



Welcome to

# Memorial Wellness Center



# Beginning treatment early is an essential part of success.

It is important to talk with your physician before beginning any weight-loss program. Working with our multidisciplinary team will provide you with a more successful, comprehensive treatment plan. The Wellness Care team will help guide you through the approaches that best meet your individual needs.

## How is weight categorized?

Body Mass Index (BMI) is one way that weight is categorized in the medical community. BMI measures the relationship between height and weight. Determine your BMI by reviewing the chart. First, find your height on the left side and then your weight at the top. Where your height and weight meet will provide your BMI.

While BMI can be a helpful measurement, it does have limitations. It does not take into consideration muscle mass, bone mass or body fat distribution. In addition, this measurement does not take into consideration family history, medications, ethnicity and age, which may influence the risks associated with a particular BMI. This is why it is so important to talk with a healthcare provider about your weight.

### Weight Categories Based on BMI:

Underweight: < 18.5

Overweight: 25–29

Severe Obesity: > 40

Healthy Weight: 18.5–24.9

Obesity: 30–39.9

	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	380	400
5'0"	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65	67	69	71	72	74	76	78
5'1"	24	26	28	30	32	34	36	37	39	42	44	45	47	49	51	53	55	57	59	61	63	64	66	68	70	72	74	76
5'2"	23	25	27	29	31	33	34	36	38	40	42	44	46	48	50	51	53	55	57	59	61	62	64	66	68	70	72	73
5'3"	23	24	26	28	30	32	33	35	37	39	41	43	44	46	48	50	52	53	55	57	59	60	62	64	66	67	69	71
5'4"	22	24	25	27	29	31	32	34	36	38	40	41	43	45	46	48	50	52	53	55	57	59	60	62	64	65	67	69
5'5"	21	23	25	26	28	30	31	33	35	37	38	40	42	43	45	47	48	50	52	53	55	57	58	60	62	63	65	67
5'6"	21	22	24	25	27	29	30	32	34	36	37	39	40	42	44	45	47	49	50	52	53	55	57	58	60	62	63	65
5'7"	20	22	23	25	26	28	29	31	33	35	36	38	39	41	42	44	46	47	49	50	52	53	55	57	58	60	61	63
5'8"	19	21	22	24	25	27	28	30	32	34	35	37	38	40	41	43	44	46	47	49	50	52	53	55	56	58	59	61
5'9"	19	20	22	23	25	26	28	29	31	33	34	36	37	39	40	41	43	44	46	47	49	50	52	53	55	56	58	59
5'10"	18	20	21	23	24	25	27	28	30	32	33	35	36	37	39	40	42	43	45	46	47	49	50	52	53	55	56	58
5'11"	18	19	21	22	23	25	26	28	29	31	32	34	35	36	38	39	41	42	43	45	46	48	49	50	52	53	55	56
6'0"	17	19	20	21	23	24	25	27	28	30	31	33	34	35	37	38	39	41	42	44	45	46	48	49	50	52	53	54
6'1"	17	18	19	21	22	23	25	26	27	29	30	32	33	34	36	37	38	39	41	42	44	45	46	48	49	50	52	53
6'2"	16	18	19	20	21	23	24	25	27	28	30	31	32	33	35	36	37	39	40	41	42	44	45	46	48	49	50	51
6'3"	16	17	18	19	21	22	23	24	26	28	29	30	31	33	34	35	36	38	39	40	41	43	44	45	46	48	49	50
6'4"	15	17	18	19	20	21	23	24	26	27	28	29	31	32	33	34	35	37	38	39	40	41	43	44	45	46	48	49
6'5"	15	16	17	19	20	21	22	24	25	26	27	29	30	31	32	33	34	36	37	38	39	40	42	43	44	45	46	48

Underweight = Less than 18.4 | Normal = 18.5–24.9 | Overweight = 25–29.9 | Obese = 30–39.9 | Severely Obese = Greater than 40

# What are the health risks associated with excess weight?

Excess weight can limit daily activities, decrease quality of life and increase your risk of developing other health conditions.

There are more than 40 medical conditions that are associated with obesity. Individuals affected by obesity are at risk of developing one or more of these serious medical conditions, causing poor health or, in severe cases, early death. In fact, annually more than 112,000 deaths are attributable to obesity. The most prevalent obesity-related diseases include:

## Prediabetes

Blood glucose (sugar) levels are higher than normal, but not high enough for a diagnosis of diabetes. Prediabetes can also be referred to as Impaired Glucose Tolerance (IGT) or Impaired Fasting Glucose (IFG). Individuals with prediabetes have an increased risk of developing Type 2 diabetes, hypertension and stroke.

## Type 2 Diabetes

Either the body does not produce enough insulin or the cells are not able to use the insulin properly, called insulin resistance. Insulin is necessary for the body to use glucose for energy. When you eat food, the body breaks down all of the sugars and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to diabetes complications. Type 2 diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with Type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing Type 2 diabetes than others. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans, Native Hawaiians and other Pacific Islanders, as well as the aged population.

*Reference: American Diabetes Association*

## Heart Disease

Heart disease is the No. 1 cause of death in the United States. Heart disease, also called cardiovascular disease, is a collective term for various problems. Many types of heart disease are related to plaque buildup in the walls of the arteries, or atherosclerosis. As the plaque builds up, the arteries narrow, making it more difficult for blood to flow and creating a risk for heart attack and stroke. Other types of heart disease include heart failure, an irregular heartbeat, or arrhythmia, and heart valve problems.

*Reference: American Heart Association*

## High Blood Pressure or Hypertension

Blood pressure is the force of the blood against the walls of the arteries. It is measured by a ratio of two numbers:

- **SYSTOLIC**—registered during a heartbeat (when the heart muscle contracts)
- **DIASTOLIC**—registered between heartbeats (when the heart rests and refills with blood)

Blood pressure is measured in a numerical reading of millimeter of mercury, abbreviated as mm Hg. Optimal blood pressure is less than 120/80 mm Hg. In general, the lower your blood pressure, the better.

- 120–139 / 80–89 is considered pre-hypertension
- 140/90 or higher is hypertension, or high blood pressure. This puts a person at a greater risk for heart attack, angina, stroke, kidney failure and peripheral artery disease.

## High Cholesterol

Cholesterol levels can be reduced through diet and lifestyle changes as well as lipid-lowering medication if necessary. Left untreated, high cholesterol can lead to heart disease, stroke and other cardiovascular diseases.

## Hyperlipidemia

Hyperlipidemia means there are too many lipids (fats) in the blood. Hyperlipidemia is commonly associated with high cholesterol and may be reduced through regular physical activity and healthy eating.

## Hypertriglyceridemia

Hypertriglyceridemia is a high level of triglycerides in the blood. A high triglyceride level combined with low HDL (“good”) cholesterol or high LDL (“bad”) cholesterol seems to speed up the gathering of plaque in the arteries. A normal triglyceride level is less than 150 mg/dL. Hypertriglyceridemia has been linked to coronary artery disease.

## Low HDL Cholesterol

High-density lipoprotein (HDL) cholesterol is known as “good” cholesterol because high levels of HDL seem to protect against heart attacks. Low levels of HDL seem to increase the risk of heart disease. Medical experts think HDL tends to carry cholesterol away from the arteries and back to the liver, where it’s passed from the body. Some experts believe HDL removes excess cholesterol from arterial plaque, a thick, hard deposit that can narrow the arteries and make them less flexible, slowing its buildup.

## High LDL Cholesterol

Low-density lipoprotein (LDL) is known as “bad” cholesterol. When too much LDL circulates in the blood, it can slowly build up in the inner walls of the arteries that feed the heart and brain. Together with other substances, it can form plaque. This condition is known as atherosclerosis. If a clot forms from the rupture of plaque in the wall of a blood vessel, the clot can block or narrow blood flow in the artery and cause heart attack or stroke.

## Stroke

Stroke is an interruption of blood flow to the brain causing paralysis, slurred speech and/or altered brain function. About nine of every 10 strokes are caused by a blockage in a blood vessel that carries blood to the brain; this is known as an ischemic stroke. The other type of stroke is known as hemorrhagic, caused by a bursting blood vessel. Warning signs include sudden numbness or weakness of the face, arm or leg (especially on one side); sudden confusion; trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking; dizziness; loss of balance or coordination; or sudden, severe headache with no known cause.

## Sleep Apnea

Sleep apnea is a serious sleep disorder that occurs when a person’s breathing is interrupted during sleep. People with untreated sleep apnea stop breathing repeatedly during sleep, sometimes hundreds of times. This means the brain and the rest of the body may not get enough oxygen. This stress on the body can increase the risk of high blood pressure or stroke.

## Metabolic Syndrome

Metabolic syndrome is not a disease in itself. Instead, it’s a group of risk factors—high blood pressure, high blood sugar, unhealthy cholesterol levels and abdominal fat. According to the American Heart Association and the National Heart, Lung and Blood Institute, there are five risk factors that make up metabolic syndrome. To be diagnosed with metabolic syndrome, you have at least three of these risk factors.

## Cancer

In both men and women, higher BMI is associated with higher death rates from cancers of the esophagus, colon and rectum, liver, gallbladder, pancreas and kidney. The same trend applies to cancers of the stomach and prostate in men, and cancers of the breast, uterus, cervix and ovaries in women.

# Treatment Options and Expected Outcomes

If you're affected by excess weight, you know firsthand that addressing your weight and improving your health is not always an easy task to accomplish. The scope of weight-loss options is wide and can often be confusing and intimidating.

The Wellness Center is designed to help you develop a personalized treatment plan that meets your needs. It is important to note that all methods for weight reduction should be utilized as "tools" in a comprehensive approach to addressing your weight and improving your health. There is no single treatment. A combination of the appropriately selected tools and lifestyle modification are essential in a successful weight management plan.

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## What is the best option for me?

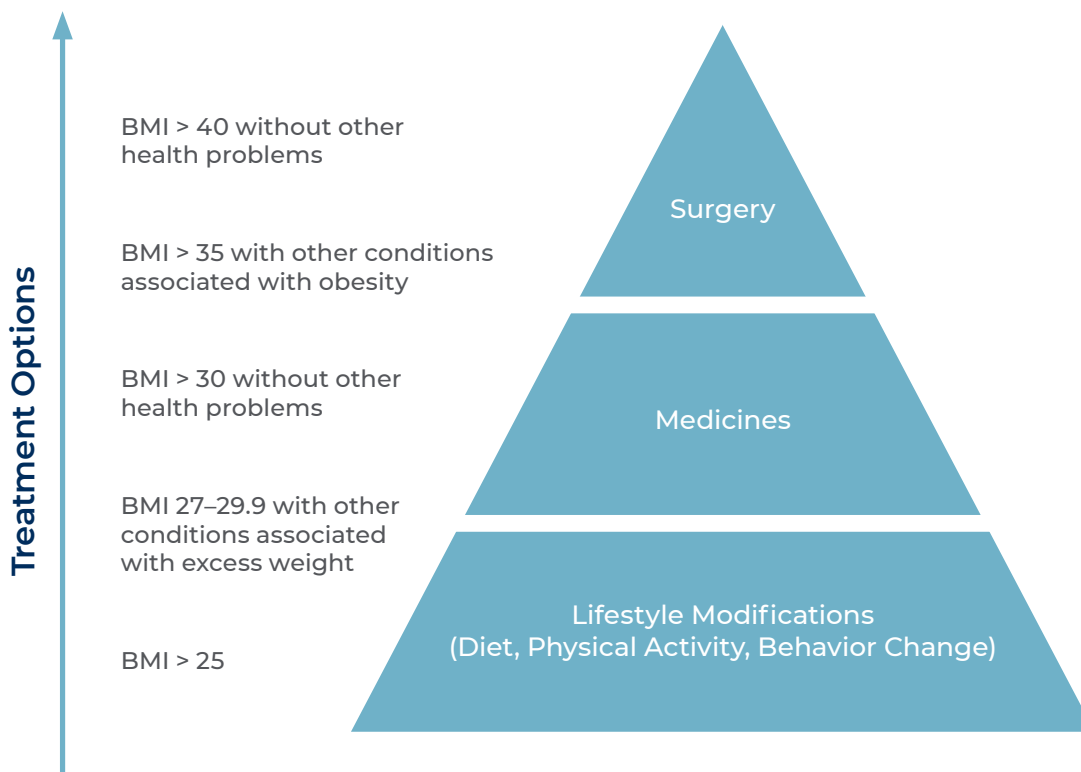
While there are several weight-loss therapies available, some may be better suited for you than others. There are several factors to consider:

What is your BMI?

Do you have other health conditions making it harder to reach your goals?

Am I ready to start making changes now?

What is your overall goal?



# Getting Started

## The Stages of Change

The Stages of Change model shows that, for most individuals, a change in behavior occurs gradually, with a person moving from being uninterested, unaware or unwilling to make a change (precontemplation), to considering a change (contemplation) to deciding and preparing to make a change. Genuine, determined action is then taken and, over time, attempts occur to maintain the new behavior. Relapses are almost inevitable and become part of the process of working toward life-long change. Our team can help you navigate these stages of change and develop goals with a long-term goal of maintenance.

### Stage One: Precontemplation

In the precontemplation stage, people are not thinking seriously about changing and are not interested in help yet. People in this stage tend to defend their current unhealthy habit(s) and do not feel it is a problem. They may be defensive of other people's efforts to help them. They do not focus their attention on quitting and tend not to discuss their unhealthy habits with others. This stage is sometimes called "denial," but we like to think that in this stage people just do not yet see themselves as having a problem. Are you in the precontemplation stage? Not likely, because you have already taken steps that show you're prepared to consider life changes.

### Stage Two: Process of Losing

In the contemplation stage, people are more aware of the personal risks of not making changes, and they spend time thinking about their problem. Although they are able to consider the possibility of changing, they tend to be unsure if they are ready to change. In this stage, people are on a teeter-totter, weighing the pros and cons of changing their behavior. Although they think about the negative aspects of their unhealthy habit and the positives associated with making changes, they may doubt that the long-term benefits will outweigh the short-term costs. It might take as little as a couple weeks or as long as a lifetime to get through the contemplation stage. In fact, some people think and think and think about giving up their unhealthy habits and may never go beyond this stage. On the plus side, people are more open to receiving information about their unhealthy habits and more likely to actually use educational interventions and reflect on their own feelings and thoughts concerning their unhealthy habits.

### Stage Three: Preparation/Determination

In the preparation/determination stage, people have made a commitment to change. Their motivation for changing is reflected by statements such as, "I've got to do something about this—this is serious. Something has to change. What can I do?" This is sort of a research phase: people are now taking small steps toward stopping their unhealthy behavior. They are trying to gather information about what they will need to do to change their behavior. Or they will make calls or search online, trying to find out what strategies and resources are available to help them in their attempt. Too often, people skip this stage. They try to move directly from contemplation into action and are not successful because they haven't adequately researched or accepted a major lifestyle change.

### Stage Four: Action

This is the stage where people believe they have the ability to change their behavior and are actively involved in taking steps using a variety of different techniques. This is the shortest of all the stages, but the amount of time people spend in this phase varies. It generally lasts about six months, but it can be as short as one hour! In this stage, people make overt efforts to change their behavior and are at greatest risk for relapse. Mentally, they review their commitment to themselves and develop plans to deal with both personal and external pressures that may lead to slips. They may use short-term rewards to sustain their motivation and analyze their behavior-change efforts in a way that enhances their self-confidence. People in this stage also tend to be open to receiving help and are also likely to seek support from others (a very important element).

*References:*

- Prochaska JO, DiClemente CC, Norcross JC. *In search of how people change. Am Psychol* 1992; 47: 1102–4, and Miller WR, Rollnick S.
- *Motivational interviewing: preparing people to change addictive behavior* New York: Guilford, 1991: 191–202

## Stage Five: Maintenance

Maintenance involves being able to successfully avoid any temptations to return to unhealthy habits. The goal of the maintenance stage is to maintain the new status quo. People in this stage tend to remind themselves of how much progress they have made. People in maintenance constantly reformulate the rules of their lives and are acquiring new skills to deal with life and avoid relapse. They are able to anticipate the situations in which a relapse could occur and prepare coping strategies in advance. They remain aware that what they are striving for is personally worthwhile and meaningful. They are patient with themselves and recognize that it often

takes a while to let go of old behavior patterns and practice new ones. Even though they may have thoughts of returning to their unhealthy habits, they resist the temptation and stay on track. As you progress through your own stages of change, it can be helpful to re-evaluate your progress through these stages. Even in the course of one day, you may go through several different stages of change. And remember, it is normal and natural to regress, to attain one stage only to fall back to a previous stage. This is just a normal part of making changes in your behavior.

## Relapse

Along the way to permanent changes, most people experience relapse. In fact, it is much more common to have at least one relapse than not. Relapse is often accompanied by feelings of discouragement and seeing oneself as a failure. While relapse can be discouraging, the majority of people who successfully change their habits do not follow a straight path to a lifetime free of unhealthy habits. Rather, they cycle through the five stages several times before achieving a stable lifestyle change. Consequently, the Stages of Change Model considers relapse to be normal. There is a real risk that people who relapse will experience an immediate sense of failure that can seriously undermine their self-confidence. The important thing is that if they do slip and make an unhealthy choice, they shouldn't see themselves as having failed. Rather, they should analyze how the slip happened and use it as an opportunity to learn how to cope differently. In fact, relapses can be important opportunities for learning and becoming stronger.

Relapsing is like falling off a horse—the best thing you can do is get right back on again. However, if you do “fall off the horse” and relapse, it is important that you do not fall back to the pre-contemplation or contemplation stages. Rather, restart the process again at Preparation, Action or even the Maintenance stages. People who have relapsed may need to learn to anticipate high-risk situations (such as increased stress) more effectively, control environmental cues that tempt them to engage in their unhealthy habits, and learn how to handle unexpected episodes of stress without returning to the unhealthy habit. This gives them a stronger sense of self control and the ability to get back on track. Eventually, if you maintain Maintenance long enough, you will reach a point where you work with your emotions, understand your own behavior and view it in a new light. At this point, your unhealthy habit is no longer an integral part of your life and returning to it would seem atypical, abnormal, even weird. When you reach this point in your process of change, you will know that you have changed the old, unhealthy habits and that you are truly becoming a new “you” who no longer needs the old behaviors to sustain yourself.





## Behaviors That Can Help With Weight Loss

- Planning meals ahead of time
- Eating 3 meals daily
- Eating 1–2 planned snacks daily
- Exercising 4–5 times per week
- Logging food intake
- Taking 20 minutes to eat
- Eating recommended portion sizes
- Eating a meal or snack every 3–4 hours
- Using a small (9 in.) plate
- Taking recommended vitamins
- Taking prescribed medications
- Using the balanced plate
- Drinking 60 oz. or more water
- Choosing healthy foods

- 1 Check the ones you are currently doing.
- 2 What would you like to start doing?

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## Behaviors That Can Prevent Weight Loss

- Skipping meals
- Unplanned snacking
- Unhealthy food or snacks
- Grazing throughout the day or evening
- Drinking sugary beverages
- Food choices
- Drinking alcohol
- Negative self-talk
- Emotional/stress eating
- Binge eating
- Mindless eating
- Overeating

- 1 Check the ones you are currently doing.
- 2 How do you see yourself reducing or eliminating any of these?

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## Healthy Living—What’s it All About?

Behavior plays a significant role in weight management. Modifying behaviors that contributed to developing obesity is one way to treat the disease either alone or in conjunction with other treatments. A few behavior modifiers include:

Self-monitoring

Increasing physical activity

Becoming educated about the body and how to nourish it appropriately

Support for lifestyle changes

Setting realistic goals

## What is Self-Monitoring?

To begin, we must review our current behaviors to see which are healthy and which we would like to improve; this is known as self-monitoring. Self-monitoring refers to observing and recording eating and exercise patterns, followed by feedback on the behaviors.

The goal of self-monitoring is to increase self-awareness of target behaviors and outcomes, and it can serve as an early warning sign if problems arise and can help track success.

**In order to know which behaviors to change, we must first look at our current habits including eating and exercise. Ask the following questions to get a better idea of your eating habits:**

- When do you eat during the day/night?
- Who do you eat with?
- How often do you typically eat?
- Do you follow the same pattern each day?
- What is your hunger level at these times?
- Are weekends and days off different?
- Where do you typically eat?
- Do you plan your meals ahead of time?
- How do you decide what to eat?

Now that you have answered the questions to establish your pattern, let's look and see if any of these behaviors could be modified to be healthier.

If you are ready to make changes, ensure you are eating at regular times throughout the day, known as structure and plan meals ahead of time, known as meal planning. Remember, most people require nutrition roughly every three to four hours. Structured and scheduled meal and snack times are important elements of healthy living. We encourage most people to eat three meals and two snacks. How do you know if you need a snack? If you eat breakfast and by lunch time you are starving, then you definitely need a snack or a "bridge" between scheduled meals. Being too hungry typically results in overeating, eating too fast, choosing less healthy options or a combination of all three of these choices. If there is one thing that is recommended that causes the most anxiety in most people initially, it is the encouragement of eating three meals and two snacks. Most diets encourage people to eat less and lose more.

When we eat less on these diets, we typically feel that we are starving ourselves in order to see results. Thus, we start to associate starving with being skinny. This could not be further from the truth. Hunger is a representation of your metabolism. If you can go all day long without feeling hungry, that means your metabolism is pretty slow. If you eat and two hours later you are hungry, then that likely indicates your metabolism is working as it should. The faster your metabolism, the easier it is to lose weight. This is why most restrictive diets are not effective and could actually be counterproductive. Your body needs nutrients to have energy. Eating throughout the day will help your metabolism and may also decrease the amount of food that you eat in one sitting. By eating frequently throughout the day, you are also helping to control your hunger.

## 10 Principles for Living a Healthier Life

- 1 Structure your meals.** Make sure to eat meals around the same time every day and avoid skipping meals. Your body needs nutrients to have energy. Eating throughout the day will help your metabolism and may also decrease the amount of food that you eat in one sitting. Eat at least three meals a day and possibly two snacks.
- 2 Plan ahead.** Sit down each week and plan out what you are going to eat for breakfast, lunch, dinner and snacks that week. Take this same list with you to the store to ensure you will have everything you need for this week. When you arrive home, put the list on the refrigerator so that you and your family know what is for dinner each night. This can help save unnecessary trips to the store as well as time later in the week
- 3 Prioritize.** Make sure that you are allowing time every day for yourself. If you do not take care of yourself, then you will not be able to take care of other people in your life. Write down your daily and weekly activities on a planner so that you are able to ensure that all tasks are completed including exercising, children's activities, community events and personal time
- 4 Engage in positive self-talk.** Avoid criticizing yourself when you make a less healthy choice. You are your No. 1 cheerleader and will only make that job more difficult if you beat yourself up. Talk to yourself like you would a friend. Research has shown that what you say to yourself as you walk an extra mile or turn down a co-worker's brownie can determine if you successfully reach your goals or give up in frustration.
- 5 Set small, achievable goals.** Instead of setting your only goal as losing 25 pounds, start by making a goal to exercise three times a week. With each healthy decision that you make, you will feel more confident and continue to make healthier decisions. If you make a less healthy choice, review tip 4!
- 6 Measure progress without the scale.** The number does not reflect muscle mass or determine how successful you are. Instead, focus on body fat percentage, how your clothes fit and how you feel. It is also a good idea to limit weighing yourself to once a week. Be patient. Weight loss takes time.
- 7 Change your view of exercise.** If you view exercise as the bane of your existence, then no wonder you never want to go. However, viewing exercise as just another part of your day (like eating breakfast or breathing) can make it a little easier to get started.
- 8 Eat mindfully.** Don't try to multi-task while you are eating, such as watching television or working. Your body needs to be consciously aware that you are eating to register this event and feel satisfied with the meal. Try to sit at a table or a desk, take small bites, chew slowly and focus your attention on eating and enjoying your meal.
- 9 Exercise moderation and modification.** Telling yourself that you will never have another piece of chocolate for the rest of your life seems a little extreme and difficult to stick to. When we deprive ourselves of certain foods and then try to indulge in them again, we have a tendency to overindulge. Allowing yourself to have the foods that you enjoy is important. However, limiting how often you have such treats is a good idea. Moderation is key. Take recipes that you already love and modify them with healthier substitutes, so that you can still enjoy them.
- 10 Soothe yourself without food.** If you find yourself looking for something to eat when you become upset, try to find other things to do, such as walking, calling a friend or taking a bath to calm yourself. If it is helpful, write down a list of activities that you can do when you become upset and refer back to this list as often as needed.

# Planning

Another important element of a healthy lifestyle is planning. While most of us do this to some degree or another, we do not always write it out or give ourselves enough time to thoroughly plan.

Lack of planning can lead to impossible situations, and then we resort to whatever is convenient, not necessarily healthful. To get started, sit down and plan out what you are going to eat for breakfast, lunch, dinner and snacks for the upcoming week.

Go through your cupboards, refrigerator and freezer and identify those items you'll need to get at the store to make meals. Take this same list with you to the store so that you are sure you will have everything that you need for the week. When you arrive home, then you can put this same list on the refrigerator so that you and your family know what is for dinner each night. This can help save unnecessary trips to the store as well as time later in the week deciding what to fix.



## Tips:

- If you are grilling chicken breasts one night during the week, grill a few extra for lunches later in the week, such as in a wrap or a salad.
- If you know that there are certain nights of the week that you do not like to cook, then do not plan to cook a meal on those nights. Instead, have leftovers or put something in the crockpot.
- Try to have a quick option on hand in the house, also known as 'Plan B.' A quick option is something that you can prepare in 10–15 minutes so that if you are running late one day, you are less likely to go through the drive-through. This 'Plan B' will give you a chance to have a healthier option at home.
- If you are going to eat out, then just plan it. If you know the restaurant that you are going to, look up the menu online. You can make your selections. If you would like to be even more prepared, look up the calorie content of your selection on [CalorieKing.com](http://CalorieKing.com). Having a plan of what you are going to eat when dining out can help prevent "emotionally eating out," which is eating what looks good, what sounds good and what that person at the table next to you ordered.

## Setting Realistic Goals

### Start with a long-term goal.

When you picture this goal, do not just think of the immediate effects but also how it will make you feel, how your life will be different and what you will be able to do at that time that you are not able to do now. Think of the strategy to get to your goal and who will help you. Write this goal down and keep it with you. Memory studies indicate that the brain forgets 80 percent of details within 24 hours and 99 percent within two weeks. Writing it down keeps the goal fresh and clear in your mind. It also enables you to go back and look at it.

### Create a timeline.

You know where you are starting and your goal of where you want to be. Do you have a deadline of when you want to complete your goal? When running a race you will want to make sure that you are able to run that distance by the time of the race. Set weekly or monthly goals to help keep you on track with your long-term goals. This will help you continue to feel successful as you reach each achievement toward your goal. Setting small goals keeps you motivated to continue. These may not even have anything to do with weight loss, such as walking in a race.

### Use the right language.

Make sure to take a moment to read over your goals and look for any of the following words: NO, NOT, NEVER, STOP, LOSE, REDUCE, LIMIT or QUIT. Words are very powerful! They focus your attention in one area while other possibilities fade away. When words are negative (like those above), their results are negative. When you say, for example, that you will “stop eating chocolate,” what are you really doing? You are focusing your attention on the very thing you want to avoid—chocolate. Then when you do finally eat it, you binge on it because you are not sure when you are going to get it again.

Framing your goals in negative terms creates an all-or-nothing situation, where even one small slip means failure. And we all know where this leads: “Well, I’ve already blown it, I might as well enjoy it and start over tomorrow,” which turns into next week, next month or next year. Soon, you feel like you can’t control your own behavior and aren’t sure what to do about it.



## Techniques for Setting Goals:

### Be realistic.

Start off with a goal that is not too ambitious so that you can feel success. Continue to build toward your goals to keep you motivated.

### Be specific.

Make sure that it can be measured and tracked. This does not mean that it has to be a number, just something that can be measured. I was able to walk one block; now I am able to walk two blocks.

### Flexibility.

Leave a little wiggle room. It is not realistic to think that life is going to stop moving because you want to reach your goal. You may get a cold while preparing for a race which might delay your training for a day or two. Having a little wiggle room will help you not be too hard on yourself when or if this happens.

### Have a backup plan.

If life happens, what will I do? In some instances it is a little easier to have a plan B, such as using a treadmill to help you train for a race instead of running outside due to inclement weather. You cannot plan for everything, but having a back-up plan will help you stay prepared and realistic.

### Easily recognizable.

Find a picture or a symbol depicting your goal. It may help you stay focused.

### Valuable.

Remind yourself why you want to succeed in the first place. Sometimes having a list of reasons will help you to stay motivated.

### Challenging.

What do you wish for? There is no reason that our dreams cannot become our goals. You want to make sure that you are challenging yourself with the big goal and setting realistic ways to get there with small goals.

### Rewarding.

Remember to pat yourself on the back and celebrate all of your successes! You are your No. 1 cheerleader, and it feels good when someone recognizes the hard work that you have put in! Remember, do not use food as a reward

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## Measuring Progress Beyond the Scale

Before you start your weight-loss journey, take all of your measurements. Include your waist, arms, neck and hips. As you begin to exercise, there is a chance that your weight will increase, as muscle is denser than fat. During this time, you might notice your clothes are getting bigger or that you are losing inches. Measuring your body is more reliable than the scale alone. An ounce of muscle is denser than an ounce of fat, so the scale may not reflect your strength.

Watching your body-fat percentage is another way that can show your progress. Not all scales measure body-fat percentage. However, this can be a better reflection of your health. In some instances, people may weigh less, but have not changed their body fat percentages, so they still have diabetes, high cholesterol or high blood pressure. Monitor how a healthy diet and regular exercise affects your health. Not only will you be able to work out for longer intervals of time, but everyday chores will also become easier. Think of all the daily activities you could use more energy for—grocery shopping, house cleaning, playing with your kids and more. Pretty soon you'll be training for your first 5K!



## Setting SMART Goals

Now, let's look at how to put these two principles together and start your plan. Here are some examples of poorly and well-written goals:

### Poorly Written Goal Examples

These goals are too general and do not clearly define the plan. Instead, create SMART goals—goals that are specific and allow you to easily determine whether or not you are following your plan.

I want to increase my cardiovascular exercise.

I need to lose weight.

### Your goals should be SMART



Specific

Choose one specific thing you want to change; keep it simple to start off.



Measurable

Can you measure this against a baseline?



Attainable or Action-based behaviors

Is the goal attainable? Use action words when writing goals such as "I will" and "I do," rather than "try, should, would, could."



Realistic

Do you have honest and realistic expectations of yourself with your time, body, likes/dislikes?



Timely

Is the time allotted reasonable and manageable for you right now? And when will it conclude?

### Well-Written SMART Goal Examples

I will increase my exercise by walking Monday, Wednesday and Friday two times a day for 15 minutes.

I will record my food intake at least 5 days per week for the next 4 weeks.

### Remember a few things about exercise:

Make it simple.

Make it realistic

Make it happen.

Most important, make it fun!

## Goal Tracking Tools

### Habit-Enhancing Charts

Based on the concept that people establish habits after 21 consecutive days, you can design your own chart to help mark daily progress. Include four brief headings: the habit you want to cultivate, your start date, your goal date and the date you achieved it. Then include 21 slots, calendar-style, that you can mark off daily as you meet the goal. If you miss one day, start a new trial period. Keep your charts in your date book, on your desk or as an electronic bookmark.

### Buy or Create a Goal Calendar

These calendars can be large enough to hang or small enough to carry with you. Mark your daily progress toward your goals and briefly note problems, challenges and successes that you experience. You can also chart higher-level goals on a monthly, quarterly or even yearly basis. Got kids? Get them involved by letting them decorate, post accomplishment stickers and write encouraging notes. They'll feel important in your life and love it!

### Email Your Own Encouragement

First, we will start with a long-term goal. When you picture this goal, do not just think of the immediate effects but also how it will make you feel, how your life will be different and what you will be able to do at that time that you are not able to do now. Think of the strategy to get to your goal and who will help you. Write this goal down and keep it with you. Memory studies indicate that the brain forgets 80 percent of details within 24 hours and 99 percent within two weeks. Writing it down keeps the goal fresh and clear in your mind. It also enables you to go back and look at it.

### Journal

Keeping a daily journal of your progress is a great way to review your challenges and successes. Include how you do and how you feel in regard to your progress. And remember, if this is your main tracking tool, you must do it every day for it to be effective. If you're short on time, develop your own shorthand system or template to save time, such as rating how you did on a scale of 1 to 5.

### Daily or Weekly Report to a Buddy

Find a friend you can talk with briefly—online or by phone—to help track your goal progress. Make sure you choose a positive person who's willing to help and encourage you. Better yet, find someone who has goals of their own and can use your input as they track their progress.

### Your Current Planner or Agenda

Chances are that if you have a planner or daily agenda, you can use it to keep track of your progress toward goals. You can even set aside the same spot on each daily page to make notes, check off accomplishments and outline next steps

## Nutrition to Support My Exercise Program

Often, people think that eating as little as possible and exercising as much as possible is the formula for weight loss. However, smart weight loss means FAT loss and maintenance of or an increase in lean body mass (or muscle mass). Rapid weight loss is most often associated with loss of lean body mass. Why does this matter? Well, weight maintenance is often the next phase after weight loss. Lean body mass is key to weight maintenance. Muscle mass is more metabolically active when you are at rest, which means the more lean body mass you have, the easier it will be to maintain your weight. In order to promote smart weight loss, adequate nutrition is essential. Without proper nutrition, your weight loss will be extremely difficult to maintain. Your dietitian will work with you to develop a nutrition plan that works with your exercise regimen and supports smart weight loss.

**! ALERT! Never consume fewer than 1,200 calories when trying to lose weight.**

Your body cannot obtain the proper amount of nutrients required for optimal health with less than 1,200 calories. Also, lowering your calories too much can slow down your metabolism, or the rate at which your body burns calories, making it harder to lose weight and easier to gain the weight back.



# Nutrition Basics— What, When, Why and How Much

## Establishing Structure

Begin by establishing regular meals and snacks if needed.

### Take time for yourself.

- Put it on your 'to do' list.
- Make feeding yourself a priority and schedule yourself into your day.

### Plan times throughout your day to eat each meal and snack.

- Post your plan on the refrigerator.
- Have ideas of what you will eat for meals and snacks a few days in advance.
- Organize and lay out foods and snacks the night before to assist with easier planning, preparation and access.

### Sit down when eating.

- Make it a rule: No eating in front of the television, computer, in the car, etc.
- Prevent mindless, unstructured eating habits.

### Designate an area for meals and snacks at home and work.

- Allows you to make a conscious decision to sit down and eat.
- Allows your brain to associate food and eating with specific, designated areas.
- Takes less emphasis off food between meals.



## The Balanced Plate

Moderation and balance are key:  
It's not a 'diet;' it's a way of living.

### Meal Planning

#### Include a variety of foods

- Provides a variety of nutrients
- Plays a functional role in lasting satiety

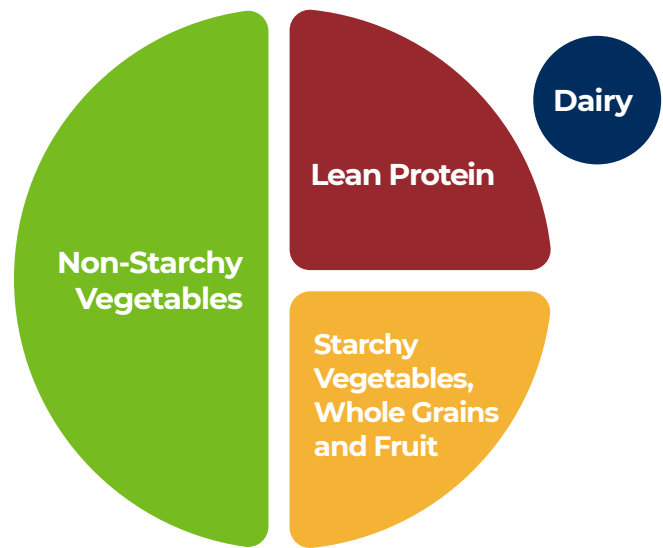
#### Add...don't take away

- Add a side of vegetables
- Add a garden salad

#### Moderation

- All foods can fit
- Eliminates the desire to "categorize" foods

#### Balance



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### Meal Planning Concept: The Plate Model

#### Divide the plate in half

- ½ the plate—fill with non-starchy vegetables  
(2 cups raw, 1 cup cooked; include a variety of colors)

#### Divide the rest of the plate in half again

- ¼ the plate—fill with a protein choice  
(fish, poultry, lean beef, lean pork or protein substitute)
- ¼ the plate—fill with a starch, grain or starchy vegetable  
(brown rice, barley, bulgur wheat, couscous, oats, whole grain breads, potato, corn, peas)
- Sides
  - Small piece of fruit
  - Skim milk or light yogurt

## Example Meal and Snack Plan for the Week

			TIME
SUNDAY	Breakfast	Egg Beaters with salsa on whole wheat tortilla, strawberry slices	6:00 a.m.
	Snack	Yogurt and clementines	9:30 a.m.
	Lunch	Grilled chicken, asparagus, roasted red potatoes	Noon
	Snack	Wheat Thins, cheese slices	3:30 p.m.
	Dinner	Chicken fajitas	7:00 p.m.
MONDAY	Breakfast	Cereal with 1% milk, orange slices, turkey bacon	7:00 a.m.
	Snack	Grapes, almonds	9:30 a.m.
	Lunch	Turkey wrap with lettuce, tomato, avocado, Greek yogurt, apple	Noon
	Snack	Cheeze-Its and peanut butter	3:30 p.m.
	Dinner	Applebee's	7:00 p.m.
TUESDAY	Breakfast	Oatmeal with apples, Greek yogurt	7:00 a.m.
	Snack	Wheat Thins, cheese slices	9:30 a.m.
	Lunch	Healthy Choice meal, fruit cup, Greek yogurt	Noon
	Snack	Peanut butter and banana	3:30 p.m.
	Dinner	Spaghetti with turkey meatballs, broccoli with cheese	7:00 p.m.
WEDNESDAY	Breakfast	Cereal with 1% milk, banana, sausage link	7:30 a.m.
	Snack	Cheeze-Its and peanut butter	9:30 a.m.
	Lunch	Leftover chicken fajitas	Noon
	Snack	Yogurt and clementines	3:30 p.m.
	Dinner	Chicken Caesar wrap, Greek yogurt, peach	7:00 p.m.
THURSDAY	Breakfast	Egg Beaters, slice of whole wheat toast, pineapple	7:00 a.m.
	Snack	Hummus and Wheat Thins	9:30 a.m.
	Lunch	BBQ pulled pork on whole wheat bun, oven-broiled Brussels sprouts	Noon
	Snack	Peanut butter and banana	3:30 p.m.
	Dinner	Spaghetti leftovers, broccoli leftovers	7:00 p.m.
FRIDAY	Breakfast	Oatmeal, Greek yogurt, mango slices	7:00 a.m.
	Snack	Wheat Thins, cheese slices	9:30 a.m.
	Lunch	Grilled chicken, macaroni and cheese	Noon
	Snack	Yogurt and clementines	3:30 p.m.
	Dinner	Pizza and salad	7:00 p.m.
SATURDAY	Breakfast	Whole wheat pancakes, turkey bacon, banana slices	8:30 a.m.
	Snack	Fruit and yogurt smoothie	9:30 a.m.
	Lunch	Picnic—travel to mom's	12:30 p.m.
	Snack	Cheeze-Its and peanut butter	3:30 p.m.
	Dinner	Grilled burgers, salad with almonds/strawberries and feta cheese, grilled potatoes	6:30 p.m.

# Meal and Snack Plan for the Week

		TIME
<b>SUNDAY</b>	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
<b>MONDAY</b>	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
<b>TUESDAY</b>	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
<b>WEDNESDAY</b>	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
<b>THURSDAY</b>	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
<b>FRIDAY</b>	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	
<b>SATURDAY</b>	Breakfast	
	Snack	
	Lunch	
	Snack	
	Dinner	

## Label Reading: How Do I Use a Food Label?

- 1 **Serving Size:** A serving is the amount of food that is typically eaten at one time and not a recommendation of how much to eat. Servings and serving sizes are in larger and/or bolder type.
- 2 **Fat:** This lists the total amount of fat in one serving. Try to limit the amount of saturated fat and trans fat you eat. The general rule is that no more than 30 percent of your calories should come from fat.
- 3 **Cholesterol:** Try to eat less than 300 mg each day.
- 4 **Sodium:** Try to eat less than 2400 mg of sodium (salt) each day.
- 5 **Carbohydrates**  
**Total Carbohydrates:** This is what helps to give you energy. Carbohydrates are commonly found in bread, pasta, potatoes, fruits and vegetables. Total carbohydrates includes sugars, added sugars and fiber.  
  
**Fiber:** Good sources of fiber include fruits, vegetables, whole grains and beans. Try to 20–30 grams of fiber per day.  
  
**Sugars:** Aim for less than 10 percent of your total daily calories from added sugar. Women should consume less than 24 grams of added sugar and men should aim for less than 36 grams of added sugar per day.
- 6 **Protein:** Protein helps build muscle. It is found in meat, nuts, eggs, fish and dry beans. Try to eat lean cuts of meat.
- 7 **Calories:** A calorie is a measure of energy use. Calories refers to the energy supplied from all of the sources in one serving of food. As a general guide: 100 calories per serving of an individual food is considered a moderate amount, and 400 calories or more per serving of an individual food is considered high in calories.
- 8 **Vitamins & Mineral:** This shows you how much of the recommended amount of certain vitamins and minerals are in the food. Your goal is to reach 100 percent for each vitamin and mineral every day. Diets higher in these nutrients may reduce the risk of developing certain chronic diseases.
- 9 **% Daily Value:** This shows how much of the recommended amounts of these nutrients are in one serving (based on a 2,000 calorie diet). These percentages make it easy to compare one brand with another. Just make sure the serving size is the same. The goal is to eat no more than 100 percent of each nutrient each day.
- 10 **Ingredient label:** While this is not specifically part of the nutrition label, it is a tool in choosing foods. The ingredient that weighs the most in the food product is listed first and ingredients are listed in descending order by weight. You can also look here for any potential food allergens.

Source: Adapted from [www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm)

<b>Nutrition Facts</b>	
8 servings per container	
1 <b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
7 <b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
2 <b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g <b>5%</b>	
Trans Fat 0g	
3 <b>Cholesterol</b> 0mg	<b>0%</b>
4 <b>Sodium</b> 160mg	<b>7%</b>
5 <b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g <b>14%</b>	
Total Sugars 12g	
Includes 10g Added Sugars <b>20%</b>	
6 <b>Protein</b> 3g	
Vitamin D 2mcg 10%	
Calcium 260mg 20%	
Iron 8mg 45%	
Potassium 240mg 6%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

### For weight loss:

Look at the following: serving size, calories, fat, fiber and protein.

### For wellness:

Look at sodium, cholesterol, fat, fiber, added sugars, protein and vitamins/minerals.

### Your goal:

- Next time you go grocery shopping, choose two to three varieties of the same item.
- Compare the labels.
- Which product will be the best for helping you reach your weight loss goals, wellness goals or both?



## Portion Sizes

Keeping track of portion sizes is one of the things that many patients struggle with. Your weight loss may stall even if the foods you are choosing are good, healthy choices but the serving size is too large. This is especially frustrating when you feel like you have worked hard to make the right food choices. Here are three things you can do to help with portioning:

### Use the right sized plate.

Large plates encourage larger servings of foods. Try to use a 9-inch plate whenever you can.

- **How big are the plates you use at home?**  
At its widest point, your dinner plate should be just slightly wider than the short side of a piece of computer paper.
- **Paper or Styrofoam plates are usually the correct size.** Bring some to work to keep your lunch portions in order.
- **At a restaurant, ask for a salad plate to be brought out with your meal.** Then, you can portion your foods correctly and put the rest in a to-go box for a meal later.

### Measure!

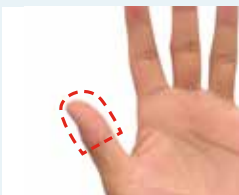
Get a set of measuring cups and spoons, and use them to serve yourself portions. A food scale is very useful for portioning out foods that have serving sizes listed in ounces on a food label: meats, cheeses, crackers, pretzels and cereals, for example. In general, humans are not very good at 'eye-balling' portion sizes. Even practiced dieters tend to underestimate the portions they are consuming. Using actual measuring tools to portion out foods is the most accurate way to make sure you are eating the same amount of food you are tracking in your food journal.

### Compare with common items.

It isn't always practical to have your measuring tools on hand. Chances are you aren't going to bring your food scale to a lunch meeting at work! So it is sometimes appropriate to be able to estimate portions by comparing with something you always have 'on hand.'



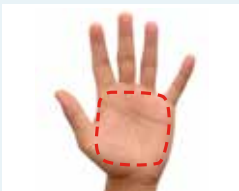
A closed fist is about 1 cup. You can use this comparison to estimate portions of breakfast cereal, fresh fruit, baked potatoes and other starches. Half the size of your fist is the portion size for canned fruit and ice cream.



A teaspoon is about the size of the top joint of your thumb. Use this comparison to estimate portions of butter, margarine and extra oil.



The size of your thumb is about 1½ oz of block cheese



The size of a woman's palm is about 3 to 4 oz of meat. The palm of a man's hand is about 4 to 5 oz.

# Understanding Emotions and Food

## Hunger vs. Cravings

Is it a craving, or are you really hungry? We first need to understand the difference between a physical food craving—or actual hunger—and an emotional food craving. Cravings can be caused by either physical or psychological needs. Emotional cravings, or eating triggers, are usually caused by psychological needs, while hunger is a biological function of the body's real need for food. Emotional cravings can lead to bingeing. Learn to listen to your body and know what it is trying to tell you. The key is trusting yourself to know whether you are craving a food for emotional reasons or whether your body is truly hungry. Giving in to too many cravings can lead to overeating, unhealthy eating and extra weight gain. Healthy eating means eating when you are truly hungry and eating until you are satisfied. It is being able to choose healthy foods, but not being so restrictive that you miss out on foods you really enjoy. You can use many techniques to distinguish between biological and emotional cravings. Use these descriptions to classify a physical craving versus an emotional craving.

### PHYSICAL CRAVING

- You are physiologically hungry.
- The craving does not go away if you try to wait it out.
- The craving intensifies over time.
- Nothing you do will take away the craving except the craved food.

### EMOTIONAL CRAVING

- You are not physiologically hungry.
- It goes away if you try to wait it out.
- The craving does not intensify over time; the emotion does.
- Doing something else satisfies the real need, and the craving disappears.

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## Understanding Hunger

It takes nearly 20 minutes for your gut to tell your brain, "I'm full." When hungry, your gut hormones will signal your brain that fuel is needed. Likewise, once food is eaten, your gut hormones signal your brain that it has had enough. Because of this "lag" time, mindful-eating techniques are used to work with your body. Taking small bites, chewing foods well, slowing down when eating and being conscious, or "mindful," about what and how you are eating, gives your body the time it needs to tell you when you are satisfied. The "how" of eating is just as important as the "what" or the "when."

The Hunger Scale can help you become more aware of hunger/fullness cues. When beginning, it's helpful to note your hunger rating before and after meals and snacks. Ideally, it's best to stay in the "Green Zone." Often, when one starts dieting the thought is, "I'm going to be good today. I'm not going to eat," and then breakfast is skipped. As the morning turns into early afternoon, hunger sets in and one gradually moves down the hunger scale. Again, the dieter's mind says, "No, I'm going to be good. I'm not going to give in." Then lunch may be skipped. By the end of the day, hunger is in full force (down to a 1 on the Hunger Scale). Naturally, this is extremely unpleasant and leads to the inevitable overconsumption, most often of high-fat/high-sugar foods. The body's natural response to extreme hunger is to send signals to your brain to "get food/fuel into me NOW!" The most efficient way to do so is with high-calorie foods (high-fat/high-sugar), otherwise known as sweet or salty cravings. It's nearly impossible to eat "mindfully" when you are in a state of extreme hunger. Eating slowly, chewing foods well and taking small bites sounds ridiculous when you're far too hungry and irritated to think logically. Furthermore, once you are down to a 1 on the Hunger Scale, it's common to then eat until you are at the other end of the scale: a 9 (stuffed or uncomfortable) or 10 (uncomfortably full or sick). This can then lead to feelings of guilt and defeat and thoughts that you have no willpower. Then, the next day it starts all over again.

Let's try something different. It may feel counter intuitive, but regulating meals and snacks will help you keep your hunger in check so that you can make healthful food choices: eating slower, chewing foods longer and taking small bites to be more mindful! Sometimes when people begin structured eating, it is awkward because they are not used to eating when they are a 3 or 4 on the Hunger Scale. The goal will be to plan meals and snacks to coincide with your hunger, which may also depend on your activity schedule and other daily activities.

## Hunger Signals

Being aware of your body's physical hunger signals helps give you the confidence to satisfy your food cravings. Hunger signals can come from your stomach while it is informing you that it is empty or from your brain as it informs you that it is lacking an energy supply. Signals from your stomach may include growls, pangs or hollow feelings. Signals from your brain may include fogginess, lack of concentration, headache or fatigue. If you are still not sure whether you are truly hungry, try using the following Hunger/Fullness Rating Scale.

### RATING HUNGER/FEELING FULL

If you are at a 5 or above, you are not hungry and your body does not physically need food. If you are craving a food, it is emotional, not physical. If you are at level 3 or 4, your body is telling you that it needs some food and your cravings are telling you that you physically need food. If you are at level 1 or 2, your body is too hungry and definitely physically needs food. The problem with waiting until you get to this level is that you are so hungry that you will probably overeat or eat something that is not as healthy

RATING	HUNGER/FULLNESS FEELING
10	<b>Uncomfortably full or sick:</b> "Thanksgiving Full"
9	<b>Stuffed or uncomfortable</b>
8	<b>Too full, somewhat uncomfortable</b>
7	<b>Full, but not yet uncomfortable:</b> hunger is gone
6	<b>Filling up, but still comfortable:</b> could definitely eat more
5	<b>Neutral:</b> neither hungry nor full
4	<b>Slightly hungry:</b> faint signals that your body needs food, but you can still wait to eat
3	<b>Hungry, not yet uncomfortable,</b> clear signals that your body needs food
2	<b>Very hungry, irritable or anxious:</b> you want to eat everything in sight
1	<b>Starving,</b> feeling weak, lightheaded, dizzy or other extremely uncomfortable symptoms of hunger

Remember, the best time to eat is at level 3 or 4. At this point, you are experiencing physical hunger, and your body is telling you that you need food. You still have enough control to eat healthful foods and control your portion sizes.

## Craving Solutions

When you are craving foods, it is important to determine whether the craving is physical or emotional. Once you discover why you want to eat, you can take action. If you determine it is emotional, take steps to try to dissolve your craving in some other way than giving in to the food. For instance, bingeing or emotional cravings can happen due to stress. Stress reduction techniques might include taking a long hot bath, taking a walk, relaxation exercises or yoga. Drink a glass of water before giving in to a craving. Sometimes when you think you're hungry, you're really just thirsty. If you are not only truly hungry but overly hungry, eat something healthy such as carrot sticks or an apple instead of the junk food you may be craving. That may fill you up enough to disband unhealthy food cravings. Use the 10-minute rule. When you crave something, wait for 10 minutes for the craving to subside. Another option is to satisfy your craving with a very small portion of what you are craving.

Studies suggest that completely avoiding certain foods can make them irresistible and make you crave them even more. The result is that you usually will give in to the craving, overindulge and then feel guilty for letting it happen. If you are truly physically hungry, eat (in moderation, of course). Keep in mind that you are hungrier on some days than others. So when you're really, truly hungry, it's fine to eat more. Remember, one meal does not define healthy eating habits. What you eat over the course of a day, or several days, does. Healthy eating is flexible. Giving in to a craving, in moderation, can be part of a healthy eating pattern, as long as it does not get out of hand.

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## Eating Triggers

Many things can trigger our desire to eat, such as the aroma of food, the sight of a favorite food, a commercial on television or just knowing that there are sweets in the house. Eating while watching television can make television an eating trigger. Recognizing what triggers eating or cravings is the first step in learning to control them.

Keeping a food diary can help you identify your eating triggers. This can help you notice when you eat and what you are doing or thinking when you have a craving. If you find that sitting in front of the television is a major trigger for cravings, plan to do something when you are in that situation. Take up knitting, write letters or pay your bills when you are watching television. Do something that will keep your hands busy and keep your mind off the desire to eat. If boredom is a trigger, make a list of alternate activities, such as talking to a friend, taking a walk or washing the car. When you get bored and want to eat, check out your list instead. The key to controlling cravings and triggers is to learn to recognize them and then to set up an action plan to help you deal with them. Cravings are a very normal part of our lives, and it is important to have a healthy eating plan to deal with them in a sensible manner. Talk with your lifestyle professional about your specific eating triggers.

# Living a More Active Life

Carrying excess weight can make it harder to be active, but if you start slowly you can make real progress.

Being active can help you maintain weight loss and improve your physical and mental health. For example, studies show that people who exercise regularly are in a better mood and are less anxious and depressed.

Being more active doesn't mean you need to run a marathon! You could start with moderate intensity activities such as brisk walking, leisurely bike riding, dancing or light swimming. More vigorous activities include power walking, jogging, hiking and aerobics. And everyday activities that keep you moving are good too, like taking the stairs, raking the leaves or mowing the grass. The key to success is finding activities you enjoy doing and that fit with your lifestyle.

Of course, if you are able to and are interested, going to a gym or taking some kind of strength training, yoga or exercise class can really help. Working out with others can keep you motivated and can be fun as well! If you have joint pain, consider water aerobics or work with a trainer on exercises that won't cause pain or injury.

Studies have proven that individuals affected by obesity who maintain an optimal level of fitness have lower risk of heart attacks than individuals affected by obesity who are not very fit. Regular physical activity is necessary for good health. It is important for someone who is trying to lose weight or maintain a healthy weight. Exercise doesn't only help control weight, but it also contributes to healthy bones and emotional health. Be sure to check with your doctor to ensure you are healthy enough to exercise before embarking on an exercise routine.

To maintain your weight, the Centers for Disease Control (CDC) recommends 150 minutes of moderate aerobic activity, 75 minutes of vigorous activity or an equivalent mix of the two each week. This recommendation can vary, however, depending on your fitness level and abilities. Aerobic activity of 240 to 300 minutes per week may add additional benefits to reduced calorie intake.

## Ask yourself the following questions to understand your current exercise habits:

How often am I currently exercising?

What are the biggest barriers to exercise?

Do I prefer a gym or home exercises?

Do I have any physical limitations to exercise?

How many steps do I currently take in a day?

Do I consider myself sedentary or active?

There are several devices that can help give you a perspective of your current activity level. Wanting to be healthier does not mean you have to go from no exercise at all to exercising daily. Start by increasing your daily activities and then work up to adding 5-10 minutes a day.

## Getting Started—What You Need to Know

For the purposes of weight loss, you should concentrate on aerobic exercise, which includes walking, biking, treadmills, ellipticals, aerobics classes, swimming, jogging, exercise videos and more. It is most effective when you do it 4–5 times a week.

### BENEFITS OF REGULAR EXERCISE:

- Stress relief
- Better sleep
- Disease prevention and management
- Blood pressure (stabilizes and lowers)
- Decreased pain
- Sharper thinking
- Diabetes (controls blood sugar)
- Osteoporosis and cancer (lowers incidence)

### HOW OFTEN AND HOW LONG SHOULD I EXERCISE?

These exercise levels help to stimulate the basal metabolic rate and help with maintaining good blood sugar levels.

- Longer duration cardiovascular exercise (30–45 minutes) at least every 48 hours.
- Shorter duration cardiovascular exercise (15–20 minutes) at least every 24 hours.

Strength training may be added prior to surgery, but cardiovascular exercise should be the priority.

### WHAT ARE THE BIGGEST BARRIERS TO REGULAR EXERCISE?

- Lack of time
- Pain
- It's intimidating
- Unsure how to do it properly
- Lack of motivation
- It's lonely
- There's no immediate benefit
- It can be boring

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## Choosing the Right Exercise for You

Use the **FITT** principle to develop your physical activity plan

**F** Frequency  
How often?

**I** Intensity  
What percentage of your target heart rate do you exercise? How hard do you plan on working?

**T** Type  
What mode of exercise are you using (*walk, swim, aerobics, bike, dance, weights, yoga, pilates, etc.*)?

**T** Time  
How long can you exercise per day? (*Does not have to be all in one session. Can be divided throughout the day.*)

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### Two types of necessary exercise

Cardiovascular exercise:  
Whole-body movements, continuous, gradually working toward a moderate- to high-intensity workout over time.

Strength training:  
Free weights, exercise bands, lifting your body weight and weight machines.

## Strength Training

### BENEFITS

- Once muscle has been developed through regular strength training, more calories are burned, even at rest. After completing intense strength training, the body continues to burn fat tissue for 48 hours afterward as it works to build new muscle
- Protective for painful joints.
- Sculpts and tones the body
- Improves balance

### HOW IS INTENSITY MEASURED DURING STRENGTH TRAINING?

Intensity is the amount of weight moved for a specific number of repetitions. One repetition maximum is the baseline for intensity. This is the maximum amount of weight you can move once.

- **Low intensity:** Two sets of 10 repetitions at 30 percent of your one-repetition maximum
- **Moderate intensity:** Two sets of 10 repetitions at 50 percent of your one-repetition maximum.
- **High intensity:** Two sets of 10 repetitions at 70 percent of your one-repetition maximum.

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## Which comes first: Cardio or weight training?

Until you reach your goal weight, cardio should always be completed first.

- It allows for a proper warm up and helps protect from injury during weight training
- You will give up some strength by doing cardio first. Your one repetition maximum will be less because you will be more depleted.
- Once you reach your goal weight, always warm your muscles by doing 10 minutes of cardio, then move into strength training and finish cardio after.
- If you are trying to gain strength, do weight training first.

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## Help for the Abdominal Area

- Because the abdominal muscles are long and thin, more fat tissue is stored in between the layers of muscle.
- Resistance training helps to burn abdominal fat.
- The abdominal area is actually the first to burn fat, but because there is so much, it isn't noticeable as quickly.
- Cardiovascular interval training preferentially burns abdominal fat.

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## The Bottom Line

- Cardiovascular training at low- to moderate-intensity will burn more fat tissue during the session.
- Cardiovascular training at high intensity and strength training will burn less fatty tissue during a session but will burn more fatty tissue after a session is complete (afterburn).
- The perfect program consists of cardiovascular exercise every day and strength training three times a week.

## What to do when you reach a weight loss plateau?

- Take a hard look at your intensity. Work harder during your sessions.
- Mix it up!
  - Interval training is very effective at burning more fat during a session.
  - Do new and different activities like Pilates, Zumba, race walking and exercise videos.
  - Add strength training.
  - Change the order of your exercises.

## What is My Target Heart Rate for Exercise?

Physical activity does not have to be strenuous to be beneficial. Someone who has been sedentary but wants to get started with an exercise program should begin by incorporating a few minutes of activity into each day.

How intensely should cardiovascular exercise be performed? Intensity is defined by how fast the heart is beating during exercise.

Low intensity  
**60–70%**  
maximum heart rate

Moderate intensity  
**70–80%**  
maximum heart rate

High intensity  
**80–90%**  
maximum heart rate

Your target heart rate during exercise is 60–80 percent of the maximum heart rate. Don't let well-meaning family members and friends tell you "harder is better."

### MODERATE INTENSITY ACTIVITY

Moderate activity is physical activity ranging from 64 to 76 percent of maximum heart rate. Moderate intensity activity causes a slightly increased rate of breathing and it feels "light" to "somewhat hard."

#### Examples

- Brisk walking (a 15-minute mile)
- Leisurely bike rides
- Yard/house work
- Light swimming
- Playing with family

### VIGOROUS INTENSITY ACTIVITY

Vigorous intensity is physical activity greater than 76 percent of maximum heart rate. Vigorous intensity activities result in increased rates of breathing and sweating and feel "somewhat hard" to "very hard." It is quite difficult to hold a conversation when performing this type of activity

#### Examples

- Jogging
- Hiking
- Competitive sports, such as soccer or basketball
- Aerobics
- Cycling

## Target Heart Rate Zone

Your target heart rate zone is 60–80 percent of your maximum heart rate. Calculate yours using the formula below.

### MAXIMUM HEART RATE

$$220 - \text{YOUR AGE} = \text{MAXIMUM HEART RATE}$$

### TARGET HEART RATES

$$\text{MAXIMUM HEART RATE} \times .60 = \text{LOW INTENSITY TARGET HEART RATE}$$

$$\text{MAXIMUM HEART RATE} \times .80 = \text{MODERATE INTENSITY TARGET HEART RATE}$$

### EXAMPLE FOR A 40-YEAR-OLD

Maximum heart rate:

$$220 - 40 = 180$$

Low intensity:

$$180 \times 60\% = 108 \text{ beats per minute}$$

Moderate intensity:

$$180 \times 80\% = 144 \text{ beats per minute}$$

Safe target heart rate zone for a 40-year-old is 108–144 beats per minute.



# How Can I 'Re-Think' Exercise?

## 10 Ways to become Faithful to Fitness

Starting a fitness routine may be as easy as starting a lawnmower. However, sticking with the routine seems to be the hard part. The first few weeks of the routine, we are pumped to exercise and then life happens, or we do not see the results we want and we stop. Yet driving down the street, it is apparent how many people manage to hang in there and would no sooner skip their morning workout than their morning shower. Do they have superhuman powers we do not know about? Diane Klein, PhD, did a study to help determine the "super powers" of the physically fit. When asked to rank what motivated long-term exercisers (who had been working out for an average of 13 years), awesome abs and beautiful biceps were of least concern.

In contrast, feeling good and being healthy were highly ranked. In fact, here are the top motivators in order: fitness, feelings of well-being, pep and energy, enjoyment of the exercise, making exercise a priority, sleeping better, feeling alert, being relaxed, weight management and appearance. Maybe the trick is figuring out why we are exercising or maybe changing the way that we view exercise so we stay on track. Either way, here are some tips to help you become a long-term exerciser, if you are willing to give exercise just one more try!

- 1 Switch it up and keep it fun.** There is nothing that states you must go to a gym or buy any equipment. Having a variety of activities such as swimming, biking, dancing, aerobics and running will help to ensure that you do not get bored and, regardless of the weather, you are able to do something active.
- 2 Make it a team effort.** Work out with a friend or significant other. It is easy to let ourselves off the hook, but if you commit to another person, you will not let them down. Even if your partner is out of town, have them call to check in on your progress.
- 3 Make it non-negotiable.** In order to lose weight or maintain weight loss, exercise is a must.
- 4 Make it the first activity in the morning.** If it is the No. 1 priority to reaching and meeting your goals, then it should be No. 1 on your to-do list. If we plan to exercise in the afternoon and a friend calls to ask you to dinner or to a movie, what are you going to do? Honestly, we are skipping the gym and heading to the movie for some popcorn. However, there is nothing that will interfere at 5 a.m.
- 5 Head to the gym after work.** If you just cannot drag yourself out of bed in the morning, then the next best thing is to do it on your way home from work. Do not stop at home, because once you go home, you are less likely to want to go back out. Take your gym bag with you to work and change into your workout gear at the gym.
- 6 Just do it, even when you are "too tired."** You will have an exercise-induced euphoria during the activity and will leave the gym feeling energized.
- 7 Write it down.** Writing down steps, miles, calories burned, weight, etc., can help us reach our goals. Some people would like to do a triathlon and will keep track of how close they are to achieving their goal.
- 8 Gauge your progress.** This is not just recognized by the numbers on the scales, but also in how your clothes fit you better, the ability to lift heavier weights or being able to work out longer. Other ways to measure success include getting a good night's sleep, having more energy, being more productive at work, thinking more clearly, not feeling as overwhelmed by stress or lowering blood pressure or high cholesterol.
- 9 Go for a walk.** Count steps taken in a walk with a pedometer and see if you can increase this number over time. Walk a dog which will provide you and the dog with exercise to help stay motivated.
- 10 Celebrate your accomplishments!** Just because exercise is a good idea for everyone does not mean that we should not reward ourselves for reaching those fitness goals. Rewards motivate us to keep going, so decide on a goal and a reward and get started working toward it. Make sure to create different rewards for different goals. In the beginning, make goals small and then, over time, they can get larger.







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