



**Exercise and Nutrition to Enhance
Recovery and Good Health for You**





Welcome to the ENERGY Trial

Welcome to the ENERGY Trial, Exercise and Nutrition to Enhance Recovery and Good Health for You. The goal of ENERGY is to help you achieve a healthier weight and lifestyle habits. These changes should help improve your health and possibly lower your risk of breast cancer recurrence. Over the next two years, we will work together to increase your physical activity, improve your eating attitudes and behaviors, and enhance your body image (i.e., thoughts and feelings about your shape and weight). The new behaviors and attitudes that you will learn in this program should result in weight loss that you can maintain.

The group meetings are an important part of the program. You will learn a lot from the group leaders and from the other women in the group. By participating in the discussion and skill building, you'll get the most from the program. If you have any questions, **please ask.**

Contents

Study Contact Information

Your Group Schedule

Session 1: Energy Trial Introduction

Session 2: Exercise Benefits and Strategies

Session 3: Use Your Calories Wisely

Session 4: Body Image **and** Stretching

Session 5: Understanding Hunger **and** Lifestyle Activity

Session 6: Triggers to Eating **and** Core Training Exercises

Session 7: Time Management **and** Ways to Eat Fewer Calories

Session 8: Strength Training

Session 9: Tips for Eating Out

Session 10: Dealing With Negative Thoughts **and** Special Occasions

Session 11: Helpful Exercise **and** Food Shopping Tips

Session 12: Dealing With Lapses

Session 13: Social Support

Session 14: Enjoying Exercise **and** Preparing Healthy Meals

Session 15: Dealing With Holidays and Vacations

Session 16: Managing Stress

Session 17: Exercise Interruptions

Session 18: What To Do When Your Weight Is “Stuck”

Session 19: Maintaining Your Weight Loss

Session 20: Encouragement and Motivation

Session 21: Fruits, Vegetables, Fiber, and Phytochemicals

Session 22: Heart Health

Session 23: Reading the Food Labels, Beyond Calories

Session 24: Dietary Supplements

Session 25: Keep On Moving

Session 26: One Year Summary and Celebration



Session 1

ENERGY Trial Introduction



ENERGY Trial

Introduction



ENERGY Overview

This program will provide you with the following skills to improve your long-term health:

- Getting and staying physically active
- Developing healthy eating patterns and making good food choices
- Developing good attitudes about food, body shape, and weight
- Increasing your ability to cope with issues that face breast cancer survivors

Together, we will plan, track, and problem-solve issues that are important to you.



What to Expect From the Group Sessions

- Our goal is to prepare your body and mind so that you think and act differently when it comes to exercise and eating.
- We'll give you the tools you need to meet your weight loss goal, and most importantly—keep the weight off.
- You'll get out of the program what you put into it—coming to sessions is not enough—participate!
- During each session we will...
 - Review your progress over the past week
 - Discuss new topics
 - Practice skill building and other activities
- The group is your team. By working together you will be able to:
 - Support and encourage each other
 - Share experiences and ideas
 - Solve problems
 - Motivate one another



Be a Good Group Member

- Come to **EVERY** meeting—**especially** when you're having a hard time.
- Be on time—we will start and stop as scheduled.
- We're counting on **YOU**. If you can't make it, let the group leader know **BEFORE** the session.
- Complete your Skill Builder each week.
- Bring your food and activity logs and binder with you to each session.
- Bring a good attitude to **every** session!
- Focus on the good things.



- Share your thoughts—everyone's voice is helpful! You will learn a lot from the group leaders, and even more from other women in your group—they also will learn from you.
- Share the floor—give others a chance to speak.
- Bring a caring attitude—listen and respect others.
- Respect others' privacy—do not repeat anything personal that's shared within the group to others on the outside.



Positive Thinking!

This worksheet is designed to get your think tank bubbling about why you are important and why you need to keep yourself healthy.

Name 3 positive things about yourself:

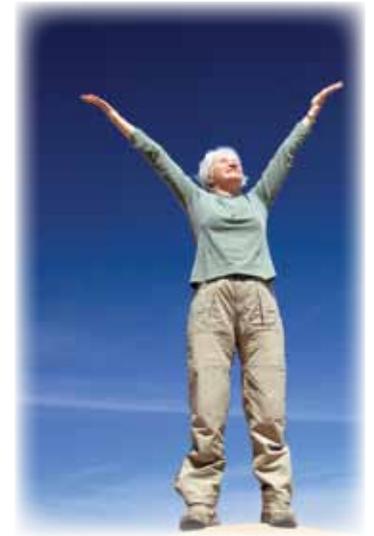
1. _____
2. _____
3. _____

What is your most memorable accomplishment?

Describe how you felt after you did it.

Provided you stay healthy, list 3 things you want to do in the future.

1. _____
2. _____
3. _____



Remember Your Purpose

Why I joined the program:

What I hope to get out of it:

How healthy eating and being active will help me and/or others:

It is important to focus on your strengths. Positive thinking will get better results. Picture yourself succeeding.

Aim for a Healthy Weight

Obesity is linked to breast cancer. Being overweight also increases your chances of:

- Heart disease
- Stroke
- Osteoarthritis
- Diabetes
- Other cancers

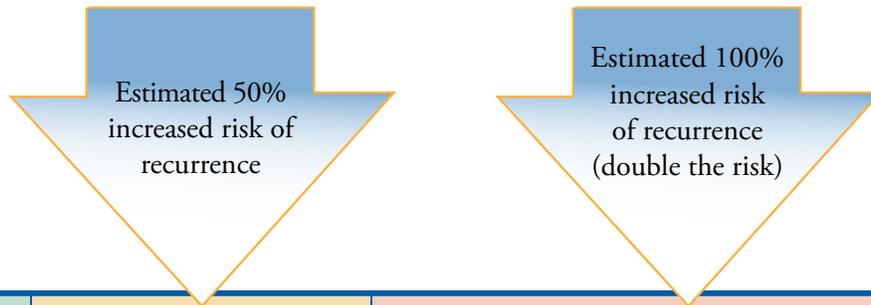
So, achieving a healthy weight is very important.

Compare your weight to the guidelines shown on the next page. You can use this chart to track your progress. You also can share this chart with friends and family members to help them know their ideal body weight. Here's how to use it...



Where Are You?

- Find your height along the left-hand column and follow it over to the right until you reach your approximate weight.
- Is your weight in the “risky,” “dangerous,” or “very dangerous” zones? If so, your chances of health problems are pretty high.
- While achieving a healthy weight is great, **ANY** weight loss is good and helps you to reduce your chances of health problems.



Height	Healthy Weight	Risky Weight					Dangerous Weight										Very Dangerous Weight
	Body Weight (pounds)																
4'10"	91-118	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191+
4'11"	94-123	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198+
5'0"	97-127	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204+
5'1"	100-131	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211+
5'2"	104-135	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218+
5'3"	107-140	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225+
5'4"	110-144	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232+
5'5"	114-149	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240+
5'6"	118-154	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247+
5'7"	121-158	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255+
5'8"	125-163	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262+
5'9"	128-168	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270+
5'10"	132-173	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278+
5'11"	136-178	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286+
6'0"	140-183	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294+

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.



What Is a Calorie?

A calorie is a unit of energy. Calories come from the foods we eat. We burn calories through normal body functions and exercise.

One pound = 3,500 calories

It's a Balancing Act

Your body weight stays the same when the amount of calories you eat equals the amount of calories that you burn—in other words: **calories in = calories out**.

To estimate calories needed to maintain your weight multiply your current weight in pounds by 12.

Example: to maintain her weight a 200-pound woman will need about $200 \times 12 = 2400$ calories/day

The goal of the ENERGY trial is to help you lose weight. That means that you need to eat fewer calories than are needed to maintain your weight. Burning more calories with exercise also helps.

How Can You Do This?

- Keep track of the number of calories you eat. Plan to eat 500 to 1000 calories less than needed to maintain your weight.
- Start exercising each day. At first, you may only be able to go for 10 minutes a day. But, if you are already somewhat active, try to go longer. Aim for an average of at least one hour a day of moderate exercise as a long-term goal.

+ 40
calories



+ 400
calories



- 4 calories
per minute



How to Use Your Food Record

- Write down **EVERYTHING** you eat or drink each day (exceptions are listed below).
- You'll lose more weight if you record what you eat **BEFORE** you eat it— if that's not possible, then record while eating or soon after.
- Include all meals, coffee breaks, and snacks.
- Describe how the food was prepared, if you know. *Example:* baked, broiled, fried, steamed, microwaved. Include whether fat on meat was trimmed and if chicken skin was removed.
- Include brand names (*Example:* 5 Triscuits or 1 cup of Dannon Plain yogurt).



RECORD THE AMOUNT YOU ATE OF EACH ITEM—ESTIMATE PORTION SIZES AS BEST YOU CAN. LOOK TO FOOD LABELS TO PROVIDE CALORIE COUNTS.

Remember, calories add up quickly—BE SURE TO RECORD THE FOLLOWING FOODS:

- Alcoholic beverages (e.g., liquor, beer, wine, cocktails)
- Regular soft drinks
- Sweetened tea and flavored coffees
- Flavored waters or sports drinks
- Hard candies/sugar-free candies/mints
- Gums/breath mints
- Added sugar and many sweeteners
- Creamer
- Gravies and sauces
- Salad dressing and mayonnaise
- Margarine and butter
- Oil (all oils contain a **LOT** of calories—even healthy oils like olive oil)
- Jam, jelly, syrup, and honey
- Ketchup



Exceptions:

- Water
- **PLAIN** (black) coffee or tea
- Diet soda (less than 5 calories/12 oz. serving)
- Sweet 'N Low, Equal, Splenda, Truvia or other sweeteners less than 5 calories/serving

It All Adds Up!

Increasing your **EVERYDAY** “moving” time will help you to burn more calories.

Wear your pedometer every day to monitor your “moving” time. See how many steps you take in a normal day. Then set goals to increase your steps. Over time, set your sights on 10,000 steps each day.

See page 57 (Do You Like to Move It?) for ideas on moving more throughout your day.



- Plan your steps or “step check” to make sure you are getting your steps in throughout the day.
- Take 2-minute walks throughout the day.
- Use TV time: There are 10 minutes of commercials in a 30-minute TV show! Get up and walk in place during commercials.
- Talk and walk: Move around while you talk on the phone.

Tips for Using Your Pedometer and Log

1. Keep your pedometer in a place that you remember when you're not wearing it. For example, place it on your nightstand. That way, you can see it first thing in the morning.
2. Keep it on or near the clothes you will be wearing the next day.
3. Stick a note on your bathroom mirror or refrigerator reminding you to wear it.
4. Let your family, friends, or neighbors know what you are doing. Having those extra reminders can help.



Skill Builder

- Fill out the “Positive Thinking” worksheet.
- Fill out the “Exercise Convenience” and “Environment” worksheets on the following pages.
- Write down your exercise goals.
- THINK ABOUT: Are these activities convenient for you?
- Plan and start getting some exercise EVERY DAY!
- Begin food and activity records.



Exercise Convenience Worksheet

- Pick 3 exercise activities that you can see yourself doing.
- Rate each activity based on your level of enjoyment (1 = not enjoyable to 10 = very enjoyable).
- Answer the convenience questions for each activity and assign points: put 1 if you answered “no”; put the number 2 if you answered “yes”; add up the points—the higher your score the more convenient the activity.



ACTIVITY _____	ENJOYMENT SCALE (1-10): _____
Can you do it any time?	_____
Is it nearby?	_____
Do you need special equipment or space?	_____
Do you need to do it with other people?	_____
Do you need special skills?	_____
TOTAL CONVENIENCE SCORE	_____
Points: NO = 1 YES = 2	
ACTIVITY _____	ENJOYMENT SCALE (1-10): _____
Can you do it any time?	_____
Is it nearby?	_____
Do you need special equipment or space?	_____
Do you need to do it with other people?	_____
Do you need special skills?	_____
TOTAL CONVENIENCE SCORE	_____
Points: NO = 1 YES = 2	
ACTIVITY _____	ENJOYMENT SCALE (1-10): _____
Can you do it any time?	_____
Is it nearby?	_____
Do you need special equipment or space?	_____
Do you need to do it with other people?	_____
Do you need special skills?	_____
TOTAL CONVENIENCE SCORE	_____
Points: NO = 1 YES = 2	

Environment Worksheet



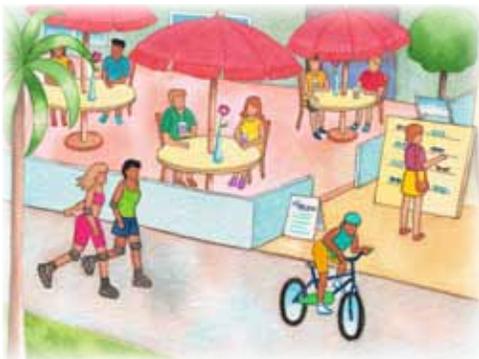
HOME

List the opportunities you have in your home or community for exercise. (EXAMPLES: weights, swimming pool, exercise videos, treadmill, bike, stairs, gardening)

List people in your home or community who would exercise with you or provide support.

List activities you do or would like to do in your home or community that are convenient.

NEIGHBORHOOD



Does your neighborhood have the following?

Positives (+)

- Sidewalks
- Street lights
- Enjoyable scenery
- Others who exercise

Negatives (-)

- No sidewalks
- Poor lighting
- Heavy traffic
- High crime

How safe do you feel walking in your neighborhood during the day?

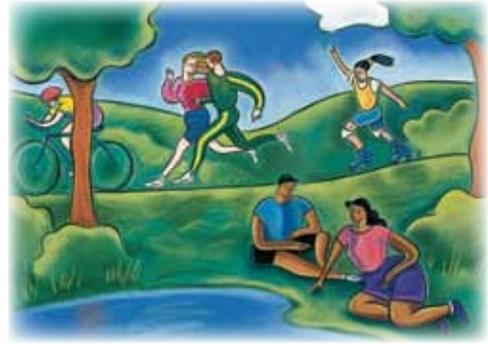
Very Unsafe		Somewhat Safe		Very Safe
1	2	3	4	5

Where could you walk/run/bike in your neighborhood?

Route: _____

Environment Worksheet Continued...

List the parks, recreational areas and health clubs or gyms in your community. Find out opportunities for exercise in your community—ask your neighbors and group members, or check out the telephone book or internet.



WORK

Do you do physical activity at work?

- No
- Yes

Are there places to exercise at your work? (for example, workout room/gym, exercise equipment, walking path)

- No
- Yes
- Not applicable/Don't know/Don't work

Are there regular exercise programs at your work? (for example, aerobic classes, yoga, team sports, walking groups)

- No
- Yes
- Not applicable/Don't know/Don't work

Are there showers you can use at your work?

- No
- Yes
- Not applicable/Don't know/Don't work

Is there a health coach or educator for employees at your work?

- No
- Yes
- Not applicable/Don't know/Don't work

Are there any policies at your work that encourage exercise or biking?

- No
- Yes
- Not applicable/Don't know/Don't work



Session 2

Exercise Benefits and Strategies



Exercise Benefits and Strategies

Just like having a healthy diet, regular exercise can reduce the risk of certain cancers and heart disease.

How Much Exercise Should I Get?

What Can Exercise Do for Me?

Exercise is important for many reasons. Here are just some of the benefits:

Benefits Related to Cancer

- Burns calories and helps you control and maintain your weight.
- Helps reduce fatigue.
- Helps you cope with pain.
- Helps control hormone levels that could affect your risk of getting another cancer.
- May lower your risk of breast cancer recurrence.

Experts recommend that you exercise an average of 60 minutes a day.



Other Benefits of Exercise

- Helps you feel better—makes you feel good!
- Helps you sleep better.
- Helps control or prevent diseases such as diabetes, high blood pressure, heart disease, stroke, osteoporosis, and some cancers.
- Gives you more energy and strength to do the things you really want to do.
- Gives you more energy and strength to do everyday tasks such as shopping, walking, or climbing stairs.
- Improves the health of your heart, lungs and circulation.
- Improves bone strength.
- Adds years to your life (active people live up to two years longer than those who aren't active).
- Helps you cope with stress and pain.
- Improves your balance.
- Improves your muscle tone and your appearance.
- Helps maintain a healthy body weight.



Safety First!

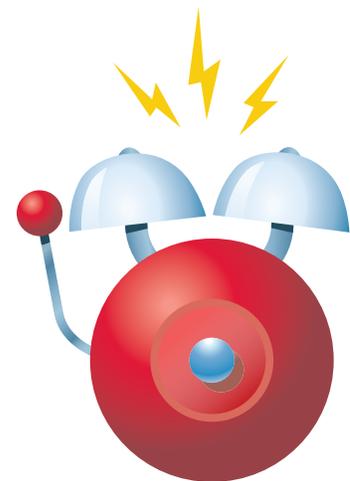
Exercise is generally safe. By starting on an exercise program, you are likely to experience many benefits. However, before you begin, a word of caution:

1. Start slowly and gradually increase your activity.
2. Expect soreness when you first start exercising. It is normal. It will go away in a few days as you continue to exercise.



Stop exercising and promptly notify your doctor if you experience any of the following symptoms:

- Pain, pressure, heaviness or tightness in your chest or pain down in your arms
- Severe shortness of breath
- Irregular, rapid or fluttery heart beat
- Dizziness or fainting
- Nausea and/or vomiting
- Extreme tiredness or weakness



What Kinds of Exercises Should I Do?

There are 3 types of exercises that help to improve your health and fitness.

- **Aerobic Exercise** = Exercise that increases your heart rate and breathing rate for a sustained amount of time to improve how your heart and lungs work together. Aerobic exercise burns lots of calories, just remember you have to move!
- **Strength Training Exercise** = Exercise that improves the strength of muscles and bones, and increases your body's ability to use energy (metabolism).
- **Flexibility Exercise** = Stretching! This improves how the body moves through everyday tasks, increases range of motion around the joints, and reduces tension and soreness in the muscles.



Aerobic Exercise

Goal: Aerobic exercise is important to burn calories and tone muscles. Strive for an average of 60 minutes of aerobic activity a day.

What is aerobic exercise? Aerobic exercise is the repetitive motion of large muscle groups (your legs). Movement that gets you sweaty and breathing heavily with your heart thumping. Examples are:

- Brisk walking
- Cycling
- Rowing
- Jogging
- Swimming
- Skating

Things to Remember:

- **Select an activity you enjoy.**
- **Schedule the activity into your day,** or plan your day around the activity. Mornings often work best, since you will have more energy to exercise and it will pep you up for the rest of the day.
- **Make arrangements**—find a walking partner and a safe place.
- **Make it enjoyable**—walk to your favorite tunes by taking a headset.

An aerobic workout has three parts: the warm-up, the workout and the cool-down.

- **Warm-up:** Start with 5-10 minutes of lower level physical activity to get the blood flowing to your muscles. Examples of warm-up activities are: leisurely walking, cycling or swimming...actually anything that you choose for your aerobic workout, but of lower intensity.
- **Workout:** Choose an aerobic exercise. Strive for a session that's at least 30 minutes long and that gets your heart rate into the desired range.
- **Cool-down:** Once your workout is complete, gradually decrease your exercise intensity level over a 5-minute period, then proceed with either strength training exercises and/or stretching.



How Much Should I Push Myself?

How Hard Do I Need to Exercise?

Intensity describes how much effort you are putting into exercising. There are ways for you to measure your intensity of exercise, or how hard exercise feels to you.

- Effort Scale of 0-10
- Talk Test

The **Effort Scale** and the **Talk Test** allow you to “rate” how hard exercise feels to you when you are doing it.

Effort Scale

<input type="checkbox"/>	0	No effort at all (laying down)
<input type="checkbox"/>	1	Very, very little effort
<input type="checkbox"/>	2	Light effort (stretching)
<input type="checkbox"/>	3	Moderate effort
<input type="checkbox"/>	4	Somewhat hard
<input type="checkbox"/>	5	Hard
<input type="checkbox"/>	6	(exercising, jogging, etc., so you're sweating)
<input type="checkbox"/>	7	Very hard
<input type="checkbox"/>	8	
<input type="checkbox"/>	9	(running in a race)
<input type="checkbox"/>	10	Very, very hard (running fast, like you're being chased)

Highest possible effort

The Talk Test

Another way to rate your exercise intensity is to try the **Talk Test**.

- If you can carry on a conversation and **talk in sentences =**
Very Light Effort
(like 1 and 2 on the Effort Scale).
- If you can talk, but **not in full sentences =**
Moderate Effort
- If you can talk, but you'd **rather not =**
Hard Effort
- If you **cannot say a word =**
Very, Very Hard Effort
(like a 10 on the Effort Scale).

During Stretching, strive for a 2

During Aerobic Exercise, strive for a 3-4 (maybe even a 5!)

During Strength Training, strive for a 5-7 (your muscles should feel a burning sensation)

Energy Cost of Common Activities

(for a 150 pound person)

Activity	Minutes		
	10 min.	20 min.	30 min.
Aerobics, low impact	75	150	225
Aerobics, step	128	256	384
Aerobics, water	60	120	180
Badminton, social	68	136	204
Bicycling, 12-14 mph, leisurely	120	240	360
Bike, stationary, moderate (150 watts)	105	210	315
Calisthenics, moderate	53	106	159
Circuit training with some aerobic	120	240	360
Dancing, fast	72	144	216
Elliptical trainer	108	216	324
Gardening, weeding	68	136	204
Golf carrying clubs	68	136	204
Golf using cart	53	106	159
Hatha yoga, mild	38	76	114
Light weight lifting	45	90	135
Miniature golf or driving range	45	90	135
Mowing lawn, push, hand	90	180	270
Mowing lawn, push, power	83	166	249
Running, 5 mph, 12 min/mile	120	240	360
Stair step machine, not supporting with hand rails	135	270	405
Swimming, leisurely, no laps	90	180	270
Swimming, moderate, laps	120	240	360
Walk, 2 mph, 30 min/mile	38	76	114
Walk, 3 mph, 20 min/mile	50	100	150
Walk, 4 mph, 15 min/mile	75	150	225
Water jogging	120	240	360

One Step at a Time

Small Successes Each Week
Lead to Huge Victories
Over Time

Major goals of the **ENERGY** study:

- Increase exercise
- Eat a healthy, low-calorie diet
- Lose weight

By setting reasonable short-term goals you will be better able to stick to your exercise program. What's the best way to do it?...the **SMART** way!



The **SMART** way to set goals:

Specific: What will you do for exercise?

Example: I will walk for 10 minutes, at 10:00 AM after I read the morning paper.

Measurable: How will you measure it?

Example: I will wear my pedometer and write down the number of steps that I take and the number of minutes that I walk in my log.

Attainable: Are you able to do it?

Example: Yes, walking for 10 minutes a day is more than I do now, but I truly think that I can do it.

Realistic: Will time and money allow you to do it?

Example: There is no cost and I can plan my exercise during the least busy time of my day.

Timely: When do you want to achieve it?

Example: By the time I have to complete my next update survey (in about 6 weeks).

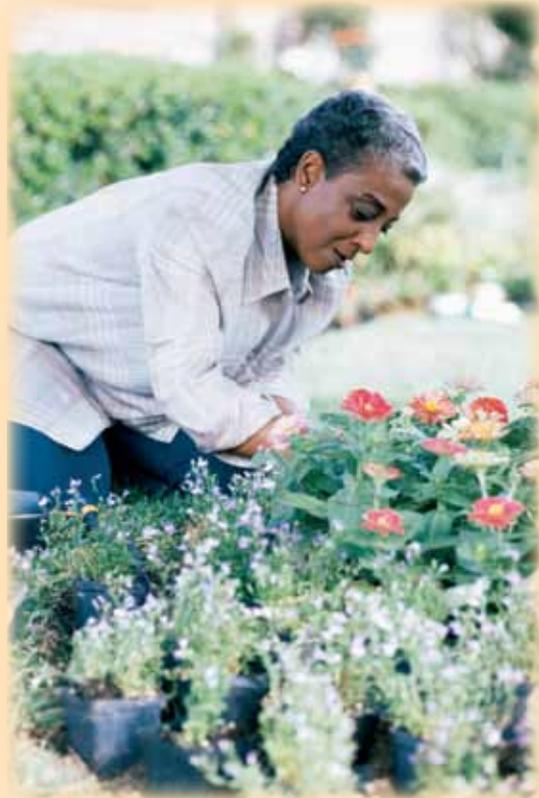
The Dieting and Overeating Cycle



Changing Your Behaviors

Things to do when you want to eat, but know you shouldn't:

- Take a deep breath and relax
- Go to a comfortable place in your house
- Lie down and rest for 10 minutes
- Go outside and feel the breeze and the sun (or the moonlight)
- Cuddle with you spouse, child, or pet
- Write a caring letter to a loved one
- Open the windows and let in fresh air
- Hug someone you love
- Wash your face slowly with a soft washcloth and warm water
- Soak your feet in warm or cool water
- Turn on music and dance around the room
- Imagine yourself on the beach or in a green lush forest
- Pound a pillow
- Sing out loud
- Dab on some perfume



Add your own ideas:

Out of Sight—Out of Mind—Out of Mouth

The less you see and think about food, the easier it is to control your weight. Store food out of sight. The more roadblocks you put between you and food, the less you will eat.

Tips:

- **Hide the high-calorie foods.** Put ice cream under the frozen broccoli or behind the chicken breasts, so you won't see it when you open the freezer door.
- **Keep healthy snacks and foods out in the open.** That way, if you get an urge to eat, you're likely to reach for celery, carrot sticks, vegetable soup or apples, instead of ice cream.
- **Hide the candy dish.** Stash away any candy, nuts, mints, or other snacks that are sitting around in your house—bring them out only for company.
- **Stop eating from the package.** It's too easy to keep going. Instead, take a standard serving out of the carton and eat it off a plate.
- **Don't skip meals.** It increases your chances of overeating later in the day.
- **Dish up your plate at the stove.** Platters of food on the table lead to "picking." Store any leftover food right away—you'll be less tempted to eat it.
- **Quit the "clean plate club."** Stop eating when you are full, rather than when your plate is empty.



Skill Builder



- Set your goal for regular exercise this week.
- Keep using the food/activity log for goal-setting and tracking progress.
- Make a list of things to do instead of eating when you feel upset or stressed.
- Remove tempting foods from your home and work place. Stock up on healthy low calorie foods (vegetables, fruits, and low-fat dairy products).

Session 3

Use Your Calories Wisely



Use Your Calories Wisely



Read Before You Eat!

YES! Read food labels.

Read the nutrition labels on the foods you buy to help you choose foods that are healthier for you.

Some things to remember:

- A word of caution: Some products that say “low fat”, “low cholesterol” or “low sugar” may still be high in calories.
- The serving size may be more or less than you typically eat. To help manage your weight, eat fewer servings of high-calorie foods and more servings of lower-calorie foods such as vegetables and fruits.

- When reading labels, it’s important to look at the **serving size**.
- There are **4 servings** in this package.
- The total amount of calories in 1 serving is **90**. If you ate the entire package you would consume 360 calories. And, you would gain about 1/10 of a pound if you didn’t eat less of other foods or exercise more.

Nutrition Facts

Serving Size 1/2 cup

Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat 3 g	5%
Saturated fat 1 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	13%
Total Carbohydrate 13 g	4%
Dietary Fiber 3 g	12%
Sugars 3 g	
Protein 3 g	

Vitamin A 80%	•	Vitamin C 60%
Calcium 4%	•	Iron 4%

Now, Let's Look at Two Popular Snack Foods

What is the serving size and amount of calories in each bag?

- Both of these bags of chips are about the same size, but they have different weights and different amounts of calories!

This product weighs 2¹/₄ oz

- One serving of this product is equal to 1 ounce or 32 chips. There are 2.5 servings in this bag.
- The total amount of calories in one serving of this product is 160.
- So, how many calories are in this bag of Fritos corn chips?



Nutrition Facts

Serving Size 1oz. (28g/About 32 chips)
Servings Per Container About 2.5

Amount Per Serving
Calories 160 Calories from Fat 90

% Daily Value*

Total Fat 10 g	16%
Saturated fat 1.5 g	7%
Cholesterol 0 mg	0%
Sodium 170 mg	7%
Total Carbohydrate 15 g	5%
Dietary Fiber 1 g	4%
Sugars less than 1 g	
Protein 2 g	



Nutrition Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving
Calories 130 Calories from Fat 15

% Daily Value*

Total Fat 1.5 g	3%
Saturated fat 1.5 g	0%
Cholesterol 0 mg	0%
Sodium 170 mg	7%
Total Carbohydrate 26 g	9%
Dietary Fiber 2 g	4%
Sugars less than 2 g	
Protein 2 g	

This product weighs 1¹/₈ oz

- One serving of this product is equal to one package.
- The total amount of calories in one serving of this product is 130.
- So, how many calories are in this bag of Baked Lay's?



Number of servings in this bag	2.5
Calories in one serving	x 160
<hr/>	
Total number of calories in this bag	400



Number of servings in this bag	1
Calories in one serving	130
<hr/>	
Total number of calories in this bag.	130

Since these are small bags, most people will usually eat the whole bag of chips. The bag of Fritos has 2.5 servings while the Baked Lay's has only one. If you eat the whole bag, it is a difference of 270 calories and much more fat.



See the difference?

Fritos have many more calories than the Baked Lay's, even though they are about the same size!

What's the Difference Between a Portion and a Serving?

- A “portion” is how much food you actually choose to eat, whether it is in a restaurant, from a package, or in your own home.
- A “serving” is a standard amount that is used for recipes, cookbooks, labels, and diet plans.

Some people eat portion sizes that are equal to 2 or 3 standard servings. Learning to recognize standard serving sizes can help you judge how much you are eating.

**1 portion =
number of
servings that
you eat**



1 slice = 1 serving

Fast Food Doesn't Have to Be High in Calories

Instead of a slice of Domino's™ Large Ultimate Pepperoni Feast 12" pizza, choose a slice of Crunchy Thin Crust pizza (12") (either plain cheese, or with green peppers, onions and mushrooms). It's less than half the calories!

*Ultimate
Pepperoni Feast*



300 calories

*Crunchy
Thin Crust*



140 calories

Instead of a McDonald's Big Mac® choose a McDonald's Grilled Snack Wrap®

Big Mac



540 calories

VS

Grilled Snack Wrap



260 calories

Instead of Starbucks Café Vanilla Frappuccino with whole milk and cream (Grande 16 oz.) choose Starbucks (Grande 16 oz) Cappuccino with 2% milk, (nonfat milk 80 calories).

OR

A McDonald's Fruit 'N Yogurt Parfait (160 calories) with a brewed coffee (5 calories) for a total of 165 calories.

*Café Vanilla Frappuccino with
whole milk and cream*



310 calories

Cappuccino with 2% milk



140 calories

*McDonald's Fruit 'n Yogurt Parfait
with a brewed coffee*

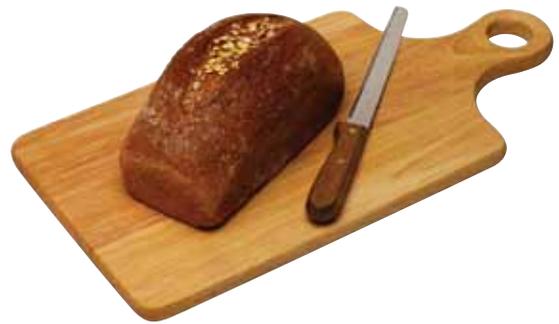


165 calories

Estimating Calories: A Simple Approach

Bread, Rice, Pasta, Starchy Vegetables 1 serving = 80 calories

- One slice of bread
- 1 oz. dry cereal
- 1/2 cup cooked rice, pasta, or cereal (such as oatmeal)
- 4-6 whole-grain crackers
- 3 cups popped light popcorn



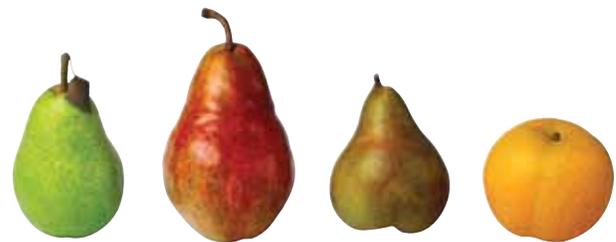
Vegetables 1 serving = 25 calories

- 1 cup raw, leafy vegetables
- 1/2 cup vegetables—cooked or chopped raw
- 6 oz. vegetable juice



Fruits 1 serving = 60 calories

- 1 medium piece of fruit, such as an apple, orange, or peach
- 1/2 cup chopped, cooked, or canned fruit
- 4 oz. 100% fruit juice
- 1/4 cup dried fruit



Estimating Calories: A Simple Approach (continued)

Meat and Meat Substitutes

1 serving = 45–100 calories

45 calorie choices



- 1 oz. lean beef, pork, veal, chicken, or turkey (without skin), fish, shellfish, canned tuna in water
- 1 oz. cheese, 3 or less grams of fat per ounce
- 1/4 cup low-fat cottage cheese
- 1/4 cup egg substitute
- 2 egg whites
- 1 slice bacon

75 calorie choices



- 1 oz. most beef products, lamb, chicken with skin, ground turkey, pork cutlet, fried fish
- 4 oz. tofu
- 1 egg
- 1/4 cup (2 oz.) ricotta cheese
- 1 oz. cheese, 4-7 grams of fat per ounce

100 calorie choices



- 1 oz. prime cuts of beef, spareribs, sausage
- 1 oz. other regular cheese
- 1/2 cup beans or lentils
- 1 oz. luncheon meat
- 1 Tbsp. peanut butter
- 1 hot dog

Milk and Yogurt

1 serving = 90–180 calories



- 8 oz. fat-free milk or 6 oz. fat-free yogurt = 90 calories
- 8 oz. 1% milk or 6 oz. light yogurt = 120 calories
- 8 oz. whole milk or 6 oz. regular yogurt = 180 calories

Fats

1 serving = 45 calories

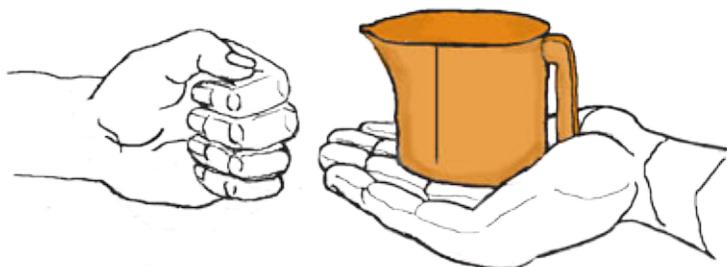


- 1 teaspoon margarine, regular mayonnaise, oil, or butter
- 1 Tbsp. regular cream cheese
- 1 Tbsp. salad dressing
- 6 almonds
- 5 halves pecans
- 3-4 half walnuts
- 1 Tbsp. seeds
- 2 Tbsp. avocado
- 10 small olives
- 1 1/2 Tbsp. light cream
- 2 Tbsp. regular sour cream
- 1 Tbsp. heavy cream

Serving Sizes in Hand

Use your head and your hands to control your portions when you eat out.

A fist or cupped hand = 1 cup



- 1 serving** = 1/2 cup cereal, cooked pasta or rice
- or** 1 cup of raw, leafy green vegetables
- or** 1/2 cup of cooked or raw, chopped vegetables or fruit.

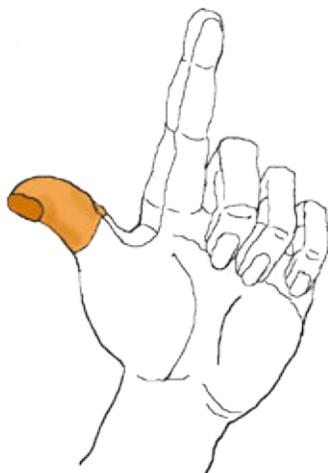
A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1½ —2 oz. of low-fat cheese counts as 1 of the 3 daily recommended servings.

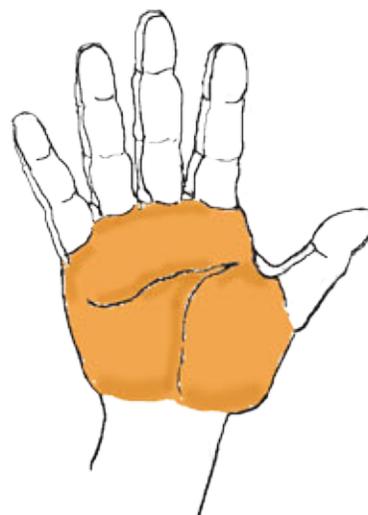


Thumb tip = 1 teaspoon

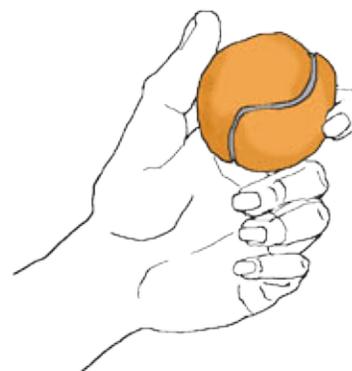
Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb, from the knuckle up. A serving of three teaspoons equals 1 tablespoon.



Palm = 3 oz. of meat



The portion of meat you eat should be no larger than your palm.



1 tennis ball = 1 serving of fruit

Healthy diets include 3-4 servings of fruit a day.

Reward Yourself!

- It is important to reward yourself, after you have reached your weekly goals.
- But, don't reward yourself by doing unhealthy things. Let's say that you have reached your weekly goal of walking at least 20 minutes 3 times a day. Don't treat yourself to a hot fudge sundae. Instead, eat a delicious and healthy piece of fruit or buy some new exercise clothes.
- Rewarding yourself when you have reached your goals will help you to stay motivated. It will make you feel good knowing that you have achieved your goal.



When I get done exercising today, I will take a nice warm bubble bath!



Take Care of Yourself—(self-nurturing)

Why Should You Take Care of Yourself?

- Because it is important! Women take care of others every day, but how often do we nurture ourselves?
- Self-care is key to your survival.
 - It forms the basis of healthy relationships.
 - You need to take care of yourself, if you are to take care of others.
- You cannot nurture others from a “dry well.” You’ll be able to give more if you care and comfort yourself.
- Too busy? Too bored? Remember, you’re the one in charge of your life. Take time to care for yourself.



Learn to Relax and Restore

- **Lie down someplace quiet.**
 - Close your eyes and take a deep breath.
 - Hold it for a moment and then slowly let it out.
 - Take another deep breath and imagine you are breathing in pure relaxation and peace.
 - Hold your breath.
 - Now breathe out, and imagine you are letting out all the tension of your day, your week, your life.
 - Repeat.
- **Check your body.**
 - Are there areas of tension?
 - Breathe in and send your breath of pure relaxation to the tense area.
 - Imagine your breath getting around the stiff muscle, the stored stress.
 - Breathe out sharply, expel every bit of tension from this area.
 - Repeat for all other tense areas in your body.
 - Take all the time you need.
 - Now, imagine someone is giving you a gentle massage.
 - The hands touching you are full of love. You are now filled with a deep and wonderful inner calm, and you are ready for whatever you want to do next.



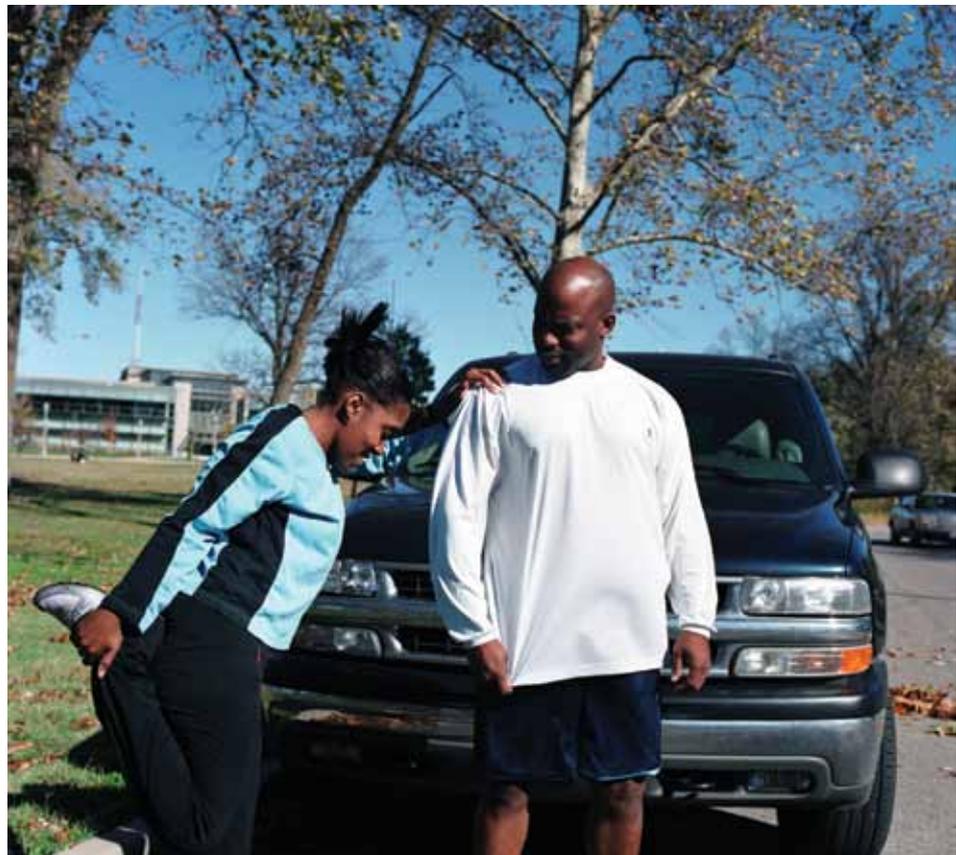
Skill Builder



- Set your personal goal for regular exercise this week. Try to exercise on all days and work up to an hour a day.
- Keep track of the foods you eat and your exercise.
- Eat fewer calories than what your body is burning.
- Make a list of positive activities to do instead of eating when you're upset.
- Reward yourself!

Session 4

Body Image and Stretching



Body Image and Stretching

Just because you SLIP doesn't mean you FALL!

There will be times when you can't be perfect...and that is ok.

It's really all about balance. If you have a day that is high in calories, then balance it out with lower days. If you missed a couple of walks one week, take a longer walk on the weekend.



Pick up where you left off and go on.

Can you prevent a slip?

- Talk with a friend about your feelings.
- Plan ahead.
- Talk positively about what you are doing (instead of saying, "I could only walk 2 days last week," say, "I was able to walk 2 days last week and I plan on walking more this weekend.").
- Take pride in small changes! Small changes can add up to BIG success!

High-Risk Events

High risk events can tempt you to overeat and skip exercise.



What are some examples of high-risk events?

- A vacation
- A party
- Guests visiting from out-of-town
- Sickness

What are **your** high-risk events?

It's important to focus on what you CAN do and plan.

If you are going on vacation or if guests are coming to visit you:

- Look ahead for activities that involve walking (the parks, monuments, zoos, etc.).
- Exercise as early in the day as possible, so you won't forget. You'll feel better too!
- Drink a glass of water before your meal. Begin by eating vegetables first!
- Make sure that fruits and vegetables are available.
- Remember that everything is okay in moderation... Make a plan to have only one "cheat" day a week and stick with it (also see page 12 "It's a Balancing Act").
- If you are going to a party:
 - Eat before you go! Have some fruits and vegetables to make you feel full before you go.
 - Downsize your portion sizes...And make a plan to balance out your calories in the days before and/or after.
 - Bring a healthy dish! Vegetable and fruit trays with low-fat or fat-free dips are always a hit!

Body Image Worksheet

♥ Make a list of three people that you admire most. These either can be people you know (family/friends/neighbors) or those who are famous. Beside each name, write down one thing you like about each person.

1.

2.

3.



♥ Write down three things that you admire about yourself—something you are proud of.

1.

2.

3.

♥ Do any of the things that you listed above depend upon your losing weight? Write down any (if there are none—that's ok).

♥ Write down one thing that you like about your body.

1.

Discussion notes:



What Do You Avoid? (a self tool)

Which of the following things do you avoid (if any) because of your body weight or shape?

- Wearing clothes that show your body shape or size.
- Exercise that may draw attention to your shape or weight.
- Eating in front of others—especially large amounts of food because they will think you are overeating.
- Choosing lower-calorie foods in front of others because it may make them uncomfortable (they might think they should only eat healthy foods in front of you).
- Weighing yourself or looking at yourself in a mirror or picture.
- Hugging, because it might let others know how your body feels.
- Places where people may see your body (pools, the beach, dressing rooms, or public showers).
- Going to events where food is served because you don't like others watching you eat.
- Eating unhealthy foods in front of others.
- Exercising in groups because you don't think that you will be able to keep up.
- Seeing people who knew you when your body shape or size was different.
- Having your picture taken.
- Shopping for new clothes—especially at special stores due to weight or shape.



Flexibility Means Stretching!

Stretching helps improve flexibility. Stretching will keep you limber and help to prevent injury. Complete your exercise sessions with a **GOOOOOD STRETCH!**

Stretching can be done anytime after your muscles are warmed up. You can stretch after your aerobic exercise. If you choose to stretch at another time, make sure you move around for at least 3 minutes before to get your muscles warm. Never stretch cold muscles.

Things to remember:

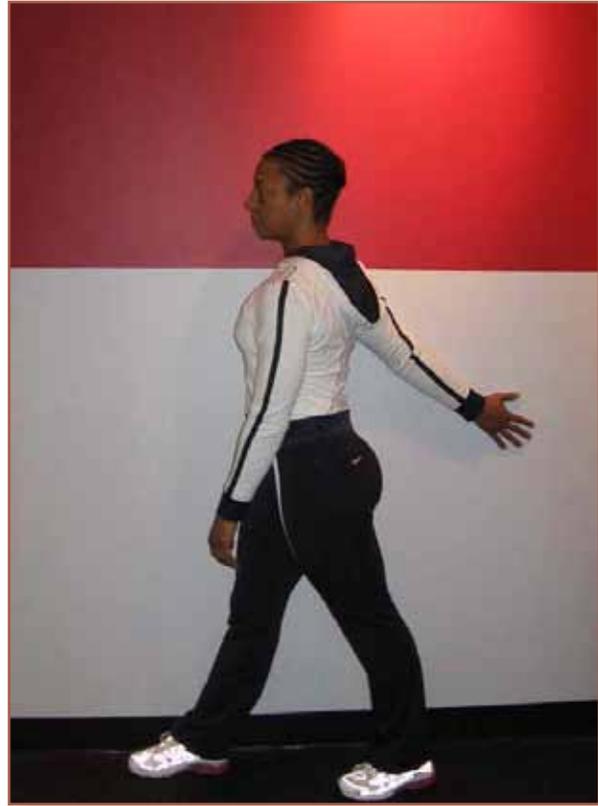
- Always warm up before you stretch.
- Maintain good posture.
- Stretch slowly and do not bounce. Hold stretches for at least 5 seconds.
- Keep breathing. Do not hold your breath!
- Expect to feel tightness or slight discomfort, but it should never HURT. Listen to your body. Challenge yourself but know your limitations.



Try the following stretches:

CHEST STRETCH

1. Face a wall and extend one arm straight out to side: not too high, not too low.
2. Place hand on wall to anchor.
3. Turn your chest away from the arm.
4. Step the same foot as arm on the wall forward (as if you are pretending to be an Egyptian drawing).
5. Be sure your shoulder is not rolled forward. You should feel the stretch in the chest.
6. Breathe!
7. Repeat with the other arm.



SHOULDER STRETCH

1. Face the wall with the arm extended across chest.
2. Lean slightly toward the wall.
3. Keep shoulders down.
4. Breathe!
5. Repeat with the other arm.



BACK OF THE ARM (TRICEPS) STRETCH

1. Walk fingers up the wall. Stop when you feel a stretch in the back of your upper arm (*Figure 1*).



Figure 1

2. If possible, reach overhead all the way and put your opposite hand on your elbow. Stop here if you feel the stretch in the back of your upper arm (*Figure 2*).

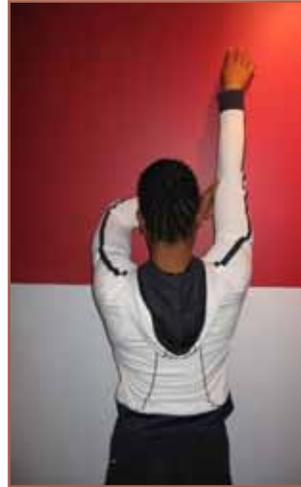


Figure 2

3. If possible, reach arm back behind head, patting or scratching your upper back. Grasp elbow of “patting” arm with opposite arm over or slightly behind head and pull gently on the elbow so the hand of the “patting” arm slides just a bit down the spine (*Figure 3*).



Figure 3

4. Keep shoulders down.
5. Breathe!
6. Repeat on other arm.

CALF STRETCH

1. Stand with both feet pointed straight forward.
2. Step back with a big step.
3. Position your legs so that the back one is straight and the heel is pressed against the floor.
4. The front leg should be bent.
5. Breathe!
6. Repeat with the other leg.



BACK THIGH STRETCH

1. Place one leg in front (like you did with the calf stretch).
2. Shift your weight to the back leg.
3. Bending slightly at the knee (you can place your hand on this thigh, above the knee, for support).
4. Feel the stretch in the back of the front leg.
5. Flex your foot (toe pointed to the ceiling) to feel a deeper stretch.
6. Hold for 30 seconds.
7. Breathe!
8. Repeat with the other leg.



FRONT THIGH (Quadriceps) STRETCH

1. Shift weight onto one leg.
2. Grasp opposite foot and pull straight back.
3. You should feel the stretch from your hip to the front of your knee.
4. Hold for 30 seconds.
5. Breathe!
6. Repeat with the other leg.



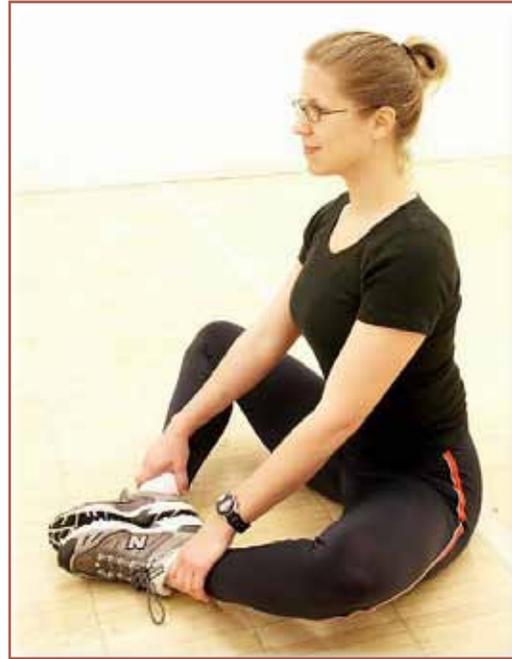
Wrong



Correct

INNER THIGH STRETCH

1. Sit up straight with soles of feet together and knees bent out to the sides.
2. Let the knees fall out to the sides; you can enhance the stretch by pressing on the knees slightly with the elbows.
3. Sit up tall.
4. Keep tummy pulled toward spine.
5. Breathe!



Skill Builder



- Think about when you might be at high risk for slips in reaching your eating and exercise goals. Think of at least one way to avoid or cope with these times.
- For the next meeting, bring two pictures from magazines or newspapers to share with the group: one picture showing false or unrealistic images about body weight and shape, and one picture that is realistic and makes you feel good about yourself!
- Do at least one activity you usually avoid because of the way you feel about your body.

Continue to:

- Set your personal goal for regular exercise this week—remember to keep increasing it.
- Track your food and exercise. Be aware of calories in foods. Eat fewer calories than you spend.
- Add to your list of activities to do instead of eating when you are upset.
- Reward yourself!

Session 5

Understanding Hunger and Lifestyle Activity



Understanding Hunger and Lifestyle Activity

Differences between Internal and External Hunger

Internal Hunger (hunger that comes from the inside)

- Usually linked to physical feelings (stomach pain, headaches, weakness, dizziness).
- Usually happens at least 3-4 hours after you have eaten.
- Not linked to food cravings.

External Hunger (hunger that comes from the outside, including our thoughts)

- No physical feelings.
- Usually happens less than 3 hours since you've eaten.
- Usually linked with specific cravings for food. (Is the reason you crave pizza because you just saw a Pizza Hut commercial?)



Put on the Brakes...

Did you know it takes your stomach about 20 minutes to tell your brain that it's full? Eating slowly can help you lose weight.

Try these tricks to help you slow down:

- **Water please! Drink a glass of water before you begin each meal or snack.**
- **Play the fork game—put your fork down between bites and don't pick it up until you chew thoroughly and THEN swallow your food.**
- **Use the 20-minute rule!**

Upon finishing a serving of food, ask yourself if you **truly** are hungry. If you still are, promise yourself that you can eat more, but first set a timer for 20 minutes and leave the room. Pursue a non-food activity, like...

- **Typing on the computer**
- **Writing a letter**
- **Knitting or making a craft**
- **Going for a walk**

If you are still hungry when the timer goes off, then eat another serving.



Do You Like to Move It?

Increase Your Daily Physical Activity:

- **Park and walk:** Instead of looking for parking spaces up close, park farther away. Take more steps whenever you can. Your pedometer will measure these extra steps and start you toward a more active lifestyle.
- **Take the stairs whenever possible.**
- **Take a lap or two around the shopping center** before you start shopping.
- **Walking vs. driving:** If you can safely walk there, do it instead of driving.
- **Get your groove on!** Playing music during normal activities, such as driving and cleaning, increases the number of calories you burn when you “groove” with it. So, turn up those tunes whenever you can!





Lifestyle Activity =
Physical activity that is
unstructured and incorporated
into daily tasks.

Other Tips for Getting More Exercise

- Plan your steps or “step check” to make sure you are getting your steps in each day.
- Take mini walks throughout the day.
- Use TV time: There are 10 minutes of commercials in a 30-minute TV show! Use them to walk around.
- Talk and walk. Move around while you’re on the phone.
- Be a kid again! Play with children. Have a game of walking tag or a dance party.
- Walk to the mailbox.
- Do yard work—mow the lawn.
- Put away each load of laundry when it is finished (Don’t pile it up).
- Do your errands on foot. Walk to the store, pharmacy, cleaners, or to buy a newspaper.



Other Tips for Getting More Exercise (cont.)

- Wash your car rather than driving through the car wash—especially on nice days!
- Make a rule **NOT** to wait in the car or to use drive-throughs. If you're picking someone up—park and go get them (don't honk).
- Make more than one trip to/from car with groceries, packages, etc.
- Always return the shopping cart to store entrance.
- Get off the bus/train one stop earlier.
- Walk rather than sending an email or telephoning, if possible.
- Walk around your kitchen while you're waiting for the microwave or around the office when you're faxing or making copies.
- Do not ask anyone to do anything for you “while they're up.” Get up from the chair and do it yourself.
- Go for walks at lunch time.
- Walk around your home or the building where you work once a day.



Skill Builder



- This week, note your hunger. Does it come from the inside or outside?
- Make a plan to eat at regular times. Don't skip meals.
- Record how long it takes you to eat your main meal. If it takes you less than 20 minutes, try to stretch it out. Try using one of the tips we talked about.
- Use your pedometer and record how many steps you take each day. Increase your steps by trying different ways to increase your lifestyle activity.

Continue to:

- Set a specific goal for regular exercise; increase how often and how long you exercise.
- Track your food and activity. Be aware of calories in foods. Eat fewer calories than you spend.
- Reward yourself!

Session 6

Triggers to Eating and Core Training Exercises



Triggers to Eating and Core Training Exercises

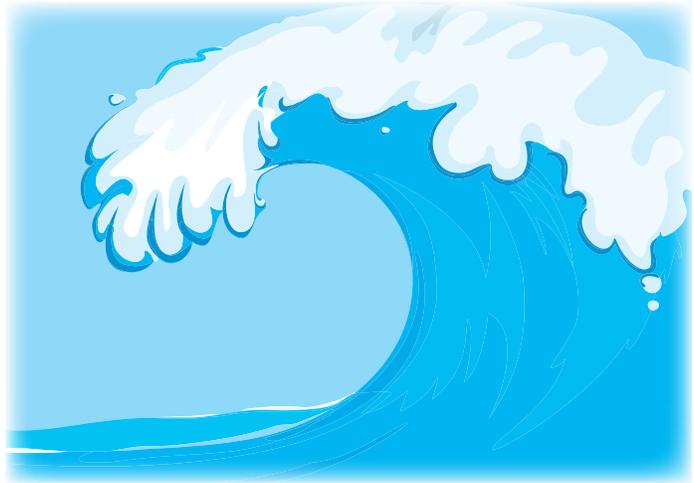
Triggers

- Triggers are things around you that make you want to eat.
- Certain thoughts, things you see, feelings, times, places, and activities can be powerful triggers to eat, even when you're not physically hungry.
- Your goal is to break the link between these thoughts and the act of eating.



Ride or Surf the Urge

- Wait it out!
- Put off eating for 10-20 minutes.
- Try one or more of the following tips:
 - Just say “NO!” “I know that I am not really hungry—so I am not going to eat.” Say or think the word “NO!” when your mind drifts to food.
 - Replace your thoughts of food with other pleasant images like a sunset, vacation, how you will look after you reach your weight goal.
 - Distract yourself. Focus on something other than food. Read a magazine, answer e-mails, talk to a friend, fold laundry, take a shower, or brush your teeth.
 - Break your craving spell with exercise. A walk around the block or a few trips up and down the stairs can clear your thoughts about food.



Has your craving gone away? If so, you have broken the “crave-treat” chain.

Is your craving still there?

If so, spend a few moments thinking about lower-calorie choices that might satisfy your craving (examples: pretzels instead of potato chips, rice cakes instead of cookies).

If only the real thing will do? Then record it in your log before you eat it. Allow yourself a small portion of the food you crave. Put it on a plate, and take it to your chosen eating place. Take time to savor each and every bite. Remember, the key is moderation! Return to your regular meal plan.



What Are Your triggers?

Fill in this table by writing down ideas on how you can break the "crave-treat" link.

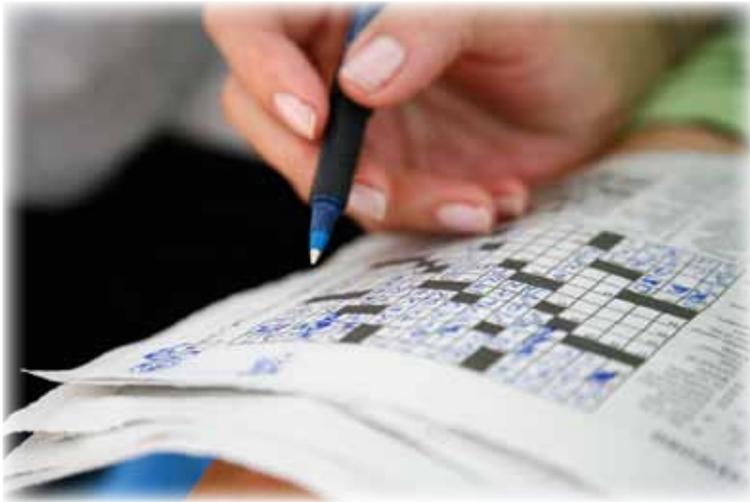


Trigger	How to break the chain	Result
<p><i>"Commercial" on TV (the trigger leads to eating fried chicken)</i></p>	<p><i>Change the channel Do a load of laundry</i></p>	<p><i>Started doing other chores and forgot about the fried chicken</i></p>

Reduce Your Triggers

1. Limit eating to one place at home and one place at work.
 - At home: Eat in a place that already includes food (e.g., kitchen, dining room)
 - At work: Eat in a place that is separate from your desk or work area (e.g., staff kitchenette, cafeteria)
2. Eat food slowly with a spoon or a fork to become more aware of eating.





Habit vs. Hunger

Do you eat out of hunger... or do you eat out of habit? Try some of the following activities the next time you want to eat.



- ✓ Go for a walk
- ✓ Call a friend
- ✓ Brush your teeth
- ✓ Take a bath
- ✓ Knit
- ✓ Take a drive
- ✓ Read a book
- ✓ Work on a hobby
- ✓ Visit a neighbor
- ✓ Pray or meditate
- ✓ Get up and stretch
- ✓ Give yourself a facial
- ✓ Paint your nails
- ✓ Play a board game
- ✓ Work a crossword puzzle
- ✓ Write a note to a friend
- ✓ Re-pot a plant
- ✓ Listen to your favorite music
- ✓ Work in the garden
- ✓ Clean a closet or organize a junk drawer
- ✓ Write in a journal
- ✓ Go to the library
- ✓ Look at a photo album



Core Training

What Is the Core?

- Muscles of the abdomen (stomach), back and hip that support the spine.
- Do core exercises every day. It will improve your posture, balance, and function. It also will help reduce back and hip pain.

How to Find Your Neutral Spine?

Stand sideways in front of a mirror:

- Place your hands on top of your hips, just below your waist.
- Soften your knees and roll your hips (pelvis) forward and towards the floor.
- Now slowly roll your pelvis backward dropping your tailbone to the floor.
- Notice the range of movement that you have in each direction, it may be that you have a larger “tilt” to either the front or the back. This is quite common.
- Find the place where your pelvis is half-way between the front and back positions.
- Pay attention to the “feel” of this position.
- This is your neutral spine position. This is important for the exercises on the following pages.



Strengthen Your Core With These Exercises

Seated Abdominal Exercise #1 (Do while watching TV, driving, at your desk)

- Breathe out and pull your lower “abs” (abdominal muscles) towards your back.
- Hold for 3 seconds. Release. Repeat.

Seated Abdominal Exercise #2

- Sit in a neutral spine position.
- Pull your lower abs towards your back.
- Lift your heels
 - Lift your right heel from the floor - Release
 - Lift your left heel from the floor - Release
 - Lift both heels from the floor - Release
- Tap your toes
 - Tap your right toe
 - Tap your left toe
 - Tap both toes
- Slide your legs
 - Slide your right leg forward and backwards
 - Slide your left leg forward and backwards
 - Slide both legs forward and backwards
- Lift your feet
 - Lift your right foot - Release
 - Lift your left foot - Release
 - Lift both feet - Release
- Knee to chest
 - Extend your knees
 - Bring your right knee towards your chest - Release
 - Bring your left knee towards your chest - Release
- Knee extension
 - Lift your right foot and extend the knee - Release
 - Lift your left foot and extend the knee - Release

Seated Good Morning Exercise (Strengthens Back): (Do at the breakfast table)

- Sit in a neutral spine position.
- Pull your lower abs towards your back.
- Keeping your back straight, bend down.
- Breathe out and come up.
- Repeat.

More Core Exercises

Abdominal Curls on Mat/Towel

- Keep tummy pulled in towards spine.
- Relax your neck and focus your eyes.
- Curl up using your abs only (don't bend at the hips!).
- Lift and lower upper body slowly.
- Breathe!



Core Extension - Bridging

- Pull tummy in towards spine.
- Keep spine neutral as you lift hips up.
- Shoulders, hips and knees are directly in one line at top of movement.
- Lift and lower body slowly.
- Breathe!



Skill Builder



- Complete the Trigger Chain Table. Bring it to group next week.
- Limit your eating to one place at home and one place at work.
- Record your activity while eating. The goal is to do nothing while you eat.
- Do core training every day.

Continue to:

- Set a specific goal for regular exercise this week; increase how often and how long you exercise.
- Use your pedometer, count and record daily number of steps.
- Track food and activity. Be aware of calories in foods. Eat fewer calories than you spend.
- Reward yourself!

Session 7

Time Management and Ways to Eat Fewer Calories



Time Management and Ways to Eat Fewer Calories



What Is Most Important to You?

1. Imagine it's 10 years from now. What 4-5 things would you most like to do, experience, or have in the next decade?

2. What would you need to do to make those dreams come true?

3. How important is staying healthy in being able to do those things?



How Do I Spend My Time?

Think of the past week.
Record how you spent your
time. Circle areas where
you feel you spend too
much time.



HOURS

How I spent my time	SUN	MON	TUE	WED	THU	FRI	SAT
Sleep							
Work (include travel time, meetings)							
Physical activity (include exercise, sports, playing with kids/friends)							
Food (include grocery shopping, meal planning and cooking, packing lunch, eating, time at restaurants, self-tracking)							
Home chores (include yard work, house work, working on car, laundry, other shopping, travel to school, daycare or kids' events, etc.)							
Time with family and friends							
Personal care (include showering, dressing, grooming)							
Sedentary activities (include TV, reading, movies, home computer use)							
Community (include church, volunteer work)							
Other:							
Total hours (should be 24)							

Ways to Save Time

- **Cut back** on (or stop doing) what's not important to you.
- **Say "no"** when asked to take on a new task that you'll regret.
- **Combine tasks**
 - Combine errands (go to the drug store and the post office in one trip).
 - Double recipes when you cook. Freeze extras to eat at a later time.
 - Ask someone to go walking with you and catch up on the day's news.
 - Pack lunches the night before while listening to a book on tape.
- **Ask someone for help**
 - Schedule set times for meetings and phone calls at work.
 - Ask your husband, roommate or children to help clean up after meals.
- **Plan ahead**
 - Make a "To Do" list and decide which things you need to do now and which ones can wait. Cross off tasks as you finish them.
- **Don't put important things off**
 - Link chores that you don't like with something you enjoy doing.
 - Count the cost. Think about what will happen if you put off doing an important task. Start small. Think of the smallest step you can do to start, then do it.
 - Plan a reward.



Fill Yourself Up—Don't Weigh Yourself Down!

Believe it or not, you can eat more food while eating fewer calories. Foods that are high in sugar and fat pack a lot of calories, but take up little space in your stomach—avoid these calorie-dense foods. But instead...

Go for Volume!

Choose foods with lots of water and fiber—they'll fill you up without providing many calories (chances are you will be getting more nutrients too).

- Drink a glass of water or a diet soft drink between meals and right before each meal.
- Start your meal with a broth-based soup or a salad (with fat-free dressing).
- Think about soup as a main course.
- Eat fruit instead of drinking juice.



Trading More for Less!

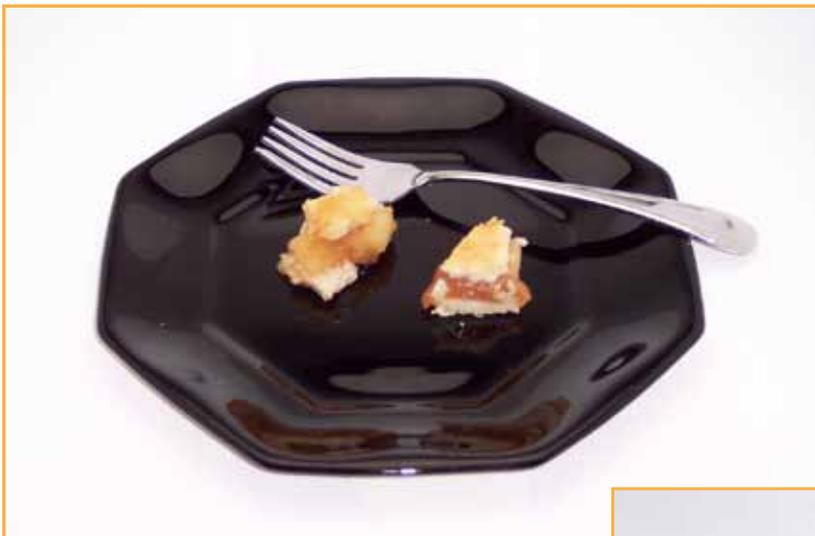
Sometimes, it's hard to limit portion size—especially when we're eating foods we love! But, there are solutions:

- Increase the amount of low-calorie, high-fiber foods you eat—foods that provide your body with lots of nutrients while filling you up—foods like fruits and vegetables.
- Decrease portions of high-calorie foods such as fats and sweets. These foods take up little space in your stomach, but are packed with calories.

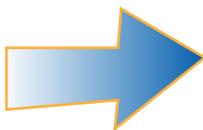
Let's compare some higher-volume food choices with some calorie-dense food choices...

Take a look... Which would fill you up more?

2 bites of apple pie



1 large baked apple with cinnamon, ginger, and artificial sweetener, like Splenda®

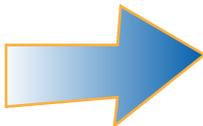
Or 



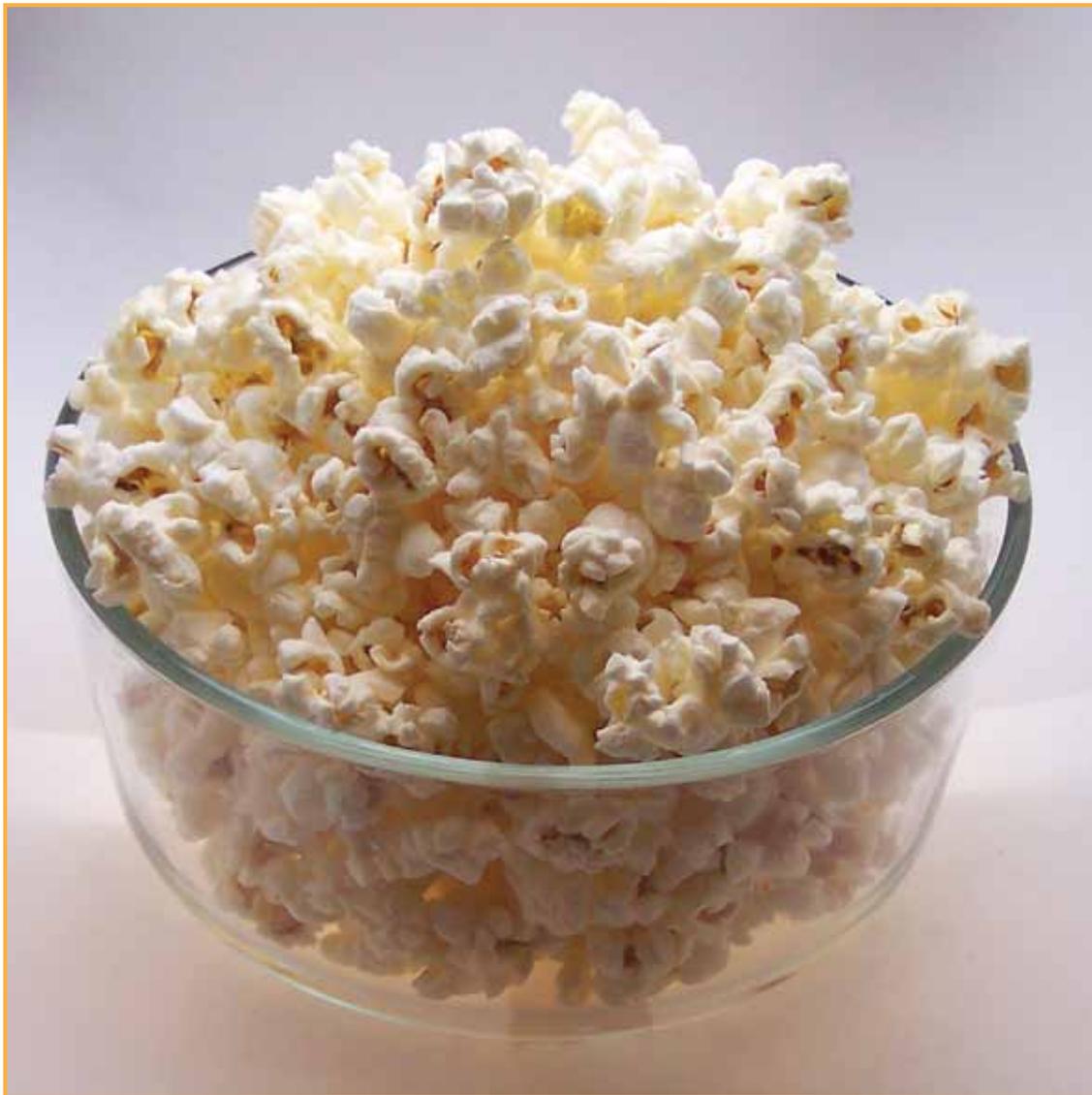
Trading More for Less!

15 potato chips



Or 

7 cups (94% fat-free) microwave popcorn



Aren't these differences amazing? Foods high in fiber will fill your stomach while providing fewer calories and little saturated fat. High-fiber diets make weight loss much easier!

Skill Builder



- Look at how you spend your time. Plan changes to allow more time to things that are important to you. Make at least one change before our next meeting.
- Add ideas to eat more without adding calories.

Continue to:

- Set a specific goal for regular exercise this week; increase how often and how long you exercise.
- Track your food and activity. Be aware of calories in foods. Eat fewer calories than you spend.
- Try doing a different activity rather than eating when you are upset.
- Reward yourself!

Session 8

Strength Training



Strength Training



The Benefits and Costs of Exercising

	Exercising	Not Exercising
Benefits of:		
Cost of:		

ENERGY Strength Training

Strength Training:

- Strength training is exercising with resistance that helps build stronger muscles.
- Strength training will not cause you to “bulk up.”
- Strength training has many benefits:
 - Increases strength of muscles
 - Increases metabolism (or the amount of calories your body uses)
 - Improves bone strength



Breast cancer survivors may need to get individualized instructions from doctors or physical therapists before doing any upper body strength training.

The ENERGY Program will focus on strength training the lower body since this area includes the major muscle groups that are important in using calories.

Weights and other equipment are often used in strength training. In ENERGY you will use your own body weight, so there is no need for fancy equipment.

Always warm up for at least 3 minutes before strength training.

3 Basic Moves:

For your own safety, you may wish to do these exercises near a wall or other sturdy surface so that you can use it for balance.

- Chair Sits
- Toe Raises
- Ballet Squats

Work slowly (count 1, 2, 3 when you stand up and when you sit down). Do not “lock” your knees; keep them slightly bent at all times.

- If you feel pain during an exercise, stop right away.
- If you feel a mild burning, it’s okay. It’s also normal to feel sore the next day when you first start to exercise or if you increase the amount of resistance. Remember, soreness is different than pain.

Chair Sit

1. Use a sturdy chair and place the back of the chair against the wall to steady it.
2. Sit straight with knees bent to a 90-degree angle, feet flat on the floor, and arms across your chest.
3. Stand up and sit back down 8-15 times.



Toe Raise

1. Stand tall with feet planted firmly on the floor about one foot apart.
2. Support yourself by holding on to a chair, wall, or countertop.
3. Slowly rise up on your tiptoes, as high as possible. Then lower your heels all the way back down. Repeat 8-15 times.



Ballet Squat

1. Extend arms out to sides, position your feet under your wrists (feet will be wrist-distance apart from each other). Then you can relax your arms at your sides.
2. Stand up tall and tuck your hips under you (to avoid arching your back).
3. Lower your body down in a straight line—your knees should be in line with your ankles, feeling your body weight in the heels of your feet. Keep your chest lifted and torso centered above your hips (don't lean forward or backward).
4. Go as low as comfortable—there should be a warm, gentle pull in your thighs (particularly your inner thighs).
5. Then slowly squeeze and bring yourself back up to a standing tall position. Do not lock your knees! Repeat 8-15 times.



Strength Needs Rest!

Strength training should be done twice a week. It is important to give our muscles at least one day off between these sessions. This is how they get stronger!

- Do the 3 Basic Moves, resting about a minute between each one.
- Complete 8-15 repetitions (reps) of each exercise (this is the number of times you go down and up for each exercise).
- Do 1-3 sets of the exercises (meaning you then do each exercise 1-3 times).

For example: 2 sets of 8 repetitions of the Chair Sit would mean you did 8 Chair Sits (1st set), took a rest and then did 8 more (2nd set).

**Remember to keep breathing.
Do not hold your breath when you do your exercises!**



Lymphedema

What Is Lymphedema?

- Lymphedema is swelling due to the pooling of body fluid called “lymph.” During breast cancer surgery, some of the lymph nodes and vessels may be removed.
- The removal of these nodes and vessels increases risk for arm lymphedema.
- Radiation also increases the risk for lymphedema.



Is There a Cure?

- There is no cure for lymphedema.
- If lymphedema is detected early and treated, it is much easier to manage.
- If you have any of the following signs, contact your doctor immediately:
 - A feeling of heaviness, fullness, pressure, or aching in the arm.
 - A feeling of swelling, even before actual swelling occurs.
 - Jewelry or clothing that fits more snugly than usual.
 - Feelings of heat in the arm.
 - Changes in the skin color of the arm.

Can I Prevent Lymphedema?

Not always, but these tips may help.

- Keep your skin clean and moisturized.
- Protect your arm: Avoid injury to the arm.
 - **EXAMPLES:** NO blood draw or blood pressure on the side you were operated on, do not have your cuticles cut when having a manicure, wear gloves when working in the garden or cooking).
- Avoid sun or heating on the affected arm.

Can I Do Strength Exercises if I'm at Risk?

- Most women at risk for lymphedema can safely perform aerobic and strength exercises using the “at risk” body part when exercises are:
 - Starting at a low level of resistance.
 - The resistance is increased slowly over time.
- Women with or at risk of lymphedema should see a physical therapist before beginning an upper body strength training program to learn how to exercise correctly and how to progress.
- If you cannot do upper body strength training 2 times a week on a regular basis, it is likely better not to do it at all.



Where Can I Get More Information on Lymphedema?

- National Lymphedema Network (<http://www.lymphnet.org>)
- Guidelines and the Exercise Guidelines for Cancer Survivors from the American College of Sports Medicine (<http://www.acsm.org>)

Skill Builder

- Add lower body strength training 2-3 times a week.

Continue to:

- Set a specific goal for regular exercise this week. Increase how often and how long you exercise.
- Track your food and activity. Be aware of calories in foods. Eat fewer calories than you spend.
- Try a different activity besides eating to do when you are upset.
- Reward yourself!



Session 9

Tips for Eating-Out



Tips for Eating Out

Eating Out

You can make healthy food choices if you know what to look and ask for!

Plan Ahead

- Choose restaurants that offer healthy menu items.
- Plan your meal before going. Call ahead to ask about low-calorie choices or check the restaurant web site.
- Eat less during other meals that day. But don't go overboard—you don't want to be too hungry when you get there. Drink a big glass of water before looking at the menu.



Ask for What YOU Want

- Ask the server about ingredients or cooking methods.
- If the way food is prepared is high in fat (see High-Calorie Words — next page), ask if they can prepare it in a healthier way.
 - Can the food be prepared using a lower-calorie method such as baked, steamed, broiled, grilled, stir-fried or roasted?
 - Can food be prepared without added fat, such as butter or oil?



- Share your entrée. Restaurant portions are large enough to feed 2-3 people.
- Ask for a “to go” box (doggie bag) when your food is served. Put half in the box right away before you start eating.
- Ask that your plate be removed as soon as you stop eating, even though food may remain.
- Ask the server not to bring the bread, chips or other “freebies.”
- Order “a la carte” (separately) rather than a “full meal.”
- Ask for “lunch,” “senior,” or “child” portions.
- Ask for salad dressing, gravy, sauces, or spreads “on the side.”
- Substitute lower-calorie foods, like salad or steamed vegetables, for higher-calorie items such as French fries.



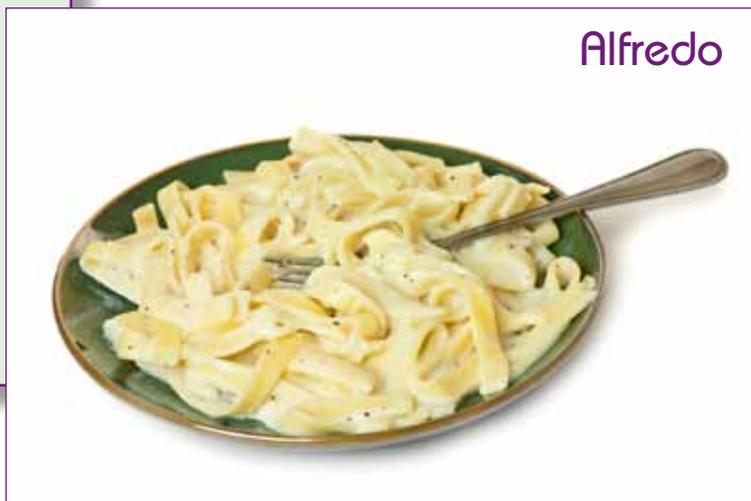
- Ask for nutrition and calorie information on menu items.
- Fill up on fruits and vegetables—leave less room for high-calorie foods.
- Help yourself to the salad bar—eat plenty of greens, tomatoes and carrots.
- Order an appetizer instead of an entrée for your main meal.
- Start with a salad or low-calorie (broth-based) soup.
- Add tomatoes, onions or lettuce to hamburgers or sandwiches.
- Choose water or another calorie-free drink.
- Order vegetables on the side.
- Slow down! Put your fork down between bites.



High-Calorie Words

- | | |
|---------------------|---------------|
| • Au gratin | • Flaky |
| • Au beurre | • Pastry |
| • Alfredo | • Fritters |
| • Batter-dipped | • Hollandaise |
| • Bearnaise | • Parmigiana |
| • Breaded | • Scampi |
| • Buttery | • Bisque |
| • Creamy or creamed | • Kiev |
| • Crispy | • Kung pao |
| • Carbonara | • Tempura |
| • Croquette | • Pan-fried |

Alfredo



Fast Foods



Better Choices



Breakfast

Danish.....

Croissant or biscuit sandwiches

Eggs, bacon, sausage, fried potatoes

Small bagel.

English muffin.

Pancakes without butter. Cold cereal with 1% fat or fat-free milk.

Lunch/Dinner

Jumbo cheeseburgers.....

Fried chicken or tacos.....

Fried chicken pieces.....

Fried fish.....

Pepperoni or sausage pizza.....

Grilled chicken, sliced meats or a small hamburger on a bun with lettuce, tomato and onion.

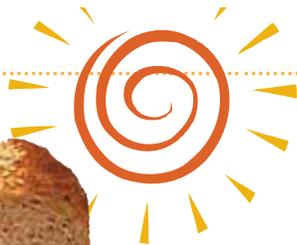
Grilled chicken or salad bar (but watch out for high-fat dressings and ingredients).

Chicken fajita or pitas.

Grilled fish.

Request pizza with less cheese and more vegetable toppings.

Sandwiches.....



Choose whole grain breads instead of croissants or biscuits.

Select turkey breast instead of high-fat meats such as salami and have meat or cheese, not both.

Toppings: Cheese, mayonnaise-based sauces, bacon.....

Pickles, onions, mustard, ketchup, tomatoes

French fries.....

Baked potato with salsa or low-fat chili.
Tossed salad or vegetables with vinaigrette or reduced-calorie dressing.

Milkshake.....

Juice, 1% fat or fat-free milk.

Pies, cakes, ice cream or cookies.....

Low-fat frozen yogurt, fruit ice, sorbet.

Test Your Skills

Place a “mock” order of what you would select at a restaurant and any special requests.



Restaurant: _____	
Place Your Order...	
Beverage:	
Appetizer:	
Salad:	
Entrée:	
Dessert:	
Special Requests:	

Skill Builder



- Use at least one strategy to eat healthier outside of home.

Continue to:

- Set a specific goal for regular exercise this week; ramp up how often and how long you exercise.
- Track your food and activity. Be aware of calories in foods and eat fewer calories than you spend.
- Add to your list of activities to do instead of eating when you are upset.
- Reward yourself!

Session 10

Dealing with Negative Thoughts and Special Occasions

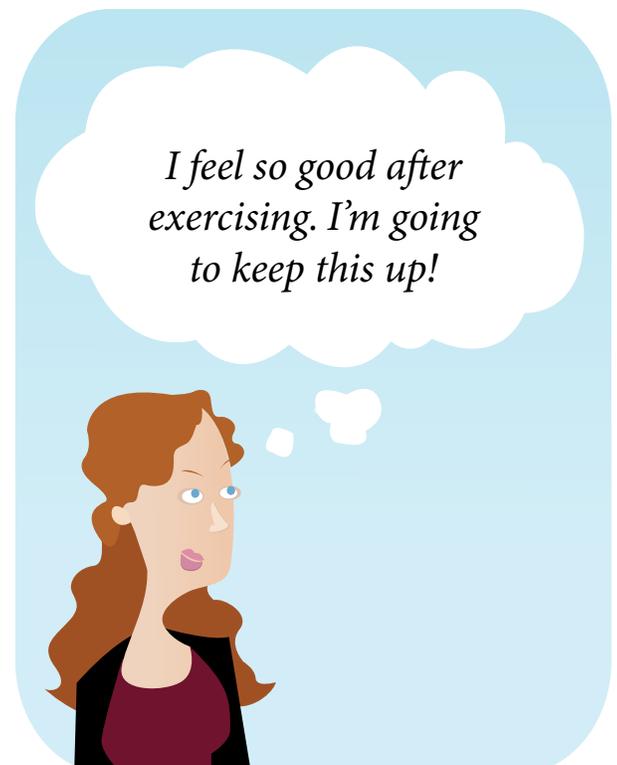


Dealing With Negative Thoughts and Special Occasions

Talk Back to Negative Thoughts!

What is self-talk?

- It's the conversation we have with ourselves—in our heads.
- Self-talk is very powerful—it affects feelings and actions.
- Positive self-talk is hopeful—it gives confidence and power.
- Positive self-statements can move you toward your exercise and eating goals.



Negative Thoughts

- Everyone has negative thoughts at times.
- Negative thoughts can lead you away from your goals—be careful not to talk yourself out of exercising or eating healthier—it’s important for you.
- Don’t get caught in a cycle of self-defeat that’s hard to break.



Example:

Thought:



“I’m tired of working so hard. I’m sick of being in the ENERGY Trial. I can never eat what I want.”

Result:

You eat potato chips.

Thought:



*“I did it again.
I’ll never lose weight.”*

Result:

You feel discouraged and eat more.

What Can You Do About Negative Thoughts?

- Become aware of your negative thoughts—stop them or argue against them.
- Use positive self-talk to distract yourself from negative thoughts.
- Use positive self-talk to deal with bad feelings and to talk yourself into physical activity and sensible eating.
- Positive self-talk can help the way you feel and think about yourself. It can help you overcome anger and depression.

Negative Thought▶ Positive Self-Talk

Good or Bad:

“I can never eat dessert again.”

“Look at what I did. I ate that cake. I’ll never succeed.”



Work Toward Balance:

“I can eat that dessert and then cut back on something else.”

“One slip-up isn’t the end of the world. I can get back on track.”

Excuses:

“It’s too cold to take a walk.”

“I don’t have willpower.”



It’s Worth a Try:

“I can try going for a walk and stop if it gets too cold.”

“It’s hard to change old habits, but I’ll give it a try and see how it works.”

Should:

“I should have eaten less dessert.”

“I have to write down everything I eat.”



It’s My Choice:

“It was my choice. Next time I can decide not to eat so much.”

“I’m writing down everything I eat because it helps me eat better.”

Not As Good As:

“Mary lost two pounds this week, and I only lost one.”



Everyone’s Different:

“It’s not a race. Mary and I can lose weight at different rates and both succeed.”

Give Up:

“This program is too hard. I might as well forget it.”

“I’ll never get it right.”



One Step at a Time:

“I’ve learned something about what’s hard for me.”

“I’ll try something different next time.”

Note: Positive mind training can sometimes cause unexpected thoughts and feelings. You may need help dealing with these thoughts and feelings. Talking to a trusted person or writing in a personal journal may help. If you need more help, let the research staff know and we can refer you to a professional.

Thought-Stopping

What is Thought-Stopping?

- You may dwell on thoughts that make you worry, feel sad, or feel bad about yourself. Thought-stopping is a way to get rid of those thoughts.
- When you practice thought-stopping, the unwanted thought occurs less often. Over time, the thought will be easier to ignore or may not occur at all.



Why should you use it?

- Studies show that when you change what you think, you can change your mood. Thought-stopping is easy to learn, and it can help you feel better and start exercising.

How to Thought-Stop?

1. Catch yourself dwelling on unwanted thoughts.
2. Think, “I’m doing it to myself.” Imagine shouting, “**STOP!**” to yourself. Picture a huge, red stop sign.
3. Talk back with a positive thought.



Here are some examples of good positive thoughts:

- I am so proud of myself for exercising.
- I can do anything I set my mind to.
- What a strong woman I am!
- I am doing something positive to take control of my health.

Say these to yourself after each workout. Over time, they will make you feel better.



Practice Thought-Stopping

1. Write examples of negative thoughts below.
2. What facts are there that would make these true or false?
3. Challenge the thought.

Your Negative Thought	STOP	What are the facts that would make this true or false?	Challenge the Thought
<i>I'm too fat to exercise in public.</i>		<i>Notice that people of all shapes and sizes are walking in the local park.</i>	<i>Walking in the park would help me meet my exercise goals and feel better about myself.</i>
			
			
			
			
			

Special Occasions



Do you feel that you must eat everything offered when eating at a friend's house, buffet or reception? Here are some tips to keep you on the "lighter" side:

- **Eat something before you go.** Snack on low-calorie (but filling) foods such as green peppers, cucumbers or a piece of fruit. Drink a big glass of water before you go.
- **Plan ahead.** Bring a plate of fruits or vegetables with you—your host will be grateful.
- **Wear clothing that is form-fitting and tight at the waist.** You'll eat less.
- **Pick at your food.** Try to be the slowest eater in the room. Be the last to start and enjoy the company as much as the food.
- **Stay in control.** You can choose to stop eating or slow your pace.
- **Keep a beverage in your hand.** The low-calorie kind! If your hands are busy, they're less likely to reach for chips or candy.
- **Maintain distance.** Stand across the room from the food or move bowls of snacks or candy away from where you are sitting.
- **Fill up with lower-calorie items first.**
Eat the best and leave the rest.

**Focus on your friends
instead of food.**



Be a Healthy Hostess:

- Offer low-calorie choices (e.g., vegetable tray, fruit platter, lower-calorie appetizer and entrée choices).
- Cut back on calories and fat as much as you can. For example, use light cream cheese, reduced-calorie mayonnaise or non-fat sour cream in recipes.
- Send your guests away with leftovers that are too tempting.



Skill Builder

- Keep using the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Set a specific goal for regular exercise this week. Increase the number of times you exercise and the length of each session. Strive for an average of 60 minutes a day. Remember to work at the “somewhat hard” level.
- Use your log to write down any negative thoughts you have this week..
- Respond with positive thoughts.
- Read tips for dealing with special occasions. Circle those that you think you can do. Practice.



Session 11

Helpful Exercise and Food Shopping Tips



Helpful Exercise and Food Shopping Tips



Cues to Exercise

Clothes/Exercise Gear

- Wear exercise clothes when not exercising.
- Have exercise clothes ready and in sight.
- Keep some extra exercise clothes in the car or at a friend/relative's house.
- Put walking shoes by the door or in a place that will prompt you to exercise.

Reminders

- Put physical activity planner or other reminders where you can easily see them.
- Have someone ask you about your exercise plan for the day.

Social Support

- Family and friends have a powerful impact on our behavior. Ask for their help to encourage you to exercise. Will they exercise with you?

Be Ready to Exercise

- No matter how you feel, be ready to exercise... at least start!
- Do at least 10 minutes—now, can you do a little more?
- Begin slowly. Often you will gain the pep you need to continue.
- Try to exercise early in the day. Make a promise to yourself to get some exercise before the sun sets.

Don't let anything get in the way of reaching your goals!

Let's Go Shopping!

Grab a grocery cart and bring home foods that are low calorie, healthy, and filling, such as fruits, vegetables, and high-fiber grains and starches.



Supermarket Strategy



Before you go:

- Make a list—then stick with it.
- Don't shop when you're hungry—go after a meal.

In the store:

- Make a promise not to impulse buy.
- If you buy desserts or snack foods, choose items that come in individual portion packaging. It's much easier to stop a binge if you have to unwrap, unwrap, and unwrap.
- Take time to read labels. Products labeled as "fat free," "light," "lean," etc. still may have a lot of calories.
- Try new foods—for example instead of meat, try dried beans or lentils.



Moderation Is the Key!



Everyone has favorite foods. It's okay to eat those foods...sometimes. It's important to balance out our "sometimes" foods with healthy, everyday foods (like fruits and vegetables).

Everytime we eat we make choices. Here are some suggestions for healthier choices:

Meats and Eggs

Beef

Better Choices

London broil, filet mignon, round or flank steak, sirloin tip or tenderloin.

Lean ground beef (no more than 15% fat—ask your butcher if you're not sure) or use ground turkey. Buy "choice" or "select" grades rather than "prime."

Pork

Tenderloin, loin chops and center-cut ham (fresh and cured).

Bacon

Turkey or soy bacon or Canadian bacon.

Veal cutlets or veal breast

All other veal cuts.

Lamb

Leg, arm and loin cuts.

Game

Venison, rabbit, squirrel and pheasant.

Processed meats (like luncheon meats, wieners, sausage)

Those that contain less than 10% fat or 3 grams of fat for each ounce.

Poultry

Skinned chicken, Cornish hen and turkey (take off skin before eating).

Eggs

Limit your intake of egg yolks to 3 to 4 each week, including those used in cooking/baking. Use egg substitutes.

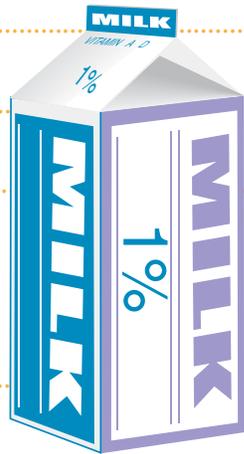
Milk, Yogurt and Cheese

Milk.....

Yogurt.....

Cheese.....

Ice creams.....



Puddings and custards.....

Better Choices

Fat free (skim), 1%, or buttermilk.

Fat free or low fat.

Part-skim, light or reduced fat cheeses, 1% or fat-free cottage cheese or soy-based cheeses like “Veggie Slices” (Limit soy foods to 3 servings per day.)

Choose fat-free, low-fat or sugar-free ice creams, frozen yogurt, sherbet or sorbet instead of regular ice creams.

Low-fat, fat-free or sugar-free puddings or gelatins, make pudding with skim milk.

Added Fats and Oils

Butter, margarine, oils, animal fat.....



Cream cheese/sour cream.....

Salad dressings/mayonnaise.....

Better Choices

Use cooking spray to keep food from sticking to the pan.

Use Molly McButter, Butter Buds, liquid margarine sprays.

Choose reduced fat or non-fat margarine instead of the harder stick kinds.

Use herbs and seasonings to flavor foods and bring out their full flavor.

Use vinegar or citrus juice to bring out the flavor in foods. Add vinegar to vegetables such as greens and try citrus on fruits, such as melons. Either is great with fish.

Use reduced fat or no-fat types.

Choose reduced fat or no-fat salad dressings with salads, for dips or as a marinade.

Other High-Fat Foods

Regular potato chips.....

Crackers.....

Creamed soups.....

Muffins/croissants.....

French fries.....

Coleslaw.....

Dressings/sauces.....

Salad bars.....

Potatoes.....

Dessert.....

Pies and cakes.....

Cookies.....

Better Choices

Baked potato chips, baked corn tortilla chips, pretzels or plain popcorn.

Choose animal crackers, low-fat graham crackers, rye, saltines, and oyster crackers.

Choose broth-based soups, such as minestrone, or Manhattan clam chowder.

Melba toast and whole grain rolls without butter, bagels, or breadsticks.

Steamed vegetables or plain baked potato

Ask for fresh fruit.

Order on the side to control your portions. Salad tip: dip fork into dressing and then spear salad greens.

Try greens, raw vegetables, fruits, beans, and low-fat dressing. Skip cheeses, marinated salads and fruit salads with whipped cream.

Order baked, broiled or roasted. Instead of sour cream and butter, try salsa or pepper and chives.

Choose low-fat dishes, fresh fruit or sorbet. Try fresh, seasonal fruit without whipped toppings.

Eat fruit, angel food cake or puddings made with skim milk.

Try fig bars, ginger snaps, low-fat varieties.



TIP:

Remember to read food labels to help make healthy food choices

Skill Builder



- Keep using the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Set a specific goal for regular exercise this week. Increase the number of times you exercise and the length of each session. Strive for an average of 60 minutes a day. Remember to work at the “somewhat hard” level.
- Continue to write negative thoughts in your log—write back with positive thoughts.
- Look at your physical activity and food environment. What can you learn from your log about your environment that you may need to change?
- Try at least one tip for healthy grocery shopping this week.

Session 12

Dealing with Lapses



Dealing with Lapses

Overeating Episodes

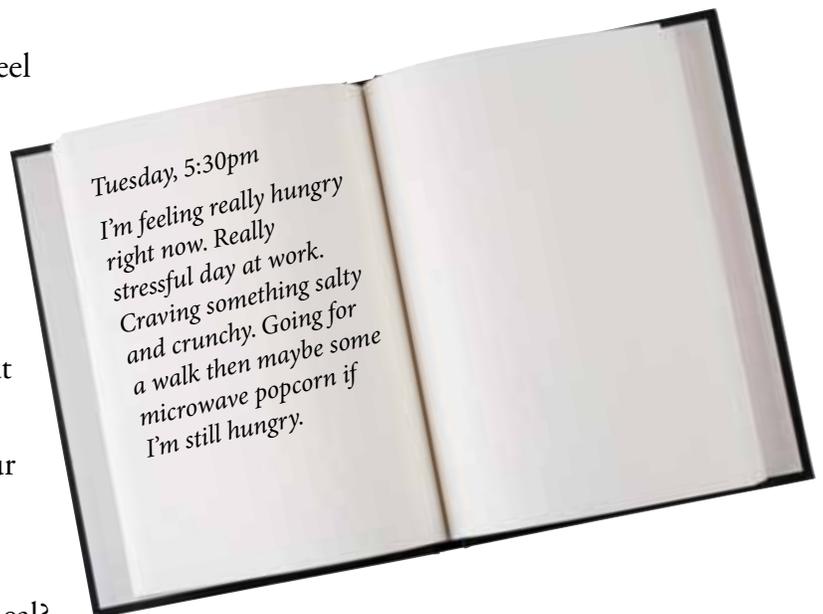
- You can prevent overeating through healthy, satisfying eating.
- Pay attention to what you and your body needs—and get what you need.
- Overeating happens when we get too...
 - **Hungry**
 - **Tired**
 - **Stressed**
 - **Lonely**



Stop Overeating Due to Unmet Physical and Emotional Needs:



1. Do NOT skip meals. Eat planned meals at planned times.
2. Eat slowly and relax while you are eating. Use all five senses to enjoy your meal.
3. Find a nurturing behavior to replace overeating.
4. Write (or draw) in your journal for 15 minutes whenever you feel the urge to eat but are not truly hungry, or if you feel the urge to eat at an unplanned time. The following questions are suggestions...add any to the list that you choose:
 - How am I feeling?
 - Has anything happened that made me feel sad or angry?
 - When I feel this way, what do I need?
 - When have I felt this way in the past?
 - When is the very first time I remember feeling this way?
 - Is there anything (other than eating) that will make me feel better?
 - When I feel this way, what changes occur in my body (tense shoulders, tight jaw)?
 - How will I feel if I do eat now?
 - How will I feel if I wait until the next meal?



Reference: Adapted from the Atlanta Center for Eating Disorders, <http://eatingdisorders.home.mindspring.com/binge2.htm>

The Slippery Slope of Lifestyle Change

"Slips"

- Times when you don't follow your eating or activity plans.
- A normal part of lifestyle change—it's expected.

Remember:

- Slips are normal and are expected. Almost all people have slips on their way to losing weight and being more active.
- No one time of eating too much or not being active (no matter how extreme) will ruin everything.



What to do after a slip:

1. Remove yourself from the situation. **EXAMPLE: Go to a place that is not near food if you just overate.**
2. Use sensible thoughts to argue against negative thoughts. Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."
3. Involve yourself in another activity. Make a plan ahead of time for an activity you can do for 15 minutes that doesn't involve eating.
4. Regain control as soon as you can. It's important that you eat your next scheduled meal. It doesn't have to be a big meal, but do eat something. Resist the impulses to starve yourself or skip a meal.
5. Throw out any leftover food(s) that you overate. Learn the foods that are too tempting for you—keep them out of the house.
6. Count the number of calories you ate. You probably ate far fewer than you thought.
7. Make a plan to make up for the excess calories. Can you increase your exercise or eat fewer calories for the next few days?
8. Think about the things that triggered your overeating. Concentrate on how, when, where, and what instead of why.



Increase Your Exercise Intensity With Interval Training

Intervals are brief periods (1-5 minutes) of more intense (faster pace) exercise mixed into your regular exercise sessions.

How to Work Interval Training Into Your Exercise Session:

1. Begin with your normal warm-up.
2. Five minutes into your workout, do your first interval: one or more minutes at a faster pace. At the end of this interval, you should be somewhat winded and ready to slow down.
3. Slow down to your normal exercising pace for the next 5 minutes.
4. Then begin another one—5-minute interval.
5. Continue this pattern throughout your exercise session.



Metabolism Challenge

- Try to increase the time that you are exercising...remember the goal is an average of one hour a day.
- Try something new. There are many great ways to move your body in aerobic exercise: dance aerobics, race-walking, lap swimming, hill cycling, or cycling aerobic classes, and walk-jogging.
- Incorporate “intervals” into your aerobic exercise.
- Try to work in strength training twice a week. Toned muscles burn more calories!

Try for 60 minutes of exercise each day.



Skill Builder



- Keeping using the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Set a specific goal for regular exercise this week so that you reach 60 min a day most days of the week. Strive for an average of 60 minutes a day. Remember to work at the “somewhat hard” level.
- Continue to write in your log negative thoughts; write back positive thoughts.
- Record your feelings before and after any overeating episodes. Keep this for future discussions.

Session 13

Social Support



Social Support

Make Social Cues Work for YOU

Social cues: What other people say or do that affects your eating and activity.

- Think about ways that your family and friends could be more supportive.
- Most people will want to give you support, but they may be unsure how to help. Teach them how to provide the type of support you need.

Problem Social Cues:

- The sight of other people eating problem foods or being inactive.
- Being offered (or pressured to eat) problem foods or invited to do something inactive.
- Being nagged.
- Hearing complaints.



Helpful Social Cues:

- The sight of other people eating healthy foods or being active.
- Being offered healthy foods or invited to do something active.
- Being praised.
- Hearing compliments.



To Change a Problem Social Cue

- Avoid the cue, if you can. (**EXAMPLE:** Move to a different room).
- Change the cue, if you can.
 - Ask others to increase their support.
 - Ask others to stop their nagging.
 - Give others examples of how they can support you and what they can say to encourage you.

Example: *“I know you are trying to help me when you say that I should get off the couch and go for a walk rather than eat and watch TV. But pointing out my problems upsets me. It would be more helpful if you could comment when you see me doing something positive—like when I walk up the stairs—and just ignore me when you see me on the couch.”*



Share Your Progress

Share the progress you have made with others. Tell others about the changes you have noticed.

EXAMPLE: "I have more pep," "I feel better," and "I am happier."

How Do I Ask For Support?...Be Specific!

- **Find the person(s) you can go to for help.**
 - Ask! Most people will be flattered and will want to help you.
- **Define the type of support you need**
 - Do you just need someone to listen? Do you need someone to walk with?
- **Brainstorm specific ways they can help.**
 - Your support person(s) should know exactly what you want or need—make a plan together.
- **Have a back-up plan.**
 - Things happen—know what to do or who to go to when things don't go as planned.
- **Ask your supporter how you can help them in return for their support.**
 - Together, find ways that you can reward one another when you attain your goals.

Recruiting people to help you change your eating and physical activity habits may not be easy. But learning this skill will be one of the most important things you can do to make positive, long-term lifestyle changes.



Ways Family and Friends Can Provide Support

Below are some ways others can help. Start by choosing one that they may be willing to do—or do more often.

Ways to help me **EAT HEALTHIER** foods:

- Serve some low-calorie foods for meals.
- Eat low-calorie foods when I'm nearby.
- Don't tempt me with problem foods as a reward or gift.
- Clear the table and put food away as soon as the meal is over.
- Help with cooking, shopping, or cleaning up after meals.
- Don't offer me second helpings.
- Encourage me to cook new foods.
- Praise my efforts to eat healthier foods or eat more slowly.
- Other: _____

Ways to help me be **MORE ACTIVE**:

- Go for a walk with me. Or do other exercise with me.
- Plan social events around being active.
- Work on our schedules so that I can get my exercise.
- Praise me when I exercise. Don't nag me when I don't.
- Baby-sit for me so I can take a walk.
- Set a date for exercising together.
- Encourage me to go for a walk when I'm debating whether or not to go.
- Help me achieve and maintain my goals.
- Other: _____



Communicating Assertively (Firmly)

- If you're like others, you may find that you are not always assertive when asking friends or family for support, or when family or friends mess up your weight control efforts. Why is that? There are many possible reasons:
 - You're worried about what will happen if you act assertively. You may wonder if people will get angry with you or dislike you. Will a friend refuse to speak to you again if you don't eat a piece of her coffee cake?
 - You mistake non-assertion for being nice or kind. Are you thinking about other's needs and feelings but ignoring your own? Are you worried about asking the waitress to put your salad dressing "on the side" because she may not think you're nice?
 - You lack the skills to be assertive. Perhaps you have never learned how to be assertive? It takes practice. Follow the steps below to learn how to be assertive:
 - ✓ Describe the behavior that you want to change.
 - ✓ How is the behavior affecting your own behavior and emotions?
 - ✓ State in detail what you would like changed.
 - ✓ Describe what this change will do for you. How will you feel if the person does what you request?



When Responding Assertively Remember:

- Focus on the person's behavior. Do not attack the person.
For example, say, "Ken, it hurts my feelings when you say that I look heavy," rather than, "Ken, I think you're mean."
- Express your feelings clearly by beginning statements with phrases such as: "I feel," "I would like," or "I don't like."

Of the statements below, which is better?

- A) "I would like you to stop eating in front of me."
- B) "It would be best if you didn't eat in front of me."
- C) "You shouldn't eat in front of me."

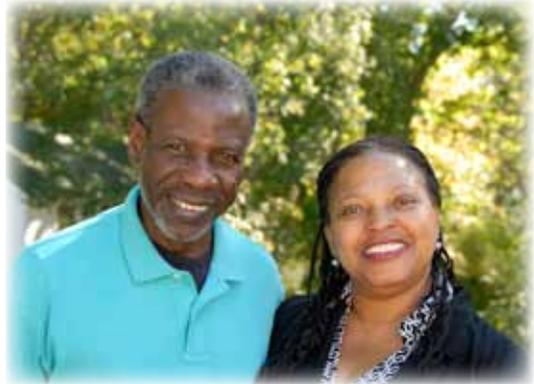
Answer: A



Getting the Support You Need Worksheet

WHO: Who are you asking to help you?

WHAT: Write a sentence or two describing exactly what bothers you. Write down exactly what help you'd like (what behavior will improve the situation). Be specific.



HOW: Now that you have identified what you need, how will you ask? Practice writing assertive statements below.

1. Describe the facts:
2. What are the effects?
3. Specify your wants:
4. How will the person's new behavior affect you?

PARTNER: What will be done in return for support?

FOLLOW-UP: How will you know that you are getting what you need?

Getting Praise and Giving Praise



What would you like your family/friends to praise you for? When? Be specific.

How would you like them to praise you? Be specific. In words? (Give examples.)
With a smile? A hug? A pat on the back?

What would you like to praise your family/friends for? When? How? Be specific.

Skill Builder



- Continue to use the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Review and, if needed, change your exercise goals: are you making progress?
- Continue to record negative thoughts in your log. Write back with positive thoughts.
- In your food log, be sure to record your feelings before and after any time that you overeat for future discussion.
- Find specific persons to support you and ways to obtain support for exercise.

Session 14

Enjoying Exercise and Preparing Healthy Meals



Enjoying Exercise and Preparing Healthy Meals

Enjoy Exercising

Boost your exercise routine every 8 weeks, otherwise your body will adapt and your rate of weight loss will slow down. Refresh your exercise routine and add enjoyment by...

- Choosing pleasant and interesting surroundings.
- Going off road. Take your walk off the sidewalk. You can walk the trails in a park or simply walk on the grass next to the sidewalk.
- Changing your routine. Add a hill or stairs to your walk.
- Adding intervals. Increase your intensity for 1-5 minute intervals during your routine.
- Mixing it up! Try different types of exercise or change where you exercise, who you do it with, and include special outings.



Enjoying Exercise Continued...

- Remembering social support.
- Including your exercise partner in your plans for physical activity.
- Listening to music, talking with an exercise partner, and watching the scenery.
- Using exercise as a time to let go of all your worries.
- Imagining relaxing scenes and fantasies; creating visions of success!
- Using positive self-talk.

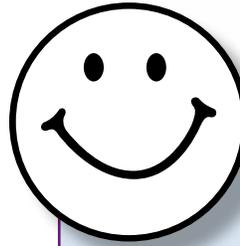


EXAMPLES:



Negative Self-talk

- I've only done 15 minutes.
- I've just started and I'm tired.
- I don't have time for this.
- I don't feel like doing this now.



Positive Self-talk

- I'm halfway done.
- I'm getting warmed up.
- I'm proud that I'm squeezing this activity time into my busy day.
- I'll do this for a short time today and feel good about it.

Tips for Healthy Eating

When Preparing Foods

- Always trim the fat from red meats, such as beef, pork, or lamb whenever you eat these foods.
- Chill meat juices, soups and gravies before you serve them. Then scoop away any fat that you see.
- Place cans of soup or stew in your refrigerator. When you open them, take the fat off the top.



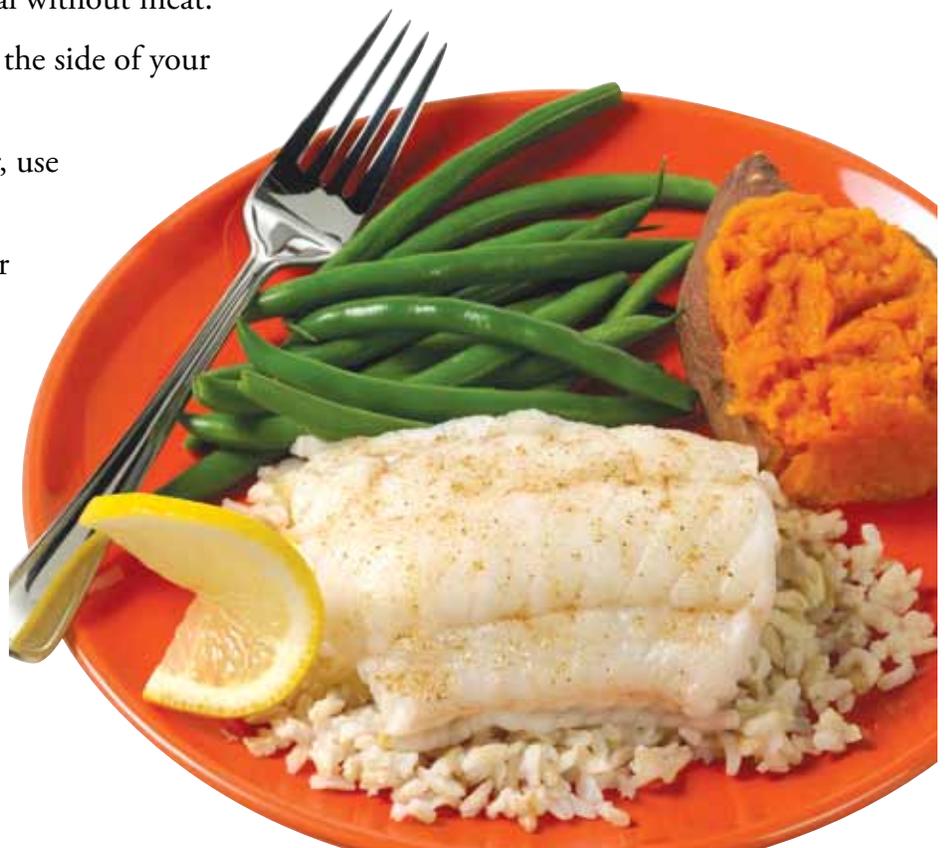
Cooking and Baking Tips

- Instead of frying—bake, broil, poach, grill, microwave, stir-fry or roast your foods.
- Use applesauce or pureed prunes instead of oil in cakes, quick breads and muffins.
- Use low-fat, non-fat, or sugar-free products in the recipes you prepare.



When You Eat

- Instead of meat, eat broiled, grilled, or baked fish for two or more meals during the week.
- At least once a week, eat a meal without meat.
- Put or order salad dressing on the side of your salad instead of on top.
- Instead of margarine or butter, use sugar-free jam or jelly.
- Top potatoes with fat-free sour cream or salsa.



Skill Builder



- Continue to use the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods and eat fewer calories than you spend.
- Look at, check and, if needed, change your exercise goals.
- Rate how much you enjoy your physical activity. Find ways to make your exercise more enjoyable. Set a goal to try at least one of these ways.
- Adopt a couch potato: find someone who is not active but who wants to be and is open to your help. Plan together on how to increase his or her physical activity. State your role and write down your plan.
- Continue to write in your log negative thoughts that go through your head this week; write back with positive thoughts.
- Try one of the tips for healthy eating.

Session 15

Dealing with Holidays and Vacations



Dealing With Holidays and Vacations

Ways to Get Ready for the Holidays

- Plan pleasures other than food or drink.
- Hold a family meeting before the holiday.
 - There might be tempting high-calorie foods in the house. It may be unrealistic to totally avoid them—but how can you limit your contact?
 - Get the family to agree not to nag you about what you eat or your activity plan.
 - Are there positive ways they can help?
 - What changes can be made to the holiday menus?
- When you decide to eat a special high-fat/calorie food, choose quality, not quantity.
- Decide what to do about alcohol. Alcohol increases appetite. It also lowers self-control. If you drink, do you know how many calories you are drinking? Look it up and plan ahead.
- Beware of fatigue, rushing, and stress. Look for early warning signs. Plan nonfood ways to cope, including exercise. Simplify your “To Do” list.
- Realize that you may not lose weight during the holidays. But, you can prevent weight gain—keep track of eating and activity.
- Instead of sitting at the table with old friends or relatives—go for a walk together.
- Build in activity.
 - Park farther away from shopping malls and walk.
 - Look for seasonal ways to be active that can become traditions.



What Is Most Important To You About the Holidays?



1. Imagine it's 10 years from now. What will your most cherished memories be about the holidays? Will you remember food? people? activities? What activities and traditions are likely to be the most meaningful and enjoyable? (Remember, there are no right answers. What is most meaningful to you may be less so for someone else).
2. List activities and traditions that are likely to be less meaningful or enjoyable. (EXAMPLE: How do you feel about sending holiday cards?)
3. When you think of enjoying your future holidays, how important is eating right, exercising and staying healthy?

Ideas for Staying on Track During the Holidays

- Eat something that will fill you up before the event.
- Budget your calories ahead of time.
- Stand or sit as far away as you can from food. Serve your chosen items on a small plate—then position yourself across the room.
- Keep your hands busy with a glass of water, coffee, tea, or diet soda.
- Talk about your goals with your family, friends, guests, host or hostess.
- Ask others to praise your efforts and ignore your slips.
- Practice a polite, but firm, “No, thank you.”
- Suggest something else they can do to help you. “No thanks, but I’d love a glass of ice water.”
- Serve healthy foods or bring a tasty, low-calorie dish to share.
- Ask others for support (split dessert with you, take a walk together, offer you healthy food choices).
- Put food away as soon as possible.



Eating Healthy and Being Active on Vacations

1. Plan pleasures other than food or drink.

- Plan the kind of vacation you want.
- What did we like or not like about our last vacation? What will we do this time?
- How will we handle food and eating out?
- Think about what you like to do for physical activity. Can you make that a part of your vacation?



2. Have reasonable expectations for your vacation.

- Keep track of your eating and activity.
- Weigh yourself weekly. But remember, scales differ.
- Eat something special. (Choose an exotic dish. Have a small portion if high in calories.)
- Get extra activity.



3. If you tend to be tense on vacation:

- Avoid long periods when you're doing what others want and not what you want.
- Plan daily times to relax.
- Plan regular breaks while driving.
- Get the family to agree not to nag you about your eating or activity.

4. Balance rest with activity.

- Look for enjoyable ways to be active. Then take time to relax.

Planning a Healthier Vacation

It is possible to "get away" and still eat healthy and exercise—the key is planning ahead.



1. What problems might come up?
2. Choose one problem. List some possible solutions.
3. Choose the best solution. What will you need to do to make that happen? How will you handle things that might get in the way?
4. Plan to reward yourself. What will the reward be? What will you need to do to earn that reward?

Skill Builder



- Continue to use the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Review and, if needed, change your exercise goals.
- Continue to record negative thoughts in your log. Write back with positive thoughts.

Session 16

Managing Stress



Managing Stress



Ways to Prevent Stress

- **Practice saying "NO".**
 - Try to say "yes" only when it is important to you.
- **Share some of your work with others.**
- **Set goals you can reach.**
- **Take charge of your time.**
 - List planned activities in order of importance.
 - Can you cancel activities that fall at the bottom of your list? If not this time, then how can you plan ahead to avoid them in the future?
- **Use problem solving.**
 - Describe the problem in detail.
 - Brainstorm your options.
 - Pick one option to try.
 - Make an action plan.
 - Try it. See how it goes.
- **Plan ahead.**
 - Think about the situations that are stressful for you.
 - Plan how to handle them or work around them.
- **Keep a positive outlook. Remember your purpose.**
 - Think of all the good things in your life.
 - Remember why you joined this study.
- **Reach out to people—don't "bottle up" your stress.**
- **Be physically active.**

Instant Coping Strategies

Deep Breathing: Good breathing habits can quiet your mind and relax your body.

The Whooshing Breath

- Smile slightly. Breathe in through your nose.
- Breathe out through your mouth, making a quiet, whooshing sound.
- Take long, slow, deep breathes into your belly.
- Feel the air moving in.
- Listen to the sound when you breathe out.



Breath Counting

- Breathe deeply into your belly. Pause.
- As you breathe out, count “one” to yourself.
- As you continue to breathe, count each out breath by saying “two... three...four.”
- After four breaths, start over at one.
- Do this for 5-10 minutes.

The Relaxing Sigh

- Sigh deeply. Let out a sound of deep relief as the air rushes out.
- Then let the air come in naturally.
- Do this 10 times.

Breathe in Relaxation, Breathe out Tension

- As you breathe into your belly, say to yourself “breathe in relaxation.” Be aware of any tension in your body.
- Picture in your mind the relaxation entering the tense areas. Pause.
- Then breathe out, saying, “breathe out tension.”
- Let go of the tension.

Relax Your Body:

Use anytime you're tense (EXAMPLES: when you are waiting in line, during work breaks, after a stressful interaction, or before sleep).

- **Curl both fists.**
 - Tighten your upper and lower arms into a muscle man pose.
 - Relax. Repeat.
- **Wrinkle up your forehead.**
 - Now, tilt your head back as far as possible.
 - Roll it in a complete circle. Reverse.
 - Now hunch your shoulders while you wrinkle up your face (like a walnut)
 - Frown, squint your eyes, purse your lips, and press your tongue against the roof of your mouth.
 - Relax. Repeat.
- **Arch your back as you breathe in deeply.**
 - Hold. Relax. Repeat.
 - Take a deep breath while pressing out your stomach.
 - Hold. Relax. Repeat.
- **Pull your feet and toes back toward your face and tense your shins**
 - Hold. Relax. Repeat.
 - Curl your toes and tighten your calves, buttocks, and thighs.
 - Hold. Relax. Repeat.



Remember:

- Repeat each step at least once.
- Tense each muscle group 5-10 seconds. Relax each group 15-30 seconds.
- When you relax, release your muscles all at once, like turning off a light switch. Then say to yourself, "Let go more and more."
- Savor the difference between looseness and tension in your muscles.
- Be careful with any part of your body that has been injured or weakened—especially the neck and back. Do NOT tense to the point of pain.

Think Pleasant Thoughts

- Think of something that you enjoy doing.
- Think of pleasant images.
- Plan a fun event. Imagine taking part in the activity.



Body Awareness: Muscle tension is your body's way of saying "I'm under stress."

Outside and Inside Awareness

- Focus your attention on the outside world. Say to yourself, "I am aware of..." (the sound of the traffic, the smell of the coffee).
- Shift your focus to your body and what you sense (the cramp in your foot, the tension of your eyes).
- Shift back and forth between outside and inside awareness (the floor under your foot, the light of the lamp, the tension of your shoulders, the feeling of the computer keys).

Body Scan

- Close your eyes. Focus on each part of your body, one part at a time. Start with your toes and move up. Become aware of it.

Letting Go of Your Body

- Lie down. Bend your knees and pull your feet up until they rest flat on the floor. Close your eyes.
- Become aware of your breathing. Feel the air move into your nose, mouth, and down your throat into your lungs.
- Now focus on your body. What parts are you most aware of? What parts are you less aware of? Do you have any aches or pain? Become aware of it in detail. What happens? Does it change? Continue letting go for 5-10 minutes.

Take a 10-Minute "Time Out"



- Move your muscles.
- Pamper yourself. Take 10 minutes just for **yourself**.
- Breathe. Try this: Take a full, deep breath. Count to five. Then let go of your breath slowly. Let the muscles in your face, arms, legs and body go completely loose.

Skill Builder



- Continue to use the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Review and, if needed, change your exercise goals.
- Continue to record negative thoughts in your log. Write back with positive thoughts.
- This week reduce your stress by trying at least one way to prevent it and one way to cope with it.

Session 17

Exercise Interruptions



Exercise Interruptions

Exercise Lapses

Prepare yourself for a lapse. Lapses happen for many reasons (see below) and it's important to get back on track as soon as possible. So, stop the lapse before it stops you!

Common Causes for Exercise Lapses

- Injury
- Illness
- Travel
- Vacation
- Visits from family/friends
- Work demands
- Home demands



Plan a "Plan B"

Think of events that can prevent you from doing your regular exercise. Think about what you can do instead of your regular exercise. Practice your "Plan B" and have it ready.



Regular Exercise:	Interruption:	Plan B:
Walking outside	Rain	Work out with an exercise DVD at home

Remember...

Physical activity is a habit for life. Get back on track without judging yourself. Use the basic behavior skills in this program:

- Set a reasonable goal
- Schedule and plan
- Make activity as enjoyable as possible
- Find social support
- Reward yourself for your effort



Exercise Is Always Possible—Here Are Some Ideas



- Bad weather? Go up and down a flight of stairs—repeat. No stairs?—then march in place as you watch TV.
- Walk more whenever there's a chance. Check your pedometer. Are you up to 10,000 steps?
- Remember your core exercises and your lower body strength exercises. After a quick warm-up of walking in place, you can do those exercises almost anywhere.
- Dance! It's great for your heart and your spirits. Turn up the music and enjoy!

On days that you don't feel well...

- Lower your exercise intensity. Walk instead of jog. Moving will make you feel better!
- Remember that you will soon feel better and will be able to return to your regular exercise routine.
- Ask your doctor about activities you CAN do. For example: if you have a knee pain, you might try biking or swimming.



Remember—exercise will make you feel better, stronger and healthier!

Skill Builder



- Continue to use the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Review your food plan and change as needed.
- Examine and adjust your exercise goals.
- Continue to record negative thoughts in your log. Write back with positive thoughts.
- Think ahead to 3 events or situations that may disrupt your physical activity and healthy eating patterns. For each, write down a plan that will help prevent relapse, and a plan that will get you back on track.

Session 18

What To Do When Your Weight Is "Stuck"



What To Do When Your Weight Is "Stuck"

Make the Most of Your Weekly Logs

How well do you think your weekly logs reflect your daily food intake? (circle one answer below)

- A. I think I record more food than I really eat.
- B. I think my weekly records are pretty close to what I really eat.
- C. I think my weekly records miss a little of the food I eat (100-300 calories/day).
- D. I think my weekly records miss a lot of the food I eat (more than 300 calories/day).



You might be interested to know that...

- People often think that they eat less than they actually do. Many record only 60-70% of the calories they eat. Are you one of those people? If so, you could lose ½ pound per week if you started to accurately record your eating.

Why Is Underestimating a Problem?

Underestimating can give you a false sense of what you're actually doing. It can make you feel deprived, depressed or angry. Greater accuracy will help you know just what you can eat and still maintain your new healthier weight.

Why do people report less food than they actually eat?

- They may be embarrassed to write down some of the foods they eat.
- Their estimates about the amounts they eat are wrong.
- They don't have a good idea of what a recommended "portion" or "serving size" is.
- They don't record their food intake before they eat or as soon as they finish eating.
- They simply forget to record some items.
- They leave out the details (was there mayo on that sandwich?...butter on bread?)



How to Make the Weekly Food and Activity Logs Work for You

- Look up portion sizes. Measure all the foods you eat—before you eat them.
- Always keep your weekly log with you. Record what you eat before you eat it or as soon as you finish eating.
- Each time you write in your log, think back. Is there something else you ate and forgot to record? Write it down now.
- Remember to record "hidden" calories (the oil used in cooking, mayonnaise on a sandwich, sugar and creamer in coffee, etc.).





Your Tool Box

- Tracking
- Goal-setting
- Scheduling and managing time
- Benefits and costs
- Self-talk
- Environmental control and convenience
- Enjoyment

Skill Builder



- Continue to use the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Review your food plan and change as needed.
- Review and, if needed, change your exercise goals.
- Continue to record negative thoughts in your log. Write back with positive thoughts.
- Set a personal CHALLENGE—plan for an event or gain a skill to really boost your exercise activity. EXAMPLE: Train for a good cause event (a walk-a-thon, special hiking trip or bike ride) or try a new activity like ballroom dancing.

Session 19

Maintaining Your Weight Loss



Maintaining Your Weight Loss

Summary of Weight Management Strategies



Exercise and Activity Level

- Aerobic exercise
- Interval training
- Cross training
- Plan several options to your usual exercise so you can exercise even during bad weather and so you don't become bored with your exercise routine
- Take the stairs instead of elevators
- Park farther away from the places you go
- Use restrooms, water fountains, and phones that are farther away
- Get off the bus or subway one stop early
- Do more active hobbies



Food and Nutrition

- Be aware of calories
- Eat lots of fruits and vegetables
- Choose lower-fat options
- Try new low-calorie recipes
- Try changing your own recipes so that they are lower in sugar or fat
- Decide which high-calorie foods you can live without and remove them from your pantry
- Eat smaller portions of favorite high-calorie foods less often, but don't deprive yourself of all of them



Behavioral Patterns and Habits

- Leave some food on your plate
- Eat meals and/or snacks at regular times; do not skip meals
- Find pleasant activities that do not include food
- Become aware of your behavior chains
- Work on breaking the chain, especially right at the beginning
- When a food craving strikes, set a timer and delay eating
- Portion food from large bags or boxes into individual servings
- Split menu items with others



Tracking

- Measure the foods you eat
- Keep a food log
- Weigh and graph your weight regularly
- Record exercise



Social Support



- Find the type and amount of social support that is most helpful to you
- Tell others what they can do to help

Remove Eating Cues

- Don't bring tempting foods home
- Store food out of sight
- Eat in one place at home
- Sit while eating
- Use a smaller plate
- Use your kitchen for food-related activities only
- Leave the table when finished eating
- Serve food onto plates from the stove (Not family-style at the table)
- Serve smaller portions
- Store or throw out leftovers immediately



Slow Your Eating Pace



- Pre-meal pause
- Mid-meal delay
- Put fork or spoon down between bites
- Chew and swallow before next bite
- Relax and savor food
- Delay second helpings for fifteen minutes

Grocery Shopping

- Do not shop when hungry, tired, or stressed
- Shop from a list
- Avoid aisles with unhealthy snack foods



Be Assertive

- Ask servers questions and make special requests
- Ask others to help with the grocery shopping and cooking
- Express your thoughts, feelings, and requests to family and friends
- Exercise your right to take part in the activities that interest you



Preventing Relapse

- Become aware of and challenge the “mini-decisions” that often lead to slips
- Name your high-risk events
- List how eating or not exercising during these high-risk events will help you
- Develop other coping strategies or activities for obtaining these benefits
- Avoid or plan for high-risk events when possible
- Use your plan when faced with high-risk events
- Review the “planned holiday” to practice regaining control



Recovering From Slips

- Avoid self-blame, all-or-none thoughts, and excuses
- Look at the event as it really happened, let go of any emotions or feelings you have
- Study the event from beginning to end to learn how you got off track
- Proceed with your new plan to stay on track



Personal Weight Maintenance Plan

My goal weight range:

Eating habits:

Activity habits:

Danger areas:

Weight tracking and reviewing schedule:

When to act (notice a change,
find the cause, make a plan):



Skill Builder



- Continue to use the food/activity log for goal-setting and tracking progress.
- Be aware of calories in foods. Eat fewer calories than you spend.
- Review your food plan and change as needed.
- Review and, if needed, change your exercise goals.
- Continue to record your negative thoughts in your log. Write back with positive thoughts.

Session 20

Encouragement and Motivation

Goals



1. _____
2. _____
3. _____

Encouragement and Motivation

What's Changed?

Congratulations! You did it! You took the time and put forth the effort towards improving your health! You also are giving to science and to breast cancer survivors like yourself. You have made this trial a success!



Look at where you are now. Answer the questions below to see the progress you've made over the past few months. By looking at where you have been and where you are now, set your future goals.

WEIGHT:

What was your weight at the start of the study? _____ lbs

What is your weight today? _____ lbs

You've lost _____ lbs so far

Health:

List any changes in your medical conditions—high blood pressure, high blood fat or lipids, high blood sugar, bone/joint pain.



Appearance and Body Image:

List any changes in clothing size, the way you look overall, the way clothes fit, the type of clothes you wear, or how certain areas of your body look.



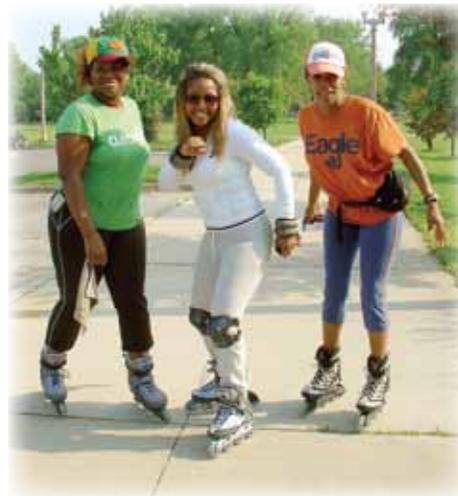
Fitness and Energy Level:

Write down any changes in how your body feels while doing various activities—walking up steps, planned exercise, walking in the mall, carrying groceries, or lifting up your children. List any changes in your energy level, for example, in your feelings of fatigue or in the amount of sleep you need to feel refreshed.



Social Life:

Describe any changes in your social life—how often you go out, how others treat you, how you feel when meeting new people, how often you say yes or no when invited to social events, the types of activities that you take part in?



Self-Esteem:

Has your self-esteem (how you feel about yourself) changed from when you joined ENERGY? If so, how?



The Next Six Months

Take a moment to think about your new weight goals. What are your weight management goals for the next six months?

Do you want to lose more weight or just maintain your current weight loss?

Weight Loss:

I want to lose _____ lbs in the next six months.

This would take me to a weight of _____ lbs.

In order to reach this goal I would need to lose _____ lbs/month.

Weight Maintenance:

I want to keep my weight stable between _____ lbs and _____ lbs in the next six months.

Goals

1. _____

2. _____

3. _____



Motivational Tips

- **Look how far you have come so far in the program.** Think back to your goals when you first joined the program, look over your progress, and decide where you would like to go from here.
- **See your successes.** What have you improved? Think about areas other than weight loss (Example: lower blood pressure, lower cholesterol, more pep, or greater strength).
- **Set new goals and plan a reward system.** Set small goals regularly to lose weight and keep it off. Have you stopped setting short-term goals? Return to the specific behaviors that helped you to achieve weight loss (slow eating, eating in one place, reducing triggers, time management,) to set new goals. Reward yourself with a non-food treat whenever you reach a goal!
- **Keep signs of your progress in sight.** Post weight and activity graphs on your refrigerator door. Mark your activity milestones on a map toward a particular goal. Remind yourself of your progress and where you're headed.
- **Remember how you felt** when you decided to join the program and improve your health. Were you tired of overeating? Did you feel bored with sitting and watching TV?
- **Review handouts** in your notebook from past sessions.
- **Schedule time with a personal trainer.** Walk or work out with a new or old friend.
- **Practice seeing yourself five months** and five years into the future. Picture yourself at your goal weight. Hear yourself telling a friend that you've never felt better in your life. You enjoy looking better, and you have learned that you love this healthy lifestyle.
- **Add variety to your routine.** Are you bored with certain foods or activities? Are you eating the same foods each day just to meet your calorie goal? Change things up with different activities and food choices to help motivate you.
- **Try new recipes!** Try new recipes or vary the ones you're using to keep from getting bored with your current meal plan.
- **Challenge a friend.** Set up a healthy contest that you both can win.



Motivation Worksheet

1. What did you hope to achieve, in addition to weight loss, when you joined the program?



2. Have you reached your goals?

3. What would you like to achieve in the next few months?

4. Have there been times you have felt very motivated? What made you feel so motivated?

Let Me Count the Ways... to Reward Myself

Ideas for Reaching Smaller Goals

1. Buy a new CD
2. Plan a day hike
3. Plan a night at the movies
4. Buy a new piece of clothing
5. Buy a new book or take a trip to the library
6. Display fresh flowers
7. Take the time to read a magazine
8. Play a game of golf
9. Plan a relaxing evening with soft music and candles
10. Plan a nap
11. Buy an attractive bowl to display fresh fruit
12. Set aside one or more hours just for yourself to do whatever you choose (except eat!)



Ideas for Reaching Larger Goals

1. Plan a weekend trip
2. Buy a new outfit or shop in your closet and wear that outfit you save for special times
3. Plan a day at the spa or a long, relaxing bath/shower
4. Buy new sunglasses
5. Buy some new perfume or cologne
6. Plant some flowers
7. Buy new work-out clothing or shoes
8. Buy or make a new piece of jewelry
9. Plan to go to a concert or play
10. Plan a session with a personal trainer
11. Purchase new fitness equipment or trade equipment with a friend



Skill Builder

- Set specific exercise goals for the next week.
- Experiment with shorter self-tracking approaches.
- Review your weight goal and other goals.



Session 21

Fruits, Vegetables, Fiber, and Phytochemicals



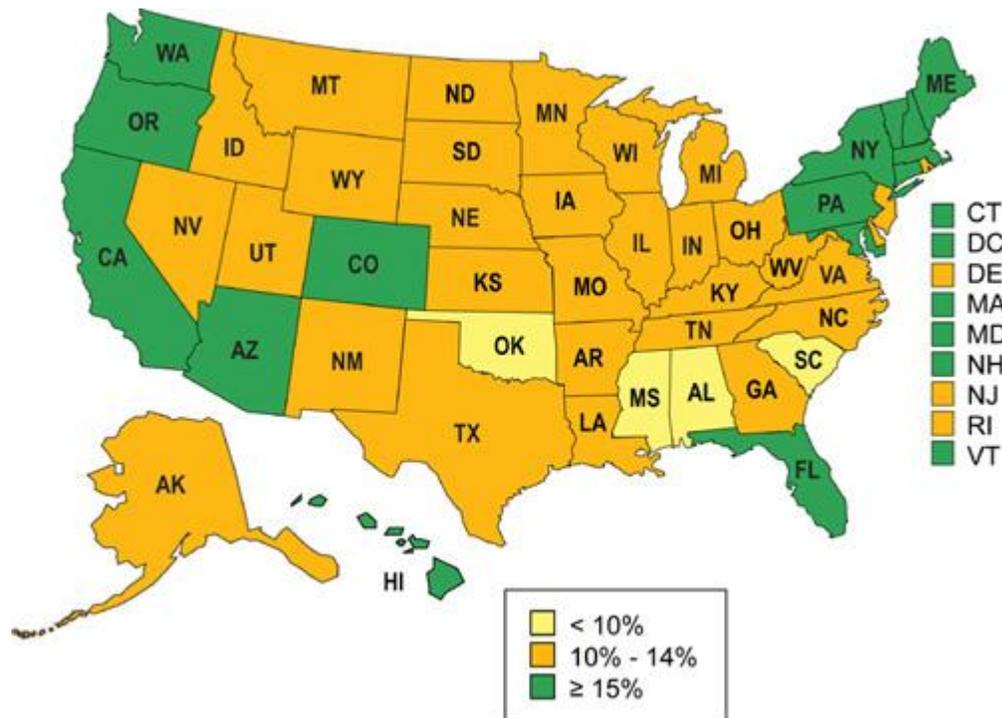
Fruits, Vegetables, Fiber and Phytochemicals

State Indicator Report on Fruits and Vegetables, 2009

Behavioral Indicators

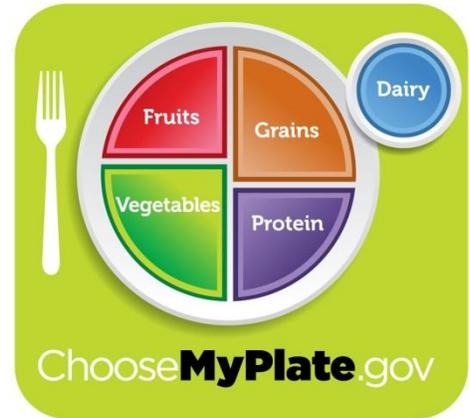
Adult Fruit and Vegetable Consumption Maps

Percentage of U.S. adults aged ≥ 18 years who consumed fruit two or more times per day and vegetables three or more times per day
Behavioral Risk Factor Surveillance System 2007



Get your Color Palette

- Fruits and vegetables come in various colors and flavors, but it's what's inside that really counts! Fruits and vegetables are great sources of many vitamins, minerals and other natural substances. All of these together may help protect you from chronic diseases.
- To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.



What fruits and vegetables have you eaten this week?

List the fruits and vegetables you have eaten in the past week:

<hr/>	<hr/>

How many different colors of fruits and vegetables did you eat this week?

Strive for a Dinner Plate That Looks Like an Artists' Palette

- Phytochemicals are chemicals found only in plant foods and give fruits and vegetables their color.
- In general, the brighter the color, the more nutritious. For example, there are many more nutrients in spinach than there are in iceberg lettuce. So, when you eat, go for color!
- Phytochemicals may help protect you against cancer, heart disease and other illnesses.
- Aim to include different colors on your plate each day—green, orange, purple, red, yellow.
- The more colorful your plate, the more phytochemicals you provide to your body. Each day give your meals a “color check”!
- Aim for 3 cups of vegetables and 2 cups of fruit each day.

Foods	Phytochemicals
Broccoli, cabbage, Brussels sprouts, cauliflower, turnips	Isothiocyanates, indoles, and sulforaphanes
Carrots, dried apricots, sweet potatoes, and other bright yellow or orange foods	Carotenoids
Tomatoes, watermelon	Lycopene
Berries—all kinds of dark colored	Ellagic acid and flavonoids
Red grapes, eggplant, red cabbage, and other red and purple foods	Anthocyanins

More Ways to Add Color to Your Meals Through the Day:

Breakfast:

- Add salsa or chopped vegetables such as peppers and onions to egg white omelets.
- Slice tomatoes and enjoy with your toast or bagel, or add some cucumber slices, spinach and sprouts and make it into a veggie sandwich!
- Top cereal or oatmeal with sliced fruit.
- Mix additional sliced fruit into yogurt.

Lunch:

- Add veggies like tomatoes, onion slices and lettuce to sandwiches or pizza.
- Stir vegetables into low-fat casseroles or soups.
- Mix diced apples, strawberries, celery or dried fruits into tuna, chicken or green salads.
- Keep baby carrots and grape tomatoes on hand.

Dinner:

- Start dinner with a salad or slices of fruit.
- Make a colorful stir fry and eat with brown rice.
- Add roasted vegetables to a whole wheat pasta salad. Try roasting peppers, onions and zucchini and toss in steamed broccoli and baby carrots.
- Add vegetables to soup or rice mixes.
- Add vegetables to pasta sauce. Try bell pepper, onion, garlic, spinach, mushrooms, zucchini, summer squash and diced tomatoes!
- Make a colorful fruit salad using delicious seasonal fruit.
- Use a whole wheat pita half to make a pizza with tomato paste, a small amount of low fat cheese, and lots of veggies on top.



Dietary Fiber

Dietary fiber is the part of plant foods that your body doesn't digest. There are two types of dietary fiber used in the labeling of food products – both are important for good health.

Soluble fiber dissolves in water. It is found in foods like beans and other legumes, fruits, and oat products. Soluble fiber has been shown to help lower cholesterol levels and improve heart health.

Insoluble fiber is considered to be the “gut-healthy fiber” because of its role in supporting regularity. It does not dissolve in water and can be found in whole grain products and vegetables.

Benefits of Fiber

- Fiber keeps your digestive system running smoothly by promoting regularity.
- Fiber adds bulk to help move food through the digestive tract.
- Fiber can help reduce the risk of constipation and diverticulosis (a condition that develops when pouches form in the wall of the colon).
- Soluble fiber may also help lower blood cholesterol levels and reduce your risk for heart disease.
- Getting enough fiber may also help you feel full and satisfied longer, which can help with weight management. High fiber foods often have less calories per portion than more calorie dense foods.

How Much Do You Need?

Government experts recommend that most women get **at least 25 grams** of fiber per day, with some needing even more. **HOWEVER**, most Americans don't even reach half of this recommendation! On average, women get 56% of their recommended daily fiber while men average about 47%.



Tips for Incorporating More Fiber Into Your Diet



- Look for statements on food labels to figure out how much fiber the product has per serving:

Good Source of Fiber which means that the product contains 2.5-4.9 grams of fiber per serving

Excellent Source of Fiber which means that the product contains 5.0 grams or more of fiber per serving

- Choosing whole foods over their more refined counterparts can help you get more fiber.

Example: A glass of juice has less than 1 gram of fiber while a medium orange has 3 grams of fiber and a medium apple has almost 4 grams of fiber.

- The skin of fruits such as apples or grapes, and vegetables such as potatoes are full of fiber and other nutrients.

Example: 1 baked potato with the skin on has 4 grams of fiber

- Beans are packed with fiber! Just ½ cup of cooked or canned beans has 8 grams of fiber. Whether you use kidney, pinto, black beans or lentils, beans make a unique side dish or great addition to stews, soups or chili.
- Nuts add flavor and crunch to salads, desserts, vegetables or snacks. With 3 grams of fiber per ounce, try adding the crunch of sunflower seeds, almonds, walnuts, cashews, peanuts or pecans.

Remember, while nuts have many nutrients, they are also calorie dense. A portion size of nuts or seeds is about a handful.

- Berries are full of flavor...and fiber! With their small seeds, blackberries, strawberries, blueberries and raspberries have more fiber than most other fruits. Just ½ cup has 4 grams of fiber. Whether fresh or frozen, berries also provide important nutrients, so try some with cereal or yogurt.

- Brown foods such as brown rice, whole grain bread, crackers and pasta are often higher in fiber than the white versions. Brown rice has 3 grams of fiber in 1 cup, while white rice has a minimal amount.

Remember, reading the Nutrition Facts panel will help you clearly identify how many grams of fiber in a product.

- To get a fiber boost at snack time, choose whole grain snacks such as popcorn, whole wheat crackers, or baked corn chips. With 4 grams of fiber in 3 cups, popcorn is a great alternative to potato chips.
- Once you have solved the mystery of where to find fiber, be sure to increase the amount of fluid that you drink. Fiber needs fluid to work properly in the body.
- Starting your day with a high fiber cereal or bread can help you get a start on your daily fiber needs. Even sprinkles of a high fiber cereal really add up. Mix $\frac{1}{4}$ cup into yogurt or combine with another cereal to help you pump up the fiber content.

Skill Builder

- Review your recommended servings of fruits and vegetables and adjust your diet this month, if necessary
- Identify meals and snacks where you can increase your fruit and vegetable intake
- Aim for color when it comes to your fruits and vegetables

Session 22

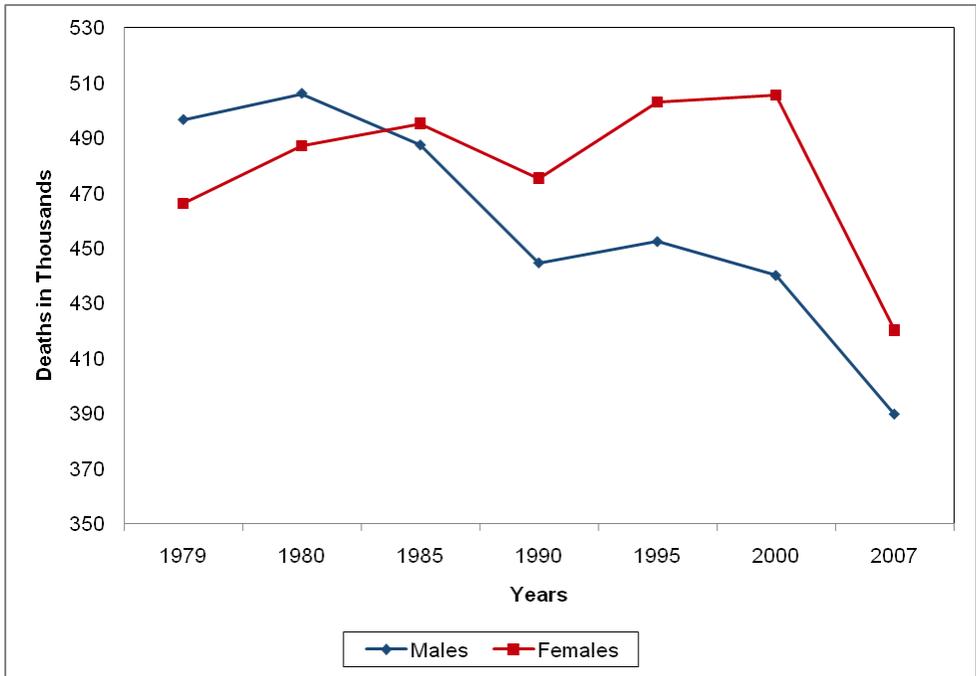
Heart Health



Heart Health

Did you know that more than one in three women has some form of cardiovascular disease (CVD)? Since 1984, the number of CVD deaths for women has exceeded those for men and shown in the table below:

CVD Disease Mortality Trends For Males And Females (United States: 1979-2007)



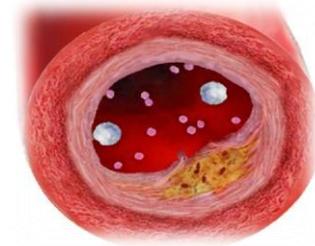
Source: NCHS and NHLBI

In the United States in 2007, all cardiovascular diseases combined claimed the lives of 421,918 women while all forms of cancer combined to kill 270,018 women. Breast cancer claimed the lives of 40,599 women; lung cancer claimed 70,388.

What is Coronary Heart Disease (CHD)?

Coronary heart disease is caused by the buildup of plaque in the arteries to your heart. This may also be called hardening of the arteries.

- Fatty material and other substances form a plaque build-up on the walls of your coronary arteries. The coronary arteries bring blood and oxygen to your heart.
- This buildup causes the arteries to get narrow.
- As a result, blood flow to the heart can slow down or stop.



Factors You Can Control

Blood Pressure

Blood pressure is the force in the arteries when the heart beats (systolic pressure) and when the heart is at rest (diastolic pressure). It's measured in millimeters of mercury (mm Hg). High blood pressure (or hypertension) is defined in an adult as a blood pressure greater than or equal to 140 mm Hg systolic pressure or greater than or equal to 90 mm Hg diastolic pressure.

Do I have high blood pressure?

Blood Pressure (systolic/diastolic)	Classification
<120/<80	Normal
120-139/80-90	Pre-hypertension
140-159/90-99	Stage 1 hypertension
>160/>100	Stage 2 hypertension
>180/>110	Severe hypertension

"<" = less than
">" = greater than

Smoking

- Increases blood pressure
- Increases risk of blood clots
- Decreases levels of HDL “good” cholesterol



Cigarette smokers have a 70% greater chance of dying of heart disease than nonsmokers!

Benefits Over Time When Smokers Quit

20 minutes after quitting	Your heart rate and blood pressure drops.
12 hours after quitting	The carbon monoxide level in your blood drops to normal.
2 weeks to 3 months after quitting	Your circulation improves, and your lung function increases.
1 to 9 months after quitting	Coughing and shortness of breath decrease.
1 year after quitting	The excess risk of coronary heart disease is half that of someone who smokes.
5 years after quitting	Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.
10 years after quitting	The lung cancer death rate is about half that of a smoker who does not quit. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas also decreases.
15 years after quitting	The risk of coronary heart disease is the same as a person who is a nonsmoker.

Improve Your Cholesterol Levels

Total cholesterol is a measure of LDL cholesterol, HDL cholesterol, and other lipid components. Doctors recommend total cholesterol levels below 200.

LDL (bad) cholesterol can build up on the walls of your arteries and increase your chances of getting heart disease. The lower your LDL cholesterol number, the better it is for your health. The table below explains what the numbers mean.



HDL (good) cholesterol: the higher the number, the better it is for your health. This is because HDL cholesterol protects against heart disease by taking the "bad" cholesterol out of your blood and keeping it from building up in your arteries.

Triglycerides are the chemical form in which most fat exists in food and the body. A high triglyceride level has been linked to the occurrence of coronary artery disease in some people.

Know Your Numbers!

Total Cholesterol

- Under 200 mg/dL Desirable
- 200-239 mg/dL Borderline high
- 240 mg/dL and above High

LDL Cholesterol Levels

- Under 100 mg/dL Desirable
- 100-129 mg/dL Elevated
- 130-159 mg/dL Borderline high
- 160-189 mg/dL High
- 190 mg/dL and above Very high

HDL Cholesterol Levels

- Under 50 mg/dL Increases heart disease risk
- 60 mg/dL or higher Protects you from heart disease

Triglycerides

- Under 150 mg/dL Desirable
- 150-199 mg/dL Borderline high
- 200 mg/dL or higher High

Making Heart-Healthy Choices



Food	Choose	Limit
Meat, poultry, fish, and shellfish	<ul style="list-style-type: none"> • Lean meats without visible fat • Poultry with skin removed • All fish 	<ul style="list-style-type: none"> • Fatty meats • Duck • Liver • Sausage • Bacon • Processed meats
Dairy products	<ul style="list-style-type: none"> • Skim and 1% milk • Low-fat yogurt • Low-fat cheese • Low-fat cottage cheese 	<ul style="list-style-type: none"> • Whole milk • Cream • Half-and-half • Whipped cream • Whole-milk dairy products
Fats and oils	<ul style="list-style-type: none"> • Olive oil for cooking • Canola oil for baking • Spreads that are trans-fat free 	<ul style="list-style-type: none"> • Trans fat • Saturated fat • Lard • Bacon fat • Coconut • Palm and palm kernel oil
Breads, cereals, pasta, rice, dried peas, and whole beans	<ul style="list-style-type: none"> • High-fiber grains containing 3 grams of fiber or more/serving, including: <ul style="list-style-type: none"> ➢ Cereals ➢ Breads ➢ Pastas ➢ Crackers ➢ Rice ➢ Starches 	<ul style="list-style-type: none"> • Danish • Croissants • Doughnuts • Products made with saturated / trans fat oils
Sweets and treats	<ul style="list-style-type: none"> • Sorbet • Low-fat yogurt • Gingersnaps • Plain popcorn • Pretzels 	<ul style="list-style-type: none"> • Ice cream • Commercial chips and snacks • Store-bought desserts

Fats: A Closer Look

Type of fat	Information	Sources
HEALTHY FATS		
Monounsaturated fat	<ul style="list-style-type: none"> Studies show that replacing saturated fats with monounsaturated fats (MUFAs) improves blood cholesterol levels 	<ul style="list-style-type: none"> Olive oil, canola oil, nut oils, nuts, avocado, seeds
Polyunsaturated fat	<ul style="list-style-type: none"> This is a type of fat found mostly in plant-based foods and oils 	<ul style="list-style-type: none"> Corn, safflower, soybean, and sunflower oils, nuts and seeds. Fat in seafood is mainly polyunsaturated
Omega-3 fatty acids	<ul style="list-style-type: none"> Decrease the risk of coronary heart disease May decrease the risk of blood clots 	<ul style="list-style-type: none"> Fatty, cold-water fish (such as salmon, mackerel and herring) Found in walnuts, canola oil, soybeans & flaxseeds
FATS To LIMIT/AVOID		
Saturated fat	<ul style="list-style-type: none"> This is a type of fat that comes mainly from animal sources of food 	<ul style="list-style-type: none"> Source is usually fat from animal products, such as butter, ice cream, whole milk & meat Oils include coconut, palm and palm kernel oil
Trans fat	<ul style="list-style-type: none"> Most trans fats are made during food processing through partial hydrogenation of unsaturated fats. This process creates fats that are easier to cook with and less likely to spoil 	<ul style="list-style-type: none"> May be found in fried foods, commercial baked goods, processed foods and margarines Be sure to check nutrition labels to see what products contain trans fats and which ones do not

Physical Activity

By this point in the study, you've become a regular exerciser. The 60 minutes of exercise you do everyday not only helps with weight loss but also with your heart! This lifestyle change has improved your overall health!



Reminders

- Continue daily exercise for an average of 60 minutes a day.
- Continue to weigh yourself daily.

Session 23

Reading the Food Labels, Beyond Calories



Reading the Food Labels, Beyond Calories

The Nutrition Facts Label

The Nutrition Facts panel, or label, can serve as a guide to meeting your nutritional goals. It can help you to:

- Make healthy choices at the grocery store
- Compare foods and products
- Plan healthy meals
- Reduce your risk for certain diseases such as heart disease, high blood pressure, stroke, obesity, diabetes, and some forms of cancer



The Nutrition Facts Label - Overview

The food label can be broken down into six sections:

1. Serving Size

2. Calories

3. Limit these Nutrients

4. Get Enough these Nutrients

5. Footnote

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

6. % Daily Value

See the USFDA Guide: How to Understand and Use the Nutrition Facts Label at <http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm>

The Serving Size (#1)

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

- The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package.
- Serving sizes are standardized to make it easier to compare similar foods. They are provided in familiar units, such as cups or pieces, followed by the metric amount, e.g., the number of grams.
- The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label.

Pay attention to the serving size.

In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat **two** cups. That doubles the calories!

	Single Serving	%DV	Double Serving	%DV
Serving Size	1 cup (228g)		2 cups (456g)	
Calories	250		500	
Calories from Fat	110		220	
Total Fat	12g	18%	24g	36%
Trans Fat	1.5g		3g	
Saturated Fat	3g	15%	6g	30%
Cholesterol	30mg	10%	60mg	20%
Sodium	470mg	20%	940mg	40%
Total Carbohydrate	31g	10%	62g	20%
Dietary Fiber	0g	0%	0g	0%
Sugars	5g		10g	
Protein	5g		10g	
Vitamin A		4%		8%
Vitamin C		2%		4%
Calcium		20%		40%
Iron		4%		8%

Calories and Calories from Fat (#2)

Amount Per Serving	
Calories 250	Calories from Fat 110

- The calorie section of the label can help you manage your weight.

Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).

General Guide to Calories

- 40 Calories is low
- 100 Calories is moderate
- 400 Calories or more is high

The General Guide to Calories provides a general reference for calories when you look at a Nutrition Facts label.

This guide is based on a 2,000 calorie diet.

THE NUTRIENTS: HOW MUCH?

Limit These Nutrients (#3)

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

- The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much.
- Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

Get Enough of These (#4)

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

- Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets.
- Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

Remember: You can use the Nutrition Facts label not only to help *limit* those nutrients you want to cut back on but also to *increase* those nutrients you need to consume in greater amounts

Footnote on the Bottom of the Nutrition Facts Label (#5)

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- Looking at this section, note the * used after the heading "% Daily Value" on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you "%DVs are based on a 2,000 calorie diet".
- The footnote shows recommended dietary advice for all Americans--it is not about a specific food product.
- The Daily Values (DV) are recommended levels of intakes. DVs in the footnote are based on a 2,000 or 2,500 calorie diet.

How the Daily Values Relate to the %DVs

Look at the example below for another way to see how the Daily Values (DVs) relate to the %DVs and dietary guidance. For each nutrient listed there is a DV, a %DV, and dietary advice or a goal. If you follow this dietary advice, you will stay within public health experts' recommended upper or lower limits for the nutrients listed, based on a 2,000 calorie daily diet.

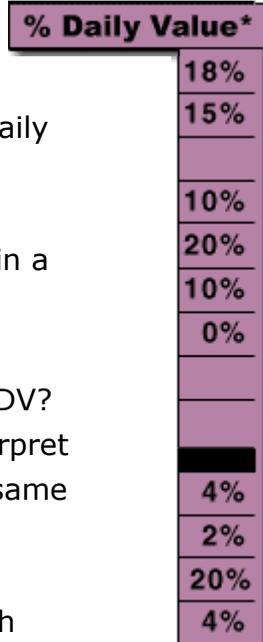
Examples of DVs versus %DVs

Based on a 2,000 Calorie Diet

Nutrient	DV	%DV	Goal
Total Fat	65g	= 100%DV	Less than
Sat Fat	20g	= 100%DV	Less than
Cholesterol	300mg	= 100%DV	Less than
Sodium	2400mg	= 100%DV	Less than
Total Carbohydrate	300g	= 100%DV	At least
Dietary Fiber	25g	= 100%DV	At least

The Percent Daily Value (#6)

- The % Daily Values (%DVs) are based on the Daily Value recommendations for key nutrients but only for a 2,000 calorie daily diet--not 2,500 calories.
- The %DV helps you determine if a serving of food is high or low in a nutrient.
- Do you need to know how to calculate percentages to use the %DV? No, the label (the %DV) does the math for you. It helps you interpret the numbers (grams and milligrams) by putting them all on the same scale for the day (0-100%DV).
- The %DV column doesn't add up vertically to 100%. Instead each nutrient is based on 100% of the daily requirements for that nutrient (for a 2,000 calorie diet). This way you can tell high from low and know which nutrients contribute a lot, or a little, to your **daily** recommended allowance (upper or lower).



Quick Guide to % DV

- **5% DV or less is low**
- **20% DV or more is high**



Nutrients Without a %DV Trans Fats, Protein, and Sugars

- **Trans Fat:** Experts could not provide a reference value for trans fat nor any other information that FDA believes is sufficient to establish a Daily Value or %DV.
- **Protein:** A %DV is required to be listed if a claim is made for protein, such as "high in protein". Otherwise, unless the food is meant for use by infants and children under 4 years old, none is needed.
- **Sugars:** No daily reference value has been established for sugars because no recommendations have been made for the total amount to eat in a day.

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110 Calories from Fat 0	
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol Less than 5mg	1 %
Sodium 160mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
Protein 13g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 45 %	Iron 0 %

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

The Ingredient List

- Like a recipe, this tells you what is in the food.
- All ingredients are listed in order of weight, or concentration, with the largest amount listed first and the smallest amount listed last.



Nutrition Facts		
Serving Size: About (20g)		
Servings Per Container: 16		
	Amount Per Serving	% Daily Value*
Total Calories	60	
Calories From Fat	15	
Total Fat	2 g	3%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	45 mg	2%
Total Carbohydrates	15 g	5%
Dietary Fiber	4 g	17%
Sugars	4 g	
Sugar Alcohols (Polyols)	3 g	
Protein	2 g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		2%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Wheat flour, unsweetened chocolate, erythritol, inulin, oat flour, cocoa powder, evaporated cane juice, whey protein concentrate, corn starch (low glycemic), natural flavors, salt, baking soda, wheat gluten, guar gum

People with the following special food needs and or sensitivities find the ingredients list very useful:

- peanuts
- eggs
- lactose (milk sugar)
- wheat
- sulfites
- certain artificial colors
- religious or other restrictions requiring avoidance of pork, shellfish, or other meat
- vegans avoiding food made with ingredients from animal sources



Fruits, Vegetables and Seafood

- Nutrition labels are not required for raw fruit, vegetables, seafood. Displaying nutrition information for these foods is voluntary.
- The FDA has created the following nutrition information for the 20 most frequently consumed raw fruits, vegetables (below), and fish in the United States.



Vegetables

Nutrition Facts

Raw, edible weight portion.
Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Vegetables Serving Size (gram weight/ounce weight)	Calories		Calories from Fat		Total Fat		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars		Protein		Vitamin A		Vitamin C		Calcium		Iron		
			g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	%DV	g	%DV	g	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	%DV	
Asparagus 5 spears (93 g/3.3 oz)	20	0	0	0	0	0	230	4	7	2	8	2g	2g	10%	15%	2%	2%										
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	0	40	2	220	6	6	2	8	4g	1g	4%	190%	2%	4%										
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	1	80	3	460	8	13	3	12	2g	4g	6%	220%	6%	6%										
Carrot 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	0	60	3	250	7	7	2	8	5g	1g	110%	10%	2%	2%										
Cauliflower 1/6 medium head (99 g/3.5 oz)	25	0	0	0	30	1	270	8	5	2	8	2g	2g	0%	100%	2%	2%										
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	0	115	5	260	7	4	1	8	2g	0g	10%	15%	4%	2%										
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0	0	0	0	140	4	2	1	4	1g	1g	4%	10%	2%	2%										
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	0	0	200	5	6	3	12	2g	1g	4%	10%	4%	2%										
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0	0	20	1	190	5	5	2	8	3g	1g	0%	70%	4%	2%										
Green Onion 1/4 cup chopped (25 g/0.9 oz)	10	0	0	0	10	0	70	2	2	1	4	1g	0g	2%	8%	2%	2%										
Iceberg Lettuce 1/6 medium head (89 g/3.2 oz)	10	0	0	0	10	0	125	4	2	1	4	2g	1g	6%	6%	2%	2%										
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	0	35	1	170	5	5	1	4	1g	1g	130%	6%	2%	4%										
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0	0	15	0	300	9	3	1	4	0g	3g	0%	2%	0%	2%										
Onion 1 medium (148 g/5.3 oz)	45	0	0	0	5	0	190	5	11	4	12	9g	1g	0%	20%	4%	4%										
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	0	0	620	18	26	9	8	1g	3g	0%	45%	2%	6%										
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	0	55	2	190	5	3	1	4	2g	0g	0%	30%	2%	2%										
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	0	0	260	7	4	1	8	2g	1g	6%	30%	2%	2%										
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	4	0	0	250	7	18	6	8	5g	4g	2%	10%	0%	2%										
Sweet Potato 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0	0	70	3	440	13	23	8	16	7g	2g	120%	30%	4%	4%										
Tomato 1 medium (148 g/5.3 oz)	25	0	0	0	20	1	340	10	5	2	4	3g	1g	20%	40%	2%	4%										

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.

U.S. Food and Drug Administration
(January 1, 2008)

Reminders

- Continue daily exercise for an average of 60 minutes a day.
- Continue to weigh yourself daily.

Session 24

Dietary Supplements



Dietary Supplements

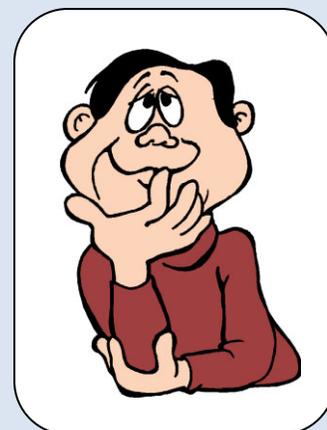
Dietary Supplements

Today dietary supplements are used by more than half of the adult population in the United States. Specific vitamin supplements have clear benefits among certain population groups. However, most studies do not provide strong evidence for beneficial health-related effects of supplements taken by the general population.



What Are Dietary Supplements?

- Product that contains vitamins, minerals, herbs or other botanicals, amino acids, enzymes and/or other ingredients intended to supplement the diet
- Intended to be ingested
- May not be represented as a conventional food or meal; intended to *supplement* the diet
- Labeled as a "Dietary Supplement"





Types of Supplements

- Vitamins
- Minerals
- Botanicals
- Sports nutrition supplements
- Weight management products
- Specialty supplements

Forms of Supplements

- Capsules
- Softgels
- Gelcaps
- Tablets
- Liquids/tinctures
- Powders
- Bars
- Beverages

Regulation of Supplements

In 1994 the Dietary Supplement Health and Education Act (DSHEA) was signed into law. This law...

- Provided a framework for the safety and labeling of dietary supplements.
- Regulated supplements as food rather than medication.
- Made manufacturers responsible for determining that their products are safe.
- Stated that manufacturers cannot make false or misleading claims about their product.

Dietary ingredients marketed prior October 1994 are considered to be generally safe and are permitted to be freely marketed.

Manufacturers do not have to wait for a safety approval from FDA before marketing the product. If safety problems arise after the product is in the market, the FDA is allowed to pull it.

Label Claims



Health Claim (pre-approved by FDA)

- Used to characterize relationship between dietary ingredient and decrease risk of disease or health-related condition

Example: "Calcium linked to reduced risk of osteoporosis"

Nutrient Content Claim (pre-approved by FDA)

- Nutrient content claims describe the relative amount of a nutrient or dietary substance in a product

Example: "High in calcium"

Structure/Function claims

- A structure/function claim describes how a product may affect the body. It cannot mention any specific disease.
- Must be submitted to FDA within 30 days after marketing the supplement.
- Must include the following:
 - "This statement has not been evaluated by the FDA."
 - This product is not intended to diagnose, treat, cure, or prevent any disease."
 - "This product is not intended to diagnose, treat, cure or prevent any disease."

Example: "Calcium builds strong bones"

Who Else is Helping?

- Other nongovernmental organizations such as NSF International, ConsumerLab.com, and the United States Pharmacopeia (USP) may evaluate supplement quality.
- They charge manufacturers to test their product.
- If a supplement manufacturer conforms to the organization's standards, they can bear the organization's seal of approval.
- These programs are voluntary. The absence of the seal doesn't mean the product is of less quality. It also doesn't verify overall safety or effectiveness.



Food versus Supplements

- There is currently no proof that supplements reduce cancer risk or prevent cancer.
- Focus on the overall content of your diet rather than on specific nutrients. In other words, EAT your vitamins and minerals!
- Tell your doctor about supplements you're using and/or are consider using.



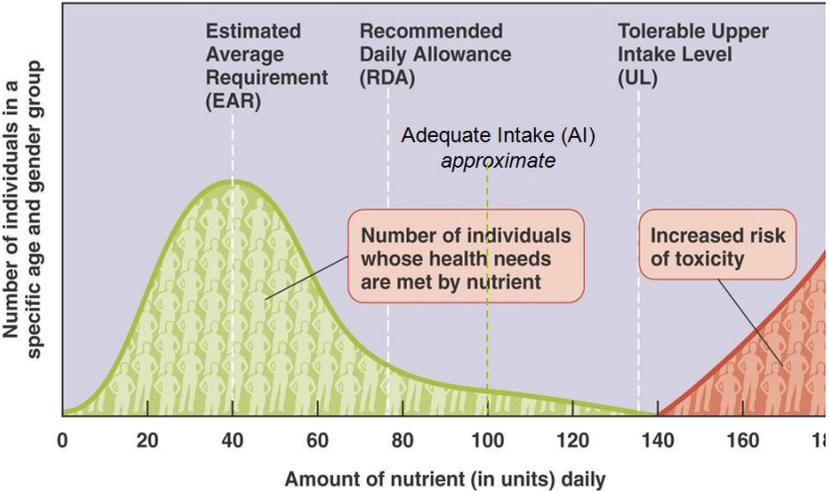
Dietary Reference Intakes (DRI)

- DRIs are issued by the US National Academy of Sciences Institute of Medicine.
- They're specific amounts of each nutrient that is needed to be consumed to maintain good health, prevent chronic diseases, and avoid unhealthy excesses.
- The DRIs include four types of recommendations, each serve a different need in planning a healthy diet



Estimated Average Requirements (EARs) –The amount needed to meet the requirements for half of the individuals in a similar age and gender group.

Recommended Dietary Allowances (RDAs) – The amount of a nutrient that is needed for most people to stay healthy. It is adequate for 97-98% of people in a similar age and gender group.



Adequate Intake (AI) – This exists where no RDA has been established. The amount is believed to be adequate for everyone in the demographic group. This recommendation is based on educated guesswork but is still scientifically based.

Tolerable Upper Intake Level (ULs) - The highest amount of a nutrient that will unlikely cause harm if amount consumed daily by most healthy people.

Vitamin D

- The *current* daily recommendation:
 - 600 IU for adults up to age 50
 - 800 IU for adults \geq 71 years
- Tolerable Upper Intake Level is 4000 IU
- **Deficiency** may be determined by your doctor. The doctor may recommend high doses until target level achieved. Your doctor may assess you monthly or quarterly until your target blood level is reached.
- **Dietary sources:** Fortified products including milk, some breakfast cereals and margarine; eggs and oily fish



Calcium

- The current daily recommendation:
 - 1000 mg for adults age 19-50
 - 1200 mg for adults \geq 51 years
- Tolerable Upper Intake Level:
 - 2500 mg for adults up to 50 years
 - 2000 mg for adults \geq 51 years
- **Dietary Sources:**
 - Milk, yogurt, and cheese are the main food sources of calcium for the majority of people in the United States.
 - Kale, broccoli, and Chinese cabbage are some vegetable sources of calcium.
 - Calcium is added to some breakfast cereals, breads, pasta, fruit juices, soy and rice beverages, and tofu. To find out whether these foods have calcium, check the product labels.

How might calcium help prevent cancer?

The exact mechanism by which calcium may help reduce the risk of colorectal cancer is unclear.

Researchers know that calcium binds to acids in the gastrointestinal tract to form calcium soaps. This reduces the ability of the acids to damage cells in the lining of the colon.

Calcium may also reduce growth in the lining of the colon or cause colon cells to change. Calcium also may improve signaling within cells and cause cancer cells to change and/or die.

Antioxidants

- There are thousands of different antioxidants in various amounts in fruits, vegetables, whole grains, nuts, and legumes. These antioxidants help the body protect itself from the harm of oxidation.
- To date, there is no evidence to support taking antioxidant supplements to prevent cancer, so get them from your food.



Dietary Sources of Some Antioxidants

Vitamin E

- Soybean, corn, cottonseed, and safflower oil
- Wheat germ and whole grains
- Green leafy vegetables
- Nuts and seeds
- Olives
- Egg yolks
- Liver

Vitamin C

- Oranges
- Broccoli
- Bell peppers
- Strawberries
- Sweet potatoes
- Tomatoes
- Watermelon
- Grapefruit
- Kiwi
- Mango
- Brussels sprouts
- Pineapple

Vitamin A

- Liver
- Fish
- Milk and milk products
- Eggs
- Dark leafy greens*
- Deep orange or yellow fruits and vegetables*

Selenium

- Seafood
- Meat
- Whole grains
- Vegetables (depending on the content of selenium in the soil)

**These are good sources of beta-carotene*



Folic Acid

- The daily recommendation :
 - 400 mcg for adults age \geq 19 (non pregnant, non lactating)
- Tolerable Upper Intake Level is 1000 mcg/day
- Evidence suggests the need for caution. May be involved in cancer progression after the carcinogenic process has been initiated.
- **Dietary Sources:** Products containing fortified flour, beans, legumes, dark leafy vegetables such as spinach, orange juice.



Soy

- Antiestrogenic effect premenopausal
- Estrogenic effect postmenopausal
- Consumption consistent with an Asian diet (about 3 servings a day) appears to have minimal effects on cancer risk
- Soy supplements are discouraged



Several supplement and herbs may have biologically active compounds that interfere with treatment or in large doses may have adverse affects on your health.

Always let your doctor know what supplements you are taking.

Reminders

- Continue daily exercise for an average of 60 minutes a day.
- Continue to weigh yourself daily.

Session 25

Keep On Moving



Keep on Moving

Choosing the Right Activity

The most important thing to remember is to do activities that work for you. Do activities that you enjoy and that your body can handle physically. The following are some ideas:

- Walking around your house, neighborhood, or a mall
- Joining an exercise class—water aerobics, yoga, aerobics or Zumba
- Getting involved in a sport—tennis, golfing, bowling, swimming or bicycling
- Walking whenever you can—to the mailbox, walking the dog, parking the car farther away from where you are going, taking the stairs, getting up to change the television channels

**Staying Motivated to
KEEP MOVING!**

**The key is to find something
that you enjoy doing!**



Remember: The goal is to exercise for 60 minutes/day. Keep in mind that you can split up your activity during the day. For example, 30 minutes when you first wake up and 30 minutes before you go to bed.

Overcoming challenges

Here are some suggestions to help you overcome some challenges that you may face:

- **Make sure your goals are realistic.** Goals should be reasonable, specific and doable.
- **Schedule exercise as you would other appointments.** Make it a priority. After all, you are the priority in your life! Remember that making small changes now can increase both the quantity and quality of your life!
- **Exercise with someone.** Ask a friend or family member to help you or exercise with you. Others can help motivate and encourage you to keep you on track. Exercise can be more fun with a friend or family member.
- **Include a variety of activities.** This will help keep you from getting bored with the same routine every time you exercise. Remember, many different activities count as exercise, including dancing, yard work, water aerobics and hiking.



The Benefits of Strength Training

- Help burning more calories, even at rest, by increasing metabolism
- Bones become denser and less prone to osteoporosis and injury
- Protection for joints against wear and tear
- Reduction in arthritic pain
- Injury prevention
- Muscle loss delay and building of muscle mass
- Mood improvement



Some of the Less-Known Benefits of Exercise

Exercise helps you to lose weight, reduce your risk of heart disease, diabetes and builds bone strength. If that is not enough to keep you moving, read on for more benefits!

Improved mood



Exercise produces endorphins, which increase happiness. Exercise also increases levels of serotonin in the brain, which can lead to a person feeling calmer and handling stress better.

Better cognition



Exercise helps the brain get more oxygen and nutrients. So if you are having trouble concentrating, a quick walk around the block might do you a world of good.

Fewer sick days



Moderate exercise boosts your immune system. It helps the body to fight off simple bacterial and viral infections.

Sleep



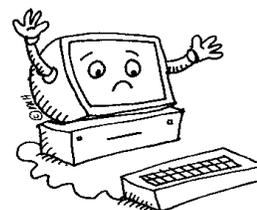
People who exercise regularly have more energy during the day. They also fall asleep faster and sleep more deeply at night. The increased stamina and strength will help everyday tasks seem easier to accomplish.

Social relationships



Exercising with a friend or loved one can improve your relationship.

Rebooting Your Mood to Workout



You Think: "The scale is stuck. Why bother?"

Rethink: "This pudge will budge." Stick with the scale: Use it and you'll probably lose pounds. Studies have shown that of adults who were watching their waistlines, those who weighed themselves more often lost more weight or regained fewer pounds

Redo: **Rev up your routine** As your metabolism changes in response to working out, you will have to change what you are doing in order to help your body respond and burn fat; turn up the intensity and/or increase the length of your workout session a bit.

You Think: "I hurt my knee. There goes exercise for a month."

Rethink: "Pilates, here I come!" It's important to tell yourself that there's more than one way to reach your exercise goal. A good idea is to write down all negative things you are thinking and re word the thoughts into positive statements.

Redo: **Pull a switcheroo.** There are plenty of low- or no-impact exercise options that melt fat. Depending on your injury, moderate elliptical training, cycling, or jogging in water can be an appropriate alternative. See your doctor to be sure which route is best for you.

You Think: "I simply can't shake the after-work energy slump to exercise."

Rethink: "Just 10 minutes." There are two common ways of being tired – mental vs. physical. Doing something physical will help fight some of the mental exhaustion. It could help to tell yourself that you're not going to do more than 10 minutes of exercise. Often, you extend the time once you get into your workout. Even doing only 10 minutes of moderate exercise, such as pedaling on a stationary bike, can be enough to improve mood and fatigue levels

Redo: **Stack the deck in your favor.** Make the path home from work go through your gym so that you see exercisers and feel motivated to workout rather than go home and sit on the couch. Also, have a different workout you can switch to if you're not feeling up to your usual routine or if you miss a class: Leave a workout DVD in the player at home or keep your walking shoes ready. Women with a plan B workout exercise more!

Adapted from "Recharge Your Exercise Motivation" from <http://www.fitnessmagazine.com/weight-loss/tips/motivation/recharge-your-exercise-motivation/?page=1> accessed on 8/30/2010

The Benefits of Aerobic Exercise

- Burning of calories and body fat
- Increase in metabolism
- Decrease in blood pressure and risk of heart disease
- Help in prevention of diabetes
- Strengthening of skeletal system
- Strengthening of immune system
- Improvement in sleep
- Reduction in risk of cancer, especially breast, prostate, and colon cancers
- Possible improvement in cognitive function and help in prevention of memory loss
- Reduction in overall mortality
- Mood improvement
- Injury prevention

Reminders

- Continue daily exercise for an average of 60 minutes a day.
- Continue to weigh yourself daily.

Session 26

One Year Summary and Celebration



One Year Summary Celebration

Congratulations!

Celebrate Your Progress!!

- We want to recognize all the hard work you've done and celebrate the progress that the group has made!
- Although it hasn't always been easy, you have made important changes in your eating and physical activity over the course of the study.
- Remember that weight management is a process that evolves over time. You have come a long way and deserve a lot of credit for all the big and small changes that you have made.
- We hope you are proud of all that you have accomplished. We are proud of you and we sincerely appreciate your continuous contributions to this study!!
- Don't forget to focus on what went well for you and what you hope to do in the future.



Saying Goodbye to the Group and Maintaining Your Progress

You've worked through challenges over the course of the study and now you have the tools you need to overcome future tests. As a reminder, these are the steps that helped you lose weight and will also help you keep the weight off.

We strongly encourage you to continue your record-keeping and to **weigh yourself daily**. Remember that your thoughts have a large impact on your behavior. It's important to view weight management as part of your self-care. It's something you do for yourself and your health.



As you take some time to complete your record-keeping you may want to also **graph your weight**. Graphing helps you visually keep track of what it going on with your weight. It lets you know when you need to take immediate action.

Self-monitoring is perhaps the best weight management tool of all. Writing down everything you are eating and drinking will help you get back on track when you experience a lapse. Be creative in how you monitor yourself. You may want to use internet sites like CalorieKing.com or Sparkpeople.com to analyze your intake rather than write things down. You may want to record your intake only during high risk situations (like certain times of the day, special events, etc.). Do what works best for you!



My Accomplishments

Changes you've made to be more active:



The biggest challenge you've had so far that you overcame to make changes in your physical activity:

The physical activity change that you are most proud of:



Changes you've made to eat fewer calories:

The biggest challenge you've had so far that you overcame to make changes in your diet:

The dietary change you are most proud of:



What strategies have been most helpful to you in making these changes?

What are your plans for staying on track in the absence of these group sessions? How will you get the support you need?

Plan for Reversing A Small Weight Gain



Weight

My Current Weight: _____ pounds

Weight range that will be maintained:

_____ to _____ pounds.



Describe what you'll do when you reach the high end of weight to be maintained. If not already, begin to record you're eating to increase your awareness of any problem areas. Choose specific goals based on behavior not weight.

Food Intake

Choose a calorie level that will help reverse your weight gain. Avoid setting extreme goals. As a guideline, choose a calorie level that is 250 calories less than the amount required for you to maintain your weight.

Your calorie intake should generally not be less than 1200 calories daily. You should have a structured but flexible plan that does not deprive you of the foods you enjoy.

My Calorie level: _____ Calories.

Describe what specific changes you will make to accomplish this goal? (example: eat a snack before leaving work to avoid being starved when you get home).



Activities

Describe how you will increase your activity. Focus on small changes that are reasonable to attain.

Activity: _____ # days per week

Time (minutes): _____

Activity: _____ # days per week

Time (minutes): _____

Activity: _____ # days per week

Time (minutes): _____



Support

Identify people you will contact if you need help with your plan.

Contacts: _____

Reminders

- Continue daily exercise for an average of 60 minutes a day.
- Continue to weigh yourself daily.
- Plan on being available for follow-up telephone calls and make every effort to participate in future activities.
- Take contact cards with you today to mail back to us so that we may keep in touch with you even if you move



ENERGY

Exercise and Nutrition to Enhance
Recovery and Good Health for You