SESSION 1: **Introduction to the Program and Calorie Balance**

Obesity

Obesity means that your body mass index is 30 or higher. BMI is a measure of your weight for your height.

- More than 40% of American adults have obesity.

If you have obesity, you are more likely to get:

- Diabetes
- Heart disease or have a stroke
- Many types of cancer

The good news is that losing weight and being active can greatly reduce your risk of these other conditions.

HOPE Goals

HOPE is a yearlong program. It's designed for people with obesity.

By the end of the year, your goal is to:

- Lose around 10 percent of your starting weight
- Be getting at least 175 minutes of physical activity each week

Losing weight can:

- Prevent or delay type 2 diabetes, heart disease, and certain types of cancer
- Ease sleep problems, arthritis, and depression
- Lower your blood pressure and cholesterol level
- Improve your energy level and fitness

Getting more active can:

- Prevent or delay type 2 diabetes, heart disease, cancer
- Give you more energy
- Help you sleep better
- Improve your memory, balance, and flexibility
- Lift your mood
- Lower your blood pressure and cholesterol
- Lower your risk of heart attack and stroke
- Lower your stress level
- Strengthen your muscles and bones

Your Goals

Activity Goal

Over the next year, I will work up to getting at least 175 minutes of activity each week at a moderate pace or intensity or more.

Weight Goal

I weigh _____ pounds
IN THE NEXT YEAR, I WILL:
Lose around 10 percent of my body weight
Lose at least _____ pounds
Reach _____ pounds

SESSION 2: **Burn More Calories Than You Take In**

Session Focus

This session we will talk about:

- The link between calories and weight
- How to track the calories you take in
- How to track the calories you burn
- How to burn more calories than you take in

You will also make a new action plan!

Paul's Story

Paul is 47 years old and weighs 240 pounds. His doctor urges him to lose around 10% of his body weight, or 24 pounds, at a rate of 1 pound a week.

Losing 1 to 2 pounds a week is a healthy goal for most adults, experts say. This gradual weight loss is the way to make lasting changes.

To lose 1 pound a week, Paul needs to burn 3,500 more calories than he takes in each week. That's 500 calories per day.

What are some ways that Paul could burn 500 more calories than he takes in each day?

1. He could take in 500 fewer calories per day by changing his eating habits.
2. He could burn 500 more calories per day by being more active.
3. Or he could cut 500 calories per day through a mixture of eating and activity.

Paul needs about 2,200 calories a day just to stay at the same weight. If he cuts 500 calories per day, that leaves him with 1,700 calories.

That may not sound like a lot of calories to work with. But keep in mind: Paul can reach that goal through a mixture of eating and activity.

What are daily calorie needs?

Your daily calorie needs are the calories you need to maintain your weight. This number is based on your age, sex, height, build, and weight. It doesn't take your activity level into account.

Let's see how Paul does on Sunday.

- First, he eats a 400-calorie breakfast.
- Then, he takes a brisk walk and burns 90 calories.
- Later, he has a 200-calorie mid-morning snack.
- He has a 500-calorie lunch.
- Later, he has a 100-calorie afternoon snack.
- Then, he mows the lawn and burns 100 calories.
- He has a 600-calorie dinner.
- Then, he takes a longer brisk walk and burns 120 calories.
- Later, he has a 200-calorie bedtime snack.

To figure out Paul's actual calories, we'll start with the calories he takes in. Then we'll subtract the calories he burns:

2,000 – 310 = 1,690

Paul beats his goal by 10 calories!

These days, Paul is losing about 1 pound each week through a mixture of eating and activity. And he's halfway to his goal weight.

Paul's needs: 2,200 calories/day	
Paul's goal: 1,700 calories/day	
Calories in	**Calories out**
400	90
200	100
500	120
100	
600	
200	
2,000	**310**

Ways to Eat Fewer Calories

Here are some ways to cut calories at each meal. Try these healthy swaps.

IDEAS FOR EVERY MEAL!		
Breakfast	**Healthy swap**	**Calories saved**
Top your cereal with low fat or fat-free milk instead of 2% or whole milk.	1 cup fat-free milk instead of 1 cup whole milk	63
Use a non-stick pan and cooking spray (rather than butter) to scramble or fry eggs.	1 squirt cooking spray instead of 1 pat butter	34
Choose reduced-calorie margarine spread for toast rather than butter or stick margarine.	2 pats reduced calorie margarine instead of 2 pats butter	36

IDEAS FOR EVERY MEAL!		
Lunch	**Healthy swap**	**Calories saved**
Add more vegetables such as cucumbers, lettuce, tomato, and onions to a sandwich instead of extra meat or cheese.	2 tomato slices, ¼ cup sliced cucumbers, and 2 onion slices instead of ¾ ounce cheese and 1 ounce ham	154
Pair a sandwich with fruit instead of chips or French fries.	½ cup diced raw pineapple instead of 1 ounce potato chips	118
Choose vegetable-based broth soups rather than cream or meat-based soups.	1 cup vegetable soup instead of 1 cup cream of chicken soup	45
When eating a salad, dip your fork into dressing instead of pouring lots of dressing on the salad.	½ Tbsp. regular ranch dressing instead of 2 Tbsp. regular ranch dressing	109
When eating out, swap a salad for French fries or chips as a side dish.	A side salad with a packet of low-fat vinaigrette instead of a medium order of French fries	270
Dinner	**Healthy swap**	**Calories saved**
Have vegetables steamed or grilled instead of fried in butter or oil. Try lemon juice and herbs to flavor the vegetables. You can also use nonstick pans.	½ cup steamed broccoli instead of ½ cup broccoli fried in ½ Tbsp. vegetable oil	62
Change recipes to reduce the amount of fat and calories. For example, when making lasagna, use part-skim ricotta cheese instead of whole milk ricotta cheese. Substitute shredded vegetables, such as carrots, zucchini, and spinach, for some of the ground meat in lasagna.	1 cup part-skim ricotta cheese instead of 1 cup whole milk ricotta cheese	89
When you eat out, get a side dish instead of a main course.	¼ cup pasta with tomato sauce instead of 1 cup pasta with tomato sauce	138
Top pizza with veggies and just a light sprinkling of cheese instead of fatty meats.	One slice of a cheese pizza instead of one slice of a meat and cheese pizza	60

IDEAS FOR EVERY MEAL!		
Snack	**Healthy swap**	**Calories saved**
Choose air-popped popcorn instead of oil-popped popcorn and dry-roasted instead of oil-roasted nuts.	3 cups air-popped popcorn instead of 3 cups oil-popped popcorn	73
Avoid the vending machine. Pack your own healthy snacks to bring to work. Options include veggie sticks, fresh fruit, low-fat or nonfat yogurt without added sugar, or a small handful of dry-roasted nuts.	8 ounces of sugar-free nonfat yogurt instead of a package of 6 peanut butter crackers	82
Choose sparkling water instead of sweetened or alcoholic drinks.	A bottle of sparkling water instead of a 12-ounce can of regular soda	136
Instead of cookies or other sweet snacks, have some fruit for a snack.	One large orange instead of 3 chocolate sandwich cookies	54

Source: Ideas for Every Meal. Department of Health and Human Services. Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html

Rethink Your Drink

One way to cut calories is to think about what you drink. Drinks don't fill you up the way food does. And, as you can see below, calories from drinks can really add up!

But here's the good news: If you replace drinks that are high in calories with drinks that have low or no calories, you can save 641 calories a day!

Instead of...	Calories	Try...	Calories	Calories saved
Medium caffè latte (16 ounces) made with whole milk	265	Small caffè latte (12 ounces) made with fat-free milk	125	140
20-ounce bottle of regular cola	227	Bottle of water or sparkling water	0	227
Sweetened iced tea from the vending machine (16 ounces)	180	Water with a slice of lemon or lime	0	180
A glass of regular ginger ale (12 ounces)	124	Sparkling water with a splash of 100% fruit juice	30	94
Total calories:	**796**		**155**	**641**

Source: Rethink Your Drink. Department of Health and Human Services. Centers for Disease Control and Prevention. http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf

Another way to cut calories is to think about how much you drink. This chart shows the calories in a variety of drinks, from highest to lowest. For high-calorie drinks, size really matters!

TYPE OF DRINK	Calories in 20 oz.	Calories in 12 oz.	Calories saved
Fruit punch	320	192	128
100% apple juice	300	180	120
100% orange juice	280	168	112
Lemonade	280	168	112
Regular lemon/lime soda	247	148	99
Regular cola	227	136	91
Sweetened lemon iced tea (bottled, not homemade)	225	135	90
Tonic water	207	124	83
Regular ginger ale	207	124	83
Sports drink	165	99	66
Fitness water	36	18	18
Unsweetened iced tea	3	2	1
Sparkling water (unsweetened)	0	0	0
Water	0	0	0

Milk contains vitamins, minerals, and protein. But it also contains calories. Choosing low-fat or fat-free milk is a good way to cut calories and still get the things your body needs.

TYPE OF MILK	Calories in 8 ounces
Chocolate milk (whole)	208
Chocolate milk (2%)	190
Chocolate milk (1%)	158
Plain milk (whole)	150
Plain milk (2%)	120
Plain milk (1%)	105
Plain milk (fat free)	90

Source: USDA National Nutrient Database for Standard Reference

Drinks and Weight Loss

Experts say it's healthy to lose 1 to 2 pounds per week. Most people need to cut roughly 500 calories a day to lose 1 pound per week. Cutting the calories in your drinks can help you reach this goal.

Better Drink Choices Made Easy

NUTRITION FACTS LABEL	
Serving Size	8 fl. oz.
Servings Per Container	2.5
Amount per serving	
Calories	100

Use Nutrition Facts Wisely

Here is the Nutrition Facts label on a 20-ounce bottle of soda. It says that one serving is 8 ounces. It tells you that there are 2½ servings in the bottle. And it lists the calories in one serving (100).

To figure out the calories in the whole bottle, multiply the calories in one serving by the number of servings in the bottle (100 x 2½). If you were to drink the whole bottle, you would take in 250 calories.

Calories on the Go

Coffee drinks and smoothies may sound healthy. But the calories in some of your favorite items may surprise you. Check the website, or ask to see the Nutrition Facts. And when a coffee or smoothie craving kicks in, try these tips.

At the Coffee Shop

- Ask for your drink to be made with skim milk instead of whole milk.
- Order the smallest size you can get.
- Hold the flavors. The flavor syrups contain sugar and add calories.
- Skip the whip. The whipped cream on top of coffee drinks adds calories and fat.
- Order a plain cup of coffee with skim milk. Or drink it black.

At the Smoothie Stand

- Order a child's size, if you can get it.
- Pick the smoothie with the least calories.
- Ask for your smoothie to be made without added sugar. Fruit is naturally sweet.

Better Drink Choices

Here are some ideas for healthy drinks:

- Add a splash of 100% juice to plain sparkling water.
- Carry a water bottle. Refill it all day long.
- Choose water or sparkling water.
- Drink tea or coffee without sugar. Enjoy them hot or cold.
- Flavor water with no-calorie drink mix.
- Have fun with water. Add slices of lemon, lime, cucumber or watermelon.
- Keep a pitcher of water in the fridge. Or add ice to water.
- Put your pitcher of water on the table during meals.
- When you do get drinks that contain sugar, choose the smallest size you can get.

How many calories does activity burn?

This chart shows about how many calories a person who weighs 154 pounds would burn at a moderate pace.

	CALORIES BURNED AT A MODERATE PACE	
Activities	**In 1 hour**	**In 30 minutes**
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling	290	145
Walking	280	140
Weight training (general light workout)	220	110
Stretching	180	90

Source: US Department of Agriculture. MyPlate. (http://www.choosemyplate.gov/physical-activity-calories-burn)

Tools to calculate your calorie needs:

- https://www.niddk.nih.gov/research-funding/at-niddk/labs-branches/laboratory-biological-modeling/integrative-physiology-section/research/body-weight-planner?dkrd=prspf0115
- https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304
- https://www.inchcalculator.com/mifflin-st-jeor-calculator/

SESSION 3: **Eat Well to Manage Your Weight**

Session Focus

Eating well can help you manage your weight.

This session we will talk about:

- How to eat well
- How to build a healthy meal
- The items in each food group

You will also make a new action plan!

Key points to remember:

Choose items that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

Limit items that are:

- High in calories, fat, and sugar
- Low in fiber and water
- Low in vitamins, minerals, and protein

One easy way to do this is aim to have at least five servings of fruit and vegetables daily!

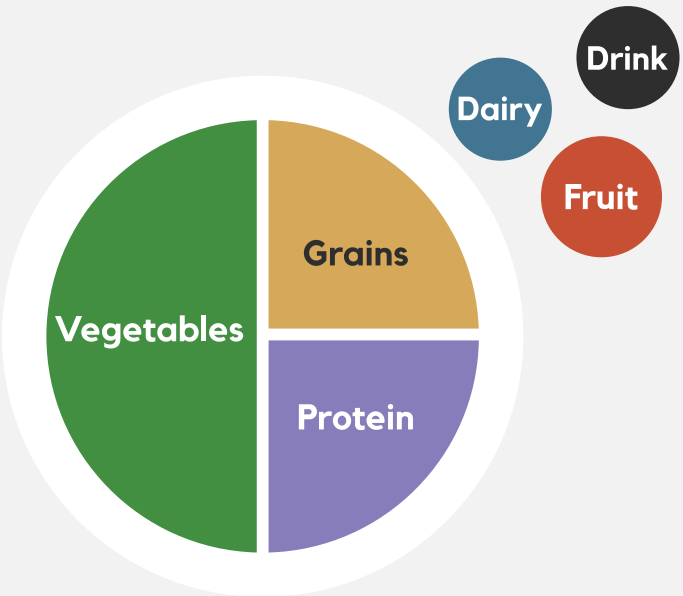
A Healthy Meal

You'll want to make:

- Half of your plate non-starchy veggies (such as broccoli, lettuce, peppers)
- A quarter of your plate grains and starchy foods (such as potatoes, oatmeal)
- Another quarter of your plate protein foods (such as chicken, lean meat, fish)

You can also have:

- A small amount of dairy (1 cup skim milk)
- A small amount of fruit (one apple, half a banana, ½ cup berries)
- A drink that has low or no calories (water, sparkling water, coffee without sugar)



Make Your Plate

Write the number of the correct food group on each line. Then create a healthy meal by listing items that you like. You can use "Foods to Choose" on the following pages for ideas.

Food Groups

1. Non-starchy veggies
2. Grains and starchy foods
3. Protein foods
4. Dairy foods
5. Fruit
6. Drink

Foods to Choose

Non-starchy veggies:

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Celery
- Cucumbers
- Leafy greens
- Mushrooms
- Onions
- Peppers
- Tomatoes
- Your favorites:
- _____
- _____
- _____

Grains and starchy foods:

- 100% corn tortillas
- 100% whole grain cereal
- 100% whole wheat bread
- Black beans
- Brown rice
- Corn
- Green peas
- Lentils
- Oatmeal
- Popcorn
- Potatoes
- Pumpkin
- Yams
- Your favorites:
- _____
- _____
- _____

Protein foods:

- Eggs (but limit yolks)
- Fish and seafood (catfish, cod, shrimp)
- Lean meat (lean ground beef, chicken and turkey without skin, pork loin)
- Nuts (limit because high in fat)
- Your favorites:
- _____
- _____
- _____

Dairy foods:

- Low-fat cheese
- Plain low-fat soy or almond milk
- Plain nonfat or low-fat yogurt
- Skim or low-fat milk
- Your favorites:
- _____
- _____
- _____

Sources: CDC, ADA

Foods to Choose

Fruit:

- Apples
- Apricots
- Blueberries
- Dates
- Grapefruit
- Grapes
- Oranges
- Strawberries
- Your favorites:
- _____
- _____
- _____

Drinks:

- Coffee without sugar
- Sparkling water
- Tea without sugar
- Water
- Your favorites:
- _____
- _____
- _____

Foods to Limit

Fatty foods:

- Butter
- Creamy salad dressing
- Deep fried foods (French fries)
- Fatty meat (bacon, bologna, regular ground beef)
- Full-fat cheese
- Lard
- Shortening
- Whole milk
- Other examples:
- _____
- _____
- _____

Sweet foods:

- Candy
- Cookies
- Corn syrup
- Honey
- Ice cream
- Molasses
- Processed snack foods
- Sugar
- Other examples:
- _____
- _____
- _____

Helpful websites:

- https://www.myplate.gov/
- https://www.myplate.gov/myplate-plan

Sources: CDC, ADA

It can be challenging to shop, cook, and eat well. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	SOLUTIONS	OTHER WAYS TO COPE
Shopping this way costs too much	☐ Use coupons ☐ Buy in bulk ☐ Buy things on sale ☐ Grow your own veggies and fruit ☐ Buy frozen veggies and fruit ☐ Buy veggies and fruit in season	
Shopping and cooking this way takes up too much time	☐ Ask family to help with shopping and cooking ☐ Shop on the weekend ☐ Shop in bulk ☐ Use a list to make sure you get everything you need ☐ Buy healthy convenience items like pre-washed salad ☐ Look for recipes for fast, healthy meals ☐ Do some prep work before work in the morning	
I don't like the way this food tastes	☐ Choose good quality items ☐ Choose items with a variety of flavors, textures, scents and colors ☐ Cook veggies like green beans and broccoli lightly so they stay crisp and colorful ☐ Use herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, and salsa to add flavor ☐ Grill or roast veggies and meat to bring out the flavors	
It's boring/hard to shop, cook and eat this way	☐ Shop, cook, and eat with family and friends ☐ Learn new cooking methods and recipes from books, articles, and videos or take a healthy cooking class ☐ Try new ingredients	

SESSION 4: **Track Your Food**

Session Focus

Tracking your food each day can help you manage your weight.

This session we will talk about:

- The purpose of tracking
- How to track your food
- How to make sense of food labels

You will also make a new action plan!

Sally's Story

Sally wants to lose 15 pounds. She has been trying to eat better each week. After a month, Sally tells her friend Tina that she is frustrated. She still hasn't lost any weight. Surprised by this, Tina asks her to describe what she ate the day before. Sally tells Tina what she thinks she had.

The table below shows what Sally thinks she had at each meal. It shows what Sally really had at each meal. It also shows the extra calories she took in.

BREAKFAST

What Sally Thinks She Had	Calories	What Sally Really Had	Calories	Extra Calories
A bowl of cereal with milk	100 (cereal) 100 (milk)	1½ cups cereal with 8 ounces whole milk	150 (cereal) 150 (milk)	**150**
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Breakfast Total	**200**	**Breakfast Total**	**350**	

LUNCH

What Sally Thinks She Had	Calories	What Sally Really Had	Calories	Extra Calories
Ham sandwich	150 (bread) 200 (ham) 150 (mayo)	Sandwich made with 2 slices bread, 6 ounces ham, and 1½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	**150**
		Medium apple	50	
Apple	50	Iced tea with sugar	150 (sugar)	
Lunch Total	**550**	**Lunch Total**	**700**	

SNACK

What Sally Thinks She Had	Calories	What Sally Really Had	Calories	Extra Calories
		Granola bar	200	**250**
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Snack Total		**Snack Total**	**250**	

DINNER

What Sally Thinks She Had	Calories	What Sally Really Had	Calories	Extra Calories
Salad	100	Salad with 2 Tbsp blue cheese dressing	50 (salad) 150 (dressing)	275
Mashed potatoes	100	1 cup mashed potatoes made with whole milk and 3 Tbsp butter	100 (potatoes) 100 (butter)	
Piece of fish	200	3 ounces fish	200	
		8 ounces iced tea with sugar	75 (sugar)	
Dinner Total	**400**	**Dinner Total**	**675**	

DESSERT

What Sally Thinks She Had	Calories	What Sally Really Had	Calories	Extra Calories
Small bowl of ice cream	175	1 cup ice cream	320	**145**
Dessert Total	**175**	**Dessert Total**	**320**	

What Sally Thinks She Had	Calories	What Sally Really Had	Calories	TOTAL Extra Calories
DAILY TOTAL	**1,325**	**DAILY TOTAL**	**2,295**	**970**

How to Track Your Food

Ways to find out how much you eat:

- Measuring cups and spoons
- Kitchen scale
- Food labels
- Calculator

Ways to record what, when, and how much you eat:

- Spiral notebook
- Spreadsheet
- Smart phone apps (mynetdiary or MyFitnessPal)
- Computer apps
- Voice recording
- Photo of your food

Ultimately, you'll want to write these details in your Food Log.

Options for tracking:

- https://www.myfitnesspal.com/
- https://www.mynetdiary.com/
- https://www.loseit.com/

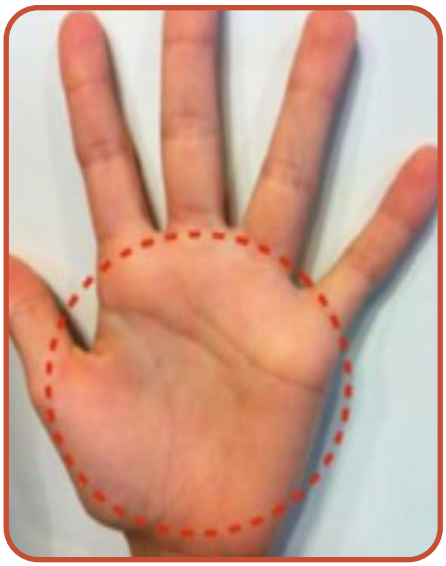
Everyday Objects and Serving Size

You can use everyday objects to eyeball serving size. Here are some examples:

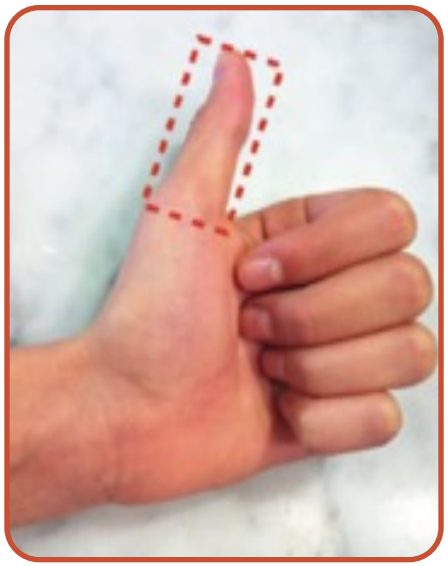
SERVING SIZE	OBJECT
2 tablespoons	Ping-pong ball
1 ounce of cheese	4 dice
3 ounces of meat or poultry	Palm of your hand, or a deck of cards
¼ cup	Golf ball
½ cup	Tennis ball
1 cup	Baseball
1 medium baked potato	Computer mouse
1 medium apple	Tennis ball
1 medium waffle	CD

Hands and Serving Size

You can use your hands to eyeball serving size.



About 3 ounces



About 1 tablespoon

About 1 teaspoon

About 1 cup

1 serving of fruit

About ¼ cup

Make Sense of Food Labels

Sample Label for Macaroni and Cheese

1 **Serving Size**

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

2 **Calories**

Amount Per Serving

Calories 250 Calories from Fat 110

3 **Limit These Nutrients (yellow items)**

	% Daily Value
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**

4 **Get Enough of These Nutrients (blue items)**

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	**4%**
Vitamin C	**2%**
Calcium	**20%**
Iron	**4%**

Source: FDA (http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3)

Make Sense of Food Labels

These numbers refer to the sample label for macaroni and cheese on the previous page of this handout.

1. Serving Size

Start by looking at the serving size. That's the size of one serving. All the other facts on the label are based on this amount.

Also look at the number of servings in the package. This package contains two servings. So if you eat the whole package, you'll need to multiply all the other facts on the label by two. Use a calculator, if you'd like.

2. Calories

Knowing the calories can help you reach or stay at a healthy weight. The calories are the amount of energy you get from a serving of this food. Many Americans get more calories than they need. Try to get less than 30 percent of your calories from fat.

3. Limit These Nutrients

Most Americans get enough, or even too much, of these nutrients. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium can raise your risk of certain health problems. These include heart disease, some cancers, and high blood pressure.

4. Get Enough of These Nutrients

Most Americans don't eat enough fiber, vitamin A, vitamin C, calcium, and iron. Eating enough of these nutrients can improve your health and lower your risk of certain health problems.

For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight and lower your cholesterol.

Other ways to find out nutrition facts:

- Computer apps
- Smart phone apps
- Websites

It can be challenging to track your food. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	SOLUTIONS	OTHER WAYS TO COPE
I'm too busy	☐ Make time to track – it typically takes just a few minutes after each meal ☐ Remember why you are tracking – it's been shown to help people lose weight and maintain weight loss!	
I have trouble reading and writing	☐ Record your voice with a smart phone or other device ☐ Take a photo of your food ☐ Ask your family or friends to help write your food on your Food Log ☐ Use an app that has pictures or easy ways to identify and track common foods	
I keep forgetting	☐ Make tracking part of your daily routine ☐ Put a reminder on your phone or computer ☐ Set a timer ☐ Leave yourself notes where you'll see them ☐ Ask family and friends to remind you	
I don't like to track	☐ Share your results with others ☐ Give yourself a small (nonfood) reward for meeting your food goals ☐ Ask a friend of family member to track their food too ☐ Try a smart phone or computer app	

SESSION 5: **Get Active to Manage Your Weight**

Session Focus

Getting active can help you lose weight and keep that weight off.

This session we will talk about:

- Some benefits of getting active
- Some ways to get active

You will also make a new action plan!

Teo's Story

Teo's doctor urges him to lose 20 pounds and work up to at least 175 minutes of activity each week.

Teo and his wife have five children. The kids all play sports, and he spends a lot of time driving them to events.

Teo also works full time. On weekends, he works a second, part-time job. When he has some free time, he likes to watch basketball on TV, but he rarely plays it. He spends a lot of time sitting.

Teo finds some ways to get active:

- He walks on the sidelines during his children's sports events.
- He also walks with a friend during his lunch break each day.
- He plays basketball with his kids instead of watching it on TV.
- He takes the stairs instead of the elevator.

Teo gets more active over time. These days, he's active for at least 175 minutes a week. His weight is going down. He sleeps better than ever. Plus, he has more energy than he did before he got active.

Ways to Get Active

There are so many great ways to get active. You're sure to find at least one that you enjoy. Here are just a few ideas.

1. After you read six pages of a book, get up and move a little.
2. Dance to your favorite music.
3. Pace the sidelines at your children's or grandchildren's sports events.
4. Play actively with your children or pets for 15 to 30 minutes a day.
5. Replace Sunday drives with Sunday walks.
6. Run or walk fast when you do errands.
7. Start a new active hobby, such as biking or hiking.
8. Take a walk after dinner with your family or by yourself.
9. Track your steps with a pedometer (some people set a goal of 10,000 per day)
10. Walk around whenever you talk on the phone.
11. Walk briskly when you shop.
12. Walk up and down escalators instead of just riding them.
13. Walk your dog each day.
14. When you watch TV, stand up and move during the ads, or do chores.

How do you plan to get active?

_____

_____

_____

Source: American College of Sports Medicine (https://www.acsm.org/docs/brochures/reducing- sedentary-behaviors-sitting-less-and-moving-more.pdf) and Heart Foundation (https://heartfoundation.org.au/images/uploads/publications/PA-Sitting-Less-Adults.pdf)

Are You Ready to Get Active?

Check off any statement that is true for you. If you check off one or more items, make sure to see your healthcare provider BEFORE you get active.

- ☐ I am over 50, and I haven't been active in a long time. I am planning to be very active.
- ☐ I get very out of breath when I am even slightly active.
- ☐ I have a health problem or other issue not listed here that might need attention if I get active.
- ☐ I have a heart problem. My healthcare provider wants to keep eye on my activity.
- ☐ I have bone or joint problems that make it hard for me to do things like fast walking.
- ☐ I have chest pain that started within the last month.
- ☐ I pass out when I get dizzy
- ☐ During or right after a workout, I often have pain or pressure my neck, left shoulder, or arm.
- ☐ My healthcare provider wants me to take medicine for high blood pressure or a heart problem.

Source: American Heart Association (http://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/ downloadable/ucm_432990.pdf)

Be Active, Be Safe

If you get hurt, you may need to take a break from being active. Follow these tips to work out safely.

1. If you haven't already talked about it with your healthcare provider, ask if you are ready to be active. (See "Are You Ready to Get Active?" on page 2.)
2. Dress for the activity. Wear the right shoes and clothes. Use safety gear as needed.
3. Drink water before, during, and after your workout, even if you don't feel thirsty.
4. Listen to your body. Slow down or stop if you feel very tired, sick, or faint, or your joints hurt.
5. Mix it up. Do a variety of activities. That way you won't strain any one part of your body.
6. Start small. If you exercise too hard or too often, you may get hurt. Try to make slow, steady progress over time.
7. Warm up before you work out. Cool down after you work out. Take 5 to 10 minutes for each.
8. Watch out. Take care not to trip or bump into anything.
9. Work with the weather. Work out indoors if it's too hot or too cold. If you get too hot, you may get a headache or a fast heartbeat. You may feel dizzy, sick to your stomach, or faint.
10. Use good form when strength training.
11. Consider working with a trainer for coaching on your form.

Source: National Institute of Aging/National Institutes of Health: Staying Safe During Exercise and Physical Activity (https://go4life.nia.nih.gov/sites/default/files/StayingSafe.pdf)

Harvard Health Publications (http://www.health.harvard.edu/healthbeat/10-tips-for-exercising-safely)

It can be challenging to get active. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
It's too hot, cold or wet outside	☐ Work out indoors ☐ Dress for the weather ☐ Swim in hot weather	
I don't have time	☐ To fit fitness in anytime: ☐ Break your 175 minutes into smaller chunks ☐ Park your car farther away from the place you want to go ☐ Get off the bus or train one stop early and walk the rest of the way ☐ Take stairs instead of the elevator ☐ Use a fitness app ☐ To fit fitness in at home: ☐ Walk your dog briskly ☐ Sweep or mop your floor briskly ☐ Stretch, do sit-ups, or pedal a stationary bike while you watch TV ☐ Mow your lawn with a push mover. Or rake leaves ☐ Plant and care for a vegetable or flower garden ☐ TO fit fitness in at work: ☐ Take a brisk walk during your coffee or lunch break ☐ Take part in an exercise program at work ☐ Join a nearby gym, stop off before or after work, or during your lunch break ☐ Join the office softball team or walking group ☐ Use a copy machine on the other side of the building	

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I don't have child care	☐ Be active with your kids ☐ Swap child care with a friend ☐ Ask friends or family to help out ☐ Use gym child care	
I don't have a car	☐ Work out in your own home or neighborhood	
I feel embarrassed	☐ Work out in your own home ☐ Work out with a friend	
My area is not safe	☐ Work out in your own home ☐ Work out at a gym or community center	
It costs too much	☐ Do free activities like walking ☐ Buy workout clothes and equipment on sale ☐ Look for free fitness classes at your library, community center, or online	
It's boring	☐ Dance ☐ Play with your kids ☐ Work out with a friend ☐ Use a fitness app ☐ Listen to music, watch TV, or talk on the phone while you are active ☐ Keep trying new things until you find something you like	
It's painful or tiring	☐ Ask your healthcare provider what ways to get active are right for you ☐ Work out safely (see handout) ☐ Work out at the time of day when you have the most energy ☐ Walk slowly or swim ☐ Do yoga or Tai Chi	

SESSION 6: **Tracking Your Physical Activity**

Session Focus

Tracking your minutes of activity each day can help you manage your weight.

This session we will talk about:

- The purpose of tracking
- How to track your activity

You will also make a new action plan!

How to Track Your Activity

Ways to time your activity include:

- Watch
- Clock
- Timer
- Fitness tracker
- Smart phone apps
- Computer apps

Ways to record your minutes of activity include:

- Spiral notebook
- Spreadsheet
- Fitness tracker
- Smart phone apps
- Computer apps
- Voice recording

Ultimately, you'll want to record your minutes in your Fitness Log.

How to Cope With Challenges

It can be challenging to track your activity. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I'm too busy	☐ Make time to track ☐ Remember why you are tracking – to manage your weight!	
I have trouble reading and writing	☐ Record your voice with a smart phone or other device ☐ Ask friends or family members to write your minutes on your fitness log	
I keep forgetting	☐ Make tracking a part of your daily routine ☐ Put a reminder on your phone or computer ☐ Set a timer ☐ Leave yourself notes where you'll see them ☐ Ask friends and family to remind you	
I don't like to track	☐ Post your results on the wall or online ☐ Give yourself a small, nonfood reward for meeting your activity goals ☐ Compete with a friend – see who can do the most minutes of activity ☐ Try smart phone and computer apps	

SESSION 7: **Get Even More Active**

Session Focus

Getting more active can help you manage weight.

This session we will talk about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your fitness

You will also make a new action plan!

Olga's Story

Olga is trying to get a little more active each week. Her goal is to be active for at least 175 minutes per week, at a moderate pace.

WEEK 1: Olga takes a gentle stroll around the block. It takes her about 10 minutes. She does this for 3 days that week.

WEEK 2: Olga walks around the block 2 times. It takes her 17 minutes. She does this for 5 days that week.

WEEK 3: Olga walks around the block 3 times. It takes her 21 minutes. She does this for 7 days that week.

WEEK 4: Olga follows the same walking schedule as she did in Week 3. Plus, she adds some hills to her route. One day, she also does 2 sets of 3 reps with a resistance band.

WEEK 5: Olga follows the same walking schedule as she did in Week 3. For 2 days that week, she also does 3 sets of 5 reps with a resistance band.

These days, Olga is meeting her fitness goal. She's lost weight. And her blood sugar is lower than it was before she started getting more active.

Ways to Get More Active

1. Do bicep curls with a can of food while you march in place.
2. Do more reps or sets.
3. Lift heavier weights.
4. Push a stroller while you walk.
5. Take more steps per day or per week.
6. Use one-pound hand or ankle weights while you walk.
7. Walk farther.
8. Walk faster.
9. Walk longer.
10. Walk up steeper hills.

How will you get more active over the next few weeks?

WEEK 1:	WEEK 2:	WEEK 3:

Build Your Muscles

Wall Push-Ups

1. Face a wall. Stand a little more than arm's length away. Keep your feet flat on the floor, shoulder-width apart.
2. Lean forward. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall. Use a slow, controlled motion.
4. Hold the pose for 1 second.
5. Breathe out. Slowly push yourself back until your arms are straight.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

Arm Raises with Weights

1. Stand or sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart.
2. Hold weights at your sides at shoulder height. Keep your palms facing forward. Breathe in slowly.
3. Slowly breathe out as you raise both arms over your head. Keep your elbows slightly bent. Keep your palms facing forward.
4. Hold the pose for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

Start with light weights. Work your way up to heavier weights. You can do one arm at a time. If you prefer, you can use soup cans or other objects.

Arm Curls with Resistance Bands

1. Sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight. Slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the pose for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

Start with a stretchy band. Work your way up to a stronger band.

If your resistance band has a handle, hold on tightly. If the band has no handle, wrap it around your hand to keep it from slipping.

Source: National Institute on Aging. Exercise and Physical Activity: Your Everyday Guide. Sample Exercises: Strength (https://www.nia.nih.gov/health/publication/exercise-physical-activity/sample-exercises-strength).

Helpful websites:

- https://www.self.com/story/8-strength-exercises
- https://www.youtube.com/watch?v=H1F-UfC8Mb8
- https://www.youtube.com/watch?v=Qbv2edgrgvI

SESSION 8: **Shop and Cook to Manage Your Weight**

Session Focus

Healthy shopping and cooking can help you manage your weight.

This session we will talk about:

- Healthy food
- How to shop for healthy food
- How to cook healthy food

You will also make a new action plan!

Jerry's Story

Jerry's mother knows how to shop and cook to eat healthy. Jerry is interested in maintaining recent weight loss, so he's trying to eat healthy.

When Jerry goes to a health food store, he finds the prices too high for his budget. He asks his mother how she buys healthy food she can afford.

She tells Jerry that she takes some steps even before she goes shopping. To get ready to shop, she:

1. Gathers coupons for healthy items
2. Looks at what's on sale at local grocery stores
3. Plans her meals and snacks for the week
4. Checks her kitchen to see what she has
5. Makes a shopping list
6. Has a healthy snack

The next Sunday, Jerry helps his mom get ready to shop. Then he goes to the store with her. He's impressed by how much healthy food she gets for her money.

Jerry decides to try shopping the way his mom does. Plus, he looks for healthy recipes online. He's also taking a healthy cooking class. He's even made some healthy meals for his mom!

Jerry plans his meals and snacks for one week.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
MONDAY	• Oatmeal • Strawberries • Coffee with skim milk	• Rice cake with hummus	• Chicken breast • Spinach and tomato salad • Tea with lemon	• Apple	• Black bean burrito with tomato, low-fat cheddar, and salsa • Sparkling water with lemon	• Orange
TUESDAY	• Nonfat plain yogurt • Strawberries • Coffee with skim milk	• Apple	• Turkey • sandwich with lettuce and tomato • Pickle • Tea with lemon	• Orange	• Peppers stuffed with brown rice • Salad • Sparkling water with lemon	• Baked tortilla chips and salsa
WEDNESDAY	• Scrambled egg beaters with veggies • Whole wheat toast • Coffee with skim milk	• Fruit and nut bar	• Chicken salad • Pita chips • Tea with lemon	• Broccoli with nonfat yogurt dip	• Chicken and veggie stir-fry • Sparkling water with lemon	• Low-fat chocolate pudding
THURSDAY	• Oatmeal • Strawberries • Coffee with skim milk	• Whole wheat crackers with peanut butter	• Chicken salad • Tea with lemon	• Apple	• Baked pork loin • Steamed broccoli • Whole wheat pasta • Sparkling water with lemon	• Air- popped popcorn

Jerry plans his meals and snacks for one week.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
FRIDAY	• 100% whole wheat bread with peanut butter • Coffee with skim milk	• Celery with low- fat cream cheese	• Chicken breast • Spinach and tomato salad • Tea with lemon	• Orange	• Garden salad with chicken • Baked potato • Fruit • Skim milk	• Baked tortilla chips and salsa
SATURDAY	• Scrambled egg beaters with veggies • Coffee with skim milk	• Fruit and nut bar	• Turkey • sandwich with lettuce and tomato • Tea with lemon	• Carrots with hummus	• Grilled turkey burger • 100% whole wheat roll • Salad • Sparkling water with lemon	• Low-fat chocolate pudding
SUNDAY	• Nonfat plain yogurt • Strawberries • Coffee with skim milk	• Rice cake with peanut butter	• Veggie soup from freezer • Pita chips • Tea with lemon	• Apple	• Chili from freezer with salsa, low-fat cheddar, and tomato • Skim milk	• Air- popped popcorn

Plan your meals and snacks for one week. You can use "Jerry's Meals and Snacks" for ideas.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						

Jerry plans his meals and snacks for one week.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
FRIDAY						
SATURDAY						
SUNDAY						

Helpful websites:

- https://www.heart.org/en/healthy-living/healthy-eating
- https://www.eatingwell.com/
- https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/index.htm
- https://www.myplate.gov/
- https://cookingmatters.org/

SESSION 9: **Manage Stress**

Session Focus

Managing stress can help you manage your weight.

This session we will talk about:

- Some causes of stress
- The link between stress and weight
- Some ways to reduce stress
- Some healthy ways to cope with stress

You will also make a new action plan!

Barbara's Story

Barbara is 45 years old. She feels pulled in all directions. Her children are still in high school. Her father has bad health problems. Plus, Barbara works full time and is a single parent.

Barbara's doctor urges her to lose weight by eating well and getting active.

Barbara sighs. To her, taking care of herself is just one more thing to do.

When you feel stressed, you may feel:

- Angry
- Annoyed
- Anxious
- Confused
- Impatient
- Sad
- Worried

You may also have:

- Aching head, back, or neck
- Racing heartbeat
- Tight muscles
- Upset stomach

Link between stress and weight:

Feeling stressed can:

1. Change your body chemistry in a way that makes you more likely to gain weight
2. Cause you to act in unhealthy ways

To make herself feel better after her doctor visit, Barbara goes home and eats a lot of ice cream.

When you feel stressed, you may:

- Drink too much alcohol
- Forget things
- Put off doing the things you need to do
- Rush around without getting much done
- Sleep too little, too much, or both
- Smoke
- Take too much medicine
- Work too much

You may also:

- Make unhealthy choices about eating or drinking
- Slack off on fitness goals
- Spend too much time watching TV or videos or using the computer

Barbara has trouble saying "no." So she ends up doing things she doesn't really want or need to do.

For instance, when she goes shopping with her kids, they often beg her to buy things. Usually, she caves in to their demands, just to make them stop. This makes Barbara feel stressed.

Barbara decides to get better at saying "no." The next time she goes shopping with her kids, they beg her to buy ice cream. This time, she says "NO!" And she holds firm.

She's so proud of herself!

Ways to Reduce Stress

There's no surefire way to prevent stress. But there are ways to make your life less stressful.

Try these tips.

- **Ask for help.** Feel free to ask your friends and family for help. They care about you and want the best for you. And you can help them another time.
- **Be tidy.** Keep your things in order.
- Get enough sleep. Shoot for 8 hours per night.
- **Have fun!** Make time to do something you enjoy.
  - Go for a walk with a friend, read a book, or watch a video ... whatever makes you happy.
- **Just say "no."** Learn how to say no to things you don't really want or need to do.
- **Know yourself.** Know what situations make you feel stressed. Plan how to cope with them.
- **Make a to-do list.** Put the most important things on top.
- **Remind yourself.** Use notes, calendars, timers—whatever works for you.
- **Set small, doable goals.** Divide large goals (like weight loss) into smaller chunks.
- **Solve problems.** When you have a problem, try to solve it promptly. That way, it won't become a source of stress in your life.
- **Take care of your body and mind.** That way, you'll be more prepared to tackle stressful situations.

How will you reduce stress in your life?

Feeling stressed? Try these healthy ways to cope with stress

- **Count to 20 in your head.** This can give your brain a needed break.
- **Soothe yourself.** Go for a walk, take a hot bath, have a cup of herbal tea, or put on some calming music.
- **Give yourself a pep talk.** Say something calming, like: "There's no rush. I can take my time."
- **Try some ways to relax.** You'll find them in the box at right.
- **Stretch.** Do yoga or other stretching exercises.
- **Take a breather.** If you can, take a break from whatever is making you feel stressed.
- **Talk about your feelings.** Tell a friend or counselor how you feel.
- **Cut back on caffeine.** Caffeine can make you feel jumpy and anxious.
- **Get moving!** Do something active—even if it's just a walk around the block.
- **Do something fun.** Go out dancing, play a game, call a friend. Do whatever you enjoy—as long as it's healthy.
- **Think clearly.** Things may not be as bad as they seem to be.

Ways to Relax

It may take time to see results. Try to practice for at least 10 minutes a day. Listen to calming music, if you wish.

At first, it may be easier to relax if you lie down in a dark, quiet room. But in time, you'll be able to relax anytime, anywhere.

RELAX YOUR MUSCLES. Scrunch up your face muscles. Hold for 5 seconds. Now release. Feel your face muscles relax. Do the same with your jaw, shoulder, arm, chest, leg, and foot muscles in turn.

MEDITATE. Focus on something simple that you find calming. It could be an image or a sound.

Don't worry if other thoughts get in the way. Just go back to your image or sound.

IMAGINE. Imagine a scene that makes you feel peaceful. Try to picture yourself there.

BREATHE DEEPLY. Relax your stomach muscles. Place one hand just below your ribs. Take a slow, deep breath through your nose. Feel your hand go up.

Now breathe out slowly through your mouth.

Make sure to breathe out all the way. Feel your hand go down.

Helpful websites:

- https://www.verywellmind.com/tips-to-reduce-stress-3145195
- https://health.clevelandclinic.org/how-to-relieve-stress/
- https://www.headspace.com

SESSION 10: **Make Time for Fitness**

Session Focus

It can be challenging to fit in at least 175 minutes of physical activity each week.

This session we will talk about:

- Some benefits of being active
- The challenge of fitting in fitness
- How to find time for fitness

You will also make a new action plan!

Mark's Story

Mark is working on managing his weight. His doctor asks him to get at least 175 minutes of activity each week, at a moderate pace or more. But Mark is a busy guy.

On weekdays, Mark takes care of his grandkids while their parents are at work. On the weekend, he works at the library. In the evening, he likes to relax by watching TV.

Mark is having trouble finding time to reach his fitness goal.

Mark decides to make some changes. These days, he gets up 30 minutes sooner so he can take a morning walk. He lifts weights or marches in place while he watches TV. He also plays soccer with his grandkids. It's great exercise for all of them. Plus, it's fun.

Mark is finally reaching his fitness goal.

Time Crunches

What makes it challenging to fit in <u>your</u> 175 minutes a week?

_____

_____

_____

_____

_____

_____

_____

_____

Tips for fitting in fitness:

It can be challenging to find time to reach your fitness goal. Check off each tip you try.

To fit in fitness anytime:

- ☐ Break your 175 minutes into 10-minute chunks.
- ☐ Schedule it. Put it on your calendar, and make it a priority.
- ☐ Tweak your schedule. For instance, get up 30 minutes sooner so you can walk before work. Or have dinner 30 minutes earlier so you can walk after dinner.
- ☐ Use a fitness app or tracker. These help you make the most of your time.

To fit in fitness while you get to places:

- ☐ Get off the bus or train one stop early. Walk the rest of the way.
- ☐ Park your car farther from the place you want to go.
- ☐ Take the stairs instead of the elevator.
- ☐ Walk or ride your bike to get to places.

To fit in fitness while you watch TV:

- ☐ Dance, or do side steps.
- ☐ Lift weights, or use resistance bands.
- ☐ March or jog in place.
- ☐ Pedal a stationary bike, or walk on a treadmill.

To fit in fitness while you get things done:

- ☐ Ask family and friends to pitch in so you have more time to be active.
- ☐ Mow your lawn with a push mower.
- ☐ Move briskly while you rake your lawn, weed your garden, or shovel snow
- ☐ Shop
- ☐ Sweep or mop your floor, carry laundry, or vacuum
- ☐ Walk your dog
- ☐ Wash your car

To fit in fitness while you socialize:

- ☐ Go out dancing with your friend or partner.
- ☐ Join a walking club, golf league, soccer club, or softball team.
- ☐ Play soccer, tag, or kickball with your kids or grandkids.
- ☐ Push your child or grandchild in a stroller.
- ☐ Take a fitness class.
- ☐ Talk on the phone with a friend while you march in place, walk, climb stairs, or pedal a stationary bike.
- ☐ Walk with a family member or friend.

To fit in fitness at work (if you have a desk job):

- ☐ Ask your co-workers to hold stand-up meetings.
- ☐ Join a nearby gym. Stop off before or after work or go during your lunch break.
- ☐ Sit on a fitness ball, instead of a chair.
- ☐ Take a brisk walk during your coffee or lunch break.
- ☐ Take part in a fitness program at work.
- ☐ Talk to coworkers in person, instead of emailing them.
- ☐ Use a copy machine on the other side of the building.
- ☐ Walk around or march in place while you talk on the phone.

Your fitness goal is to get at least 175 minutes of activity each week, at a moderate pace or more. How will you find time to reach that goal?

SESSION 11: **Coping With Triggers**

Session Focus

Coping with triggers can help you stick to your diet and physical activity goals.

This session we will talk about:

- Some unhealthy food shopping triggers and ways to cope with them
- Some unhealthy eating triggers and ways to cope with them
- Some triggers of sitting still and ways to cope with them

You will also make a new action plan!

Marta's Story

Marta has decided to improve her health habits and to try to lose some weight. She realizes she needs to rethink some of her routines.

On a typical workday, Marta gets up at 5:30 in the morning. As soon as she enters the kitchen, she starts making coffee. Just the smell helps her wake up. Then she warms up a pastry to dunk in her coffee.

By 3 in the afternoon, she's getting drowsy again, so she stops off at the coffee machine in the staff lounge. At the vending machine, she buys herself another pastry to dunk in her coffee.

Later that evening, Marta needs to unwind after a stressful day, so she curls up on the couch and watches TV. During one of the commercial breaks, she grabs a bag of chips and a beer.

What are some of the things in Marta's life that trigger her to act in unhealthy ways?

Marta decides to cope with her triggers. These days, she gets more sleep, so she doesn't get as drowsy during the day. She still has her morning and afternoon coffee. But instead of having a pastry for breakfast, she has some plain nonfat yogurt with berries.

Marta stays away from the vending machine at work. Instead, she nibbles on baby carrots.

Marta still watches TV to unwind after a stressful day. But she rides a stationary bike or lifts weights while she watches it. And now she has cut-up veggies for her evening snack instead of chips and beer.

TRIGGER	WAYS TO COPE	OTHER WAYS TO COPE
SHOPPING TRIGGERS		
I'm hungry	☐ Eat a healthy snack before shopping	
I feel sad/anxious/ stressed or mad	☐ Put off shopping until you feel better ☐ Cope with your stress in a healthy way, for example, take some deep breaths	
It's on sale or I have a coupon for it	☐ Find ways to save money on health items instead ☐ Don't clip coupons for unhealthy items	
It looks tempting	☐ Stay away from aisles with tempting foods such as candy, chips and ice cream ☐ Buy only a small amount (1 ice cream bar instead of a box) ☐ Buy a healthier option ☐ Keep in mind that the store's goal is to get you to buy things!	
I always buy this.	☐ Make a list and stick to it ☐ Remind yourself that you are making healthier choices now ☐ Try a different store, such as a farmstand	
It's for my spouse, kids or grandkids	☐ Show your love in other ways besides food	

TRIGGER	WAYS TO COPE	OTHER WAYS TO COPE
EATING TRIGGERS		
I'm hungry	☐ Eat something healthy ☐ Stop when you feel full ☐ Use a small plate	
I like to nibble on this while I watch TV	☐ Avoid eating out of containers or large bags – get yourself a single serving and that's all ☐ Knit, ride a stationary bike, use resistance bands or lift weights instead ☐ Chew gum or nibble on raw veggies like carrots and celery ☐ Watch less TV ☐ Eat only in the kitchen/at the table	
I feel bored	☐ Go for a walk or do something else that needs to be done (mow the lawn, fold laundry, etc.) ☐ Call a friend	
I have happy memories of eating this	☐ Change it to make it healthier ☐ Share it with someone else ☐ Have only a small portion ☐ Make new memories of eating healthy foods	
This looks or smells tempting	☐ At home: Keep a supply of healthy items that you like ready (cut up veggies, popcorn, etc.) ☐ Don't keep tempting items at home ☐ Keep tempting items out of sight or hard to reach ☐ At work: avoid walking by the vending machines or "free" food ☐ Keep healthy snacks on hand	

TRIGGER	WAYS TO COPE	OTHER WAYS TO COPE
I see photos or videos of unhealthy foods	☐ Try not to look at them ☐ Find photos of healthy foods	
I'm tired	☐ Try to get more sleep at night ☐ Take a short nap	
I'm sad/stressed	☐ Ease your feelings in healthy ways, like a brisk walk ☐ Call a friend or meet for coffee/tea	
My joints or feet hurt	☐ Find ways to exercise that take stress off your joints, like yoga or swimming	

Common Triggers

Common unhealthy shopping triggers:

- "When we go out to the movies, we always get a big tub of popcorn to share, plus some soda."
- "My family gets a pizza every Friday night."
- "I always stop off at the taco truck during my lunch break."
- "I keep cookies on hand for when my grandkids visit." "When I feel down, I pick up a container of ice cream."

Common unhealthy eating triggers:

- "I always have something sweet after dinner."
- "My friends and I always have chicken wings, beer, and chips while we watch the big game."
- "After church, my women's group has coffee and donuts."

Common triggers of sitting still:

- "My friends and I sit together in the cafeteria every day during lunch."
- "I always play video games after work."
- "My family plays board games all day on Saturdays."
- "When dinner is over, it's time for TV."

SESSION 12: **Get Enough Sleep**

Session Focus

Getting enough sleep can help you manage your weight.

This session we will talk about:

- Why sleep matters
- Some challenges of getting enough sleep and ways to cope with them

You will also make a new action plan!

TIPS:

- Go to bed and get up at the same time each day. This helps your body get on a schedule.
- Follow a bedtime routine that helps you wind down.

Jenny's Story

Jenny is having trouble losing weight. Her doctor asks her if she gets at least 7 hours of sleep each night.

Jenny laughs. "Are you serious?" she asks. "I'm lucky if I get 5 hours."

Jenny usually doesn't have much trouble falling asleep. But she often has to use the bathroom in the early morning. This gets her thinking about all the things she needs to do the next day. Plus, her husband's breathing is loud. Both of these things make it hard for Jenny to fall back to sleep. She often lies awake for hours.

In order to sleep better, Jenny tries drinking less water and avoiding caffeine in the evening. She makes a list of things to do the next day. Then she sets it aside.

Jenny rarely needs to get up to use the bathroom during the night. If she does, she breathes deeply to help her get back to sleep. She also runs a fan to cover up the sound of her husband's breathing.

Jenny is closer to getting 7 hours of sleep a night.

What makes it hard for <u>you</u> to get a good night's sleep?

_____

_____

_____

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_____

How to Cope With Challenges

It can be challenging to get enough sleep. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I stay up too late getting things done	☐ Plan ahead so that you finish earlier ☐ Ask family and friends to help you get things done ☐ Save some tasks for another day ☐ Make a list of things to do the next day and then set it aside	
I'm too hot or too cold	☐ Turn the heat up or down or open a window ☐ Dress for the weather ☐ Choose the right bedding ☐ Take a warm or cool bath or shower	
My bed partner is restless, breathes loudly, or snores	☐ Ask your partner to sleep on their side or stomach ☐ Ask your partner to get help from their primary care clinician	
There's too much noise	☐ Use earplugs ☐ Turn on a fan, white noise machine, or radio tuned to static to drown out the noise. Or use a smart phone app that plays white noise or nature sounds	
There's too much light	☐ Get room-darkening blinds or shades ☐ Wear a sleep mask	

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I can't get comfortable	☐ Stretch ☐ If possible, get a bed, mattress and pillow that you like	
I keep getting up to use the bathroom	☐ Avoid caffeine and alcohol ☐ Have a drink of water at least two hours before bedtime and then stop drinking ☐ If you have to drink at bedtime, have just a sip	
I feel anxious or alert	<u>During the day:</u> ☐ Get up at the same time each day ☐ Avoid caffeine ☐ If you smoke, try to quit ☐ Avoid naps or only take short naps ☐ Be active ☐ Manage stress ☐ Ask your healthcare clinician if your medicines are keeping you awake <u>A couple hours before bedtime:</u> ☐ Avoid using a computer, cell phone, or TV. ☐ Avoid working or being very active ☐ Follow a bedtime routine that helps you wind down <u>At bedtime:</u> ☐ Go to bed at the same time each day ☐ Don't pressure yourself to fall asleep. Keep clocks and watches out of sight so you don't think about time passing ☐ If you don't think you will fall asleep soon, get out of bed and do something relaxing for awhile	

Ways to Unwind:

It's a good idea to follow a bedtime routine that helps you wind down. Try to start a couple of hours before bedtime. Here are some ways to unwind.

- Breathe deeply.
- Dim the lights.
- Drink herbal tea or warm milk.
- Get a massage.
- Listen to soothing music.
- Make a list of things to do the next day.
- Read a soothing book.
- Sit outside.
- Stretch.
- Take a warm bath or shower.
- Write in a journal.

What helps you unwind at the end of the day?

_____

_____

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SESSION 13: **Take Charge of Your Thoughts**

Session Focus

Taking charge of your thoughts can help you manage weight.

This session we will talk about:

- The difference between harmful and helpful thoughts
- How to replace harmful thoughts with helpful thoughts

You will also make a new action plan!

Anna's Story

Anna is working on managing her weight, so she's trying to eat well and be active.

Most days, Anna walks around the park. But on Tuesday, it's raining. Anna thinks: "The weather is lousy. I'd better skip my walk today."

Anna decides to replace her harmful thought with a helpful one: "It's raining, so I'll walk in the mall instead. It will also give me the chance to run some errands."

To prevent harmful thinking:

- Make sure your Action Plan is realistic, doable, specific, and flexible.
- Have a sense of humor.
- Take care of yourself: manage stress, get enough sleep, eat right, and stay active.
- Keep things in perspective.
- Be around people who practice helpful thinking.
- Celebrate and reward your progress.

Steps to Replace Harmful Thoughts with Helpful Thoughts

1. Identify your harmful thoughts. What thoughts get in the way of your eating and fitness goals?

_____

_____

_____

_____

2. Put on the brakes. Some people like to picture a big red stop sign. Others like to imagine the sound of a car slamming on its brakes, or the word "Stop!" How can you put the brakes on your harmful thoughts?

_____

_____

_____

_____

3. Think helpful thoughts instead. What helpful thoughts could you replace your harmful thoughts with?

_____

_____

_____

_____

TYPE OF HARMFUL THINKING	INSTEAD OF THINKING...	TELL YOURSELF...
ALL OR NOTHING You see only the extremes. You don't see anything in between.	I can't eat ice cream ever again.	• I can have ice cream once in a while. • When I do have ice cream, I'll measure it. That way, I won't have too much.
	Exercise is boring.	• I haven't found an activity that I enjoy yet. • I'll keep trying new activities until I find one that I like.
MAKING EXCUSES You blame situations or other people for your mistakes.	It's too cold/hot outside to go for a walk.	• I will dress for the weather and walk anyway. • I will work out indoors.
	I can't meet my eating goals because my spouse keeps making cookies.	• I find the cookies tempting. • I will ask my spouse to make something healthy instead.
FILTERING You ignore the good and focus on the bad.	No one else supports my healthy lifestyle.	• My friend Shelly supports it. • I will ask for more support.
	I haven't stuck to my goals at all this week.	• I stuck to my goals four out of seven days. • I have a plan for how to stay on track in the future.
SELF-LABELING You call yourself something bad.	I'm such a weakling.	• I can climb the stairs without getting out of breath now. • I'll be a little more active each week.
	I'm the world's worst cook.	• My daughter liked the stir-fry I made last night. • I'll keep learning more about cooking.

TYPE OF HARMFUL THINKING	INSTEAD OF THINKING...	TELL YOURSELF...
COMPARING You compare yourself with other people and find yourself lacking.	Teo has lost so much more weight than I have.	• My weight loss has slowed down. • I'll ask Teo for some tips.
	Stella is so much stronger than I am.	• I'd like to be stronger. • I'll try using a resistance band.
GLOOM AND DOOM THINKING You assume the worst.	I just know I'm going to get hurt. Then I won't be able to work out.	• I'll take steps to work out safely. • If I do get hurt, I'll find a different way to be active.
	I just know I'm going keep struggling with my weight, since both of my parents did.	• I know a lot more about how to manage my weight than my parents did. • I'll do what I can to manage my weight.

SESSION 14: **Get Support**

Session Focus

Getting support for your healthy lifestyle can help you manage weight.

This session we will talk about:

How to get support from:

- Family, friends, and coworkers
- Groups, classes, and clubs
- Professionals

You will also make a new action plan!

Jim's Story

Jim has made healthy changes in his eating and fitness habits. But he doesn't always get the support he needs from his family, friends, and coworkers.

At home, his kids complain about missing their favorite foods, like pizza and ice cream. His wife resents the time Jim spends working out, instead of being with the family. His mom keeps telling him he's just fine the way he is. And some of his coworkers always put out candy.

Jim asks his family, friends, and coworkers to support his healthy lifestyle. Today, his kids (almost) never complain about the healthy meals.

His wife no longer resents Jim for spending time away from the family to work out. In fact, the two of them go out dancing sometimes. And the whole family plays soccer or tag after dinner.

Jim's mom now praises him for changing his lifestyle. She's thinking about changing hers too. And his coworkers have stopped putting out candy.

Jim has also joined an online health community. He and the other members share tips and cheer each other on. Right now, they're competing to see who can take the most steps each week.

How to Get Support

Family, Friends and Coworkers

Your family, friends, and coworkers care about you and want you to be well. But they might not understand what you're doing, or why you're doing it. Or they might not know how to support your efforts. It's up to you to tell them.

Here are some ways to get family, friends, and coworkers to support your healthy lifestyle:

- Tell them why you are trying to lead a healthy lifestyle.
- Ask them nicely to support your efforts.
- Give them regular updates on your progress.
- Set family rules.

You could also invite them to:

- Be active with you
- Plan and shop for healthy meals with you
- Cook and eat healthy food with you

Your family, friends, and coworkers may not know how to support your healthy lifestyle.

- In the left column, write some ways they get in the way of your healthy lifestyle.
- In the right column, write how you will get their support

WAYS THEY HINDER MY HEALTHY LIFESTYLE	HOW I WILL GET THEIR SUPPORT
Example: My husband buys chips.	**Example:** I'll remind him that I'm trying to eat healthy to manage weight. I'll ask him to stop buying the chips, or leave them at work.

How to Get Support

Groups, Classes, and Clubs

Here are some groups, classes, and clubs that could support your healthy lifestyle and ways to find them.

GROUPS, CLASSES, AND CLUBS	WAYS TO FIND THEM
Groups • Online health community • Support group	• Ask your healthcare provider. • Check with your local library, recreation center, community center, or senior center. • Contact the American Diabetes Association: 800-DIABETES (800-342-2383). • Contact community groups. • Contact your local health department. • Look for postings at your gym. • Look in your community newspaper. • Search online, or in your phone book. • Start your own!
Classes and Clubs **Healthy eating** • Healthy cooking • Healthy meal planning **Fitness** • Basketball • Biking • Dancing • Hiking • Martial arts • Running • Soccer • Softball • Walking • Weight-lifting	

How to Get Support

Professionals

Here are some professionals who could support your healthy lifestyle.

- **Lifestyle coaches** can help you adopt and sustain healthy habits.
- **Nutritionists and dietitians** can help you with food and eating concerns.
- **Pharmacists** can talk with you about the effects of medicine.
- **Psychologists and psychotherapists** can help you cope with thoughts, feelings, and behaviors.
- **Recreational therapists** can help you manage daily life and be involved in your community.
- **Social workers** can provide counseling and connect you to services.
- **Trainers and exercise physiologists** can tell you how to move your body in order to be healthy.

SESSION 15: **Eat Well Away From Home**

Session Focus

Eating well away from home can help you manage your weight.

This session we will talk about:

- Some challenges of eating well at restaurants and social events
- How to plan for and cope with these challenges

You will also make a new action plan!

José's Story

José's is trying to change the way he eats. José has a healthy breakfast and dinner at home each day. But lunches are another story.

José is a building contractor. During the day, he's always on the go from one job site to another. He gets his lunch at a fast-food drive- thru. He usually has a burger, fries, and soda.

José loves getting together with his family. But he finds it hard to eat well at these events. He has trouble finding healthy choices.

And his mother always pushes her empanadas on him. He doesn't want to hurt her feelings, so he takes just one.

José decides to make better choices when he eats away from home. He tries to pack a healthy lunch the night before. If he buys his lunch, he orders a turkey sandwich with a side salad. Instead of drinking soda, he now drinks water. José is also getting better at saying, "No, thank you" to his mother's empanadas.

You are more likely to find healthy choices at:

- Places with a salad bar
- Sit-down restaurants
- Vegetarian restaurants

You are less likely to find healthy choices at:

- All-you-can-eat buffets
- Burger restaurants
- Most fast-food restaurants
- Pizza restaurants

On menus, look for the words:

- Baked
- Broiled
- Diet
- Grilled
- Healthy
- Light
- Low-fat or fat-free
- Steamed
- Vegetable oil
- Whole grain or whole wheat

To find out if an item is healthy, ask:

- How is this made?
- What ingredients are in this?
- What kind of oil is this cooked in?

To make a healthy swap, ask:

- Can I have this baked/steamed/broiled/grilled instead of fried?
- Can I have extra veggies on my sandwich instead of cheese?
- Can I have the dressing/sauce/gravy/sour cream/ butter on the side?
- Can I have a baked potato instead of fries?
- Can I have a salad instead of coleslaw?
- Can this be cooked in vegetable oil instead of lard/butter?
- Can I have some fruit instead of dessert?
- Can the fat be trimmed from the meat before it's cooked?
- Can the skin be removed from the chicken before it's cooked?
- Can I have skim milk with my coffee instead of half-and-half?
- Can I have water with lemon instead of soda?

To make sure you get a healthy amount, ask:

- Can I get the smallest size of this item?
- Can I have an appetizer instead of a main course?
- Can my friend and I share this item?
- Can I get a to-go box when you bring my meal? (Then you can box up half of it before you start eating!)

To prepare for social events:

- Have a healthy snack at home so you won't be too hungry. This will help you make healthy choices at the event.
- Tell the hosts about your eating plan. Ask them to support your efforts.
- Suggest some healthy choices.
- Ask if you can bring something healthy.
- Practice saying, "No, thank you."

To eat well during social events:

- Allow yourself a small treat.
- Ask about ingredients and how dishes were prepared.
- Eat the healthy dish you brought.
- Fill up on non-starchy veggies or a broth-based soup.
- Keep a glass of water in your hand.
- Limit alcohol.
- Say, "No, thank you."
- Stay away from the buffet.
- Tell other guests about your eating plan, and why you are following it.

SESSION 16: **Stay Motivated to Manage your Weight**

Session Focus

Staying motivated over the next six months can help you continue to lose weight or maintain your weight loss.

This session we will talk about:

- How far you've come since you started this program
- Our next steps
- Your goals for the next six months

You will also make a new action plan!

Marie's Story

Marie has decided to eat right and get active.

Marie works hard and sticks to her plan. As a result, she reaches her weight goal. She also reaches her activity goal.

Strangely enough, once she reaches her goals, Marie doesn't feel quite as motivated. She starts sliding back to her old habits.

Marie decides to take action. She thinks about how far she's come. She sets a new weight goal. And she commits to her healthy lifestyle all over again. She even gets her husband to join her.

Today, Marie is back to feeling motivated. She plans to live a long and healthy life.

Your Goals for the Next Six Months

Activity Goal

If you are still working on increasing your physical activity, your goal may be:

In the next six months, I will get at least 175 minutes of activity each week at a moderate pace or more.

However, if you have reached this goal and would like to add additional physical activity, you can set a new goal – for example, you can increase your amount or intensity of physical activity or try a new activity.

Weight Goal

I weigh _____ pounds

IN THE NEXT SIX MONTHS, I WILL:

☐ **Lose weight**

I will reach _____ pounds

☐ **Maintain my weight**

I will stay at _____ pounds

Celebrate Your Successes:

Celebrating your success can help you stay motivated. Here are some healthy ways to celebrate. Write your own ideas in the column that says "Other Ways to Celebrate." Check off each idea you try.

WAYS TO CELEBRATE	OTHER WAYS TO CELEBRATE
☐ Blog about your success	
☐ Give yourself a small, non-food reward for reaching each goal	
☐ Make a graph of your progress over time (weight, steps each day, physical activity, clothing size)	
☐ Post "then and now" photos of yourself	
☐ Share your success on social media	
☐ Thanks friends, family, and coworkers who support you	
☐ Try on your "before" clothes	
☐ Start a success journal	
☐ Support someone else	

How to Cope With Challenges

It can be challenging to stay motivated. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I'm bored	☐ Set new goals for yourself ☐ Take part in a friendly competition ☐ Try a fitness app ☐ Try new recipes and physical activities ☐ Work out while you talk on the phone ☐ Work out while you watch TV or movies ☐ Work out with a friend or family member	
I'm not connecting with my health coach, primary care clinician, or group as often	☐ Find other ways to get support ☐ Go to all the visits or group sessions that are left ☐ Find a work out buddy	
I've gotten off track	☐ Stay positive ☐ Follow the five steps of problem solving: • Describe your problems • Come up with options • Choose the best options • Make an action plan • Try it	
My weight loss has stalled	☐ Build muscle ☐ Try increasing your physical activity by 5 minutes each day ☐ Try slightly reducing your calorie intake (100 calories/day) ☐ Restart tracking what you eat and drink if you have stopped ☐ Restart tracking your activity if you have stopped	

SESSION 17: **When Weight Loss Stalls**

Session Focus

Taking action when your weight loss stalls can help you continue to lose weight or maintain your weight loss.

This session we will talk about:

- Why weight loss can stall
- How to start losing weight again

You will also make a new action plan!

Roxanne's Story

Roxanne is working on managing her weight. Her goal is to lose 22 pounds by eating well and being active.

During the first six weeks, Roxanne loses 12 pounds. That's an average of two pounds each week. But she loses just half a pound during week seven. And she doesn't lose any weight during week eight.

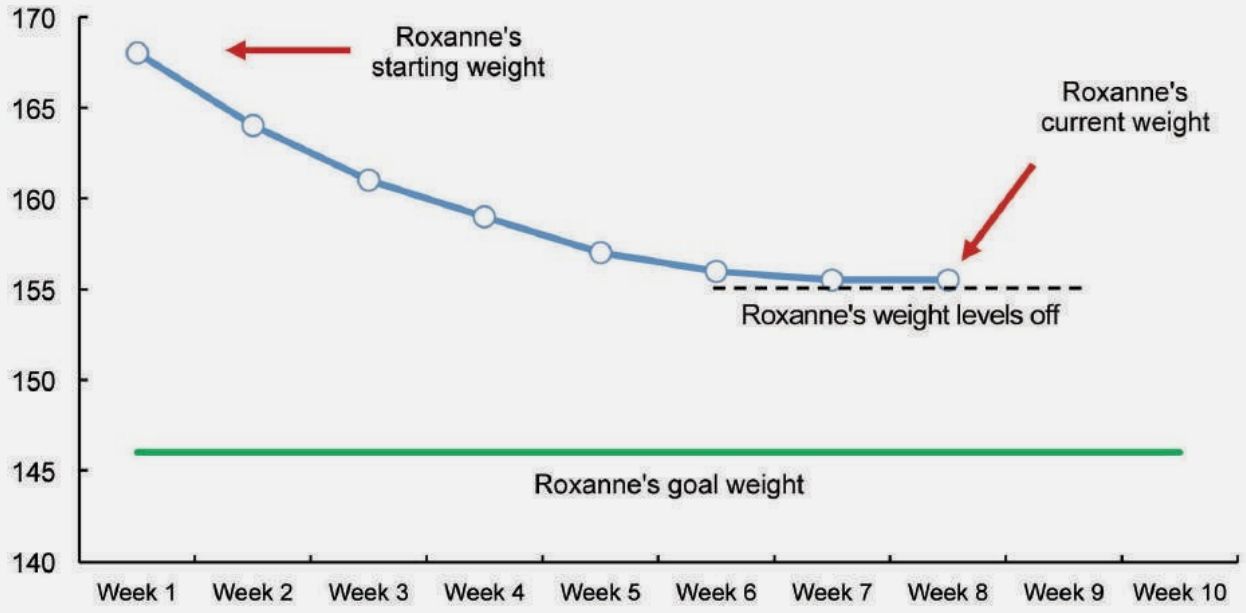
Before she lost weight, Roxanne weighed 168 pounds. She needed 1,750 calories a day to stay at the same weight.

Now that Roxanne weighs 156 pounds, she needs just 1,650 calories a day to maintain her weight. That means her daily calorie needs have dropped by 100 calories.

Since Roxanne's daily calorie needs have changed, she decides to set new eating and fitness goals. She makes small changes in her lifestyle to cut 100 calories each day.

These days, instead of drinking a 16-ounce coffee with whole milk with breakfast, she has a 12-ounce coffee with skim milk. Plus, she now uses resistance bands while she watches TV. This burns calories and builds muscle.

These small changes add up. Roxanne is now losing one to two pounds each week.



ROXANNE'S DAILY CALORIE NEEDS	
Before Roxanne lost weight:	**Now:**
Weight: 168 pounds	Weight: 156 pounds
Daily calorie needs: 1,750 calories	Daily calorie needs: 1,650 calories
Change in daily calorie needs: -100	

25 Snacks Under 100 Calories

1. 13 whole almonds
2. 1 small oatmeal cookie
3. 2 medium kiwis
4. 3 tablespoons hummus
5. ½ cup fat-free yogurt
6. 1 slice raisin bread
7. 1 medium apple
8. 1 orange
9. 1 cup strawberries
10. 1 stick low-fat string cheese
11. 8 baby carrots with one tablespoon dip
12. 1 cup blueberries with 2 tablespoons whipped topping
13. 1 block dark chocolate, or three squares
14. ½ frozen banana dipped in two squares melted dark chocolate
15. 1 cup oat cereal
16. ½ cup sunflower seeds
17. 20 pistachios
18. 1 small latte with skim milk
19. 6 cups microwave popcorn
20. 1 small nonfat blueberry smoothie
21. 1 cup tomato soup
22. 10 baked pita chips with ¼ cup salsa
23. ½ apple (sliced) with 1 teaspoon natural peanut butter
24. 1 small sliced avocado

Here are some ways to take in fewer calories.

Check off each idea you try.

Use less fat:

To keep food from sticking, use:

- ☐ Cooking sprays
- ☐ Nonstick cookware
- ☐ Water or stock

To replace butter and oil in baked goods, use:

- ☐ Ground-up veggies or fruit with no added sugar
- ☐ Nonfat plain yogurt
- ☐ Veggie or fruit juice with no added sugar

Replace fatty sauces with:

- ☐ Hot sauce
- ☐ Hummus
- ☐ Lemon juice
- ☐ Low-fat gravy
- ☐ Low-fat salad dressing
- ☐ Mustard
- ☐ Nonfat plain yogurt
- ☐ Salsa
- ☐ Vinegar

Replace sweet drinks with:

- ☐ Low-fat soy milk
- ☐ Smoothie made with nonfat plain yogurt, skim milk, and frozen fruit
- ☐ Sparkling water with a splash of 100% fruit juice
- ☐ Tea or coffee with no cream or sugar
- ☐ Veggie juice with no added sugar
- ☐ Water with lemon, lime, or mint

Control portion sizes:

- ☐ Don't skip meals.
- ☐ Measure food.
- ☐ Pay attention to serving sizes.
- ☐ Plan your snacks and meals.
- ☐ Start with non-starchy veggies or a broth-based soup.
- ☐ Use small plates.

Ways to Burn 100 Calories

Each of these activities burns at least 100 calories.
Check off each idea you try.

Household Chores

- ☐ Garden for 30 to 45 minutes.
- ☐ Rake leaves for 30 minutes.
- ☐ Shovel snow for 15 minutes.
- ☐ Wash and wax a car for 45 to 60 minutes.
- ☐ Wash windows or floors for 45 to 60 minutes.

Sports

- ☐ Bike 5 miles in 30 minutes (6 minutes/mile).
- ☐ Dance fast for 30 minutes.
- ☐ Do water aerobics for 30 minutes.
- ☐ Jump rope for 15 minutes.
- ☐ Play basketball for 15 to 20 minutes.
- ☐ Play touch football for 45 minutes.
- ☐ Play volleyball for 45 to 60 minutes.
- ☐ Push a stroller 1.5 miles in 30 minutes (20 minutes/mile).
- ☐ Run 1.5 miles in 15 minutes (10 minutes/mile).
- ☐ Shoot baskets for 30 minutes.
- ☐ Swim laps for 20 minutes.
- ☐ Walk 1.75 miles in 35 minutes (20 minutes/mile).
- ☐ Wheel self in wheelchair for 30 to 40 minutes.

Source: National Heart, Lung, and Blood Institute

SESSION 18: **Take a Fitness Break**

Session Focus

Taking a 2-minute fitness break every 30 minutes can help you lose weight or maintain weight loss.

This session we will talk about:

- The link between sitting still and weight
- Some challenges of taking fitness breaks and ways to cope with them

You will also make a new action plan!

Terry's Story

Terry is interested in losing weight. Her doctor recommends that she be active for at least 175 minutes a week, at a moderate pace or more. Over time, she reaches that goal.

Terry's doctor then asks her to start tracking the time she spends sitting still. Here's what she finds.

In the morning, Terry sits while taking the train to work. She spends most of the workday sitting at her desk, using the computer. Sometimes she talks on the phone or has a meeting—also sitting. She eats her lunch at a table in the staff room. After work, she takes the train home. Later that evening, she watches TV.

When Terry adds up all that time, she is surprised by what she learns. It turns out she sits still for about 12 out of the 16 hours that she's awake. So even though she gets her 175 minutes of activity a week, Terry spends an awful lot of time sitting still.

Terry decides to take action. These days, she still gets her 175 minutes of activity each week. But she also spends less time sitting down. She uses an app on her phone to remind herself to take a 2-minute fitness break every 30 minutes. She stands up during part of her train ride. At work, she walks around her office while she talks on the phone and uses an exercise ball at the computer. Terry feels better than ever.

How to Cope With Challenges

It can be challenging to take fitness breaks. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I don't have time for fitness breaks	**While you travel** ☐ Get out at each rest stop when you are the driver ☐ If you are the passenger, be active while you ride – do leg lifts, use a resistance band, etc. ☐ Stand on a bus or train	
	While you watch TV or Videos ☐ Dance ☐ Do wall push-ups ☐ Lift weights or use resistance bands ☐ March or job in place ☐ Ride a stationary bike ☐ Walk around during ads	
	While you use a computer ☐ Sit on an exercise ball ☐ Stand up – make sure the computer is at a comfortable height	
	While you talk on the phone ☐ Do side steps ☐ March in place ☐ Walk around	

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I don't have time for fitness breaks	**At work (if you have a desk job)** ☐ Ask your coworkers to hold stand-up meetings ☐ Take the stairs instead of the elevator ☐ Talk to coworkers in person instead of emailing them ☐ Use a copy machine on the other side of the building	
I forget to take fitness breaks	☐ Ask your friends and family to remind you ☐ Post a note in a place where you'll see it ☐ Set a timer ☐ Use a phone or computer app that reminds you	

SESSION 19: **Stay Active to Manage your Weight**

Session Focus

Staying active over the long term will help you maintain weight loss.

This session we will talk about:

- Some benefits of staying active
- Some challenges of staying active and ways to cope with them
- How far you've come since you started this program

You will also make a new action plan!

Teo's Story

Teo is trying to lose 20 pounds and aiming for at least 175 minutes of activity each week.

With a lot of hard work, Teo reaches his weight and activity goals. His blood sugar is also normal now. And his doctor says he's no longer at risk for type 2 diabetes.

But as time goes on, Teo's schedule gets busier. His wife starts going to night classes and he needs to take over some of the household tasks that she used to do.

Teo now runs errands during his lunch break. As a result, he no longer has time to walk during lunch.

It's hard for Teo to find time to be active. Plus, he's met his weight-loss goal, so he feels less motivated. His fitness routine is slipping.

Teo decides to take action. He is active with his kids. He gives himself small, non-food rewards for meeting his fitness goals. And he asks his kids to pitch in more with daily tasks so he has more time to be active.

Today, Teo's fitness routine is back on track. He plans to stay active over the long term. He wants to be healthy. Plus, he likes how he feels when he's active.

How to Cope With Challenges

It can be challenging to stay active over the long term. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I feel less motivated	☐ Know your "why". Remind yourself every day why you want to stay active. Ask family and friends to remind you too. ☐ Plan ahead. Make physical activity a regular part of your schedule. Put it on your calendar. ☐ Commit to be fit. Work out with a family member or friend. Take a fitness class. Join a walking group. ☐ Keep it fun. Keep trying new ways to be active until you find some you enjoy. Watch videos or listen to music while you work out. Try a fitness app. ☐ Challenge yourself. Set new fitness goals for yourself. Or compete with a friend. ☐ Reward yourself. Give yourself small, non-food rewards for meeting your fitness goals. Ask family and friends to support you.	

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I have less time due to life changes	☐ Work out while you get things done. Move briskly while you sweep the floor, mow the lawn, shop, or walk your dog. ☐ Make screen time active time. Lift weights, ride a stationary bike, or march in place while you watch TV or videos. ☐ Stay in touch. Take a walk with a friend. Or talk on your phone while you walk. ☐ Walk to get places. Ride your bike to work. Park in a distant part of the lot. Take the stairs instead of the elevator. Get off the bus one stop early. ☐ Divide and conquer. Break your 1 75 minutes into 10-minute chunks. ☐ Ask for help. Ask family members to pitch in with daily tasks so you have more time to be active.	
I have less money due to life changes	☐ Do free activities like walking, dancing and marching in place. ☐ Buy workout clothes and supplies on sale ☐ Look for free fitness classes at a community center ☐ Look for fitness videos online and at the library ☐ Ask about need-based fees at the gym	

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
The weather is making it hard to walk outdoors	☐ Dress for the weather ☐ Walk in a mall ☐ Try another way to be active, such as swimming	
I'm injured	☐ Ask your healthcare provider how to treat the injury ☐ Find another way to be active – if your foot hurts, you may still be able to swim ☐ Use splints and supports as needed ☐ Gradually increase your activity to avoid re-injury	

How I Will Stay Active

Why do you want to stay active over the long term?

_____

_____

_____

_____

What might make it challenging for you to stay active over the long term?

_____

_____

_____

_____

How will you cope with those challenges?

_____

_____

_____

_____

Tips for staying active every day

Small steps can help you stay active every day. Check off the ideas you want to try. Then try them! See how it goes.

Walk When You Can

- ☐ At work, stretch and move around every 30 minutes.
- ☐ Get off the bus or train a stop early and walk.
- ☐ Go for a half-hour walk instead of watching TV.
- ☐ Go up hills instead of around them.
- ☐ Make a Saturday morning walk a habit.
- ☐ Park farther from the store and walk.
- ☐ Replace a Sunday drive with a Sunday walk.
- ☐ Take a walk after dinner.
- ☐ Take a walk during your work breaks.
- ☐ Take the stairs instead of the escalator or elevator.
- ☐ Take your dog on longer walks.
- ☐ Walk briskly in the mall.
- ☐ Walk to the store.
- ☐ Walk your children to school.

Move More at Home

- ☐ Fix things around your home.
- ☐ Mow your lawn with a push mower.
- ☐ Paint your home.
- ☐ Rake your lawn.
- ☐ Shovel snow.
- ☐ Sweep, mop, or vacuum your floor.
- ☐ Wash your car by hand.

Live Actively

- ☐ Avoid devices that do work for you, such as electric mixers.
- ☐ Choose activities that you enjoy and that fit into your daily life.
- ☐ Dance to music—alone, or with someone else.
- ☐ Give yourself a small, non-food reward for meeting your fitness goals.
- ☐ If you go to children's sports events, walk around instead of sitting still.
- ☐ Join a walking or hiking group.
- ☐ Lift weights or use resistance bands while you watch TV or videos.
- ☐ March in place while you watch TV.
- ☐ Play tag, Frisbee, or soccer with your kids or grandkids.
- ☐ Try new physical activities.
- ☐ Use a fitness app for your phone or computer.
- ☐ Use a fitness video.

SESSION 20: **Stay Active Away from Home**

Session Focus

Staying active away from home can help you manage your weight.

This session we will talk about:

- Some challenges of staying active away from home, and ways to cope with them

You will also make a new action plan!

Sherry's Story

Sherry takes a walk with her neighbor each morning. She also rides a stationary bike after dinner. She's been meeting her goal of being active for at least 175 minutes each week, at a moderate pace or more.

Sherry and her husband are planning to visit some old friends over Memorial Day weekend. It takes six hours just to drive to her friends' house, which means a lot of sitting. And once she gets there, Sherry won't be able to walk with her neighbor or ride her stationary bike. She's worried that she won't reach her fitness goal that week.

Sherry finds ways to stay active during the drive. They stretch and walk around at each stop.

Sherry tells her friends that she is trying to stay active while away from home and invites them to join her.

Sherry and her friend Ann take a walk each day. It's a great way to get to know the area.

Ann suggests going out in a canoe. Sherry has never canoed before, but she gives it a try. And she loves it!

Sherry has no trouble reaching her fitness goal that week. She's glad to know she can stay active away from home.

What makes it challenging for <u>you</u> to stay active when you're away from home?

_____

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_____

How to Cope With Challenges

It can be challenging to stay active away from home. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I'm too busy seeing sights	☐ See sights while you are active – walk, bike, hike, ski, swim and paddle	
I'm visiting friends or family	☐ Tell them that you are being active to manage you weight ☐ Look for activities that they can do with you	
I have to travel a long way, which means a lot of sitting	☐ If you're a passenger, do leg lifts while you ride ☐ Take a train – you can walk around a little ☐ If you travel by car, make time for fitness breaks	
I don't know my way around, so I don't know where to walk	☐ Use walking as a chance to get out and know the area ☐ Map out a walking route to explore ☐ Ask local people where to walk ☐ Find maps and route ideas on your computer ☐ Get a mapping app for your smart phone ☐ Walk inside a local mall	

CHALLENGE	WAYS TO COPE	OTHER WAYS TO COPE
I can't use my fitness center or home equipment	☐ Find out if there's a local fitness center that you can use ☐ Stay at a hotel that has a fitness center or pool ☐ Pack a resistance band ☐ Rent a bike ☐ Be active in ways that don't need fitness equipment – walk, dance, climb stairs, etc.	
I don't have my workout buddy	☐ Ask someone else to be active with you ☐ Be active by yourself ☐ Join an online fitness group ☐ Contact your workout buddy for support	

SESSION 21: **Learn About T2 Diabetes**

Session Focus

You've been working hard to get healthier by losing weight and being active.

This session we will talk about:

- The basics of type 2 diabetes
- How to find out if you have type 2 diabetes
- How to manage type 2 diabetes

You will also make a new action plan!

Facts about type 2 diabetes:

- Most people with type 2 diabetes check their own blood sugar daily or weekly. And they track the results.
- Many people with type 2 diabetes take medicine to control their blood sugar.
- People with type 2 diabetes get many lab tests.

Basics of Type 2 Diabetes

In people with type 2 diabetes, the body doesn't make or use insulin well. So sugar builds up in their blood instead of going into their cells. That means the cells don't get enough energy. Over time, high blood sugar can cause many health problems.

Type 2 diabetes can harm your:

- Heart and blood vessels, which can lead to heart attacks and strokes
- Nerves
- Kidneys, which can lead to kidney failure
- Eyes, which can lead to blindness
- Feet, which can lead to amputation
- Gums
- Skin

You are more likely to get type 2 diabetes if you:

- Are too heavy (overweight or obese)
- Spend a lot of time sitting or lying down
- Have a parent or sibling with type 2 diabetes
- Are African American, Hispanic, Native American, or Asian American
- Are 45 or older. This may be because people tend to be less active and gain weight as they age. But type 2 diabetes is also on the rise among young people.
- Had diabetes while you were pregnant (gestational diabetes)

Mike and Henry's Story

Mike is at risk for type 2 diabetes. He's trying to prevent or delay it by living a healthy lifestyle.

Mike's dad, Henry, has type 2 diabetes. His goal is to keep his blood sugar in a healthy range.

Mike and Henry have very similar eating and fitness goals. They are both trying to reach and stay at a healthy weight. And they both track their eating and activity.

Unlike Mike, though, Henry checks his own blood sugar each day. And he tracks the results. Henry also takes pills to control his blood sugar.

Mike and Henry both keep an eye on their health. But Henry visits his healthcare provider more often. He also has more lab tests. In addition to getting his blood sugar checked, he needs to get his blood pressure, cholesterol, kidneys, eyes, and feet checked on a regular basis.

Mike has lost weight. And his latest blood sugar numbers are normal. His provider says he's on track to prevent or delay type 2 diabetes.

Henry's latest blood sugar numbers are normal too. His provider says he's doing a good job keeping his blood sugar in a healthy range.

Life With Type 2 Diabetes

How would your life change if you had type 2 diabetes?

_____

_____

_____

_____

What will you do to prevent it?

_____

_____

_____

_____

SESSION 22: **More About Carbs**

Session Focus

Understanding carbohydrates can help you manage your weight and also prevent or delay type 2 diabetes.

This session we will talk about:

- The link between carbs, weight, and type 2 diabetes
- Types of carbs
- A healthy approach to carbs
- How to find the amount of carbs in food

You will also make a new action plan!

TIPS:

- Instead of choosing white rice, try barley or brown rice.
- Instead of choosing apple pie, try stewed apple with cinnamon.

Types of Carbs

There are three main types of carbs:

1. **Starches**
2. **Sugars**
3. **Fiber**

1. Starchy foods include: • Starchy veggies • Beans, peas, and lentils • Grain foods	**Choose whole grains** Whole grains contain fiber, vitamins, minerals, and starch. Refined grains contain just starch.
Starchy veggies include: • Corn • Green peas • Parsnips • Plantains • Potatoes • Winter squash • Yams **Beans, peas, and lentils include:** • Black, pinto, and kidney beans • Black-eyed peas • Garbanzo beans (chick peas) • Red, brown, and black lentils • Split peas	**Grain foods include:** • Whole grains • Refined grains *Whole grain foods include:* • Barley • Bread and other baked goods made with 100% whole wheat flour • Brown and wild rice • Oats and oatmeal • 100% whole grain cereal • Pasta made with 100% whole wheat flour • Popcorn • Tortillas made with 100% whole wheat flour or 100% cornmeal *Refined grain foods include:* • Bread and other baked goods made with white flour • Pasta made with white flour • White rice

2. Sugars include:

- Fruit sugar (fructose)
- Milk sugar (lactose)
- White, brown, and powdered sugar
- Corn syrup
- Maple syrup
- Honey
- Molasses

Limit sugars

Of the three types of carbs, sugars cause the biggest jump in your blood sugar.

3. High-fiber foods include:

- Beans, peas, and lentils
- Veggies and fruits—especially ones that have skin or seeds that you eat
- Nuts, such as peanuts, walnuts, and almonds
- Whole grain foods

Limit nuts

They are high in calories.

Get enough fiber

Fiber passes through your body without being digested. So it fills you up without adding calories. It can also lower your blood sugar and cholesterol.

Try to get 25 to 30 grams of fiber each day. Check the Nutrition Facts label to see how much fiber an item contains.

Many of us don't get enough fiber. If you need to boost your fiber intake, increase it slowly, over time. And drink plenty of water. This will help prevent an upset stomach.

It's best to get your fiber from food, instead of from a supplement. That's because food has many nutrients besides fiber, such as vitamins and minerals.

Desmond's Story

Desmond is working on managing his weight and is at risk for type 2 diabetes. His doctor tells him that the more carbs he takes in, the higher his blood sugar will be and urges Desmond to take a healthy approach to carbs.

"Try to cut back on carbs," says Desmond's doctor. "And when you do have carbs, choose healthy ones."

Desmond decides to replace:

- Candy and cake with fruit, such as apples, oranges, and berries
- Potatoes and corn with non-starchy veggies, such as broccoli, peppers, and carrots
- White bread with 100% whole wheat bread
- White rice with brown rice

These days, Desmond is taking a healthy approach to carbs. He uses food labels to find healthy items that meet his carb goals. He is also staying active. As a result, Desmond's blood sugar is lower.

A Healthy Approach to Carbs

Try to take a healthy approach to carbs. Here's how.

Make your plate

Carbs should make up one quarter of what you eat.

Choose carbs wisely

When you do have carbs, choose those that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

Make healthy swaps

Try these ideas.

INSTEAD OF...	TRY...
Sweet drinks like regular soda, iced tea with sugar, fruit punch, and sports drinks	Water, sparkling water, or plain iced tea
Juice	Whole fruit
White potatoes	Sweet potatoes
Bread made with refined flour	Bread made with 100% whole wheat flour
White rice	Brown rice or barley
Cereal made with refined grains	Cereal made with whole grains, or oatmeal
Full-fat yogurt made with sugar	Plain nonfat yogurt with berries
Apple pie	Stewed apple with cinnamon
Chocolate bar	Hot chocolate made with nonfat milk, cocoa powder, and a touch of sugar

Carbs by the Numbers

Read food labels

Reading food labels like the one below is one way to find the amount of carbs in food.

Here's how.

First, look at the serving size. This tells you how much is in one serving of this item.

Next, look at the total carbohydrate. This tells you how many grams of carbs are in one serving of this item.

This container holds three servings — if you ate the whole container, you would eat three times the carbs.

Other ways to find the amount of carbs in food include:

- Apps for smart phones or computers
- Websites

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 3

Amount Per Serving

Calories 250 — Calories from Fat 110

	% Daily Value
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
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 basedon2,000 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

The serving size for the food is 1 cup. This container holds 3 servings.

The total carbohydrate in 1 serving is 31 grams.

So if you ate the whole container, you would eat 93 grams of carbs.

Carbs by the Numbers

One serving of carbs

Each of these items has 15 grams of carbs. That's one serving.

- 1 small piece fresh fruit (4 oz)
- ¼ cup canned or frozen fruit
- 1 slice bread (1 oz) or 1 (6 inch) tortilla
- ½ cup oatmeal
- 1/3 cup pasta or rice
- 4 to 6 crackers
- ½ English muffin or hamburger bun
- ¼ cup black beans or starchy veggies
- ¼ large baked potato (3 oz)
- 2/3 cup plain nonfat yogurt
- 2 small cookies
- 2-inch square brownie or cake without frosting
- ½ cup ice cream or sherbet
- 1 Tbsp syrup, jam, jelly, sugar, or honey
- 2 Tbsp light syrup
- 6 chicken nuggets
- 1 cup soup
- ¼ serving medium fries

Source: American Diabetes Association

My Carbs

Write some of your favorite carbs. Decide if each item is healthy. If it's not, write a healthy swap you will try.

MY FAVORITE CARBS	HEALTHY?	HEALTHY SWAP I WILL TRY
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	
	☐	

SESSION 23: **Have Healthy Food You Enjoy**

Session Focus

Eating healthy food can be enjoyable and can help you manage your weight.

This session we will talk about:

- Take a healthy approach to eating
- Make healthy choices
- Have healthy food that you enjoy

You will also make a new action plan!

Anthony's Story

On Wednesday, Anthony was on the go all day at work. He didn't eat lunch, or even have a snack. While driving home, Anthony started feeling very, very hungry.

When you get very hungry, you may feel:

- Anxious
- Confused
- Greedy
- Grumpy
- Light-headed
- Rumbling stomach
- Shaky
- Weak

Because Anthony was feeling this way, he stopped at a store on his way home. He bought a bag of potato chips. Then he ate half the bag while sitting in the car.

How do you feel when you get very hungry?

_____

_____

_____

_____

_____

_____

_____

_____

Sometimes Anthony eats even when he's not hungry. When you're not hungry, you may eat because you:

- Feel bored, sad, or anxious
- Have happy memories of a certain item
- Just like the way the food tastes
- Don't want to waste food
- Don't even know you're eating because you're focused on watching TV, working, driving, etc.

These days, Anthony tries to eat only when he's hungry. And he keeps cut-up veggies handy at home and at work. That way, he never gets very hungry.

Why do you eat when you're not hungry?

_____

_____

_____

_____

_____

Eat the Right Amount

Eating the right amount is part of a healthy approach to eating. Try these tips.

- Eat only when you feel hungry. Pay attention to your hunger cues. Try not to eat for other reasons, such as feeling bored or sad. Find other ways to cope with those feelings.
- But don't wait until you're very hungry. If you do, you're likely to make unhealthy choices or eat too much.
- Don't eat out of a large bag or bowl. Instead, portion out your food. This will help you control how much you eat.
- Use small plates and single-serving packs. They make you feel more satisfied.
- Focus on your food—the way it tastes, smells, looks, and sounds. Try not to read, drive, or watch TV while you eat. You'll enjoy your food more.
- Eat slowly. This gives your brain a chance to get the message that you are full.
- Stop when you feel full. Pay attention to your fullness cues. Don't stuff yourself.

Making healthy choices is part of a healthy approach to eating. Choose items that:

- Are low in calories, fat, and sugar
- Are high in fiber and water
- Are high in vitamins, minerals, and protein

INSTEAD OF...	CHOOSE...
½ cup chocolate pudding (153 calories)	½ cup plain nonfat yogurt with 1 teaspoon jam (85 calories)
1 cup oil-roasted almonds (953 calories)	1 cup air-popped popcorn (31 calories)
1 medium serving of deep-fried French fries (378 calories)	1 side salad (17 calories)
1 slice of pepperoni pizza (338 calories)	1 cup minestrone soup (127 calories)
½ cup salsa con queso (179 calories)	½ cup plain salsa (38 calories)
1 cup orange juice (122 calories)	1 medium orange (69 calories)

Write your ideas for healthy choices. In the left column of the chart below, write the food you want to change. In the right column, write a healthy swap.

INSTEAD OF...	CHOOSE...
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Recipe Makeover

Ever since Anthony started trying to manage his weight, he has been worried that his new diet will take all the joy out of food for him. He loves to cook, but he doesn't know much about healthy cooking. He imagines that he'll be eating lots of raw spinach. Here are some ways to make healthy choices enjoyable.

- Change your favorite dishes to make them healthier.
- Choose cheeses that are strong-tasting and fairly low in fat, such as Parmesan and feta.
- Choose good-quality items.
- Choose items with a variety of flavors, textures, scents, and colors.
- Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- Dress up food with herbs, spices, low-fat salad dressings, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.
- Grill or roast veggies and meat to bring out the flavor.
- Learn new cooking techniques and recipes from books, articles, and videos. Or take a healthy cooking class.
- Share ideas and cooking with friends and family.
- Try new cuisines and ingredients

SESSION 24: **Keep Your Heart Healthy**

Session Focus

Some people who experience obesity are more likely to have problems with their heart or arteries.

This session we will talk about:

- Why heart health matters
- How to keep your heart healthy
- How to be heart smart about fats

You will also make a new action plan!

Doing these things each day can help your heart:

- If you smoke, quit.
- Be active for at least 175 minutes a week, at a moderate pace or more.
- Avoid sitting still for long periods of time. Take a 2-minute fitness break every 30 minutes.
- Manage stress.
- Limit alcohol.
- Choose foods that are:
  - Low in calories, salt (sodium), and fats—especially unhealthy fats
  - High in fiber, water, vitamins, minerals, and protein

Ask your healthcare provider:

- If you need to take medicine to keep your heart healthy
- If you need any tests to check your heart health

Tests for Heart Health

- **Blood pressure test** measures the force of blood against your artery walls.
- **Cholesterol test** measures fats in your blood.

Avoid unhealthy fats

Unhealthy fats can harm your heart.

There are three types of unhealthy fats: saturated fat, trans fat, and cholesterol.

Foods high in saturated fat include:

- Chicken skin and turkey skin
- Chocolate
- Coconut and coconut oil
- Fatback and salt pork
- Gravy made with meat drippings
- High-fat dairy products, such as whole or 2% milk, cream, ice cream, and full-fat cheese
- High-fat meats, such as regular ground beef, bologna, hot dogs, sausage, bacon, and spareribs
- Lard
- Palm oil and palm kernel oil
- Sauces made with butter or cream

Foods high in trans fat include:

- Processed foods made with hydrogenated oil or partially hydrogenated oil, such as cookies, chips, and cakes
- Shortening
- Stick margarine

Foods high in cholesterol include:

- Chicken skin and turkey skin
- Egg yolks
- High-fat dairy products
- High-fat meats
- Liver and other organ meats

Limit healthy fats

Healthy fats are good for your heart. But they are also high in calories.

There are three types of healthy fats: monounsaturated fat, polyunsaturated fat, and Omega-3 fatty acids.

Foods high in monounsaturated fat include:

- Avocado
- Canola oil
- Nuts like almonds, cashews, pecans, and peanuts
- Olives and olive oil
- Peanut butter and peanut oil
- Sesame seeds

Foods high in polyunsaturated fat include:

- Corn oil
- Cottonseed oil
- Oil-based salad dressings
- Pumpkin and sunflower seeds
- Safflower oil
- Soft (tub) margarine
- Soybean oil
- Sunflower oil
- Walnuts

Foods high in Omega-3 fatty acids include:

- Albacore tuna
- Herring
- Rainbow trout
- Salmon
- Sardines
- Walnuts, flaxseed, and flaxseed oil

Cook the healthy way

Here are some ways to avoid unhealthy fats and limit healthy fats when you cook.
Write your ideas in the column that says "Other Ideas." Check off each idea you try.

INSTEAD OF...	COOK THE HEALTHY WAY!	OTHER IDEAS TO TRY:
Frying or deep frying in unhealthy fat	☐ Grill, roast, saute, or stir-fry in a small amount of healthy fat ☐ Steam or microwave ☐ Simmer in stock or water	
Coating pans with unhealthy fat	☐ Use non-stick pans ☐ Use cooking spray	
Topping foods with fatty sauces	☐ Try lemon juice, salsa, herbs, vinegar, non-fat yogurt, tomato sauce or low-fat salad dressing made with healthy oil	
Baking with butter and oil	☐ Bake with ground/pureed veggies or fruit with no added sugar ☐ Bake with non-fat yogurt ☐ Bake with veggie or fruit juice with no added sugar	
Eating animal fat and skin	☐ Take the skin off chicken before you cook it ☐ Trim excess fat	

SESSION 25: **Get Back on Track**

Session Focus

Getting back on track with your eating and fitness goals can help you lose weight or maintain weight loss.

This session we will talk about:

- Staying positive
- Using the five steps of problem solving

You will also make a new action plan!

Kofi's Story

Kofi is trying to live a healthy lifestyle. For two months, Kofi does great with his eating and fitness goals. As a result, he loses 15 pounds.

But on Friday, some of Kofi's coworkers are laid off. He's worried that he will be next. He decides to prove himself to his boss by working extra hard.

On Monday, Kofi comes into work early.

That means he doesn't have time to pack his lunch in the morning and he gets a candy bar from the vending machine instead of having a healthy lunch.

To impress his boss, Kofi sits at his desk and works through lunch. As a result, he skips his usual lunchtime walk and doesn't get enough activity that day. Kofi does the same thing each day that week.

By the weekend, Kofi is mad at himself for getting off track with his eating and fitness goals. He's gained two pounds. He feels like a failure. He feels like giving up.

Kofi decides to take action to get back on track and prevent similar lapses in the future. He stays positive. And he uses the five steps of problem solving.

Kofi Uses the 5 Steps of Problem Solving

F irst, Kofi clearly describes his problems. And he tries to figure out what caused them.

He realizes he has two problems:

Problem 1: He doesn't have a healthy lunch each day.

Cause: Kofi is worried about losing his job, so he comes to work early. That means he doesn't have time to pack his lunch in the morning and instead gets a candy bar from the vending machine instead of having a healthy lunch each day.

Problem 2: He doesn't get enough activity each day.

Cause: Kofi is worried about losing his job and so he sits at his desk and works through lunch. As a result, he doesn't take his usual lunchtime walk and doesn't get enough activity each day.

Kofi realizes that both of these problems have the same root cause: He's worried about losing his job. Instead of dealing with these worries by coming in early and working through lunch, he could:

- Ask his boss if his job is really in danger. He may be worrying for no reason.
- Ask his boss what he can do to protect his job instead of coming in early and working through lunch

Next, Kofi brainstorms some ways to cope with his problems. To make sure he eats a healthy lunch each day, he could:

- Pack his lunch the night before, or on the weekend
- Keep a stash of healthy snacks at work
- Ask a friend or family member to pack his lunch for him
- Shop for items that he can pack quickly, such as fruit and yogurt

To make sure he gets enough activity each day, he could:

- Walk outside or in his office while he works, instead of sitting at his desk (phone calls, meetings)
- Be more active during evenings and weekends
- Take the stairs instead of the elevator at work
- Ride his bike to work if he lives close to work and it's safe
- Park in a distant part of the lot at work
- Use a stand-up desk

After Kofi comes up with these options, he chooses the best options, makes an action plan, and tries it.

5 Steps of Problem Solving

1. Describe your problems.
2. Come up with options.
3. Choose the best options.
4. Make an action plan.
5. Try it.

Get Back on Track

Think about issues that have caused—or may cause—you to get off track with your eating and fitness goals. Choose one of these problems. Then stay positive and use the five steps of problem solving.

Five Steps of Problem Solving

1. Clearly describe your problem. What do you think caused it?

_____

_____

_____

2. Come up with options. What are some ways to solve your problem?

_____

_____

_____

3. Pick the best options. Which of those options would work best to solve your problem?

_____

_____

_____

4. Make an action plan. (Use a blank action plan from your Action Plan Journal.)
   How will you put those choices into practice?

_____

_____

_____

5. Try it. See how it goes!

SESSION 26: **Manage your Weight – for Life!**

Session Focus

Keeping your healthy lifestyle going over the long term can help you maintain a healthier weight.

This session we will talk about:

- How far you've come since you started this program
- How to keep your healthy lifestyle going
- Your goals for the next six months

You will also make a new action plan!

Rashaad's Story

Rashaad wanted to lose weight and worked with his primary care clinic for a year. Rashaad is eating a healthy diet and taking walks each day. He worked up to being active for at least 175 minutes a week, at a moderate pace or more.

Rashaad's efforts paid off. One year later, he has reached his weight goal. And he feels better than he has in years.

But once his program ends, Rashaad finds himself slipping back into his old eating habits. He also starts skipping some of his daily walks. As a result, he gains back 5 pounds.

Rashaad knows he needs to find new ways to get support and he invites one of the people he met in his program to walk with him. He also signs up for a healthy cooking class at his local senior center.

Rashaad knows he needs to stay motivated and he sets a new weight goal. He decides to try a new recipe each week.

And he and his walking buddy agree to try new routes.

These days, Rashaad is eating well and staying active. His weight is healthy. And he still feels great.

How will <u>you</u> get support and stay motivated?

_____

_____

_____

Your Goals for the Next Six Months

Activity Goal

Your goal could stay the same: In the next six months, I will get at least 175 minutes of activity each week at a moderate pace or more.

However, you can also set a new goal to further increase your physical activity. Being active at least one hour per day is shown to prevent weight regain.

Weight Goal

I weigh _____ pounds

IN THE NEXT SIX MONTHS, I WILL:

☐ **Lose weight**

I will reach _____ pounds

☐ **Maintain my weight**

I will stay at _____ pounds

Skills to Live By

You've learned many healthy lifestyle skills over the past year. Keep using these skills in the months and years to come.

Track your food, activity, and weight. Tracking tells you if you are meeting your goals. Plus, it helps you see places where you are doing well, and places where you could improve.

Get back on track. It's normal to get off track with your eating and fitness goals over the course of your life. The important thing is to get back on track and prevent similar lapses in the future.

Update your action plan as needed. Keep thinking about what you can do to be as healthy as possible.

Get support from family, friends, and others. They can help you stay on track with your eating and fitness goals.

Cope with challenges. You will need to deal with many challenges over the course of your life—time crunches, sources of stress, triggers, and more. Prevent challenges when you can, and cope with them when you must. Be creative!

Stay motivated. Set new goals. Celebrate your successes. And keep trying new recipes, cooking styles, and ways to be active.

Need to review any of these skills?

See the handouts in your Participant Notebook.