



# My Goals and Plan

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

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

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

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

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# 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.

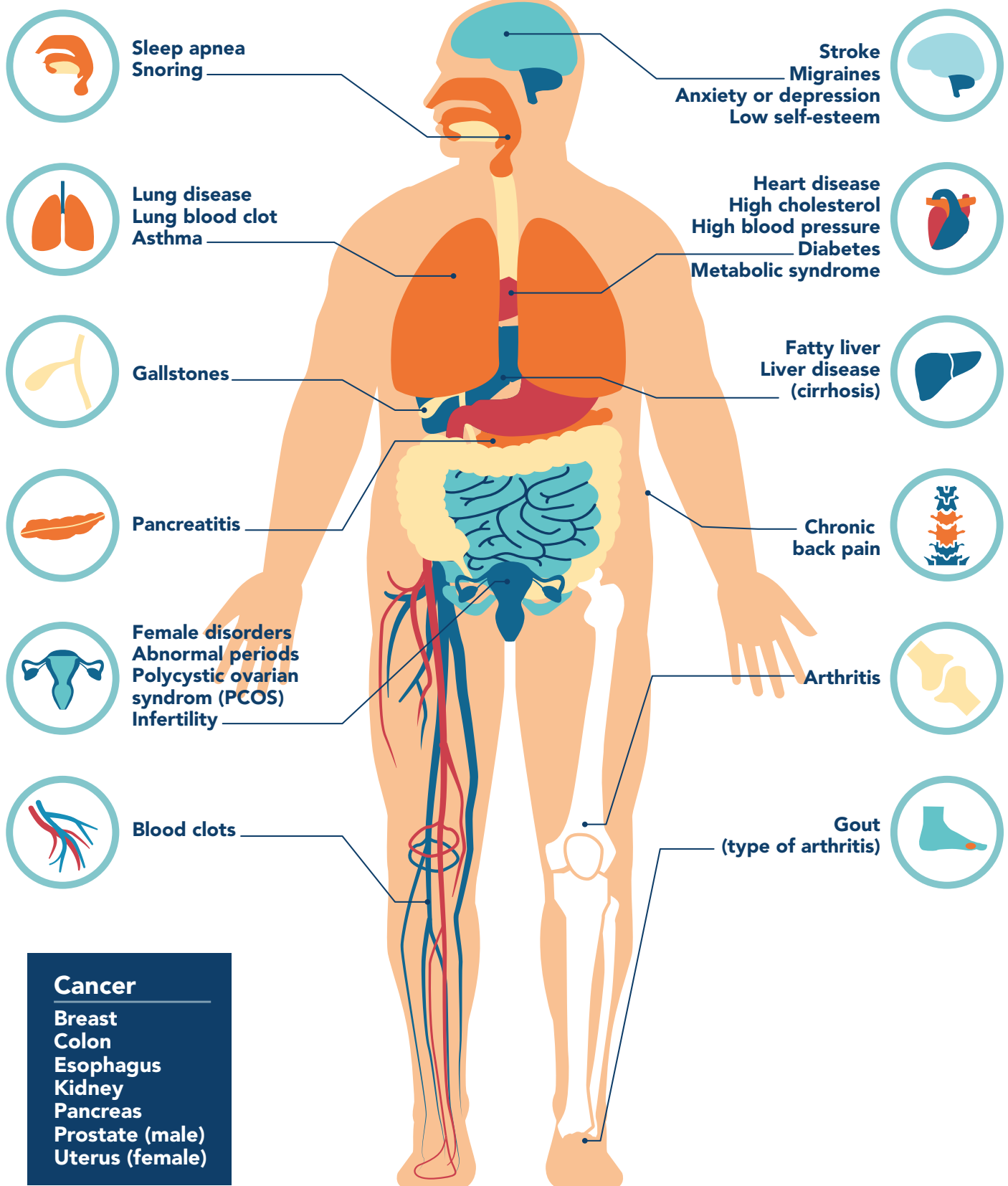
# Body Mass Index (BMI) Chart

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																		

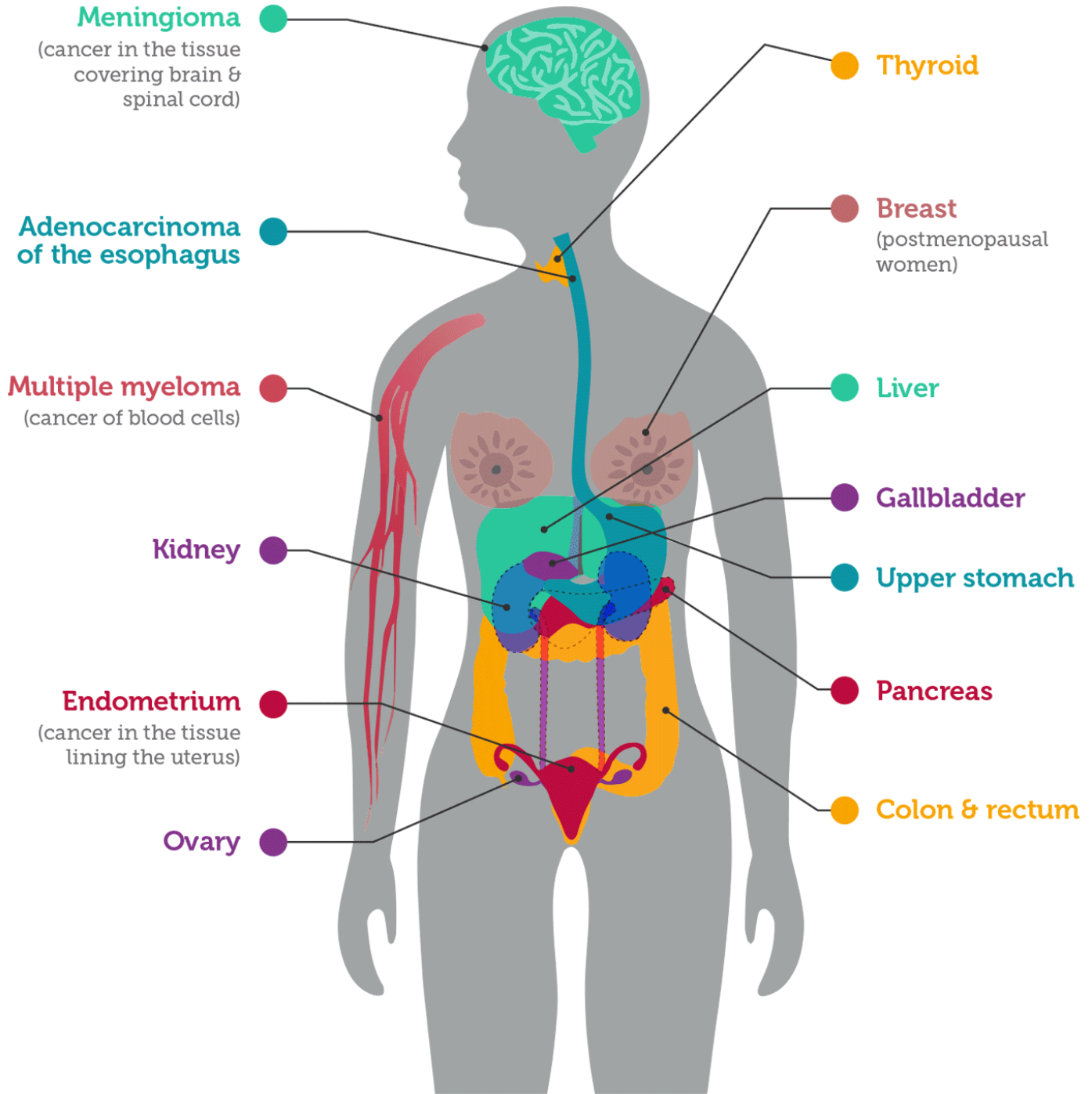
		Morbid Obesity																														
BMI	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	
Height (inches)	Weight (pounds)																															
58	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258	263	268	273	278	283	287	292	297	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	
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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](https://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.

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.)

### Important

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

## 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.

# 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	¾ 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	½ cup	15
String cheese stick	1 stick	7
Shredded cheese	4 tablespoons	7
Canned tuna or chicken	½ 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	¼ cup	3 to 7
Nut butters	1 tablespoon	4
Soy burger	1 patty	15
Beans (garbanzo, black, pinto, kidney)	½ cup	7
Refried beans	½ cup	7
Tempeh	3 ounces	18
Tofu	½ cup	14
Vegan crumbles	½ cup	14
Edamame	¼ 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

## 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

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.

## 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 1 carbohydrate serving (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.

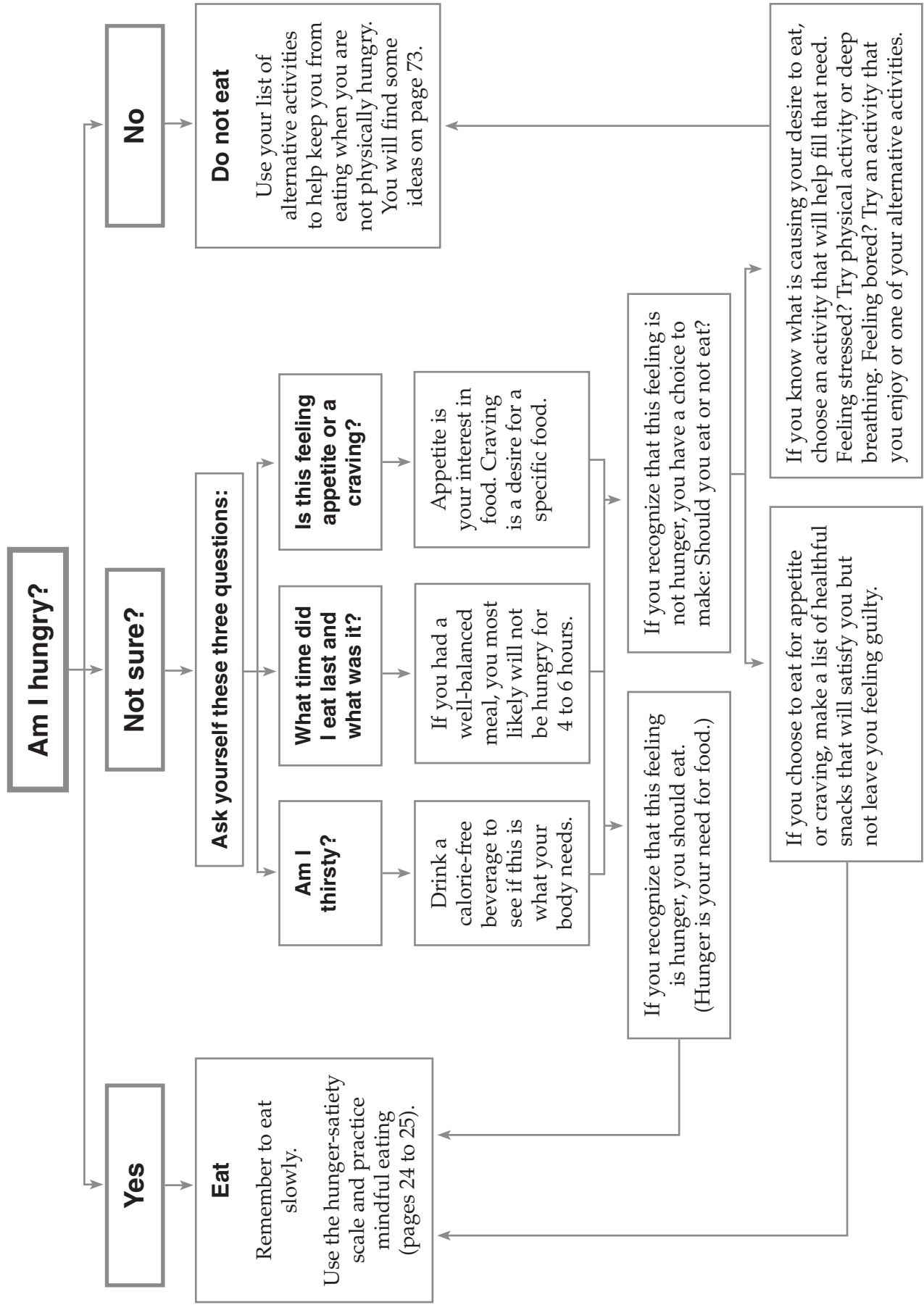
Try these tips to practice slowing down your eating until it feels more natural.

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

# 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*
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 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

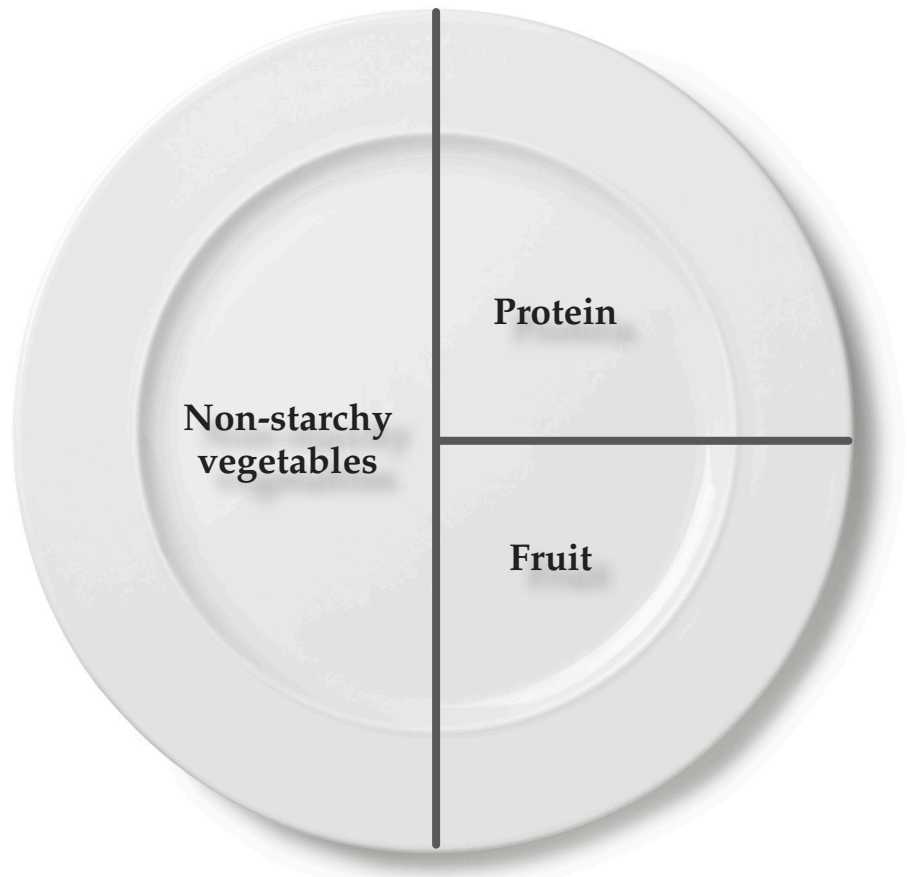
- 7 g = 1 serving of protein

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.

## Tip

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

## 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.

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

## 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

<b>Vegetables, potatoes</b>	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
<b>Salads</b>	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
<b>Bread, sandwiches</b>	cream cheese; horseradish; mustard
<b>High-protein pancakes</b>	crushed berries; lite syrup; nut butter; Greet yogurt
<b>Soup, stews</b>	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](http://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.

# Physical Activity

## Getting Regular Physical Activity



**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. In addition to helping build strong bones and muscles, regular physical activity can:

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

### **Boost Your Brain Power!**

- Try activities that are physically and mentally challenging such as martial arts or dancing.
- Exercise in the morning. It can increase your brain activity, and help you deal with stress and remember more information.

# “Sitting Disease”

## Did You Know?

The average American spends about 7.7 hours sitting each day.

(Source: 2008 American Journal of Epidemiology)

“Sitting disease” is used to describe what happens when you have an inactive (sedentary) lifestyle – when you sit too much.

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 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
- cause poor circulation.

Are you still at risk if you exercise most days? Yes. Studies show that only exercising or doing moderate to vigorous physical activity a few hours a week does not “undo” the risks of sitting too much during the day.

Do not stop exercising! There are still many benefits to regular exercise or physical activity.

## What you can do

How do you get more active? Move more! Your goal is to move more during the day, not just when exercising or doing a physical activity.

The easiest way to get started is to start standing instead of sitting whenever you get the chance. Here are some more ideas to help you get moving.

- Set a timer or alarm to remind yourself stand up for a couple minutes each hour.
- Take a few 10 to 15 minutes walks throughout the day.
- Break up your 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.
- Sneak in bits of activity whenever you can.
  - Use the stairs instead of an elevator.
  - Walk to the mailbox instead of driving to the post office.
  - Park your car at the end of the parking lot and walk to the store.

- Get more NEAT.
  - Non-exercise activity thermogenesis (NEAT) is the energy you use for everything you do, except exercise.
  - Examples of NEAT include folding laundry, feeding a pet, cooking, raking leaves, fidgeting, stretching and bending.

## Tip

You can read more about getting enough physical activity on page 53.

## How do you know if you are moving enough?

You can track your steps, activity or both. It can be as simple as using a pedometer (step counter) or as fancy as an activity tracker (such as a Fitbit®). These devices can be purchased at local retail or sports stores. You can also download a health and fitness app to your smartphone.

The goal is to make you aware of how active you really are during the day. To get the right amount of activity you should take 10,000 steps a day, which includes your physical activity.

To get started, keep track of how many steps you take each day for 1 week. At the end of the week, make a goal for adding steps.

A good starting goal is to increase the total number of steps you take by 10 to 15 percent each week. This will help you avoid injury and becoming overwhelmed by doing too much too soon.

When you start reaching your goal 5 of the 7 days, continue to increase the number of steps you take by 10 to 15 percent, until you reach 10,000 steps each day.

### 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

# Starting a Physical Activity Program

Before you start or increase a physical activity program, or if you have a health concern, please talk with your health care provider.

## Tip

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

Once you have been told it is OK to start exercising, you may start a physical activity program. You will want to start slowly to avoid injury or over exertion. You can read more about how to create a physical activity program on pages 47 to 51.

## Signs you are doing too much

You always need to be aware of the way your body responds to what you are doing. This will tell you if you are working at a level that is good for you. This is especially true if you are not used to exercising on a regular basis. Stop exercising if you have or feel:

- chest pain or pressure in your arm, jaw, neck or between your shoulder blades.
- dizziness or lightheadedness
- nausea (upset stomach) and vomiting (throwing up)
- shortness of breath, are unable to catch your breath, or are gasping for air
- fatigue (more than just being “tired”)
- numbness or tingling in your arms or legs
- changes in your vision.

## Tip

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

Stop and rest if you feel any of these symptoms. Call your health care provider if they continue to limit your activity or exercise.

If your symptoms continue, call 911 or your emergency ambulance service. If you are out of an emergency service area, have someone drive you to the hospital emergency room. Do not drive yourself.

# Physical Activity Program

## 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.

There are three main parts of a physical activity program:

- aerobic activity
- stretching
- strength training.

## Aerobic activity

Aerobic activity is any physical activity that increases your heart rate and breathing. It helps improve your heart and lung fitness. Some examples include:

- brisk walking
- hiking
- jogging/running
- biking
- swimming
- rowing
- jumping rope
- dancing
- aerobics class.

## Frequency

This is how often you should exercise. You should try to exercise every day.

## Duration

This is how long you should exercise. Your long-term goal is to work toward a minimum of 30 minutes each day.

Start slowly with 5 to 15 minutes. Then add 1 to 3 minutes of exercise each week as tolerated to reach 30 minutes or more.

## Intensity

This is how hard you are doing the physical activity. It can be measured by:

- **The "talk test."** This means you should be working at an intensity that would make talking somewhat challenging. You should be breathing heavy but not be gasping for air. This is the easiest method.



- **Your heart rate.** Your heart beats faster during physical activity to supply more blood and oxygen to your muscles. Usually the higher your heart rate is the more intensely you are working.

The right heart rate zone will be different for everyone. An exercise specialist can help you determine what is right for you, and if you need to or want to monitor your heart rate. Some medicines can affect your heart rate.

- **The Rate of Perceived Exertion (RPE).** Ask yourself “How hard am I working?” when using this rating scale. Try to assess your overall feeling of exertion.

When first starting out, try to keep your effort between an 11 and 14 on the Borg RPE Scale®.

6	No exertion at all
7	
8	Extremely light
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	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](http://www.borgperception.se/index.html).

## Stretching

Stretching enhances your stability and flexibility. When stretching, follow these guidelines.

- Stretch after you have exercised, right after your 3 to 5 minute cool down, when your muscles are still warm.
- Stretch slowly. Do not move quickly through each stretch.
- Do not bounce.
- You should not feel pain. Stretch as far as you can without feeling pain.
- Breathe normally. Do not hold your breath.
- Hold each stretch for 60 seconds. You can break this time up, if needed. For example 2 sets of 30 seconds.

You should try to do some stretching exercises every day, or at least 2 to 3 times each week. This will help improve your flexibility.

If you do stretching on a day you did not exercise or right when you get out of bed, it is important to warm up your muscles with light physical activity before you begin stretching.



**Practicing yoga can help to improve your stability and flexibility.**

## Flexibility

Flexibility is being able to move your body in a wide range of motion without resistance or feeling stiff. Muscles and joints that are flexible are less likely to be injured or become sore.

Being flexible:

- lowers your risk of being injured
- relieves muscle tension and soreness
- improves posture
- helps relieve low back pain
- increases relaxation
- improves circulation.

## 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.

## Strength Training

Strength training uses free weights (dumbbells, soup cans or other weight objects), resistance bands, weight machines and your own body weight.

Strength training:

- improves your muscle strength and tone
- reduces body fat
- may reduce 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

- **Warm up:** Before you start any type of strength training, you should warm up by doing light aerobic activity for 3 to 5 minutes. This will help your muscles slowly warm up and help reduce your chance of injury.
- **Choose the right amount of weight:** When selecting how much weight to lift, choose an amount in which you are able to do at least 10 to 15 repetitions with good form and without stopping.

Over time, you can increase the amount of weight you are lifting by the smallest increment if you are able to do more than 15 repetitions on multiple sets.

- **Repetitions (reps):** Start by doing 10 to 15 repetitions of each exercise.
- **Sets:** Start by doing 1 to 2 sets of each exercise for the first couple of sessions/weeks (until you are comfortable with the exercise and weight). This will give your body time to adjust to the exercises while learning the proper form and technique.

When you are comfortable with the exercise and weight, you can do 3 sets of each exercise.



**Physical activity is good for the body and mind!**

- **Frequency:** Strength train 2 to 3 times per week. It is important to rest 1 day between full body strength training sessions to allow your muscles to recover. Important things to remember:
  - Start with the larger muscle group first (such as quads, back, abs, chest) and then the smaller muscle groups (such as biceps, triceps, shoulders, calves).
  - Do not lift the same muscle group on consecutive days.
  - Do not hold your breath. You should breathe out (exhale) during the hardest part of the exercise. Breathe in (inhale) during the easy part of the exercise.
  - Do not lock your joints in the fully extended position.
  - Control the weight during the entire exercise by using slow and controlled reps with a full range of motion.
  - Keep your back straight and flat. You can do this by keeping your head up, chest out, shoulders back and core engaged.
  - Rest 30 to 60 seconds between sets.

### **Muscle soreness**

- When starting a new strength training routine, it is normal for that muscle group to be sore, stiff or both the next day or two.
- If you have increased soreness 4 days after you exercise, then you have overused that muscle group and you need to lower the amount of weight you lift.
- If the soreness continues for more than 5 days, and you have swelling, bruising or redness, get medical attention.
- It is important to always take at least 1 day of rest between a full body strength routine so that the muscles can repair and get stronger.

# Beginner Physical Activity Program

## 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.

Find a physical activity that you enjoy doing and that will increase your heart rate. If you have any physical limitations or chronic (long-lasting) pain, try choosing low-impact exercises such as water aerobics or a stationary bike.

## Sample workout

- **Warm-Up.** Start at an easy pace for 3 to 5 minutes. This will help get your muscles, joints and ligaments warmed up.
- **Physical activity.** Increase your pace a little bit now. You should be comfortable, but working at an intensity that would make talking somewhat challenging. You should be breathing heavy but not be gasping for air.
- **Cool-down.** Finish at an easy pace for 3 to 5 minutes. This will help lower your heart rate and help your body cool down.

You will increase your physical activity time by 1 to 3 minutes each week for the first 9 weeks of the program. This will allow your body to adjust slowly and reduce your chance of injury.

Start by trying to get 2 days of physical activity in each week for the first 3 weeks. Then try to get 3 days in by week 4. Try to be as consistent as possible. If you miss a week, just pick up where you left off.

10 Week Beginner Activity Schedule				
Week	Warm up (minutes)	Physical Activity (minutes)	Cool down (minutes)	Number of days each week
1	3 to 5	10	3 to 5	2
2	3 to 5	12	3 to 5	2
3	3 to 5	15	3 to 5	2
4	3 to 5	18	3 to 5	3
5	3 to 5	20	3 to 5	3
6	3 to 5	22	3 to 5	3
7	3 to 5	25	3 to 5	4
8	3 to 5	28	3 to 5	4
9	3 to 5	30	3 to 5	5
10	3 to 5	35	3 to 5	5

# Getting Enough Physical Activity

## Tip

It is OK if you cannot get 10,000 steps a day when you first start exercising. Your goal is to gradually increase your daily activity to reach 10,000 steps.

To get the right amount of activity you should take 10,000 steps each day, which includes your physical activity.

You can use a step counter to easily track your steps when walking, running or jogging. (There are 2,000 steps in 1 mile.)

If you like to do other activities (such as swim, bike or play golf), you can use those in place of walking, running or jogging

Below is a chart on how to calculate your steps doing other activities.

Activity Level	Examples of Activities	Steps
Moderate	<ul style="list-style-type: none"> <li>■ hiking</li> <li>■ gardening/light yard work</li> <li>■ dancing</li> <li>■ playing golf (walking and carrying your clubs)</li> <li>■ bicycling (at least 10 mph)</li> <li>■ weight training</li> </ul>	20 minutes of activity = 4,000 steps
Vigorous	<ul style="list-style-type: none"> <li>■ bicycling (more than 10 mph)</li> <li>■ swimming (freestyle laps)</li> <li>■ aerobics</li> <li>■ heavy yard work</li> <li>■ weight lifting (vigorous effort)</li> </ul>	25 minutes of activity = 6,000 steps

Sources: Centers for Disease Control and Prevention, Shape Up America!, American College of Sports Medicine



# 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:**

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**My supporter is:** \_\_\_\_\_

**The behaviors that help me feel my best are:**

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**The things that help me be successful with goals are:**

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

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---

---

**My strengths are:**

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---

**My resources are:**

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**My first steps:**

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# 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?

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### What made me want to change?

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### What other factors contributed to my success?

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

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## 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 \_\_\_\_\_

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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 \_\_\_\_\_

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

# 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><b>Try an activity that keeps your hands, mind or mouth busy.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Chew gum.</li> <li><input type="checkbox"/> Play a card game.</li> <li><input type="checkbox"/> Play a sport.</li> <li><input type="checkbox"/> Knit or crochet.</li> <li><input type="checkbox"/> Drink a zero-calorie beverage.</li> <li><input type="checkbox"/> Rearrange furniture.</li> <li><input type="checkbox"/> Reorganize the junk drawer.</li> <li><input type="checkbox"/> Suck on sugar-free mints or candy.</li> <li><input type="checkbox"/> Call a family member or a friend.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Try origami.</li> <li><input type="checkbox"/> Practice tying knots.</li> <li><input type="checkbox"/> Iron clothes.</li> <li><input type="checkbox"/> Pull weed in the garden.</li> <li><input type="checkbox"/> Plan a vacation.</li> <li><input type="checkbox"/> Write thoughts in a journal.</li> <li><input type="checkbox"/> Doodle.</li> <li><input type="checkbox"/> Surf the internet or play video games.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Start a house project.</li> <li><input type="checkbox"/> Research your hometown</li> <li><input type="checkbox"/> Play catch.</li> <li><input type="checkbox"/> Learn a new language.</li> <li><input type="checkbox"/> meditation or deep breathing</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
<p><b>Try an activity that gives you joy, relaxes or energizes you.</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Go for a walk.</li> <li><input type="checkbox"/> Learn to play an instrument.</li> <li><input type="checkbox"/> Learn a new sport or skill.</li> <li><input type="checkbox"/> Take up a new hobby.</li> <li><input type="checkbox"/> Go visit a friend or invite some friends over.</li> <li><input type="checkbox"/> Go to the library or a bookstore.</li> <li><input type="checkbox"/> Go fishing.</li> <li><input type="checkbox"/> Do yoga, Tai chi or stretch.</li> <li><input type="checkbox"/> Volunteer.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Read a book.</li> <li><input type="checkbox"/> Do tourist activities.</li> <li><input type="checkbox"/> Get a massage.</li> <li><input type="checkbox"/> Take a nap.</li> <li><input type="checkbox"/> Draw or paint</li> <li><input type="checkbox"/> Listen to your favorite music</li> <li><input type="checkbox"/> Be with someone you love or call them.</li> <li><input type="checkbox"/> Do crafts or woodworking.</li> <li><input type="checkbox"/> Do a physical activity.</li> <li><input type="checkbox"/> Ride your bike.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take a leisurely drive.</li> <li><input type="checkbox"/> Play with your pet.</li> <li><input type="checkbox"/> Play with your children or grandchildren.</li> <li><input type="checkbox"/> Go to a movie, concert or a play.</li> <li><input type="checkbox"/> Pray or meditate.</li> <li><input type="checkbox"/> Take a long bubble bath.</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>



## 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.

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

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

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

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<b>Notes</b>			



# Meal Planning

Use the charts below to help plan out your meals.

<b>Date:</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Protein</b>			
<b>Non-starchy vegetable</b>			
<b>Fruit</b>			
<b>Healthy Fats</b>			

<b>Date:</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
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<b>Non-starchy vegetable</b>			
<b>Fruit</b>			
<b>Healthy Fats</b>			



# Learn more about the Allina Health account



**Easy appointment scheduling**  
In-person and virtual visits,  
appointment reminders and updates



**Care for the whole family**  
Gain access to another person's  
account (proxy access)



**Virtual care options**  
On-demand urgent care and  
scheduled virtual visits



**Prescriptions and billing**  
Manage payments, order refills and  
track prescriptions



**Info all in one place**  
Health records, lab results and  
appointment notes



**Communicate with your  
care team**  
Send and review messages

Make health care easier with an online, all-in-one way to manage care.

Get started at  
[AllinaHealth.org/account](https://AllinaHealth.org/account)

Allina Health 

# Nondiscrimination in Health Programs and Activities

## *Affordable Care Act – Section 1557*

Allina Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity or sex. Allina Health does not exclude people or treat them differently because of race, color, national origin, age, disability, gender identity or sex.

Allina Health:

- provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - ◊ qualified sign language interpreters, and
  - ◊ written information in other formats (large print, audio, accessible electronic formats, other formats)
- provides free language services to people whose primary language is not English, such as:
  - ◊ qualified interpreters, and
  - ◊ information written in other languages.

If you need these services, ask a member of your care team.

If you believe that Allina Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, gender identity or sex, you can file a grievance with:

Allina Health Grievance Coordinator  
P.O. Box 43  
Minneapolis, MN 55440-0043  
Phone: 612-262-0900  
Fax: 612-262-4370  
GrievanceCoordinator@allina.com

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Allina Health Grievance Coordinator can help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW Room 509F, HHH Building  
Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.









[allinahealth.org](http://allinahealth.org)