

Allina Health Weight Management: Medical Program



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Chapter 1

Introduction

In This Chapter

- Obesity
- Body Mass Index (BMI)
- Health Problems and Cancers Linked to Obesity
- Causes of Obesity
- Weight Management Program: Low-Carbohydrate Diet

My Goals and Plan

Date: _____

Program area: medical / nutrition / physical activity / wellness / behavior change/sleep

Date: _____

Program area: medical / nutrition / physical activity / wellness / behavior change/sleep

Date: _____

Program area: medical / nutrition / physical activity / wellness / behavior change/sleep

My Goals and Plan

Date: _____

Program area: medical / nutrition / physical activity / wellness / behavior change/sleep

Date: _____

Program area: medical / nutrition / physical activity / wellness / behavior change/sleep

Date: _____

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My Goals and Plan

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My Goals and Plan

Date: _____

Program area: medical / nutrition / physical activity / wellness / behavior change/sleep

Date: _____

Program area: medical / nutrition / physical activity / wellness / behavior change/sleep

Date: _____

Program area: medical / nutrition / physical activity / wellness / behavior change/sleep

Introduction

Obesity

Obesity is a disease that happens when your body stores too much energy. Each day, your body takes in energy through food and liquids. Your body also uses energy continuously to do things such as move, breathe and think.

When you have more energy coming in than going out, this causes an energy “mismatch.” This eventually leads to weight gain. It might not seem like it, but the amount of energy your body stores is always changing. When you have a “mismatch” with too much energy coming in, your body must store the extra energy. It does this by storing it as fat. Weight gain is a way that your body protects itself by converting the energy (glucose) into fat so that your blood glucose does not get too high.

Why is it important to not have high blood glucose? Overtime, high blood glucose can cause inflammation (swelling) and chronic (long-lasting) diseases including heart disease, cancer and dementia.

Your body can avoid these problems for a little while by storing the extra energy as fat. However, this eventually stops working and you may develop diseases from carrying the extra weight. These diseases may include high blood pressure, high cholesterol, diabetes, obstructive sleep apnea, joint pain or cancer.

The good news is that most of these diseases are reversible or can be slowed by changes in lifestyle and losing weight.

Body Mass Index (BMI)

Date: _____

My weight: _____

My BMI: _____

One way to measure obesity is using the body mass index (BMI). This number is based on your height and weight. The weight may come from muscle, bone, fat and/or body water.

The higher your BMI, the greater your risk is for diseases such as diabetes, high blood pressure, heart disease, stroke, arthritis, respiratory disorders, high cholesterol, infertility (not able to have children), certain cancers and early death.

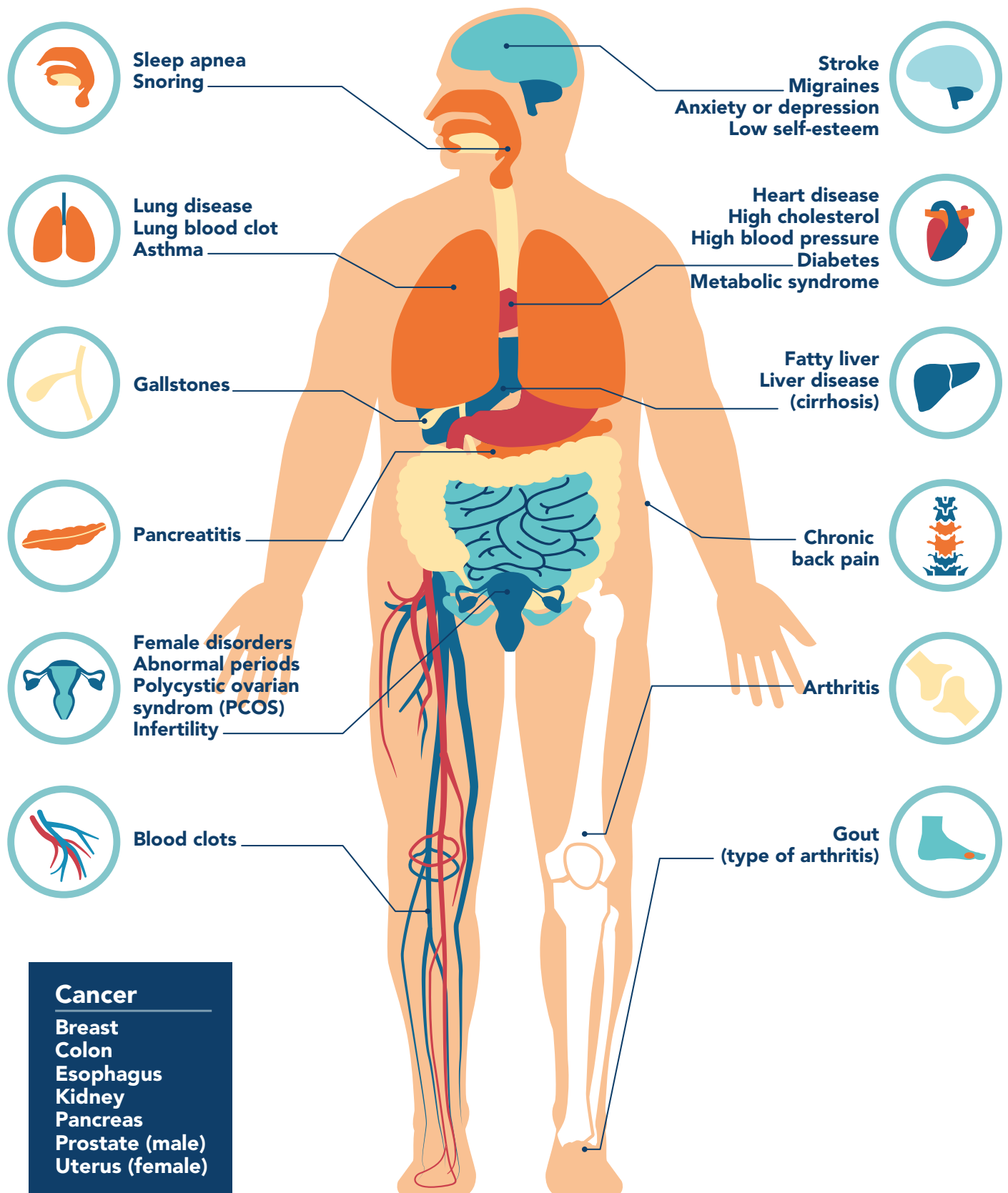
You can calculate your BMI on the next page.

Body Mass Index (BMI) Chart

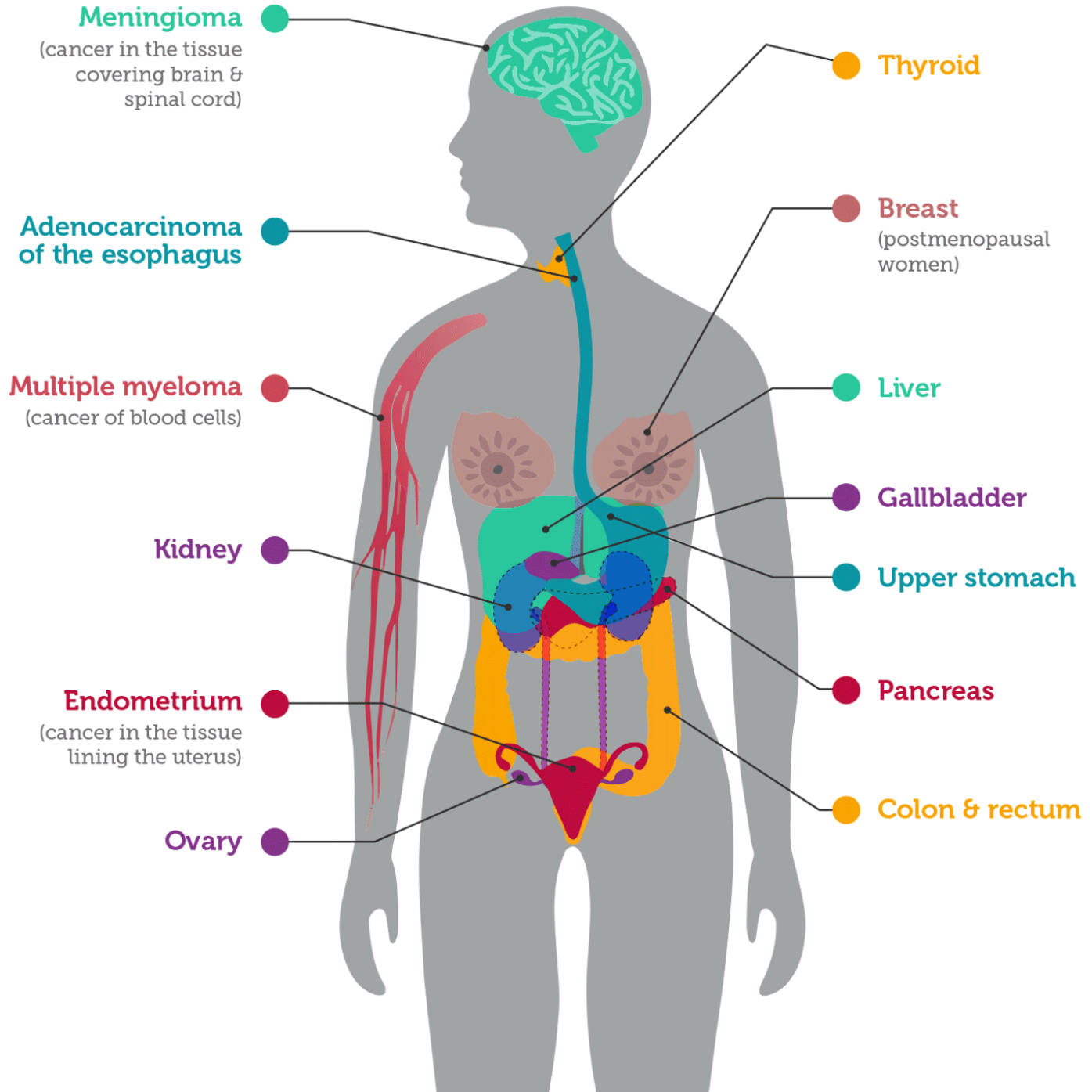
BMI	Healthy						Overweight						Obese									
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	
Height (inches)	Weight (pounds)																					
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	
66	118	124	130	135	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	150	257	265	272	280	288	295	
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	

	Morbid Obesity																														
BMI	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70
Height (inches)	Weight (pounds)																														
58	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258	263	268	273	278	283	287	292	297	302	307	311	316	321	326	330	335
59	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267	273	278	282	287	292	297	302	307	312	317	322	327	332	337	342	347
60	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276	282	287	292	297	302	307	313	318	323	328	333	338	343	348	354	359
61	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285	292	297	302	307	313	318	323	328	334	339	344	350	355	360	365	371
62	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295	301	306	312	317	323	328	334	339	345	350	356	361	367	372	378	383
63	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304	311	316	322	328	333	339	345	350	356	362	367	373	379	384	390	395
64	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314	321	326	332	338	344	350	356	361	367	373	379	385	391	397	402	408
65	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324	331	337	343	349	355	361	367	373	379	385	391	397	403	409	415	421
66	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334	341	347	354	360	366	372	378	384	391	397	403	409	415	422	428	434
67	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344	352	358	364	371	377	383	390	396	402	409	415	422	428	435	441	447
68	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354	362	369	375	382	389	395	401	408	415	421	428	434	441	448	454	461
69	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365	373	380	387	393	400	407	413	420	427	434	440	447	454	461	468	475
70	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376	384	390	398	405	412	419	426	433	440	447	453	460	468	475	481	488
71	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386	395	402	409	416	423	430	438	445	452	459	466	473	481	488	495	502
72	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397	406	413	420	428	435	443	450	458	465	472	480	487	495	502	509	516
73	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408	417	425	432	440	448	455	463	470	478	486	493	500	508	516	523	531
74	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420	429	437	444	452	460	468	475	483	491	499	506	514	522	530	538	545
75	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431	440	448	457	464	472	480	488	496	505	513	520	528	536	545	552	560
76	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443	452	460	468	477	485	493	501	509	518	526	534	542	551	559	567	575

Health Problems Linked to Obesity



Cancers Linked to Obesity



cancer.gov/obesity-fact-sheet
Adapted from Centers for Disease Control & Prevention

Causes of Obesity

There are many factors that can play a part in developing the disease of obesity.

Energy balance

Weight gain happens when you eat more food than your body can use right away.

Family history and genetics

- You have a higher risk of being overweight if one or both of your parents are overweight or obese.
- Genes from your parents can affect the amount of fat you store in your body and where you carry extra fat on your body.
- Children often adopt eating and physical activity habits from their parents.

Hormones

A hormone imbalance can also cause weight gain.

Examples include:

- insulin resistance (your body cannot use insulin properly)
- hypothyroidism (underactive thyroid)
- polycystic ovarian syndrome or PCOS (a woman's ovaries make more male hormones than normal)
- Cushing's syndrome (caused by a high level of the hormone cortisol)
- menopause.

Medicines

Some medicines can cause weight gain by increasing your appetite, holding onto extra water in your body (water retention), or slowing down the rate your body burns calories.

Examples include:

- antidepressants
- seizure medicines
- corticosteroids.

Did You Know?

Insulin helps your body use glucose for fuel.

Important

Do not stop taking any medicines you are currently taking without first talking to your health care provider.

Sleep

Not getting enough sleep can:

- increase the hormone that makes you feel hungry (ghrelin) and decrease the hormone that makes you feel full (leptin)
- affect the fat cells ability to respond to insulin which can cause higher than normal blood glucose levels.

Lifestyle

Weight gain can be caused by:

- not getting enough physical activity
 - spending too much time in front of the TV and computer
 - having less physical demands at work or home
 - relying on vehicles or public transportation instead of walking
- stress
 - you may eat more than usual, and over time, this can cause weight gain
 - your food choices might be those that are high in fat, sugar and salt
 - long-term stress can lead to a change in your hormones, such as cortisol, which can cause weight gain
- a history of trauma.

Social connection

Weight gain can be caused by not having:

- close connections with others
- fun or play in your life.

Environment

Your environment can cause you to gain weight for reasons such as:

- large food portions at restaurants
- not having access to or being able to afford healthful foods
- having easier access to processed foods
- feeling like you need to be part of the “clean plate club”
- work and home schedules that do not allow much time for physical activity.

Weight Management Program: Low-carbohydrate Diet

To lose weight, it is important to change how much you eat, what you eat and when you eat.

How much you eat

There are many hormones that control weight. The most important one is insulin.

Imagine your fat cells as an expandible party room with two doors. One door is the entrance and the other door is the exit.

In a person with a normal metabolism, people (energy) are constantly entering and exiting the party during the day. The people (energy level) in the room varies throughout the day depending on your activity and eating. Insulin acts as the door attendant at each door and controls how many people (energy) go in and come out.

In a person that does not have a normal metabolism (obesity, diabetes, nonalcoholic fatty liver disease) the doors do not work correctly. When insulin is elevated, it opens the entrance door and closes the exit door. This makes it impossible to burn fat (no one can leave the party room). Elevated insulin is constantly pushing people (energy) into the room. Eventually the room becomes too full and must expand to allow more people (energy) into the room. Fat cells do not increase in number. They increase in size. Sometimes the room is so full that extra insulin (door attendants) is needed to push people into the room. This is insulin resistance, prediabetes and type 2 diabetes. This eventually leads to insulin injections because your body simply cannot make enough insulin on its own.

How do you lower your insulin level? The main ways to lower your insulin level are changing what you eat and when you eat.

What you eat

The foods that you eat fall into three main categories: protein, fat and carbohydrates.

Protein is important for healing, building muscles, strengthening your immune system, and helping your body recover from stress. Common types of protein are meat, fish, poultry, seafood, eggs, dairy and nuts.

Fats are a source of energy for your body. They help transport many important vitamins and minerals. Fats also help to regulate inflammation (swelling) and immune response. Common types of fat are:

- saturated fat such as butter and ghee (clarified butter), lard, cheese, cream, coconut oil, whipping cream and coconut cream
- monounsaturated fat such as olives and olive oil, avocados and avocado oil, macadamia nuts and macadamia oil, almonds, pecans, peanuts, and other nuts and lard
- polyunsaturated fat such as fatty fish (salmon, mackerel, herring, sardines, anchovies), grass-fed animals, dairy from grass-fed animals, eggs from pastured chickens, chia seeds, flaxseeds, hemp seeds and walnuts.

Carbohydrates raise your insulin level more than any other food group (pushing more people — energy — into the room). Examples of carbohydrates are sugar, fructose, lactose, candy, chips, crackers, bread, pasta, rice, beans, and starchy vegetables (potatoes, corn). Almost all processed (packaged) food has carbohydrates.

Low-carbohydrate diet

The best way to avoid stimulating insulin is to eat a low-carbohydrate diet.

Important

It is possible to eat a low-carbohydrate diet and not lose weight if you eat too much protein or fat.

For slow, steady weight loss, follow a low-carbohydrate diet with no more than 100 grams of carbohydrates each day. For a faster weight loss, have less than 50 grams of carbohydrates each day. It is important to eat whole foods as processed or packaged foods can be high in carbohydrates.

Some common types of low-carbohydrate diets include ketogenic (keto), paleo, Atkins™, low-carb Mediterranean, or low-carb/high-fat. Talk with your dietitian If you would like to learn more about these low-carbohydrate diets.

Low carbohydrate diets can help you lose weight, especially when combined with correct meal timing (when you eat.)

Tip

Fasting means to go without any food or drink for periods of time.

When you eat

The quickest way to lower your insulin level is to fast. Every time you eat, you stimulate insulin and stop fat burning.

Intermittent fasting

This is an eating plan that alternates periods of fasting and eating. The fasting period is longer than the eating period.

As you start the weight management program, pay attention to how many hours you are eating each day — when is your first meal and when is your last meal of the day.

An easy goal is to start shortening the window of eating time by 30 to 60 minutes each day. For example, if you eat your first meal at 6:30 a.m. and finish dinner and snacks at 8 p.m., try moving breakfast to 7 a.m. and having your last meal done by 7:30 p.m.

If you would like to try fasting, talk with your dietitian to learn more or to decide which plan is best for you. Together you and the dietitian will choose a plan that works best for your goals and lifestyle.

There are three different plans:

- **time restricted:** You eat and fast each day.
Example: fast for 16 hours (7 p.m. to 11 a.m.) and eat healthful foods for 8 hours (11 a.m. to 7 p.m.).

You can start with a shorter fasting period (12 or 14 hours) and work your way up to 16 hours.

- **5:2 plan:** You eat healthful foods for 5 days and you fast for 2 full days each week. You can only eat 500 calories on fasting days.

For example: eat on Monday and Tuesday; fast on Wednesday; eat on Thursday, Friday and Saturday; and fast on Sunday.

- **alternate day fasting:** You fast every other day. You can only eat 500 calories on fasting days.

Fasting allows your body and especially your gastrointestinal tract time to rest and recover. Research has shown benefits to fasting including improved thinking, heart health, physical performance, and correction of type 2 diabetes.

Fasting takes practice and can be uncomfortable at first. You will want to start small and work your way up to different levels of fasting.

Chapter 2

Nutrition

In This Chapter

- Nourish your body
- Core lifestyle recommendations
- When and what to eat
- Eating out
- Hunger and satiety
- Mindful eating plan
- Maintaining your new lifestyle
- Meal planning

Nutrition

Nourish Your Body

Tip

Committing a little extra time and energy in your health today (one choice at a time) will help you toward achieving a healthier lifestyle!

Good nutrition is essential for a healthy body. Eating healthful foods will help your body get the nutrients it needs to help you feel your best. Every choice you make is an opportunity to nourish your body and give it what it needs.

Making good choices starts with changing the way you think about food. Instead of thinking about being on a “diet,” think of moving toward a new, lifelong way of healthy eating.

Follow the recommendations listed below to help you get started. Remember, making changes in your lifestyle will take time and effort. Make one better choice at a time and stick with it! Soon, you will start seeing positive changes in yourself.

Core Lifestyle Recommendations

- Eat no more than 3 well-balanced meals each day.
- Follow a low-carbohydrate diet with no more than 100 grams of carbohydrates each day.
- Eat healthful sources of protein, non-starchy vegetables and fruit at each meal.
- Eat three or more servings of non-starchy vegetables each day.
- Most of the foods you eat should be whole foods, instead of processed foods with many ingredients.
- Decrease or stop eating out (sit-down, takeout or fast food). If you do eat out, make healthful choices.
- Drink enough liquids. (Water should be at least half of your daily liquids.)
- Focus on reducing the time you are eating food (fed time) to 12 hours or less each day. This will help your body access stored fat.
- Practice mindful eating. (You can read more on page 25.)
- Practice self-monitoring by journaling or using an app for tracking.
- Aim for 30 minutes of physical activity each day.
- Focus on getting restful sleep.
- Identify ways to reduce stress.

When To Eat

The best meal pattern is one that keeps you energized and satisfied during your day. You will better manage your weight long-term if you eat healthful sources of protein, non-starchy vegetables and fruit at each meal. The ideal time to eat is when you feel physically hungry.

Irregular, unplanned meal patterns tend to lead to less healthful food choices and mindless snacking.

What To Eat

Your dietitian will work with you to create a plan that is right for you.

Protein

It is important to get enough protein during weight loss to prevent muscle loss. Not eating enough protein will cause your body to breakdown its own lean muscle just to get the protein it needs to make hormones and keep bones, muscles, cartilage, skin and blood healthy.

Protein helps you feel fuller longer. It can also keep blood glucose levels steady throughout the day which might help control cravings.

Did You Know?

Omega-3 fatty acids help protect your heart against heart disease.

Limit the amount of processed foods you eat: sausages and hot dogs; some luncheon meats (bologna and salami).

Eat meats and poultry. Seafood, especially salmon, trout, tuna, mackerel, and herring, is high in omega-3 fatty acids.

Protein serving sizes



1 ounce = 4 dice ($\frac{1}{4}$ cup)



3 ounces = deck of cards

Good Protein Sources		
Type of Protein	Serving	Average Grams of Protein
Plain Greek yogurt	$\frac{3}{4}$ cup	17
Whey protein shake	1 scoop/1 cup	25
White milk	1 cup	8
Ultra-filtered milk (such as fairlife® or Hood® Simply Smart®)	1 cup	13
Plain soymilk	1 cup	8
Cottage cheese	$\frac{1}{2}$ cup	15
String cheese stick	1 stick	7
Shredded cheese	4 tablespoons	7
Canned tuna or chicken	$\frac{1}{2}$ cup	18
White fish/salmon/tuna	3 ounces	20
Shrimp, scallops, lobster, crab	3 ounces	20
Pork (tenderloin, chop)	3 ounces	20
Skinless chicken, turkey	3 ounces	23
Venison, bison, elk, lamb, veal	3 ounces	20
Beef (sirloin, tenderloin, ground 96 percent)	3 ounces	20
Ground turkey	3 ounces	20
Deli meats (turkey, ham, chicken)	3 ounces	20
Egg	1 egg	6 to 7
Egg whites	2 egg whites	6 to 7
Nuts	$\frac{1}{4}$ cup	3 to 7
Nut butters	1 tablespoon	4
Soy burger	1 patty	15
Beans (garbanzo, black, pinto, kidney)	$\frac{1}{2}$ cup	7
Refried beans	$\frac{1}{2}$ cup	7
Tempeh	3 ounces	18
Tofu	$\frac{1}{2}$ cup	14
Vegan crumbles	$\frac{1}{2}$ cup	14
Edamame	$\frac{1}{4}$ cup	7

Tip

Saturated fats and trans fats are solid at room temperature (butter or stick margarine).

Monounsaturated and polyunsaturated fats are liquid at room temperature (oils).

Whenever possible, replace saturated fats, trans fats and refined oils with monounsaturated and polyunsaturated fats.

Did You Know?

Refined oils (such as corn oil, soybean oil and margarine) are very processed and have been changed by using chemicals. They are not healthy and are harmful to your body.

Fats

Fats are an essential nutrient and your body needs fat to work properly. They help you feel full and satisfied. Fats also do not increase your insulin levels. But, too much trans fat or refined oil can increase your cholesterol and your risk of heart disease.

Listed below are the types of fat found in food.

- **Trans fats** are also known as “partially hydrogenated vegetable oil” or “vegetable shortening.” They are made when vegetable oils are processed (or hydrogenated) into shortening and stick margarine. Sources of trans fats include snack foods, baked goods and fried foods. **These types of fat should be avoided.**
- **Saturated fats** are found in animal products such as butter, cheese, whole milk, ice cream and fatty meats. They are also found in some vegetable products (coconut, palm and palm kernel oil).
- **Unsaturated fats** come from both animal and plant products. There are two types:
 - **Monounsaturated fats** usually come from seeds or nuts such as avocado, olive, peanut and canola oils.
 - **Polyunsaturated fats** usually come from vegetable products such as corn, safflower, sunflower, soybean and sesame seed oils.
 - **Omega-3 fatty acids** are polyunsaturated fats. They include ground flaxseed, flaxseed oil, canola oil, walnuts, chia seeds and fatty fish (such as salmon, mackerel, herring and trout).

Oil serving sizes



1 teaspoon = 1 poker chip



1 ounce = 1 golf ball

Healthy Fats to Choose

- avocado
- olives
- avocado, canola, coconut, olive, peanut and sesame oils
- butter, ghee (clarified butter)
- half & half
- salad dressing or mayonnaise made with recommended oil
- unsalted nuts and seeds: almonds, cashews, pistachios, pecans, macadamia nuts, pine nuts, pumpkin seeds, walnuts, ground flaxseeds, sunflower seeds

Eat Less of These Fats

- solid fats and shortenings: lard, salt pork, bacon drippings
- partially hydrogenated vegetable oil
- corn, cottonseed, grapeseed, rice bran, safflower, soybean and sunflower oils
- palm oil or palm kernel oil (often used in bakery products)
- gravy containing meat fat, shortening or suet
- margarines: spray, tub or squeeze
- chocolate, cocoa butter
- nondairy creamers, whipped toppings, candy, fried foods

Cooking with Oils and Fats

Oil or Fat	Smoke point	Best uses
Avocado oil	520 F	high-heat cooking, searing, browning, Sautéing, frying, sauces, salad dressings
Butter	350 F	high-heat cooking, baking
Canola oil	400 to 450 F	high-heat cooking, baking, oven cooking, stir-frying, frying
Coconut oil	350 F	high-heat cooking, frying, sautéing, baking
Extra virgin olive oil	325 to 375 F	sautéing, sauces, salad dressings
Ghee (clarified butter)	450 F	high-heat cooking, sautéing, roasting, baking
Olive oil	465 to 470 F	searing, browning, sautéing, roasting
Peanut oil	475 F	high-heat cooking, searing, stir-frying, baking, oven cooking, frying, roasting, grilling
Sesame oil	450 F	high-heat cooking, but mainly used as flavoring, light sautéing, sauces, marinades, and salad dressings

Tip

Stress hormones are made in your gut. Eating a variety of fiber helps reduce the production of these hormones and helps healthy gut bacteria grow.

Carbohydrates

Carbohydrates give your body energy. All carbohydrate foods turn into glucose. Examples of carbohydrates are:

- starches (bread, crackers, cereal, rice, pasta)
- fruit and fruit juice
- milk, yogurt
- starchy vegetables (potatoes, dried beans, corn, sweet potatoes, winter squash)
- sweets

Fiber

Dietary fiber is the part of plants that your body cannot digest. There are two types of fiber:

- soluble (such as oats, legumes, seeds)
- insoluble (such as fruits, vegetables, whole grains).

Both types are important to good health and helping you manage your weight. They will help you feel fuller longer. Fiber can also keep blood glucose levels steady throughout the day which might help control cravings.

Tip

- If you feel hungry after a meal, you probably did not have enough healthy fat in your meal. Keep track of how much healthy fat you have at each meal.
- The amount of food you eat is important but so is the quality of the food you eat.
- You will control physical hunger better if you eat foods high in protein, fat and fiber.
- Your body will work and feel better if you choose foods that have the vitamins and minerals you need.

Non-starchy vegetables

Non-starchy vegetables play an important part in helping you manage your weight. They have many nutrients such as fiber, potassium, and vitamins A, E and C. Each color gives you a different set of nutrients, so try to eat a variety of colors each day. Find ways to eat them that you enjoy so they can be a central part of your meals.

Non-starchy Vegetables		
Choose a variety of vegetables and eat 3 or more cups each day.		
artichoke, artichoke hearts	cucumber	radishes
asparagus	daikon	rutabaga
bamboo shoots	eggplant	salsa
beans (green, wax, Italian)	greens (collard, kale, mustard, turnip)	salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
bean sprouts	hearts of palm	sprouts
beets	jicama	squash (cushaw, summer, crookneck, spaghetti, zucchini)
broccoli	kohlrabi	sugar snap peas
Brussels sprouts	leeks	Swiss chard
cabbage (green, bok choy, Chinese)	mushrooms	tomatoes
carrots	okra	turnips
cauliflower	onions	water chestnuts
celery	pea pods	yard-long beans
chayote squash	peppers	
coleslaw (packaged, no dressing)	pickles	

Starchy Vegetables	
Each of the choices below are <u>1 carbohydrate serving</u> (15 grams).	
½ cup potatoes, corn, peas, lima beans	¼ cup baked beans
½ cup sweet potatoes	1 corn on the cob (6 inches) or half an ear of a large cob
¾ cup winter squash (acorn, butternut)	

Snack Idea

Put ½ cup black beans in salsa and use cucumber slices as “chips.”

Tips for eating vegetables

- Add spinach, onions or mushrooms to your morning omelet.
- Use lettuce as a wrap for your sandwich, wrap or burrito. Then add tomato, cucumber or onions!
- Pack an extra serving of vegetables in your lunch.
- Add chopped broccoli, carrots or red peppers in place of noodles in your favorite broth-based soup.
- Add chopped cauliflower, zucchini, summer squash or asparagus in place of rice or pasta in your favorite dish.

Fruit

Whole fruits, frozen fruits without added sugars, or fruit packed in water are healthier choices than fruit in a cup with syrup or candied fruit.

Fruit		
Each of the choices below are <u>1 carbohydrate serving</u> (15 grams)		
Apple: 1 small (tennis ball size)	Dried fruit: ¼ cup	Peach: 1 medium
Apricot, fresh: 4 whole	Figs: 1 ½ fresh	Orange: 1 small (tennis ball size)
Banana: ½ large or 1 small (6 inches)	Grapefruit: ½ large	Plums: 2 small
Blackberries: ¾ cup	Grapes: 1 cup	Raisins: 2 tablespoons
Blueberries: ¾ cup	Honeydew: 1 cup	Raspberries: 1 cup
Canned fruit: ½ cup packed in water or its own juice (not syrup)	Kiwi: 1 whole	Strawberries: 1 ¼ cup
Cantaloupe: 1 cup	Mandarin oranges: ¾ cup	Tangerines/clementine oranges: 2 small
Cherries: 12 whole	Mango: ½ small or ½ cup cubed	Watermelon: 1 ¼ cup
Dates: 3 whole	Papaya: ½ large or 1 cup cubed	

Eating Out

Did You Know?

You can ask your server to:

- remove foods from the table like chips and salsa or bread and butter
- remove your plate as soon as you finish so you are less likely to pick at leftover food.

Did You Know?

Meal planning once a week can help decrease how often you eat out. Learn more about meal planning on pages 38 to 40.

Tip

If you did not make the meal yourself, you won't know what is in it.

Weight loss can be hard when you eat out often. You should decrease or stop eating out (sit-down, takeout or fast food). If that is not possible, you can still plan ahead and make healthful choices.

Tips for eating out

- Plan what to order before going to the restaurant.
Call ahead or look on the website to find your best choices so you can order without looking at the menu at the restaurant. Ordering first can help.
- Eat a small, protein-based snack or drink a calorie-free beverage before going to the restaurant.
- Ask how foods are prepared.
 - Good choices: steamed, meat or fish in its own juice, garden fresh, broiled, roasted, poached.
 - These choices should be avoided: fried, breaded, battered, melted cheese on top, creamed, escalloped, butter sauce, pan-fried, sautéed, au gratin.
- Ask if foods can be cooked in a different way such as steamed, grilled or broiled.
- Substitute fruit or vegetables for potato chips or French fries.
- Order salad dressings and sauces to be served on the side so you control the amount that goes on your food.
- Order a half portion or split a main dish with someone.
- To reduce calories and carbohydrates, order entrées without “extras” such as a burger without the bun.
- Ask for a “to go” box and place half of your meal in the box before eating.

Drink Enough Liquids

The benefits of getting enough liquids are endless. Some benefits include less hunger, constipation, headaches and indigestion.

The current recommended amount of total liquids is 64 ounces (8 cups) each day.

Each person's needs are different and can change from day-to-day. Replacing high-calorie and sweetened beverages with water will help you lose weight, but water does not have to be your only beverage.

Important

If you are taking a diuretic (water pill), please talk with your health care provider to determine the right amount of water for you.

Tip

Drinking more water is one of the simplest things you can do to be healthier.

Did You Know?

Artificial sweeteners (such as aspartame or sucralose) can increase insulin production and cause increased insulin resistance. This leads to weight gain.

Guidelines

Follow these guidelines to meet your daily recommended amount of liquids and stay well hydrated.

- **At least half of your daily liquids should come from water.**
 - Women: 40 ounces (4 ½ cups)
 - Men: 50 ounces (6 ½ cups)
 - You can drink more water – up to 100 percent of your daily amount.
- **You can have unsweetened coffee or tea.**

If you do not drink coffee or tea, choose water instead.

 - If you are pregnant, or have a hard time controlling your blood pressure or blood glucose, you may want to consider switching to decaffeinated coffee or tea.
 - If you flavor your coffee or tea, reducing the amount of sugar, cream and flavored mixers would help you manage your weight.
- **You can have up to 2 cups of milk. This includes soy milk and ultra-filtered milk such as fairlife®.**

You can have less, but just make sure you get your calcium from another source.

Avoid or limit these beverages

■ Alcoholic beverages

- Calories and carbohydrates from alcohol can add up quickly. Alcohol can also make you feel hungry.
- You should drink alcohol in moderation. This means no more than 1 to 2 drinks for men, and no more than 1 drink for women each day.
- One drink contains 12 grams (.5 ounce) of pure alcohol. Examples of standard drinks include:
 - 12 ounces of beer or wine cooler
 - 5 ounces of wine
 - 1.5 ounces of distilled spirits (such as vodka, gin or scotch).

Tip

You can flavor water in healthful ways by adding:

- slices of lemon, lime or orange
- slices of cucumber or fresh ginger root
- fresh herbs such as mint, basil, cilantro or dill
- fresh fruit like watermelon or strawberries
- extracts such as mint, vanilla, almond, cinnamon or chocolate
- flavored stevia drops.

You can also try these ideas with sparkling water, decaffeinated coffee and herbal tea.

■ “Diet” drinks made with artificial sweeteners

- These types of drinks **may** cause weight gain and increase cravings.
- Examples of diet drinks include Crystal Light® or sugar-free Kool-Aid®
- Up to 1 to 2 cups (8 to 16 ounces) is OK.

■ Sugar-sweetened drinks

- Avoid sugar-sweetened drinks because they are very high in calories and carbohydrates and will cause weight gain.
- Examples of sugar-sweetened drinks include sweetened tea, coffee or pop, or adding sugar or honey to a beverage.
- You may see weight loss if you stop having these types of drinks.
- Sports drinks such as Gatorade®, Powerade® or BODYARMOR® are not needed.
- You should avoid energy drinks. They are often high in sugar, calories and caffeine. It has not been proven that energy drinks are safe. Some ingredients may be harmful to your health.

Hunger and Satiety

Did You Know?

Satiety is the feeling that
“I have had enough.”

People are born with a natural ability to identify and respond to hunger and satiety (fullness). But overtime, life and busy schedules can affect this ability.

Use the hunger-satiety scale to rate your hunger. Ideally you should start a meal or snack when at a “3” and end at a “6.”

Hunger-satiety Scale
10 = Sick (You feel painfully full and nauseated.)
9 = Stuffed (Your stomach feels bloated.)
8 = Discomfort (You feel uncomfortable.)
7 = Very Full (You feel like you have overeaten.)
6 = Full (Your stomach feels comfortable.)
5 = Satisfied (You are not hungry or full.)
4 = Pangs (Your stomach is growling and starting to feel empty.)
3 = Hungry (You cannot concentrate. All you can think about is that you are hungry.)
2 = Starving (You are irritable and want to eat everything in sight.)
1 = Ravenous (You feel like you will pass out.)

Tip

People eat for many reasons other than hunger. Learn more on pages 26 to 29.

How you eat is as important as **what** you eat. It takes about 20 minutes for your brain to get the signal you are no longer hungry. Slowing down your pace of eating will help you:

- digest your food better
- be more aware of what you are eating and when you are satisfied so you do not overeat.

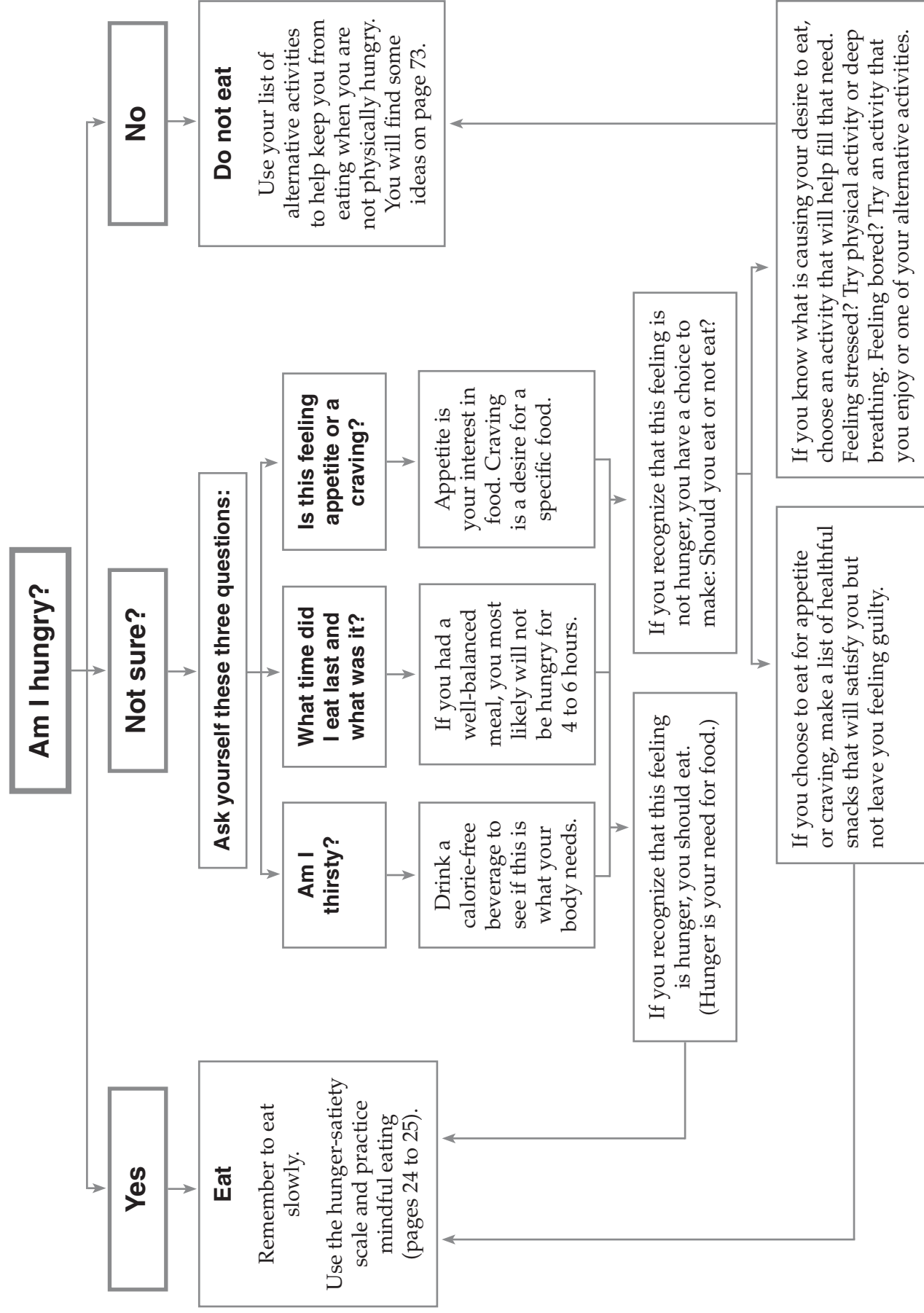
Try these tips to practice slowing down your eating until it feels more natural.

- Put down your fork and take a break between bites.
- Have a conversation during meals.
- Play relaxing music.
- Use your non-dominant hand to hold the utensil.
- Eat with chop sticks or a baby spoon.
- Take small bites and chew food 25 times before swallowing.
- Choose foods that naturally take longer to eat like pomegranate, nuts in the shell or crab legs, or see how many times you can divide string cheese before it is gone.
- Wait 5 minutes before taking seconds.

- Practice mindful eating using all five senses (sight, smell, touch, taste and sound). It will help you become aware your senses while you eat: hunger, when you stop feeling hunger and when you feel satisfied. Try to find a quiet space and make it enjoyable.

Steps for Mindful Eating	What to Do	How Did You Feel
Take a few deep breaths before your start eating.	<ul style="list-style-type: none"> ■ Look at the color, shape and texture of your food. <ul style="list-style-type: none"> — Is it appealing? How does it smell? — How does it make you feel? 	
Be aware as you start to eat.	<ul style="list-style-type: none"> ■ Notice as you: <ul style="list-style-type: none"> — move your hand slowly to your utensil — pick up your utensil and move it slowly to your food — put your utensil into your food. 	
Move the food to your mouth.	<ul style="list-style-type: none"> ■ Watch your hand move the food to your mouth. <ul style="list-style-type: none"> — Notice the smell of the food. — Did you start to salivate? 	
Take your first bite.	<ul style="list-style-type: none"> ■ Notice your teeth chewing the food. <ul style="list-style-type: none"> — How is the food positioned in your mouth? — Does your tongue move to get the food closer to your teeth? 	
Chew slowly.	<ul style="list-style-type: none"> ■ Notice the sensations in your mouth and on your tongue. What tastes do you notice? ■ Where is your hand on the utensil? Did you put the utensil back on the table? 	
Be aware as you swallow the food.	<ul style="list-style-type: none"> ■ Try to notice the muscles in your esophagus contract as they push the food to your stomach. <ul style="list-style-type: none"> — Can you feel the food in your stomach? — Is your stomach empty, full or somewhere in between? 	
Keep eating your meal until you are finished.	<ul style="list-style-type: none"> ■ Try to notice as many sensations as possible. <ul style="list-style-type: none"> — How do you feel when your stomach starts to feel full? — Does your food taste as good as the first bite? 	

Before Eating: Stop and Think



Before Eating: Stop and Think

My Strategies for Non-hunger Eating			
Eating Strategy	Environment	Non-eating Strategy	Environment
Sugar-free chocolate pudding pop	Home	Take a walk to the water cooler and fill my water bottle	Work
Fruit	Work	Read my book	Home

How to cope with some common triggers

Here are some way to cope with some common triggers that may urge you to overeat.

Site and smell of food

- Avoid the kitchen or breakroom with alternate routes. Do not go by bakeries, fast food restaurants or vending machines.
- Keep high-calorie, irresistible foods out of the house or work space – or at least out of sight.
- Remove candy dishes and cookie jars. Move doughnuts away from you at work to another part of the office. Keep healthful options easy to reach, in sight and ready to eat. Keep bottled water within arms reach.
- Turn off the lights in the kitchen when it is not meal time. Put a “kitchen closed” sign on the refrigerator or pantry.
- Limit your eating to one place. Store food only in the kitchen or breakroom.
- If leftovers are an issue, make less of the more tempting option, or divide and place it in freezer bags and put them in the freezer right away.
 - Place the container in the back of the freezer.
 - Keep serving bowls off the table.
 - Put leftovers away before you sit down to eat.
 - Share with family or friends.
 - Put the container in the back of the refrigerator.
- Keep things around you at home and at work that make you want to eat healthy.

Cooking

- Do not cook when you are hungry. Make several meals at once to decrease how often you cook.
- Have cut-up fruits and vegetables on the table for you and your family to snack on while making the meal to take the edge off your hunger.
- Brush your teeth before making a meal or chew gum while making meal.

Tip

Learn more about how to read labels on pages 30 to 31.

Grocery shopping

- Order groceries online.
- Find a local farmers' market.
- Make a shopping list ahead of time to limit impulse buys.
- Look for coupons or sales for fresh vegetables and fruits.
- Do not shop when you are hungry.
- Do not go to sections in the store that tempt you.
- Read labels.
- Shop from a basket rather than a cart if you only need a few items to limit impulse buys.
- Put food away right when you get home.
- When buying in bulk, freeze or dehydrate the extra portions to use later.

Social gathering/dining out

- Eat your usual food before the gathering or dining out to avoid being too hungry.
- Position yourself away from where the food is located.
- Plan to attend special occasions only for a certain length of time. It is OK to have an escape plan or exit strategy. Or just get some fresh air to regroup. Focus on eating protein and non-starchy vegetables.
- Avoid or limit drinking alcohol.
- Hold a glass of water while mingling at a party. Sparkling water gives the illusion of a bubbly "drink."
- Decide in advance what you plan to say to others who might be food pushers. Some examples are:
 - "No thank you."
 - "I may have some later."
 - "I'm not hungry right now."
- Take one bite or split a serving with someone.
- Order smaller or half portions when you dine out or give your leftovers to someone else.
- Try doing non-food activities with family and friends such as walking at the park or mall, going to the zoo or playing mini-golf.

Smart Shopping

Learning how to read labels will help you make wise choices. On the next page are some guidelines you can follow when shopping for healthful foods.

Ingredient list

- Avoid foods that have “partially hydrogenated” and “hydrogenated” oils. These are sources of trans fat.
- Choose foods that have whole grain as a first ingredient.
- Choose foods with fewer ingredients listed.
- Look for added sugars in the ingredients list. The higher up added sugars are on the list, the more added sugar is in the product. Added sugars go by a lot of different names. Here are some examples.

Basic Sugars		
■ dextrose	■ lactose	■ trehalose
■ fructose	■ maltose	
■ glucose	■ sucrose	
Solid or Granulated Sugars		
■ brown sugar	■ confectioner’s powdered sugar	■ raw sugar
■ cane sugar	■ dextrin	■ turbinado sugar
■ coconut sugar	■ maltodextrin	■ white granulated sugar
		■ yellow sugar
Liquid or Syrup Sugars		
■ brown rice syrup	■ fruit juice	■ malt syrup
■ cane juice	■ high fructose corn syrup	■ maple syrup
■ caramel	■ honey	■ molasses
■ corn syrup	■ invert sugar	■ nectars
Sugar alcohols		
■ erythritol	■ mannitol	■ xylitol
■ maltitol	■ sorbitol	

Calories

- 40 calories per serving = low
- 100 calories per serving = moderate
- 400 calories or more per serving = high

Total per day: _____

Total fat

- 5 grams (g) = 1 serving of fat

Total per day: _____

Saturated fat

- 3 g or less per serving

Total per day: _____

Trans fat

- 0 g per serving

Total per day: _____

Sodium

- Less than 500 milligrams (mg) per serving for a main entree
- Less than 150 mg per serving for snack, side dish or ingredient

Total per day: _____

Total carbohydrate

- 15 g = 1 serving of carbohydrate or starch

Total per day: _____

Fiber

- 3 g per serving = good choice
- 5 g or more per serving = great choice

Total per day: _____

Sugar

- 7 g or less per serving

Total per day: _____

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source of labels: U.S. Food and Drug Administration

Protein

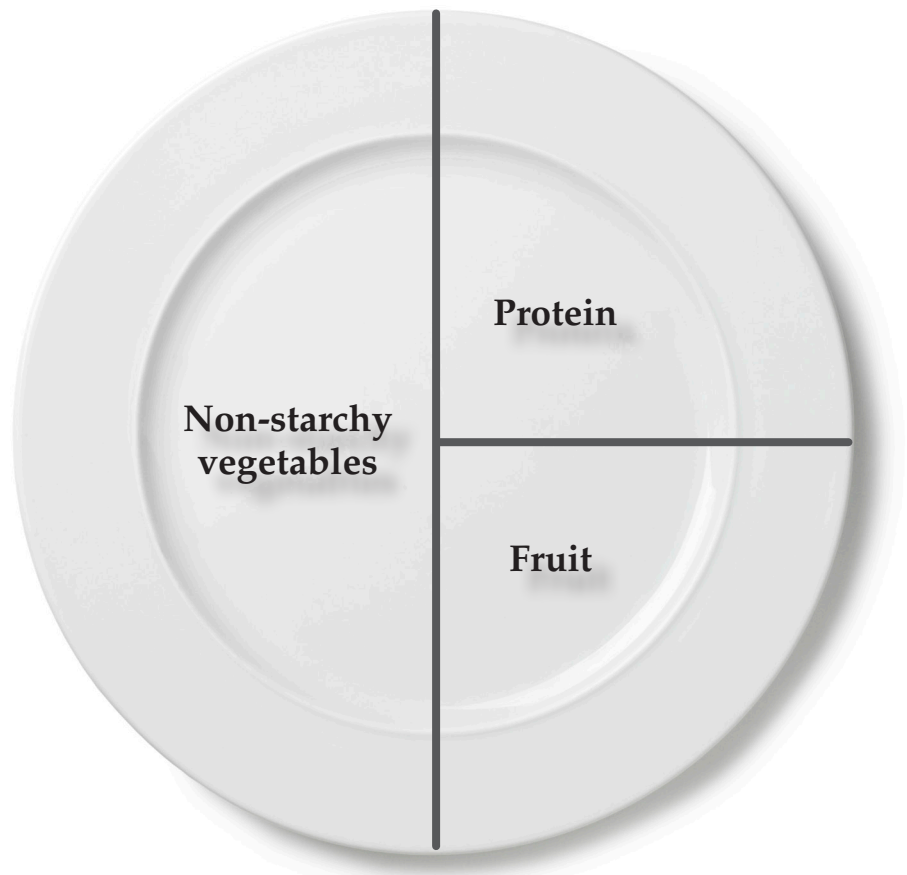
- 7 g = 1 serving of protein

Total per day: _____

My Mindful Eating Plan



- ☐ Create an intentional meal space such as eating at a table.
- ☐ Reduce distractions during meal time.
- ☐ Eat slowly. Make each meal last 20 to 30 minutes.
- ☐ Weigh or measure my food and beverages.
- ☐ Choose smaller plates, bowls, cups and utensils.
- ☐ Use plates, bowls, cups and utensils that have measurements printed on them or write in measurements.
- ☐ Fill half my plate with non-starchy vegetables, fruit or both.
- ☐ Limit seconds to only non-starchy vegetables.
- ☐ Use a list or a meal plan.
- ☐ Buy just enough to get you through to the next grocery store visit.
- ☐ Buy single portion servings or repackage food into the right serving size.
- ☐ Eat foods high in carbohydrates less often, in smaller portions or find a replacement that works for you.
- ☐ Drink one 8-ounce glass of water before eating a meal.



Maintaining Your New Lifestyle

Lapses or setbacks are normal. They are also temporary. Something triggers you to lapse and you return to old behaviors. Do not let a bad day or week turn into a bad month or year!

A relapse is a return to an old lifestyle. It often can happen when a crisis or a big change happens in your life that changes your routine. Relapse prevention is key to maintaining positive changes for a lifetime.

Create a relapse prevention plan

Create an ongoing plan around the following areas to help prevent lapses from turning into a relapse. If you have a relapse, have an “emergency mode” plan that is more intense than your ongoing plan.

Tip

Create your relapse prevention plan using the worksheet on page 36. You will find a sample plan on page 35.

■ Reconnect with your weight loss provider and dietitian.

This visit will review of your total health and wellness. Your providers will check your labs, review vitamin and mineral supplements, provide the most up-to-date nutrition recommendations and provide support, guidance and connection to other resources if needed. There may be a medical reason if you are struggling.

■ Reconnect or establish care with a mental health provider. Weight loss does not fix every part of your life. Mental health providers can help provide ideas for stress management, emotional or relationship issues, body image, depression or anxiety.

■ Create a “get back on track” plan for nutrition and physical activity.

- **Nutrition:** This will vary from person to person. Some people follow something that feels effortless for a short amount of time until they can get back to their ongoing plan. For example, they might follow a specific, simple menu for a period of time (usually 1 to 7 days). It may include meal replacements, high-protein frozen dinners, or pre-prepared fresh fruits and vegetables.
- **Physical activity:** It is better to cut-back than to stop completely. If you have stopped completely, exercise right away to re-establish the habit, even if just for 1 or 2 minutes each day.

- **Scan/inventory your environment.** Take time to identify what was the trigger that got you off track in the first place.
 - What can you do differently next time?
 - Are there any obstacles?
 - Did trigger foods start trickling back into the house? Clear them out and restock your kitchen with healthful foods.

When other members of your household have “favorite foods” that trigger you, put those foods in a container with this person’s name on it to remind you that those foods belong to someone else.

- **Self-monitor.** Try not to become comfortably complacent (content). Use self-monitoring tools every once in a while to help you notice if you are off track. If you are off track, keep track of your weight, food and physical activity each day until you feel confident again.
- **Be intentional about building motivation.** Read about finding and keeping your motivation on pages 61 to 62.
- **Use positive thoughts.** Remember where you started when you began your weight loss journey. Remember how you looked and felt and how much you have now changed.
- **Use a life line.** Ask your support network for help. Subscribe to magazines or blogs or read books to keep learning and growing. Call your health and wellness coach.

Sample Relapse Prevention Plan	
Ongoing Plan	Emergency Mode Plan If the scale ever says 200 pounds, I will...
Nutrition and Physical Activity <ul style="list-style-type: none"> ■ Go grocery shopping on Sunday and write out meals for the next week. ■ Complete the 30 Day Fit Challenge Workout app. 	Nutrition and Physical Activity <ul style="list-style-type: none"> ■ Follow my set regroup meal plan exactly for 1 week. ■ Sign-up for a community 5K event
Scan/Inventory Environment <ul style="list-style-type: none"> ■ Keep temptations like chocolate in the top cupboard and do an extra clearing out after holidays or special gatherings. 	Scan/Inventory Environment <ul style="list-style-type: none"> ■ Remove all temptations from the house.
Self-Monitoring <ul style="list-style-type: none"> ■ Weigh myself each month. ■ Track vegetables every day. 	Self-Monitoring <ul style="list-style-type: none"> ■ Weigh myself every week. ■ Track everything I eat using a food tracker app or notebook.
Motivation <ul style="list-style-type: none"> ■ Every 3 months, schedule a time to look at my weight loss graph to remind me of how far I have come. 	Motivation <ul style="list-style-type: none"> ■ Create a non-food reward system for when I reach my next milestone.
Positive Thoughts <ul style="list-style-type: none"> ■ Tell myself, "This is a journey that starts with hope and ends with success." 	Positive Thoughts <ul style="list-style-type: none"> ■ Tell myself, "Falling off the wagon is not the problem. It is how long you stay off that is the problem."
My Life Lines <ul style="list-style-type: none"> ■ Reach out to my accountability partner whenever I feel off track. 	My Life Lines <ul style="list-style-type: none"> ■ Go to a support group. ■ Schedule an extra visit with Allina Health Weight Management.

My Relapse Prevention Plan

Ongoing Plan	Emergency Mode Plan If the scale ever says _____ pounds, I will...
Nutrition and Physical Activity	Nutrition and Physical Activity
Scan/Inventory Environment	Scan/Inventory Environment
Self-Monitoring	Self-Monitoring
Motivation	Motivation
Positive Thoughts	Positive Thoughts
My Life Lines	My Life Lines

Tips for Cooking Meat and Chicken

Tips

Grilling and broiling are good options for cooking meat, but they can dry out the meat if overcooked or cooked too fast.

Pressure cookers (such as Instant Pot®) and air fryers are good alternatives to slow cooking methods.

Meat (such as beef and pork) and poultry tend to be less tender and drier. Here are some tips to make them taste good.

- Tenderize meat and chicken by pounding it thin with a special mallet or cut it into strips before cooking. You can also tenderize meat by using marinades with citrus juices, vinegar, salad dressings or pineapple juice. The longer you marinate the meat the more tender it will be.
- Use slow cooking methods or moisture cooking methods.
 - Baking: Cover with lid or foil to retain moisture.
 - Braising: Add a small amount of liquid such as broth, wine or vegetable juice and heat in a covered container in the oven or on a stove top.
 - Roasting: Place food on a rack to prevent food from sitting in drippings. Do not use the drippings for basting. Use vegetable or fruit juices, broth or wine instead.
 - Smoking: Makes meat tender and moist.
 - Sautéing: Use broth or wine instead of oil.
 - Steaming: Add herbs and spices to the water.
- You can also substitute fish which is naturally tender.

Flavoring Ideas

Vegetables, potatoes	broth or bouillon; Greek or plain yogurt; tahini; herbs and spices; salsa or mustard; lemon or lime juice; cooking spray or spray butters; grill them
Salads	salad dressing; salad spritzers; flavored vinegars; salsa; tahini; fresh herbs; citrus juice (lemon, lime, orange or grapefruit); add juicy vegetables like tomatoes or cucumber to add moisture
Bread, sandwiches	cream cheese; horseradish; mustard
High-protein pancakes	crushed berries; lite syrup; nut butter; Greet yogurt
Soup, stews	herbs and spices; wine; vegetable juice; strong flavored vegetables like onion, broccoli or garlic

Herb and Spice Suggestions

Tip

- Store your dried herbs and spices in a cool, dark place.
- Add mild herbs, such as marjoram and parsley, right before serving the food.
- You can substitute dried herbs for fresh herbs. Be sure to only use one-third of the amount. (Instead of 1 tablespoon fresh parsley, use 1 teaspoon of dried parsley.)

Try these flavor ideas:

- **beef:** bay leaf, curry, dry mustard, sage, marjoram, mushrooms, nutmeg, onion, pepper, thyme
- **lamb:** curry, garlic, mint, pineapple, rosemary
- **pork:** apples, applesauce, garlic, onion, sage, peaches
- **veal:** apricots, bay leaf, curry, ginger, marjoram, oregano
- **fish:** bay leaf, lemon juice, marjoram, mushrooms, paprika
- **chicken:** cranberries, paprika, thyme, sage
- **asparagus:** lemon juice
- **corn:** green pepper, tomato
- **green beans:** marjoram, lemon juice, nutmeg, dillweed
- **peas:** onion, mint, mushrooms, green pepper
- **potatoes:** onion, mace, green pepper
- **squash:** ginger, mace, onion, cinnamon
- **tomatoes:** basil, marjoram, onion.

Meal Planning

Tip

Try not to make separate meals. Offer the same foods for everyone. Your entire family can benefit from healthful eating.

Most people who have lost weight and kept it off make almost all (90 percent) of their own meals. Try these tips to get back in the kitchen.

- Plan meals and snacks for up to 1 week at a time.
- Create a list of preferred meals that are healthful and you and your family enjoy.
- Stock your cupboard with staples, those foods your family eats often.
- Set aside times to slice, dice and chop foods you will use for cooking, such as carrots, onions and peppers. Store your prepped ingredients in clear plastic bags for easy identification.
- Use ingredients that have already been partially prepared such as chopped vegetables or pre-assembled kabobs or rotisserie chicken. Though more expensive, it is still cheaper than eating out often.
- Involve family in the meal preparation and clean-up process.



Tip

Visit allinahealth.org/recipes for healthful recipe ideas.

Tip

There are meal planning worksheets on pages 84 to 88.

- Cook in quantity on weekends for quick and easy meals all week. Buy a lot of small containers to freeze individual servings.
- Balance time-consuming entrees with easy side dishes.
- Try including at least three different foods at each meal.

Lunch

- Cook up big batches of chili, stew or soup to freeze in individual portions. It will keep for 2 to 3 months in 0 F or below.
- Change up your salad.
 - Try different types of protein: eggs, black beans or garbanzo beans, cottage cheese, imitation crab, nuts or seeds, or tuna or chicken salad made creamy with plain Greek yogurt.
 - Try new greens: bok choy cabbage, spinach, romaine, arugula or fresh herbs.
 - Add fruit: apples, pears or berries.
- Vary your condiments on your sandwich: hummus, guacamole, mayo, horseradish or mustard.
- If you have a frozen entree, enjoy vegetables, fruit or both with the meal.

Dinner

- Organize a weekly “make your own” night. Put out the fixings for tacos, fajitas, individual pizzas or stir-fries and have your family make their own creations.
- Have a mid-winter cookout using the grill.
- Eat your favorite breakfast at dinner.
- Get to know your neighbors with a United Nations potluck. Each family brings a dish from a different country.
- Each week, try something new from one of the food groups. Maybe couscous from the grain group, daikon radish from the vegetable group, star fruit from the fruit group, soft goat cheese from the dairy group, and bison from the meat group. Take the kids on a supermarket safari. Pick a food group and let each of them hunt down one food they have never tried before.

- Try something new. How about kefir, quinoa, kohlrabi or tabbouleh?
- Try a new recipe every 1 to 2 weeks.
- Use different cooking methods: bake/roast, grill/broil, sauté, stir-fry, braise, simmer/boil, steam, smoke or slow cooker. Each cooking method brings out different flavors and textures in a food.

Chapter 3

Getting Active: Your Guide to Exercise

In This Chapter

- Why physical activity matters
- Getting started
- Three pillars of exercise programs
- How to keep making progress
- How recovery works and why it's important

Getting Active: Your Guide to Exercise

Why Physical Activity Matters



One size does not fit all for physical activity. Try a variety of activities and choose the ones you enjoy most.

Physical activity has many benefits. Regular physical activity can:

- help maintain a healthy weight
- lessen the risk for heart disease, diabetes, obesity, certain cancers and joint conditions
- improve bone health
- help maintain good blood pressure and cholesterol levels
- help control blood glucose (sugar) levels
- lessen levels of anxiety, depression, and stress
- improve your self-esteem and confidence
- help improve concentration and memory
- improve your mood
- build endurance and increase your metabolism
- improve your ability to do daily activities
- increase muscle strength
- help you relax and sleep better
- give you an overall feeling of well-being
- help you live a longer life.

Understanding “Sitting Disease”

Did You Know?

The average American spends about 7.7 hours sitting each day.

(Source: 2008 American Journal of Epidemiology)

Most Americans spend more than half their waking hours sitting. Health experts call this “sitting disease.”

How much do you sit each day? Think about how long you sit at work or in the car, or in front of a TV or computer.

Being inactive like this can increase your risk for heart disease, diabetes and some cancers. It can also:

- lower your metabolism (how your body uses energy)
- cause bad posture and balance problems
- cause poor circulation.

Even regular exercise doesn’t completely undo these bad effects. Research shows that even if you work out for an hour each day, sitting for the remaining hours still harms your health.

This doesn’t mean you should stop exercising. It means you need to lessen sitting time throughout the day.

What You Can Do: Breaking the Sitting Habit

The easiest way to get started is to stand instead of sit whenever you can. Here are some practical ways to move more throughout your day:

Set reminders to move.

- Set a timer or alarm to remind yourself to stand up for a couple minutes each hour.
- Many smartphones and smartwatches now have movement reminders built in.

Take mini walking breaks.

- Take a few 10 to 15 minute walks throughout the day. Even a quick walk to the water cooler, bathroom, or around your office counts.

Break up sitting time:

- Walk while talking on the phone.
- Get up and change the TV channel instead of using a remote control.
- During TV commercials, walk around the house or up and down the stairs.
- Stand up during online meetings when possible.
- Sneak in movement everywhere.
- Use the stairs instead of an elevator.
- Park your car at the end of the parking lot and walk to the store.
- Get off the bus one stop early and walk the rest of the way.

Increase Your NEAT (Non-Exercise Activity Thermogenesis).

NEAT is all the energy you use for everything you do throughout the day, except for formal exercise. Even these small movements add up over time and help lessen the effects of sitting. Examples include:

- Folding laundry
- Gardening
- Cooking
- Cleaning
- Playing with children or pets
- Fidgeting
- Stretching.

Getting Started: Your First Steps

Tip

Be sure to wear comfortable clothes and the right footwear when exercising.

Talk with your healthcare provider before starting or increasing a physical activity program. Or if you have a health concern.

The most important thing is to start slowly. Many people feel overwhelmed about where to begin, especially if exercise hasn't been part of your life before. That's perfectly normal. This section will help you take those first steps.

Starting Simple: Walking Program for Beginners

Tip

When you start a physical activity program, start slowly and progress slowly. This will help prevent soreness and feeling frustrated.

Walking is one of the best exercises to begin with after bariatric surgery. It's gentle on your joints, requires no special equipment, and can be done anywhere.

- Weeks 1 and 2: Walk for 5-10 minutes, 2-3 times per day
- Weeks 3 and 4: Walk for 10-15 minutes, 2 times per day
- Weeks 5 and 6: Walk for 15-20 minutes, once or twice per day
- Weeks 7 and 8: Walk for 20-30 minutes, once per day

Remember to:

- Start with a pace that feels comfortable
- Wear supportive shoes
- Walk on level ground at first
- Use proper posture (head up, shoulders relaxed)
- If you feel pain (beyond mild discomfort), stop and rest

Overcoming Common Barriers

Tip

Be sure to warm up before doing any physical activity. Do at least 3 to 5 minutes of light exercises such as walking, biking or dancing.

After finishing the physical activity, cool down with 3 to 5 minutes of light exercises and stretching as well. This will help you avoid injury.

It's normal to face challenges when starting an exercise routine. Here are some common barriers and ways to overcome them:

Low Energy

Start with very short sessions (even 5 minutes) and slowly build up. Exercise will give you more energy over time.

Physical Discomfort

Focus on gentle movements. Listen to your body and don't ignore pain. Your tolerance will improve over time.

Lack of Time

Remember that three 10-minute walks provide similar benefits to one 30-minute walk. Look for small opportunities to move during the day.

Feeling Self-Conscious

Many people feel uncomfortable exercising in front of others. Start at home, find a quiet walking path, or look for bariatric-friendly fitness classes where everyone is on a similar journey.

Lack of Motivation

Find an exercise buddy, join a support group, or work with a trainer who has experience with bariatric patients. Setting small, achievable goals and tracking your progress can help keep you motivated.

The Three Pillars of Your Exercise Program

A complete physical activity program includes three pillars.

1. **Cardiovascular (cardio) activity** improves heart and lung health.
2. **Strength training** builds and maintains muscle mass,
3. **Flexibility work** improves range of motion and helps prevent injury.

All three pillars are important. But you might focus on different pillars depending on where you are in your journey. Each pillar will be explained later.

Why Movement Matters: Understanding Functional Fitness

Movement and physical activity are important because they help you live longer and do the activities you want to do, especially as you age. This is where “functional fitness” helps you after bariatric surgery.

What is Functional Fitness?

Functional fitness means training your body to do real-life activities easily. Unlike exercise that works out specific muscles (like bicep curls), functional fitness focuses on training your muscles to work together to perform everyday tasks.

For bariatric surgery patients, functional fitness is important because it helps you get back the ability to move comfortably through your daily life. The goal isn't just to lose weight or look different. It's to move better, feel stronger, and be more independent.

Real-Life Benefits of Functional Fitness

Functional fitness training prepares your body for activities like:

- Getting up off the floor without assistance.
- Bending over to tie your shoes without pain.
- Crossing your legs comfortably.
- Getting down on the floor to play with kids.
- Getting up from a chair or couch without help.
- Bending over to pick up items from the floor.
- Carrying groceries into your house.
- Carrying children or grandchildren.

- Playing actively with kids or grandchildren.
- Lifting items to put away in high cabinets.
- Fitting comfortably into airplane seats or amusement park rides.
- Walking without assistance or joint pain as you age.
- Going on a family bike ride without needing frequent breaks.

How Basic Movements Support Everyday Activities

The exercises in a functional fitness program relate to daily activities.

Squat Movement Pattern

- Helps with: Getting up from chairs/couches, getting on/off toilets, getting in/out of bathtubs
- Basic exercise: Chair squats (sitting down and standing up from a chair)

Deadlift/Hip Hinge Movement Pattern

- Helps with: Bending to pick up items from the floor, tying shoes, gardening
- Basic exercise: Hip hinge practice (bending at hips while keeping back straight)

Overhead Press Movement Pattern:

- Helps with: Putting groceries away on high shelves, storing boxes overhead, retrieving items from cabinets
- Basic exercise: Wall push or light overhead lifts

Carry Movement Pattern:

- Helps with: Carrying groceries, luggage, children, or items from car to house
- Basic exercise: Farmer's carry (walking while holding weights at your sides)

These fundamental (basic and necessary) movements become easier as you build strength. This makes you more independent and gives you confidence in your daily life.

Cardiovascular Activity: Building Endurance

Cardiovascular activity (also called aerobic activity or “cardio”) is any physical activity that raises your heart rate and respiratory (breathing) rate. It helps improve your heart and lung fitness, which gives you energy for daily activities and helps your body recover faster. Some examples include:

- Brisk walking
- Hiking
- Jogging/running
- Biking
- Swimming
- Rowing
- Jumping rope
- Dancing
- Aerobics classes.

How Often Should You Do Cardio?

Try to do some form of cardiovascular activity most days of the week. You should work up to doing some form of cardio 5 to 7 days per week, even if some days are just light activity like walking.

Your long-term goal is to work toward a minimum of 30 minutes of moderate-intensity (not really hard, but not easy) cardio each day. When you’re starting out:

- Begin with just 5 to 15 minutes at a time.
- Add 1 to 3 minutes each week as your body gets used to the activity.
- Remember that multiple short sessions throughout the day count too.

Finding the Right Intensity: The Talk Test and Heart Rate Zones

How hard should you be working during cardio exercise? There are several ways to check how hard an exercise is for you.

The Talk Test

- This is a simple way to check your exercise intensity.
- If you can sing easily while exercising, you’re working too lightly.
- If you can comfortably talk but wouldn’t want to, you’re at moderate intensity (you should be here for most of your cardio exercises).
- If you can barely speak a few words without gasping for breath, you’re working too hard.

Heart rate zones

Another way to see how hard you're working out is to use something called "heart rate zones". You can use this method if you have a heart rate monitor.

There are 5 zones. Each zone is a percentage of your maximum heart rate (or the fastest your heart should beat.)

For most of your cardio exercises you should try to stay in zone 2. This is because you are getting the benefits of cardio and lessening the risk of injury. Use the chart below to see what your heart rate should be at in zone 2.

Age	Maximum Heart Rate (bpm)	Zone 2 Heart Rate (bpm)
20	200	120 to 140
25	195	117 to 137
30	190	114 to 133
35	185	111 to 130
40	180	108 to 126
45	175	105 to 123
50	170	102 to 119
55	165	99 to 116
60	160	96 to 112
65	155	93 to 109
70	150	90 to 105
75	145	84 to 102

Heart rate zones (continued)

The chart above is a guide for you to use. If you want to know the exact heart rate you should be at, it takes a little bit of math.

To calculate:

1. First, using a sheet of paper or a calculator, subtract your age from 220. This is your maximum heart rate. Write this number down below.

$$220 - \text{your age} = \text{Maximum heart rate}$$

2. Now, multiply your maximum heart rate by 0.6 (60 percent). This is the lower end of your range.

$$\text{Maximum heart rate} \times 0.6 = \text{Lower end of Zone 2}$$

3. Then multiply your maximum heart rate by 0.7 (70 percent). This is the higher end of your range.

$$\text{Maximum heart rate} \times 0.7 = \text{Higher end of Zone 2}$$

Maximum heart rate:	Zone 2 lower end:	Zone 2 higher end:
_____ bpm	_____ bpm	_____ bpm

Full list of zones

You learned before that there are 5 heart rate zones. The rest of the heart rate zones are listed below.

Zone	Intensity Level	Percent of Maximum Heart Rate
Zone 1	Moderate-low (easy)	50% to 60%
Zone 2	Moderate (not easy, but not too hard)	60% to 70%
Zone 3	Moderate high (slightly hard)	70% to 80%
Zone 4	High (hard)	80% to 90%
Zone 5	Very high (very hard)	90% to 100%

Activities at different heart rate zones

Here are some examples of different exercises at zone 2 and zone 5:

Zone	Exercises
Zone 2	<ul style="list-style-type: none">■ hiking■ gardening/light yard work■ dancing■ playing golf (walking and carrying your clubs)■ bicycling (at least 10 mph)■ weight training■ brisk walking – if you increased the speed anymore you would have to run; can add incline/ elevation to increase intensity■ water aerobic
Zone 5	<ul style="list-style-type: none">■ bicycling (more than 10 mph)■ swimming (freestyle laps)■ running■ hiking up hills■ jump rope■ aerobics■ heavy yard work■ weightlifting (vigorous effort)

Using the Rate of Perceived Exertion (RPE) Scale

If you don't have a heart rate monitor, you can use the Rate of Perceived Exertion (RPE) scale. This scale helps you check how hard you're working by how you feel.

6	No exertion at all
7	
8	Extremely light
9	
10	Very light
11	
12	Light
13	
14	Somewhat hard
15	
16	Hard (heavy)
17	
18	Very hard
19	
20	Extremely hard
	Maximal exertion

Borg-RPE-skalan®
© Gunnar Borg, 1970, 1985, 1994, 1998

The scale with correct instructions can be obtained from Borg Perception,
see the home page: www.borgperception.se/index.html.

Ask yourself "How hard am I working?" when using this rating scale. Try to check your overall feeling of tiredness. The tips below will help you during your workout.

- When first starting out, try to keep your effort between a 2 to a 5 on the Modified Borg CR10 RPE Scale (above).
- Start your workout at a 1 to 3. Then, slowly work to a 4 to 5 for 30 minutes.
- Do this 3 days per week every week.

Why Strength Training is Essential

Strength training:

- Improves your health
- Improves your quality of life
- Helps you keep your weight loss.

When you lose weight quickly, your body doesn't just lose fat. It can also lose muscle. Without strength training, 20% to 30% of the weight you lose could be muscle and not fat.

This muscle loss can have serious effects. Muscle loss can:

- Slow your metabolism.
- Make you weaker.
- Lessen your stamina.
- Make everyday activities harder.

Strength training helps counteract these effects by:

- **Preserving muscle during weight loss.** Regular strength training tells your body to lose fat instead of muscle.
- **Boosting your metabolism.** Muscles use more calories (energy) than fat. This helps you maintain (keep) weight loss long term.
- **Improving bone health.** Bariatric surgery can sometimes affect bone density (how solid and strong your bones are). This increases the risk of osteoporosis (weak and brittle bones). Strength training helps your bones get stronger.
- **Controlling blood sugar.** Strength training helps your body control your blood sugar levels. This is important, especially if you had Type 2 Diabetes before your surgery,
- **Enhancing body composition:** While the scale measures your total weight, strength training helps improve what makes up that weight by increasing lean muscle mass and decreasing fat mass.
- **Increasing energy and confidence.** As you get stronger, everyday activities become easier. Tasks that once left you winded or tired will be enjoyable rather than tiring.
- **Preventing weight regain.** Research shows that people who regularly strength train are more successful at maintaining their weight loss over time.

Remember, strength training doesn't mean you have to lift heavy weights or look like a bodybuilder. It can be as simple as doing bodyweight exercises like squats, modified push-ups, and chair dips. The key is consistency and slowly challenging your muscles over time.

Myths of Fitness and Strength Training

Many people, especially those who haven't exercised regularly before, have concerns about strength training. Let's address some common myths:

MYTH: Women shouldn't strength train.

FACT: Women absolutely should strength train, and the benefits are tremendous. Regular strength training helps women:

- Prevent injuries and falls
- Lessen the risk of osteoporosis
- Maintain independence with aging
- Move without pain
- Increase bone density
- Boost metabolism
- Improve how the body handles blood sugar
- Create a toned, strong appearance
- Enable activities like hiking, biking, and swimming.

Strength training is especially important for women approaching or past menopause, when hormonal changes can accelerate muscle and bone loss.

MYTH: Lifting weights will make me bulky.

FACT: You probably won't become bulky from doing strength training.

Developing large, bulky muscles requires three things that most people don't have:

1. The right genetic predisposition
2. A specialized high-calorie, high-protein diet specifically designed for muscle gain
3. Many hours of intensive training consistently over years.

For most people after bariatric surgery, strength training will create a toned, firm appearance rather than a bulky one.

MYTH: I should only lift light weights and that will be enough.

FACT: While light weights are a good place to start, especially if you're new to exercise, you'll need to increase the weight to continue seeing benefits.

To continue improving, you need to slowly increase the weight or resistance as your strength improves. This is because your muscles get used to the weight. If you always use the same light weights, your progress will eventually stop. That doesn't mean you need to lift extremely heavy weights, but you should be challenging your muscles enough that the last few repetitions feel difficult (though still doable with good form).

MYTH: I'm too old to start strength training.

FACT: There is no age limit for strength training. In fact, it becomes even more important as we age.

As you age, you will lose muscle and strength without exercise. This makes you more likely to get injured as you get older.

The good news is that strength training can slow down, and even reverse, this loss in strength and muscle. Research shows that even people in their 90s can benefit from strength training!

Strength training also helps keep the nervous system and brain healthy as you age.

Did You Know?

You will get the same benefits if you exercise for 10 minutes three times a day, 15 minutes two times a day, or 30 minutes one time a day.

The total amount of activity matters more than doing it all at once.

MYTH: I have to work out for 60 minutes, it won't count if I work out for less time.

FACT: Even short strength training sessions have big benefits.

Research shows:

- Benefits begin with as little as 20-30 minutes of strength training, two or three times per week
- Consistency matters more than duration
- Two or three 20-minute sessions per week are more effective than one 60-minute session
- Short, focused sessions are often more sustainable long-term.

Understanding Strength Training Basics



Physical activity is good for the body and mind!

Strength training uses resistance to make your muscles work harder than they're used to. This resistance can come from:

- Free weights (dumbbells, barbells).
- Household items (soup cans, water bottles, laundry detergent).
- Resistance bands.
- Weight machines.
- Your own body weight.

Regular strength training provides many benefits. Strength training:

- improves your muscle strength and tone.
- lessens body fat.
- may lessen pain in your lower back.
- increases your metabolism.
- helps prevent injuries.
- lowers fatigue (tiredness) from normal daily activities.
- lowers cholesterol and blood pressure levels.
- may slow bone loss.
- increases balance, coordination and body awareness.
- helps improve your shape, self-esteem and self-confidence.

Strength Training Tips for Beginners

If you're new to strength training, these tips will help you get started safely and effectively.

Warm up properly

Before any strength training, warm up with 3-10 minutes of light, "dynamic" movement. This means active movements like arm circles, leg swings, gentle squats, and walking in place. A proper warm-up increases blood flow to your muscles, warms your joints, and prepares your body for exercise.

Start with the right number of repetitions

A repetition, or "rep," is one complete movement of an exercise. For beginners, aim for 8-15 repetitions of each exercise.

Organize your workout into sets

A set is a group of repetitions performed without resting. As a beginner, start with 1-2 sets of each exercise for the first few weeks while you learn proper form. As you get comfortable, you can increase to 3 sets per exercise.

Choose the right amount of weight

Select a weight that allows you to complete 8-15 repetitions with good form, where the last few reps feel challenging but not impossible. Over time, increase the weight in small amounts when you can easily complete more than 15 repetitions.

Follow a consistent program

Keep your routine consistent for 6-12 weeks before making major changes. This consistency allows your body to adapt (get used to) and improve. You can adjust the weight or number of repetitions during this time but keep the exercises similar.

Train with the right frequency

Try to strength train 2-3 times per week, allowing at least one day of rest between full-body strength training sessions. This rest is when your muscles repair and get stronger.

Use proper breathing technique

Never hold your breath during exercise. Instead, exhale during the hardest part of the exercise (the exertion phase) and inhale during the easier part. For example, when doing a squat, exhale as you stand up and inhale as you lower down.

Maintain good form

Control the weight throughout the entire exercise using slow, controlled movements. Don't use momentum to swing weights, and don't lock your joints in the fully extended position.

Rest appropriately

Rest 30-60 seconds between sets to allow your muscles to partially recover before the next set.

Exercise larger muscles first

Start your workout with exercises that target larger muscle groups (legs, back, chest) before moving to smaller muscle groups (biceps, triceps, shoulders, calves).

Designing Your Strength Training Program

A well-designed strength training program considers three key factors: frequency, volume, and intensity. Understanding these helps you create a safe, effective routine that meets your specific needs and goals.

Tip

You do not need to join a health club or buy expensive equipment — simply find activities you enjoy and someone to help keep you motivated!

Tip

If the number of minutes one week is too much, do what you did the previous week.

Frequency: How Often Should You Train?

For most bariatric surgery patients, try to do 2-3 strength training sessions per week. This frequency balances muscle growth with allowing enough recovery time.

- **Beginner (2 sessions per week):** Start with two full-body workouts per week, with at least 2-3 days between sessions. This allows your body to adapt slowly while giving your muscles time to recover.
- **Intermediate (3 sessions per week):** As you progress, you can increase to three sessions per week. You can continue with full-body workouts or try a split routine (like upper body on day 1, lower body on day 2, full body on day 3).

Listen to your body. If you're feeling really tired, have ongoing muscle soreness, or notice worse performance, you might need more rest. Recovery is just as important as exercise!

Volume: How Many Sets and Reps Should You Do?

Volume refers to the total amount of work you do during a workout, typically measured in sets and repetitions (reps).

- **Sets:** A set is a group of consecutive repetitions performed without rest. For example, 10 squats in a row equals one set of 10 reps.
- **Reps:** A rep (repetition) is one complete movement of an exercise, involving the full range of motion.

For building strength and muscle after bariatric surgery:

- **Beginner (2-3 sets of 10-12 reps):** Focus first on learning proper form for each exercise. Use a weight that allows you to complete all reps with good form.
- **Intermediate (3-4 sets of 8-12 reps):** As you progress, you can increase both the weight and the number of sets. The weight should be challenging enough that the last few reps of each set require effort but not so heavy that you can't maintain proper form.

Find the right weight. If you can easily do more than 12 reps, the weight is too light. If you can't complete at least 8 reps with good form, the weight is too heavy.

Exercise Selection: Choosing the Right Exercises

The best strength training programs focus on exercises that work multiple muscle groups at the same time (called compound exercises). These exercises are efficient and are the same as real-life movements.

Compound Exercises: These should form the foundation of your program:

- Squats: Work your legs, glutes, and core
- Lunges: Target your legs and improve balance
- Push-ups: (modified if needed) Engage your chest, shoulders, and arms
- Rows: Strengthen your back and improve posture
- Overhead Presses: Work your shoulders and upper body

Isolation Exercises: These target specific muscles and can be done with your compound exercises:

- Bicep Curls: Focus on biceps
- Tricep Extensions: Work the back of your arms
- Calf Raises: Strengthen your lower legs

Balance your program. Make sure you're working all major muscle groups throughout the week and include exercises for both pushing and pulling movements.

Important

Before you start strength training, make sure you are doing the exercises correctly.

A certified trainer, physical therapist or exercise physiologist would be able to guide you in creating a safe strength training routine.

4-Week Beginner Strength Training Plan

Here's a simple plan to get started with strength training. Perform each routine 2-3 times per week with at least one day of rest between workouts.

Week 1: Getting Started

- Chair squats: 2 sets of 8 reps
- Wall push-ups: 2 sets of 8 reps
- Seated rows with band: 2 sets of 8 reps
- Chair stands: 2 sets of 8 reps
- Wall plank: 2 sets, hold for 10-15 seconds

Week 2: Building Consistency

- Chair squats: 2 sets of 10 reps
- Wall push-ups: 2 sets of 10 reps
- Seated rows with band: 2 sets of 10 reps
- Standing marches: 2 sets of 10 reps per leg
- Wall plank: 2 sets, hold for 20 seconds

Week 3: Increasing Challenge

- Chair squats: 2 sets of 12 reps
- Wall push-ups (feet further from wall): 2 sets of 10 reps
- Seated rows with band: 2 sets of 12 reps
- Standing side leg raises: 2 sets of 8 reps per leg
- Wall plank: 2 sets, hold for 25 seconds
- Bicep curls with light weights: 2 sets of 10 reps

Week 4: Adding Variety

- Chair squats with slow lowering: 3 sets of 10 reps
- Wall push-ups (feet further from wall): 3 sets of 10 reps
- Seated rows with band: 3 sets of 10 reps
- Standing knee lifts: 2 sets of 10 per side
- Wall plank: 2 sets, hold for 30 seconds
- Tricep extensions: 2 sets of 10 reps

Tips for success:

- Focus on proper form rather than completing every repetition
- Rest for 1-2 minutes between exercises
- If an exercise feels too difficult, modify it or lessen the number of repetitions
- If an exercise feels too easy, add more resistance or increase repetitions
- Always warm up before beginning and cool down after finishing.

Progression: How to Continue Making Progress

To keep seeing improvements in strength and fitness, you need to slowly increase the challenge to your muscles. This is called progressive overload. This is needed for continued progress.

Here are different ways to use progressive overload:

- **Increase weight:** The most common method is slowly adding more weight. Even small increments make a difference over time.
- **Increase repetitions:** If you're not ready for more weight, try adding more repetitions with your current weight. For example, if you've been doing 3 sets of 8 reps, try increasing to 3 sets of 10 reps.
- **Add sets:** Increase the number of sets you do for each exercise. For instance, move from 2 sets to 3 sets.
- **Change exercises:** Over time, you should add new exercises that target the same muscle groups in different ways.
- **Lessen rest time:** Slowly decrease the rest time between sets to increase workout intensity.

Remember to focus on progressing in one area at a time. Don't try to increase weight, reps, and sets all at once, as this can lead to overtraining or injury.

Maximizing Recovery: The Key to Results

Recovery isn't just about taking days off. It helps your body repair, rebuild, and get stronger. Proper recovery is just as important as the exercise itself, especially after bariatric surgery when your body is already going through major changes.

Understanding Why Recovery Matters

When you exercise, especially with strength training, you create tiny tears in your muscles. During recovery, your body fixes these tears, making the muscles stronger than before. Without enough recovery time, these fixes can't happen. This can cause:

- Worse performance.
- Higher risk of injury.
- Excessive fatigue.
- Muscle loss instead of muscle gain.
- Lessened immune function.
- Mood changes and irritability.

Essential Components of Recovery

Sleep is your body's best tool for recovery

You should get 7 to 9 hours of good sleep each night. Sleep is when most of your body's repair processes take place. After bariatric surgery, good sleep becomes even more important as your body adapts to fast changes.

You can get good sleep by:

- Maintaining a consistent sleep schedule.
- Creating a dark, quiet, and cool sleeping environment.
- Avoiding screens for at least 30 minutes before bed.
- Limiting caffeine after noon.
- Trying relaxation techniques like deep breathing or gentle stretching before bed.
- If you struggle with sleep after surgery (which is common), talk to your healthcare provider about safe ways to sleep better.

Nutrition gives your body energy to recover

After bariatric surgery, you will have a smaller stomach capacity, so make every bite count. Focus on:

- **Protein intake.** Eat 60-100 grams of protein daily (or as recommended by your dietitian). Protein provides the building blocks your body needs to repair muscles after exercise.
- **Hydration.** Drink water throughout the day. Dehydration can make it harder to recover and make you feel tired.
- **Timing.** Try to eat protein within 1-2 hours after strength training when possible.
- **Vitamins and minerals.** Take all supplements (like vitamins or other medicines) recommended by your surgical team. These support your recovery.

Always follow your bariatric team's nutrition guidelines.

Active recovery (movement) helps your body heal

On days between your more intense workouts, light movement can help recovery. Examples of light movement include:

- Easy walking
- Gentle swimming or water movement
- Light stretching or yoga
- Tai chi
- Casual bike riding.

Do 15-30 minutes of this type of movement on your "rest" days.



Practicing yoga can help to improve your stability and flexibility.

Muscle Soreness: What's Normal and What's Not

When starting a new exercise program, it's normal to have some muscle pain and soreness. This is worst around 24-48 hours after exercise. This is called Delayed Onset Muscle Soreness (DOMS) and is a normal part of your body getting used to the program.

Normal muscle soreness:

- Feels tender (or hurts a little) when touching or using the muscle.
- Slowly improves within 2-4 days.
- Decreases in intensity as your body gets used to the exercise.

Signs of too much stress or injury:

- Sharp, sudden, or severe pain
- Pain that worsens after 48 hours
- Extreme weakness or you can't use the muscle
- Significant swelling, redness, or heat
- Pain that persists for more than 5-7 days.

If you have these more severe symptoms, lessen or pause your training and consult with a healthcare provider.

Practical Recovery Techniques

Try these recovery strategies to help your body get better faster:

- **Gentle stretching:** Hold each stretch for 30-60 seconds without moving. Focus on the muscles you worked on during your exercise session.
- **Self-massage with foam roller or massage ball:** Spend 1-2 minutes rolling each major muscle group to increase blood flow and release tension.
- **Contrast therapy:** Alternating between warm and cool (not icy) temperatures can help lessen soreness. For example, finish your shower with 30 seconds of cooler water directed at sore muscles.
- **Proper cool-down:** After exercise, spend 5-10 minutes slowly reducing your intensity rather than stopping abruptly. This helps your heart rate return to normal and begins the recovery process.
- **Compression garments:** Some people find that wearing compression socks or sleeves helps lessen muscle soreness, especially in the legs.
- **Stress management:** Mental stress can slow physical recovery. Try meditation, deep breathing, or other relaxation techniques to keep stress in check.

When to Rest Completely vs. Active Recovery

Sometimes your body needs complete rest, while other times light activity will help you recover better.

Choose **complete rest** when:

- You're feeling really tired.
- You have significant soreness that affects your movement.
- You feel sick.
- You've had several intense workout days in a row.
- You're not sleeping well.
- You're experiencing unusual stress in other areas of life.

Choose **active recovery** when:

- You have mild soreness but good energy.
- Your previous workout was moderate in intensity.
- You've had enough sleep.
- You feel mentally refreshed to move.

Adapting to Plateaus

It's normal for progress to slow down or temporarily stop (plateau) as your fitness journey continues. When this happens:

- Evaluate your recovery. Sometimes plateaus occur because we're not recovering properly. Check your sleep, nutrition, and stress levels.
- Change your routine. Try new exercises, change the order of your workout, or adjust your rep and set schemes.
- Adjust intensity. Either increase or lessen the challenge. Sometimes taking a week with lower intensity can help break through plateaus.
- Revisit your goals. As your body changes after surgery, your fitness abilities and needs will change too. Regularly review and adjust your goals.
- Track your progress. Keep a simple exercise journal noting what you did, how it felt, and any soreness afterward. This can help you identify patterns and make better decisions about your training.
- As you continue with your fitness journey, you'll learn to listen to your body and adjust your recovery strategies.

Sample Weekly Exercise Plans for Surgery Patients

As you move forward in your fitness journey, you may want to create a more structured routine. Here are sample weekly plans for different stages after surgery:

Early Post-Surgery (First 1-2 Months, with Doctor's Approval)

- **Monday:** Walk for 10 minutes, 2-3 times during the day.
- **Tuesday:** Walk for 10 minutes, 2-3 times during the day.
- **Wednesday:** Walk for 10 minutes, 2-3 times during the day.
- **Thursday:** Walk for 10 minutes, 2-3 times during the day.
- **Friday:** Walk for 10 minutes, 2-3 times during the day.
- **Saturday:** Walk for 15 minutes, once or twice.
- **Sunday:** Rest or gentle stretching.

Beginning Regular Exercise (2-4 Months Post-Surgery)

- **Monday:** 20-minute walk + 15 minutes basic strength exercises
- **Tuesday:** 25-minute walk
- **Wednesday:** Rest or gentle movement
- **Thursday:** 20-minute walk + 15 minutes basic strength exercises
- **Friday:** 25-minute walk
- **Saturday:** 30-minute walk or other enjoyable activity
- **Sunday:** Rest or gentle stretching

Established Routine (4+ Months Post-Surgery)

3-Day Plan

Monday	Wednesday	Friday
<p>10-20 minutes of Zone 2 cardiovascular exercise such as brisk walking, Elliptical, biking/cycling, rowing, jogging, swimming, sport of choice.</p> <p>Followed by Upper body focused weightlifting strength workout for 20-30 minutes.</p>	<p>Lower body weight lifting/strength workout for 20-30 minutes</p> <p>Followed by 10-20 minutes of Zone 2 cardiovascular exercise such as brisk walking, Elliptical, biking/cycling, rowing, jogging, swimming, sport of choice</p>	<p>20-30 minute Full body weight lifting strength workout (doing both upper and lower body exercises to train all muscles of the body)</p> <p>Example Dumbbell workout:</p> <ul style="list-style-type: none"> — Body weight squat, grab a bench or a chair, perform body weight squats sitting onto the bench/chair: perform 10 reps, for 3 sets — Flat bench dumbbell chest press (chest, shoulders, triceps): 3 sets x 10-12 reps — bent over single arm dumbbell row on a bench (targets back, lats): 3 sets x 8-10 reps — tricep extensions with dumbbell overhead: 3 sets x 10 reps — RDL/hip hinge with dumbbells (targets hamstrings and glutes): 3 sets x 12 reps — Deadbugs (targets core): 10-20 reps

4-Day Plan

Monday	Tuesday	Thursday	Saturday
<p>Upper body strength training workout for 30-45 minutes, moderate intensity.</p>	<p>Cardiovascular exercise, zone 2 training, including:</p> <p>Elliptical, biking/cycling, rowing, jogging, dance, aerobics, swimming, sport of choice.</p>	<p>Lower body strength training workout for 30-45 minutes, moderate intensity.</p>	<p>Cardiovascular exercise, zone 2 training:</p> <p>Elliptical, biking/cycling, rowing, jogging, swimming, sport of choice</p> <p>OR</p> <p>Full body strength training workout</p>

Special Recovery Considerations for Bariatric Surgery Patients

The rapid weight loss that follows bariatric surgery creates unique recovery needs.

- **Joint care:** As you lose weight, there's less cushioning around your joints. Low-impact exercise and proper footwear are important.
- **Energy fluctuations:** Your changing diet and body can cause energy levels to be different day-to-day. Be flexible with your workout intensity based on how you feel each day.
- **Skin sensitivity:** As skin becomes looser with weight loss, you might have chafing or discomfort during exercise. Appropriate clothing, body powders, or anti-chafing products can help.
- **Hydration challenges:** With a smaller stomach, drinking enough can be difficult. Sip water throughout the day rather than trying to drink large amounts at one time.

Focusing on recovery will help you create a fitness routine you can stick to. This will support your long-term health and weight maintenance after bariatric surgery.

Chapter 4

Wellness

In This Chapter

- Your wellness
- Goal setting
- Motivation
- Overcoming obstacles
- Overcoming triggers
- Tracking non-scale victories

Wellness

Your Wellness Vision

Your wellness vision is what will keep you moving in the right direction to lose weight and keep it off in the future. When you have a clear and meaningful vision, it will help you better understand what is really important to you.

It is also important to have a positive supporter who knows your vision and can help keep you motivated long-term.

Tip

You will complete your wellness vision during your first visit with a health and wellness coach.

My wellness vision is:

My supporter is: _____

The behaviors that help me feel my best are:

The things that help me be successful with goals are:

The motivators I can use to help me move toward my vision are:

My strengths are:

My resources are:

My first steps:

Goal Setting

Setting goals and achieving them not only helps move you closer to your wellness vision, it is also a proven way to enhance your happiness.

Do not confuse goals and outcomes. An outcome is the result of setting goals. For example:

- Outcome: I want to be more fit.
- Goal: I will exercise 4 times a week for 30 minutes.

Goals

A goal is something you work to achieve. Your motivation (desire to change) will affect how well you reach your goal.

The following guidelines can help you set, track and achieve your goals.

- **Make it realistic.** It should be challenging but believable.
- **Make it specific.** Understand clearly what you are trying to accomplish.
- **Make it measurable.** How will you know you have succeeded?
- **Make it agreeable.** This is your goal, not anyone else's goal. You need to agree to work toward it.
- **Make it forgiving.** It is OK to make mistakes. Try to stay motivated and get back on track.

There are two types of goals:

- **short-term:** This is a goal you can accomplish in a reasonably short time that contributes to a longer-range goal. Examples:
 - “I will chew gum if I have a craving for a cigarette.”
 - “I will start walking for 15 minutes each day.
- **long-term:** This is a series of many short-term goals. Example:
 - “I will stop smoking within 1 year.”
 - “I will join my friend in doing a 5K race in the fall.

Goals are easier to accomplish when they are clear, specific and divided into steps you can manage. Short-term goals are the building blocks of long-term goals.

Important

- Do not set too many goals at one time.
- Make sure your goals are connected with your wellness vision.
- Do not be “married” to a goal. Sometimes you change or circumstances changes.
- Sometimes the goals you achieve can be at the expense of other more important things in your life. Your experience may not be as positive if it affects other areas in your life in a negative way.

How to set goals

Use the following steps to set your goals.

- **Understand yourself.** Ask yourself: “What do I do well?” “What do I enjoy doing?” “What are the most important things in my life?”
- **Make clear, specific goals.** A goal should tell you exactly what you want and it should be measurable. For example, “I will pre-plan meals at least 5 days each week,” is clear and specific.
- **Make your goal positive.** Say “I will eat a protein and vegetable at each meal” instead of “I will not eat sweets.”
- **Set time limits.** Give yourself a reasonable deadline in which to accomplish your goal.
- **Divide long-term goals into smaller, short-term goals.** If your long-term goal is to lose 50 pounds, a realistic short-term goal would be to lose 5 pounds.
- **Write down your goals.** Keep the log where you can see it to remind you to stay focused on achieving them.
- **Check your progress.** Evaluate your progress. Are you doing what needs to be done to meet your goals? If not, what can you do to get back on track?

Finding and Keeping Your Motivation

It is normal to lose your motivation sometimes. If you are struggling with motivation, take a few minutes to complete this worksheet.

Think of a time when you were really motivated to change or to try something new and then experienced success. It does not need to be health-related. **Ask yourself:**

How did I get started?

What made me want to change?

What other factors contributed to my success?

Will the motivators that worked then apply now? If so, which ones?

Tips to stay motivated

Once you find your motivation, it can be hard to keep the motivation and commitment going. Here are some tips to try.

- Review your wellness vision every so often.
- Make a list of all the reasons you want or need to lose weight.
- Make a visual of your progress. (For example: Two safety pin chains – Use large pins for pounds lost and use small pins for pounds to lose.)
- Make a list of 15 non-food rewards when you reach a weight loss milestone. Rewards can be used to reinforce positive action.
 - This tool works best if you get the reward right after reaching the goal.
 - Examples of rewards: A massage from a loved one, new nail polish or a fishing lure, or 1 hour of private time to read a book or listen to music.
- Use motivational visuals such as a mental or actual picture of you at your goal weight.
- Make your own motivational poster online or create a vision board that reflects what you want.
- Read inspirational stories or buy a book of quotes.
- Try success journaling. Write down just your successful moments each day or at the end of each day and ask yourself whether you were better today than you were yesterday. Look for small measures of improvement.
- Go to all program appointments or add extra visits if needed.
- Be a wellness leader where you live, work, and play. (For example join the wellness committee at work or start a walking group at your church.)
- Sign-up for wellness challenges at work or in the community.
- Tell people about your plan, have an accountability partner, or both.
- Find a role model who has recently lost weight and kept it off who can remind you of what the end result feels like.
- Join a support group, cooking group or walking group.

Overcoming Obstacles

You have your wellness vision in mind. You are making great progress. And then all of a sudden – life happens! Maybe you or a family member got sick, you got stuck working on a big project at work or you went on vacation.

Whatever the reason, obstacles are a normal part of life. When they arise, it is important to figure out what you need to do to get back on track. You can also plan ahead for these obstacles so you have some strategies ready to go when you need them most.

Common obstacles

These are the most common obstacles that may happen when making lifestyle changes. If any of these apply to you, write down a couple of strategies for each obstacle.

Not enough time

Time is probably the most common obstacle for people. Everyone is busy. See if you can figure out if there are things you can rearrange to help manage time. You may also need to review your priorities. Are there things you spend time doing (like social media) that you can do less?

When I feel like there is not enough time, the one small thing I can do is _____

When I look at my schedule, I can rearrange or change _____
_____ in order to work toward my vision.

My strategies for prioritizing my time are _____

Tip

If you struggle with this worksheet, you may want to think of an example in your life where you faced an obstacle (it does not need to be health-related) and how you were able to overcome it.

“All or nothing” thinking

Do you do really well until you have a minor slip-up? Do you find yourself saying, “I messed up at lunch, so I might as well go all out for dinner, too?” If you answered yes to either of these questions, you might have “all or nothing” thinking.

While it is good to want to do your best, expecting perfection will only get in your way. Life is not perfect and you will have slip-ups. The important thing is to get back on track.

It might be helpful to come up with a “reset button” in your life. Think about what could be a conscious decision point that may help you reset. Your reset button could be a class you go to, a quote or reminder on your calendar, or a specific meal (like breakfast) that seems easy to do.

My “reset buttons” are _____

My strategies to get back on track after a slip-up are _____

Too much, too soon

It is normal to want to sprint out of the blocks instead of taking your time and making small, manageable steps. People rarely quit something because they started too slowly, but they often quit because they started too quickly. Think about running a race. You would not just step out of your house and expect to run a marathon. The same thing goes for lifestyle changes.

When you set goals, take a realistic view of your life and make sure you are able to accomplish those things. Another way to check is to ask yourself, on a scale of 1 to 10 (1 being not confident at all, 10 being very confident), how confident you are that you can accomplish that task. If your answer is a 6 or less, change that goal to make it more manageable.

Focus on one goal at a time. If you have too many goals, your chances of being successful get lower.

The realistic steps I can take are _____

If I get overwhelmed by making too many changes or changing too fast, I can _____

Lack of support

While ultimately you need to make these changes on your own, it is important to have supportive people around you while you make lifestyle changes.

If you have tried losing weight without success before, you may even be afraid of telling people you are trying again, for fear of failure. However, if you tell people what you are doing, it not only builds in accountability, those people can also support you when you need it.

Think about what support is helpful for you (an exercise buddy) and what is not (someone policing your food).

The people who I can count on for support are _____

The support I need in order to succeed is _____

Competing priorities and values

With all the different hats you wear (parent, spouse, co-worker, volunteer, cleaning person, chauffeur, etc.), it is no surprise you may feel overwhelmed. When you add weight loss to the mix, it can be hard to figure out how to do it all.

It is not uncommon to have competing priorities. The key is figuring out how to manage them. Are there things you have committed to that you would like to stop doing? What do you get back from some of these commitments?

For example, volunteering is a wonderful thing, but does it drain you more than you get back? Or maybe keeping a clean house is a priority for you, but is it really that bad if it does not get done? Take a minute and think about your priorities.

The priorities or commitments that may get in the way of my success are _____

These are the strategies I have to manage competing commitments _____

This is just a small sample of the obstacles you may experience. However, just like in all areas of your life, when you meet an obstacle, you can either change your path or figure out a way to get over that obstacle.

Try these steps to find the solution the next time you are faced with an obstacle.



How to Manage Stress

Stress is a part of life. It plays a role in your ability to manage your weight. Here are a few tips to help you manage it better.

- Take three deep breaths. Deep breathing interrupts the stress response and puts you back into the relaxation response.
- Move your body. Physical activity helps use up the chemicals and hormones that are released when you are stressed. It can help put you back in relaxation mode.
- Get enough sleep. Being constantly tired can cause stress. If you are well rested, you can cope better with what life throws at you.
- Write down your entire schedule for a few days. Are there things you can let go of or delegate to someone else? Do you need to ask for help?
- Make time for activities that you enjoy. When you get overwhelmed, it is common to let go of things that really are important. Make time for painting, going to church, spending time with loved ones or whatever is important to you!
- Listen to relaxing music. Did you know your heart rate will match the tempo of the music you listen to? Put in something with a slower beat and your body will respond.
- Find a form of meditation that works for you. There are many types of meditation such as mindfulness and spiritual. Try a couple of different types and find the form that works best for you. You can also talk to your health and wellness coach about resources for meditation.
- Practice gratitude. Take a moment to think about and appreciate the good things in your life. Perhaps you can start a gratitude journal and write down three things each day you are thankful for.
- If you are a worrier, allow yourself a specific time each day as your “worry time.” If you catch yourself worrying outside of that time, postpone it. Chances are, over time, you will not need that worry time!

Sleep

Not getting enough sleep can affect your weight, so it is good to practice good sleep hygiene.

Sleep hygiene refers to the sleep habits that you develop over a period of time. Good sleep habits promote restful sleep and daytime alertness. They can also prevent the development of sleep problems and disorders.

Here are a few ways to create good sleep hygiene.

- Take some time (30 to 60 minutes) to wind down before you go to bed. Do something that is relaxing such as read, take a bath or talk with your partner.
- Turn off your electronics at least 30 minutes before bed. This includes cell phones, tablets and lap tops. They give off “blue light,” a light similar to daylight. This tells your brain it is time to be awake. If you read on an e-reader or tablet, see if there is an option to have a black screen with white lettering.
- Wake up at the same time every day. When you do this, your body establishes a normal pattern and makes you feel more alert.
- Invest in a quality bed and bedding. It can seem daunting to invest a lot of money in this, but you spend nearly a third of your life sleeping. Think how much you spend on a car and you do not spend nearly as much time in it.
- If you cannot fall asleep within 30 minutes of lying down, leave the room and find something quiet to do (such as reading). When you are tired go back to bed.
- Try not to eat large meals before going to bed. If you go to bed feeling full, you are more likely to wake up with heartburn or reflux.
- Stop drinking caffeine and alcohol 4 to 6 hours before bedtime. Caffeine can make your body more alert. Alcohol can make you sleepy right after drinking it, but a few hours later your body becomes alert.
- Use your bed only for sleep and sexual activity. Let your body “know” that the bed is for sleeping.

Behavior Change

To lose weight and keep it off, you will need to make behavior changes.

To make these changes, it is important to create a plan that is specific to you. It needs to help you manage high-risk situations such as dining out, treats in the breakroom, or feeling tired or sick.

Self-monitoring



Self-monitoring helps you:

- stay accountable to your goals
- identify patterns and specific behaviors that are ruining your weight loss plan.

My self-monitoring plan is:

- _____ Weigh myself each week.
(Consider making a visual of your progress such as a graph or two safety pin chains – Use large pins for pounds lost and use small pins for pounds to lose.)
- _____ Track my food and beverages.
(Consider tracking everything at first. If that gets to be too much, transition to doing at least a little tracking such as 1 week each month or track daily the things you struggle with such as eating vegetables.)
- _____ Track number of steps or minutes of physical activity.
- _____ Record progress toward meeting the goals I made.
- _____ Journal thoughts, emotions, and situations to connect the unconscious thoughts with conscious choices.
This can help you see patterns and relationships that you may not have been aware of before starting your journey to a healthier lifestyle.
- _____ Check my hunger and satiety at the beginning, middle or end of a meal or snack.

Reframing Your Thoughts

Tips

- Ignore “all or nothing” thinking. Focus on the big picture, not the day-to-day ups and downs.
- Keep a healthy attitude and eat favorite foods so you can enjoy them on purpose. Do **not** view food as either good or bad. **All** foods can and should be eaten in moderation.
- If you struggle with the idea of needing to be perfect, try starting a “freedom hour.” Schedule an hour at the same time every 1 to 2 weeks where it is OK to eat anything you want.

Reframing is taking a negative thought and changing it into a positive thought.

When people think about improving their health, they can sometimes have negative thoughts related to physical activity, food, their weight or their ability to manage stress.

If you can change some of these thoughts to more positive ones, they can change the way you feel about making lifestyle changes.

Here are a few examples of some common negative thoughts and how to reframe them.

■ **I do not have time to grocery shop and meal plan.**

I will find time to get to the store to buy healthful foods because it is important to me.

■ **There will always be stress, so why bother learning how to manage it?**

I can learn how to manage stress in a more healthful way.

■ **I am too overweight to go to the gym.**

I can accept my body the way it is and find somewhere comfortable to exercise.

Try these three steps the next time you have a negative thought.

- **Step 1:** Stop. Be aware of your negative thought to stop it from getting worse.
- **Step 2:** Ask. Is your thought good or bad? It is bad if it is not helpful and true.
- **Step 3:** Choose. Choose a more positive thought that is true and helpful.

Example: “I cannot control myself from overeating.”

- **Step 1:** Stop. This is a negative thought.
- **Step 2:** Ask. Is it helpful? No. Is it true? Maybe. Since it is not helpful, it is bad.
- **Step 3:** Choose. The new thought is, “I can stop my eating as long as I do not keep tempting foods such as sweets in my house.”

Source: *The Rules of “Normal” Eating: A Commonsense Approach for Dieters, Overeaters, Undereaters, Emotional Eaters, and Everyone in Between!*, written by Karen Koenig (2005).

Write down some of your thoughts that make it hard for you to exercise or manage your weight. Then write down new statements that reframe those thoughts into more positive statements.

Negative Thought	Positive Thought
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

If you are struggling to come up with ideas, here are some examples of negative and positive thoughts.

Negative Thoughts	Positive Thoughts
<ul style="list-style-type: none"> ■ I cannot eat the foods I like when I am trying to lose weight. ■ A lifestyle change that includes healthful foods has to be hard and restrictive. ■ Thin people are lucky and can eat whatever they want. ■ What other people think about my body is more important than what I think about it. 	<ul style="list-style-type: none"> ■ It is time to put me first. ■ I am worth it. ■ I am a healthier person every time I make a healthier choice. ■ I am feeling better than I have in years.

Overcoming Triggers

Did You Know?

A trigger is something that causes you to overeat.

Many people overeat from time to time. But overeating often will stop you from achieving long-term healthy weight loss.

Watch for triggers. These are activities, situations, times, places, and emotions that may give you the urge to eat even when you are not physically hungry. For example, sights, smells, time of day, feeling sad or bored, or being invited to eat with others might trigger you to eat.

When you know what your triggers are, you can plan ahead and make better choices.

There are three general ways to try to cope with triggers.

- **Avoid** the negative trigger or keep it out of sight.
For example, keep tempting foods in an opaque container.
- **Add** a new positive trigger (such as an object, thought, person or music) that helps you lead a healthier life.
For example, put a picture of yourself at the weight you would like to get to in a strategic place.
- **Do.** Practice reacting to the negative trigger in a healthier way. For example, try doing an alternative activity when stressed rather than eating.

As you learn what your triggers are, here are some ways to help prevent overeating.

- Eat no more than 3 meals each day, plus 1 to 2 healthful snacks if physically hungry.
- Do not multi-task. When eating, do not do anything else that can take your attention away from your meal or snack. This includes watching TV, using the computer or talking on the phone.
- Try not to keep foods in your house that you tend to eat when you are feeling emotional such as chips or chocolate.
- Do activities that keep your hands, mind or mouth busy. This will give you some time to decide if you are really hungry or not.
- Practice positive thoughts. You can learn more about overcoming obstacles on pages 63 to 66.

Tip

On the next page, you will find a list of alternative activities that may help keep you from eating when you are not really hungry.

Try making just one change at a time. Focus on making choices for better health. You will soon start to see positive changes in yourself. If you need more help coping with your triggers, talk with a member of your health care team.

Alternative Activities

Make a list of activities you will turn to instead of food if you are eating for reasons other than physical hunger. Here are some ideas.

<p>Try an activity that keeps your hands, mind or mouth busy.</p>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%;"> <input type="checkbox"/> Chew gum. </div> <div style="width: 33%;"> <input type="checkbox"/> Play a card game. </div> <div style="width: 33%;"> <input type="checkbox"/> Play a sport. </div> <div style="width: 33%;"> <input type="checkbox"/> Knit or crochet. </div> <div style="width: 33%;"> <input type="checkbox"/> Drink a zero-calorie beverage. </div> <div style="width: 33%;"> <input type="checkbox"/> Rearrange furniture. </div> <div style="width: 33%;"> <input type="checkbox"/> Reorganize the junk drawer. </div> <div style="width: 33%;"> <input type="checkbox"/> Suck on sugar-free mints or candy. </div> <div style="width: 33%;"> <input type="checkbox"/> Call a family member or a friend. </div> <div style="width: 33%;"> <input type="checkbox"/> Try origami. </div> <div style="width: 33%;"> <input type="checkbox"/> Practice tying knots. </div> <div style="width: 33%;"> <input type="checkbox"/> Iron clothes. </div> <div style="width: 33%;"> <input type="checkbox"/> Pull weed in the garden. </div> <div style="width: 33%;"> <input type="checkbox"/> Plan a vacation. </div> <div style="width: 33%;"> <input type="checkbox"/> Write thoughts in a journal. </div> <div style="width: 33%;"> <input type="checkbox"/> Doodle. </div> <div style="width: 33%;"> <input type="checkbox"/> Surf the internet or play video games. </div> <div style="width: 33%;"> <input type="checkbox"/> Start a house project. </div> <div style="width: 33%;"> <input type="checkbox"/> Research your hometown </div> <div style="width: 33%;"> <input type="checkbox"/> Play catch. </div> <div style="width: 33%;"> <input type="checkbox"/> Learn a new language. </div> <div style="width: 33%;"> <input type="checkbox"/> meditation or deep breathing </div> <div style="width: 33%;"> <input type="checkbox"/> _____ </div> <div style="width: 33%;"> <input type="checkbox"/> _____ </div> </div>
<p>Try an activity that gives you joy, relaxes or energizes you.</p>	<div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%;"> <input type="checkbox"/> Go for a walk. </div> <div style="width: 33%;"> <input type="checkbox"/> Learn to play an instrument. </div> <div style="width: 33%;"> <input type="checkbox"/> Learn a new sport or skill. </div> <div style="width: 33%;"> <input type="checkbox"/> Take up a new hobby. </div> <div style="width: 33%;"> <input type="checkbox"/> Go visit a friend or invite some friends over. </div> <div style="width: 33%;"> <input type="checkbox"/> Go to the library or a bookstore. </div> <div style="width: 33%;"> <input type="checkbox"/> Go fishing. </div> <div style="width: 33%;"> <input type="checkbox"/> Do yoga, Tai chi or stretch. </div> <div style="width: 33%;"> <input type="checkbox"/> Volunteer. </div> <div style="width: 33%;"> <input type="checkbox"/> Read a book. </div> <div style="width: 33%;"> <input type="checkbox"/> Do tourist activities. </div> <div style="width: 33%;"> <input type="checkbox"/> Get a massage. </div> <div style="width: 33%;"> <input type="checkbox"/> Take a nap. </div> <div style="width: 33%;"> <input type="checkbox"/> Draw or paint </div> <div style="width: 33%;"> <input type="checkbox"/> Listen to your favorite music </div> <div style="width: 33%;"> <input type="checkbox"/> Be with someone you love or call them. </div> <div style="width: 33%;"> <input type="checkbox"/> Do crafts or woodworking. </div> <div style="width: 33%;"> <input type="checkbox"/> Do a physical activity. </div> <div style="width: 33%;"> <input type="checkbox"/> Ride your bike. </div> <div style="width: 33%;"> <input type="checkbox"/> Take a leisurely drive. </div> <div style="width: 33%;"> <input type="checkbox"/> Play with your pet. </div> <div style="width: 33%;"> <input type="checkbox"/> Play with your children or grandchildren. </div> <div style="width: 33%;"> <input type="checkbox"/> Go to a movie, concert or a play. </div> <div style="width: 33%;"> <input type="checkbox"/> Pray or meditate. </div> <div style="width: 33%;"> <input type="checkbox"/> Take a long bubble bath. </div> <div style="width: 33%;"> <input type="checkbox"/> _____ </div> <div style="width: 33%;"> <input type="checkbox"/> _____ </div> </div>

Tracking Non-scale Victories

Weight is one way to measure positive change after weight loss. Other non-scale victories can include:

- the way clothes fit
- better sleep
- more energy
- breathing is easier
- less body aches
- decrease use or being able to stop using a CPAP while sleeping
- being able to take a walk with your family or friends
- being able to fly on a plane without a seat belt extender
- decrease in the number of medicines taken for other health conditions
- being able to cross legs when sitting
- being able to ride on amusement park rides
- being able to play with children or grandchildren
- comparing before and after pictures.

Chapter 5

Resources

In This Chapter

- Allina Health
- Websites and apps
- Books
- Tracking progress
- Meal planning

Resources

Allina Health

For More Information

For more information on services or classes offer by the Penny George Institute, or to schedule an appointment, call 612-863-3333.

You can also learn more about Penny George Institute by visiting allinahealth.org/pennygeorge.

The Penny George™ Institute for Health and Healing

The Penny George Institute for Health and Healing offers education to promote wellness, the prevention of illness and healing. The Penny George offers services such as :

- **acupuncture:** An acupuncturist, a person who has special training, gently inserts fine, sterile acupuncture needles through your skin to help promote health and treat illness or pain.
- **guided imagery:** It uses words and images to help move your attention away from the worry, stress and pain and help you find your own inner strength and creativity to support healing.
- **healing coach:** He or she provides ongoing emotional support, and information and education on integrative therapies (such as massage, guided imagery and acupuncture).
- **healing touch:** It is an energy-based approach to health. The practitioner uses gentle touch and a variety of hand motions to clear your energy field.
- **integrative nutrition:** It focuses on the potential to reduce chronic (long-term) disease by providing the nutrients needed to make your body work as well as it can.
- **reflexology:** It is based on the principle that there are reflex maps in each foot and hand. These maps correspond to all body parts and organs. When pressure techniques and massage are applied to your hands and feet, it causes physical changes in your body.
- **therapeutic massage:** It is the treatment of the skin and soft tissues of the body to enhance health and healing and promote relaxation. Massage can help to restore or maintain balance in your mind and body.
- **therapeutic yoga:** It uses breathing techniques, gentle movement and meditation to relax the body as well as increase strength and flexibility.

LiveWell® Fitness Center

The LiveWell Fitness Center offers a wide array of special programs and services. Personal training, fitness assessments, metabolism testing, body composition analysis, blood pressure screenings, heart rate training programs, group fitness classes, fun incentive programs and seminars on a variety of health and fitness topics are just a few of the offerings.

A more complete description and schedule is available at the center's reception desk or call 612-863-5178 for more information.

Websites

- **Allina Health**
allinahealth.org
- **Academy of Nutrition and Dietetics**
eatright.org
- **Cooking Light**
cookinglight.com
- **Eating Well**
eatingwell.com
- **Obesity Action Coalition**
obesityaction.org
- **Overeaters Anonymous**
oa.org
- **Skinnytaste®**
skinnytaste.com
- **United States Department of Agriculture**
 - Dietary Guidelines for Americans
(cnpp.usda.gov/dietary-guidelines)
 - MyPlate (choosemyplate.gov)
 - What's Cooking? USDA Mixing Bowl
whatscooking.fns.usda.gov

Smartphone Apps

- Carb Manager: Keto Diet
- Lose It! – Calorie Counter
- Mealime - Meal Planner, Recipes & Grocery List
- MyFitnessPal
- Start Simple with MyPlate

Books

- *50 Ways to Soothe Yourself Without Food*
Susan Albers
- *The Obesity Code: Unlocking the Secrets of Weight Loss*
Jason Fung
- *Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food*
Susan Albers
- *Good Morning, I Love You: Mindfulness and Self-Compassion Practices to Rewire Your Brain for Calm, Clarity, and Joy*
Shauna Shapiro PhD
- *Intuitive Eating: A Revolutionary Program That Works*
Evelyn Tribole and Elyse Resch
- *Life in the Fasting Lane: How to Make Intermittent Fasting a Lifestyle - and Reap the Benefits of Weight Loss and Better Health*
Dr. Jason Fung, Eve Mayer, Megan Ramos
- *Mindless Eating: Why We Eat More Than We Think*
Brian Wansink
- *Operation Beautiful: Transforming the Way You See Yourself One Post-it Note at a Time*
Caitlin Boyle
- *The Primal Blueprint 21-Day Total Body Transformation*
Mark Sisson
- *The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness*
Mark Sisson

Track Your Progress

Date:			
Weight: _____ pounds	Blood pressure: _____ / _____	Waist: _____ inches	Hips: _____ inches
Notes			

Date:			
Weight: _____ pounds	Blood pressure: _____ / _____	Waist: _____ inches	Hips: _____ inches
Notes			

Date:			
Weight: _____ pounds	Blood pressure: _____ / _____	Waist: _____ inches	Hips: _____ inches
Notes			

Date:			
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Notes			

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Notes			

Date:			
Weight: _____ pounds	Blood pressure: _____ / _____	Waist: _____ inches	Hips: _____ inches
Notes			

Date:			
Weight: _____ pounds	Blood pressure: _____ / _____	Waist: _____ inches	Hips: _____ inches
Notes			

Meal Planning

Use the charts below to help plan out your meals.

Date:	Breakfast	Lunch	Dinner
Protein			
Non-starchy vegetable			
Fruit			
Healthy Fats			

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Fruit			
Healthy Fats			

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allinahealth.org