### WEIGHT MANAGEMENT READINESS TO CHANGE

<table>
<thead>
<tr>
<th>What Stage Am I At?</th>
<th>STAGE OF CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Pre-Contemplation</strong></td>
</tr>
<tr>
<td></td>
<td>(not ready to change diet and physical activity behaviors to lose weight)</td>
</tr>
<tr>
<td></td>
<td><strong>Contemplation</strong></td>
</tr>
<tr>
<td></td>
<td>(thinking about changing diet and physical activity behaviors to lose weight)</td>
</tr>
<tr>
<td></td>
<td><strong>Preparation</strong></td>
</tr>
<tr>
<td></td>
<td>(getting ready to change diet and physical activity behaviors to lose weight)</td>
</tr>
<tr>
<td></td>
<td><strong>Action</strong></td>
</tr>
<tr>
<td></td>
<td>(Has started making changes to diet and physical activity behaviors to lose weight)</td>
</tr>
<tr>
<td></td>
<td><strong>Maintenance</strong></td>
</tr>
<tr>
<td></td>
<td>(Successfully maintained new behaviors for at least 6 months)</td>
</tr>
</tbody>
</table>

How important is weight management to you right now?

0 1 2 3 4 5 6 7 8 9 10

Not at All Very

How confident are you in your ability to change behaviors related to weight management?

0 1 2 3 4 5 6 7 8 9 10

Not at All Very
The Basics of Weight Control

When you take in more calories than you use, you gain weight

You can manage your weight by keeping a balance between what you eat and drink and how active you are

To lose weight you need to:

- Eat and drink fewer calories (decrease your intake)
- Become more physically active (increase your output)
- For best results, **DO BOTH**
### 5 FOOD GROUPS

1. **Grains**
   - Cereals
   - Breads
   - Pastas

2. **Vegetables**
   - Salads
   - Potatoes
   - Carrots

3. **Fruits**
   - Apples
   - Bananas
   - 100% Juices

4. **Milk/Dairy**
   - Milks
   - Yogurts
   - Cheeses

5. **Meats/Proteins**
   - Meat/Chicken
   - Fish
   - Eggs

Always remember to eat reasonable portions!
The Basics of Weight Control

When you take in more calories than you use, you gain weight

You can manage your weight by keeping a balance between what you eat and drink and how active you are

**To lose weight you need to:**

- Eat and drink fewer calories (decrease your intake)
- Become more physically active (increase your output)
- For best results, **DO BOTH**
## Typical Diet

(Based on a typical food/fluid intake or 24-hour recall)

Remember to ask: When? How much? How often? What else you add to it?

<table>
<thead>
<tr>
<th>Breakfast Meal</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast Drink/Snack</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch Meal</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch Drink/Snack</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dinner Meal</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner Drink/Snack</td>
<td></td>
</tr>
</tbody>
</table>
# My Meal Plan

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>MILK/DAIRY</th>
<th>MEAT/PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Grains" /></td>
<td><img src="image" alt="Vegetables" /></td>
<td><img src="image" alt="Fruits" /></td>
<td><img src="image" alt="Milk/Dairy" /></td>
<td><img src="image" alt="Meat/Protein" /></td>
</tr>
</tbody>
</table>

**Healthy Choices:**
- Low Fat
- No Added Sugars
- Not Fried

**Healthy Choices:**
- Variety
- Not Fried
- Low-Fat Dips & Dressings
- Low-Fat Sauces

**Healthy Choices:**
- Variety
- Not Fried
- No Added Sugars
- No Added Syrups
- Go Easy on 100% Juices

**Healthy Choices:**
- Fat Free, Low Fat
- Skim or 1%
- No Added Sugars

**Healthy Choices:**
- Lean, Extra Lean
- No Skin
- Not Fried
- Fat-Free Gravies
- Fat-Free Sauces
- Limit egg yolks

---

**I Am Now Eating:**
- __1.Variety
- __2.Healthy Choices

**I will try:**
- ____________________
- ____________________
- ____________________
- ____________________
- ____________________
Typical Physical Activity

(Based on a typical week)


Vigorous Activities

_______________________________________________________________________

________________________________________________________________________

Moderate Activities

_______________________________________________________________________

________________________________________________________________________

Light Activities

_______________________________________________________________________

________________________________________________________________________

Muscle-Strengthening Activities

_______________________________________________________________________

________________________________________________________________________
## DIET AND EXERCISE GOAL SHEET

<table>
<thead>
<tr>
<th>SELF-MANAGEMENT TOPIC AREA</th>
<th>GOAL</th>
</tr>
</thead>
</table>
| Diet/Nutrition            | Sample Goal:  
  To eat healthier foods and to lose weight  
My Goal:  
To... |
|                           | Sample Goal:  
  To eat smaller portions and to lose weight  
My Goal:  
To... |
| Physical Activity         | Sample Goal:  
  To be more active and lose weight  
My Goal:  
To... |
|                           | Sample Goal:  
  To get stronger and to lose weight  
My Goal:  
To... |

For Week: ____________/___/___ through ________________/___/___

MAKING A HEALTHY EATING ACTION PLAN

Start with your General Healthy Eating/Diet Goal:
_________________________

Step 1: Make a Specific Healthy Eating Action Plan

WHAT: __________________________________

HOW MUCH: __________________________________

WHEN/HOW OFTEN: __________________________________

Step 2: Make sure it is something you WANT TO DO

Step 3: Make sure it is something you CAN DO

ACTION PLAN: For this next week, I WILL:
_________________________

On a scale of 0 to 10 (with 0 being not at all confident and 10 being totally confident), my confidence level for completing this action plan is: ____

To help you be successful, think about things that will help you be successful and things that might make it hard to be successful

Thing(s) that will help me be successful: ________________

Thing(s) that might make it hard to be successful: ________________
EXAMPLE Action Planning Worksheet (HEALTHY EATING)

For Week: _________ ___/___/___ through _______________ ___/___/___

MAKING A HEALTHY EATING ACTION PLAN

Start with your General Healthy Eating/Diet Goal:

______________ Lose weight and eat healthier foods

Step 1: Make a Specific Healthy Eating Action Plan
WHAT: __________ Eat more fruits and vegetables
HOW MUCH: _______ Eat at least 3 servings of fruits and vegetables
WHEN/HOW OFTEN: _______ Eat at least 3 servings of fruits/vegetables every day this week

Step 2: Make sure it is something you WANT TO DO

Step 3: Make sure it is something you CAN DO

ACTION PLAN: For this next week, I WILL:

_________ Eat 3 servings of fruits/vegetables every day this week

On a scale of 0 to 10 (with 0 being not at all confident and 10 being totally confident), my confidence level for completing this action plan is:

Final Rating: 8 very confident

To help you be successful, think about things that will help you be successful and things that might make it hard to be successful

**Thing(s) that will help me be successful:** buy more bananas and apples so I have them at home; buy salad at VA canteen instead of dessert.

**Thing(s) that might make it hard to be successful:** hard to get to supermarket; don’t like too many vegetables, etc.
THREE TIPS TO MAKING GOOD ACTION PLANS:

1. BE SPECIFIC: WHEN
   WHAT
   HOW MUCH

2. CHOOSE SOMETHING YOU WANT TO DO

3. CHOOSE SOMETHING YOU CAN DO
**“Go To” ACTION PLANS & Solutions**

**HEALTHY EATING ACTION PLANS:**

1. Eat a variety of foods. At least ?# of vegetables and/or ?# of fruits per day.
2. Drink ?# glasses of water per day.
3. Switch to diet soda.
4. Cut back to ?# sodas per day.
5. Use Mrs. Dash, pepper, lemon, fresh herbs or salt free dry herbs on my food
6. Use fat free dressing.
7. Not eating at least 2 hours before going to sleep or stop eating after 7 PM.
8. Eating slow put your fork down after each bite.

**PHYSICAL ACTIVITY ACTION PLANS:**

1. Walk for 15 minutes ?# of times.
2. Stretch ?# this week.
3. Take the stairs instead of the elevator.
4. Take the elevator up, but walk down the stairs.
5. Walk around the block ?# of times.
6. Park at the back of the parking lot so you have a longer distance to walk.
7. Walk in place while watching TV.

**GENERAL SOLUTIONS:**

1. Ask a friend/ family member for help to remind you.
2. Exercise with a friend/ family member.
3. Write yourself a note.
4. Hang up your goal sheet in a place where you’ll see it (i.e. fridge, bedroom door, bathroom mirror).
5. Only bring enough money to buy ?# sodas/ bag of chips.
6. Carry a water bottle with you.
# ACTION PLAN TRACKING SHEET

For week: ___/___/___ to ___/___/___

<table>
<thead>
<tr>
<th>Action Plan</th>
<th>Success Rating</th>
<th>Problem(s) That Got/Get in The Way</th>
<th>Possible Solution(s) That Might Help</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Healthy Eating Action Plan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will…....</td>
<td>Fully Successful</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will…....</td>
<td>Partially Successful</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will…....</td>
<td>Not at all Successful</td>
<td></td>
<td></td>
</tr>
<tr>
<td>II. Physical Activity Action Plan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will……….</td>
<td>Fully Successful</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will……….</td>
<td>Partially Successful</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I will……….</td>
<td>Not at all Successful</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Action Planning Worksheet: Making A Physical Activity Action Plan

For Week: ____________/____/____ through ________________/____/____

MAKING A PHYSICAL ACTIVITY ACTION PLAN

Start with your General Physical Activity Goal:
_________________________

Step 1: Make a Specific Physical Activity Action Plan

WHAT: ________________________________
HOW MUCH: __________________________
WHEN/HOW OFTEN: ____________________

Step 2: Make sure it is something you WANT TO DO

Step 3: Make sure it is something you CAN DO

ACTION PLAN: For this next week, I WILL:
_____________________________________

On a scale of 0 to 10 (with 0 being not at all confident and 10 being totally confident), my confidence level for completing this action plan is:
____

To help you be successful, think about things that will help you be successful and things that might make it hard to be successful

Thing(s) that will help me be successful: ________________________________

Thing(s) that might make it hard to be successful: ______________________

For Week: _________ ___/___/___ through _______________ ___/___/___

MAKING A HEALTHY EATING ACTION PLAN

Start with your General Healthy Eating/Diet Goal:
_________________________

Step 1: Make a Specific Healthy Eating Action Plan

WHAT: ________________________________

HOW MUCH: __________________________

WHEN/HOW OFTEN: ____________________

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Step 3: Make sure it is something you CAN DO

ACTION PLAN: For this next week, I WILL:
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On a scale of 0 to 10 (with 0 being not at all confident and 10 being totally confident), my confidence level for completing this action plan is: ____

To help you be successful, think about things that will help you be successful and things that might make it hard to be successful

Thing(s) that will help me be successful: ______________________

Thing(s) that might make it hard to be successful: _____________________
Obesity Related Health Risk

- Sleep apnea
- High Blood Pressure
- Cancer
- Heart Disease
- Diabetes
- Arthritis
- Stroke
10 Health Gains from a 10% Weight Loss

10. Lowers the risk of developing gallstones and having gallbladder disease.

9. Lowers the risk of sleep apnea, a serious breathing difficulty during sleep.


7. Reduces the risks of some types of cancer. A healthy weight and a healthy diet with plenty of vegetables, fruits, and whole grains are great ways to reduce your risk of developing certain cancers.

6. Puts less stress on your bones and joints, especially the knees.

5. Lowers the risks of heart disease, heart attacks, and stroke.

4. Reduces the risk of developing diabetes and helps control blood sugar levels if you are already diabetic.

3. Reduces blood pressure. Even a small weight loss can help to lower high blood pressure.

2. Improves your ability to move and do activities. Losing weight makes every step and breathe easier.

1. The #1 reason to lose weight is: You will feel better!

Set a goal to lose 10% and Go For It!
The Basics of Weight Control

When you take in more calories than you use, you gain weight.

You can manage your weight by keeping a balance between what you eat and drink and how active you are.

To lose weight you need to:

- Eat and drink fewer calories
- Become more physically active
- For best results, **DO BOTH**
Serving Sizes

Use familiar objects to judge a single serving size.

½ cup cooked pasta
1 small baked potato

1 small bagel

1 small (4-4 ½ inch) pancake

2-3 ounces of meat, poultry or fish

Computer mouse

Hockey puck

CD

Deck of cards or the palm of your hand
GET STARTED GETTING FIT!
**F.I.T. – Frequency, Intensity, and Time**

By following the F.I.T. idea to your exercise routine, you can be sure that you are working towards managing your weight and improving your health.

**Frequency** - How often you exercise

- Increase frequency slowly
- Build up to being active 3 to 5 days per week

**Intensity** - How hard you work during exercise

- **Mild**
  - Walking at a leisurely pace.
  - Walking on flat ground.

- **Moderate**
  - A brisk walk
  - Walking on hills.

- Be active at a rate that allows for talking.
- Slow down if you have trouble breathing or need to catch your breath

**Time** – How long you are active

- **Mild**
  - Staying active for 10-15 minutes.

- **Moderate**
  - Staying active for 30-45 minutes.

- Set a goal for the week based on total minutes of physical activity.

**BEFORE ENGAGING IN ANY VIGOROUS PHYSICAL ACTIVITY, BE SURE TO SPEAK WITH YOUR DOCTOR!!**
GET STARTED GETTING FIT!

**F.I.T. – Frequency, Intensity, and Time**

By following the F.I.T. idea to your exercise routine, you can be sure that you are working towards managing your weight and improving your health.

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- A brisk walk
- Walking on hills.

- Be active at a rate that allows for talking.
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Mild
- Staying active for 10-15 minutes.

Moderate
- Staying active for 30-45 minutes.

- Set a goal for the week based on total minutes of physical activity.

**BEFORE ENGAGING IN ANY VIGOROUS PHYSICAL ACTIVITY, BE SURE TO SPEAK WITH YOUR DOCTOR!!**
Exercise Can Be Fun!

There are lots of ways to be physically active without doing what you might consider a workout or exercise.

- Walk with another veteran after your *MOVE!* group.
- Get your family or friends involved in some physical activity like walking in a park.
- Walk to music.
- Try out a walking route.
- Walk around the mall and window shop or up and down the aisles at Target, Wal-Mart, or the grocery store.
- Wear your step counter and keep track of how much you walk.
- March in place during the commercials while you watch TV.
Water: Drink Up!

1. **Benefits of Drinking Enough Water:**
   - Drinking enough water is necessary to stay healthy.
   - Drinking enough water may help you feel full.

2. **Here are some tips to help you drink enough water:**
   - Don’t wait for thirst! When you feel thirsty, you have already lost water.
   - Always keep a water bottle with you.
   - Take water breaks throughout the day.
   - Drink water with meals.
   - If you like cold water, keep a water pitcher in the refrigerator for refills.

3. **How much water do we need?**
   - The average adult needs about 8 to 12 cups of water each day.
   - Heat and activity can increase your need for water.
   - Drinking caffeine and alcohol can increase your need for water.

**Remember:**

Drink the right amount of water and pay attention to your thirst.

Drinking too little or too much water can be dangerous!
**LIQUID CALORIES**

Beverages can add hundreds of extra calories to your diet!

To lose weight, choose healthier, low calorie beverages!

<table>
<thead>
<tr>
<th>Instead of These</th>
<th>Try Healthier</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;High Calorie&quot; Beverages</td>
<td>&quot;Low Calorie&quot; Beverages</td>
</tr>
<tr>
<td>• Soda</td>
<td>• Water or Diet Soda</td>
</tr>
<tr>
<td>• Sweet Tea</td>
<td>• Unsweetened Tea</td>
</tr>
<tr>
<td>• Coffee with Sugar &amp; Creamer</td>
<td>• Coffee with Sugar Substitute &amp; Skim or Fat Free Milk</td>
</tr>
<tr>
<td>• High Fat Milk</td>
<td>• Skim or Fat Free Milk</td>
</tr>
<tr>
<td>• Fruit Punch</td>
<td>• 100% Juice (diluted with Water)</td>
</tr>
<tr>
<td>• Alcoholic drinks</td>
<td>• Water with Fresh Lemon</td>
</tr>
</tbody>
</table>

**Caution!**

• Alcoholic drinks such as beer, wine, liquor, and cocktails are very high in calories that may cause weight gain.

• Also, it is very dangerous for your health to mix alcohol with medications!
Health Risks of Drinking Too Much Soda

Soda has a lot of sugar which is bad for you!!!

Soda
(High in Sugar)

Weight Gain and Obesity

Diabetes

Heart Disease

Stroke

Tooth Damage
Walking

Walking is a great way to be more physically active. It’s free, fun, and you can do it almost anywhere.

Good reasons to walk:

- Walking burns calories, which can help you lose weight
- Walking is healthy for your heart, lungs, and muscles
- Walking helps refresh your mind, increase energy, and improve sleep
- Walking is a great activity for socializing with friends or family

Walking can be an excellent exercise goal!
Reading the label will help you to make smart food choices and get the most nutrition out of your calories in order to reach your goals!

**Nutrition Facts**

**Serving Size** 1 cup (228g)

**Amount Per Serving**

- **Calories**: 250
  - Calories from Fat 110
- **Total Fat**: 12g (18%)
- **Saturated Fat**: 3g (15%)
- **Trans Fat**: 0g
- **Cholesterol**: 30mg (10%)
- **Sodium**: 470mg (20%)
- **Dietary Fiber**: 0g
- **Sugars**: 5g
- **Protein**: 5g

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

<table>
<thead>
<tr>
<th>* Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 85g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Serving Size** We are used to saying portion or helping when we talk about how much we eat. Serving size is a more official or standard amount used for food labels. The nutrition facts given on a food label are based on the serving size.

**Servings Per Container** The number of servings in the package -Be sure to look at this. Small packages can seem like they should be one serving. Often, they contain more. Snack food items are a good example. If you eat the whole package, then you must multiply the nutrition values by the number of servings in the package.

**Calories** Compare the number for Calories from Fat to Total Calories. You want your total fat calories to be no more than 1/3 of your total calories for the day.

**Total Calories** = Servings per Container X Calories per Serving

- 2 servings per container X 250 calories per serving = 500 calories
Healthier Snacking

Substitute Unhealthy Snacks

- Instead of chips or salty foods, eat vegetables
- Instead of soda, drink water or diet soda
- Instead of cookies or candy, eat fruit
- Other ideas?? ____________________________

Limit Snacking

- Limit portion size by not eating out of the bag
- Cut down on number of snacks per day
- Distract yourself by doing something fun when you have the urge to snack
- Other ideas?? ____________________________
Sample Stretches

Calf and hamstring stretch:
Stand a little away from a wall or other structure and lean on it with your head on your hands as shown. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in. Hold the stretch for 10-30 seconds. Do not bounce. Repeat 3-5 times. Now, stretch the other leg.

Ankle and Achilles tendon stretch:
Place your left foot against a wall, with your ankle flexed and toes up as shown. Move your body forward until you feel a mild stretch in the Achilles tendon area (see arrow on picture). Hold for 8-10 seconds. This also stretches the bottom of your foot and toes. Now, stretch the other foot.

Thigh stretch:
Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and move your left hip downward toward the right knee. This stretches your left inner thigh. Hold for 10-30 seconds. Repeat 3-5 times. Now, stretch the other thigh.

Alternate thigh muscles stretch:
Standing close to a wall or a chair, place one hand on the wall and with the other hand reach back and slowly pull your foot up to touch your buttocks. Hold for 10-30 seconds. Relax back to your starting position. Repeat 3-5 times. Now, stretch the other leg.
Sample Stretches

Lower back, hips, groin, and hamstring stretch:
Start in a standing position with feet about shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Keep your knees slightly bent. Let your neck and arms relax. Go to the point where you feel a slight stretch in the back of your legs. Hold this stretch for 10-30 seconds. Slowly come back to a standing position with knees bent all of the time. Repeat 3-5 times.

Shoulder and neck stretch:
Raise the top of your shoulders toward your ears until you feel a slight tension in your neck and shoulders. Hold for 5 seconds. Then, relax your shoulders downwards.

Arm and side stretch:
From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 10-30 seconds. Repeat 3-5 times. Now, stretch the other side.

## Common Barriers to Physical Activity

Exercise is important for weight management. Yet we all experience some Common Barriers to Physical Activity:

<table>
<thead>
<tr>
<th>Common Barriers</th>
<th>Possible Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I’m not sure how to exercise.</td>
<td>1. MOVE! team will show me how to exercise.</td>
</tr>
<tr>
<td>2. I don’t feel motivated to exercise.</td>
<td>2. MOVE! Team will motivate me.</td>
</tr>
<tr>
<td>3. It’s too hot/ cold outside.</td>
<td>3. I can take a walk in the nearest mall or YMCA center.</td>
</tr>
<tr>
<td>4. I don’t have the time.</td>
<td>4. I will adjust my daily schedule to make the time.</td>
</tr>
<tr>
<td>5. I’m too stressed out.</td>
<td>5. I will speak to my health care provider to help me relax.</td>
</tr>
<tr>
<td>6. _____________________________________________________</td>
<td>6. _________________________ ___________________________</td>
</tr>
</tbody>
</table>

Remember some exercise is always better than none!
FRUITS and VEGETABLES

Benefits of eating fruits and vegetables:
1. Fruits and vegetables are great sources of
   - Vitamins and Minerals
   - Fiber
2. Eating fruits and vegetables help to reduce your risk of
   - Cancer
   - Heart Disease and Stroke
   - Diabetes and other diseases
3. Fruits and vegetables may help you to control your hunger and weight. Fruits and vegetables are good, low calorie snacks.

Different ways we eat fruits and vegetables:
- Fresh or Frozen
- Cooked/Baked (Do Not Fry!)
- Canned/Dried (Choose In Water, No Added Sugar/Syrup)
  (Choose No Added Salt)
- 100% Juices (Choose Low Sodium Vegetable Juices)
  (Choose No Added Sugar Fruit Juices)

Try to eat 5 fruits and/or vegetables each day!
Sodium (Salt)

Low Calorie and Low Fat ARE NOT always Low Sodium!

Some people are very sensitive to sodium. They may have a problem with sodium and high blood pressure. These individuals should be careful not to have too much sodium.

How can you control your sodium intake?

Food that is pre-packaged or processed (food that comes in cans, boxes, or packages) is higher in sodium. Try to buy foods lower sodium or that have “No Added Salt.”

Try to avoid adding salt while cooking and at the table.

Season your food with herbs, spices, salt-free seasoning, vinegar, or lemon juice instead of salt.
GOOD FAT, BAD FAT

Some fats are healthy (like nuts, seeds, and salmon), but many are not (like bacon, mayonnaise, and deep fried foods). Luckily, there are now healthy alternatives to many of the unhealthy favorites.

<table>
<thead>
<tr>
<th>INSTEAD OF...</th>
<th>TRY...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Cheese</td>
<td>Low-Fat or Fat-Free Cheese</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Mustard or Fat-Free Mayo</td>
</tr>
<tr>
<td>Bacon or Fatback</td>
<td>Turkey Bacon</td>
</tr>
<tr>
<td>Hamburger</td>
<td>Turkey Burger</td>
</tr>
<tr>
<td>Regular Salad Dressing</td>
<td>Low-Fat or Fat-Free Dressing</td>
</tr>
<tr>
<td>Fried Chicken or Fried Fish</td>
<td>Baked Chicken or Baked Fish</td>
</tr>
<tr>
<td>French Fries</td>
<td>Baked Potato</td>
</tr>
</tbody>
</table>
How to Read a Food Label

Fat

Reading the label will help you to make smart food choices and get the most nutrition out of your calories in order to reach your goals!

Nutrition Facts

- Serving Size: 1 cup (225g)
- Servings Per Container: 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>250</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from Fat</td>
<td>110</td>
<td></td>
</tr>
</tbody>
</table>

- Total Fat: 12g 18%
- Saturated Fat: 3g 15%
- Trans Fat: 3g 10%
- Cholesterol: 30mg 10%
- Sodium: 470mg 20%
- Total Carbohydrate: 31g 10%
- Dietary Fiber: 0g 0%
- Sugars: 5g
- Protein: 5g

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

Fat If the number of the grams (g) of Saturated Fat is close to the number given for Total Fat, that food or beverage may not be the best choice. Remember that saturated fat and trans fat are bad fats.

*Total fat should be below 65 g per day or 3 g per serving*

What is the total g of fat in this container?
2 servings X 12 g per serving = 24 g of fat
Benefits of Regular Physical Activity

- Gives you more energy
- Helps you sleep
- Helps control blood pressure
- Helps reduce stress
- ________________________________
- ________________________________
- ________________________________
- ________________________________
Sample Menu and Alternative Food Choices

Sample Menu

<table>
<thead>
<tr>
<th>Main Dish</th>
<th>Unhealthy Menu</th>
<th>Healthy Menu (fill in)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fried Chicken</td>
<td></td>
<td></td>
</tr>
<tr>
<td>None</td>
<td></td>
<td></td>
</tr>
<tr>
<td>French Fries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Pie</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coke, Regular</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Alternative Healthier Food Choices

<table>
<thead>
<tr>
<th>Main Dishes</th>
<th>Vegetable Side Dishes</th>
<th>Starch Side Dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken</td>
<td>Green Salad</td>
<td>Baked Potato (small)</td>
</tr>
<tr>
<td>Turkey Burger</td>
<td>Broccoli (steamed)</td>
<td>Rice (brown, steamed)</td>
</tr>
<tr>
<td>Baked Fish</td>
<td>Green Beans (boiled)</td>
<td>Bread (whole wheat)</td>
</tr>
<tr>
<td>Vegetable Pizza</td>
<td>Asparagus (steamed)</td>
<td>Pasta (whole wheat, boiled)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Desserts</th>
<th>Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit</td>
<td>Water</td>
</tr>
<tr>
<td>Jell-O (sugar free)</td>
<td>Iced Tea (unsweetened)</td>
</tr>
<tr>
<td>Angel Food Cake</td>
<td>Milk (fat free or skim)</td>
</tr>
<tr>
<td>Frozen Yogurt (fat free, sugar free)</td>
<td>100 % Juice (diluted with water, 1/3 juice &amp; 2/3 water)</td>
</tr>
</tbody>
</table>
Guidelines for Extreme Weather

**TOO HOT:**
- Exercise indoors.
- Take frequent rests and water breaks.
- Exercise in the early morning or after the sun sets.
- Wear light, loose fitting clothing, in light colors.
- Use sunscreen, hats, and sunglasses.
- Drink water before, during, and after exercise.
- Don't overdo it.

**TOO COLD:**
- Dress in layers.
- Wear a hat or cap.
- Keep your feet warm with dry, clean socks.
- Wear gloves or mittens.
- Drink Up - Drink before you feel thirsty.
- Don't overdo it.
Safety Reminders

- If you can, go for a walk with a friend or acquaintance.
- If you are going out alone, try to let someone know that you are leaving and when you return.
- If it isn’t safe to walk in your neighborhood, take a walk before or after your appointments when you are at the VA.
- Exercise in well lit areas.
- Try to exercise during the day.
- Be aware of your surroundings.
- Don’t overdo it.

When to Stop Exercising

Physical activity is usually safe. Stop exercising right away if you have any of these symptoms:

- Severe chest pain, tightness, pressure, or discomfort
- Severe shortness of breath
- Severe nausea or vomiting
- Sudden weakness or changes in feeling in your arms and/or legs
- Trouble swallowing, talking, or seeing
- Severe headache or dizziness

*If symptoms don’t go away after a few minutes, call 911 or go to the nearest emergency room.

*If the symptoms go away but return each time you exercise, see your primary care provider.
“Stop” and Think About What You’re Eating!

For weight loss and health, some foods are better choices than others. Think of a stoplight when you’re trying to plan what you will eat each day.

= **High Calorie and Unhealthy Foods**;
  Try to avoid as much as possible:

  _____________________________
  _____________________________

  _____________________________
  _____________________________

= **Maybe Healthy But Still High In Calories**;
  OK to eat, but be sure to limit portion sizes:

  _____________________________
  _____________________________

  _____________________________
  _____________________________

= **Low Calorie and Healthy Too**!
  Enjoy plenty of these foods at any time:

  _____________________________
  _____________________________

  _____________________________
  _____________________________
USING THE STOPLIGHT TO MAKE HEALTHIER FOOD AND BEVERAGE CHOICES

RED LIGHT FOODS AND BEVERAGES

- Remember these are HIGH in Calories and NOT HEALTHY
- THESE ARE FOODS YOU GENERALLY WANT TO AVOID

- Doughnuts
- Cake
- Ice Cream
- Potato Chips
- High Sugar Cereals (like Frosted Flakes)
- Onion Rings
- Fried Chicken
- Hot Dogs
- Bacon
- Soda
- Milk Shakes
- Coffee with lots of Cream and Sugar

YELLOW LIGHT FOODS AND BEVERAGES

- Remember, these may be Healthy but are still often HIGH in Calories
- So if you do eat/drink them be sure to limit your portion sizes

- Pasta
- Eggs
- Salad with Dressing
- Rice
- Spinach Lasagna
- Full Fat Cheese
- Fruit Juice
- Whole Milk or Reduced Fat Milk

GREEN LIGHT FOODS AND BEVERAGES

- These foods and beverages are both Healthy and Low in Calories
- So you can enjoy as much as you like!

- Whole Wheat Bread
- Low-Fat/Low Sugar Cereal
- Apples and Bananas
- Frozen and Fresh Vegetables (without sauces or dressings)
- Baked Skinless Chicken Breast
- Grilled Fish
- Water
- Skim Milk
Warm-Up and Cool-Down

Why Is It Important To Warm-Up and Cool-Down

- Warming-up and cooling-down prepare your muscles and heart for exercise and help them recover afterward
- Helps prevent injury and muscle soreness

What Are Some Ways To Warm-Up and Cool-Down

- Stretching
- Starting out whatever you’re doing at a slow pace and always end by slowing down before you stop
Sample Stretches

Calf and hamstring stretch:
Stand a little away from a wall or other structure and lean on it with your head on your hands as shown. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in. Hold the stretch for 10-30 seconds. Do not bounce. Repeat 3-5 times. Now, stretch the other leg.

Ankle and Achilles tendon stretch:
Place your left foot against a wall, with your ankle flexed and toes up as shown. Move your body forward until you feel a mild stretch in the Achilles tendon area (see arrow on picture). Hold for 8-10 seconds. This also stretches the bottom of your foot and toes. Now, stretch the other foot.

Thigh stretch:
Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and move your left hip downward toward the right knee. This stretches your left inner thigh. Hold for 10-30 seconds. Repeat 3-5 times. Now, stretch the other thigh.

Alternate thigh muscles stretch:
Standing close to a wall or a chair, place one hand on the wall and with the other hand reach back and slowly pull your foot up to touch your buttocks. Hold for 10-30 seconds. Relax back to your starting position. Repeat 3-5 times. Now, stretch the other leg.
Sample Stretches

Lower back, hips, groin, and hamstring stretch:

Start in a standing position with feet about shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Keep your knees slightly bent. Let your neck and arms relax. Go to the point where you feel a slight stretch in the back of your legs. Hold this stretch for 10-30 seconds. Slowly come back to a standing position with knees bent all of the time. Repeat 3-5 times.

Shoulder and neck stretch:

Raise the top of your shoulders toward your ears until you feel a slight tension in your neck and shoulders. Hold for 5 seconds. Then, relax your shoulders downwards.

Arm and side stretch:

From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 10-30 seconds. Repeat 3-5 times. Now, stretch the other side.

Grains are an important source of carbohydrates in your diets.

Most of your daily calories should come from grains.

Choose more whole grains.

What are whole grains?

1. 100% whole wheat bread
2. Oats
3. Brown rice

Benefits of whole grains:

1. High in fiber
2. Rich in vitamins & minerals
3. Keeps you full for longer

TIP: Choose grains and grain products with the least amount of added sugar and fat to keep your calories low!

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• White rice</td>
<td>• Brown rice</td>
</tr>
<tr>
<td>• Fried rice</td>
<td>• Steamed rice</td>
</tr>
<tr>
<td>• Grits</td>
<td>• Oatmeal</td>
</tr>
<tr>
<td>• White bread</td>
<td>• 100% whole wheat bread</td>
</tr>
<tr>
<td>• Croissant</td>
<td>• English muffin</td>
</tr>
</tbody>
</table>
Exercise on a Budget

Sometimes cost can be a barrier to being more physically active. There are lots of activities that involve little or no cost.

- Walking is free.
- Churches and community centers often have free events.
- Build strength using household items for weights (canned foods, small bottles of water, etc.).
- Simple stretches can improve flexibility and range of motion.
- Find a local trail.
- Buy a bicycle from a second-hand shop or at a yard sale.
- Try a new sport that doesn’t require expensive equipment.
- Look at Senior Centers, the YMCA, and local recreational centers for free or reduced cost activities.
- Physical activities that you build into your daily routine like taking the stairs or parking farther away and walking are free!
insert walking map
insert walking map
Fast Food Calorie Chart

Calorie Needs Per Day

<table>
<thead>
<tr>
<th>Age</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>14–18</td>
<td>1800</td>
<td>2200</td>
</tr>
<tr>
<td>19–30</td>
<td>2000</td>
<td>2400</td>
</tr>
<tr>
<td>31–50</td>
<td>1800</td>
<td>2200</td>
</tr>
<tr>
<td>51+</td>
<td>1600</td>
<td>2000</td>
</tr>
</tbody>
</table>

Only 65 grams of fat are needed each day!!!

<table>
<thead>
<tr>
<th>Main Dish</th>
<th>Calories / Fat</th>
<th>Side Dish</th>
<th>Calories / Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whopper with cheese</td>
<td>800 / 49g</td>
<td>French Fries small</td>
<td>210 / 10g</td>
</tr>
<tr>
<td>Chicken Sandwich (fried)</td>
<td>560 / 28g</td>
<td>medium</td>
<td>450 / 22g</td>
</tr>
<tr>
<td>Fried Chicken Breast</td>
<td>470 / 28g</td>
<td>large</td>
<td>540 / 26g</td>
</tr>
<tr>
<td>Pepperoni Pizza (2 slices)</td>
<td>535 / 24g</td>
<td>Baked Potato (loaded)</td>
<td>590 / 34g</td>
</tr>
<tr>
<td>Taco Salad</td>
<td>790 / 42g</td>
<td>Mashed Potatoes with gravy</td>
<td>120 / 5g</td>
</tr>
<tr>
<td>7 Layer Burrito</td>
<td>520 / 22g</td>
<td>Caesar Salad</td>
<td>290 / 23g</td>
</tr>
<tr>
<td>Croissant with sausage, egg,</td>
<td>470 / 32g</td>
<td>Cole slaw</td>
<td>190 / 11g</td>
</tr>
<tr>
<td>cheese</td>
<td></td>
<td>Hash browns</td>
<td>138 / 7g</td>
</tr>
<tr>
<td>Egg McMuffin</td>
<td>281 / 13g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>Super Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Soda</td>
<td>150 / 0g</td>
<td>210 / 0g</td>
<td>310 / 0g</td>
<td>410 / 0g</td>
</tr>
<tr>
<td>Diet Soda</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
</tr>
<tr>
<td>Sweetened Tea</td>
<td>176 / 0g</td>
<td>210 / 0g</td>
<td>320 / 0g</td>
<td>420 / 0g</td>
</tr>
</tbody>
</table>
## Fast Food Sample Menus

<table>
<thead>
<tr>
<th></th>
<th>Regular</th>
<th>Cal/Fat</th>
<th>Healthier</th>
<th>Cal/Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Dish</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Side Dish</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Drink</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Regular</th>
<th>Cal/Fat</th>
<th>Healthier</th>
<th>Cal/Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Main Dish</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Side Dish</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Drink</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Tips for Ordering

- Leave off the cheese
- Choose fat-free dressing or no dressing
- Don’t super-size
- Choose diet or unsweetened drinks
- Choose baked or grilled instead of fried
- Hold the mayo
- Look for fruits and vegetables as sides
# Healthier Fast Food Choices

<table>
<thead>
<tr>
<th>Main Dish - Regular</th>
<th>Calories / Fat</th>
<th>Main Dish - Healthier</th>
<th>Calories / Fat</th>
<th>Fewer Calories / Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whopper with cheese</td>
<td>800 / 49g</td>
<td>Whopper no cheese, no mayo</td>
<td>540 / 24g</td>
<td>260 / 25g</td>
</tr>
<tr>
<td>Chicken Sandwich - fried</td>
<td>560 / 28g</td>
<td>Chicken Sandwich - grilled</td>
<td>410 / 17g</td>
<td>150 / 11g</td>
</tr>
<tr>
<td>Chicken Breast - Fried</td>
<td>470 / 28g</td>
<td>Chicken Breast - roasted</td>
<td>250 / 10g</td>
<td>220 / 18g</td>
</tr>
<tr>
<td>Pizza - Pepperoni (2 slices)</td>
<td>535 / 24g</td>
<td>Pizza - Cheese (2 slices)</td>
<td>375 / 11g</td>
<td>160 / 13g</td>
</tr>
<tr>
<td>Taco Salad</td>
<td>790 / 42g</td>
<td>Taco Salad – No shell</td>
<td>420 / 21g</td>
<td>370 / 21g</td>
</tr>
<tr>
<td>7 Layer Burrito</td>
<td>520 / 22g</td>
<td>Bean Burrito</td>
<td>370 / 12g</td>
<td>150 / 10g</td>
</tr>
<tr>
<td>Croissant with sausage, egg, cheese</td>
<td>470 / 32g</td>
<td>Croissant with egg, cheese – no sausage</td>
<td>300 / 17g</td>
<td>170 / 6g</td>
</tr>
<tr>
<td>Egg McMuffin</td>
<td>281 / 13g</td>
<td>McMuffin with butter &amp; jelly</td>
<td>234 / 4g</td>
<td>47 / 9g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Side Dish - Regular</th>
<th>Side Dish - Healthier</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fries small</td>
<td>210 / 10g</td>
</tr>
<tr>
<td>medium</td>
<td>450 / 22g</td>
</tr>
<tr>
<td>large</td>
<td>540 / 26g</td>
</tr>
<tr>
<td>Baked Potato (loaded)</td>
<td>590 / 34g</td>
</tr>
<tr>
<td>Mashed Potatoes with gravy</td>
<td>120 / 5g</td>
</tr>
<tr>
<td>Caesar Salad</td>
<td>290 / 23g</td>
</tr>
<tr>
<td>Cole slaw</td>
<td>190 / 11g</td>
</tr>
<tr>
<td>Hash browns</td>
<td>138 / 7g</td>
</tr>
</tbody>
</table>

## Drinks - Regular

<table>
<thead>
<tr>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>Super Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Soda</td>
<td>150 / 0g</td>
<td>210 / 0g</td>
<td>310 / 0g</td>
</tr>
<tr>
<td>Sweetened Tea</td>
<td>176 / 0g</td>
<td>210 / 0g</td>
<td>320 / 0g</td>
</tr>
</tbody>
</table>

## Drinks - Healthier

<table>
<thead>
<tr>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>Super Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
</tr>
<tr>
<td>Diet Soda</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
</tr>
<tr>
<td>Unsweetened Tea</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
<td>0 / 0g</td>
</tr>
</tbody>
</table>
Ways to Fit Physical Activity Into Your Day

- Break up exercise into short segments throughout the day. 5 minutes here, 10 minutes there…it all adds up.
- Take a walk during lunchtime.
- Take your dog for a walk.
- Take the stairs instead of the elevator.
- Do exercises while watching TV.
- Do some housework or gardening.
- Dance!
• When eating out choose food that is low in calories and fat.

• When eating out get the smallest size.

• Fill your salt shaker with another spice to lower your sodium intake.
Tempted? Control Yourself!

Sometimes, we need help dealing with temptations and impulses to eat.

You CAN learn to control your urges to overeat.

Here are some suggestions:

- Say **STOP!!** Either aloud or silently to yourself. Then take 5 slow deep breaths and immediately find something else to do.

- Put something in your mouth like gum, a Tic-Tac mint, toothpick straw etc.

- Do some exercise---make yourself move!

- Take a **BIG** drink or water or diet soda or some other calorie-free beverage

- **LEAVE!**—just get away from the situation

- Think about the benefits of losing weight

- Pop yourself on the wrist with a rubber band. Gives you something else to think about!
**Slow Down .... You Eat Too Fast!**

Eating too fast is almost always a problem for overweight people. Feeling full takes time, and so should eating.

Here are some tips:

- **Slow down.** When you eat more slowly you will feel more satisfied with smaller portions and eat less.

- **Before eating, mentally tell yourself to eat slowly and to taste and enjoy every bite.**

- **Put your fork, knife and spoon down in-between every bite.**

- **Chew, Chew, Chew.....Try to chew each bite several times before swallowing and take a brief break between bites.**

- **Learn to recognize what it feels like to be full.** As you start feeling full, stop eating and save what is left for the next meal. Try stopping ½ way through your meal and asking yourself: “How hungry am I now, am I less hunger than when I started, am I feeling full?” Let your answers guide you to how much more you need to eat.

- **Avoid taking second helpings.** At the very least wait 5 minutes and check to see if you’re really still hungry.
So..., You’re Thinking About It!

You have indicated that you are considering trying to lose weight in the near future. Great! This is a step in the right direction. Perhaps you are thinking about making this effort because you realize that your weight:

- Is affecting your health.
- Is getting in the way of things you want to do.
- Is getting in the way of the person you want to be.
- Is getting in the way of how you want to feel about yourself.

You may not have made up your mind yet. That’s OK. Move forward only when you feel ready. To help you make this decision, it is a good idea to seriously examine the plusses and the minuses of making changes to lose weight. It really does help to actually write them down. Then you can look at the good and the not-so-good parts of making changes to lose weight. Use this sheet to write down your plusses and minuses.

<table>
<thead>
<tr>
<th>Plusses for Making Changes to Lose Weight</th>
<th>Minuses for Making Changes to Lose Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
<td>4.</td>
</tr>
<tr>
<td>5.</td>
<td>5.</td>
</tr>
</tbody>
</table>
Involving Others in Your Weight Control Program

One of the most powerful things you can do to help with your weight management efforts is to get support and encouragement from other people. When others give you lots of encouragement, it makes you feel like you can do anything!! It’s really motivating!

Here are some tips for making that happen:

- **ASK** others for encouragement in your weight control efforts. Ask key people who you know will be positive and supportive.

- Share your concerns and struggles with your key supporters.

- **Tell your key supporters what they can do to help.** Be specific. For example “Ask me how I am doing, and then listen”, or “Please don’t offer me junk food”.

- Let them know that their support is extremely meaningful to you and that you need their encouragement for the long run.

- Even if a support person fails to ask how you are doing, go ahead and tell them! This starts the conversation and provides the opportunity to get some encouragement.

- Give back in return. Reward your support people with your attention and your support for them.
Quitting Smoking Is A Healthy Choice

You indicated that you smoke or that you are in the process of quitting smoking.

If you quit smoking...

- You will lower your risk for many serious diseases.
- You will soon find that you can walk farther or play harder without becoming short of breath.
- You will have extra spending money. Put the money you would have spent on cigarettes in a jar and save up to buy something nice.
- Your sense of taste will improve.
- Your sense of smell will improve.
- Your clothes, car, and home will smell better.
- You’ll stop burning holes in your favorite things.
- You will be a role model to others who are trying to quit.

Worried about weight gain from quitting smoking?

- Smokers weigh about 7 pounds less than non-smokers.
- On average, people who quit smoking gain about 7 pounds. This is often due to replacing cigarettes with high calorie foods.
- Managing your weight and quitting smoking together can help you control the weight gain normally associated with quitting smoking.

Make a choice to live a healthier lifestyle by managing your weight and quitting smoking.
Smoking Cessation Resources

Smoker’s Helpline (800) QUIT-NOW (800-784-8669)

Online Quitting Resources: www.smokefree.gov

American Cancer Society: www.cancer.org

American Lung Association: www.lungusa.org

American Lung Association Hotline: (800) LUNG-USA
Alcohol: The Facts

Did you know…?

1. If you quit drinking, you will lower your risk for many serious diseases (liver disease, heart disease, cancer).

2. Alcohol has lots of calories that can make you gain weight.

3. Many medications, especially psychiatric medications, have extremely harmful side effects when mixed with alcohol.

4. In 2000, the National Institute of Health estimated that alcohol abuse costs the country about $185 million each year.

5. Alcohol is a factor in 40% of traffic deaths.

Where can I get help?

- Talk to your doctor or therapist
- Check out your local Alcoholics Anonymous meeting.