

NM Connect4Health Interactive Worksheets

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Getting Started with Weight Loss

The best way to lose weight is to “**tip the calorie balance.**” Your weight is a result of the balance between two things:

1. The **calories** (energy) you take in by eating **food**.
2. The **calories** (energy) you use up by **being active**.

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

How much does it take to tip the balance?

Here are some facts:

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

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

Note: Keep in mind that when you eat less or are more active, your blood sugar levels are likely to drop. This may happen before you lose even one pound.

Here's an example:

Let's say you want to lose **1 pound per week**.
 You will need to **tip the calorie balance by 500 calories *each day***.

Here are some ways you could do it:

Subtract food	Add activity*
Eat 500 fewer calories each day. Ex: Cutting out 1 peanut butter cookie and 1 (4-inch round) bagel	0 calories
0 calories	Burn 500 more calories each day. Walk 5 miles or 1 hour and 40 minutes of brisk walking.
Eat 200 fewer calories each day. Ex: 1 peanut butter cookie	Burn 300 more calories each day. Walk 3 miles or 60 minutes of brisk walking.
Eat 300 fewer calories each day. Ex: 1 (4-inch round) bagel	Burn 200 more calories each day. Walk 2 miles or 40 minutes of brisk walking.
*Rule of thumb: 1 mile of <i>brisk walking</i> (about 20 minutes) burns about 100 calories	

Again, it's best to change both sides of the balance at once--
 eat less *and* be more active.

Eating fewer calories from any type of food can cause weight loss.

A calorie is a calorie.

- However, it may best to **eat fewer calories from fatty foods in particular.** Here’s why: **Fat contains more than twice the calories** as there are in the same amount of sugar, starch, or protein, and somewhat more than in alcohol.

	Fat	Starches/sugars	Protein	Alcohol
Calories/gram*	9	4	4	7

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

So eating less fat is a quick way to cut calories.

Compare:	Grams of fat	Calories
¼ cup peanuts	18	212
3 cups plain, air-popped popcorn <i>(12 times as much food!)</i>	1	92

- **Fat also plays a part in heart disease.** Research has shown that eating a lot of saturated fat and trans fat can increase the amount of “bad” (LDL) cholesterol in your blood. Saturated fat is the fat that is typically found in animal fats and some plant oils. Trans fats result from adding hydrogen to vegetable oils used in commercial baked goods and for cooking in most restaurants and fast-food chains. Limit foods high in saturated fat, trans fat and/or cholesterol, such as whole-milk dairy products, fatty meats, tropical oils, partially hydrogenated vegetable oils and egg yolks. Instead choose foods low in saturated fat, trans fat and cholesterol.

Many experts recommend that **no more than 30% of your total calories come from fat.**

Find your starting weight below.

Your calorie and fat goals are in the same row.

Circle your calorie and fat goals.

Your Starting Weight	Calorie Goal	Fat Gram Goal
<250 pounds	1200-1500	40-50
More than 250 pounds	1500-1800	50-60

Keep in mind that that we will give you tips and guidelines to help you reach your calorie and fat gram goals.

What kinds of foods are high in fat?

Examples:

- Most red meats
- Most hot dogs, luncheon meats, bacon, and sausage
- The skin of chicken
- Regular cheese and whole milk
- Many snacks (e.g., potato chips)
- Many baked goods (e.g., cookies, cake, muffins, biscuits)
- Refried beans made with fat
- Oil
- Butter
- Margarine
- Gravy
- Mayonnaise
- Fried foods (e.g., fried chicken, French fries, doughnuts, fried tortillas)

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

Let's uncover it! Here's a lunch menu:

Food	Calories	Fat Grams	Teaspoons of Fat
Fried fish sandwich	411	19	5
Large French fries	437	22	6
Apple turnover, fried	288	15	4
Milkshake, with ice cream	346	18	5
Total:	1,482	74	20 (That's about 1 stick of butter!)

Keep in mind these facts:

- **Low-fat or fat-free products still contain calories.** In fact, some low-fat or fat-free products are *very high* in calories because they're loaded with sugar. Check the label.

For example:

	Calories	Fat (g)
Low-fat fruited yogurt, ½ cup	250	3
Whole milk fruited yogurt, ½ cup	292	8

- **All types of food contain calories.** The key is to **pay attention to portion size.**

For example, pretzels are low in fat but they aren't calorie-free. So Bill counts a specific number of pretzels into a bowl and then puts the bag away. He also measures margarine when he spreads it on toast in the morning.

	Calories	Fat (g)
Pretzels, hard type, 1 ounce	108	1
Margarine, regular, 1 teaspoon	34	4

How to keep track of calories and fat

1. Write down everything you eat and drink.

Use one line for each food and drink.

Spelling is NOT important. What IS important is to:

- Be accurate (measure portions, read labels).
- Be complete (include everything).

2. Write down how many calories and fat grams are in every food.

- Figure out the amount of each food you ate.
- Look up the number of calories in each food.

If you eat a dish such as a casserole or stew, write down how much of each thing in the stew you ate. Such as, in a stew, how much meat did you eat? Carrots? And so on.

- Compare the serving size for the amount of food YOU ate with the caloric information to see how many calories and fat grams you ate.

For example:

Sue ate 1 cup of fresh cherries.

	Serving	Calories	Fat (g)
Cherries, sweet, fresh	½ cup	52	1

Sue ate twice that much. So she ate twice as many calories and fat grams:

$$52 \times 2 = 104 \text{ calories}$$

$$1 \times 2 = 2 \text{ grams of fat}$$

Eat a packaged food? Look on the label for the calories and fat grams.

Nutrition Facts
 Serving Size 1 oz. (28 g/about 21 pieces)
 Servings Per Container 10

Amount Per Serving
Calories 150 ← **Calories from Fat** 80

	% Daily Value*
Total Fat 9 g ←	14%
Saturated Fat 2 g	10%
Cholesterol 0 mg	0%
Sodium 300 mg	12%
Total Carbohydrate 16 g	5%
Dietary Fiber less than 1 g	1%
Sugars less than 1 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

? Look at the **Serving Size**.
 Is this the amount you ate?

? Look at the **Calories per serving**.

? Look at the **Total Fat grams per serving**.

What if you eat a *smaller* serving than is listed on the label? You will be eating *fewer* calories and fat grams than are listed on the label.

What if you eat a *larger* serving than is listed on the label? You will be eating *more* calories and fat grams than are listed on the label.

3. Add the calories and fat grams you eat during the day.

For practice, find the caloric content of the foods below.

Figure out the number of calories in the servings listed. What did you learn?

Time	Food: Amount and Name/Description	Calories	Other (fat grams)
7:00 am	2 slices white bread		2
	2 teaspoons margarine		8
	2 fried eggs		12
	$\frac{3}{4}$ cup orange juice		0
12:30 pm	1 McDonald's Cheeseburger		14
	1 large McDonald's French fries		22
	12 ounces Diet Coke		0
6:30 pm	Beef stew: $\frac{1}{2}$ cup cooked carrots		0
	3 ounces cooked stew meat, untrimmed		22
	$\frac{1}{2}$ cup cooked potatoes		0
	4 biscuits, plain		4
	12 ounces Diet Coke		0
9:30 pm	2 cups ice cream		28

Totals: _____ 112

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and the minutes you are active.**
- **Do your best to stay under your calorie and fat goals.**

Remember, your calorie goal is _____ calories per day.

Your fat gram goal is _____ grams per day.

Be Active

- **Walk (or do something like walking) for at least 50 minutes per week.**
We suggest you **spread this over 5 days for 10 minutes each day.**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (50 minutes or more):			

Ways to Eat Fewer Calories

To lose weight and improve your blood sugar levels, it is important to stay under your calorie and fat gram goals.

Let's review general calorie and fat gram goals:

Your Starting Weight	Calorie Goal	Fat Gram Goal
Less than 250 pounds	1200-1500	40-50 g
More than 250 pounds	1500-1800	50-60 g

Three easy ways to eat fewer calories and less fat:

1. **Weigh and measure** the foods you eat,
2. **Read labels**, and
3. **Keep track** of your weight, calories, fat grams, and the minutes you are active.

1. Weigh and measure the foods you eat.

Weigh and measure the foods you eat to be sure exactly how much you're eating. Otherwise, you may think you're eating less than you really are.

There are several ways to weigh and measure foods:

Metal or plastic measuring cups and spoons (for solid foods)

- Fill the cup. Level it off before you record.

Glass measuring cup (for liquids)

- Read the line at eye level.

Scale (for meats, cheese, etc.)

- Weigh meats **after** they are cooked. 4 ounces raw = 3 ounces cooked (about the size of a deck of cards)

Most people are surprised when they weigh and measure foods.

Our eyes can play tricks on us. Try this exercise:

- Pick several food items from your kitchen, write down the name of each food on a piece of paper
- Guess the amount and write it down.
- Weigh or measure the food then write down the actual amount.
- Figure the fat grams and calories for the actual amount.

How close were your guesses to the actual amount?

What makes guessing food amounts hard to do?

2. Be careful to read the label

The claims on food labels can be confusing.

Always check the number of calories and fat grams per serving.

Always check the serving size.

Calorie Claims

Claim	What it means	Is it low in calories?
Low Calorie	The food has 40 calories or less per serving. Foods naturally low in calories (like canned mushrooms) cannot be labeled low calorie.	Yes, if you eat the serving size given on the label
Reduced Calorie	The food has at least 25% fewer calories than the normal form of the same food.	Can't be sure
Diet or Dietetic	The food may be low calorie, reduced calorie, or useful for people on special diets, like low in sodium).	Can't be sure
Sugarless or Sugar Free	The food has less than 0.5 g sugar per serving. Contains no ingredient that is a sugar.	Can't be sure
No Sugar Added	No table sugar has been added to sweeten the food. The food may have sugar in it naturally. It may have calories from fat or other carbohydrate sources.	Can't be sure

Light or Lite	This means that is 50% or more of the calories are from fat, fat must be reduced by at least 50% per serving.	Can't be sure
Natural	This usually means the food has no artificial color or flavors, no chemical preservatives, and no other man-made ingredients.	Can't be sure

Fat Claims

Claim	What it means	Is it low in calories?
Fat Free	The food has less than 0.5 g per serving of fat. The food could have calories from sugars or other sources.	Can't be sure
Low Fat	There is not more than 30% of calories from fat. This does not always mean the food is low in fat.	Can't be sure
__ % Fat Free	This refers to the percentage of fat by weight of a product. This is not the percentage of calories from fat.	Can't be sure
Cholesterol Free or No Cholesterol	The food has no ingredient that contains cholesterol. The food contains less than 2 mg per serving of cholesterol. It may still be high in fat and calories.	Can't be sure
Low Cholesterol	The food has less than 20 milligrams of cholesterol per serving. It may be high in fat.	Can't be sure
Reduced Cholesterol	The cholesterol in the food has at least 25% less cholesterol per serving.	Can't be sure

*** Warning:**

Fat-free or sugar-free does *not* mean calorie-free.

In fact, some low-fat, fat-free, or sugar-free products are still high in calories. Check the label. Look at the foods below:



	Calories	Fat grams
Sugar-free ice cream (½ cup)	90	3
Nonfat frozen yogurt (½ cup)	100	0
Regular ice cream (10-12% fat) (½ cup)	143	7

Also, keep in mind that **it is the amount of total carbohydrate (not just sugar) that affects the blood sugar.**

3. Keep track of your weight, calories, fat grams, and the minutes you are active.



Keep in mind:

If you use these easy ways to eat fewer calories and lower fat, you will be **highly likely to reach your weight loss goal**

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and the minutes you are active.**
- Stay under your calorie and fat gram goals.
Call your doctor if you have any questions or concerns.

Talk with your family and friends about the low calorie plan. Ask for their support. Answer their questions.

Be Active

- Walk (or do something like walking) for at **least 50 minutes per week.** We suggest you **spread this over 5 days for 10 minutes each day.**

Make a **plan for how active you will be next week:**

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (50 minutes or more):			

Move Those Muscles

In the past, what has gotten in the way of your being active?

What is the difference between being “busy” and being “active?”

Research shows that being more active will:

- Help you lose weight and keep it off.
- Lower your blood sugar by making the body more sensitive to insulin.
- Help you feel better.
- Make you more physically fit.
- Make it easier for you to do your daily work, like climbing stairs.
- Lower your risk for some kinds of cancer.
- Lower your risk for heart disease.

Being active:

- Raises HDL cholesterol (the “good” cholesterol in the blood).
- Lowers triglycerides.
- Lowers blood pressure.

Not all ways of being active will strengthen your heart, only those that are “F.I.T.T.”

F.I.T.T. stands for Frequency, Intensity, Time, and Type of Activity.

	What to do:
<p>Frequency (How often you are active)</p>	<ul style="list-style-type: none"> • Try to be active on most days of the week (at least 5 days per week). Days of activity should not be more than 72 hours (3 days) apart. • Increase slowly.
<p>Intensity (How hard you are working while being active: how fast your heart beats)</p>	<ul style="list-style-type: none"> • Work hard but not too hard. Keep your intensity similar to a brisk walk. • Breathe fast enough that you can talk but not sing. If you can break into song, speed it up! If you have trouble breathing and talking, slow down.
<p>Time (How long you are active)</p>	<ul style="list-style-type: none"> • Stay active for at least 10 minutes in a row without breaks. • Slowly increase to 35 minutes per day (To do this, you will increase your activity every few weeks.) • The total minutes of activity you do per week should be your activity goal for the week or more.
<p>Type of activity</p>	<ul style="list-style-type: none"> • Do heart fitness activities--those that make your heart work, such as brisk walking, riding your bike, others _____. • Use large muscle groups (such as legs and arms). • Last 10 minutes or longer.

Sample Activity Goal:

Slowly build up to 175 minutes per week of moderate physical activity, like brisk walking, by Month 6.

- This will be in addition to any activity in your job.
- Pick things you LIKE that are similar to brisk walking.
Examples:
 - Be active for at least 10 minutes in a row.
 - Spread the weekly total over 5 days (or more) per week.

How you will progress:

1st Month: Walk 50 minutes per week (10 minutes on 5 days per week).
2nd Month: Walk 75 minutes per week (15 minutes on 5 days per week).
3rd Month: Walk 100 minutes per week (20 minutes on 5 days per week).
4th Month: Walk 125 minutes per week (25 minutes on 5 days per week).
5th Month: Walk 150 minutes per week (30 minutes on 5 days per week).
6th Month: Walk 175 minutes per week (35 minutes on 5 days per week).

Many people say, “I would be more active if I could find the time.”

You *can* find the time to be active. Here’s how:

- Set aside **one block of time on 5 days a week** to be active. Do something you like. For example, get up early and walk the dog before work.
- Look for **short periods of free time (at least 10 minutes)** during the day. Use the time to be active. For example, walk during your coffee break, for part of your lunch hour, and/or between meetings at work.
- Park further away from the store or where you work.

Make a written plan for every day of the week. Plan what activity you will do. Plan when and for how long you will do it.

Here’s an example:

Day	What I will do	When	Minutes
Monday	Walk the dog	7:00 am	10
Tuesday	Walk during coffee break	10:00 am	10
Wednesday	Ride my bike	7:00 am	10
Thursday	Walk during coffee break	10:00 am	10
Friday	Walk the dog	7:00 am	10
Saturday			
Sunday			
Total minutes for the week:			50

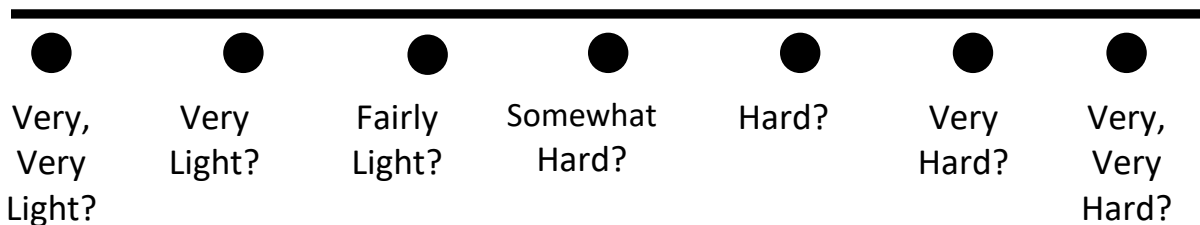
TIP: Record the activity you do in a tracker book. Maybe even **graph** your activity.

How hard are you working?

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 scale while you're being active.

How hard are you working?



Examples

“I’m not working hard at all. I can talk and even sign easily.”

“I’m working and breathing a little harder than usual. I can still talk easily.”

“I’m working and breathing somewhat hard. I can talk fairly easily.”

“I’m working hard and breathing deeply. I can still talk.”

“I’m working very hard. I can’t catch my breath or talk”

Right now:

- Stay in the range between “fairly light” and “somewhat hard.”

Talk with your Doctor.

Over time, you may be able to progress to the range between “somewhat hard” and “hard.”

Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you now have shoes that fit well and support your feet. But here are some hints if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- Visit one or more stores you trust. Try on various styles and brands.
- The people in the store can help you find a good fit. They can also help you choose the shoe best suited for the kind of things you do.

Look for a good fit.

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

Get the kind of support you need.

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

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

dance. They will give you the kind of support needed for what you will be doing.

When to stop exercising

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

- **Chest pain or discomfort**

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

Where: Possibly in the:

- Center of the chest,
- Spread throughout the front of the chest, or
- Spreading to the shoulder(s), arm(s), neck, and back

What to do: **Stop and sit or lie down.**

If it doesn't go away after 2-4 minutes, go to an emergency room.

If it does go away, but returns each time you exercise, see your doctor.

- **Shortness of breath, sweating, feeling lightheaded, or feeling sick to your stomach.**

What to do: **Call your doctor.**

These may or may not be signs of something serious, like a heart problem.

Warming up before you are active and **cooling down** after you are active will help so you don't hurt yourself.

For now, **start slowly** and **gradually slow down** when you are finished.

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, and minutes you are active.**
Record only the time you are *doing* the activity. (Don't include breaks.)
- Stay under your **calorie and fat gram goals**

Be Active

- **Walk (or do something like walking) for at least 50 minutes per week.**
We suggest you **spread this over 5 days for 10 minutes each day.**
 - Include a friend or family member if you like.
 - Plan activities you **LIKE** to do.
- When you are active, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”** Talk with your Doctor. Over time, you may be able to progress to the range between “somewhat hard” and “hard.”

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (50 minutes or more):			

Working With What's Around You

Introduction to Menus

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, sitting in front of the computer or reading magazines

"Cue"	Makes you want to eat:
You see a carton of ice cream.	Ice cream
You turn on the TV.	Potato chips (if you often eat potato chips while watching TV)
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**. For example, if you usually eat potato chips while watching TV, turning on the TV can make you hungry for potato chips, even if you just left the dinner table.

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, healthy habit.** Practice responding to the cue in a healthy way. Add a new cue that helps you lead a healthy life.

Don't forget, it takes **time** to break an old habit or build a new one.

Common problem food cues

At home: Living room: TV, telephone, candy dishes

Kitchen: Ready-to-eat foods (ice cream, cheese, cookies),
foods being cooked, leftovers

Dining room: Serving dishes on table, large dinner plates, leftovers on plates

At work: Bakery on the way to work, high-calorie/fat foods (for example,
doughnuts, high-fat coffee creamers, and candy) in public areas, in
your desk, or in a nearby vending machine

Don't forget:

1. **Keep high-calorie, high-fat foods out of your house and work place.**

Or keep them out of sight. *Out of sight is out of mind.*

**Keep lower-calorie, lower-fat choices easy to reach,
in sight, and ready to eat.**

Such as: Fresh fruits, raw vegetables (already washed and cut up), nonfat dips,
pretzels, low-fat popcorn, diet drinks, sugar-free Jell-O, sugar-free popsicles

- 2 **Limit your eating to one place.**
3. **Limit the things you do while you eat.**

Where you shop:

Shopping tips

- Make a shopping list ahead of time. Stick to the list!
- Don't go shopping when you're hungry.
- Avoid sections in the store that are tempting to you, if you can.
- Ask the grocery store manager to order low-calorie, low-fat foods you want.
- Only use food coupons for low-calorie, low-fat foods, not for high-calorie, high-fat foods.
- Shop the perimeter of the store. Load up with fruits and vegetables first.

Activity Cues

1. Add positive activity cues to your life.

- Keep these in sight:
 - Walking shoes, exercise bag, mat, bike
 - Graph for recording activity
 - Exercise videos and magazines
 - Photos and posters of being active
 - Other things to remind you to be active
- Set up an "activity date" with a friend or family member.
- Set a timer or alarm on your watch, cell phone or computer to remind you to be active.
- Others:

2. Get rid of cues for being inactive.

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

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

To do next week:

Be Active

- Walk (or do something like walking) for **at least 75 minutes per week.**

We suggest you **spread this over 5 days for 15 minutes each day.**

- When you are active, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”** Talk with your own Doctor. Over time, you may be able to progress to the range between “somewhat hard” and “hard.”

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (75 minutes or more):			

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?

At the end of the week, answer these questions:

- Did you follow your plans above? ___ Yes ___ No ___ Almost
- What problems did you have?

- What could you change next week?

Problem Solving

Many things can get in the way of being more active and eating fewer calories and less fat.

But problems **can** be solved.

The five steps to solving a problem:

1. Describe the problem in detail.

Be specific.

Look at what led up to the problem.

Find the **action (or behavior) chain**.

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

Look for:

- Things that “cue” you (or make you want) to eat high-calorie, high-fat foods, overeat, or not be active.
- People who don't support your efforts to lose weight and be more active.
- Thoughts or feelings that get in your way.

Example:

Sarah is a busy woman with a job and family. Yesterday she ate a fair number of cookies when she came home from work. And she watched TV after dinner instead of taking the walk she had planned.

Here are the related action chains.

Links: Ate Cookies

- Sarah didn't eat lunch.
- Her boss was critical.
- Sarah felt stressed and upset.
- She came home tired, upset, and hungry.
- She went right to the kitchen.
- She saw cookies on counter.
- She ate the cookies.

Links: Watched TV

- A friend who usually walks with Sarah after dinner called to say she couldn't come.
- Her husband started cutting the grass.
- Her daughter started watching a family TV program.
- Sarah sat down on the couch to watch TV.

2. Brainstorm your options.

Here are some possible **options for the links that led up to Sarah eating cookies.**

Links

Sarah didn't eat lunch

Her boss was critical.
Sarah felt stressed and upset.

Sarah came home tired, upset, and hungry.

She went right to the kitchen.

She saw cookies on counter.

Some of Sarah's Options

- Quit her job. (Just kidding.)
- Pack a quick bag lunch.
- Talk with her boss about solving the problems at work.
- Take a break.
- Get support from a co-worker.
- Go for a walk after work to unwind.
- Enter house through different door.
- Plan something to do the minute she gets home (like getting out in the yard to rake leaves, reading a novel for 15 minutes).
- Don't buy cookies
- Keep cookies out of sight.
- Keep fruit in sight.

Here are some possible **options for the links that led up to Sarah watching TV** instead of going for a walk

Links

A friend who usually walks with Sarah after dinner called to say she couldn't come.

Her husband started cutting the grass

Her daughter started watching a family TV program.

Sarah sat down on the couch to watch TV.

Some of Sarah's Options

- Call another friend who might like to walk.
- Plan to listen to a favorite tape or radio program while walking if friend cancels.
- Ask her husband to walk with her today and cut the grass tomorrow.
- Ask her daughter to walk with her instead of watching the program.
- Tape the program to watch together tomorrow.
- Carry the TV around the block twelve times. (Just kidding.)
- Ride exercise bike, walk on treadmill, or lift weights while watching TV.

3. Pick one option to try.

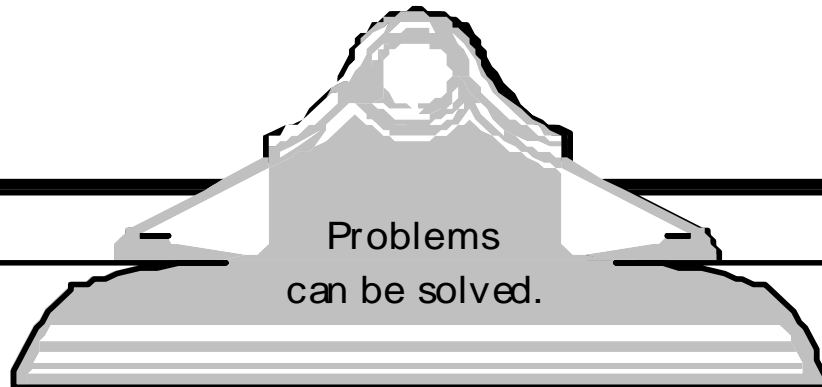
Weigh the pros and cons of each option.

It is best to **break as many links as you can.**

Begin to attack links **as early in the chain as you can.**

Choose options that are **likely to work for you** and ones **you can do.**

4. Make a positive action plan. *Example for Sarah:*



I will ...

Pack a quick bag lunch.

- **When? ...**

For Tuesday and Thursday next week.

- **I will do this first ...**

Shop for the foods.
Pack lunch the night before.

- **Roadblocks that might come up, and how I'll handle them ...**

Might forget.
Find a healthy sandwich place with quick service.
Order a turkey sandwich by phone.

- **I will do this to make my success more likely ...**

Ask a friend who also brings bag lunches to work to join me for lunch on Tuesday.

- **How can we help you?**

Ask your Coach for easy ideas for bag lunches.

- **My reward will be ...**

Buy a magazine on Friday.

Note:

Problem solving is a process.

Reward yourself for *any* changes you make, even if you don't reach your final goal.

You deserve credit for each step along the way.

5. Try it. See how it goes.

Did you follow your action plan?

Did the action plan help?

If not, what went wrong?

Problem solve again.

You may need to create

two or three different action plans before you succeed.

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



Problem Solver

Choose a problem you've had reaching your weight or physical activity goals in the past few weeks. Or think of a problem that might get in the way of your goals in the next month or so.

Describe the problem in detail. Be specific.

Find the action chain. Brainstorm options for each link.
(Having trouble? Flip back to the examples we gave you.)

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

Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

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

_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

How can we help you?

My reward will be:

Step Your Way to Success

Using a pedometer can add fun and challenge to your plans to be active.

Starting tomorrow, you should wear the pedometer.

In the coming sessions, we will use what you learn by counting your steps to help you become more active.

Wear the pedometer, and record your steps every day.

Clip the pedometer on when you first get up in the morning.

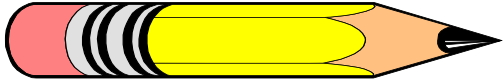
- Clip it to your clothes at your waists. (See the drawing in the instructions.)
- Make sure it is secure and doesn't jiggle. For example, don't let it flap around in a pocket.
- Make sure it isn't tilted.

Take the pedometer off at night before you go to sleep.

Keep track of the number of steps you took that day. Reset the pedometer for the next day.

Important:

1. **Continue to record your activity in minutes. Also record your steps.**
2. Be sure to reset the pedometer every morning.
3. Don't get the pedometer wet. Don't swim or shower with it on. Keep it under your coat if you are walking in the rain or snow.



To do next week:

Be Active

- Walk (or do something like walking) for **at least 75 minutes per week.**
We suggest you **spread this over 5 days for 15 minutes each day.**
- When you are active, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”** Talk with your Doctor. Over time, you may be able to progress to the range between “somewhat hard” and “hard.”

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (75 or more):			

Make a **plan for how active you will be** next week:

Do your best to follow your action plan.

Before the next meeting, answer these questions:

- Did you follow your plan? ___ Yes ___ No ___ Almost
- What problems did you have?

What could you change next week?

Being Active: A Way of Life

Make being active a part of your daily *routine*.

What gets in the way of being active?

You *can* find the time to be active.

- Set aside **one block of time on 5 days a week** to do an activity you like. You could get up early and walk the dog before work. Or go for a walk while dinner is in the oven. Or try cutting your TV time down and walk instead. Or be active while you watch TV (such as riding an exercise bike, lifting weights, or walking in place).

When can you set aside up to 35 minutes (only need 15 minutes now, but will work up to 35 minutes by end of month 6) each day to do an activity you like?

- Look for **short periods of free time (at least 10 minutes)** during the day. Use the time to be active. Walk during your coffee break, for part of your lunch hour, and between two meetings at work.

When during the day might you have some free time (at least 10 minutes)?

Usual Activity and Structured Activity

All kinds of physical activity help your health.

An active lifestyle includes “usual or everyday activity” and “structured activity.”

An Active Lifestyle

Lifestyle Activity

Lasts less than 10 minutes in a row

You don't work as hard as when you are taking a brisk walk.

Such as:

When you shop at the mall, park your car further away and walk.

At work, walk up the stairs instead of taking the elevator.

Structured Activity

Lasts more than 10 minutes in a row without breaks.

You work as hard or harder as you work when you take a brisk walk.

Such as:

Brisk walking

Bicycle riding

Swimming

Hiking

Aerobic dancing

Cross-country skiing



Think of “lifestyle activity” as making active choices throughout the day.

Inactive Choice (Limit)	Active Choice
Take elevator or escalator.	Walk up the stairs.

Step Your Way to Success

Your everyday activity is important to your health, but it is hard to record.

Use a pedometer to measure how active you are overall.

- Most activity requires you to move around. The pedometer will measure how many steps you take while moving around.
- For most people, the more steps you take, the more active you are.

Look over your record of steps from last week. Complete this chart:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps							
Minutes of structured activity							

- On average, how many **steps per day** did you take?
 (Add the total number of steps you took all week and divide by 7.)

$$\frac{\text{Total steps per week}}{\text{divided by 7 days}} = \text{Average steps per day}$$
- On which days were you the most active? _____
- On which days were you the least active? _____

Studies have shown that:

- The least active people take about 2,000 to 4,000 steps per day.
- Moderately active people take about 5,000 to 7,000 steps per day.
- **The most active people take at least 10,000 steps per day.**

Your goal is to **slowly increase your steps to an average of 10,000 steps per day or more on most days** and to **maintain this level of activity.**

Here's how you can do it!

- **Add at least 250 steps per day** to your activity this week.

_____	plus 250 =	_____
Average steps per day		New goal for
last week		average steps per day

- What can you do to walk more steps per day?

Important:

- **Continue to record your structured activity in minutes. Do your best to reach your goal for minutes of activity per week.**
- Reaching your structured activity goal (in minutes) will help you reach your goal for steps per day.

Below is a chart to help you increase your steps over the coming months. Continue adding steps in this way until you reach 10,000 steps per day or more.

Session	How to increase	Goal
8	Average steps per day for Session 7 () + 250	
9	Average steps per day for Session 8 () + 250	
10	Average steps per day for Session 9 () + 250	
11	Average steps per day for Session 10 () + 250	
12	Average steps per day for Session 11 () + 250	
13	Average steps per day for Session 12 () + 250	
14	Average steps per day for Session 13 () + 250	
15	Average steps per day for Session 14 () + 250	
16	Average steps per day for Session 15 () + 250	
17	Average steps per day for Session 16 () + 250	
18	Average steps per day for Session 17 () + 250	
19	Average steps per day for Session 18 () + 250	
20	Average steps per day for Session 19 () + 250	
21	Average steps per day for Session 20 () + 250	
22	Average steps per day for Session 21 () + 250	
23	Average steps per day for Session 22 () + 250	
24	Average steps per day for Session 23 () + 250	

Keep It Safe

Being active is usually quite safe.

But in rare cases, problems can arise (such as with running or jogging).

The best approach is to prevent problems and keep it safe.

Prevent sore muscles or cramps.

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

Warm-up (Most warm-ups take only 5 to 15 minutes.)

1. Do whatever activity you plan to do but at a lower intensity (Very Light to Fairly Light range on the How Hard are you working scale in Session 4) for a brief time. This may mean walking slowly for a few minutes before speeding up.

Cool-down (Most cool-downs take only 5 to 15 minutes.)

1. Do whatever activity you have been doing, but at a lower intensity (Very Light to Fairly Light range on the How Hard are you working scale in Session 4) for a brief time.
2. Do a few minutes of mild stretching.

If you do get a muscle cramp:

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

If you have any other injury that is affecting your ability to exercise, talk with your personal Physician for guidance.

Stretch Those Muscles

Your body is like a rubber band.

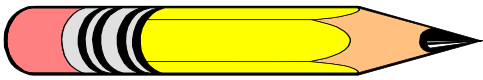
Your muscles will become less flexible as you age and when you are not active. This makes movement more difficult. For this reason, stretching is important.

Stretching is one of the best ways to prevent and avoid muscle soreness, cramps, and hurting yourself. Stretching also helps you be more flexible and feel relaxed.

How to Stretch

- Do a short active warm-up *before* stretching.
- Move slowly until you feel the muscle stretch. A safe stretch is gentle and relaxing.
- Hold the stretch steady for 30 seconds. Do NOT bounce.
- Relax. Then repeat 3 to 5 times.
- Stretch within your own limits. Don't compete.
- Breathe slowly in and out. Do NOT hold your breath.
- Relax, enjoy, and feel good about yourself.

Important: Never stretch if you have pain before you begin.
If a stretch causes pain, stop doing it. *Listen to your body!*



To do next week:

Keep Track

- Keep track of the **minutes you are active.**

Be Active

- Walk (or do something like walking) for **at least 75 minutes per week.** We suggest you **spread this over 5 days for 15 min each day.**
- Warm up, cool down, and **do the stretches you've learned so far.**
- **Add 250 steps per day** to your starting average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = _____ steps/day
- During structured activity, **stay within the perceived "how hard are you working" range between "fairly light" and "somewhat hard."** Talk with your own Doctor. Over time, you may be able to progress to the range between "somewhat hard" and "hard."
- **Do more "lifestyle activity" throughout the day.**
 What I will do: _____

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week:			

Talk Back to Negative Thoughts

At times, we all have had negative thoughts about our eating and exercise behaviors.

Negative thoughts can lead you to eat more and not be active.

A vicious cycle of self-defeat can result.

Look at the thoughts below:

Thought: "I'm tired of working so hard. 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 bad and eat more.

Examples	Some common negative ways of thinking:	
"Look at what I did. I ate that piece of cake. I'll never be able to do well."	Good or Bad	Divide the world into: <ul style="list-style-type: none"> • Good or bad foods; • Seeing yourself as a success or failure;
"I don't have the willpower." "I have to buy these cookies just in case friends drop in."	Excuses	<ul style="list-style-type: none"> • Blame something or someone else for our problems. • We don't mean to go off the plan, but we "can't help it."
"I should have eaten less of that dessert."	Should	<ul style="list-style-type: none"> • Expect to be perfect. • A set-up for disappointment. • Leads to anger and resentment.
"Mary lost two pounds this week, and I only lost one."	Not As Good As	<ul style="list-style-type: none"> • Compare ourselves to someone else. • Blame ourselves for not being good enough.
"Weight loss is too hard. I might as well forget it."	Give Up	<ul style="list-style-type: none"> • Defeat ourselves. • Often follows the other kinds of negative thoughts.

Negative thoughts are often a result of setting **goals that are out of reach**. We may not even be aware of these goals. Still, we may be hard on ourselves when we don't reach them.

Example A You expect to lose at least 1 pound *every* week.
 One week you lose only ½ pound.
 You feel very disappointed.
 You think, "I'll never succeed. I may as well give up."
 You go home and start eating cookies.

Don't let negative thoughts get the better of you.

Talk back to them

How to talk back to a negative thought

1. Catch yourself. Think, "I'm doing it to myself."
Uncover the negative thought and the **goal that's out of reach**.
2. Think about shouting, "**STOP!**" to yourself.
 Picture a huge, red stop sign.
3. Talk back with a **positive thought** that relates to a **goal you can reach**.

Example B You feel guilty about eating a candy bar after lunch.
 The negative thought: "I'm a failure."
 The goal that's out of reach: To be perfect as you follow your eating plan.
 STOP!
 Talk back with a positive thought and a goal you *can* reach:
 "One candy bar isn't enough to ruin the entire day.
 I can cut back on something at dinner.
 My goal is to follow my eating plan *most of the time*."






How would you talk back to the negative thought in Example A above?

Here are some more examples:

Negative thought:	Some positive ways of thinking related to realistic goals.
<p>Good or Bad</p> <ul style="list-style-type: none"> "I can never eat dessert again." "Look at what I did. I didn't walk today. I'll never get in shape." 	<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 works."
<p>Should</p> <ul style="list-style-type: none"> "I should have eaten less dessert." "I have to write down the minutes I'm active and steps." 	<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 my minutes and steps because it helps me walk more."
<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's 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 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:

1. In the chart below, write examples of negative thoughts you've had about your eating or exercise. Can you uncover the goals that are out of reach?
2. Say each thought out loud, then say, "Stop!"
3. Talk back, again out loud, with a positive thought related to a goal you *can* reach. Write it down.

Negative thought and goal that's out of reach	STOP!	Positive thought related to a goal you <i>can</i> reach
		
		
		
		
		

To do next week:

Keep Track

- Keep track of the **minutes you are active.**

Be Active

- Walk (or do something like walking) for **at least 100 minutes per week.**
We suggest you **spread this over 5 days for 20 minutes each day.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (100 minutes or more):			

Practice talking back to negative thoughts.

- Catch yourself thinking negative thoughts.
- Write them in a tracker book.



- Practice stopping them and talking back with positive thoughts related to goals you can reach.

The Slippery Slope of Lifestyle Change

“Slips” are:

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

Slips don't hurt your progress.

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

What are some common things that cause you to slip from healthy eating?

What are some common things that cause you to slip from being active?

What causes you to slip is learned. It is a **habit**.

The way you react to slips is also a habit.

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

What to do after a slip:

First, remember two things:

- **Slips are normal and to be expected.**
99.99% of all people on their way to losing weight and being more active have slips.
- **No one time of eating too much or not being active, no matter how extreme, will ruin everything.**
The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

So after you slip:

1. **Talk back to negative thoughts with positive thoughts.**
 - Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."
2. **Ask yourself what happened.**
 - Learn from the slip. Can you avoid it in the future? Manage it better?
3. **Regain control the very next time you can.**
 - Do **not** tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.
4. **Talk to someone supportive.**

Call your Individual Coach or a friend.
Discuss your new strategy for handling slips.
Commit yourself to renewed effort.
5. **Focus on all the positive changes you've made.**

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

Example Slips from healthy eating:

Describe something that commonly causes you to slip from healthy eating:

When I'm under pressure from deadlines at work, I buy pastries at the coffee shop next door.

How can you avoid this slip in the future?

I can bring fruit to work for a snack and take a quick walk to work off stress.

Make a realistic plan for how to get back on your feet the next time you slip:

**Problems
can be solved.**

I will: *Bring fruit to work*

When? *The day after I slip*

I will do this first: *Buy fruit that I like (pears, apples)*

Roadblocks that might come up:	I will handle them by:
<i>Forget to pack it</i>	<i>Keep lunch bag on counter</i>
<i>Run out of fruit</i>	<i>Buy single serving canned fruit salad and keep in desk at work with spoons</i>

I will do this to make my success more likely:

Self-monitor snacks at work

How can we help you?

Review my self-monitoring records

Slips from healthy eating:

Describe something that commonly causes you to slip from healthy eating:

How can you avoid this slip in the future?

Make a realistic plan for how to get back on your feet the next time you slip:

Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

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

I will do this to make my success more likely:

How can we help you?

Example Slips from being active:

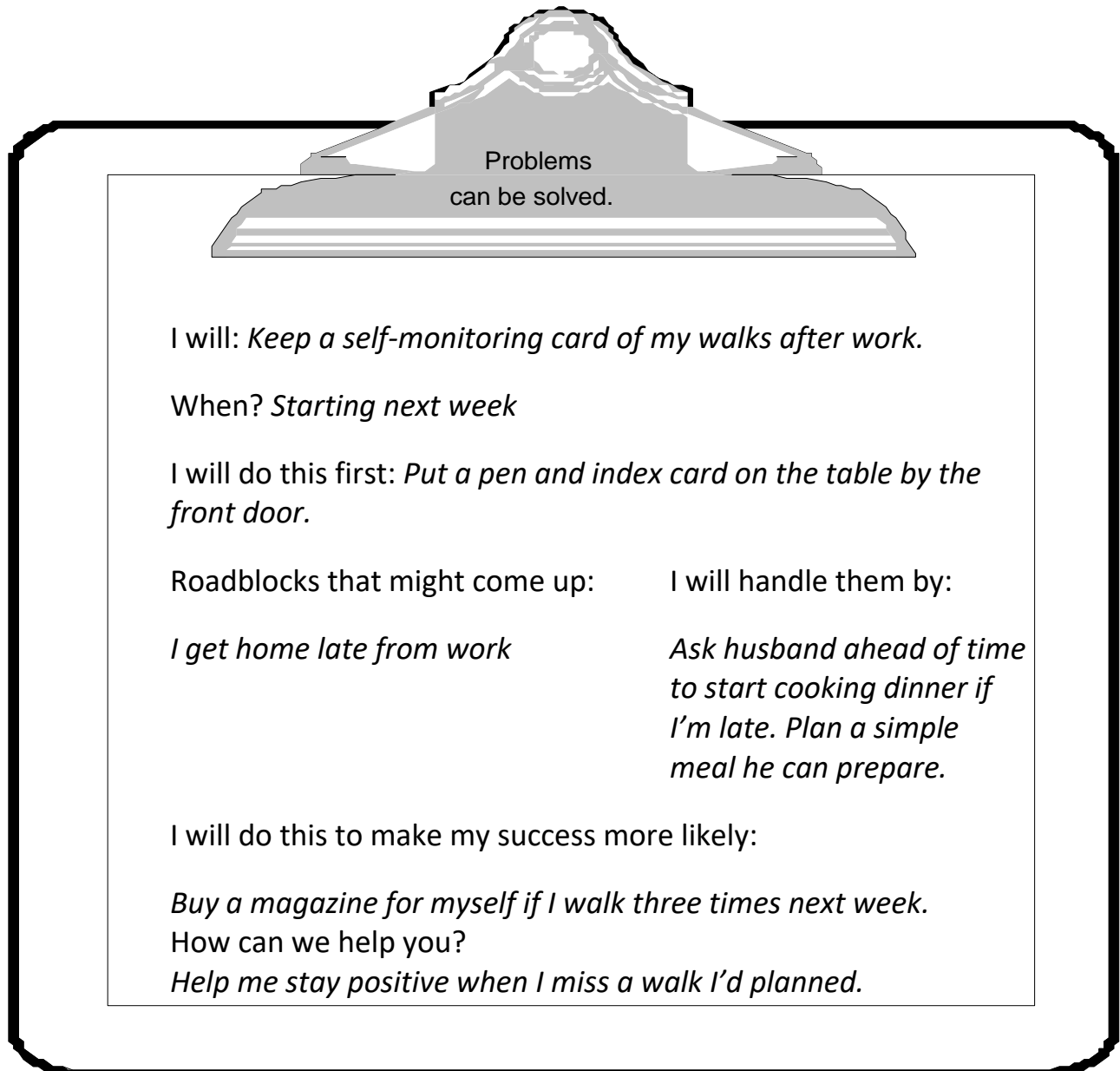
Describe something that commonly causes you to slip from being active:

I get home from work, and I watch TV instead of walking like I planned.

How can you avoid this slip in the future?

Keep my walking shoes on the mat right inside the front door. Stay away from the TV room until after I walk.

Make a realistic plan for how to get back on your feet the next time you slip:



Problems
can be solved.

I will: Keep a self-monitoring card of my walks after work.

When? Starting next week

I will do this first: Put a pen and index card on the table by the front door.

<i>Roadblocks that might come up:</i>	<i>I will handle them by:</i>
<i>I get home late from work</i>	<i>Ask husband ahead of time to start cooking dinner if I'm late. Plan a simple meal he can prepare.</i>

I will do this to make my success more likely:

Buy a magazine for myself if I walk three times next week.

How can we help you?

Help me stay positive when I miss a walk I'd planned.

Slips from being active:

Describe something that commonly causes you to slip from being active:

How can you avoid this slip in the future?

Make a realistic plan for how to get back on your feet the next time you slip:

Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

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

I will do this to make my success more likely:

How can we help you?

To do next week:

Keep Track

- Keep track of the **minutes you are active.**

Be Active

- Walk (or do something like walking) for **at least 100 minutes per week.**
We suggest you **spread this over 5 days for 20 minutes each day.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (100 minutes or more):			

Do your best to follow your action plans for handling slips.

Emotions and You

What kind of eater are you?

Read below to see which one seems the most like you.

1. **I try to eat less, but I end up eating too much (more than my calorie and fat gram goals).** Sometimes I skip meals. Sometimes I eat very few foods for breakfast and lunch. Then I eat too much later in the day. When I eat too much, it is often because I'm feeling good or bad about something. When I don't follow my plans for eating, I get frustrated and give up altogether. Then I overeat.

2. **I try to eat less, and most of the time I can.** I have a plan for eating less. If I eat more than I'd planned to at lunch, I'll eat less at dinner. I don't usually eat more than my calorie and fat gram goals in response to stress or emotions.

3. **I eat too much (more than my calorie and fat gram goals) and don't try to eat less.** I have tried to lose weight many times before but have

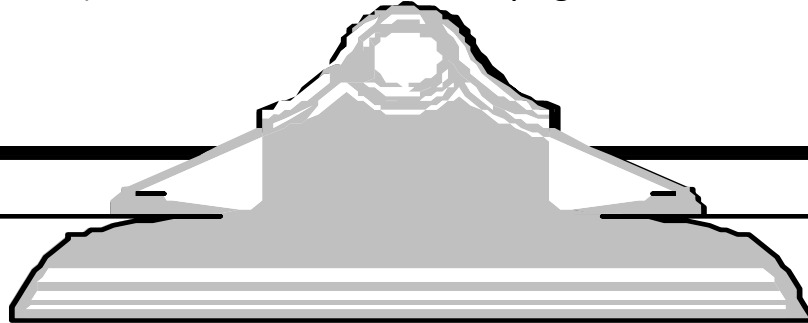


failed. I have felt deprived or very stressed when I have tried to eat less.
I don't want to try again.

For many people, overeating and being inactive often relate to how they feel.

You may be in the habit of overeating and being inactive as a way to:

- **Celebrate** holidays, special events, and accomplishments
- **Reward yourself** for working hard
- **Comfort yourself** when you feel bored, angry, depressed, anxious, frustrated, guilty, or sad
- **Relieve stress** (this includes the stress of trying to reach the Plan AHEAD goals)



Describe a recent time when you ate more food or were less active than usual.

Where were you? What was the time of day?

How were you feeling?

What was your attitude about control of eating and activity?

During this time, how did you feel?

How did you feel later?

Emotions, overeating and being inactive are often part of a **vicious cycle**.

You have **good intentions** to lose weight and be more active.

Stress gets in the way. For instance:

Family or marital problems
 Death of a loved one
 Job problems (including loss of a job or a new job)
 Moving
 Change in family status (such as marriage, divorce, birth, children moved away)
 A holiday, special event or celebration

Illness or surgery
Trying to reach your goals, especially if you use **rigid weight loss strategies** such as these:
 You expect to be perfect.
 You avoid certain foods.
 You eat too little food.
 You exercise only after you eat too much.
 You skip meals after you eat too much.

- You **overeate or are less active** as a way to ease the stress for a little while.
- You have **negative thoughts and feelings**, such as thinking, “I’m a failure,” or feeling guilty.
- You give up. Then you **really overeat or stop being active**.

Emotional eating and inactivity can get in the way of your goals.
 But **never give up**.

This approach is to **focus on long-term results**.
Habits can be changed over time.
You can learn to respond to your feelings in different ways.



Negative thoughts often lead to bad feelings that in turn lead to eating too much and not being active.

We've discussed the kinds of negative thoughts below. What emotions might follow them?

Examples	Some common negative ways of thinking:		Emotions
"Look at what I did. I ate that piece of cake. I'll never be able to succeed."	Good or Bad	Divide the world into: <ul style="list-style-type: none"> • Good or bad foods; • Seeing yourself as a success or failure 	
"I don't have the willpower to get up in the morning and walk." "I have to sit down after dinner. I work hard all day, get dinner for the family, and then I deserve a break."	Excuses	<ul style="list-style-type: none"> • Blame something or someone else for our problems. • We don't mean to go off the plan, but we "can't help it." 	
"I should have eaten less of that dessert."	Should	<ul style="list-style-type: none"> • Expect perfection. 	
"Mary lost two pounds this week, and I only lost one."	Not As Good As	<ul style="list-style-type: none"> • Compare ourselves to someone else. • Blame ourselves for not measuring up. 	

<p>"Exercising regularly is just too hard. I might as well forget it." "I haven't walked for two weeks. It's hopeless."</p>	<p>Give Up</p>	<ul style="list-style-type: none"> • Defeat ourselves. • We think one mistake means we can never succeed. • Often follow the other kinds of negative thoughts. 	
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The emotions that most often trigger eating too much and not being active are **anxiety** and **frustration**.

One way to avoid anxiety and frustration related to your weight loss efforts is to **practice the tips below**.

Flexible Weight Loss Strategies

- **Don't let yourself get too hungry.**

Plan three meals and two or three snacks in advance, no more than 3 or 4 hours apart.

Do not skip meals and snacks.

- **Eat moderate amounts of food.**

Stay at your Plan AHEAD goals for calories and fat grams.

- **If you overeat, get back on your meal plan.**

Don't punish yourself by eating too little at the next meal or snack.

To do next week:

Keep Track

- Keep track of the **minutes you are active.**
- Keep track of **your feelings and moods when you eat meals or snacks or are physically active.**

Use the symbols below:

- A **plus (+) sign in a circle** if you were feeling a **positive emotion**
- A **minus (-) sign in a circle** if you were feeling a **negative emotion**

Feel free to write any comments you'd like to add about your feelings or the situation.

For example:

Time	Food: Amount and Description	Calories	Other (Fat)
11:30 pm	2 cups chocolate-almond ice cream <i>Lonely and tired, (-) out of control, just talked to Mom on phone</i>	712	48

Be Active

- Walk (or do something like walking) for **at least 100 minutes per week**. We suggest you **spread this over 5 days for 20 minutes each day**.
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”** Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (at least 100 minutes):			

Barriers to Exercise

***"If you can find a path with no obstacles, it probably doesn't lead anywhere."
-Anonymous***

A barrier to exercise is anything that interferes with your "good intentions" to exercise. For example, you may find yourself saying "I really should exercise, but I just don't have any time today." In this example, time is a barrier to your exercise.

It is helpful to try to identify the barriers that may be interfering with your "good intentions." For example, do you skip exercise because of the weather, or because it is dark outside, or because there is no one to exercise with you? It is important to try to identify your particular barriers for exercise. Then you can begin to plan strategies to reduce the barriers.

Here are some typical barriers and possible solutions. Some of these may apply to you, and others may not apply to you. Let's discuss them all, as a way to focus on increasing your ability to stick to your exercise program.

BARRIER TO EXERCISE	ALTERNATIVES
<i>I hate to exercise!</i>	Talk to former exercise haters – what finally worked for them and helped them learn to enjoy exercise? Try an activity that you've never done before. Ask a friend to join you. Listen to music while exercising.

	<p>Other ideas:</p> <hr/> <hr/>
BARRIER TO EXERCISE	ALTERNATIVES
<i>Not enough time.</i>	<p>Break total exercise time into multiple shorter segments each day. Example: two 15-minute sessions or three 10-minute sessions instead of one 30-minute session. You will burn the same number of calories doing short bouts of exercise as you would if you did a long routine. Or, do other things at the same time. Example: walk the dog, use an exercise bicycle while watching TV.</p> <p>Other ideas:</p> <hr/>
BARRIER TO EXERCISE	ALTERNATIVES
<i>Need leisure time to relax – not exercise.</i>	<p>Exercise reduces tension and leaves you feeling relaxed. There are many leisure activities that are fun, relaxing, and still burn calories (like taking a walk).</p> <p>Other ideas:</p> <hr/> <hr/>
BARRIER TO EXERCISE	ALTERNATIVES
<i>No willpower or energy for exercise.</i>	<p>People who exercise find themselves more energetic. Just getting out the</p>

	<p>door is the most difficult part. Once going, "willpower" is less of a problem.</p> <p>Other ideas:</p> <p>_____</p> <p>_____</p>
<p>BARRIER TO EXERCISE</p>	<p>ALTERNATIVES</p>
<p><i>Bad weather.</i></p>	<p>Exercise indoors. Example: walk around shopping malls, airports, and large buildings. Dress for the weather. Plan alternatives.</p> <p>Other ideas:</p> <p>_____</p> <p>_____</p>
<p>BARRIER TO EXERCISE</p>	<p>ALTERNATIVES</p>
<p><i>Spouse/family doesn't want to spend their leisure time exercising.</i></p>	<p>Find activities everyone likes and bring them along. Or, enjoy some "alone" time doing something that you like but others do not.</p> <p>Other ideas:</p> <p>_____</p> <p>_____</p>
<p>BARRIER TO EXERCISE</p>	<p>ALTERNATIVES</p>
<p><i>Afraid I won't be able to manage it – I'm too weak or out-of-shape.</i></p>	<p>Start small - or even smaller.</p> <p>Go with a friend who can offer support or encouragement.</p>

	<p>Remind yourself: It's not a competition.</p> <p>Other ideas:</p> <hr/> <hr/>
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BARRIER TO EXERCISE	ALTERNATIVES
<p><i>Afraid I'll be self-conscious or ashamed. People judge me and think I'm lazy or unattractive.</i></p>	<p>Go with a friend who can offer support or encouragement.</p> <p>Choose a setting you'll feel more comfortable in (like a "women's only" section at a health club)</p> <p>Other ideas:</p> <hr/> <hr/>
BARRIER TO EXERCISE	ALTERNATIVES
<p><i>I don't like to sweat. Sweating is unladylike or means I am exercising dangerously hard.</i></p>	<p>Sweating is not dangerous; it's part of your body's natural response to exertion.</p> <p>Exercise where no one can notice you are sweating.</p> <p>Remind yourself that sweating is a sign you are working off calories.</p> <p>Other ideas:</p> <hr/>

BARRIER TO EXERCISE	ALTERNATIVES
<i>No place to exercise.</i>	<p>Pick activities you can do where you are. Example: walking. Go to a shopping mall or use an exercise video.</p> <p>Other ideas:</p> <p>_____</p> <p>_____</p>
BARRIER TO EXERCISE	ALTERNATIVES
<i>No babysitter for your children.</i>	<p>If the children are young, put them in a stroller and take them along. If they are older, ride your exercise bicycle while they play indoors. You will set a great example for your kids.</p> <p>Other ideas:</p> <p>_____</p> <p>_____</p>
<i>Personal Barrier to Exercise:</i>	Possible Solution:
_____	_____
_____	_____
_____	_____
<i>Personal Barrier to Exercise:</i>	Possible Solution:
_____	_____
_____	_____
_____	_____

Reminder:

Remember to evaluate and adjust your calorie level as needed, using your CURRENT weight as a guide.

If you are counting calories:

Your Starting Weight	Calorie Goal
250 pounds or less	1200-1500
More than 250 pounds	1500-1800

* If your doctor or registered dietitian recommends a different calorie level, you can still follow the plan; just select the calorie level that has been prescribed for you.

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active and steps.**
- Stay under your **calorie and fat gram goals.**

Be Active

- **Increase** your activity to **at least 125 minutes per week.**
We suggest you **spread this over 5 days for 25 minutes each day.**
This will be your **new activity goal for the next four weeks.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Talk with your Doctor. Over time, you may be able to progress to the range between “somewhat hard” and “hard.”
Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day

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Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (125 minutes or more):			

More About Healthy Eating

Most recipes can tolerate a healthy renovation without it affecting the taste or texture of the food. Try the following techniques to make your recipes healthier.

Five Ways to Make Your Recipes Healthier (and Lower Calorie)

- 1. Reduce the amount of fat and sugar.** With most recipes, you can reduce the amount of fat and sugar and cut calories without losing the flavor.

 - **Fat.** Use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree.
 - **Sugar.** Reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice and nutmeg or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the food.
 - **Cheese.** If a recipe calls for 1 cup shredded cheese, use ½ cup instead.

2. Make a healthy substitution. Healthy substitutions can reduce the amount of fat and sugar or can boost the fiber content.

- Use whole wheat pasta instead of enriched (white) pasta.
- Try using some whole wheat flour in baked goods. Whole wheat pastry flour works well in quick breads. The new “white whole wheat” flour is light in texture but still has all the benefits of regular whole wheat flour.

3. Delete an ingredient. In some recipes, you can delete an ingredient altogether, such as items you add for appearance (frosting, coconut or nuts). Olives, butter, mayonnaise, syrup and jelly can often be deleted.

4. Change the method of preparation. Healthy cooking techniques such as braising, broiling, grilling and steaming can capture the flavor without adding extra calories.

- Try baking, broiling or poaching instead of frying in oil or butter.
- If the directions say to baste in oil or drippings, use wine, fruit juice, vegetable juice or fat-free vegetable broth instead.
- Use nonstick pans.

5. Change the portion size. No matter how much you reduce, switch or omit ingredients, some recipes may still be too high in sugar and fat. In these cases, reduce the amount of food you eat.

Build a Better Recipe

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

Use low-calorie, low-fat foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean only, no skin)
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt

Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of low-fat margarine (look on the back of the cocoa box)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Canned milk	Canned skim milk
Whole eggs	2 egg whites, egg substitute
Mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or canned skim milk

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

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

Keep in mind that these recipes may still be high in calories. Eat them only rarely, and take small portions.

What About the Popular Diets?: Weighing the evidence on 6 popular diet programs

What does research show and what do the experts say about the most popular diets out there today?

Whatever diet plan you choose, be aware that you'll need to make a lifestyle change that continues after the program if maintaining weight loss is the goal.

For the following review, Consumer Reports teamed up with two weight loss experts: James Hill, director of the Center for Human Nutrition at the University of

Colorado-Denver and Lawrence Cheskin, director of the Johns Hopkins Weight Management Center in Baltimore.

Volumetrics

This program involves:

- Eating low-density foods—**choices that are low in calories but high in volume**—to help you feel full and satisfied while losing weight
- Participants in this diet are taught which foods work best (or don't work at all) in a low-calorie diet
- The book provides a menu and exercise plan

Based on the book [*Volumetrics: Feel Full on Fewer Calories*](#) by Barbara J. Rolls (HarperCollins, 1999)

Favored foods

- Beans
- Fruit
- Low-fat fish, lean meat, and skinless poultry
- Low-fat milk and other dairy items
- Whole grains

Foods to avoid

- Candy
- Cookies
- High-sugar drinks

Studies show:

- Research shows this diet offered the best shot at weight loss of all the diets
- *Consumer Reports*: Earned high marks for short-term and one-year weight loss highest rating for "nutrition analysis"—a measure of how well the diet stacks up against the U.S. Dietary Guidelines for Americans.

Experts say:

- This diet "makes a good deal of sense scientifically," says Lawrence Cheskin, director of the Johns Hopkins Weight Management Center in Baltimore. "What actually stops our eating too much is that we feel that we're filled up." Salads, for example, are desirable, as are any foods that have high

fiber and water content levels because they "make you feel fuller with less calories."

Weight Watchers

The program involves:

- Weigh-ins and weekly meetings

Four "pillars":

1. Healthy weight loss (up to 2 pounds a week and possibly more after the first three weeks)
2. Flexibility to eat any foods you like as long as the points assigned to each add up to no more than your daily target
3. Ability to make informed choices (by explaining why certain choices are important)
4. A holistic view that incorporates behavior (by teaching you how to deal with hunger and handle temptation), exercise, food, and support

Studies show:

- Participating in [Weight Watchers](#) produces average weight loss in the short term, according to *Consumer Reports (CR)*, and participants seem to be able to adhere to the plan over the long term.
- Also earned *CR*'s highest mark for nutrition analysis.

Experts say:

- Weight Watchers is a "reasonable, sensible diet," Cheskin says. Hill agrees that the diet can result in health-improving weight loss but notes that you may grow weary of taking part in the Weight Watchers activities. (You can also sign on for the do-it-yourself version of the program online.)

Jenny Craig

The program involves:

- Lifestyle changes that incorporate three areas: a healthy relationship with food, physical activity, and balance and motivation in your life as a whole.
 - A customized plan built for them with the assistance of a "personal consultant" who coaches clients through their weight loss
 - Three meals and up to three snacks per day to be accompanied by fresh fruits and vegetables(prepared meals and snacks)
 - Teach clients about eating a nutritious, balanced diet that is high in fiber and moderate in fat and sodium
- ❖ Participants can sign up in person, by phone, or online

Studies show:

- People who stick with the Jenny Craig plan lose considerable weight, according to *Consumer Reports*, but a study involving Jenny Craig client histories showed a high dropout rate. A clinical trial that followed program participants had better results.

Experts say:

- Since long-term data are hard to come by, it's unclear whether Jenny Craig participants are able to keep the weight off over the long term, Hill says. Participants "lose weight [and] look great" but need to make lifestyle changes to keep the weight off down the line.

eDiets

The program involves:

- 20 diet plans (customizable based on foods you enjoy)
 - Home delivery of balanced meals, snacks, and desserts
 - The website offers members-only access to menus, recipes, support groups, and diet experts
- ❖ online, subscription-based service

Studies show:

- Adherence to the plan earned average marks from *Consumer Reports*, and weight loss was found to be below average.
- eDiets earned high marks in the magazine's nutrition analysis category.

Experts say:

- "The data that I've seen shows it really produces fairly minimal weight loss," Hill says. "But is that a bad thing if it takes little effort and you get a little bit of weight loss?"

Ornish Diet

The program involves:

- The idea is that what you eat matters more than how much you eat
- The book includes 250 low-fat recipes that, according to Ornish, can not only help you lose weight but also lower cholesterol and decrease the risk of heart disease and other illnesses
- No alcohol, fish, meat, oils, sugar, or white flour.

❖ Based on the book *Eat More, Weigh Less: Dr. Dean Ornish's Life Choice Program for Losing Weight Safely While Eating Abundantly* by cardiologist Dean Ornish (Harper Paperbacks, 2000)

Studies show:

- Weight loss over the long term is average, according to *Consumer Reports*, but long-term adherence is below average.
- Also earned an average mark on the nutrition analysis scale.

Experts say:

- Hill says he likes the Ornish Diet because it's low in fat. "But the problem is it's so low in fat that it's hard for people to stick with it," he says. "It's effective but maybe not practical." The plan also emphasizes physical activity, which is a "shortcoming of other diet plans," Hill says.

Atkins Diet

The program involves:

- Eating fewer carb-containing foods and instead predominantly consuming protein plus vegetables with lots of fiber (your body burns fat rather than carbs as its main source of fuel)
 - The first phase of the program mostly bans carbs, though later it gets a little less restrictive
 - At least five servings of high-fiber vegetables
 - Advice about how to get rid of symptoms that may occur when switching to a low-carb diet
- ❖ Based on the book [*Dr. Atkins' Diet Revolution*](#) (Bantam, 1981), and The [*New Atkins for a New You: The Ultimate Diet for Shedding Weight and Feeling Great*](#) (Fireside, March 2010)

Studies show:

- Long-term adherence to the Atkins diet is below average because some people find its requirements too restrictive, according to *Consumer Reports*.
- Weight loss over the long term is average
- Earned *Consumer Reports'* poorest rating for nutrition analysis.

Experts say:

- Atkins is hard to stick with in the long run. The problem is that "people who do it for a long time really start craving carbs, and [Atkins] doesn't encourage a balanced kind of eating," Hill says.

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active and steps.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 125 minutes per week.**
We suggest you **spread this over 5 days for 25 minutes each day.**
- During structured activity, **stay within the perceived "how hard are you working" range between "fairly light" and "somewhat hard."**
Warm up, cool down, and do the **stretches** you've learned so far.
- **Add 250 steps per day** to your average steps per day.

<p>Goal for next week = Average steps/day last week _____ + 250 = _____ steps/day</p>
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Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (125 or more):			

Four Keys to Healthy Eating Out

Many people find it difficult to eat fewer calories and less fat when eating out. (“Eating out” includes buying take-out food and eating it at home.)

There are four basic keys to healthy eating out.

1. Plan ahead.

- Call ahead to ask about low-calorie, low-fat choices.
- Be careful where you eat out. Go somewhere that offers low-calorie, low-fat choices.
- Eat fewer calories and less fat during other meals that day.
- Eat a little something before you go out. Or drink a large glass of water.

- Plan what to order without looking at the menu (if you go in to the restaurant knowing what you want, you won't be tempted by something less healthy).
- Don't drink alcohol before eating.
- For parties or dinner parties: Bring something from home to share with others.
- Carry a snack with you in case the meal is not served right away.

2. Ask for what you want. Be nice but firm.

Ask for the foods you want:

- Ask for low-calorie, low-fat 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 large the portions are.
- Order salad dressing, gravy, sauces, or spreads "on the side."
- Ask for less cheese or no cheese.
- Split a main dish or dessert with someone.
- Order a small size (appetizer, senior citizen's, children's size).
- Before or after the meal, have what you don't want to eat put in a container to take home.
- Keep in mind that most restaurant serving sizes are larger than what we would suggest you eat.

How to ask for what you want

Many people find it hard at first to ask the wait staff for something special. With practice, it gets easier. Here are some tips:

- Tell them you are on a healthy diet.
- Begin with "I", not "You." For example, "I would like the fish broiled with lemon juice instead of butter" instead of "You don't have low-fat fish on the menu."
- Use a firm tone of voice that can be heard, but be nice.
- Look the person in the eye.
- Repeat your needs until you are heard. Keep your voice calm.

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

3. Work with what's around you.

- Be the first to order.
- Keep foods off the table that you don't want to eat, such as a bread basket.
- Ask that your plate be taken away as soon as you finish.

4. Be careful about the foods you choose.

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

- Au gratin
- Breaded
- Buttered or buttery
- Fried, deep fried, French fried, batter fried, pan fried
- Gravy
- Scalloped
- Seasoned
- Southern style
- Cheese Sauce
- Creamed. Creamy, in cream sauce
- Hollandaise
- Parmesan
- Pastry
- Rich
- Sauteed
- Escalloped
- Scalloped

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

- Baked
- Broiled
- Boiled
- Grilled
- Poached
- Roasted
- Steamed
- Stir-fried
- Watch out for sauces. For example, grilled foods are often brushed with melted butter. Ask for no sauce or for sauces to be served on the side.
- Think about what you really *need* to eat.
- Trim visible fat off meat.
- Take skin off chicken.

What's on the menu?

You can make lower-calorie choices, no matter what kind of restaurant you go to. Be sure to ask the wait staff how the food is cooked and served. Note: Most restaurants serve a tossed salad--a low-calorie choice if topped with lemon juice, vinegar, or a low-fat dressing.

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

<p>Steakhouses</p> <ul style="list-style-type: none"> • Shrimp cocktail • Broiled chicken or fish • Plain baked potato 	<ul style="list-style-type: none"> • Steak (except trimmed lean cuts) • Fried fish or chicken • Onion rings, other fried vegetables • French fries
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When your meal is delayed

- If you take a diabetes medicine that can cause low blood sugar, you may need to do the following:
 - Wait until just before the meal to take your insulin or diabetes pills.
 - Or, if you've already taken your diabetes medicine, eat a snack of 15 grams of carbohydrate to help prevent low blood sugar. Here are some examples that are easy to carry with you or that you can ask for at a restaurant while you wait for your meal:
 - 1 slice of bread
 - *Or* 6 saltine crackers
 - *Or* special tablets or gel made of glucose (a form of sugar)—check the label
 - *Or* 1 cup milk
- If you don't take a diabetes medicine, it may still be wise to bring a snack so you don't become too hungry and overeat.

If you drink alcohol

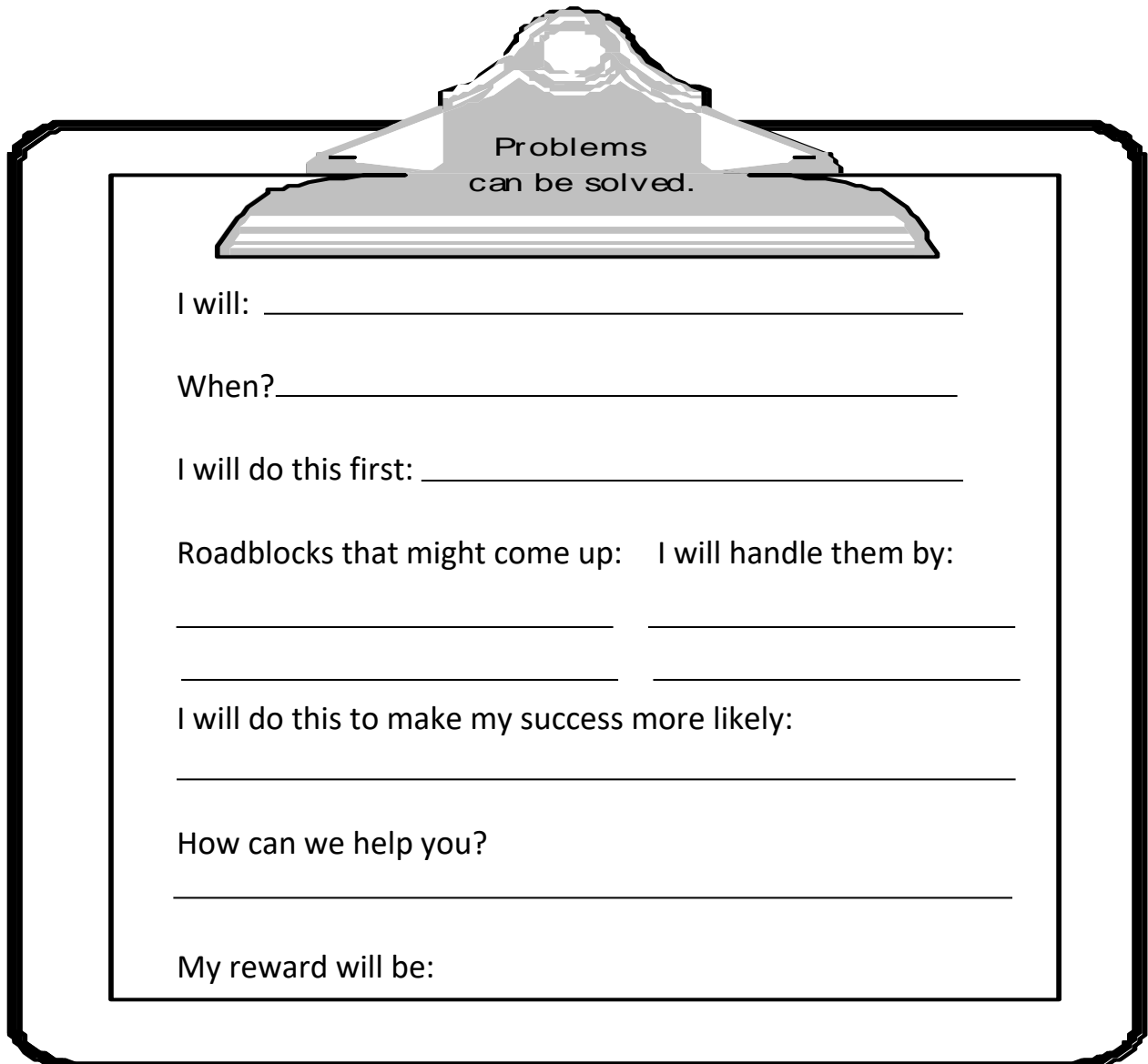
- Alcohol may interact with medications you are taking.
- Don't drink alcohol on an empty stomach. It can cause low blood sugar.
- If applicable: Be sure to wear your diabetes ID bracelet. If your blood sugar drops low enough, you may pass out or have a seizure. People may think you have passed out due to drinking if they smell alcohol on your breath. So they may delay seeking treatment. It's critical that others are aware of your diabetes and call for emergency help right away.
- Don't forget that alcohol is high in calories.
- Sip slowly.
- Keep in mind that alcohol lowers inhibitions. You may overeat without being aware of it.

If you overeat

- Keep in mind that when you overeat (eat more calories than you should for that meal), it results in excess calories and usually higher blood sugars.
- Taking a walk after dinner is an option.

Describe a problem you have when you eat out:

Choose one of the four keys to healthy eating out. Make an action plan.



Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

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

I will do this to make my success more likely: _____

How can we help you? _____

My reward will be: _____

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active and steps.**
- Stay under your **calorie and fat gram goals.**
- Keep track of the **minutes you are active.**

Be Active

- Walk (or do something like walking) for **at least 125 minutes per week.**
We suggest you **spread this over 5 days for 25 minutes each day.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Warm up, cool down, and do the **stretches** you’ve learned so far.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (125 minutes or more):			

Follow your action plan related to eating out.

- Did you follow your action plan?

___ Yes ___ No ___ Almost

- What problems did you have?

What could you change next week?

Handling Holidays, Vacations, and Special Events

Many people find it hard to eat less and stay active during holidays, vacations, and special events.

Here are some tips:

Ways to Handle the Holidays, Vacations, and Special Events

1. Plan pleasures other than food or drink.

- Plan the kind of holiday, vacation, or special event that *you* want.
- Think about what you might like to do to stay active.
Can you make that a part of your holiday, vacation, or special event?

2. Hold a family meeting ahead of time.

- What did we like or dislike about our last holiday, vacation, or special event? 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 year?
- 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.

- Keep track of your eating and how active you are.
- Weigh yourself often. But don't forget, scales differ.
- Plan to *maintain* your weight.
- Let go a little. Eat something special.
(Choose the best. Have a small portion.)
- Be a little more active.

4. If you tend to be tense during holidays, vacations, or special events:

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

5. Decide what you want to do about alcohol.

Drinking may lower self-control.

If you drink, be aware of the calories and the effect on blood sugar.

6. Build in ways to be active.

Park further away and walk when doing holiday errands or sight-seeing.

Look for seasonal ways to be active that can become traditions.

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

8. Plan for pleasures *after* holidays, vacations, or special events.

Despite the challenges, healthy eating and being active *are* possible during holidays, vacations, and special events. The key is to plan ahead.

Think about a holiday, vacation, or special event that is in the near future.

1. What problems might come up?

2. Choose one problem. List some ways to handle it.

**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? How will you earn it?

It's common to neglect healthy eating and being active during holidays, a vacation, or a special event. One reason is **too much to do in too little time**.

To help manage your time, take a minute to **reflect on your priorities**.

1. Pretend is 10 years from now. You are thinking about how you spent holidays, vacations, or special events during those ten years. What would your most cherished memories be? **What were the most meaningful and enjoyable?** (There are no right answers. What means the most to you may be different for someone else.)

2. List some other **activities and traditions that are not so meaningful or enjoyable**. (For example, you may send holiday cards every year but not find much meaning or enjoyment in doing so.)

3. How important is **staying healthy and managing your diabetes well** in terms of being able to enjoy your future holidays, vacations, and special events?

Saving Time for a Healthy Lifestyle During Holidays, Vacations, Special Events

When I get busy during holidays, vacations, or special events, I tend to neglect the following behaviors:

- | | |
|--|---|
| <input type="checkbox"/> Keeping track of what I eat | <input type="checkbox"/> Changing problem cues (food, social, or activity cues) |
| <input type="checkbox"/> Keeping track of my activity | <input type="checkbox"/> Adding helpful cues (food, social, or activity cues) |
| <input type="checkbox"/> Doing physical activity | <input type="checkbox"/> Problem solving what gets in the way of my healthy lifestyle goals |
| <input type="checkbox"/> Cooking low-calorie and low-fat foods | <input type="checkbox"/> Other (specify |
| <input type="checkbox"/> Planning ahead for when I eat out | |
| <input type="checkbox"/> Talking back to negative thoughts | |

Some possible ways to make time to do the above things:

1. Cut back on these activities/traditions that are less important to me:

2. Streamline healthy eating/physical activity by: _____

Choose the best solution: _____

What might get in the way?

I will handle this by:

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

I will do this to make my success more likely:

Did it work? If not, what went wrong?

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, and steps.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 150 minutes per week.**
We suggest you **spread this over 5 days for 30 minutes each day.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Sunday			
Total minutes for the week (150 minutes or more):			

Jump Start Your Activity Plan: Muscle Training

Let's review the **activity goal**.

Slowly **build up to 175 minutes per week of moderate physical activity**, like brisk walking, **by the end of 6 months**.

We suggest you **spread this over at least 5 days per week**.

For example:

- 1st Month: Walk 50 minutes per week **(10 minutes on 5 days per week)**.
- 2nd Month: Walk 75 minutes per week **(15 minutes on 5 days per week)**.
- 3rd Month: Walk 100 minutes per week **(20 minutes on 5 days per week)**.
- 4th Month: Walk 125 minutes per week **(25 minutes on 5 days per week)**.
- 5th Month: Walk 150 minutes per week **(30 minutes on 5 days per week)**.
- 6th Month: Walk 175 minutes per week **(35 minutes on 5 days per week)**.

To help you reach this goal, you are expected to:

- **Keep track** of how long you are active.

- **Wear a pedometer** to measure the steps you take. Slowly increase your steps to an average of **10,000 steps per day or more.**

Research shows that being more active will:

- Help you lose weight and keep it off.
- Lower your blood sugar by making the body more sensitive to insulin.
- Help you feel and look better.
- Make you more physically fit.
- Make it easier for you to do your daily work, like climbing stairs.
- Lower your risk for some kinds of cancer.
- Lower your risk for heart disease. Being active raises HDL cholesterol, lowers triglycerides, and lowers blood pressure.

To help you become more active, we have taught you how to do the following:

- **Work with what's around you.**
Example: Set up a regular walking date with a friend or family member.
- **Solve problems.**
Example: What if your friend can't walk with you as planned?
Ride an exercise bike instead.
- **Talk back to negative thoughts.**
Example: Negative thought: "Look at what I did. I didn't walk today. I'll

never get in shape.”

Talk back: “One slip-up isn’t the end of the world. I can get back on track.”

Over time, boredom with your activity plan may cause you to slip back into old habits of not being active.

One way to **prevent boredom** is to **add something new**.

Until now, our focus has been on aerobic forms of exercise such as walking. We suggest **adding muscle training** (also called strength training).

Muscle training is **good for you in many ways**:

- Builds muscle strength and endurance.
- Improves balance and coordination.
- Helps you look good by firming and toning the muscles. It does *not* make them bulky or large.
- Makes it easier to do daily chores such as carrying things, shoveling snow, or yard work
- Prevents the loss of muscle tissue common with aging and weight loss.
- Keeps bones strong. This lowers your risk of osteoporosis (weak bones).

Muscle training may **improve the body's ability to use insulin and maintain healthy glucose levels**.

However, keep in mind that muscle training:

- **Burns *fewer* calories** than the same amount of time spent brisk walking.
- **Does not improve your heart fitness** as much as brisk walking.

Important:

**Use muscle training as
an *addition to your walking program, not to replace it.***

Here's how to start a simple muscle training program:

- **Warm up for 5-10 minutes.**

This will reduce your chance of getting hurt and increase your range of motion. You can use your walk as a warm-up or walk in place for a few minutes. Follow this by doing a few stretches for the muscles you will be using (refer to earlier sessions).

- **Follow the instructions to the letter**, such as those attached.

You may have been taught to do sit-ups with your legs straight out. Now we know it's important to bend your knees to prevent back problems.

- **Move slowly and smoothly. Never hold your breath.**

This will prevent a dangerous rise in blood pressure.

- When you **lift**: *Breathe out, and count 1-2.*
- **Hold** the position for 1 count.
- When you **release**: *Breathe in, and count 1-2-3-4.* Be careful to control the speed with which you release the movement. This will avoid stressing the joints.

- Do each exercise **through the full range of motion**.

If you can't do this, decrease the amount of resistance.

- **Keep it slow and steady.**

Add more resistance gradually to develop muscle strength.
At the same time, be careful not to do too much.

You may want to slowly repeat each exercise 8-15 times (this is called a "set"). Then work up to doing 2-3 sets of each exercise each time.

- When using the exercise bands, it's **okay to do the exercises every day**.

But if you use too much resistance, or if your muscles are very sore, it's best to take a day off to allow your muscles to rest and recover.

- **Cool down.**

After the exercises, stretch the muscle groups used. Do each stretch three times and hold 30-60 seconds.

Over the next few sessions, you will learn different muscle training exercises.

When you perform all of the exercises as a group, keep in mind the following:

After you exercise muscles on one side of a joint, exercise those on the other side. This will maintain balance and prevent injury.

For example, if you exercise the muscles that bend the elbow (biceps), then exercise the muscles that straighten the elbow (triceps).

You may also consider going to a fitness center or gym where you could get professional assistance developing a muscle training plan.

Reminder:

Remember to evaluate and adjust your calorie level as needed, using your **CURRENT** weight as a guide.

If you are counting calories:

Your Starting Weight	Calorie Goal
250 pounds or less	1200-1500
More than 250 pounds	1500-1800

* If your doctor or registered dietitian recommends a different calorie level, you can still follow the plan; just select the calorie level that has been prescribed for you.

To do next week:

Keep Track

- Keep track of your **weight, fat grams, calories, the minutes you are active, steps, and muscle training exercises** (see below).
- Stay under your **calorie and fat gram goals**.

Be Active

- Walk (or do something like walking) for **at least 150 minutes per week**.
We suggest you **spread this over 5 days for 30 minutes each day**.
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
- Average steps/day last week _____ + 250 = _____ steps/day
On **three days this week**, do the **muscle training exercises** given.

Here’s how to **record muscle training exercises** if you want to keep track.

(Note: You don’t need to record the specific exercises or the minutes.)

Kind of Physical Activity	Minutes
Walk	30
Exercise band	

Remember:

Use muscle training exercises as an *addition to your walking program, not to replace it.*

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (150 minutes or more):			

Make Social Cues Work *for* You

What other people say or do that affects your eating and activity. Social cues may be *real* or *assumed*. For instance, Susan may think her husband disapproves of her evening walks. The opposite *may* be true.

Problem social cues:	Examples:
The sight of other people eating problem foods or being inactive.	<i>Your spouse eats ice cream in front of you.</i>
Being offered (or pressured to eat) problem foods or invited to do something inactive.	
Being nagged.	
Hearing complaints (or assuming them).	

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. Check out your assumptions.

Some cues exist because of what we *assume* others want us to do.

But assumptions can be wrong. Instead, *ask* what others really think and feel. Example: You assume your mother would be insulted if you didn't eat a piece of her homemade pie. Actually, she is proud of your weight loss efforts.

2. Stay away from the cue, if you can.

Example: Move to a different room.

3. Change the cue, if you can.

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

Ask others to:

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

This is KEY to your success.

4. Practice responding in a more healthy way.

Say "No" to food offers. Show others you know they mean well.

Suggest something they can do to help you.

Example: "No, thanks. But I'd love a glass of ice water."

Remember, it takes time to change habits.

To add helpful social cues:

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

Who could provide support for you?

For healthy eating: _____

For being more active: _____

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

(Feel free to share this page with people who could give you support.)

Ways to help me eat healthy:	Ways to help me be more active:
<input type="checkbox"/> Serve low-calorie/fat 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/fat 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 our 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"/> Babysit for me so I can take a walk.
<input type="checkbox"/> Don't offer me second helpings.	<input type="checkbox"/> Set up a regular date with me to be active.
<input type="checkbox"/> Encourage me to cook new foods.	<input type="checkbox"/> Encourage me to go out for a walk when I'm debating whether or not to go.
<input type="checkbox"/> Praise my efforts to eat healthier foods.	
<input type="checkbox"/> 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. Some ideas:

Options:	Examples:
Plan ahead.	<ul style="list-style-type: none"> • Eat something before the event. • Plan your meal in advance. • Budget your calories ahead of time. 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 diet soda. • Watch the alcohol. It lowers your will power 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 more healthy way.	<ul style="list-style-type: none"> • Practice a polite, but firm, “No, thank you.” • Suggest something else they can do to help you. “No thanks, but I’d love a glass of ice water.”

Add helpful cues.

- Serve healthy foods or bring some to share. Use low-calorie products 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.

Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

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

I will do this to make my success more likely:

How can we help you?

Describe a *positive* social cue you'd like to add to your life.

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

Make a positive action plan.

Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

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

I will do this to make my success more likely:

How can we help you?

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 150 minutes per week.** We suggest you **spread this over 5 days for 30 minutes each day.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”** Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
 Goal for next week =
 Average steps/day last week _____ + 250 = _____ steps/day
- **Walk (or do something like walking) with a friend at least once this week.**
- On at least three days this week, **do the muscle training exercises** you’ve learned.

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (150 minutes or more):			

Tell your family and friends about your efforts to lose weight and be more active.

Follow your action plans for making social cues work *for* you.

Caloric Density

You have set your calorie goals for maintenance or further weight loss. Now we will explain a special way to help you maintain your calorie intake within those limits. An effective strategy is to **select a mix of foods according to their caloric density**.

- How to eat fewer calories without getting hungry
- Research studies have shown that people tend to eat the same amount or volume of food each day. It is the amount of food in your stomach that determines how full you feel.
- This means that, when trying to maintain your new weight, if you try to rely on EATING LESS, you may be left feeling hungry. This will make it harder to stick to your calorie goals and that, in turn, may make it harder for you to maintain your weight.
- The research studies have shown that the best way to control the calories that you eat is by eating **MORE** foods low in calories and **FEWER** high calorie foods. This will leave you feeling full and satisfied but without the excess calories.

Caloric Density (CD)

The number of calories in a given weight or volume of food is known as CALORIC DENSITY (CD).

This can be written:
$$\frac{\text{Number or calories}}{\text{Weight of food}}$$

For example: One medium Apple weighs about 140 grams and has about 60 calories. Therefore, the Caloric Density of

the apple would be:

$$60 \div 140 = 0.40$$

Let's say you had a large apple pie, sixteen inches across. The total weight of this pie is 1100 grams. If you cut this pie into 8 pieces each one would weigh about 140 grams and have about 360 calories

Therefore the Caloric Density of the slice apple pie would be:

$$360 \div 140 = 2.60$$

The Caloric Density of the apple pie is a lot higher than the apples it was made from. The higher Caloric Density of the pie means that if you ate the same volume or amount of apple pie as apples, you wouldn't feel any fuller but you would have consumed **MANY MORE** calories.

Put another way, you would have to eat **6** apples to get the same number of calories as **one** slice of the pie. Most of us would feel fuller eating the 6 apples. In fact, few of us would be able to eat 6 apples after dinner. The point is that we could eat one or two apples after dinner and probably feel just as full but you would have consumed only a small fraction of the calories that are in a single slice of apple pie! More volume for your calories!!!

Eating PLENTY of low Caloric Density foods will help you feel full and help you control the number of calories that you eat each day. This will provide you with a way of eating that is satisfying and filling but low in calories.

Now this doesn't mean eating only apples and never having apple pie again. There are other differences between apples and apple pie. For example, many of us have a sweet tooth. Feeling satisfied can be more than just the volume or how full your stomach feels. But there are ways that you can make lower calorie density work to help you feel more satisfied even if you have a sweet tooth. Think about what fruits taste really good to you – good and sweet and satisfying. Try mixing some of those fruits with your apple or eating them instead of that slice of apple pie.

And you can look forward to sweet desserts like apple pie, eating them less often and in smaller portion sizes. The bottom line is that if **MOST** of your diet is made up of low Caloric Density foods, with only occasional high Caloric Density foods, you will be less likely to eat too many calories. This will help you maintain your weight loss without feeling as though you are deprived.

Categories of Caloric Density

VERY LOW	LOW	MEDIUM	HIGH
CD less than 0.6 Examples: <ul style="list-style-type: none"> • Most fruits and vegetables • Skim milk • Broth based soups 	CD 0.6 - 1.5 Examples: <ul style="list-style-type: none"> • Cooked grains • Breakfast cereals • Low fat meats • Beans 	CD 1.5 - 4.0 Examples: <ul style="list-style-type: none"> • Meats • Cheeses • Salad dressings • Some snack foods 	CD > 4.0 Examples: <ul style="list-style-type: none"> • Crackers • Chips • Candy • Cookies • Nuts

What do you think makes a food low in Caloric Density?

What do you think makes a food high in Caloric Density?

For a filling diet that helps you feel less hungry, choose most of your foods from the very low and low Caloric Density categories, fewer foods from the medium category and only a few foods from the high Caloric Density category.

Important Tip:

Sodas and other beverages with sugar in them (e.g., colas, sweet tea, Kool Aid, Gatorade, etc) can be fairly low in calorie density because the calories are low ounce for ounce – but we tend to drink so much of them that these beverages can be a source of lots of “hidden” calories. So it will help you keep within your calorie limits if you drink these only in small amounts and have them only once in a while. Substitute water, diet sodas, unsweetened tea (you can add non-caloric sweetener!) or flavored, non-caloric seltzers.

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active and steps.**
- Stay under your **calorie and fat gram goals.**
- Try to eat foods that are **very low, low and medium** caloric density with only occasional high calorie density foods.

Be Active

- **Increase** your activity to **at least 175 minutes per week.**
We suggest you **spread this over 5 days for 35 minutes each day.**
This will be your **new activity goal for the next four weeks.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (175 minutes or more):			

You Can Manage Stress

Stress is tension or pressure. Many people react to stress by eating too much or not being active.

Any physical stress (such as a cold, the flu, or an injury) or emotional stress can cause your blood sugars to go higher.

Eating too much because of stress will raise your blood sugars, too. It will also work against your weight loss efforts.

Managing stress is important for many reasons.

What kinds of things make you feel stressed?

What is it like for you when you get stressed?

Ways to prevent Stress:

- ❑ **Practice saying, “No.”**
Try to say “Yes” only when it is right for **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 the good things in your life.
- ❑ **Reach out to people.**
- ❑ **Be more active.**

When you can't avoid stress:

- Catch yourself feeling stressed as early as you can.
- Take a 10-minute “time out.”
- Move those muscles.
- Pamper yourself. Just take 10 minutes for YOURSELF.
- Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs, and body go completely loose.



Possible causes of stress:

Possible source of stress	Way(s) to manage stress	Examples
Extra time spent in cooking food and shopping.	<ul style="list-style-type: none"> • Share some of your work. • Take charge of your time. 	<ul style="list-style-type: none"> • Ask spouse to help shop. • Make double recipes. Freeze part for later.
Feel deprived when 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"> • Allow yourself to have favorite foods in small amounts now and then. • Remind yourself how important losing weight is to you.
Upset if your family doesn't like low-calorie foods	<ul style="list-style-type: none"> • Reach out to people • Use the steps for solving problems. 	<ul style="list-style-type: none"> • Ask your family to support your efforts to try new foods. • Discuss your feelings and your commitment to weight loss with your family. Brainstorm options with them. Try one.
Feel uncomfortable in social activities where high-calorie foods are served.	<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 or hostess ahead and ask what will be served and if you can bring a low-calorie dish. • Before you go to a party, plan what foods you will choose.
Feel stressed by trying to fit activity into an already busy schedule.	<ul style="list-style-type: none"> • Plan ahead. • Problem solve. 	<ul style="list-style-type: none"> • Make time to be active. • Combine being active with other events you plan to do anyhow. (Take a walking meeting. Go hiking with the family.)

Important Note: If you are overwhelmed with stress or have been feeling really sad, blue, or down in the dumps for two weeks or more, don't keep your feelings to yourself. First, talk your feelings over with your doctor. There may be a physical cause for your symptoms.

How does weight loss cause you stress?

Other major sources of stress for you:

Choose one source of stress. Make a positive action plan:

Problems
can be solved.

I will: _____

When? _____

I will do this first: _____

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

I will do this to make my success more likely:

How can we help you?

To Do next Week:

Keep Track

- Keep track of your **weight, calories, fat grams, the minutes you are active, steps, and muscle training exercises.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 175 minutes per week.**
We suggest you **spread this over 5 days for 35 minutes each day.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
- Average steps/day last week _____ + 250 = _____ steps/day
- On at least three days this week, do the **muscle training exercises.**

Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total minutes for the week (175 minutes or more):			

How Much Physical Activity Should I Do?

Changing **both** your eating habits and your physical activity has been shown to be most effective for long-term weight loss and maintenance. But how much physical activity do you need to do?

So far:

- We have encouraged you to gradually increase your activity to 175 minutes/week.
- We have focused on activities similar in intensity to brisk walking and encouraged you to be active on at least 5 days in the week.

Physical Activity in Successful Weight Loss Maintainers

To learn more about the amount of physical activity you should do to maintain your weight loss, researchers have begun to study people who were able to lose weight. The National Weight Control Registry is a registry of over 5,000 individuals who have lost at least 30 lb. and kept it off at least 1 year. On average, the individuals in the registry have lost over 60 lb. and kept it off more than 6 years. So, by anyone's standards, they are clearly successful.

How do they do it?

- They maintain their weight losses by continuing to eat a low calorie, low fat diet (as you are learning to do) and by continuing to be physically active.
- They report doing high levels of physical activity. On average, registry members report expending about 2800 calories/week in activity. That would be equivalent to walking 4 miles every day of the week or doing about 60 to 90 minutes of activity each day.

Most started by doing just small amounts of activity and gradually increased their activity to higher levels.

- About half of registry members report doing a combination of both walking and some other form of activity (bicycling, weight lifting, and aerobics are popular) and another 25% report doing just walking (but a lot of it).

Based on the National Weight Control Registry (NWCR) data, other researchers have started asking about what level of physical activity is related to the best maintenance of weight loss.

- One researcher compared participants who were active:
 - less than 150 minutes/week,
 - between 150 to 200 minutes/week, or
 - more than 200 minutes/week.
- The group that did more than 200 minutes/week had the best long-term results.
- Bottom Line: 175 minutes is good, but 200 is probably better, and 240 is even better! Remember you do not have to get there all at once – just keep aiming a little higher and higher.

Why does it take so Much physical activity to Maintain Weight Loss?

In part, it takes a lot of physical activity to balance out the amount we eat. It is a trade-off; either we need to keep cutting back the calories we take in, or we need to keep higher energy expenditure to balance it out.

Secondly, 200-300 minutes may just sound like a lot because our lives have become so sedentary. In the past, we probably did high levels of physical activity in our daily chores and through activities such as walking rather than driving. We didn't have to set aside time for the purpose of being active, because we were active throughout much of the day (probably much more than 1 hour/day!)

“There is no Way I can do More Physical Activity”

We know that many of you probably feel you have no time for physical activity. But that was true for people in the NWCR too. They just gradually found an extra 15 minutes here and there to increase their activity. And the most important part was they found that they loved it. Many NWCR members report that the biggest change in their life has been going from a couch potato to being physically active – and loving it!

To do next week:

Keep Track

- Keep track of your **weight, calories, fat grams, minutes you are active, steps, and muscle training exercises.**
- Stay under your **calorie and fat gram goals.**

Be Active

- Walk (or do something like walking) for **at least 175 minutes per week.**
We suggest you **spread this over 5 days for 35 minutes each day.**
- During structured activity, **stay within the perceived “how hard are you working” range between “fairly light” and “somewhat hard.”**
Warm up, cool down, and do the **stretches** you’ve learned.
- **Add 250 steps per day** to your average steps per day.
Goal for next week =
Average steps/day last week _____ + 250 = _____ steps/day
- On at least three days this week, do the muscle training exercises.



Make a **plan for how active you will be** next week:

	What I will do	When	Minutes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total Minutes for the week (175 minutes or more):			

Follow your action plan for adding more physical activity, even 10 minutes at a time.