

"BE WISE"

LIFESTYLE INTERVENTION

PARTICIPANT'S GUIDE

ILLINOIS
WISEWOMAN
PROGRAM

MAY 2010

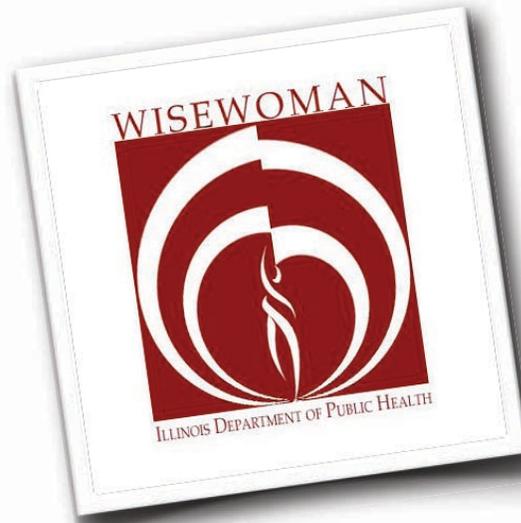
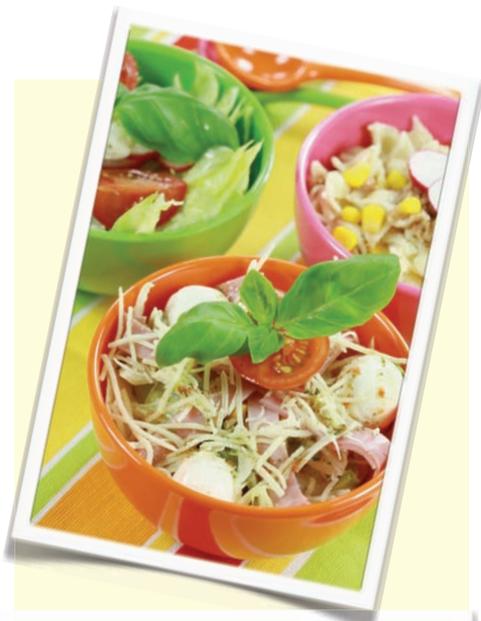


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State of Illinois
Illinois Department of Public Health



acknowledgments

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This Participant's Guide is part of the Illinois WISEWOMAN Program's Lifestyle Intervention: "Be WISE" and was created under the direction of Pamela W. Balmer from the Illinois Department of Public Health and Dr. Ryan K. Loo from Spectrum Consulting.

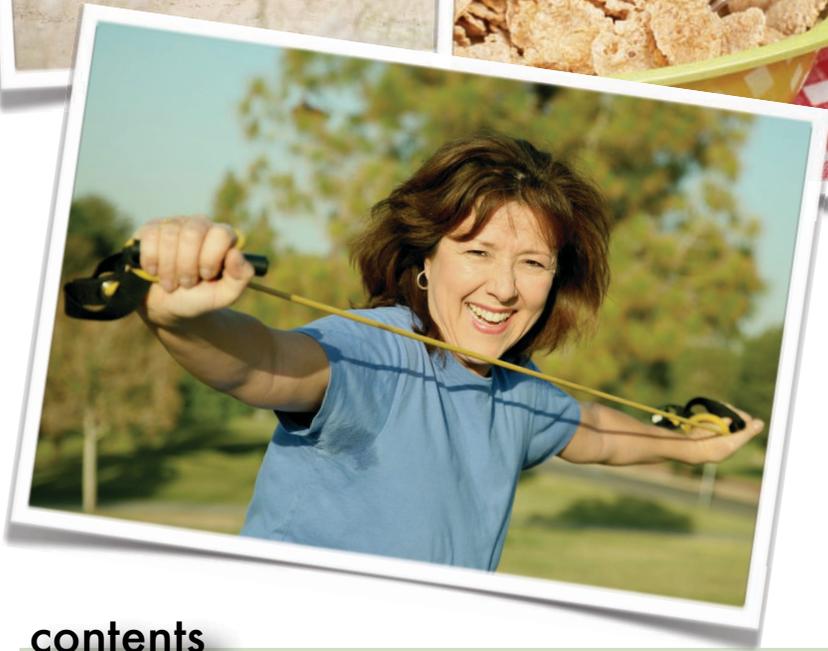
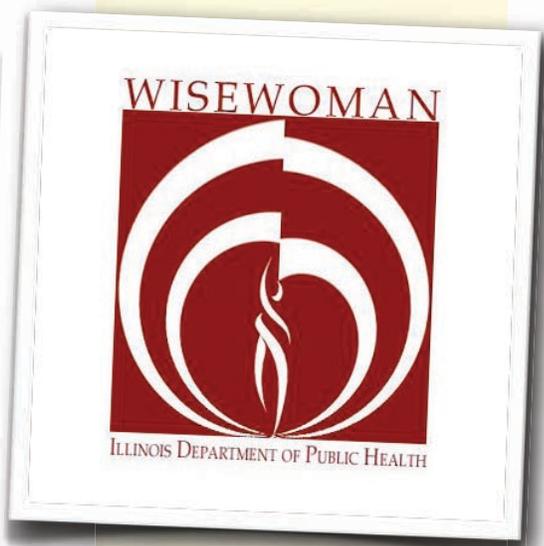
"Be WISE" is adapted from the original Illinois WISEWOMAN Program [IWP] Curriculum that was developed collaboratively by the Illinois Department of Public Health, its IWP dedicated State staff, and graduate interns, The Cooper Institute of Dallas, Texas, and the Center for Excellence in Women's Health at the University of Illinois at Chicago; as a component of a Centers for Disease Control and Prevention WISEWOMAN funded research project from 2003 to 2008. The original IWP Curriculum was based on the research-tested interventions *Project ACTIVE* (now *Active Living Every Day*, 2001) and *The Lifestyle Nutrition Study* (now *Healthy Eating Every Day*, 2005), which were developed by The Cooper Institute. The IWP would like to thank its current and past partners for their important and valuable contributions, to include the assistance of the Office of Women's Health. IWP would also like to thank Dr. Ryan K. Loo from Spectrum Consulting for adapting the curriculum, incorporating lessons learned during the research phase, and helping IWP transition from research to public health service delivery.

IWP would especially like to thank its facilitators and the IWP Lead Agency staff for the valuable feedback received during the research phase of the program. Their lessons learned have led to improvements in the IWP Lifestyle Intervention and resulted in a product that we feel will meet the needs of our valued providers and participants in IWP.

IWP gives special thanks to the women that have participated in this program. Serving women in need and helping them lead better, healthier lives is what this program is all about.

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"Be an Illinois WISEWOMAN!"



The Illinois WISEWOMAN Program offers:

- Free CVD Health Screenings
- The Illinois "Be Wise" Lifestyle Intervention
- Referral Services for Medication and Other Services

Our women learn how to reduce their risk of heart disease by making healthy choices in eating and physical activity. If you are between 40 and 64 years old, ask about becoming an Illinois WISEWOMAN!

Get your free screening today!

Learn about your risk of heart disease, diabetes, and other chronic diseases. Speak to a qualified health professional about what you can do to reduce your risks!

"Be Wise" Lifestyle Intervention - come and join us!

Come and meet new friends while learning to make healthy lifestyle changes at the same time! Small groups of women stick together during a four week lifestyle intervention as they learn from each other and support one another in making healthy lifestyle changes.

Why Become an Illinois WISEWOMAN?

- Learn how to eat healthy, be active, and maintain or lose weight.
- Meet new friends that will support you in changing your eating and physical activity.
- Get tools to help you make changes in your eating and activity behaviors.
- Keep in touch with our monthly postcards with healthy tips and follow-up health screenings.



These services are made possible by the Illinois Department of Public Health and the Centers for Disease Control and Prevention.

#1 Killer

Heart Disease is the biggest health threat for women.
1 in 2 women will die from heart disease or stroke.
Over 5 times as many women die from heart disease than breast cancer.

For more information, contact:

Illinois WISEWOMAN
Program
(217) 524-6088



What an Illinois WISEWOMAN Knows:

- ☑ Change for life. The goal is to make healthy changes that last a lifetime.
- ☑ Health is a choice. Physical activity and healthy eating are choices. Only you can change your habits.
- ☑ Small changes make a big difference. Even small changes in eating and activity can improve your health.
- ☑ Each woman has her own needs. You will learn skills that you can apply to your daily life.



“Be Wise” Lifestyle Intervention

This four-week lifestyle intervention is packed with great information to help you take the small steps toward a healthier you! Each weekly session includes:

- Group Support and Sharing
Sessions begin with a “check-in” or talking circle that gives women the opportunity to share experiences related to eating and physical activity. This is a great time to get ideas and learn from other group members.
- Interactive Learning
Learn new skills like managing stress, working through obstacles, and managing time. Group activities help teach important skills women can use for a lifetime of making healthy changes.
- Special Topic to Increase Knowledge
Increase your knowledge about special topics related to physical activity and healthy eating.

What do I need to do?

- Let us know you are interested!
- Attend as many sessions as you can!
- Have fun and make healthy changes!



Session 1: Small Changes, Big Results

This week is about making small, simple changes that fit into your daily life. You will learn about healthy eating and physical activity. You will also learn how small changes can lead to big health benefits over time.



Schedule

Welcome

- Sign-in
 - Overview of today's session
 - Hand out materials
 - Introductions
-

The Health Benefits of Behavior Change

MyPyramid

- Principles
 - MyPyramid Serving Sizes
-

Physical Activity Pyramid

Physical Activity Break

- Two-minute walk
-

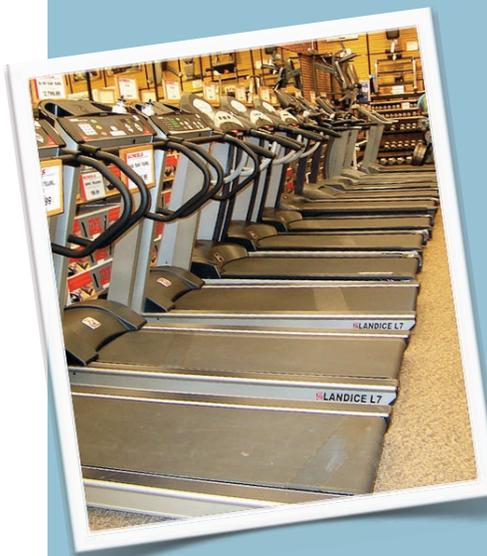
Substituting Healthy Alternatives

Summary

- Any questions or concerns?
 - Group support
-

Preview of Next Week

- Session 2: I'm a WISEWOMAN, Not a Wonder Woman!
 - Day, time, and location
-



It's For Your Health!

A healthy lifestyle can:

- Improve mood and mental well-being
- Lower stress
- Increase energy
- Help control your weight
- Increase strength of bones and muscles
- Help your lungs so you breathe easier
- Lower your risk for diseases such as heart disease, stroke, diabetes, and cancer

What an Illinois WISEWOMAN knows:

Healthy Eating

- All foods fit in a healthy lifestyle. There is no such thing as a “bad” food.
- Eat a variety of foods. Include plenty of fruits, vegetables, and whole grains.
- Limit foods high in fat. Fat is an important part of our diet, but many of us eat too much of it.
- Be wise about portion size. This helps us choose a variety of foods in the right amounts.
- Taste and prep time are important! Healthy eating does not mean you can't enjoy foods. Healthy eating does not have to take a lot of time.

Physical Activity

- Make activity part of your life. You don't have to go to a gym or fitness center. Daily activities like brisk walking, gardening, and taking the stairs can help to make you fit and healthy.
- Spend less time being inactive. Just move more!
- Be active during the day. Physical activity does not have to be done all at once. All activity that you do adds up for good health.
- Do a variety of activities. Improve fitness, strength, flexibility, and balance.

Heart health tip

A healthy heart is strong and can pump blood to all parts of the body. Often, blood vessels get clogged with fat and cholesterol. Clogged vessels can lead to heart attack or stroke.

There are several things you can do to lower your risk for heart attack and stroke:

- Lower your blood pressure
- Lower your cholesterol
- Keep a healthy weight
- Increase your physical activity



Make physical activity fun! Walking the dog, playing with grandkids, and dancing are all ways that you can be active.



MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

VEGETABLES

Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens
Eat more orange vegetables like carrots and sweetpotatoes
Eat more dry beans and peas like pinto beans, kidney beans, and lentils

FRUITS

Focus on fruits

Eat a variety of fruit
Choose fresh, frozen, canned, or dried fruit
Go easy on fruit juices

MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products
If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry
Bake it, broil it, or grill it
Vary your protein routine – choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups every day;
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
CNPP-15



USDA is an equal opportunity provider and employer.

What Is A Serving?

GRAIN GROUP: 1 serving is:

- 1 slice of bread
- 1 tortilla
- 1 small muffin or biscuit
- 1 oz. dry cereal (1 cup flakes)
- ½ hamburger bun or bagel
- ½ cup cooked pasta, rice, oatmeal
- 3 graham crackers
- * Whole grains are your best choice!

VEGETABLE GROUP: 1 serving is:

- 1 cup raw leafy greens (cabbage, spinach, lettuce)
- 1 small baked potato
- ½ cup raw or cooked vegetables (carrots, cucumbers, broccoli)
- ¾ cup vegetable juice (V8, tomato juice)
- * Choose dark green leafy vegetables over pale or light green ones!

FRUIT GROUP: 1 serving is:

- 1 medium piece of whole fruit (apple, orange, banana)
- 6 strawberries
- ½ grapefruit
- ½ cup chopped or canned fruit
- ¾ cup fruit juice
- ¼ cup dried fruit (raisins, dried plums)
- * Eat small amounts of dried fruits. They have more calories than the same amount of fresh fruit!

MILK GROUP: 1 serving is:

- 1 cup milk or yogurt
- 2 slices of cheese
- 1 ½ sticks of string cheese
- 2 ounces processed cheese (American, Velveeta)
- * Choose low-fat most of the time!

MEAT GROUP: 1 serving is:

- 2-3 oz. cooked lean meat or fish
- 2-3 slices of sandwich meat
- 1 cup cooked dried beans or peas
- 4 large shrimp
- 4 tablespoons of peanut butter
- 2 eggs
- One chicken leg or ½ a chicken breast



Physical Activity Pyramid

Just like MyPyramid helps you make healthy eating choices, the Physical Activity Pyramid helps you make choices to be more active.

The Physical Activity Pyramid reminds you to choose different types of exercises to keep your whole body healthy and strong.

Sedentary Activities:



Limit the amount of time you spend being inactive.

Flexibility and Balance Activities:

Stretching and balance exercises keep your muscles and joints working well.



Strength Activities:



Strength exercises keep your muscles, bones, and joints strong and healthy.

Aerobic Activities:



Exercises such as brisk walking or dancing are good for your heart and lungs.



Lifestyle Activity:



Active things that you do each day form the base of the pyramid. Increase the amount of activity you do each day (take the stairs, park farther away). Also, increase the intensity of what you already do (walk faster, scrub harder).



Two-Minute Walks

We all have a couple of minutes to spare during the day. Set a specific goal to take a two-minute walk each day. For example, walk during your break at work or while waiting for food in the microwave.

Remember to walk briskly, like you are running late or in a hurry to get out of the cold!



Physical Activity: How Much Is Enough?

The basic guideline for physical activity is simple:

Aim for at least 30 minutes of moderate physical activity on most days of the week.

Here are some answers to common questions about physical activity:

- Does the 30 minutes have to be done all at once? NO. You can add up activity in 5-10 minute blocks over the course of the day.
- Do I have to “exercise”? NO. You can become more fit by doing everyday activities: take the stairs, work in the yard, play actively with pets, or do active housework.
- What is moderate physical activity? A moderate intensity means that your heart beats faster and that you breathe harder than you do at rest. Moderate activities include brisk walking, raking leaves, and vacuuming.

Time Savers

Time is a common barrier for physical activity. Break down this barrier:

- Be more active during your day in short sessions like two-minute walks.
- Increase the pace of what you already do.

Stick with it!

Many women feel that it is hard to stick with their physical activity routine. These tips will help you make lasting changes:

- Have a purpose. What are *your* benefits to being physically active?
- Be consistent. This is about change over time. Do activities that fit your daily life.
- Make it fun. Pick activities that you enjoy. Find a walking partner, join a community or church exercise class, or listen to music and dance.

Talk - Sing Test
Use this guide to help you work at a moderate intensity:

- If you are too out of breath to talk, slow down.
- If you are able to sing, pick up the pace!



Small Changes, Big Results!

Making small, simple changes that fit into your daily life can make a big difference! You can do this by replacing a current eating or physical activity habit with a healthier choice. For example:

Instead of:	Try:
Buying candy out of a vending machine	Eating an apple for a quick snack
Taking the elevator	Taking the stairs
Topping foods with high-fat sauces and dressings	Substitute using low-fat or fat-free options
Using the drive-thru at the drug store or restaurant	Parking farther away and walking

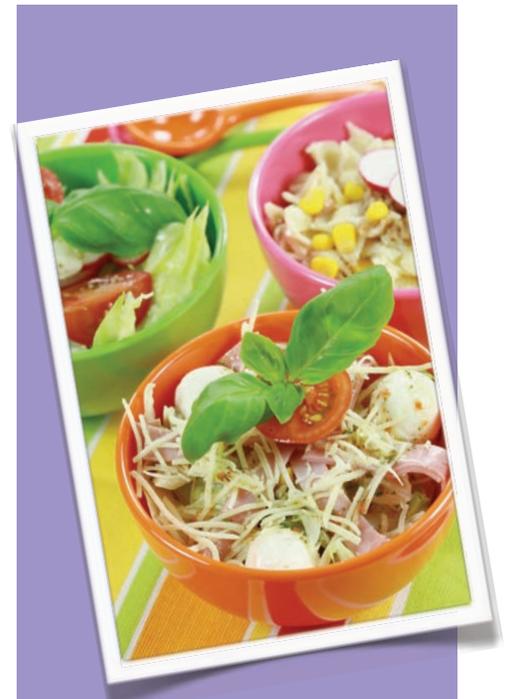
Healthy Food Choices

There are some key words to watch out for when you are choosing foods. These words tell you that the food is a less healthy choice:

Fried, Flaky, Crispy, Frosted, Creamy, Rich, Cream Sauce, Buttered, Alfredo, Cheesy, Breaded, Smothered, In Syrup

Some key words tell you that a food is a healthier option:

Baked, Grilled, Broiled, Roasted, Steamed, Low-fat, Fat-free, Skim, Low-sugar, Low-salt, Whole-wheat, Whole-grain, High Fiber



What other small things can you do to eat healthier?

1. Ask for sauces, toppings, and dressings on the side.
2. Limit the amount you eat.
3. Make fewer "less healthy" choices during the day.



Making small changes

Ask yourself these questions:

1. What are my eating and physical activity habits?
2. How could I make a healthier choice?
3. What changes would be easy to make?
4. What is one thing I am willing to try this week?

Healthy Activity Choices

Replace some of the time you spend sitting down with physical activity.

Do you ever:

- Spend too much time in the car?
- Work in one place for a long time (at a desk, in the kitchen)?
- Spend free time in less active hobbies such as watching television or sewing?

If you said “yes,” then you are not alone. With such busy lives, most women find it hard to be active. The first step is to be more active everyday.

You can:

- Use the stairs
- Take 5-minute activity breaks during the day
- Do active household chores such as vacuuming and gardening
- Take a walk during lunch

Remember...no change is too small!



Session 2: I'm a WISEWOMAN, Not a Wonder Woman!

This week you will see how social support can help you make healthy choices. You will also see how stress and certain events can affect your eating and physical activity choices. You will learn about strength exercises, stretching exercises, and balance exercises.



Schedule

Welcome

- Sign-in
- Overview of today's session
- Hand out materials
- Introductions

"Check-in" Activity

- Share experiences related to your new skills and knowledge
- Discuss successes and challenges related to changing eating and exercise habits

Social Support

Strength Exercises

Physical Activity Break

- Handout incentives: Resistance Bands
- Strength exercises

Breaking the Behavior Chain

Hunger

- Physical Hunger
- Emotional Hunger

Healthy Eating Away from Home

Stress

- Stress and your body
- Ways to handle stress

Stretching and Flexibility

Physical Activity Break

- Handout incentives: Yoga Mats
- Stretching and Balancing

Summary

- Any questions or concerns?
- Group support

Preview of Next Week

- Session 3: Know Your World
- Day, time, and location



Social Support: A Team Effort

This week you will see how other people can help you make healthy choices. This is called social support.

Support may come from friends, family, or other group members. Healthy choices are easier and more fun when you are part of a team.

A Social Support Team Can:

- Help you learn about healthy eating and physical activity
- Make you feel like you are not alone
- Be there for you when it is hard to make a healthy choice
- Help make healthy choices more fun

What Kind of Help Do I Need?

The first step is to know the type of help that you need. Think about the changes you are making. What kind of help would make healthy eating and physical activity easier?

Ways that someone could help me eat healthier:

- Eat a healthy lunch with me*
- Don't leave potato chips on the counter*

Ways that someone could help me be more active:

- Go on walks with me*
- Watch the grandchildren while I exercise*

My Support Team

Who in your life can support you and help you make healthy choices?

Some people you may want to include on your team are: spouse, children, friends, neighbors, coworkers, or WISEWOMAN group members and staff.

Put your support team together by answering these questions:

1. WHO can help me?
2. HOW can they help me?



Asking for Support

1. Know that it is OK to ask for help. Change is hard. But, it is easier when you have people to help you.
2. Find out what type of help you need and who can help you. Different people can give you different types of support.
3. Ask for specific help. Let people know exactly how they can help. Do not think that they know what you want or what you need.
4. Thank the people for their help. Tell them how they helped you. This will let them know you appreciate them. Then, those people will be more likely to help you again.

EXAMPLES

To spouse: Will you take a walk with me after dinner? I feel safe and enjoy exercise more when you do it with me.

To a friend: It would help me if we could eat at the SubStop restaurant. They have a healthy sandwich that I like.



Strength Exercises and Myths

Remember the Physical Activity Pyramid? One important type of activity is strength exercise.

Why are strength exercises important?

To do daily activities. Strength exercises make muscles, joints, and bones strong and healthy. This makes it easier to do daily activities.

As we get older, we lose muscle. Bones can also get weak. This makes it harder to do daily activities. You need strength and energy to carry groceries, to clean the house, and to take care of your family!

Burn more calories. You burn calories when you exercise. And, when you have more muscle, you burn more calories even when you are resting.

Prevent injuries. Injuries from falls are one of the biggest health problems for older women. Strong bones, muscles, and joints help prevent falls and injuries.

Myths about strength exercises

- Myth #1: I have to go to a gym and “lift weights” to make my muscles stronger.
NO! You can do strength exercises anywhere. You can use your own body weight, an elastic band, or household items, such as soup cans, soda bottles, or milk jugs.
- Myth #2: My muscles will get too big if I do strength exercises.
NO! These exercises will not make your muscles bigger. You may even find that your clothes become looser. Muscle in your body burns more calories and takes up less space than fat does.
- Myth #3: I will have to work too hard to get any results. It is not worth it.
NO! Do strength exercises just 2-3 times per week for 15-20 minutes each time, and your muscles will become stronger. Even light weights will make your muscles work harder and get stronger.



Types of Weights

Hand weights: Small dumbbells can be bought at most discount stores. They come in different sizes, so you can find ones right for you. Soup cans or water bottles will also work.

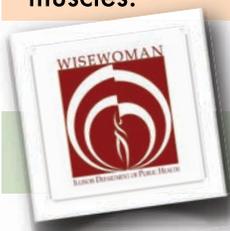
Resistance bands: Resistance bands are elastic bands or tubing that you pull to work your muscles.

Tips for getting started

- **Start easy.** Use light weights (2-5 lbs.) or bands. You should be able to easily lift the weight. After a few times, your muscles should begin to feel tired.
- **Be creative.** Use two soup cans or fill up two plastic water bottles and use them as weights. For more weight, fill them with sand or flour. Be sure that both cans or bottles are the same size and weight.
- **Wear flat, supportive shoes.**
- **Do exercises to work the large muscles** in your arms, legs, stomach, and back (see below).
- **Think about the muscle you are working.** Do strength exercises slowly so that your muscles do the work.



Major muscles in arms:	<ul style="list-style-type: none"> • Biceps: front of the upper arm • Triceps: back of the upper arm • Shoulder: top of the upper arm
Major muscles in legs:	<ul style="list-style-type: none"> • Quadriceps: front of the thigh • Hamstring: back of the thigh • Calf: back of the lower leg
Other important muscles:	<ul style="list-style-type: none"> • Abdominal: muscles over the stomach area • Back: muscles that support the spine



Strength Exercises



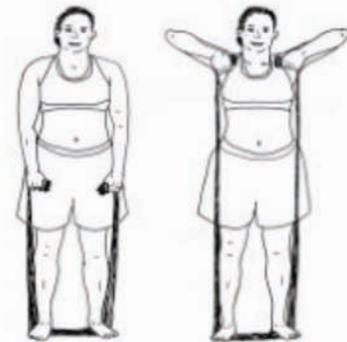
- Use a weight that you can lift easily but makes you tired after you lift it several times. Increase the weight as you get stronger.
- Lift and lower the weight in a slow and controlled way. You will work the muscle better and protect against injury.
- For each different exercise, lift the weight 8-15 times. Rest 1 minute.
- Repeat the exercise. Do 2 sets of 8-15 times for each different exercise.
- Breathe normally. Don't hold your breath as you do the exercise.
- Keep good posture and form. When you are standing to do an exercise, keep your knees slightly bent and your feet 6-12 inches (shoulder width) apart. This will give you better balance.
- Pay attention to your body. Sore muscles are normal, but sharp pain is not.
- Do not do an exercise if it hurts.



Strength Exercises (cont'd)

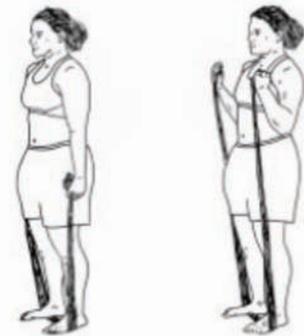
Standing Row Shoulder Exercise

Stand on the band with your knees slightly bent. Hold an end of the band in each hand. Start with your arms straight down in front of your body. Pull hands up to chin so that elbows are even with shoulders. Do not bend over or lean forward. Slowly lower your arms to the start position.



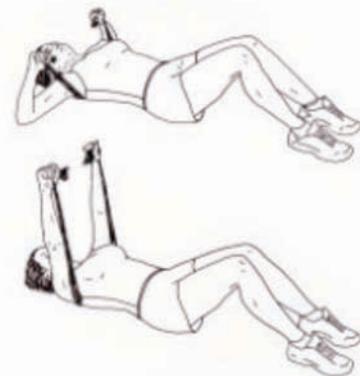
Biceps Curl Biceps (front of upper arm) Exercise

Stand on the band with your knees slightly bent. Hold an end of the band in each hand. Place your arms by your sides with your palms facing up. Keep your elbows close to your body. Lift your hands up toward shoulders, bringing them close to your body. Slowly return to the start position.



Chest Press Chest Exercise

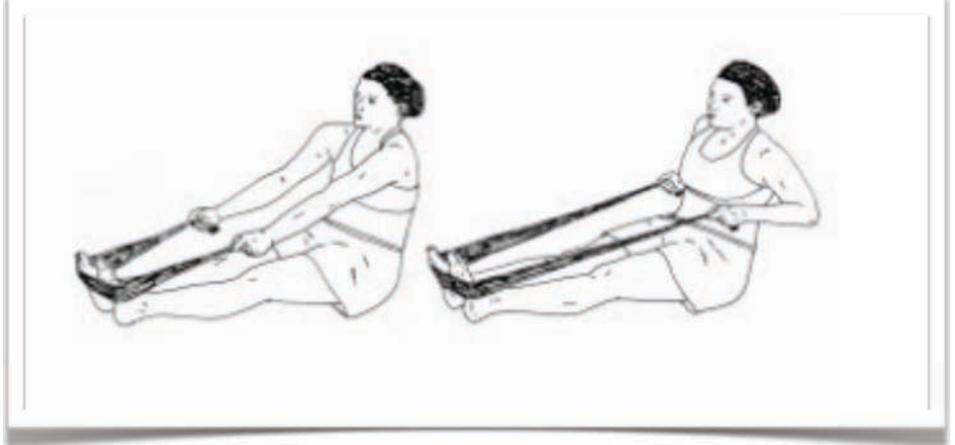
Place the band behind your back and hold an end in each hand. Start with your arms bent and hands close to your body (near your underarms). Push your arms straight out in front of your chest. Slowly return to the start position.



Strength Exercises (cont'd)

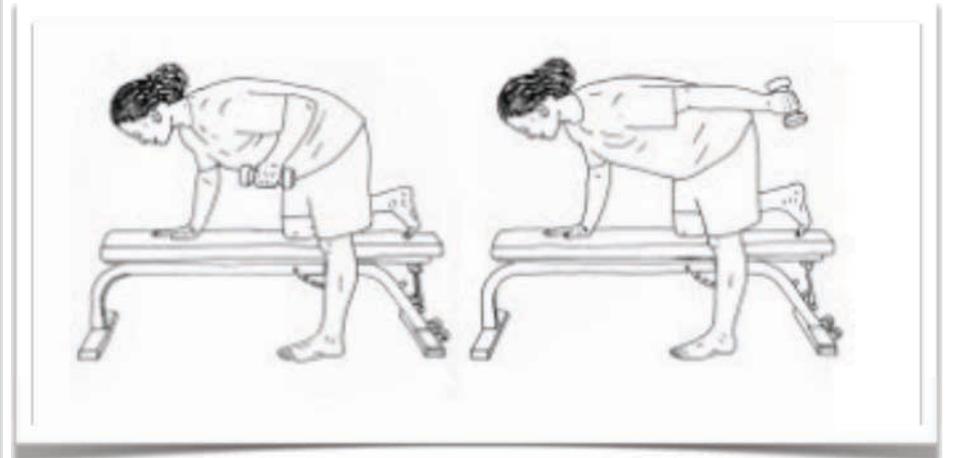
Seated Row Back Exercise

Start sitting on the floor with your legs straight out in front, knees slightly bent, and toes pointing up. Place the tubing around the bottom of your feet. Hold an end of the band in each hand. Pull your elbows back, passing your sides so that your hands are close to your chest. Squeeze your shoulder blades together. Slowly return to the start position. Be sure to sit up straight, and keep your body still so that only your arms move.

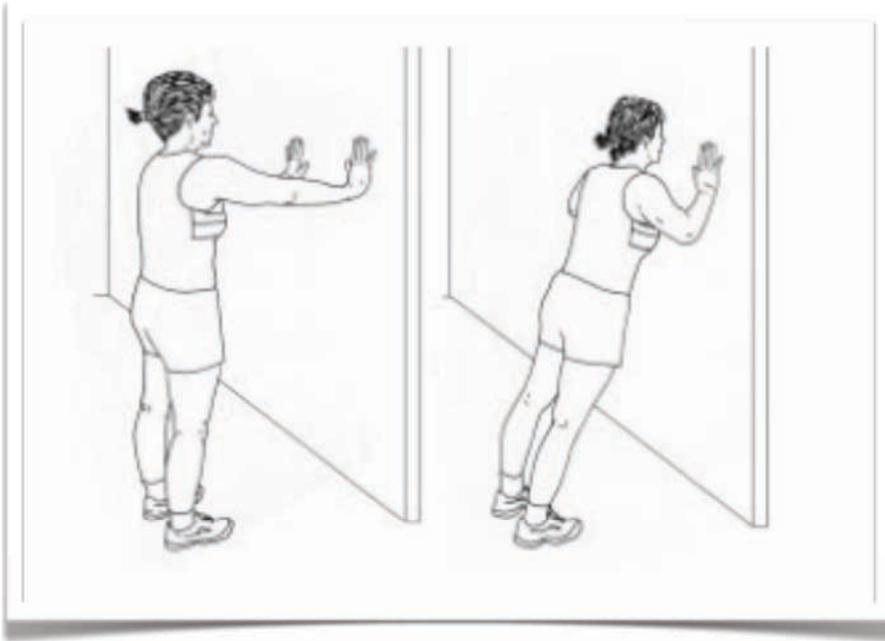


Triceps Kick Triceps (back of upper arm) Exercise

Lean forward and rest your right hand on a chair or bench to support your body. Hold a weight in your left hand and bend your elbow so that your upper arm runs along your body. Slowly straighten your arm behind you. Squeeze the muscle in the back of your arm as you extend your arm. Return to start position. Repeat by resting your left hand on a chair and bending and extending your right arm.

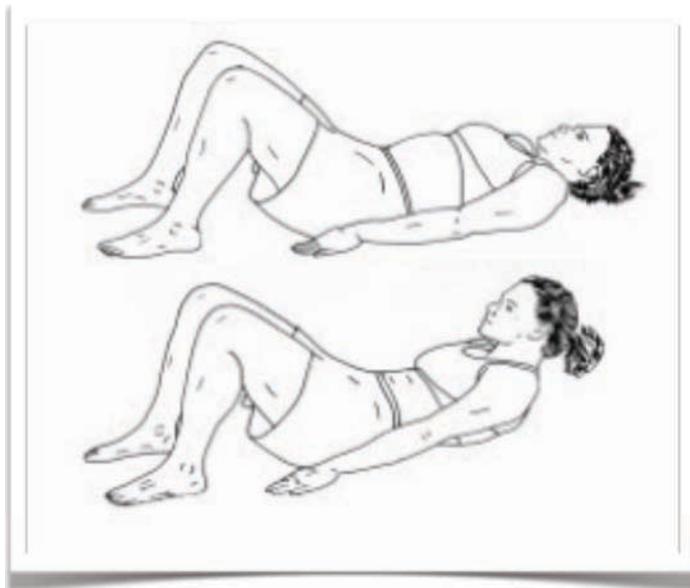


Strength Exercises (cont'd)



Wall Push-ups Arms and Chest Exercise

Stand facing a wall with your hands straight out in front of you, palms against the wall. Lean forward so that your weight is supported on your hands. Bend your arms so that you move closer to the wall. Then push yourself back to the start position. For more resistance, stand farther away from the wall.

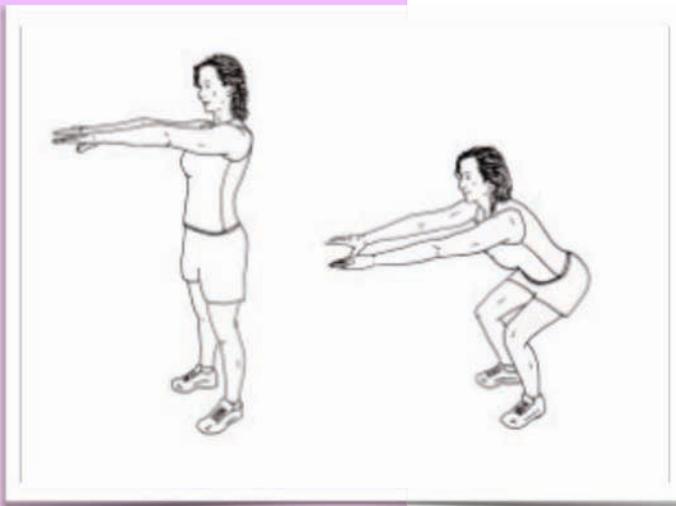


Sit-up Crunches Stomach Exercise

Lie down with knees bent, feet flat on the ground, and arms to the sides. Using your abdominal muscles, lift your shoulders off the ground a few inches, being careful not to jerk your neck. Slowly return to start position. Breathe out as you lift up, and breathe in as you relax.



Strength Exercises (cont'd)



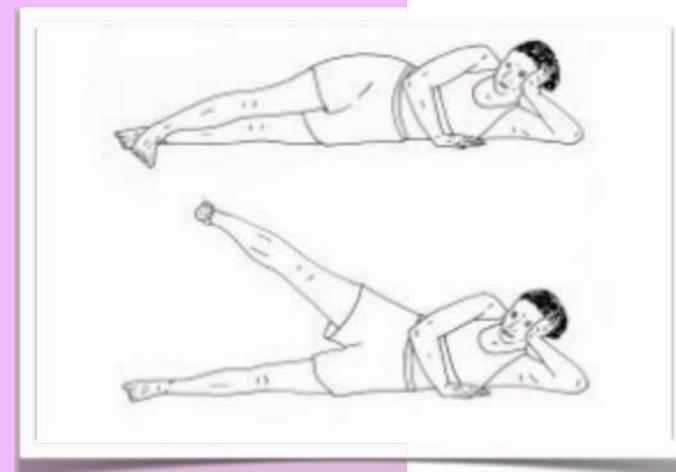
Squats (Knee Bends) Legs Exercise

Stand with feet shoulder width apart. Bend your knees and lower your hips toward the ground. Return to standing position. Do this exercise as if you were trying to sit in an imaginary chair, and as you touch the seat you stand back up. Beginners can do this exercise by actually sitting in a chair and standing back up. You may also hold onto a stable object to help you balance.



Lunges (Giant Steps) Legs Exercise

Stand with feet facing forward. Take a big step forward so that one foot is out in front of the other. Slowly bend both knees until the upper thigh is parallel to the floor. Return to start position. Repeat with other leg. You can do this exercise by taking giant steps, bending your knees deeply with each step. You can also stay in place and hold onto something for balance.



Leg Lifts Legs Exercise

Lie on your side. Rest your head on your bent arm. Keep both legs straight. Slowly lift your top leg up. Return to starting position. Turn over to opposite side and repeat with other leg.



Caution: High Risk Ahead

Some events can make healthy choices harder.

For example:

- You were hungry when you got home. You saw a bag of chips on the counter. Then, you ate the whole bag.
- It's Friday, and you haven't walked all week. You decide to wait until Monday to get back to your physical activity routine.

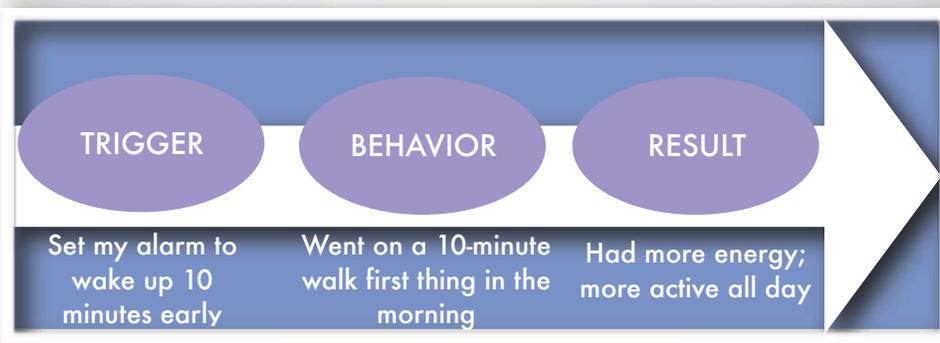
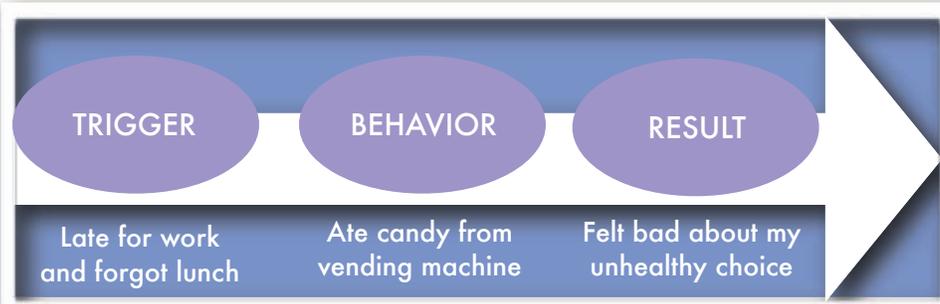
Some events can make healthy choices easier.

For example:

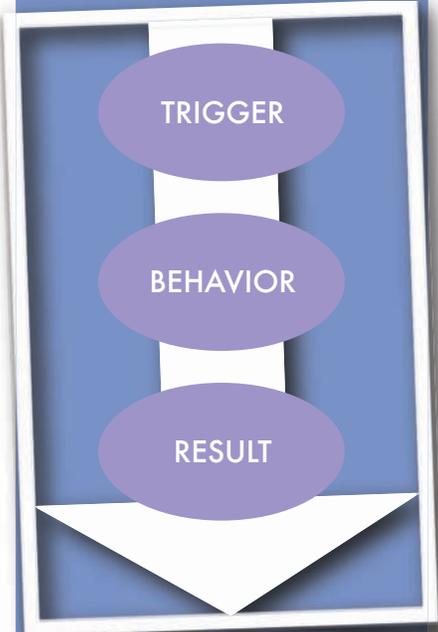
- You took an apple to eat on your way home from work. Then you weren't as hungry when you got home.
- You made a date with a friend to walk on Saturday. This way, you would not skip your activity for a whole week.

My Behavior Chains

Eating choices. Think about the events that affect how you eat. Which ones make it hard? Which ones make it easy?



BEHAVIOR CHAIN



TRIGGER: This is the thing that leads to your choices. It can be an event, feeling, or thought.

BEHAVIOR: This is the choice you make in eating or physical activity.

RESULT: This is what happens because of your choice. It may be related to your health. Or, it may be something you think or feel.



Hunger

Hunger is an event or trigger that can lead to unhealthy eating choices.

There are TWO types of hunger:

Physical hunger is the *true hunger you feel when your body needs food for energy*. Your stomach may feel empty, hurt, or make noise. You may get a headache or feel dizzy. If you let yourself get too hungry, you will make less healthy choices.



Emotional hunger is when you want to eat because of thoughts, feelings, other people, or events. Do you eat for reasons other than physical hunger? You may overeat or eat less healthy foods when you are not really hungry.



List some triggers (feelings, thoughts, or events) that make you eat when you are not really hungry:

- Eat potato chips while watching TV or when I'm bored
-
-
-
-
-
-

Healthy Eating Away from Home

Eating away from home can be risky. It can be hard to make healthy choices at restaurants, food courts, work, and other peoples' homes.

But, here are a few things that you can do to make eating out less risky...

- Think about what you will eat before you get there.
- Eat somewhere that offers healthy choices. Many places will point out the healthy items on their menus (for example, a heart or other symbol may be used to show a healthy food choice).
- Look for key words on the menu:

Eat more often: baked, braised, broiled, grilled, roasted, steamed, stir-fried

Eat less often (more fat): au gratin, battered, breaded, buttered, casserole, cheese sauce, creamed, crispy, fried, rich, sauteed, scalloped

Eat less often (more salt): blackened, broth, cured, pickled, salted, soy sauce, teriyaki

- Limit your portions (the amount of food you eat)
 - Order a child's plate or lunch portion
 - Right away, place half of the meal in a take out box
 - Order an appetizer as your main course
 - Don't order "super size" or "all you can eat"
 - Split your meal with someone to save money and calories.
- Ask how food is prepared, and ask for healthier choices. Get sauces, dressings, and toppings on the side. Ask for vegetables or salad instead of french fries, onion rings, or potato salad. Ask for sandwiches on whole wheat bread instead of on a croissant.
- Limit "empty" calories from sugary drinks (sodas, Kool-Aid) or alcoholic beverages (beer, wine). Also be careful not to fill up on crackers, chips, or bread before the meal. "Empty" calorie foods and drinks are high in calories but low in nutrients.

Eat slowly and enjoy your food!



I'm a WISEWOMAN, Not a Wonder Woman!

Stress is the physical and mental effect of pressures in your life. Stress can be caused by bad and good events.

Stress and your body

Your body is made to respond to a stressful event by:

- FIGHT - facing the stress/problem, or
- FLIGHT - running from the stress/problem

Think about what happens to your body when you are very stressed. Your heart beats faster. Your breathing increases. You start to sweat.

This would help if you had to run away from danger, but the way your body acts is not always helpful.

When your level of stress stays high over time, it can have serious effects on your health.

Stress and your health

Some people feel stress more in their body. Some people feel stress more in their thoughts and emotions.

Stress can make it harder to make healthy choices. During times of stress you may feel too busy or too tired to be physically active. You may turn to food as a source of comfort or you may eat without thinking.

When you are stressed, healthy choices are even more important. Healthy eating and physical activity can prevent some of the bad things that stress does to your body.

Health problems that can result from stress are:

- High blood pressure
- Depression and sadness
- Anxiety and worry
- Weight gain
- Trouble sleeping
- Trouble thinking
- Headaches



Understand your stress (cont'd)

List some causes of stress in your life. Think about both big and small things that make you feel stressed. For example... *traffic, money, sick family member, working 2 jobs...*

-
-
-
-

List some ways stress affects your eating and activity choices. For example... *watch more TV, eat candy, don't realize what I eat, too busy to walk...*

-
-
-
-

List some ways that stress affects your body and mind. For example... *feel tired, get grouchy, feel anxious, headaches and muscle tension...*

-
-
-
-

Mental Stress and Worrying - if you worry when you are stressed, try to take your mind off the stress. Pray, write down your thoughts, relax in a quiet place, or set a specific "worry time." Use your support team. Talking to other people can be a big help during times of stress.

Breathing and Heart Rate - when you are stressed, your breathing may get faster. Take slow, deep breaths. This will help the heart rate slow down.

Muscle Tension and Headaches - next time you feel stressed, try to relax your shoulders. If you tighten your neck and shoulders when stressed, you may also get muscle aches and headaches. Massage the tense muscles, do stretching exercises, or go for a brisk walk.

Physical activity is one of the best ways to cope with all types of stress. Physical activity can take your mind off your worries, help your breathing and heart rate, and help relax tight muscles.



Try the following stress tips:

For Mental Stress and Worrying

If worry gets in the way of sleep, keep paper by your bed so you can write down what is on your mind. Then, you can take care of it the next day when you are fresh.

For Breathing and Heart Rate

Try taking ten deep breaths. Breathe in for three counts and breathe out for three counts. Exhaling should be a slow, steady, soft blow as if trying not to break a cobweb.

For Muscle Tension and Headache

Sit or lie down. Try to relax all the muscles in your body. Then, tighten the muscles in your feet and legs for 5 seconds. Next, completely relax the muscles for 5 seconds. Repeat for muscles in your arms and shoulders.



Stretching and Flexibility

Remember the Physical Activity Pyramid? One important type of activity is stretching exercise.

Why are Stretching Exercises Important?

- Reduce stiffness in joints
- Reduce muscle tightness
- Improve balance
- Improve posture
- Reduce injury

As we get older, our muscles and joints may become stiff. This increases risk for injury and makes it hard to do daily tasks.

Stretching Tips

- Do a variety of stretches
- Hold each stretch for several seconds - don't bounce
- A stretch should not hurt - only move so that you feel the muscles become longer
- Stretching is best when your muscles are warm - try moving around for two minutes before you stretch to warm up
- Fit in stretching throughout your day
 - while talking on the phone
 - waiting for food in the microwave
 - before getting out of bed

Balance Exercises

When you stretch, also do a few balance exercises. Good balance is important to prevent falls. It will also improve your posture.

Try these balance exercises:

- Stand on one leg for ten seconds. Be sure to change legs. If it is too easy, try it with your eyes closed.
- Walk in a straight line, heel to toe. If forward is too easy, try to walk backward.

Stretching and balance exercises can be done anywhere!



When in your day could you fit in a few stretching and balance exercises?

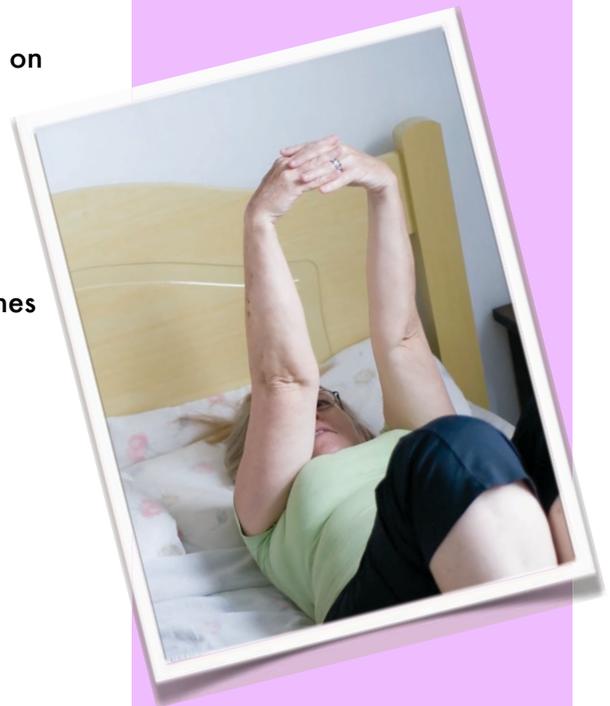
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-
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-



Stretching Exercises



- Warm up before stretching. A warm up could be walking in place for 2 minutes. A warm muscle stretches better than a cold muscle.
- Hold the stretch, but do not bounce. Spend 10 to 30 seconds on each position and then repeat the stretch.
- Remember to BREATHE during each exercise!
- Try to do the stretches several times each week.
- You can do all the stretches at one time or do different stretches through the day.



Stretching Exercises (cont'd)

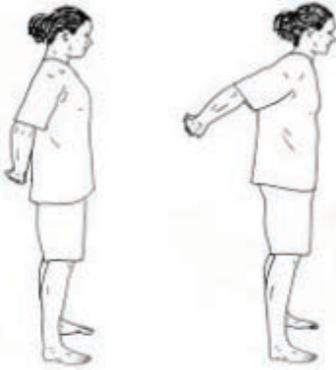
Neck Stretch

While looking straight ahead, tilt your head to the side and try to touch your ear to your shoulder. Keep your shoulders still and relaxed. Don't raise your shoulder to meet your ear. Hold the stretch for a few seconds. Then, repeat the movement to the other side. Next, try to touch your chin to your chest - go down only as far as is comfortable, hold for a few seconds. Take a deep breath to help you relax.



Shoulder Stretch

Link your fingers together behind your back with your palms facing upward. Slowly move your elbows toward each other as you straighten your arms. Hold for a few seconds and then relax.



Lower Back Stretch

Lie on your back, and bring both knees into your chest. Place your hands on your knees and make small circles with your knees. This should feel like a mini back massage.



Stretching Exercises (cont'd)

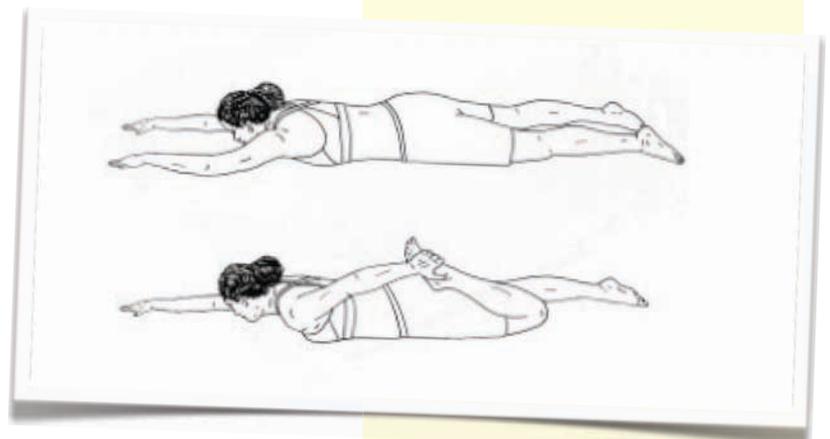
Thigh Stretch (back of the upper leg)

Sit upright on the floor with your legs straight and spread apart slightly. Reach your arms in front of you and slowly lean forward. Reach as far as you can and hold for a few seconds.



Thigh Stretch (front of the upper leg)

Lie on your stomach with your arms stretched out in front of you. Bend your left knee and grab the top of your foot with your left arm. Slowly pull downwards. Hold for a few seconds. Repeat with the right leg.



Balance Exercises

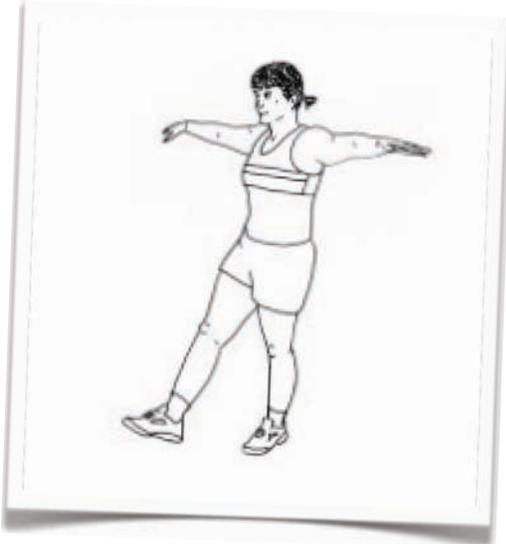


Tips:

- Have a stable support within reach that you can use to help you balance.
- Make the exercise easier by extending your arms to the side.
- Make the exercise harder by crossing your arms across your chest or by doing the exercises with your eyes closed.
- Hold the position for several seconds. Increase the time of each exercise as your balance gets better.



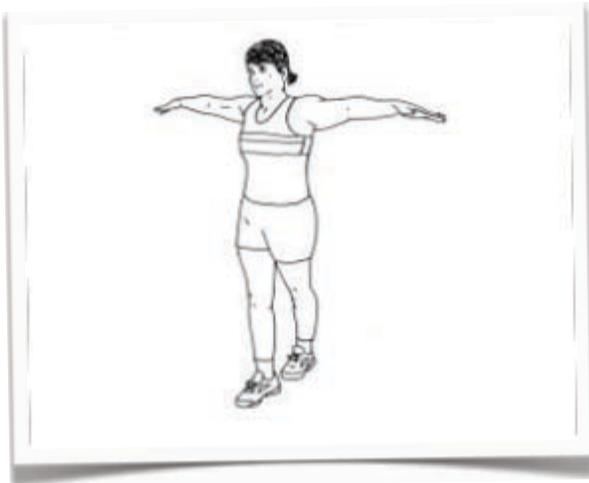
Balance Exercises (cont'd)



One Foot Balance

Stand on one foot for 10 seconds. Repeat on the other leg.

Harder: hold the leg so that it is straight in front of you.



Heel / Toe Balance

Stand with one foot directly in front of the other with your toe touching your heel. Balance for 10 seconds. Repeat with the other foot in front.

Harder: try the exercise while walking as if you were on a tightrope.



All 4s Balance

Kneel on all fours while keeping a straight back and neck. Lift one arm off the floor and hold for a few seconds. Return the arm to the floor and lift the other arm. Repeat balance exercise with each leg, lifting straight back. Remember to keep your back straight during each exercise.

Harder: lift opposite arm and leg at the same time.



Session 3: Know Your World

This week, you will learn how to recognize and control things in the world around you that make it easier or more difficult for you to make healthy choices about eating and activity. You will also learn to track your healthy choices so that you can watch yourself progressing and make changes as you go.



Schedule

Welcome

- Sign-in
 - Overview of today's session
 - Hand out materials
 - Introductions
-

Check-In Activity

- Share experiences related to your new skills and knowledge
 - Discuss successes and challenges in changing eating and exercise habits
-

The Step Counter

- How can the step counter help me?
 - Step Up Your Activity – Setting a Daily Step Goal
-

Physical Activity Break

Keeping Track

- WISEWOMAN Physical Activity Log
 - WISEWOMAN Food Log
-

Portions vs. Servings

Food Labels

Healthy Eating: Fats

Healthy Eating: Fiber

Know Your World

- How the World Affects Your Eating and Activity Choices
 - Problem Solving Barriers
 - Shopping for Healthy Foods
-

Summary

- Any questions or comments?
 - Group support
-

Preview of next week

- Session 4: Health is a Choice!
- Date, time, and location



The Step Counter

A step counter is a tool that tracks your activity. It counts the number of steps you take.

How does the step counter work?

The step counter has a spring that moves with every step you take. Each step causes the spring to count one step.

How can the step counter help you?

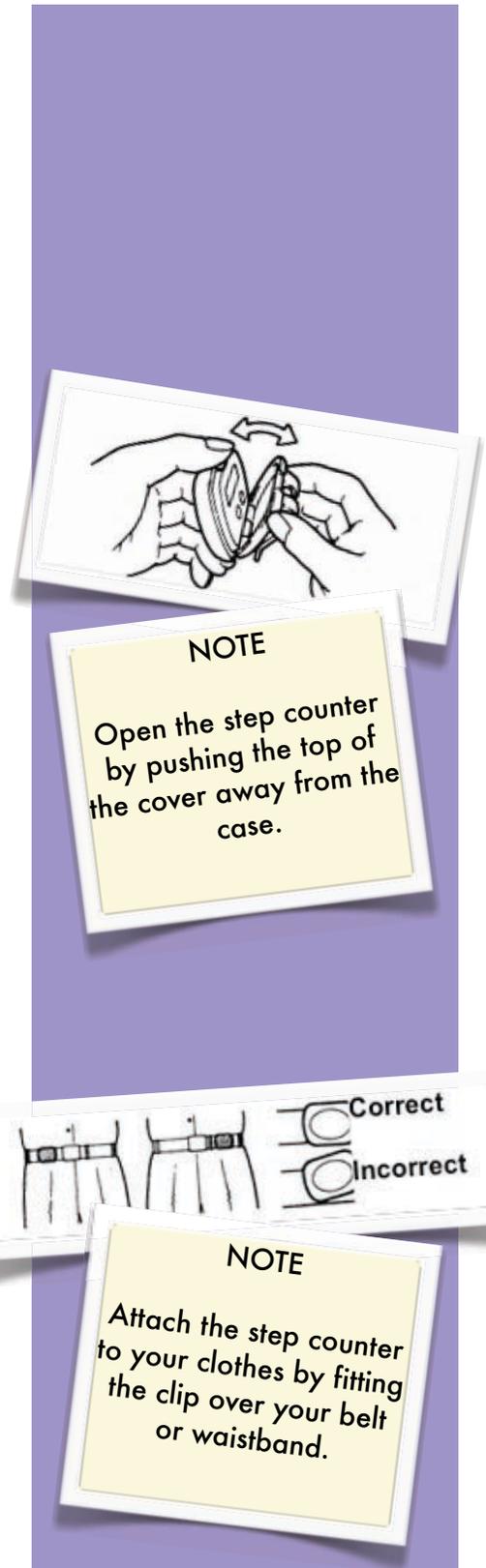
- A step counter can help you see how active you are during the day.
- A step counter can help you remember to be active. For example, look at your step counter at 2:00 in the afternoon. If you see that you are far from your goal, you know that you will have to move more to meet your goal.
- A step counter can help you set goals and track your daily activity.

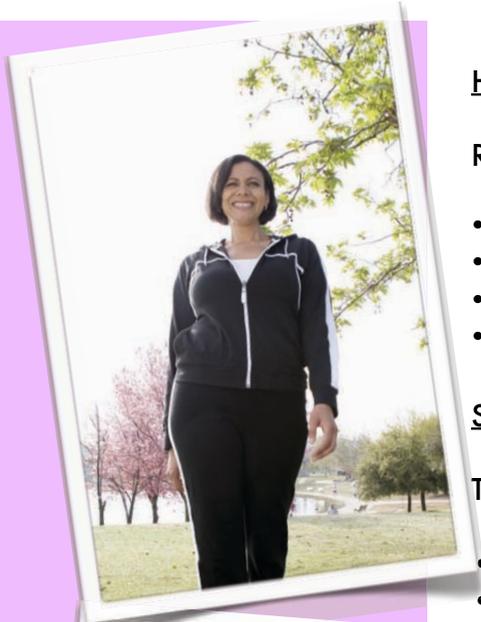
How do I use the step counter?

1. Open the step counter. You will see a small button. This is the “reset” button. When you press it, your step counter should read “0.”
2. Put the step counter on your belt or waistband as shown in the picture. It should be lined up over your hipbone or the middle of your knee.
3. Open the cover, and reset your step counter to zero. Close the cover.
4. The step counter will track your physical activity as you go about your day.

What if I don't wear a belt?

The step counter should be put on your waistband. If you wear a dress or clothing without a waistband, you can put your step counter on a piece of string or elastic (like a belt). Then you can wear it over or under your clothes. You can also attach it to your panty hose or underwear.





OOPS!

Did you drop your step counter in the toilet? Did you forget to remove it before going into the shower or pool?

If your step counter gets wet, take out the battery. Let the step counter and battery dry out for a few hours. It should work again.

Use the step counter clip or a large safety pin to attach it to your waistband. That way, you won't have to worry about losing the step counter.

How do I know when the battery is low?

Replace the battery if the screen:

- Is dim or goes blank
- Flashes
- Shows dashes (—)
- Shows a number of steps that seems very wrong

Step up your activity

Try to wear your step counter every day for one week:

- Put your step counter on when you get dressed in the morning.
- Wear it until you go to bed.
- Don't forget to reset your step counter to zero each morning when you put it on.

Keep a log. Write down your steps at the end of each day. At the end of the week, look at your log. Set a goal to take 300-500 more steps each day. For example, if you take 3,000 steps during a normal day, try to take 3,500 steps each day the next week



Track Your Progress: Physical Activity

Keep track of the things you do in a Physical Activity Log.

Why is it helpful to write down the activities you do?

- To learn about your habits. When you write down your activities, you can see the choices you make. This helps you see where you can make small changes.
- To track your progress. Have you set any activity goals? When you write down the things that you do, you can look back to see if you met your goals.

Simple steps for keeping a Physical Activity Log

1. Mark the number of minutes you spend in each type of activity. Check one box for every five minutes of activity. (See example at right.)
2. At the end of the day, count the total number of minutes you spend in each type of activity. Write the numbers in the "Total" column. (See example, below.)
3. Write down when you were inactive.
4. Answer the questions on the log by circling "Yes" or "No."
5. Write down any other notes.

EXAMPLE

<u>Brisk walking or aerobic exercise</u>	Total
<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	10 min.
<u>Stretching exercises</u>	Total
<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 min.

EXAMPLE

If you spent...

- 30 minutes washing floors,
- 10 minutes brisk walking,
- and five minutes stretching...

...you would mark boxes on your Physical Activity Log as follows:

Moderate lifestyle activity

Six boxes are marked because $6 \times 5 = 30$.

Brisk walking or aerobic exercise

Two boxes are marked because $2 \times 5 = 10$.

Stretching exercises

One box is marked because $1 \times 5 = 5$



WISEWOMAN Physical Activity Log

= 5 minutes
 = 30 minutes

Moderate Lifestyle Activity

Total

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	_____

Brisk Walking or Aerobic Exercise

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	_____

Strength Exercises

<input type="checkbox"/>	<input type="checkbox"/>	

Stretching Exercises

<input type="checkbox"/>	<input type="checkbox"/>	

Daily Steps

Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.	YES	NO
I talked to someone about physical activity today.	YES	NO
I met my physical activity goals today.	YES	NO

Notes



WISEWOMAN Physical Activity Log

= 5 minutes
 = 30 minutes

Moderate Lifestyle Activity

Total

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	_____

Brisk Walking or Aerobic Exercise

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	_____

Strength Exercises

<input type="checkbox"/>	<input type="checkbox"/>	

Stretching Exercises

<input type="checkbox"/>	<input type="checkbox"/>	

Daily Steps

Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.	YES	NO
I talked to someone about physical activity today.	YES	NO
I met my physical activity goals today.	YES	NO

Notes



WISEWOMAN Physical Activity Log

= 5 minutes
 = 30 minutes

Moderate Lifestyle Activity

Total

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	_____

Brisk Walking or Aerobic Exercise

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	_____

Strength Exercises

<input type="checkbox"/>	<input type="checkbox"/>	

Stretching Exercises

<input type="checkbox"/>	<input type="checkbox"/>	

Daily Steps

Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.	YES	NO
I talked to someone about physical activity today.	YES	NO
I met my physical activity goals today.	YES	NO

Notes



WISEWOMAN Physical Activity Log

= 5 minutes
 = 30 minutes

Moderate Lifestyle Activity

Total

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	_____

Brisk Walking or Aerobic Exercise

<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	_____

Strength Exercises

<input type="checkbox"/>	<input type="checkbox"/>	

Stretching Exercises

<input type="checkbox"/>	<input type="checkbox"/>	

Daily Steps

Inactive Tasks and Hobbies (list below)

Questions

I thought about physical activity today.	YES	NO
I talked to someone about physical activity today.	YES	NO
I met my physical activity goals today.	YES	NO

Notes



Track Your Progress: Healthy Eating

Keep track of the foods you eat in a Food Log.

Why is it helpful to write down the foods you eat?

- To learn about your habits. When you write down what you eat and drink, you can see the choices you make. You can feel good about your healthy choices. You can also see where you might be able to make small changes.
- To remind yourself to be healthy. When you write down what you eat and drink, you will think about making healthy choices more often.
- To track your progress. Have you set any short-term healthy eating goals? When you write down what you eat and drink, you can look back to see if you met your goal.

Simple steps for keeping a Food Log

1. Check the number of servings you eat for each food group. Check one box for each serving. (See example at top left.)
2. At the end of the day, count the number of servings you eat for each food group. Write the number in the "Total" column. (See example at bottom left.)
3. Write down the fats, oils, and sweets that you eat, such as butter, salad dressing, soda, or cookies.
4. Answer the questions on the log by circling "Yes" or "No."
5. Write down notes about your eating choices for the day.

Keys to keeping track

- Think about your goals. It is hard to keep track of everything you eat. Focus on the foods you want to eat more or less of.
 - Make it easy. Make it easy so that you can do it each day. Write in a small notepad that you keep with you.
 - Do it fast. Tracking eating and physical activity does not have to take a lot of time. A quick note will help you think about your choices.

EXAMPLE

If you ate...

- One small bowl of bran cereal,
- One cup of reduced fat milk,
- and one banana

...you would mark boxes on your Food Log as follows:

Bread group

Not whole-grain

Whole grain

Milk, yogurt, and cheese group

Whole or regular

Reduced fat

Fruit group

EXAMPLE

Vegetable Group

Fruit Group

<u>Total</u>	
3	
<u>Total</u>	
4	



WISEWOMAN Food Log

= 1 serving

<u>Bread Group</u>		Total
Whole grain	<input type="checkbox"/>	_____
Not whole grain	<input type="checkbox"/>	_____

Vegetable Group _____

Fruit Group _____

Milk, Yogurt, and Cheese Group

Whole or regular	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Reduced fat (2%)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Nonfat or low-fat (skim or 1%)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Meat Group

High-fat (fried chicken / fish, ribs, sausage, <90% lean beef)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Lean or low-fat (skinless chicken, fish, lean beef, or pork)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Fats and oils (list below)

Sweets (list below)

Questions

I thought about healthy eating today.	YES	NO
I talked to someone about healthy eating today.	YES	NO
I met my eating goals today.	YES	NO

Notes:



WISEWOMAN Food Log

= 1 serving

<u>Bread Group</u>		<u>Total</u>
Whole grain	<input type="checkbox"/>	_____
Not whole grain	<input type="checkbox"/>	_____

Vegetable Group

Fruit Group

Milk, Yogurt, and Cheese Group

Whole or regular	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Reduced fat (2%)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Nonfat or low-fat (skim or 1%)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Meat Group

High-fat (fried chicken / fish, ribs, sausage, <90% lean beef)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Lean or low-fat (skinless chicken, fish, lean beef, or pork)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Fats and oils (list below)

Sweets (list below)

Questions

I thought about healthy eating today.	YES	NO
I talked to someone about healthy eating today.	YES	NO
I met my eating goals today.	YES	NO

Notes:



WISEWOMAN Food Log

= 1 serving

<u>Bread Group</u>		<u>Total</u>
Whole grain	<input type="checkbox"/>	_____
Not whole grain	<input type="checkbox"/>	_____

Vegetable Group

Fruit Group

Milk, Yogurt, and Cheese Group

Whole or regular	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Reduced fat (2%)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Nonfat or low-fat (skim or 1%)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Meat Group

High-fat (fried chicken / fish, ribs, sausage, <90% lean beef)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Lean or low-fat (skinless chicken, fish, lean beef, or pork)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Fats and oils (list below)

Sweets (list below)

Questions

I thought about healthy eating today.	YES	NO
I talked to someone about healthy eating today.	YES	NO
I met my eating goals today.	YES	NO

Notes:



WISEWOMAN Food Log

= 1 serving

<u>Bread Group</u>		Total
Whole grain	<input type="checkbox"/>	_____
Not whole grain	<input type="checkbox"/>	_____

Vegetable Group

Fruit Group

Milk, Yogurt, and Cheese Group

Whole or regular	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Reduced fat (2%)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Nonfat or low-fat (skim or 1%)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Meat Group

High-fat (fried chicken / fish, ribs, sausage, <90% lean beef)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____
Lean or low-fat (skinless chicken, fish, lean beef, or pork)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	_____

Fats and oils (list below)

Sweets (list below)

Questions

I thought about healthy eating today.	YES	NO
I talked to someone about healthy eating today.	YES	NO
I met my eating goals today.	YES	NO

Notes:



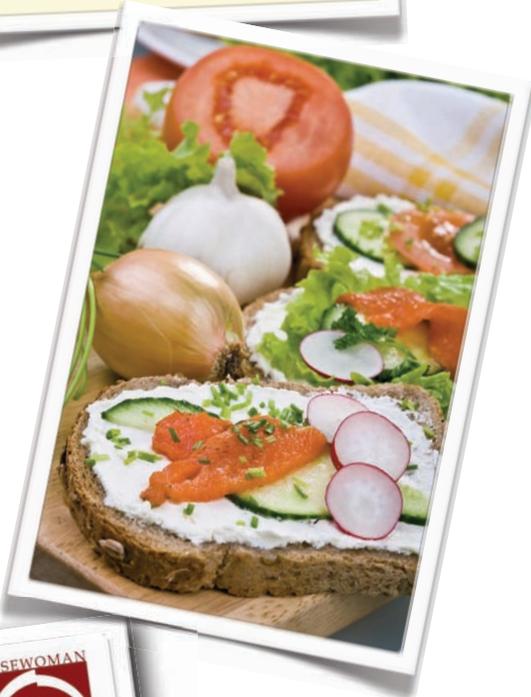
Portions vs. Servings

Portion

A portion is the amount of food you really eat. Being smart about portions can help you control your weight and remind you to eat many types of food. Here are some tips for portion control...

TIPS ...when eating at home

- Eat on a smaller plate.
- Put food away after you have served it.
- Chew gum while you cook so you don't "nibble."
- Use measuring cups to see how much food fits into your favorite bowl.
- Put snacks into single-serve containers or bags. Don't eat straight out of the bag or container.



TIPS ...when eating out

- Split a meal with a friend or family member.
- Put half of your meal in a box to take home.
- Order a child's plate or kid's meal.
- Don't "super size" your meals.
- Stay away from "all you can eat" places.



[Portions vs. Servings, cont'd]

Serving

A serving is the amount of food that counts as "1" serving on MyPyramid.

<u>Food group</u>	<u>One serving</u>
Bread	<ul style="list-style-type: none"> • 1 slice of bread • 1 tortilla • 1/2 cup of cooked pasta, rice, or cereal • 1 oz of dry cereal
Vegetable	<ul style="list-style-type: none"> • 1/2 cup of vegetables • 1 cup of leafy greens • 3/4 cup of juice
Fruit	<ul style="list-style-type: none"> • 1 piece of whole fruit
Milk	<ul style="list-style-type: none"> • 1 cup of milk or yogurt • 1 1/2 oz of natural cheese • 2 oz of processed cheese
Meat	<ul style="list-style-type: none"> • 2-3 oz of cooked lean meet, poultry, or fish • 1 cup of dry beans • 4 tablespoons of peanut butter • 2 eggs

A cupped handful



is one serving of chips or pretzels.

A small fist or a tennis ball



is one serving of fruit, vegetables, pasta, or rice.

Two fingers or four dice



is one serving of cheese.

A palm or a deck of cards



is one serving of cooked meat.

A thumb



is one serving of salad dressing.



Food Labels

Learning to read food labels is an important skill for helping you improve your eating habits. Food labels can help you tell if a food is a healthy choice.

1. **Serving size.** Look at the serving size to see if you are eating one serving. Many food packages contain more than one serving. All food label information is based on a single serving.

2. **Calories.** Calories provide energy to your body. The average woman needs about 1,600 calories per day.

5. **Vitamins and minerals.** Make sure you get enough of these key nutrients by eating fruits, vegetables, and low-fat dairy products.

Chicken Noodle Soup			
Nutrition Facts			
Serving Size 1/2 cup (120 ml) condensed soup			
Servings Per Container about 2.5			
Amount Per Serving			
Calories	60	Calories from Fat	15
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	15mg		
Sodium	890gm		37%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	3g		
Vitamin A	4%	Calcium	0%
Vitamin C	0%	Iron	2%
*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	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

3. **Fat, cholesterol, and sodium.** Limit these nutrients for better health. Pay close attention to saturated fat and trans fat: both increase your risk for heart disease.

4. **Fiber.** A high-fiber diet is important for good health. Whole grains, fruits, and vegetables are high in fiber.

6. **% Daily Value.** This is the percent of the recommended amount of a nutrient that the food provides. In general, a % Daily Value that is 5% or less is LOW and 20% or more is HIGH.



Healthy Eating: Fats

A low-fat diet is important for your heart's health. Choosing foods low in fat will also help you control your weight.

Go low fat!

- Limit high-fat toppings such as butter, margarine, mayonnaise, and salad dressings. Try non-fat or low-fat spreads and salad dressings.
- Cook with cooking spray or healthy oils such as olive oil or canola oil.
- Eat lean meats and fish. Cuts of meat with the words "loin" or "round" (sirloin, round steak) are lower in fat. Remove skin from chicken. Trim fat from meat before cooking.
- Choose skim or low-fat milk, low-fat yogurt, and low-fat cheese.
- Grill, roast, broil, or bake foods instead of deep-frying.

Read food labels for fat

- **Total Fat:** This is the total amount of fat in the food. A healthy goal for a low-fat diet is about 50-65 fat grams per day from all fats.
- **Saturated and Trans Fat:** Choose foods with little or no saturated or trans fat. A healthy goal is less than 20 grams per day from saturated fats.

CAUTION

Not all fats are the same! Foods that contain more saturated fat and trans fat are worse for your heart. These fats raise cholesterol in the blood and are more likely to cause blockage.

TIP

Saturated Fats

Foods high in saturated fat include whole milk, cheese, cream, butter, lard, and fatty meats.

TIP

Trans Fats

Foods high in trans fat include cookies, fried foods, doughnuts, store-bought muffins, and stick margarine.

Stick Margarine

Nutrition Facts

Serving Size 1 Tbsp (14g)
Servings Per Container: 32

Amount per serving		% Daily Value*	
Calories	100	Calories from Fat	100
Total Fat	11g		17%
Saturated Fat	2g		10%
Cholesterol	0g		0%
Sodium	110mg		5%
Total Carbohydrate	0g		0%
Dietary Fiber 0g			
Sugars 0g			
Protein 0g			
Vitamin A 10%		Vitamin D 15%	

Light Tub Margarine (Benecol®)

Nutrition Facts

Serving Size 1 Tbsp (14g)
Servings Per Container: 16

Amount per serving		% Daily Value*	
Calories	45	Calories from Fat	45
Total Fat	5g		8%
Saturated Fat	0.5g		3%
Cholesterol	0g		0%
Sodium	110mg		5%
Total Carbohydrate	0g		0%
Dietary Fiber 0g			
Sugars 0g			
Protein 0g			
Vitamin A 10%		Vitamin E 20%	



Healthy Eating: Fiber

When you are grocery shopping, buy foods that are high in fiber, like fruits, vegetables, and whole grains.

Why is fiber important?

- Fiber keeps our digestive systems working well.
- Fiber helps us feel full.
- Fiber lowers blood cholesterol.
- Fiber reduces our risk of colon cancer.

How much fiber should I eat?

Try to eat at least 20 grams of fiber each day.

What foods contain more fiber?

- Whole grains (whole wheat, bran, oatmeal, barley, brown rice, cornmeal, and popcorn)
- Whole fruit (apples, oranges, strawberries)
- Beans and peas

Easy fiber tips

- Eat more fruits and vegetables. If possible, eat the skin, too.
- Choose whole fruit instead of fruit juice.
- Eat whole-grain breads and cereals. Look for the word “whole-grain” as the first ingredient on the package.
- Enjoy high-fiber snacks such as carrots, apples, and plain popcorn.

Read food labels for fiber

Look for the number of grams of fiber per serving. Choose foods with two grams or more per serving.

- *High fiber* = five or more grams per serving.
- *Good fiber* = 2.5 to five grams per serving.



Nutrition Facts	
Serving Size 1 slice (34g/1.2oz)	
Servings Per Container 20	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5 g	2%
Saturated Fat 0 g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 130 mg	5%
Total Carbohydrates 15g	5%
Dietary Fiber 3g	12%
Sugars 1 g	
Protein 4 g	





Know Your World

The world around you affects how you eat and how active you are. Each woman has things in her world or life that can make healthy choices hard or easy to make. For example:

- Do your family and friends eat fast food often?
- Do you live in an area with lots of traffic and no sidewalks?

OR

- Do you live close to a vegetable stand?
- Do you have access to a school track where you can walk?

You can make healthy choices easier by knowing your world.

Obstacles: What things in your world make it *hard* to make healthy choices for eating and physical activity?

Eating

Physical Activity

Supports: What things in your world make it *easy* to make healthy choices for eating and physical activity?

Eating

Physical Activity



Control Your World

Learning to control your world can help you make healthy choices.

For each thing that makes it *hard* to make healthy choices, think about how you can make it affect you less:

<u>Things that make it hard</u>	<u>How I can avoid them</u>
My neighborhood is not very safe to walk in at night	<ul style="list-style-type: none"> • I could find a time to walk during the day. • I could walk with a friend. • I could walk at the mall or another well-lit building that is open.



[Control Your World, cont'd]

For each thing that makes it easy to make healthy choices, think about how you can use it more:



<u>Things that make it easy</u>	<u>How I can use them more</u>
A fruit and vegetable stand near my house sells cheap melons during the summer.	• I could walk to the stand once each week and buy a melon.



Break Down Your Barriers

A barrier is something that makes it hard to eat healthy or be active.

Common barriers to physical activity

- "Exercise is not fun!"
- "Health clubs cost too much."
- "My health makes it hard to exercise."
- "It's not safe to walk where I live."

...and the most common barrier...

- "I don't have time."

Common barriers to healthy eating

- "Healthy foods cost too much."
- "I don't know how to cook healthy foods."
- "My family doesn't like it when I cook healthy foods."
- "Unhealthy foods taste better."

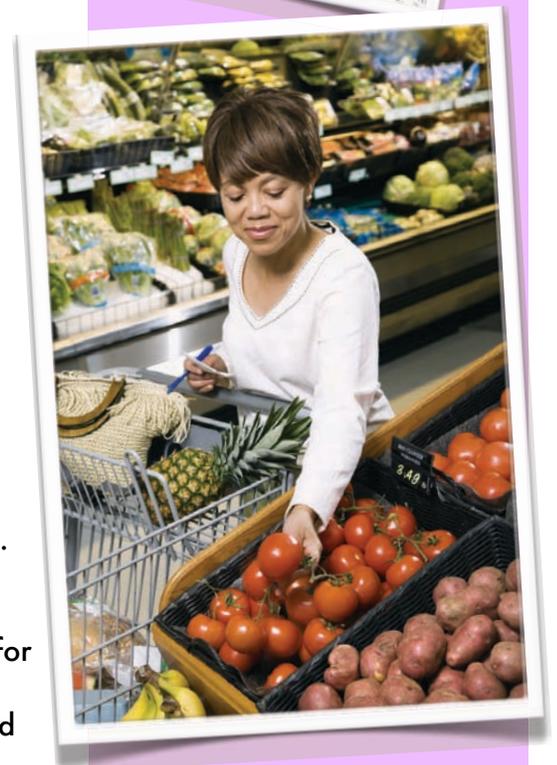
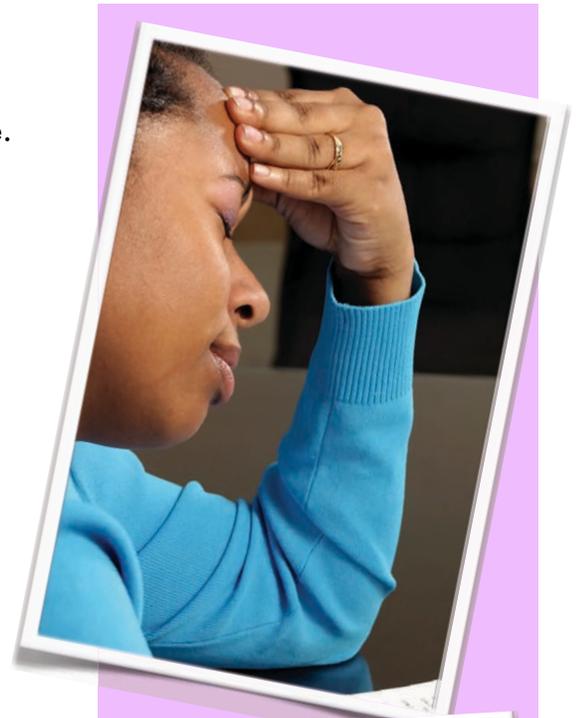
...and the most common barrier...

- "I don't have time."

Breaking down barriers

To help you deal with your barriers, try these steps:

1. Find out what barriers you face. Ask yourself: What? Where? When? Who?
2. Think of ways to deal with the barrier. Come up with many ideas. Be open-minded!
3. Pick one thing to try. Choose what works best for you.
4. Go for it! Give it your best effort. This will increase your chance for success.
5. Review the results. Did your plan work? Are there ways you could improve upon your plan?



Breaking Down My Barriers to Physical Activity

What is your biggest barrier to being more active during the week?

- Where and when does it happen?
- Who is involved?

Example: I can't be active when I get home from work. It's too dark and not safe to walk by myself.

Think of ways to deal with the barrier.

Examples: Walk in the morning. Take a walk with my husband.

Pick one thing to try.

Example: I will ask my husband to walk with me when we get home from work.

Review the results.

Example: My husband will only walk after dinner on the days he gets home early. We could walk after dinner on Tuesdays and Thursdays. My neighbor wants to walk with me on Saturdays.



Breaking Down My Barriers to Healthy Eating

What is your biggest barrier to eating healthy during the week?

- Where and when does it happen?
- Who is involved?

Example: I always have fast food for lunch with my friend at work.

Think of ways to deal with the barrier.

Examples: Take my lunch to work. Make a healthier choice at the restaurant.

Pick one thing to try.

Example: I will take my lunch to work at least three days per week.

Review the results.

Example: Taking my lunch worked best when I had leftovers from dinner. I need to plan ahead and prepare my lunch at night so I don't run out of time in the morning.



Shopping for Healthy Foods

The grocery store is a place that can make healthy eating *hard* or *easy*.

How does the store make it *hard* for you to eat healthy?

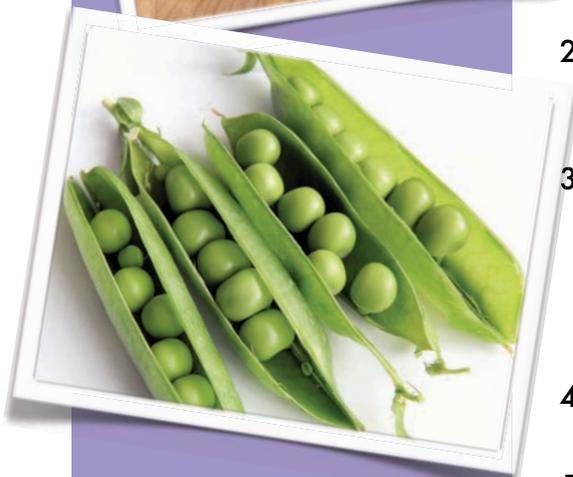
You can find lots of foods that are high in fat and calories but low in nutrients like chips, soda, and candy.

How does the store make it *easy* for you to eat healthy?

You can find lots of healthy foods like fruits, vegetables, whole grain breads, and whole grain cereals.

Tips for making healthy, budget-wise choices

1. Make a list. Know what you want to buy before you get to the store. Write down healthy foods. A list will stop you from buying things that you don't need.
2. Do not shop when you are hungry. You are more likely to buy foods that you do not need and that are less healthy when you are hungry.
3. Read food labels. Look at food labels to make healthy choices. Look for foods with these words:
 - Non-fat, low-fat, or skim
 - High-fiber or "Good source of fiber"
 - Low-salt or low-sodium
4. Use MyPyramid. Buy foods from all food groups: breads and cereals, fruits, vegetables, lean meats and fish, and dairy.
5. Check grocery store ads for sales. If a store brand of a food that you need is on sale, buy it instead of the name brand. If frozen fruits are cheaper in the winter, buy them instead of fresh fruits.
6. Be aware. Grocery stores want to make money. They try to get you to buy things that you don't need. For example, candy is at the checkout counter so you will buy it while you wait in line.



Healthy Shopping: Using MyPyramid

<u>Food group</u>	<u>Healthy examples</u>	<u>Things to look for</u>	<u>Things to be careful of</u>
Bread, rice, cereal, and pasta	<ul style="list-style-type: none"> • Breads, rolls, and buns • Bagels and muffins • Crackers • Tortillas • Hot and cold cereals • Pasta and rice • Popcorn 	Read food labels for “whole wheat,” “whole grain,” and “high fiber”	<ul style="list-style-type: none"> • Flour tortillas and muffins can be high in fat. • Some cereals contain a lot of sugar. • Popcorn can have a lot of salt.
Fruits	<ul style="list-style-type: none"> • Fresh, frozen, canned, and dried fruit • 100% fruit juice 	Choose many types and colors of fruit	<ul style="list-style-type: none"> • Canned fruit “in syrup” is high in sugar and calories.
Vegetables	<ul style="list-style-type: none"> • Fresh, frozen, and canned vegetables 	Choose many types and colors of vegetables	<ul style="list-style-type: none"> • Canned vegetables may have a lot of salt. • Frozen vegetables in cheese sauce can be high in fat and calories.
Meat, poultry, fish, dry beans, eggs, and nuts	<ul style="list-style-type: none"> • Lean beef and pork • Chicken without skin • 95% fat-free meat • Fish • Dried peas and beans • Peanut butter • Eggs / egg substitutes 	Read labels for “lean,” “extra lean,” and “95% fat-free.”	<ul style="list-style-type: none"> • Nuts and peanut butter are a good source of protein and healthy fat. Limit your portions because they have a lot of fat and calories. • Limit saturated fat by choosing lean meats.



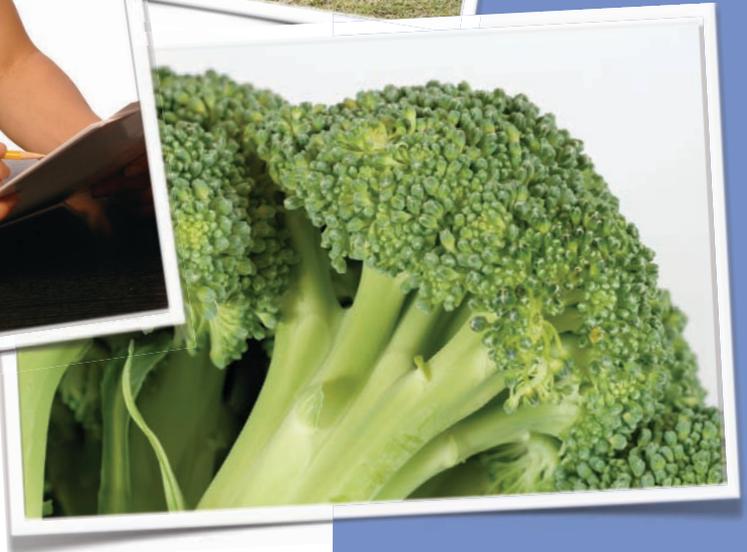
[Healthy Shopping: Using MyPyramid, cont'd]

<u>Food group</u>	<u>Healthy examples</u>	<u>Things to look for</u>	<u>Things to be careful of</u>
Milk, yogurt, and cheese	<ul style="list-style-type: none"> • Fat-free, skim, 1% milk • Low- or nonfat yogurt • Reduced-fat or part-skim cheese 	Read the label for "skim," "fat-free" or "low-fat," or "light."	<ul style="list-style-type: none"> • Regular cheese and whole milk are high in saturated fat.
Fats and oils	<ul style="list-style-type: none"> • Olive oil • Canola oil • Cooking sprays • Butter substitutes 	Choose oils and margarine low in saturated and trans fat.	<ul style="list-style-type: none"> • Lard, butter, and shortening have a lot of saturated and trans fat. • In general, solid fats have more saturated fat.
Sweets	<ul style="list-style-type: none"> • Low-fat or fat-free cookies (animal and graham crackers, vanilla wafers, fig cookies) • Angel food cake • Low-fat frozen yogurt • Popsicles and frozen ices • Pudding made with skim milk • Gelatin desserts • Low-fat whipped topping 	<p>Read the label for "skim," "fat-free" or "low-fat," "light," or "sugar-free."</p> <p>Use sugar substitutes to sweeten tea or to sprinkle on fruit and cereal.</p>	<ul style="list-style-type: none"> • Low-fat cookies are not low in calories! • Most sweets are low in nutrients. • Many cookies and baked goods are high in saturated fat and trans fat.



Session 4: Health is a Choice

This week, you will learn to set goals for healthy eating and physical activity. You will learn how your thoughts can make healthy choices easy or hard. You will also learn how to stay on track after your WISEWOMAN sessions end.





Schedule

Welcome

- Sign-in
- Overview of today's session
- Hand out materials
- Introductions

"Check-in" Activity

- Share experiences related to your new skills and knowledge
- Discuss successes and challenges related to changing eating and exercise habits

Review any past material (as needed)

Goal Setting

Rewards

Physical Activity Break

Turn Your Thoughts Around

Healthy Weight Loss

- Body Mass Index
- Popular Diets
- Keys to Keeping Weight Off

Health is a Choice!

The WISEWOMAN Postcards and Fact Sheets

Cook Up Healthy Recipes

Summary

- Any questions or concerns?

Farewell and Good Luck with a Lifetime of Healthy Choices!



Set Your Steps for Success

A goal is something that you plan to reach.

Why set goals?

- Goals give you focus. Knowing where you want to be is the first step in getting there!
- Having a goal keeps you going even when it isn't easy.

Successful Goal Setting

Good Goal	Better Goal
I will eat healthier.	I will read the food labels of all of the foods that I eat at home this week.
I will exercise 1 hour every day.	I will get 30 minutes of lifestyle physical activity on 5 days this week.

Think about a healthy eating or physical activity goal that you are ready to set. Ask yourself...

- Is my goal specific? This helps you focus on what you want to do.

Examples:

- I will eat a piece of fruit as a snack on Monday, Wednesday, and Friday.
- I will add a 5-minute walk during lunch 5 days this week.

- Can I measure my goal? This helps you see your progress.

Examples:

- I will eat a piece of fruit as a snack on Monday, Wednesday, and Friday. I will write down the fruits I eat on these days to measure my success.
- I will add a 5-minute walk during lunch 5 days this week. I will put a star on my calendar for every day that I do this to measure my success.



Successful Goal Setting (cont'd)

- Is my goal realistic? This helps you know that you can do it.

Examples:

- I will eat a piece of fruit as a snack on Monday, Wednesday, and Friday.
- I will add a 5-minute walk during lunch 5 days this week.
- What is my time frame? This helps you make a plan.

Examples:

- I will eat a piece of fruit as a snack on Monday, Wednesday, and Friday.
- I will add a 5-minute walk during lunch 5 days this week.



My goal for physical activity:

Is my goal specific?

YES NO

Can I measure my goal?

YES NO

Is my goal realistic?

YES NO

What is my time frame?

My goal for healthy eating:

Is my goal specific?

YES NO

Can I measure my goal?

YES NO

Is my goal realistic?

YES NO

What is my time frame?



Rewards

So, what do you do when you reach your healthy eating or activity goal?

Reward yourself!

Giving yourself rewards will allow you to:

- Enjoy your success!
- Make healthy choices more fun!

Rewards can be very simple and don't have to cost money. For example...

- Take a hot shower after a walk.
- Check out a healthy cookbook from the library.
- Have coffee or tea with a friend.
- Give yourself an extra half hour of sleep.

Think of a few ways you might reward yourself for meeting your goals.

Rewards...

-
-
-
-





Turn Your Thoughts Around

Know Your Thoughts

The things you say to yourself can make healthy choices easy or hard. Your thoughts can change how you feel and what you do.

For example...

I will never be able to eat healthy.

I feel like a failure.

I should never eat candy.

It's not fair. I should be able to eat what I want.

Physical activity is not fun.

I get sad that it isn't easy.

Think about this example:

Mary has set a goal of walking 20 minutes each day. She has been very busy at work the past few weeks. She has only been able to walk 10 minutes at lunch each day (5 days a week). Mary is upset that she has not been able to meet her goal. She feels like she is letting herself down. Mary is thinking about giving up on all physical activity.

Do you ever find yourself thinking like Mary? Think about how your thoughts make it hard to make healthy choices.

What do you say to yourself that is not helpful? How do these thoughts make you feel?

- 1.
- 2.
- 3.
- 4.
- 5.

Words to watch out for:

Should, Always, Never, and Have to

These words are very strict.

If you set strict goals, you will feel let down when you don't meet them.



Turn Your Thoughts Around

When you turn your thoughts around you can help yourself make healthy choices.

Follow these steps:

1. **Stop and listen.** Stop and listen to what you tell yourself. Ask yourself, "Is this thought helping me be healthy?" "Would I talk to someone else this way?"
2. **Replace the thought.** If the thought is not helpful, change it! Ask yourself, "What would I say to my friend if she were thinking that way?" Think about the good things you have done, and build on them.
3. **Take action.** Make a healthy choice right now! Even a small step toward your goal will help you feel good about yourself.

Think about the example of Mary from p.68. How are her thoughts not helpful? Can she think in a way that is more helpful?

Look at your list on p.68. How can you make your thoughts more helpful?

Less Helpful	More Helpful
I will never be able to eat healthy. I am not a success.	I met my goal for fruits and vegetables today. Small steps are important.



Healthy Weight Loss

Did you know that obesity is one of the world's most serious health problems?

Overweight people are more likely to have health problems such as:

- Heart disease
- High blood pressure
- Stroke
- Cancer
- Diabetes
- Breathing problems
- Joint problems

Are you at risk?

Body Mass Index

Women with a Body Mass Index (BMI) of 25 or more are overweight and are at a higher risk for health problems. A BMI of 30 or more indicates obesity, which is an even higher risk (see *BMI tables on the next page*).

Even a small weight loss can reduce your risk for health problems and help you feel better.



Body Mass Index Table

Instructions: Find height in inches on the left side and then weight in pounds on the horizontal line. Look to the BMI line to determine BMI.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	Body Weight (pounds)																
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

(continued on next page)



Instructions: Find height in inches on the left side and then weight in pounds on the horizontal line. Look to the BMI line to determine BMI.

Body Mass Index Table (cont'd)

BMI	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height (inches)	Body Weight (pounds)																		
58	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
59	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
60	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
61	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285
62	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
63	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
64	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
65	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
66	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
67	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
68	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
69	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
70	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
71	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
72	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
73	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
74	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
75	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
76	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443



Should I Try the Latest Diet?

There are many diets that promise big, fast, easy weight loss. Before trying a diet ask these questions:

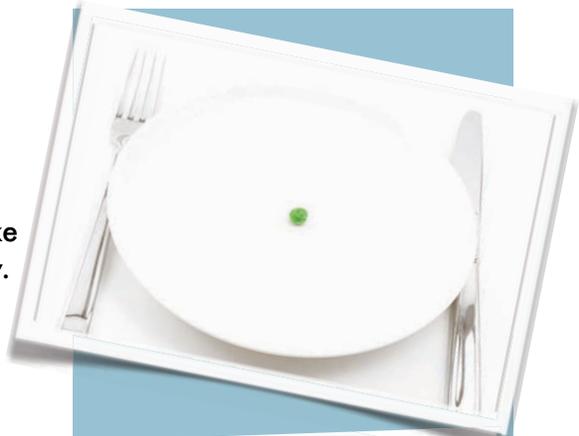
- Does the diet let me eat a variety of healthy foods? Many diets make people eat a lot of one food such as special soups. This is unhealthy.
- Does the diet promise quick weight loss? If so, it is probably not a healthy way to lose weight. Most of the weight loss is water. Once you go off the diet, you will gain the weight right back.
- Can I live with it for a long time? The best diet is the one you can stick with forever. If the way you eat does not fit your life, then you will not do it.

Healthy eating and physical activity are the best ways to control your weight. If you are not overweight, eating healthy and being active will help you stay at a healthy weight.

Healthy Weight: A Lifestyle Choice

Simple changes can help you lose weight or stay at a healthy weight.

1. Eat smaller portions. Most people eat more than they need. Smaller portions mean fewer calories.
2. Cut down on fat. Fat has more calories than any other type of food. If you lower fat, you will lower calories.
3. Eat fewer calories. Read food labels for calories. If you eat just 300-500 fewer calories each day, you will lose weight at a healthy pace. You can do this by eating smaller portions, eating less fat, and eating more fruits and vegetables. Also, write down what you eat so you can know your calories.
4. Eat slowly. Pay attention to what you eat. Think about how hungry you feel. Stop eating when you begin to feel full.
5. Be more active. The key to weight loss is to burn more calories than you eat. You can burn calories by doing more physical activity. All physical activity counts, so be more active throughout your day.



Keys to Keeping the Weight Off

Would you like to know the secret to weight loss? Researchers have studied people who have lost an average of 60 pounds and kept it off for five years. They found that people who are successful at weight loss have several things in common:

1. They write down what they eat.
2. They weigh themselves on a regular basis.
3. They eat breakfast.
4. They watch the fat in their diet.
5. They do physical activity on most days of the week. Most of them are doing as much as 60 minutes a day of moderate physical activity like brisk walking.

There are no magic pills or tricks for weight loss. Healthy eating and physical activity are the keys to controlling your weight.



Health is a Choice!

Great job! You have chosen to improve your health by participating in "Be Wise"!

Stay on Track

It can be hard to stay on track when your weekly WISEWOMAN sessions end. Here are three simple ways you can keep working on your health.

1. Think about what you have learned.

Have you learned about healthy choices? Have you learned how to fit healthy eating and activity into your life? Don't forget these things!

2. Set new goals.

Set new goals for eating healthy and being active. This will give you something to work toward.

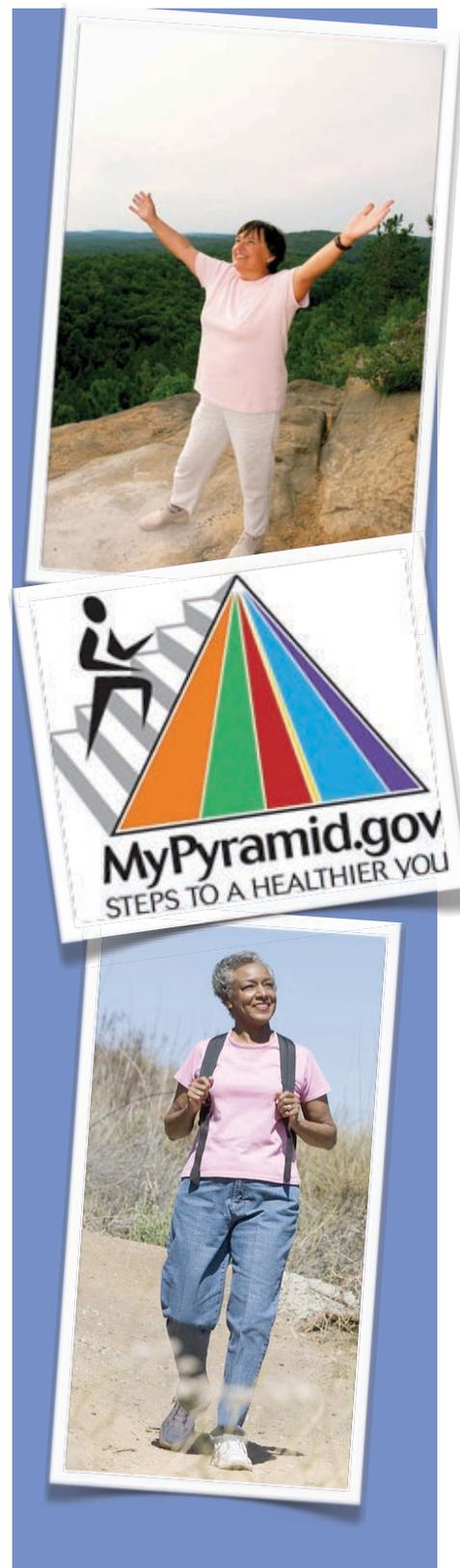
Think about the goals you set during the program. What are some new goals that you would like to reach?

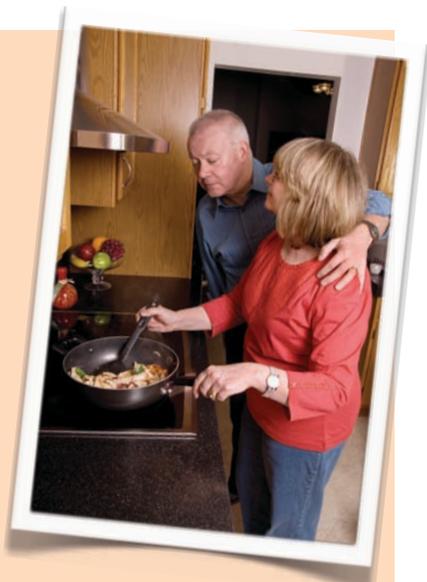
- 1.
- 2.
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3. Make lifestyle changes

Each week, we talked about the choices that you make every day. You will not always make healthy choices. That's OK. Do not let a slip make you feel like you can't do it. You can do it.

Focus on making healthy changes that fit into your life.





Cook Up Healthy Recipes

Many women say they don't eat healthy because they do not know how to cook healthy foods. They worry that their families will not like it if they change a recipe.

You can cook foods that taste good and are healthy! And it does not have to take a lot of time or cost extra money.

Here are some easy ways to make recipes healthy:

1. Add healthy ingredients to common foods and favorite recipes. Examples include: add frozen vegetables to soups, pasta, and pizza; add fruit to breakfast cereal.
2. Replace a less healthy ingredient with a healthier one. Examples include: skim or 1% milk; broth instead of gravy; 2 egg whites instead of one whole egg; sugar substitute instead of sugar; herbs instead of salt; dried fruits instead of candy or chocolate in baked goods; brown rice instead of white rice.
3. Decrease or cut out a less healthy ingredient if it isn't needed. Examples include: butter on sandwiches; skin on chicken; cheese in casseroles and sandwiches; salt in foods and recipes.

Additional ideas...



Choose to Eat Healthy at Home

Choose less fat.

- Use salsa to top a baked potato instead of butter and sour cream.
- Use fat-free, low-sodium chicken broth to make mashed potatoes creamy.
- Use jam or jelly instead of butter on toast and biscuits.
- Cook with cooking sprays instead of using oil or butter.
- Use low-fat toppings such as barbecue sauce, ketchup, pickle relish, chili sauce, mustard, and soy sauce (these have a lot of salt, so don't eat too much).



Choose more vegetables.

Add extra vegetables to casseroles, soups, salads, sandwiches, pasta, and rice dishes. They will add fiber and nutrients. Also, more vegetables and less meat makes meals cheaper.

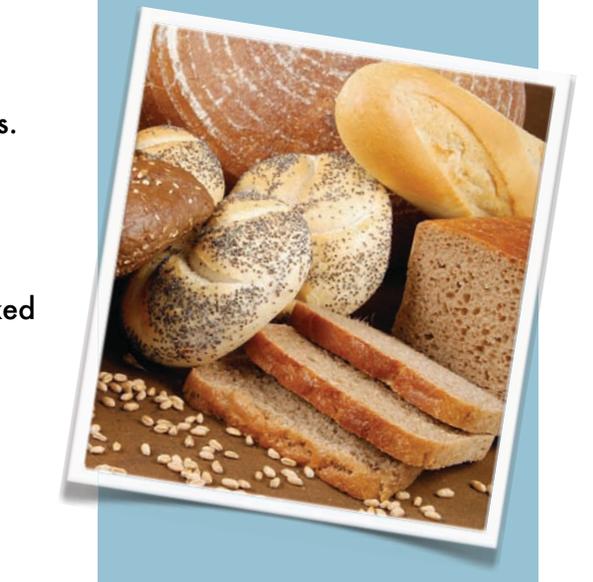


Choose more fruit.

- Make fruit smoothies. Blend frozen or canned fruit with ice and skim milk or yogurt for an easy breakfast.
- Eat fruit for dessert. Bake or microwave half of a peach, apple, or pear. Sprinkle with cinnamon or nutmeg.
- Top waffles and pancakes with fruit.
- Add dried fruit to salads and baked goods.

Choose more fiber.

- Add beans such as kidney beans to soups, chili, and meat dishes. Layer pinto beans in tacos and burritos. This is a great way to make a dish serve more people for less money.
- Try wild or brown rice instead of white rice. Try whole-wheat pasta.
- Substitute whole-wheat flour for $\frac{1}{4}$ to $\frac{1}{2}$ of the white flour in baked goods.



Try a recipe makeover.

Instead of:	Try:	Calories Saved	Fat Grams Saved
1 cup whole milk	1 cup fat-free (skim) milk	80	8
1 cup heavy cream	1 cup evaporated fat-free (skim) milk	621	87
1 cup sour cream	1 cup fat-free sour cream OR 1 cup fat-free plain yogurt	347 366	48 48
4 oz. cheddar cheese	4 oz. reduced fat cheddar cheese	171	25
8 oz. cream cheese	8 oz. light cream cheese OR 8 oz. fat-free ricotta, blended	305 621	39 87
1 tablespoon butter, lard, or shortening	1 tablespoon olive or Canola oil (more heart healthy)	*	*
1 tablespoon mayonnaise	1 tablespoon reduced calorie mayonnaise	68	11
1 pound ground beef (80% lean)	1 pound 95% lean ground beef OR 1 pound ground turkey breast OR 1 pound ground chicken	350 853 767	27 91 73
3 slices bacon	3 slices turkey bacon	42	5
6 ½ oz. canned tuna in oil	6 ½ oz. canned tuna in water	124	14
1 egg	2 egg whites	50	6



*Olive oil and Canola oil have the same amount of calories and fat grams as butter. BUT these oils are more heart healthy because they are low in saturated fat and don't have any cholesterol.



Appendix A

- Fact Sheets



Yes, I Want to Make Healthy Choices, but...I Eat Out Often

Do you find yourself eating foods prepared away from home more and more (e.g., fast food, take-out, family-style restaurants)? Do you find it hard to make healthy choices when you eat away from home?

Well, here are Six Simple Steps that can help you eat healthy away from home...

- Step 1: Have a plan. When you eat out you don't have a lot of control over how your food is made. But, you do have control over where you eat, what foods you eat, and the amount of food you eat. Choose a restaurant that offers healthy choices. Think about the types of foods it has (pasta, burgers and fries, tacos, sandwiches). Think about the cooking methods that are used (grilling, frying, baking).
- Step 2: Read the menu - carefully. Look for meats that are broiled, baked, or grilled. Look for foods with tomato based sauces instead of cream or cheese-based sauces. Look for vegetables that are steamed, baked, or stir fried instead of deep-fried or sautéed.
- Step 3: Speak up. Ask if the restaurant has any low-fat or low-calorie choices. Ask if you can have a small salad, vegetables, or fruit instead of French fries or chips. Ask for dressings, sauces, and toppings to be served on the side.
- Step 4: Don't spoil your dinner. Try not to fill up on empty calories (chips, bread, crackers, soda, or alcohol) before your meal.
- Step 5: Enjoy your food. Drink water with your meal. Chew slowly. Put your fork down between bites.
- Step 6: Stop eating before you are full. It takes your brain 15-20 minutes to get the message from your stomach that it is full. Stop eating when you are satisfied, not stuffed. Wait 5 minutes, and if you still feel hungry, then take another serving.



Tips for Making WISE Choices When Eating Out

- Watch your portions. Don't order "super size" or "all you can eat." Order a child's plate or lunch portion. Split your meal with a friend or put half of your meal in a take out box.
- Look out for the words: "breaded, cheese sauce, crispy, and fried." These foods are usually high in fat.
- Order pizza with less cheese and more veggies. Choose thin crust over thick. Order Canadian bacon instead of sausage and pepperoni.
- Include a fruit and/or vegetable with every meal. Guess what you can now find at most fast food and sit-down restaurants? Fresh fruit, 100% fruit juice, baked potatoes, vegetable soups, and garden salads!
- Choose rye, oat, or whole wheat breads, bagels, and tortillas.
- Drink water, 100% fruit juice, or low-fat milk instead of soda or milkshakes.
- Try new foods. Look for veggie burgers, chili, grilled sandwiches, and other new, healthy choices on the menu.



Healthy Foods to Choose

Circle the foods that you might try the next time you eat away from home.

Breakfast

- Pancakes or waffles with a small amount of syrup
- Egg whites or egg substitute (scrambled or Omelet)
- Ham or Canadian bacon
- Oatmeal or cold cereal
- English muffin or whole wheat toast
- Fresh Fruit
- Low-fat yogurt
- Low-fat fruit muffin
- Orange juice or low-fat milk

Lunch

- Vegetable soup
- Garden salad
- Grilled chicken sandwich without mayo
- Lean beef, ham, chicken, or turkey on whole grain bread or tortilla
- Single hamburger without "special sauce"
- Chili
- Pretzels or baked chips
- Single bean burrito

Dinner

- Baked potato
- Thin crust pizza - light on the cheese, heavy on the veggies
- Roast beef sandwich
- Chinese vegetable stir-fry with steamed brown rice
- Pasta with tomato sauce
- Grilled, baked, or broiled meat, chicken, or fish
- Steamed veggies
- Chicken soft shell taco
- Vegetable burger



Yes, I Want to Make Healthy Choices, but...I Have Family Demands

Think about what you did yesterday.

Was most of the day spent caring for your family's needs?

- Cleaning up after family
- Cooking meals for family
- Washing clothes for family

Or, did you spend some of your day caring for your own needs?

- Walking outside in the fresh air
- Shopping for healthy foods (reading food labels, looking for colorful fruits and vegetables)
- Eating lunch with a friend, coworker, or other support person

You can't take good care of your family without taking good care of yourself!

Make Choices that Help Both You and Your Family

Choose to be healthy!

Eat healthy and be active to improve your health. If you are in good health, it will be easier to take care of your family. If you are in poor health, it will be hard to care for others.

Choose to be a good role model!

Kids (and adults) learn from seeing others. If your family sees you eating smaller portions, they may try it, too. If your family sees you taking more steps, they may try it, too.

Choose to help your family become a WISE-FAMILY!

Share your healthy eating and activity goals with your family. Discuss the benefits and barriers of making changes. Ask your family to help you by making healthy changes with you.



Tips for Eating and Activity When You Have Family Demands

Physical Activity

- Plan activities for the whole family. Take walks in the park, play games at a field or playground, or plant a garden at home.
- Keep a pair of walking shoes in the trunk of your car. You may be able to walk while family members are in appointments.
- Make a list of active household chores. Choose one to do each day. Rake the lawn. Weed the garden. Mop the floors. Vacuum the carpet. Clean the windows. Mow the lawn. Wash and wax the car. Scrub the bathtub.

Healthy Eating

- Get your family to help plan and cook healthy meals. Let one person help you find a healthy recipe. Look for cookbooks at your library, discount bookstores, or garage sales. Have another family member help you shop for healthy foods. Someone else can help you make the food. This is a great way to spend special time with each person.
- Make healthy eating fun for your family. Go on a “Healthy Hunt” at the grocery store, and ask everyone to pick out a fruit or vegetable (fresh, frozen, or canned) that they have never tried before.



Fast and Healthy Family Friendly Recipe: Homemade Pizza (Serves 4)

Ingredients:

- 1 12-inch pizza crust or bread shell
- ½ cup pizza or spaghetti sauce
- 1 cup shredded part-skim mozzarella cheese
- 1 cup vegetables (pepper, tomato, onion, zucchini, broccoli, mushrooms, squash, etc.)

Place the crust on a cookie sheet. Spread with sauce. Let each family member add a topping of his or her choice. Bake at 450° for 10 to 12 minutes or until the cheese is melted and the crust is golden brown. Top with herbs and spices (basil, garlic, crushed red pepper) for added flavor!



Yes, I Want to Make Healthy Choices, but...I Have Health Problems

Don't feel well? That can make healthy eating and activity choices hard. Instead of going on a walk, you may need to rest. Instead of cooking healthy meals, you might just eat a few crackers.

It is OK if being sick gets in the way of your healthy choices once in a while.

You must "listen to your body" when you are sick, and do only as much as you can to eat healthy and be active.

Listen to Your Body

Making healthy choices can prevent or improve diseases such as diabetes, heart disease, high blood pressure, and arthritis. Eating healthy foods and being active can also lower your chance of getting a cold or the flu.

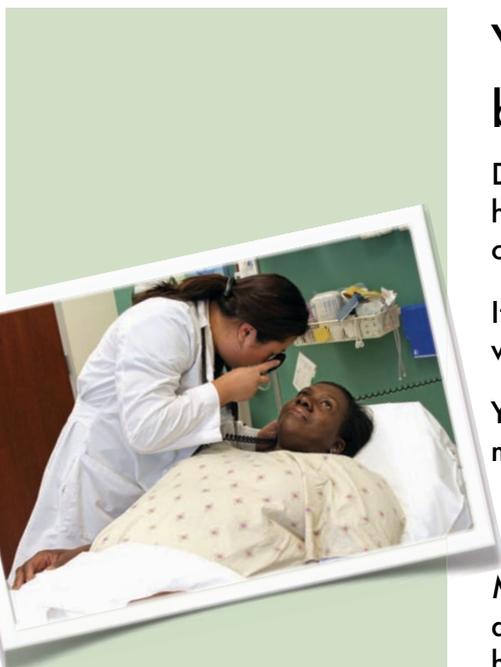
Do a Neck Check! Check your symptoms:

Above the Neck (head cold, runny nose, sore throat, sneezing)

- Try to stick with your healthy eating and activity plans.
- Start moving slowly, and build up your activity as you feel better.
- Eat lots of fruits and vegetables, and drink plenty of fluids (water, juice).
- If you start to feel worse, STOP your activity, and eat and drink what you can.

Below the Neck (muscle aches, deep cough, fever of 100° or higher, chills, diarrhea, vomiting)

- Be careful about the activity you do and the foods you eat. You may be weak. You will need a lot of fluid.
- Avoid hard physical activity. You don't want to make yourself feel worse.
- You may have to put your healthy eating plans on hold. Eat and drink only what sits well. Clear fluids (water, broth) can help keep you hydrated.
- When you feel better, slowly get back on track. Do your activity at a slower speed than normal for a day or two. Begin eating and drinking juice, fruits, broth-based soups, and toast.



Tips for Being Active and Eating Healthy When You Are Not Feeling Well

Physical Activity

- Even just a little activity can improve your health. “Listen to your body,” and do what you can.
- Find things that you can do at a light or moderate pace. Try walking, cleaning, and yard work. Start out slowly and increase your pace if you feel well enough.
- Do stretching exercises. This will help keep your muscles loose and your blood flowing. Stretching can also help headaches and muscle pains.
- Find activities that you can do indoors. That way, allergies and sinus headaches won’t stop you on days when the air is bad.

Healthy Eating

- Drink lots of fluids. Water, tea, fruit juice, and soups are good choices.
- Eat a variety of foods. Try to eat foods from each group on the food pyramid. Also, choose different foods within each group.
- Strive for Five! Eat 5 servings of fruits and vegetables daily to prevent and treat illnesses. Try fresh, frozen, and canned... all are good for you!

5-A-Day the WISEWOMAN Way!

Below is a list of ways that you can eat more fruits and vegetables.

Check at least 1 from each meal that you will try this week.

Breakfast

- Drink 100% fruit or vegetable juice
- Add fruit (fresh, frozen, or dried) to cereal or yogurt
- Top pancakes or waffles with fruit
- Make a fruit smoothie (blend milk, ice cubes, fresh or frozen fruit, & a little honey)

Dinner

- Add more vegetables to soups, salads, casseroles, stir-fry, pasta, or rice dishes
- Make a pizza, and pile on vegetables

Lunch

- Eat vegetable soup
- Add vegetables to a sandwich or baked potato
- Choose a colorful salad
- Pack fresh or canned fruit

- Try a fruit dessert (low-fat cobbler, baked apple with cinnamon, or low-fat frozen yogurt topped with fruit)

Snacks

- Applesauce
- Fruit cup (canned fruit)
- Fresh, whole fruit
- Pre-cut vegetables & dip
- Dried fruit (raisins, plums)
- Fruit & yogurt





Yes, I Want to Make Healthy Choices, but...the Holidays Make it Hard

New Years	Christmas	Thanksgiving	Valentine's
Family Reunion	Labor Day	Hanukkah	Independence Day
Kwanzaa	Easter	Passover	Birthdays
Neighborhood Block Party	Yom Kippur	Superbowl Sunday	Cinco de Mayo

The list goes on and on...

Along with holidays comes cooking, shopping, eating, drinking, and stress! All of these things can get in your way of making healthy choices.

Plan Ahead for a Healthy Holiday

Plan to set realistic goals. Don't set big goals like eating all healthy foods or losing weight. Set goals to keep up the healthy choices you already make.

- For example: I will keep up my 15-minute brisk walk every morning.

Plan to get your friends and family involved. It is easier to stay on track if those around you are active and eating healthy.

- For example: During the December holidays, throw an active party. Take a walk to view the holiday lights. After the tour, serve a healthy meal of soup, salad, and whole grain bread.

Plan to celebrate - in moderation. You don't have to pass up holiday parties. Just eat smaller portions of less healthy foods. Also, balance the extra food you eat by being more active.

- For example: Eat a small, healthy snack (like fruit) before a party. That way, you won't be as hungry when you arrive. And, you will eat less of the "holiday food."



Tips for Fitting in Physical Activity & Healthy Foods When Holidays Make it Hard

Physical Activity

- Plan a family “Turkey Trot” at Thanksgiving. Take a walk before or after dinner.
- At Halloween, help keep the kids safe. Walk with them as they Trick-or-Treat.
- Memorial Day, Labor Day, and the Fourth of July are great times to plan activities. Try a nature hike, a ball game, or a scavenger hunt.
- Be active to beat the holiday stress. Take a time-out and go for a brisk walk.
- Malls are not just for shopping. Walk around the mall before you start your holiday shopping.

Healthy Eating

- Bring a healthy dish to a party. That way, you’ll know there is something healthy to eat. Try raw vegetables with low-fat dip.
- Don’t stand next to the food table. Move around and talk to people. Small bites of food can add up in calories but talking is calorie-free!

Choose to Fill Your Plate with Healthy Foods

You don’t have to say “no” to all high-calorie foods. Instead, fill your plate with healthy, low-fat foods and choose small portions of your high-fat favorites.

Fill your plate / glass with:

Vegetable salads
Lean, grilled, or baked meat
Broiled fish
Crackers & breads with salsa or low-fat spreads
Fruits & vegetables
Diet soda, unsweetened tea, sparkling water, 100% fruit juice, cider

Choose small portions of:

Fried appetizers
Cheese & sausage slices
Creamy salads & casseroles
Meat / fish topped with cream sauces
Fried meat or poultry
Cookies, cakes, pies
Punch, eggnog, alcoholic drinks





Yes, I Want to Make Healthy Choices, but...I am not Motivated

Do you blame yourself for not wanting to eat healthy foods and be active?

*"I am not organized enough to plan healthy meals."
"I'm too lazy to take daily walks."*

Do you blame the people around you for not helping you make healthy choices?

*"My family and friends don't eat healthy foods like whole grains."
"No one at work is active during the day."*

Well, stop blaming and start changing!

Back to the Basics

What are your benefits to eating healthy and being active?

1. Think about **WHY** you want to make healthy choices. **WHAT** long-term health goals did you set at the start of the WISEWOMAN program?

"Reduce my risk for heart disease, cancer, diabetes..."

"Control my weight"

"Reduce my stress"

"Improve my mood and self-esteem"

"Increase the strength of my bones and muscles"

2. Think about **HOW** poor health makes it hard to do the things you want to do.

"I don't have energy to play with my grandchildren"

"I feel out of breath when I go grocery shopping"

"I can't lift up my cat anymore"

3. Think about **WHO** in your life can benefit from your healthy choices.

Husband, pet, friend, co-worker, community...

Let these benefits motivate you to make healthy choices!



Tips for Fitting in Physical Activity & Healthy Foods When You are Not Motivated

Physical Activity

- Buy or rent an exercise video. Choose one that is right for your age and activity level.
- Go to a local community center, YMCA, or park. Ask about the physical activity places in your area such as walking paths. Swimming pools and activity clubs can help you become more active, too.
- Use a step counter to track your activity. Set a realistic goal each day. Reward yourself when you meet your goal.
- Ask a friend, family member, or a pet to be active with you. Take a walk together. Ride bikes together. Swim together.

Healthy Eating

- Take the color test! See if you can eat at least one healthy food from all of the colors of the rainbow each day. Use a food log to track your progress.
- Start a healthy eating club at work or with your friends. Choose one day or night a week to eat together. Take turns cooking a healthy dish to share. Bring copies of the recipe to give out.
- Make healthy eating fun. Take relatives or friends on a "Healthy Hunt" at the grocery store. Let everyone choose one fruit and one vegetable that they've never tried before.

Be Adventurous!

Are you bored with your healthy eating and activity routines? Try something new! Circle 1 new healthy food and 1 new physical activity you will try this week.

Healthy Foods

- Mango
- Mozzarella string cheese
- Brown rice
- Vegetable juice (V8)
- Spinach (fresh or frozen)
- Low-fat yogurt
- Whole wheat pasta or tortillas
- Garlic, onions, or peppers
- Salmon (fresh, frozen, or canned)
- Soy milk or soy cheese
- Sweet potato with the skin
- Oatmeal

Physical Activities

- Swimming
- Yard work
- Washing your car
- Dancing
- Walking with a friend
- Exercise video
- Hiking
- Gardening
- House cleaning
- Bike riding
- Listening to music during your activity
- Playing ball with grandchildren



Yes, I Want to Make Healthy Choices, but...I Don't Have Support

In WISEWOMAN you learned why it is important to have a support team...

- To make you feel like you are not alone in trying to make healthy choices.
- To help you eat healthy foods and be physically active.
- To listen to your successes, hard times, and worries.
- To help you see that eating healthy and being active can be fun!

In WISEWOMAN you thought about...

- WHO can support you,
- HOW they might help you, and how to
- ASK them to help you make healthy choices.

Since then, your needs may have changed. You may be really busy now and need help fitting in more physical activity during your day. Your support people may have changed, too. You might also be missing the support from your WISEWOMAN group members and leader.

It is probably time that you re-think...

WHO can support you, HOW they might help you, and ways to ASK them to help you make healthy choices.

Getting Support: WHO, HOW, and ASK

WHO might be able to help you make healthy choices? Circle one or more of the following people who can be on your support team right now.

Spouse, Friend, Co-worker, Doctor/Nurse, Minister/Priest, Boss,
Child, Neighbor, Parent, Aunt/Uncle/Cousin, Other person:

HOW might they help? Check one or more ways that your support people could help you.

- Listen to my problems, and help me find solutions to my barriers.
- Do physical activity with me.
- Eat healthy foods with me.
- Help me with my daily tasks so I have more time to do physical activity or cook healthy.
- Give me ideas for cooking healthy foods and being more physically active.



ASK for support!

Most people will be glad to help you. They may even be happy that you thought enough of them to want their help. Be specific when you ask for help. Also, ask your helper how you can help them.



Tips for Finding People to Help You Be Active and Eat Healthy

Physical Activity

- Talk with a friend, co-worker, or family member who is also trying to be more active. Talk about your barriers. Share tips for fitting more activity into your day.
- Ask a friend, family member, or a pet to be active with you. Take a walk together. Ride bikes together. Swim together. Make physical activity fun!
- Go to a local community center, YMCA, or park. Ask about the physical activity places in your area such as walking paths. Swimming pools and activity clubs can help you become more active and stay motivated, too.
- Find an upbeat friend to be your “cheerleader!” Tell him or her your goals. He or she can make sure you are keeping up with your activity. This person can also give you praise for meeting your goals.

Healthy Eating

- Start a healthy eating club at work or with your friends. Choose one day or night a week to eat together. Take turns cooking a healthy dish to share. Bring copies of the recipe to give out.
- Make healthy eating fun for the whole family. Take your child, spouse, parent, or friend on a “Healthy Hunt” at the grocery store. Let everyone choose one fruit and one vegetable that they have never tried before.
- Keep a food diary for a week. Ask a friend or family member to look at it with you. Talk about your barriers to healthy eating. Think of ways to eat healthier.



Re-build your Social Support Team

Answer the following questions:

WHO (who will I ask to help me?):

HOW (what kind of help do I need?):

ASK (when will I ask him/her and how will I thank him/her?):



Yes, I Want to Make Healthy Choices, but... I Don't Have Time!

Do any of these statements sound familiar?

- I don't have time to be active. Exercise takes too long. You have to wear special clothes, do the activity, then shower. My day is already crazy!
- I don't have time to shop for healthy foods. I only have time to run into the store for milk and bread. I can't waste time looking at labels for healthy choices.
- I don't have time to cook healthy meals. We eat foods that are easy to prepare.

In today's busy world, many women feel like they don't have time to meet the needs of their family, friends, and jobs. So, how can they have time to eat healthy and be active?

Physical Activity Time-Savers

Break up your activity! Do you find it hard to fit in 30 minutes of activity every day? If your answer is "Yes!" you are not alone. Many people find that breaking up activity makes it easier. For example:

- Take a brisk walk before your morning shower: 10 minutes
- Do your housework at a brisk pace: 10 minutes
- Walk around the block before getting your mail: 10 minutes

Do these things, and you've completed 30 minutes of activity.

Make getting ready for activity easy! Keep walking shoes in your car or in your WISEWOMAN carrying bag so you can be active anywhere. You don't have to wear special clothes. A comfortable pair of shoes is all you need.

Don't sweat it! You don't have to sweat during your activity to get health benefits. If you do sweat, make plans to be active before your shower in the morning or evening. That way, you don't have to take extra time.



[Yes, I Want to Make Healthy Choices, but... I Don't Have Time, cont'd]

Healthy Eating Time Savers

Healthy shopping can be quick! Make a grocery list before you go to the store. Shop at the same store every week so you know where to find your favorite healthy foods.

Healthy cooking can be easy! Plan your meals ahead, and have the foods ready to go. Use recipes you know. If your old recipes are not so healthy, make small changes to lower the fat or increase whole grains, fruits, or vegetables.

Eat healthy without cooking! Choose healthy fast foods like salads with low-fat dressings. Look for healthy, low-fat frozen and prepared foods at the store.

Tips for Fitting Physical Activity and Healthy Foods into Your Busy Day

Physical Activity

- Move around when you talk on the phone.
- Take the stairs instead of the elevator.
- Park farther away in parking lots.
- Walk to do errands instead of driving.

Healthy Eating

- Use a calendar to plan healthy meals and snacks for the week.
- Make a grocery list from your calendar of meals.
- Snack on fresh fruits and vegetables: they are nature's fast foods.
- Double your healthy recipes, and freeze the leftovers.
- Use nonstick baking dishes and frying pans to cut down on oil and clean-up time.
- Keep a supply of healthy, single-serving snacks. Pack foods like whole-grain crackers or pretzels. Keep string cheese, low-fat yogurt, and oatmeal packets on hand to "grab and go."
- Shred, chop, and slice your vegetables, cheeses, meats, and nuts... all at one time.

Plan Ahead!

Take a few minutes to think about next week. Plan ONE way you will eat healthy and ONE way you will be active each day. Write your ideas below:

Monday

Quick way to eat healthy:

Quick way to be active:

Tuesday

Quick way to eat healthy:

Quick way to be active:

Wednesday

Quick way to eat healthy:

Quick way to be active:

Thursday

Quick way to eat healthy:

Quick way to be active:

Friday

Quick way to eat healthy:

Quick way to be active:



Yes, I Want to Make Healthy Choices, but... I am in Pain

Ouch!

Do you find that aches and pains make it hard to be active? There are several reasons why your body might hurt when you do physical activity:

- You may be using muscles that you haven't used in a while. If this is the case, your pain should get better after a few days. As your body gets stronger, you should feel better.
- You may be working too hard. Try the Talk-Sing test. If you are too out-of-breath to talk during your activity, slow down a little.
- You may have an injury. Pain that lasts a week or more or that is very bad may mean that your injury is more serious. If so, rest to see if it gets better. If the pain doesn't go away or gets worse, see a doctor or nurse.

Stop Pain Before It Starts

Set realistic goals

- If you have pain, try setting a new physical activity goal. Pick an activity that does not make your pain worse.
- Doing some activity is better than none. Do what you can.
- Do different types of activities. This will help your body be strong and healthy.

Prevent another injury

- Warm up before your physical activity. Walk at an easy pace for a few minutes.
- Start at a light and easy pace and work up to a moderate level.
- Stretch before, after, and between activities.
- Listen to your body. If it is tired or in pain, slow down a bit or take a rest.



Tips to Stay Active and Eat Healthy When You Feel Pain

Physical Activity

- Try new activities. If it hurts your back to weed and dig in the garden, go for a brisk walk instead.
- Do shorter, less intense activities. Don't feel like you can take a brisk walk? Take a light stroll around the block.
- Work on the parts of your body that are not hurt. If you have pain in your knee and ankle, lift weights with your arms. If you have pain in your lower back, try push-ups.
- Stretching and balance exercises keep your muscles and joints working well. Stretching can also help to relieve sore muscles and prevent injury.

Healthy Eating

- Good nutrition can help you heal! What are the foods that will provide your body with the nutrients it needs? Foods that are high in vitamins like fruits, vegetables, and whole grains!
- If your injury makes cooking hard, buy healthy foods that are easy and fast. Fruit, cereal, low-fat yogurt, low-fat frozen dinners, and canned soups are good choices.

Activity Ladder

Most injuries do not require total bed rest. Choose activities at the bottom of the ladder (right) and work your way up as you feel better. Circle two activities you will try this week.



The Activity Ladder

Hard Activity

- Fast walking
- Shoveling snow
- Vigorous swimming
- Aerobic exercise class
- Jumping rope
- Hiking up hills
- Fast/uphill bicycling

Light to Moderate Activity

- Mopping
- Weeding / digging in the garden
- Childcare
- Dancing
- Slow/level bicycling
- Slow swimming
- Mowing/raking lawn
- Stair walking
- Washing windows
- Vacuuming
- Painting walls
- Lifting light weights
- Carrying laundry

Standing Activity

- Ironing
- Playing a musical instrument
- Cooking
- Washing dishes
- Dusting
- Flexibility and balance exercises



Stress

List a cause of stress in your life:

List a way that stress affects your mind and body:

List a way that stress affects your healthy choices:

List a way that you can handle stress:

Yes, I Want to Make Healthy Choices, but... My Life is Stressful

Are Life's Demands Causing You to Feel Stress?

Do your friends, family members, and co-workers think you are a wonder woman?

- "I know today is your day off, but things are busy and I need you to work."
- "Honey, what's for dinner tonight?"
- "Let's go out for lunch. I need to tell you about my grandson's new girlfriend."

Choose to be a WISEWOMAN Instead of a Wonder Woman

A wonder woman tries to keep up with everyone's demands. She puts her own needs behind the needs of her friends and family.

On the other hand, a WISEWOMAN sees that she cannot meet everyone's demands. She knows that trying to do this will cause stress. And stress can be a barrier to making healthy choices.

- A WISEWOMAN knows what causes her stress. Traffic... no time... family demands (driving, cooking, laundry)... work... car trouble... appointments... relationship problems...
- A WISEWOMAN knows how stress affects her mind and body. Worry... grouchiness... problems thinking... headaches... fatigue... sadness... nervousness... high blood pressure... weight gain... trouble sleeping...
- A WISEWOMAN knows how stress affects her eating and activity choices. Too busy to do an activity... eating candy and cookies... too tired to do an activity... eating when not physically hungry... eating snacks instead of healthy meals...
- A WISEWOMAN can make healthy choices even when she feels stress. Deep breathing... relaxing muscles... stretching... writing down thoughts... asking for support... taking a ten-minute walk to reduce stress... using a log to record foods and activities...



Tips for Fitting in Physical Activity and Healthy Foods When Your Life is Stressful

Physical Activity

- Make activity important! Physical activity will allow you to take time out from your worries. It will also help you reduce stress and give you energy. Garden, work in your hard, or take a brisk walk around the block. Write activities into your calendar or day planner.
- Ask your social support team for help! Ask a co-worker to take a walk with you during your lunch break. Ask a friend to watch your grandchild for 30 minutes so you can do your activity. Ask your husband to swap household duties with you. You do the yard work this week if he does the laundry.

Healthy Eating

- Think about your hunger. Is it physical (empty stomach, headache, weakness)? Or is it emotional (desire to eat because of thoughts, feelings, people, or events)? Try to eat only when you have physical hunger.
- Cut back on caffeine and sugar. Foods and drinks with caffeine or lots of sugar may give you quick energy, but it won't last. You will end up more tired than before you ate or drank them.
- Have a supply of healthy, fast snacks that you can take with you when you are in a hurry. Nuts, fresh and dried fruit, and string cheese are good choices. So are low-fat yogurt, crunchy vegetables, and crackers with peanut butter.
- Don't leave home without a healthy breakfast! Going to have a busy day? Start it right with a bowl of oatmeal or high-fiber cereal and fruit. Peanut butter on whole wheat toast or scrambled eggs and vegetables wrapped up in a tortilla will give you lasting energy.

Stressed?

Take a Vacation to a Far-Away Place

Just a few minutes of thinking about yourself in a relaxing place can reduce your stress.

Try it!

1. Find a quiet room with a comfortable chair or bed.
2. Close your eyes and think of a relaxing place (a beach, a lake or river, a quiet meadow or park, etc.).
3. Imagine yourself there.
4. Involve all five senses. Feel the sun on your face. Smell the salty ocean air. See the waves crash on the shore. Hear the birds sing.
5. Breathe deeply and let your body escape...



Sound Familiar?

It is 8:00 PM. You are worn out and hungry. You order a pizza for dinner. You eat on the couch while you watch TV. You don't think about how much you eat and feel stuffed. You fall asleep.

Can you see the cycle? You are too tired. You make unhealthy choices. You become more tired!



Yes, I Want to Make Healthy Choices, but... I Am Too Tired

Break the Cycle!

Healthy eating and physical activity can actually give you *more* energy. Yes! You will feel much better just by making a few small, simple healthy choices.

Take SMALL steps for more energy!

Fit in just a few minutes of activity for a quick energy boost. Physical activity gets your blood flowing. Also, your body releases chemicals that can help you “get going.”

- Do some stretching exercises during TV commercials.
- After you eat and wash the dishes, spend five minutes lifting hand weights (or soup cans).
- Take a five-minute walk down the block before or after dinner.
- Turn on some music and dance around the house for a quick “pick-me-up.”

Make SIMPLE food choices for more energy!

- Instead of white bread, pasta, and rice, choose fruit or vegetables (fresh, frozen, cooked, or canned). Fruits and vegetables are high in vitamins, minerals, and fiber. These foods can help your mood, memory, and energy.
- Instead of potato chips, soda, or candy as a snack, choose fruit or vegetables (fresh, frozen, cooked, or canned). Fruits and vegetables are high in vitamins, minerals, and fiber. These foods can help your mood, memory, and energy.
- Instead of skipping breakfast, choose cereal and low-fat milk. Or try scrambled eggs and lean ham, or whole-wheat toast with a little peanut butter. Low-fat dairy products, lean meats, and eggs will keep you going all morning.



Tips for Being Active and Eating Healthy When You Have No Energy

Physical Activity

- Be active outdoors. Rain, sunshine, hot, or cold. A few minutes of walking, sweeping, or raking in the fresh air will help your mood and your energy.
- Find a friend or neighbor to do a short activity with you. Take a walk around your neighborhood. Walk to a grocery store or restaurant, or walk to a nearby school track.
- Call up a relative or friend who you haven't talked to in a while. Walk in place (or around your home if you have a cordless phone) while you talk.

Healthy Eating

- Make healthy eating easy! Eat a healthy frozen meal with a size salad and a glass of low-fat milk. Top a baked potato with low-fat cheese, broccoli, and chopped lean ham. Keep cut-up fruit and vegetables in your refrigerator at all times for an easy snack.
- Go for variety! Eating a variety of foods can help increase your energy.

Do you eat a variety of foods every day? Think about what you ate yesterday. Write down how many servings you ate from each food group. Did you eat foods from each food group?

Food group	Number of servings I ate	One serving example	
Bread		1 slice of bread 1 tortilla	1/2 cup of pasta or rice 1 oz of dry cereal
Vegetable		1/2 cup of vegetables 1 cup of leafy greens	3/4 cup of juice
Fruit		1 piece of whole fruit 1/2 cup of canned fruit	3/4 cup fruit juice
Milk		1 cup of milk or yogurt 1 1/2 oz natural cheese	2 oz processed cheese
Meat		2 to 3 oz cooked lean meat, poultry, or fish 1 cup of dry beans	4 tablespoons peanut butter 2 eggs



Yes, I Want to Make Healthy Choices, but... the Weather is Bad

Rain, Rain, Go Away!

Does rain, snow, ice, or heat get in the way of your physical activity goals?

- "It's raining outside. I can't go out and do yard work."
- "There's snow and ice on the ground. It's not safe for me to walk outside."
- "The temperature is too hot. I feel sweaty and faint just stepping outside."

Do seasons disrupt your healthy eating plans?

- "My family loves when I make my cheese with bacon soup on cold winter nights."
- It's summer, and we always have barbecues (with burgers, hot dogs, potato salad, and chips) on Sunday nights."
- "I can't afford to eat five servings of fruits and vegetables a day. They cost too much in the winter."

Plan Today for Difficult Weather Tomorrow

Be prepared. Listen to the local weather forecast.

- If it is going to snow in the afternoon, try to take your walk in the morning.
- If it is going to rain all day, take an umbrella and extra clothing to work. That way, you can take your walk break and keep your work clothes dry.

Be flexible. Find other places to be active and other healthy foods to eat.

- Local malls, community centers, and churches can be good places to walk indoors when the weather is bad.
- When winter arrives and the price of fresh fruits and vegetables goes up, buy frozen, canned, or dried varieties.



[Yes, I Want to Make Healthy Choices, but... the Weather is Bad, cont'd]

Be creative. Try new activities and new foods.

- In the summer, try swimming to beat the heat. Try new recipes that use seasonal fruits and vegetables.
- In the winter, dress in layers and go sledding with children. Put on boots and go for a hike in the snow. Look for recipes for hearty broth-based soups and vegetable stews to try when it is cold outside.

Tips for Fitting in Physical Activity and Healthy Foods When Weather Gets in the Way

Physical Activity

- Be active at home when the weather is bad. Work your muscles using your band or soup cans as weights. Do heavy housework like floor scrubbing or window washing.
- During the summer, do your activity early in the morning or at night when it's coolest. Look for walking paths or roads that are shaded by trees or tall buildings.
- Dress for the weather. When it is cold, dress in layers, wear a hat and gloves, and make sure your path is clear of ice. When it is hot, wear light clothing and take a water bottle.
- Make a list of indoor and outdoor activities that you enjoy or would like to try. When the weather is good, go outside. When the weather is bad, choose an indoor option. Think about all kinds of activities (dancing, biking, swimming, aerobic videos, etc.).

Healthy Eating

- Let the weather outside guide your choices. Healthy foods can fit into any season. Salads and fruit smoothies taste great during the summer. In the winter, choose vegetable soups and stir-fries with warm whole grain bread or brown rice.

Problem-Solve Your Weather Barriers!

No more "Yes... buts!"
Follow these steps to bust your barriers:

Step 1: List a weather barrier...

Step 2: List ways you could deal with the barrier...

Step 3: Select one solution that you are willing to try...

Step 4: Try it and review your results...



Yes, I Want to Make Healthy Choices, but... I am Too Busy at Work

Day After Day...

- You wake up in the morning
- You get yourself (and your family) ready to go
- You work all day (or night)
- You come home to cook, clean, and do laundry
- You finally go to bed... WIPED OUT!

And now you are being told to fit healthy choices into your busy day?

Yes!

Being active and eating healthy *will not* take you a lot of time. But activity and healthy foods *will* give you more energy. It will also lower your stress and improve your health.

Work is a great place to make healthy choices. After all, you may spend more than half of your day there!

Your Job Can Help You Be Healthy

Be active at work

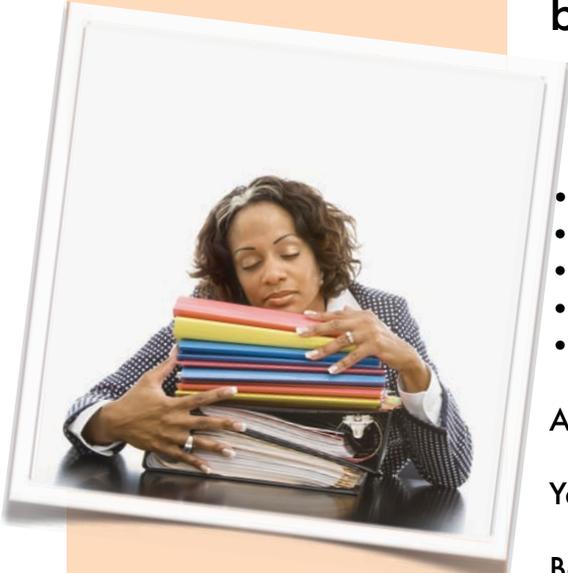
Your job may make you sit or stand in place while you work. But that does not mean you have to be inactive all day. Look for ways that your job can help you fit more steps into your day.

Choose:

- The stairs instead of the elevator
- A stretch break instead of a coffee, soda, or snack break
- A restroom or parking spot that is far instead of the one that is close

Be flexible

Less healthy foods can be found all over the workplace: break rooms, meetings, vending machines. But most worksites offer some choices. Look for ways your job can help you fit healthy foods into your day.



[Yes, I Want to Make Healthy Choices, but... I am Too Busy at Work, cont'd]

Choose:

- Low-fat snacks (pretzels, fruit, or cereal bars) instead of chips or candy from vending machines.
- Deli sandwiches (without mayo), baked potato (with low-fat toppings), or salads (with low-fat dressing) instead of fried foods at the cafeteria.
- Fruit juice, fresh fruit, plain bagels, low-fat yogurt, and small fruit muffins in the break rooms instead of high-fat danishes, brownies, donuts, and cookies.

Tips to Be Active and Eat Healthy at Work

Physical Activity

- Arrive five minutes early to work, and stay five minutes later. Use the extra time to take a walk indoors or outdoors.
- Write five- to ten-minute physical activity breaks into your daily calendar.
- If you talk on the phone at work, stand up and pace.
- Start a walking club at work. Take a ten- to twenty-minute walk with co-workers during your lunch break.
- Hand-deliver messages to co-workers or customers rather than using the phone.

Healthy Eating

- If you need a snack from the vending machine, make it a healthy one. Fruit or vegetable juice, pretzels, low-fat popcorn, baked chips, or dried fruits and nuts are good choices. If there are no healthy choices, bring your own snack.
- Pack a healthy, filling lunch. Choose foods that are easy to make and can be stored safely. Think about storing and heating your food. Is there a refrigerator at your work? If not, you might need to use a small cooler or cold pack. Is there a microwave that you could use? If not, choose foods that can be eaten cold or at room temperature.

Brown-Bag It!

Plan a brown-bag meal that you would enjoy.

Fruits and vegetables

- Fresh or canned fruit
- Raw vegetables and low-fat dip
- Dried fruit
- Canned, low-sodium vegetable soup
- Fruit or vegetable juice

Low-fat dairy

- Low-fat yogurt
- Low-fat milk
- Low-fat pudding
- Low-fat cheese (cottage, American, Swiss, mozzarella, string)
- Yogurt smoothie drink

Whole grains

- Whole-grain crackers
- Low-fat popcorn
- Whole-grain cereal (Cheerios, etc.)
- Instant oatmeal
- Sandwich on whole-wheat bread

Lean Meats, Poultry, and Fish

- Turkey meat, tomato, and lettuce in a tortilla
- Chicken or tuna salad with light dressing or low-fat mayo
- Slice of leftover pizza topped with Canadian bacon and veggies
- Lean ham and cheese on rye or whole-wheat bread

