



Welcome

Memorial
WEIGHT LOSS & WELLNESS
CENTER



Beginning treatment early is an essential part of success, and 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 Memorial Weight Loss & Wellness Center team will help guide you through the approaches that best meet your individual needs.

Online Education

For your convenience, check out the education that is available online.



MemorialWeightLossAndWellnessCenter.com/PatientEducation

What is obesity?

Obesity is a disease characterized by excessive body fat. People who are affected by obesity usually struggle with behavior, genetic and environmental factors that are difficult to control with dieting alone. Obesity increases the likelihood of certain diseases and other related health problems that can compromise quality of life and reduce lifespan. Obesity is a serious health epidemic that affects 1 in 3 Americans. It is estimated that more than 93 million Americans are affected by obesity, with the number predicted to climb to 120 million in the next five years.

What is the difference between overweight and obese?

The terms “overweight” and “obese” refer to body weight that’s greater than what is considered healthy for a certain height.

The most useful measure is body mass index (BMI). Stages of weight are medically defined by BMI, which is calculated from your height and weight. An individual with a BMI of 25 to 29.9 is clinically classified as overweight. A BMI of 30 or more is classified as obese. 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.

	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	390	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 obesity?

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.

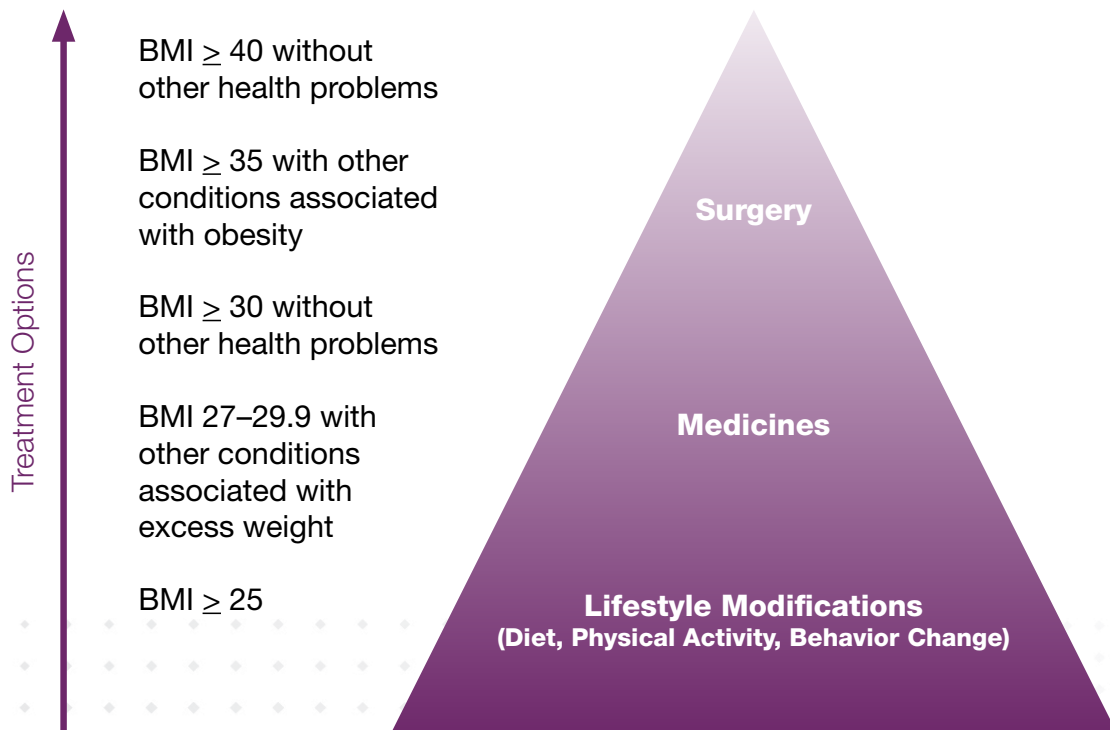
Treatment Options and Expected Outcomes

Treating obesity can often be difficult. If you're affected by obesity, 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 Memorial Weight Loss & 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 addressing obesity 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 obesity treatment and weight management plan.

What is the Best Option for Me and What Can I Expect to Lose?

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 and/or your level of obesity or being overweight?
- ▶ What is your motivation level?
- ▶ What are your other health problems?
- ▶ What are your overall health and weight-loss goals?



Bariatric Surgery (Weight-Loss Surgery)

Is Bariatric Surgery Right for You?

- ▶ Are you morbidly obese?
 - Body Mass Index (BMI) greater than or equal to 40
 - BMI > 35 with serious associated (co-morbid) medical conditions
 - BMI > 30 with serious associated (co-morbid) medical conditions (Lap-band)
- ▶ Do you have health-related problems related to obesity?
- ▶ Common problems include:

• Type 2 diabetes	• Urinary “stress” incontinence
• Sleep apnea	• Degenerative Spine Disease (back pain)
• Hypercholesterolemia (high cholesterol)	• Polycystic ovarian syndrome
• Hypertension (high blood pressure)	• Chronic ankle edema
• Depression	• Chronic cardiopulmonary deconditioning
• Gastroesophageal reflux (GERD)	• Fatty liver disease
• Degenerative joint disease	• Increased cancer risk
- ▶ Are you motivated to make lifelong changes to your eating and activity levels?
- ▶ Do you have social supports?
- ▶ Are you willing to work with a team of healthcare professionals to help you reach your weight-loss goals?
- ▶ Can you commit to lifelong follow-up care?

Surgical treatment of obesity is an option for patients classified as morbidly obese. After bariatric surgery, individuals must still modify their lifestyle habits, adjust their diet and increase their physical activity. For some, bariatric surgery, in addition to lifestyle changes, may be the holistic approach to achieving and maintaining great health. Patients who meet the National Institutes of Health (NIH) criteria and are interested in weight-loss surgery can incorporate Memorial Bariatric Services into their treatment plan. Memorial Bariatric Services is accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program of the American Society for Metabolic and Bariatric Surgery and the American College of Surgeons. This means you can rest assured that our bariatric surgery program meets the highest standards for safety, advocacy and clinical effectiveness and provides a long-term commitment to patients that starts before surgery and extends for a lifetime. We are committed to ongoing improvement and leadership in providing effective and safe surgical treatments for clinically-severe obesity.

Average weight loss can vary depending on the type of weight-loss surgery:

Roux-en-Y Gastric Bypass

- ▶ 70–75 percent of excess body weight is lost after 12–18 months.
- ▶ 65–70 percent of the weight loss is maintained five years post-op.

Sleeve Gastrectomy

- ▶ 59–69 percent of excess body weight is lost after 12–18 months.
- ▶ 66 percent of the weight loss is maintained at three years post-op.

Biliopancreatic Diversion (Duodenal Switch)

- ▶ 65–83 percent of excess body weight is lost after 12–24 months.
- ▶ 62–81 percent of the weight loss is maintained three to six years post op.

Lap-band

- ▶ 42 percent of excess body weight is lost after 24–36 months.
- ▶ 50–55 percent of the weight loss is maintained five years post-op.

Intra-Gastric Balloon

- ▶ 25.1 percent of excess body weight is lost six months after insertion and maintained six months after extraction
- ▶ 17.1 percent of excess weight loss is maintained two years post-insertion.

References:

- *AACE / TO S/ASMBS Bariatric Surgery Guidelines / Surgery for Obesity and Related Diseases 4(2008) S109-S184.*
- *American Society for Metabolic and Bariatric Surgery (2015).*

Learn more: MemorialBariatricServices.com.

Medically Managed Weight Loss

Medically managed weight loss is an option for patients classified as overweight, or having a BMI of 25 or greater, with or without other health problems related to excess weight. Patients must be willing to work with a team and commit to improving their health through lifestyle changes.

Medically managed weight-loss outcomes differ from surgical weight-loss outcomes. Therefore, depending on your overweight or obese diagnosis and other health concerns, the physician-led multidisciplinary team will work with you to develop a treatment plan that best fits your weight-loss needs and overall health and wellness goals. Losing a minimum of 5 percent of your excess weight can reduce your risk for diabetes and other conditions. Losing more may provide even greater improvements in health and may further reduce your risk.

The NIH recommends a reasonable six-month weight-loss goal, between one and two pounds each week, or about 10 percent of your current weight. Weight loss of 5–10 percent for individuals with Type 2 diabetes, high blood pressure or high cholesterol can:

- ▶ Improve blood sugar control
- ▶ Reduce blood pressure
- ▶ Improve cholesterol levels

Medical Weight Loss Phases

Phase I: Exploration into Where You Would Like to Start

Goal: To prevent weight gain

Treatment Objectives:

- ▶ Learn strategies to avoid further weight gain
- ▶ Learn how to start living a healthier life
- ▶ Learn the risks of obesity
- ▶ Recognize the barriers to previous weight-loss attempts, and explore where you would like to start

Treatment Suggestions:

Work with providers every 2-3 weeks on developing goals. More than 14 visits in six months with providers on our team. Attending groups can help with ideas about where to start. Individual work will help tailor the information specifically to you.

Individual work: Thinking about changes can be overwhelming. Working with the medical provider and behavioral health specialist to help you with lifestyle changes and to help you determine how living a healthier lifestyle will fit into your current routine.

Group work: Group sessions have been established to help you with specific areas of focus for your lifestyle changes. Choose to attend one group session a week from the list of various topics. These groups, led by a licensed professional, include group-directed discussions regarding relevant health topics. Each group has learning objectives.

Support Group: A monthly support group is available for all Memorial Weight Loss & Wellness Center participants free of charge. Attendance is encouraged. Attending the support group is beneficial, because other program members may be struggling with similar issues. Together as a group, ideas can be shared to support each other through difficult issues. Each month, there are rotating topics that can assist you in your weight-loss journey.

Phase II: Process of Losing

Goal: To reduce body weight

Treatment Objectives:

- ▶ Continue to work on and maintain established goals set in Phase I
- ▶ Increase physical activity to assist in weight reduction
- ▶ Work with dietitian for individualized nutrition guidelines
- ▶ Establish boundaries with individuals who are unsupportive of living a healthier lifestyle
- ▶ Develop healthy ways to cope with barriers to weight loss
- ▶ Lose 1-2 pounds a week, 10 percent of your body weight, or not gain weight while making lifestyle changes

Treatment Suggestions:

Working with providers every 4-6 weeks on evaluating and updating goals. More than 14 sessions in six months with the comprehensive team.

Individual Work: Making and maintaining lifestyle changes can be very difficult. Your work with the comprehensive team focuses on learning to prioritize goals, and establish life-long healthy habits to achieve desired weight loss and to improve co-morbid conditions.

Group Work: Continue to utilize group sessions to better assist you with lifestyle changes that you may still be struggling to modify. One group session a week from the list of various topics is recommended.

Support Group: Continuing to attend the monthly support group can strengthen your personalized wellness goals. Support group attendees provide encouragement to each other, especially throughout the different phases of the program.

Phase III: Maintenance

Goal: Long-term maintenance of a lower body weight and actively preventing future health problems

Treatment Objectives:

- ▶ Decrease health risks associated with obesity
- ▶ Continue and maintain healthy lifestyle changes

Treatment Suggestions: Quarterly follow-up visits with one or more providers for one year.

Individual Work: Touching base with providers as needed for accountability and to help identify potential problems before potential weight regain spirals out of control.

Group Work: Group sessions are available as a resource if any new or re-emerging challenges arise that may potentially sabotage weight loss progress.

Support Group: Attending support group is a vital component, especially during the maintenance phase of the program, in order to maintain lifestyle changes. It can also be beneficial to help provide encouragement to other members as well as help you maintain accountability.

Weight-Loss Medications

Medications can sometimes be helpful with weight loss, however, medication alone will not sustain long-term weight loss. It is important to incorporate the recommended lifestyle changes in order to be successful. Weight-loss medications are tools to help reach goals, but most of the time the medications are temporary. Several medication options are available, but each one is designed to work for specific issues, such as cravings or excess hunger. Once you have worked with a dietitian to determine your specific needs we can better determine what medications would be appropriate for you. All medications have side effects, and not all patients are candidates for weight-loss medication therapy. Your physician or midlevel provider will determine if you are a suitable candidate. Please discuss any over-the-counter products you may be using with your medical providers.

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: Contemplation

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).

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.

Reference: 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.

Read each statement below. Show how strongly you agree or disagree with the statement by circling a number from 1 to 10 that best represents you at this moment.

I am willing to change the kind of food I eat so I can reduce my body weight and better manage my emotional and physical health.

1 2 3 4 5 6 7 8 9 10
Strongly Disagree Strongly Agree

How confident am I that I will change the kind of food I eat?

1 2 3 4 5 6 7 8 9 10
Not at all Confident Very Confident

I am willing to change the amount of food I eat so I can reduce my body weight and better manage my emotional and physical health.

1 2 3 4 5 6 7 8 9 10
Strongly Disagree Strongly Agree

How confident am I that I will change the amount of food I eat?

1 2 3 4 5 6 7 8 9 10
Not at all Confident Very Confident

I am willing to engage in regular exercise (4-5 times each week) so that I can lose weight and better manage my emotional and physical health.

1 2 3 4 5 6 7 8 9 10
Strongly Disagree Strongly Agree

How confident am I that I will exercise 4-5 times per week?

1 2 3 4 5 6 7 8 9 10
Not at all Confident Very Confident

I am willing to keep a written log of all the foods I eat so that I can better manage my emotional and physical health.

1 2 3 4 5 6 7 8 9 10
Strongly Disagree Strongly Agree

How confident am I that I will keep a written log of the foods I eat?

1 2 3 4 5 6 7 8 9 10
Not at all Confident Very Confident

Behaviors that can help with weight loss

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

1. Check the ones you are currently doing.

2. What would you like to start doing?

Behaviors that can prevent weight loss

- | | |
|--|--|
| <input type="checkbox"/> Skipping meals | <input type="checkbox"/> Drinking alcohol |
| <input type="checkbox"/> Unplanned snacking | <input type="checkbox"/> Negative self-talk |
| <input type="checkbox"/> Unhealthy food or snacks | <input type="checkbox"/> Emotional/stress eating |
| <input type="checkbox"/> Grazing throughout the day or evening | <input type="checkbox"/> Binge eating |
| <input type="checkbox"/> Drinking caffeine | <input type="checkbox"/> Mindless eating |
| <input type="checkbox"/> Drinking sugary beverages | <input type="checkbox"/> Overeating |
| <input type="checkbox"/> Eating fast food | |

1. Check the ones you are currently doing.

2. How do you see yourself reducing or eliminating any of these?

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.

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
- ▶ Engaging in a support group
- ▶ 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, following by feedback on the behaviors. The goal of self-monitoring is to increase self-awareness of target behaviors and outcomes, thus 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?
- ▶ How often do you typically eat?
- ▶ What is your hunger level at these times?
- ▶ Where do you typically eat?
- ▶ How do you decide what to eat?
- ▶ Who do you eat with?
- ▶ Do you follow the same pattern each day?
- ▶ Are weekends and days off different?
- ▶ Do you plan your meals ahead of time?

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.

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. 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.

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. It is important to just do a little more each day.

Setting Realistic Goals

- ▶ **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.
- ▶ **Next, 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.

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!

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

Send yourself a daily email reviewing how you did yesterday and what you plan to do today. You can do this at the end of each day or even at the beginning of your day. Just seeing the current email in your inbox—or even glancing over it once or twice a day—is a powerful reminder that you want to accomplish something worthwhile. Filing or printing your daily email will give you a complete record of how you’ve done and may point out areas for improvement.

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.

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 Goals:

- ▶ I want to increase my cardiovascular exercise.
- ▶ I need to lose weight.

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.

Your goals should be SMART

- S Specific:** Choose one specific thing you want to change; keep it simple to start off.
- M Measurable:** Can you measure this against a baseline?
- A 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.”
- R Realistic:** Do you have honest and realistic expectations of yourself with your time, body, likes/dislikes?
- T Timely:** Is the time allotted reasonable and manageable for you right now? And when will it conclude?

Examples of SMART Goals:

- ▶ I will increase my exercise by walking Monday, Wednesday and Friday two times a day for 15 minutes each time. I will walk at a pace that is somewhat difficult.
- ▶ 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!

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.

Example Meal and Snack Plan for the Week

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Sunday	Egg beaters with salsa on whole wheat tortilla, strawberry slices Time 6:00a	Yogurt and clementines Time: 9:30a	Grilled chicken, asparagus, roasted red potatoes Time 12:00p	Wheat Thins, cheese slices Time: 3:30p	Chicken fajitas Time 7:00p
Monday	Cereal with 1% milk, orange slices, turkey bacon Time 7:00a	Grapes, almonds Time 9:30a	Turkey wrap with lettuce, tomato, avocado, greek yogurt, apple Time 12:00p	Cheez-Its and peanut butter Time: 3:30p	Applebee's Time: 7:00p
Tuesday	Oatmeal with apples, greek yogurt Time 7:00a	Wheat Thins, cheese slices Time: 9:30a	Healthy Choice meal, fruit cup, greek yogurt Time 12:00p	Peanut butter and banana Time 3:30p	Spaghetti with turkey meatballs, broccoli with cheese Time: 7:00p
Wednesday	Cereal with 1% milk, banana, sausage link Time 7:30am	Cheez-Its and peanut butter Time: 9:30a	Leftover chicken fajitas Time 12:00p	Yogurt and clementines Time: 03:30p	Chicken Caesar wrap, Greek yogurt, peach Time 7:00p
Thursday	Egg Beaters, slice of whole wheat toast, pineapple Time 7:00a	Hummus and Wheat Thins Time: 9:30a	BBQ pulled pork on whole wheat bun, oven-broiled Brussels sprouts Time 12:00p	Peanut butter and banana Time 3:30p	Spaghetti leftovers, broccoli leftovers Time 7:00p
Friday	Oatmeal, Greek yogurt, mango slices Time 7:00a	Wheat Thins, cheese slices Time: 9:30a	Grilled chicken, macaroni and cheese Time 12:00p	Yogurt and clementines Time 3:30p	Pizza and salad Time: 7:00p
Saturday	Whole wheat pancakes, turkey bacon, banana slices Time 8:30a	Fruit and yogurt smoothie Time: 9:30a	Picnic-travel to mom's Time: 12:30p	Cheez-Its and peanut butter Time: 3:30p	Grilled burgers, salad with almonds/strawberries and feta cheese, grilled potatoes Time: 6:30pm

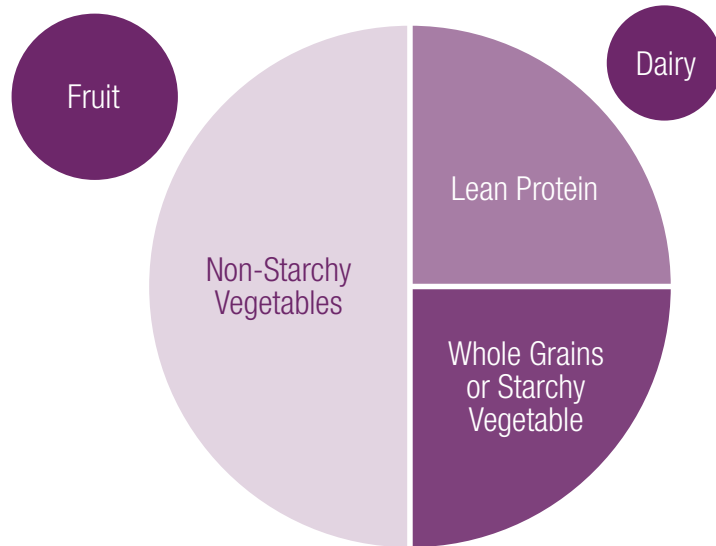
	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Sunday	Time:	Time:	Time:	Time:	Time:
Monday	Time:	Time:	Time:	Time:	Time:
Tuesday	Time:	Time:	Time:	Time:	Time:
Wednesday	Time:	Time:	Time:	Time:	Time:
Thursday	Time:	Time:	Time:	Time:	Time:
Friday	Time:	Time:	Time:	Time:	Time:
Saturday	Time:	Time:	Time:	Time:	Time:

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**



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

Label Reading and Portion Sizes

Label reading and portion sizes can be confusing and seem tedious when you start. Here, we will break it down into simple steps to help you use the labels to make choices and empower you.

Let's break it down...

- ▶ What are you looking for?
- ▶ What questions come to mind?

Look for the following on the food label:

- 1 Serving size:** All the information on the label about calories and nutrients is for one serving. If you eat more than one serving, you get more calories and nutrients.
- 2 Calories:** Choose foods that help you get the nutrients you need without going over your daily calorie goal.

Total fat, saturated fat and trans fat:

- 3 Choose foods with less than 5 g of total fat per serving.** Fifty to 75 g per day is a good range for someone who needs to eat 2,000 calories per day. Try to pick foods with heart-healthy fats (monounsaturated and polyunsaturated fats).

- ▶ **Choose foods with less than 3 g per serving of saturated fat and trans fat.** (These are not heart-healthy.) A person who needs to eat 2,000 calories per day should eat no more than 15 g of saturated fat and trans fat (combined) in one day.
- ▶ **Read ingredients.** If a food contains partially hydrogenated oils, then it has trans fat. If it has less than 0.5 g per serving, the label may still say trans-fat-free.

Sodium: Look for foods that are low in sodium. Each day, eat less than 2,400 mg sodium, or the limit set for you by your healthcare team.

Total carbohydrate and sugars: If you have high triglycerides, choose foods with less than 30 g total carbohydrates and less than 15 g sugar per serving.

Dietary fiber:

Aim to get 25-30 g of dietary fiber each day.

- ▶ To meet this goal, include foods with at least 5 g of fiber per serving.
- ▶ Talk to your dietitian about your individualized nutrient needs.

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

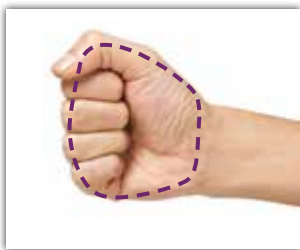
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- 1 Start here
- 2 Check calories
- 3 Choose moderate amounts of healthy fats (unsaturated)
- 4 Get enough of these nutrients
- 5 Footnote
- 6 Quick Guide to % Daily Value
 - 5% or less is Low
 - 20% or more is High

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:

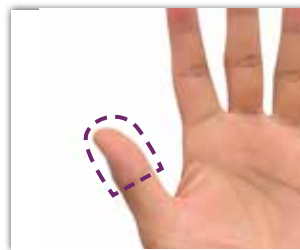
- ▶ Use the right sized plate. Large plates encourage larger servings of foods. Try to use a 9-inch plate whenever you can.
 - How big are the plates you use at home? At its widest point, your dinner plate should be just slightly wider than the short side of a piece of computer paper.
 - Paper or Styrofoam 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.’



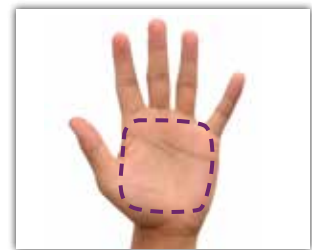
- A closed fist is about 1 cup. You can use this comparison to estimate portions of breakfast cereal, fresh fruit, baked potatoes and other starches. Half the size of your fist is the portion size for canned fruit and ice cream.



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



- 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 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.

A physical craving has the following qualities:

- ▶ 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.

An emotional craving, on the other hand, looks like this:

- ▶ 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.

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.

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

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.

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.

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.

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.

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.

Choosing the Right Exercise

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?

- ▶ Longer duration cardiovascular exercise (30–45 minutes) at least every 48 hours.
- ▶ Shorter duration cardiovascular exercise (15–20 minutes) at least every 24 hours.
- ▶ These exercise levels help to stimulate the basal metabolic rate and help with maintaining good blood sugar levels.
- ▶ 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

Ways to get 10,000 Steps in a Day

The most recent research has emphasized the dangers of a sedentary lifestyle. Even individuals who exercise regularly still face health risks if they are sedentary for the rest of the day. Some researchers even argue that when it comes to weight loss and weight maintenance, it is not the people who exercise the most that come out on top, but the people who are more active who tend to be the leanest.

What this means is that if you are not moving in some way, then you are losing out on health and weight management boosters. The good news is that you do not have to be fit, but just need to set a goal to move more and you can improve your health. It is encouraged to get 10,000 steps (roughly 5 miles) a day, but how is this possible?

There are suggestions such as parking farther away, walking to the farthest restroom in the office or taking the stairs whenever possible. These things do add up. Here is a way to take it one step farther and break down your goals into manageable pieces throughout the day.

- ▶ **Break it up.** Take your step goal and break it into three manageable pieces, such as a morning walk, midday walk or an evening walk. Or make a 3-mile walking workout and then squeeze in a 20 minute walk at lunch and after dinner.
- ▶ **Hour on the hour.** If you were to break up the 10,000 steps into a normal 8-hour work day, that's 1,000 steps every hour (about 10 minutes of time). Granted, this might not be possible for everyone who works, however walking before work, on breaks and after could help get your steps in.
- ▶ **Power hour.** Challenge yourself each day/week to accumulate as many steps as possible during one hour of the day. This can be part of your daily workout.
- ▶ **Dog walking.** This is a way to spend time with your pet and get your steps in. Splitting up your walks into two 2.5 mile sets will be beneficial to both of you. This is routine that the whole family can enjoy together.
- ▶ **Track it.** Devices can help track your steps, and some will even track your activity each day. This will allow you to track your starting level and encourage you to try to do better as time goes on.
- ▶ **Buddy up.** Walking alone can get boring, so call a friend, family member or coworker and see if they will walk with you. Using this time to talk to others can make the time and distance seem to go by quickly.
- ▶ **Be inefficient.** With so many demands on our time, we make our routes around the office and the house as efficient as possible. This decreases the amount of possible steps that we can take a day. Carry the laundry down in three small loads instead of one larger load, pick up one item at a time and put it away instead of filling your arms with several items at a time. It is a new form of multi-tasking: Get your activity in at the same time as your chores.
- ▶ **Be efficient.** Look at the sedentary activities that you do during the day (talking on the phone, watching television, typing), and see if there is a way to add walking to that activity. Is it possible to walk outside for meetings? Or walk in place while talking on the phone? Can you watch television while you exercise?
- ▶ **Step it up.** Indoor walking DVD's are popular and allow you to walk without regard to the weather. Leslie Sansone's "Walk Away the Pounds" series is a good one to start.

There are countless ways to be more active in your day. You do not have to "get fit" by starting to go to the gym and using the elliptical. You can start by looking at each day and looking for the opportunities to do more today than the previous day!

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? (This does not have to be all in one session. Time can be divided throughout the day.)

Two types of exercise that are necessary:

- ▶ 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.

Benefits of strength training:

- ▶ 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.

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.

Help for the abdominal area:

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

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?

Moderate and Vigorous Physical Activities: 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.

- ▶ **Moderate:** 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 of moderate intensity activities:

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

- ▶ **Vigorous:** 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 of vigorous intensity activities:

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

Target heart rate zone:

- ▶ $220 - \text{your age} = \text{maximum heart rate}$
- ▶ Maximum heart rate times 60-80 percent is your target heart rate zone.
- ▶ For a 40-year-old:
 - $220 - 40 = 180$
 - $180 \times 60 \text{ percent} = 108 \text{ beats per minute (low intensity)}$
 - $180 \times 80 \text{ percent} = 144 \text{ beats per minute (moderate intensity)}$
 - $180 \times 90 \text{ percent} = 162 \text{ beats per minute (high intensity)}$
 - Safe target heart rate zone for a 40-year-old is 108–144 beats per minute (60–80 percent of maximum)

To calculate your target heart rate, fill in the blanks below:

Maximum heart rate: $220 - \text{your age} = \underline{\hspace{2cm}}$

Low intensity: Maximum heart rate $\underline{\hspace{2cm}} \times .60 = \underline{\hspace{2cm}}$

Moderate intensity: Maximum heart rate $\underline{\hspace{2cm}} \times .80 = \underline{\hspace{2cm}}$

How intensely should cardiovascular exercise be performed?

Intensity is defined by how fast the heart is beating during exercise.

- ▶ Low intensity is 60 to 70 percent of maximum heart rate.
- ▶ Moderate intensity is 70 to 80 percent of maximum heart rate.
- ▶ High intensity is 80 to 90 percent of 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.”

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.

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.

Resources, Keeping Track— and How Technology May Help

Though scientists have now proven that losing weight is more complex than simply taking in fewer calories than you burn off, keeping track of how many calories you consume and how active you are continue to be beneficial to successful weight loss and weight maintenance. Because self-monitoring is critical for success with lifestyle changes, it is important to look at the various self-monitoring techniques. Self-monitoring refers to observing and recording of eating, drinking and physical activity patterns, followed by feedback on the behaviors. The goal of self-monitoring is to increase self-awareness of target behaviors and outcomes, thus it can serve as an early warning system if problems arise and can help track success.

Some commonly used self-monitoring techniques include:

- ▶ Food diaries
- ▶ Regular self-weighing and measuring
- ▶ Exercise logs
- ▶ High-tech tools such as pedometers, accelerometers and metabolic devices

All of these techniques can be used simultaneously to track patterns in daily activity. You can then use these patterns to determine which behaviors tend to result in weight gain versus weight loss. To optimize your weight loss, focus on making the healthy patterns part of your long-term lifestyle change. With technology advancements, self-monitoring techniques are changing and improving to help defeat some of the major barriers to adherence. The bottom line is no matter how you do it, self-monitoring should be an important part of your weight loss, weight maintenance and healthy lifestyle change.

Today, it is easier than ever to find a tool to help you accomplish your goals. This is helpful when trying to start new habits and is the perfect time to find tools that make it easier to live your new lifestyle.

Creating a Schedule

The first step in getting organized is figuring out your priorities and ensuring that you are accomplishing everything that is important to you. Having an idea of what you are doing during the day can help to ensure that all of your priorities are accomplished.

- ▶ Cozi is a free online organizer and mobile app that helps you manage the family schedule, organizes shopping lists and to-do lists and captures favorite memories—all in one place. All you need to get started is a free account and, because Cozi is shared, you only need one account for the whole family.
- ▶ RememberTheMilk.com
- ▶ Go to any store and purchase a planner (Barnes & Noble, Wal-Mart, Target).
- ▶ Mommy Tracked is a free online website that has several versions of organizational tools such as party planning worksheets, weeks at a glance, eat sheets (weekly menu planner and grocery list), delegate lists, to-dos, weekly family calendars, balance sheets (home to-dos and work to-dos), carpool to-dos, supersized master checklists, baby schedules, fall cleaning schedules and infant babysitter instructions.
- ▶ DietMinder is a personal food and fitness journal.
- ▶ Mom's Menu Planner by Wal-Mart.

Meal Planning

It is fundamental to making sure that you have healthy options available and to ensure you are not making decisions when you are starving. By thinking ahead, you are taking control of your choices. Remember, you can eat whatever you want; just consider moderation and modification!

Here are several options to help you meal plan:

- ▶ SparkPeople.com
- ▶ OrganizedHome.com
- ▶ Menu Planner Application for iPhones makes creating a weekly meal plan, creating a shopping list and storing recipes simple.
- ▶ Supercook.com is a website devoted to helping you answer the “what’s for dinner” question. After creating a free account, you type in the ingredients you have in your pantry, and the Supercook recipe search engine will find recipes that you can make with only those ingredients.
- ▶ Once-A-Month Mom is a program designed to help you plan and freeze an entire month of meals for your family. You can choose from several menu options, including traditional, vegetarian, whole foods, diet, gluten/dairy-free and even baby food.
- ▶ Ziplist makes grocery shopping easier than ever before. At Ziplist, you can create a free, customizable, online shopping list. This list can be easily updated by email, instant message, text message or on the web, whenever you remember items that need to be added. And if you need help with meal planning, you can search Ziplist’s extensive meal planning database. Once you’ve found a recipe you like, you simply click, and all the necessary ingredients will be automatically added to your shopping list.
- ▶ Relish is a meal planning website that operates on a subscription basis. For \$7 a month (\$5 if you purchase a year-long subscription), you’ll receive weekly emails that offer a variety of recipe choices. Once you choose your meals, a shopping list will be generated for you.
- ▶ Dinner Spinner is part of AllRecipes, but because it’s an iPhone app, it’s used in a different way. Let’s start with the “spinner” interface. That’s just fun! Spin the categories to get meal ideas catered to your ingredient or time constraints. In addition, building on the idea of taking advantage of sales, this app is perfect for when you’re at the store or farmers market and see an amazing deal. Literally at your fingertips, you have a tool that tells you a.) can you (would you) actually use the item on sale, and b.) lists the other ingredients in the recipe so when you get home with 10 pounds of okra, you can actually use it while you’re still motivated (and before it goes bad).
- ▶ AllRecipes.com is certainly a comprehensive site. Especially helpful is the search option by ingredient. This can be a real money-saver when you have the opportunity to stock up on sale meat or produce. You really can make good food inexpensively when you take advantage of foods in season or overstocked—and the trick is knowing how to use them.

Also, if you're just looking for how-to information on basic cooking skills (like how to bake a fruit pie), they've got you covered. If you register on the site, you can keep track of all your favorites, submit recipes and photographs and rate the recipes of others.

Medication Reminders

- ▶ Pillbox Alert is a pill reminder app. Specify what meds you take, when you take them and the notification sound you prefer. Use it for medications, pills and nutrition supplements. It also logs history of medications taken. Now, you can email your log to yourself or others! Available for Android and iPhone. Cost: \$1.99
- ▶ Exynos Medication Reminder is the free version of the exynos automated medication reminder. The app shows different colors for each status and different notification bar icons for due, overdue and low medication count.
- ▶ RxmindMe Prescription / Medicine Reminder and Pill Tracker is a prescription reminder that uses multitasking to alert you every time you need to take a prescription. You enter all your prescriptions, set up reminders and track when you have taken them.
- ▶ Medication Reminder 12-Alarm Watch and Medical ID can program up to 12 reminders. It beeps and displays a text message with the medication name and strength at the time you program in.
 - 12-Alarm e-pill Medication Reminder Watch. \$99.95
 - 12-Alarm Watch. Long Alarm Duration. \$89.95
- ▶ Talking Medication Reminder is a pocket-sized medication storage box that holds up to four doses and has a talking reminder to help you take those medications at the correct time. It has three alarm types for your convenience.
 - Medcenter Talking Alarm Clock and Medication Reminder. \$28.58
- ▶ Automatic Pill Dispenser Organizer is an electronic "pill" dispenser (automatic medication dispenser) and reminder system that helps ensure that medications and vitamins are taken properly and on time.

Other Suggestions

- ▶ Use small storage baggies and label with times and dosage. You can then put these in your bag or your purse and take them with you.
- ▶ Bottle Timer (Walgreens). You can put a bottle's worth of medications in and the timer will go off to remind you that a medication is due. You will need to have a list of the medications in the bottle and your schedule so that you can remember what to take with each alarm.
- ▶ Phone timers to alert you when you have to take medications.
- ▶ Smart phone application for medication reminders.

Logging Food and Exercise

- ▶ CalorieKing.com also with mobile app
- ▶ Loselt.com also with mobile app
- ▶ KeepAndShare.com
- ▶ MyFitnessPal.com also with mobile app
- ▶ MyNetDiary.com also with mobile app
- ▶ Calorie Counter and Diet Tracker by CalorieCount.com is a handy app that will allow you to log the foods you eat by voice or by scanning the barcode of the product. And for each food, there's a "nutrition grade" as well as pros and cons. Cost: Free.
- ▶ Get Running. New to the world of running, but want to give it a shot? Let this app guide you through it. The program eases you into running, letting you go at your own pace and prompting you when to warm up, walk, run and cool down—you can even listen to music on your device at the same time! The only thing you have to do is, well, the running.
- ▶ Map My Fitness. A GPS for your runs, hikes, bike rides and other activities. No running buddy in your city? This application lets you share and compare stats (duration, distance, pace, speed, elevation and calories burned) with friends around the world. Available for Android and iPhone. Cost: Free.
- ▶ Google Goggles. Snap a picture of a food label on your smartphone and this app tells you everything you want (or maybe don't want) to know about that product: Nutrition information, the company's website, where it's sold and more. Available for Android and iPhone. Cost: Free.
- ▶ BodyFate. In this workout/video game combo, you specify your fitness level, how long you want to work out, and the equipment at your disposal, and it generates a series of fun exercises that challenge your whole body. Available for iPhone, iPod touch and iPad. Cost: \$1.99.
- ▶ GoodFoodNearYou. In need of food, fast? Don't cave to the first burger joint you see! This food-seeking program will find sensible dining options near you, wherever you are—it even scans hit-or-miss menus to help you find the best picks. Bonus? Cost: Free.
- ▶ Heart Fitness measures your heart rate with the built-in camera and monitors your physical fitness.
- ▶ Wellness365 is an integrated wellness center incorporating traditional medicine with high-quality personal training, physical therapy, massage therapy, clinical wellness and nutrition counseling in a groundbreaking manner. This increased level of cooperation and communication facilitates the most comprehensive care and results.
- ▶ All-In Yoga is an easy-to-use app with the top features designed for proper relaxation, stress relief, meditation, breathing and exercising. Developed by expert teachers, All-in Yoga will help you create a balance between the body and mind. It will enrich you physically, mentally and spiritually. And it will guide you on your way to a healthy and active lifestyle.

More Apps

- ▶ FitBit for iPhone
- ▶ Polar Heart Rate Monitor
- ▶ Daily Plate
- ▶ Eat This

Relaxation Applications

- ▶ **White Noise.** Choose from a variety of ambient noises, from light rain with birds to crickets chirping to help you relax or fall asleep. Available for iPhone, iPod touch, iPad and Blackberry. Cost: \$1.99.
- ▶ **Omvana:** Personal meditation and mindfulness teacher, meditations between 3 and 60 minutes. Can connect with HealthKit to make recommendations based on stress level. Can help you with mindfulness, stress, spiritual growth, focus, sleep, relaxation and health. Free to download and use, offers in-app purchases.
- ▶ **Calm:** Mindfulness meditation app to help bring clarity, joy and peace of mind into your life at work or at home. Free to download and use, offers in-app purchases.
- ▶ **Relax Melodies:** The most popular sleep app. Relaxation music you can adjust and mix to your liking to help you fall asleep faster. Free to download and use, offers in-app purchases.
- ▶ **Pigment:** Coloring book for adults. Eleven kinds of coloring tools including tap to fill, and more than 250 free pages to color. Free to download and use, offers in-app purchases.
- ▶ **Colorfly:** Coloring book for adults. Color mandalas, animals, florals, patterns and more. Free to download and use, offers in-app purchases.
- ▶ **Pandora:** Stream music from a specific genre or by artist type. Cost: Free.

General Weight Loss/Health Education Websites

- MemorialWeightLossAndWellnessCenter.com
- LiveWellMagazine.org
- MemorialBariatricServices.com
- ACPOne.org
- ObesityAction.org
- EatRight.org
- Diabetes.org
- ASBP.org
- ASMBS.org
- Obesity.org
- win.niddk.nih.gov
- YourWeightMatters.org
- EllynSatter.com

Recipe and Healthy Lifestyle Tips

- ▶ TheWorldAccordingToEggFace.com
- ▶ SparkRecipes.com
- ▶ SparkPeople.com
- ▶ Hungry-Girl.com
- ▶ TastyChoice.com
- ▶ SkinnyTaste.com

Food

- ▶ SwansonsFoods.com
- ▶ VitaCoast.com
- ▶ [Whey sales](#)
- ▶ KaysNaturals.com
- ▶ Pleasoning.com

Books

- ▶ *Read It Before You Eat It* by Bonnie Taub-Dix, MA, RD, CDN
- ▶ *The Way to Eat* by David L. Katz, MD, MPH, FACPM, and Maura Harrigan Gonzalez, MS, RD
- ▶ *The Diet Survivor's Handbook* by Judith Matz, LCSW, and Ellen Frankel, LCSW
- ▶ *The Secrets of Feeding a Healthy Family* by Ellyn Satter, MS, RD, LCSW, BCD
- ▶ *The Small Change Diet* by Keri Gans, MS, RD, CDN
- ▶ *Mindless Eating: Why We Eat More Than We Think* by Brian Wansink, PhD
- ▶ *Real-Life Guide to Diabetes* by Hope S. Warshaw, MMSc, RD, CDE, BC-ADM, and Joy Pape, RN, BSN, WOCN, CFCN
- ▶ *The Ultimate Guide to Accurate Carb Counting* by Gary Scheiner, MS, CDE
- ▶ *The Completely Revised and Updated Fast-Food Guide, 2nd Edition* by Michael F. Jacobson, PhD, and Sarah Fritschner
- ▶ *The Beck Diet Solution Weight Loss Workbook* by Judith Beck, PhD
- ▶ *Your Child's Weight: Helping without Harming* by Ellyn Satter, MS, RD, LCSW, BCD

WEIGHT LOSS & WELLNESS Memorial
CENTER



Memorial Medical Center | Springfield, IL | 866-205-7915
MemorialWeightLossAndWellnessCenter.com