after eating.
- High fiber foods digest more slowly so you feel fuller longer.
- Foods with 3 grams of fiber/serving are a good source of fiber; those with 5 grams or more are an excellent source.

Stay within your fat gram goal (**but don't go too low**).

- Fats delay stomach emptying so you feel fuller longer.
- Eating too little fat during the day decreases satiety so increases feelings of hunger.

Divide calories throughout the day.

- Eating at regular intervals throughout the day increases feelings of satiety. It is usually best to eat every 3-4 waking hours.
- Experiment with timing of your meals and snacks to learn what helps you stay the most energized and satisfied.

Drink water.

- Stay well-hydrated. Dehydration increases hunger.
- Drink water and other calorie-free beverages.
- Limit sugar-sweetened beverages that contain few nutrients. Liquid calories are less satisfying than those from food.

Eat slowly and mindfully. Make meals last about 20 minutes.

- Enjoy every bite so you feel both physically and mentally satisfied.



Practice: Help Sam Feel Less Hungry

Sam reports feeling hungry during the day.

What changes could he make to his meal and snacks to help him feel fuller longer?

Sam's Menu	Ways to feel less hungry
Breakfast	
Plain bagel with jelly	
Orange Juice	
Black Coffee	
Lunch	
Tossed Salad with	
Fat-free dressing	
2 sugar cookies	
Sweetened Iced Tea	
Snack	
Candy bar	
Dinner	
Spaghetti with tomato sauce	
Garlic bread	
Wine	
Snack	
Pretzels	



To Do:

Check the boxes when you complete each item:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Sit less. Be aware of long periods of sitting and break them up. Keep moving throughout the day.

What's New:

- Practice adding volume to your meals (see pages 3-5).
- Experiment with other ways to feel more satisfied after a meal (see page 6).

Did you feel fuller and more satisfied at the end of the meal?

Did you notice any difference in your calorie intake?

Roasted Vegetables

10

Light and Fresh Vegetable Soup

11



Roasted Vegetables

Classic Roasted Vegetables

(adapted from Weight Watchers® New Complete Cookbook)

2 medium red bell peppers, seeded and cut into 8 wedges
2 medium zucchini, trimmed and cut into ¼ inch slices
1 medium Vidalia or other sweet onion, cut into 8 wedges
1 pound asparagus, trimmed
3 cloves garlic, minced
4 teaspoons olive oil
Salt and pepper to taste
(optional: ½ teaspoon dried basil)

Directions:

- Preheat oven to 450° F.
- Spray 2 baking sheets or oblong pans with cooking spray.
- In a large bowl, place all vegetables, garlic, oil, salt and pepper (and basil, optional). Toss well to evenly coat with seasonings.
- Divide the vegetables between the 2 baking sheets or oblong pans.
- Bake, tossing occasionally, until tender and lightly browned, 25-30 minutes.
- Serve immediately.

Note: Leftover vegetables plus hummus make a great sandwich!

Note: This recipe works well with just broccoli and/or cauliflower and red onion.

Servings = 4 servings of 1 cup each

One serving (1 cup) = 107 calories; 5 fat grams

Source: Weight Watchers® New Complete Cookbook (Wiley Publishing, Inc., 2008)



Vegetable Soup

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)



Session 19: Stay Active

To prevent or delay diabetes and improve health, keep an eye on your physical activity goals. Aim for a well-rounded plan that blends moderate intensity activities (like brisk walking) with strength training, sitting less and moving more.

Today, you will:

- revisit the “sit-less” activity goal and **plan for a “sit-less” week**
- give yourself credit for your efforts to stay active
- learn how good posture supports your physically active lifestyle
- remind yourself why you want to stay active
- discuss your biggest barriers and ways to cope with them

Sit less review

Let’s look back at the past week. Refer to your Sit Less Tracker if you have one.

- Please mark the times **each day with a “T”** when you were able to add at least one TABS (you took a short break from sitting).
- Next, mark the times **each day with an “ST”** when you added at least one Super TABS (you replaced your sitting with standing or moving for 10 minutes or more).

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Afternoon							
Evening							

Look at the grid above. Is there a specific day or time of day when you are getting more of your TABS or Super TABS?

When and where could you add more TABS or Super TABS? Be specific.

GLB has encouraged you to try to sit less in several different areas of your life. Are there specific changes you have made in any of these areas?

- Home _____
- Work _____
- Transportation _____
- Out and about (socially, on your own) _____

When you reflect on all your efforts to sit less, what is working best for you? What are some of the challenges?

Give yourself credit **for any "double bonuses"** (swapping sitting activities with moving more). What sit less/move more changes are you most proud of?

Good work. Keep going. Keep moving.



Plan for a “Sit Less” Week

“A goal without a plan is just a wish”

-Antoine de Saint-Exupery, French writer

You can find the time to sit less.

- Find blocks of time where you can add more TABS (brief breaks from sitting) or Super TABS (replacing sitting for at least 10-minutes at a time)
- Make your plan in the table below. Be specific.

	What I Will Do	When	Where
Mon			
Tues			
Wed			
Thurs			
Fri			
Sat			
Sun			

Don't just wait for the sitting breaks to happen.

You need to make them happen. Have a clear plan for when and where you will add TABS and Super TABS in your week.

What are some things that could make it hard to carry out this plan?

To overcome these challenges, I will:

Remember to give yourself credit. Record your TABS and Super TABS so you can see your progress.



Good Posture Supports Your Physically Active Lifestyle

The term *posture* describes how your body is positioned when you sit, stand, or move. **Let's look at why proper posture** is so important as you move forward with your physically active lifestyle.

Good Posture

- Supports healthy physical movement and may prevent injury.
- Helps your body function more efficiently.
- Projects poise, confidence, and dignity.
- Improves appearance.

Bad Posture

- Can cause some muscles to work harder than others. This creates a muscle imbalance.
- Because some muscles are working harder than they should, you may feel fatigued.
- Slouching bends the back, can limit lung movement, and hinder breathing.
- May cause muscles or joints to become stiff and sore.

Your goal is to stay active over the long term. Healthy posture will help you stay more active.

Strong, flexible muscles are the key to good posture.

- Strong abdominal (core/belly) muscles support your back.
- Weak or tight hip or leg muscles can pull on your back. Example: **"tight hamstrings"** (the muscles on the back of your thigh) can lead to poor posture and back pain.

Healthy, functioning joints are the key to fluid movement.

- **Hip, knee, and ankle joints support your back's natural curves** when you are moving.
- Allow you to have good posture for standing and moving.

Good Posture, Good Movement

When you set out to do any physical activity (spontaneous or planned), take a moment to check your standing posture.

Keep these images in mind:

Front View



Side View



Front View

- Imagine a straight line from the top of your head, through the center of your body, to your feet. This is good alignment.
- Head should be held straight with chin level. Do not tilt your head to one side.
- Both shoulders, hips, and knees should be of equal height, relative to each other.

Side View

- Imagine a straight line through your ear, shoulder, hip, knee and ankle.
- Maintain the three natural curves of your back (neck, upper back, and lower back).



Good Sitting Posture

Good sitting posture may reduce strain on your muscles, tendons, and bones.

- Head is held erect (no slouching or leaning forward).
- Maintain the three natural curves of the back (neck, upper back, and lower back).

Guidelines for Proper Sitting Position at Your Desk

- Use a chair with good back support and position yourself close to your desk/keyboard.
- Keep your feet flat on the floor. If they do not reach the floor, use a footrest.
- Knees and hips should be bent at a 90-degree angle.
- Keep your wrists in line with your arms – not angled up or down.
- Keep your head and neck straight and facing forward. Computer monitor should be at eye level.
- Keep your elbows at your side with your forearms parallel to the floor.





Take a Break from Sitting

Despite your best efforts, some days you have to sit at a desk for a long time. This prolonged sitting can cause stiffness and pain, and be hazardous to your muscles and joints.

Here are some quick and easy tips to help ease the strain on your muscles and joints.

- Set a timer that cues you to stand up or move each 30 minutes.
- Shift positions in your chair often.
- Make small adjustments to your chair.
- Stand up, march in place, stretch out your arms.
- Walk up and down your hallway for 100 steps.
- Try a standing desk or a keyboard that moves up and down.
- Try some of the desk stretches below.

Desk Stretches

1. Hand – Open and Fist



- Separate and straighten your fingers until you feel a stretch.
- Hold 10 seconds.
- Make a fist – squeeze tight.
- Hold 10 seconds.

2. Neck – Head Tilt



- Keep shoulders relaxed with arms hanging loosely at your sides.
 - Look straight ahead, tilt your head to one side (ear towards your shoulder).
 - Keep shoulders relaxed and do not raise your shoulders.
 - Hold for 5-10 seconds.
 - Relax – bring head to starting position.
 - Repeat on the other side.
-

3. Shoulder Shrug



- Raise your shoulders up to your ears until you feel slight tension in your neck and shoulders.
 - Hold for 5-10 seconds.
 - Relax and let your shoulders drop into their resting position.
 - Repeat 3-5 times.
-

4. Arms, Shoulders and Upper Back

- Interlace your fingers.
- Straighten your arms out in front of you. (You can also turn palms outward).
- Feel the stretch in your arms and the upper part of your back.
- Hold for 10-20 seconds, repeat 2-3 times.



5. Arms, Shoulders, and Sides of Trunk

- Interlace your fingers. Straighten your arms overhead. (You can also turn palms outward).
- Think of elongating your arms.
- Feel the stretch in your arms and upper sides of your rib cage.
- Hold for 10-20 seconds, repeat 2-3 times.



6. Upper back

- Interlace your fingers behind your head with elbows out to the side.
- Pull shoulder blades back toward each other.
- Hold for 5-10 seconds.
- Repeat 2-3 times.





Why Do I Want to Stay Active?

Reasons to stay active

Let's pause for a moment to focus on why you choose to stay active.

The top three reasons I stay active (even when it feels hard):

1. _____
2. _____
3. _____

Barriers and ways to cope with them

Most people face daily challenges that move their activity plans to the back burner. Things that get in the way of your plans to exercise are called exercise barriers.

People who stay active find ways to overcome these barriers.

What keeps you from exercising?

My biggest activity barriers/challenges	Not-so-healthy responses	Healthier responses

Social support

Having social support has been shown to help people overcome barriers to physical activity.

Who supports your efforts to stay active? _____

What do they say or do to support you? _____

How can you get more of the support you need? _____



To Do:

Check the boxes when you complete each item:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Sit less. Be aware of long periods of sitting and break them up. Keep moving throughout the day.

What's New:

- Break up your sitting with TABS and Super TABS.
- Use the "Sit Less" Tracker (pages 14-15) and give yourself credit for TABS and Super TABS.
- Maintain good posture as part of your physically active lifestyle.
- Try quick tips to ease your muscles and joints when you get stuck sitting for long periods. Practice desk stretches (pages 7-9).
- Remind yourself often of the top three reasons you choose to stay active.
- Be aware of your barriers to physical activity and ways to cope with them.
- Find the support you need to stay active.

Healthy Back Posture Helps You Stay Active

13

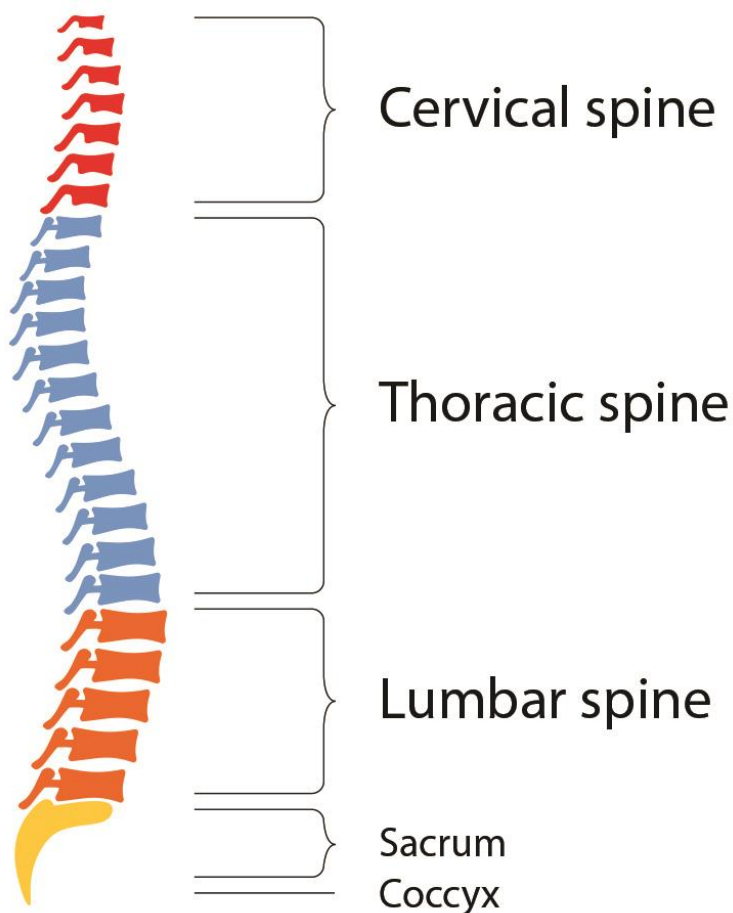
Group Lifestyle Balance™ - "Sit Less" Tracker

14-15

Healthy Back Posture Helps You Stay Active

A healthy back has three natural curves in balanced alignment.

- Cervical curve – slight forward curve of the neck
- Thoracic curve – a slight backward curve of the upper back
- Lumbar curve – a slight forward curve of the low back



Good posture supports healthy physical movement and may prevent injury.

Group Lifestyle Balance™ – “Sit Less” Tracker

Name: _____

Day	TABS – short breaks from sitting. Goal = 5 or more per day.	Super TABS – Replace 10 minutes or more of sitting. Goal = 1 per day
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Session 20: Balance Your Thoughts

Changing your old lifestyle habits is hard. However, you have already learned that it is possible. In addition, many of you comment on all the positive things that have come from simply learning about yourself as you change eating and activity behaviors.

Let's take some time to reflect on what you have learned about yourself so far in GLB.

Eating behaviors

- I am most proud of these changes in my eating behavior:

- Here are the positive things I have noticed:

Physical activity behaviors

- I am most proud of these changes in my activity behavior:

- Here are the positive things I have noticed:

What impact has making these healthy lifestyle changes had on your life, family, friends or community?



My Reasons for Behavior Change

What are the top 5 reasons for making healthy changes that are most important to you right now.

Why I want to keep working on my healthy lifestyle behavior changes	
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 ease.	
I want to stop dwelling on how others view me.	
I want to hear compliments 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.	
Other reasons:	



Do Your Thinking Patterns Help or Hurt Your Lifestyle Progress?

Earlier in GLB 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. We want you to give yourself credit for small changes in the right direction.

What are some positive self-statements you make about your:

Eating behaviors

Activity behaviors

Weight

Overall, have you noticed any changes in your thinking about healthy eating, physical activity, and weight management?

Self-defeating thoughts are also a normal part of lifestyle change, but they get in the way of your lifestyle progress. Do you struggle with self-defeating thoughts? What are they?

Here are some common self-defeating thoughts with helpful ways you can respond to them and move toward lifestyle balance:

Self-Defeating Thoughts	Example	Helpful Response
All-or-nothing thinking	<i>Either I'm perfect on my eating 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 goal 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 walk 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 sit and stare at the TV all night because I'm so stressed out.</i>	I need to find healthier ways to cope with my problems.
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 goals and plans. These thoughts often have a kernel of truth to them at the time. They also give you permission to stray.

Have you heard yourself saying any of these things?

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:

A healthier response:

What are the specific situations in which you are most likely to give yourself permission to stray from your healthy eating or physical activity plans?



What is going through your mind?

Your goal is to keep working towards balance with a new, healthier self-statement. Examples:

“Even though I had a bad day and crave a sweet, I will eat an apple instead of this candy bar because I want to stay on track to reach my goals”.

“Yes, I am tired but I will feel so much better after I take a walk”.

When you give yourself permission to stray
you strengthen your old habits.

This makes it more likely that you will give in again in the future.

However....

When you respond in a healthier way,
you break your old negative cycle.

You also strengthen your new habit of self-control.



Do You Give Yourself Credit?

Do you tend to think mostly about the things you have done wrong with your lifestyle program rather than everything you did well?

Do you ever pat yourself on the back for the healthy lifestyle behaviors you did well? Focusing only on your mistakes, without paying attention to your successes, may cause you to feel weak or hopeless when you “slip”.

To counter feeling discouraged or defeated, it is important to give yourself credit for everything you do right.

Give Yourself Credit:

Starting today, record 1 or 2 healthy behaviors you do *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. I feel terrific.

I weighed myself today.

When you begin to give yourself credit every time you do something right, you get better at seeing that slips are just **today's** mistakes. They are not the end of your healthy lifestyle goals and plans.

By giving yourself credit, you will reinforce your self-confidence and begin to realize that you are strong and in control.

The more you practice healthy restraint, the easier it becomes.



To Do:

Check the boxes when you complete each item:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Sit less. Be aware of long periods of sitting and break them up. Keep moving throughout the day Keep moving throughout the day.

What's New:

- Find the situations where you are most likely to give yourself permission to stray.
- Practice replacing self-defeating thoughts with positive ones.
- Give yourself credit. Write down 1 or 2 healthy lifestyle behaviors you do right each day.



Session 21: Heart Health

Heart disease and stroke are the leading causes of death in the world for **both** men and women. People with pre-diabetes, diabetes, and/or the metabolic syndrome are at higher risk for developing heart disease.

What is heart disease?

- Heart disease, also called 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 and stroke.

What are the risk factors for heart disease? The American Heart Association has identified the following risk factors:

Risk factors that can't be changed	Risk factors that can be changed
Increasing age	High blood cholesterol
Gender (male)	High blood pressure
Family history	Physical inactivity
	Obesity and Overweight
	Smoking
	Diabetes
	Poor diet

Also linked with an increased risk of heart disease: stress, depression, poor sleep quality or sleep apnea, drinking more alcohol than recommended.

The more risk factors you have, the greater your risk of heart disease.

What are your risk factors? _____

The good news is that being physically active, eating a healthy diet, and managing your weight can help reduce your risk.

A heart-healthy lifestyle is your best defense against heart disease.



Preventing or Managing Heart Disease with “Life’s Simple 7™”

The American Heart Association lists seven diet and lifestyle changes to improve heart health and enhance quality of life.

1. Get active

- The American Heart Association recommends
 - at least 150 minutes of moderate intensity activity each week AND
 - strength training on at least 2 days.
- Regular physical activity
 - improves risk factors such as blood pressure, cholesterol, and blood glucose levels.
 - strengthens your heart muscle, improves blood circulation, reduces feelings of stress, and helps control body weight.



2. Control cholesterol (see pages 5-8 for more information)

- Adults ages 20 and older should have their cholesterol tested every 5 years.
- Healthy cholesterol levels help your arteries remain free of plaque which can clog arteries and lead to heart disease.

3. Eat better

- Eat a variety of fruits, vegetables, whole grains, fat-free or low-fat dairy products, skinless poultry, lean meat, fish, nuts, and legumes.
- Eat fish at least twice a week.
- Limit saturated fat, trans fat, sodium, added sugars, and alcohol.



4. Manage blood pressure (see pages 6-7 for more information)

- High blood pressure is a major risk factor for heart disease. The higher the blood pressure; the greater the risk.
- Healthy blood pressure reduces strain on your heart, arteries, and kidneys.
- Aim for normal blood pressure that is below 120/80 mm/Hg.
 - Elevated – 120-129 and below 80 mm/Hg
 - Stage 1 high blood pressure/hypertension – 130-139/80-89 mm/Hg
 - Stage 2 hypertension – 140/90 mm/Hg or above



5. Lose weight and keep it off

- A healthy weight reduces the burden on your heart, blood vessels, lungs, and muscles, bones, and joints.
- When your weight is in a healthy range you are less likely to develop heart disease, high blood pressure, high cholesterol, and diabetes.

6. Reduce blood sugar (glucose)

- Healthy blood sugar (glucose) levels help prevent damage to your heart, kidneys, eyes, and nerves that can occur when levels are too high.
- Aim for a fasting blood glucose of under 100 mg/dl.
 - Pre-diabetes – 100-125 mg/dl
 - Diabetes – 126 mg/dl or higher

7. Don't smoke and avoid secondhand smoke

**Even one lifestyle change can make a difference.
A combination of two or more lifestyle changes may achieve even better results.**

Heart disease can happen at any age. So, do what you can to stay heart-healthy and delay or prevent heart disease.

Did you notice that “Life’s Simple 7™” guidelines reflect what you have already learned in GLB?

Which recommendations do you meet?

Which recommendations need your attention?

**GLB not only can lower your risk of developing diabetes,
it is also heart-healthy!**

Web sites for heart health information:

- American Heart Association: www.heart.org
- National Heart, Lung and Blood Institute: www.nhlbi.nih.gov
- DASH diet http://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf





Facts about Cholesterol

Cholesterol is a soft, waxy substance needed by your body to stay healthy. It helps make hormones, Vitamin D, and bile that is used to digest fat. It is part of your cell membranes, nerves, and brain.

Your body makes all the cholesterol it needs. You also get it from the animal foods you eat such as meat, fish, poultry, eggs, and dairy products. There is no cholesterol in the plant foods you eat.

If blood cholesterol is too high, it puts you at high risk for heart disease. It is important to **know your numbers**. Your health care provider may order a "blood lipid panel test" that measures:

- **Total cholesterol** (the sum of LDL, HDL and triglycerides in your blood)
- **LDL (low-density lipoprotein) cholesterol**
 - It is called the "bad cholesterol" because it carries cholesterol to the arteries. Think "L" for "lousy".
 - High levels can lead to blocked arteries.
- **HDL (high-density lipoprotein) cholesterol**
 - It is called the "good cholesterol" because it removes cholesterol from arteries and takes it to the liver for removal. Think "H" for "healthy".
 - It helps prevent blocked arteries.
- **Triglycerides**
 - It is the most common type of fat found in your blood.
 - High levels may increase the risk of heart disease.
 - High levels are often found in people who have high cholesterol, heart disease, or diabetes. It is also found in those who are inactive, overweight, smoke, or have a high intake of alcohol and/or sugary foods and drinks.

Your health care provider will assess your risk and overall health and the best way to manage your cholesterol.



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 is the upper number. It is the pressure against the walls of the arteries when the heart contracts (beats).
- Diastolic is the lower number. It is the pressure against the walls of the arteries when the heart is at rest between beats.

High blood pressure is called the “silent killer”. There are usually no symptoms to warn you something is wrong.



Tips to Control Cholesterol and Blood Pressure

Health care providers often encourage their patients to first try to lower cholesterol and blood pressure with healthy lifestyle changes. Talk to your health care provider about the following:

- **Maintain a healthy weight.**
 - This improves LDL and HDL cholesterol, triglycerides, and blood pressure.
- **Get active.**
 - Move more in your day. Keep up with your physical activity program and limit the time you spend sitting.
 - This improves cholesterol, triglycerides, and blood pressure.
 - Being active enhances your immune system and decreases the risk of heart disease.
- **Get enough sleep.**
 - Too much or too little sleep can increase the risk of cardiovascular problems.
 - Poor sleep quality is linked to an increased risk of high blood pressure.
 - Aim for about 6-8 hours of sleep per night.

- **If you use tobacco, quit.** Avoid tobacco smoke.
 - This may improve HDL cholesterol and blood pressure.
- **Eat a healthy diet.**
 - This may improve triglyceride, HDL and LDL cholesterol levels, and blood pressure.
- **Know your fats** (see page 8).
 - Limit saturated and trans fats.
 - Replace saturated and trans fats with healthier unsaturated fats. This may improve blood cholesterol and triglycerides.
- **Limit added sugars.**
 - Too much sugar in your diet increases your risk of obesity, high blood pressure and high cholesterol
 - Reducing the intake of alcohol and sugary foods and drinks may help lower triglycerides.
- **Reduce salt intake.**
 - This may be recommended to help manage blood pressure.
 - Consider the DASH diet.

DASH diet (Dietary Approaches to Stop Hypertension)

- The DASH diet increases the intake of the minerals calcium, potassium, and magnesium by including more fruit, vegetables, whole grains, legumes, nuts, and low-fat dairy products.
- It recommends a moderate fat intake with unsaturated fats used in place of saturated fats.
- The diet limits saturated fat and trans fats, sodium, added sugar, sugar-sweetened beverages, and alcohol.
www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

If your lifestyle changes don't reduce your risk enough, your health care provider will likely prescribe medications. It is important to take them as prescribed.

However, lifestyle changes are still important even when medications are prescribed. Do all that you can to stay heart-healthy.

FATS



THE GOOD, THE BAD & THE UGLY

Monounsaturated & Polyunsaturated Fats

- Can lower bad cholesterol levels
- Can lower risk of heart disease & stroke
- Can provide essential fats that your body needs but can't produce itself

SOURCE

Plant-based liquid oils, nuts, seeds and fatty fish

EXAMPLES

 Oils (such as canola, olive, peanut, safflower and sesame)	 Avocados
 Fatty Fish (such as tuna, herring, lake trout, mac kernel, salmon and sardines)	 Nuts & Seeds (such as flaxseed, sunflower seeds and walnuts)

Saturated Fats

- Can raise bad cholesterol levels
- Can raise good cholesterol levels
- Can increase risk of heart disease & stroke

SOURCE

Most saturated fats come from animal sources, including meat and dairy, and from tropical oils

EXAMPLES

 Beef, Pork & Chicken Fat	 Butter
 Cheese (such as whole milk, chesees)	 Tropical Oils (such as coconut, palm kernel and palm oils)

Hydrogenated Oils & Trans Fats

- Can raise bad cholesterol levels
- Can lower good cholesterol levels
- Can increase risk of heart disease & stroke
- Can increase risk of type 2 diabetes

SOURCE

Processed foods made with partially hydrogenated oils

EXAMPLES

 Partially Hydrogenated Oils	 Some Baked Goods
 Fried Foods	 Stick of Margarine

American Heart Association Recommendation

Eat a healthy dietary pattern that:

Includes good fats

Limits saturated fats

Keeps trans fats as LOW as possible

For more information, go to [heart.org/fats](#)

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Make heart-healthy choices:

- 1
- 2
- 3
- 4

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Use the label to help you make heart healthy choices*.

Recommended choices are those that:	Changes I can make:
1. Have the least amount of unhealthy saturated and trans fat.	
2. Are lower in sodium. (Aim for less than 2300 mg per day.)	
3. Are higher in fiber. (Foods with 3 grams of fiber/serving are a good source of fiber; those with 5 grams or more are an excellent source .)	
4. Have less added sugar.	

*These reflect the 2015 Dietary Guidelines



To Do:

The Basics:

- Keep track of your weight.
- Record what you eat and drink using your preferred method. Come as close as you can to your calorie and fat gram goals.
- Record your physical activity using your preferred method. Come as close as you can to your activity goals.
 - Be physically active for at least 150 minutes per week.
 - Aim for an average of at least 50,000 steps per week.
 - Include resistance training at least 2 times per week.
- Sit less. Be aware of long periods of sitting and break them up. Keep moving throughout the day.

What's New:

- Know your numbers. Do your blood pressure, blood glucose, blood cholesterol and triglyceride levels fall within the recommended guidelines?
- What is one heart-healthy change you are willing to make?

- Check the Nutrition Facts labels for the amount of saturated fat, trans fat, sodium, fiber, and added sugars. Use this information to help you make heart-healthy food choices.



Session 22: Look Back and Look Forward

There's an old saying, "A path is made by walking on it." Research suggests that people who succeed in changing their lifestyle, shift their thinking and behavior along the way. What path did they take?

Move From:	Toward:
Trying to fool themselves	Being honest with themselves <i>(I consume a lot of calories in my night-time snacks)</i>
Looking for a "magic" cure	Working at it, tolerating some discomfort <i>(I take the stairs instead of the elevator even when I don't feel like it)</i>
Looking for a "cookbook" approach that applies to everyone	Fitting tried-and-true ways of behavior change into their own lifestyle and culture <i>(I ask my aunt to give me just a small piece of her special cake)</i>
Wishing someone else could fix or take the blame for lifestyle barriers	Taking "sole responsibility" for doing or not doing what needs to be done <i>(I had to stay with dad at the doctor's office all day but I took breaks from sitting and walked the hallways)</i>
Thinking of weight loss and activity totals (numbers on the scale and activity record) as your only goals	Focusing on the pleasure that comes with every small change in eating better and moving more <i>(It feels great not to be winded after climbing one flight of stairs)</i>
Being afraid of slips and lapses or punishing themselves when they happen	Believing they can make mistakes and learn from them. Being willing to try, try, and try again <i>(That buffet was hard. I will make a better plan for next time)</i>

What path have you been on now? Think about some of the “shifts” you have made in your lifestyle and write them down.

I have moved from:	Toward:
Wanting to do it perfectly right away	Being willing to take <i>small steps</i> toward my most valued goals
<i>My changes:</i>	
Wishing for “willpower” made of steel	Being flexible, mindful, and trusting myself to <i>take charge</i> more often
<i>My changes:</i>	
Putting others first most of the time	Working on <i>healthy self-interest</i> even though it sometimes conflicts with needs and demands of others
<i>My changes:</i>	

Congratulations. You have reached an important one-year milestone in **Group Lifestyle Balance™**. You have worked hard to improve your eating and physical activity habits.

You know that healthy lifestyle change is possible.

Take a moment and give yourself credit for all your efforts.



Look Back: Write Your Story

Take a minute to reflect on your own healthy lifestyle story. What change strategies worked best for you? What changes are you most proud of?

Imagine you are speaking with others at risk for type 2 diabetes and heart disease or those who simply want to take better care of themselves by eating healthier and moving more. What words of wisdom could you share?

What helped you the most when you faced challenges, or felt down about your progress? Were there specific people (including family and friends) who helped you move forward?

Write down a message to yourself to help motivate and guide you in the next six months.

Now that you have reflected on your personal lifestyle change journey, complete the checklist on the next page.



Look Forward: Write Your Next Chapter

Given where you have been, and where you are right now, what are your plans looking forward?

My Weight Goal

In the next 6 months I will focus on:

- Reaching the 7% weight loss goal.
- Staying at the 7% weight loss goal.
- Working on a personal weight loss goal.

Refer to **"When You Reach Your Goal Weight"** in Session 14, page 11 for more information.

My Physical Activity Goals

In the next 6 months I will focus on:

- Reaching the 150 minutes per week goal.
- Staying at 150 minutes per week goal.
- Working on a personal physical activity goal of _____ minutes per week.
- Adding spontaneous physical activity.
- Working on a step goal of _____
- Doing resistance training activities at least 2 times per week.
- Reducing and breaking up time spent sitting.

Refer to Session 4, 8, 13, 17, and 19 for activity tips.



To Do:

These behaviors are your foundation for healthy lifestyle success. **Let's** review them one more time.

The Basics:

- Keep track of your weight. Make peace with the scale.
 - Weigh yourself daily (or at least once/week, same time of day)
 - Keep a weight record. This will allow you to monitor and respond to weight gain sooner rather than later.
- Record what you eat and drink using your preferred method. If you notice your weight creeping up, keep track more often.
- Record your physical activity using your preferred method. Consider tracking minutes, steps and resistance training. Aim to maintain the minimum goal of 150 minutes per week of moderate physical activity.
- Sit less. Be aware of long periods of sitting and break them up. Keep moving throughout the day.
- Get the support you need. List 1-3 people who will support your healthy lifestyle efforts on the road ahead.

You have the tools that you need for healthy lifestyle success. You have learned through trial and error what works best for you on the slippery slope of lifestyle change. You know how to get back on track after a slip.

Now your challenge is to keep using those skills. **Don't let them get rusty.** Stay aware. Solve problems. Practice.

It has been a pleasure to support you.

"Success is the sum of small efforts, repeated day in and day out"

~Robert Collier