

## Session 25: Time to Transition

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*What's next*



Most women admit to joining a program like PRIDE because of the need for support and accountability. One of the most obvious differences in this next phase of the PRIDE program is that the frequency of meetings is reducing to every other week. Many women like the security of a group and find transitioning from weekly to bi weekly meetings can make it harder to stick with their behavior change efforts. They worry how they will continue to be successful. Others, however, are eager to try things out on their own a bit more than they were before. You may fall into one of these two groups or perhaps you feel a little bit of both.

### How will the change in “how often” your group meets affect you?

- What part of meeting “less often” are you **looking forward to**?



- What part of meeting “**more often**” **will you miss**?
- How might **maintaining** your PRIDE goals be affected?

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No matter which category you fall into, it will be important to develop your own personal maintenance routine to help you maintain your progress and to **learn the skill of weight maintenance.**

# Taking Charge

## 1. Know your numbers...calories, fat grams, exercise minutes

It is helpful to identify a time each week to review how your week has gone. We do this regularly in group meetings. Now that you will have a week in which you have no group meeting, it will be important to find a time for you to review your progress on your own. Find a time that you can commit to sitting down and looking over you Keeping Track and graphing your weight. You might want to consider doing this on the day and at the time your group would meet.

### My “Progress Review” will be on:

Day \_\_\_\_\_ Time \_\_\_\_\_ Place \_\_\_\_\_

#### *Numbers to assess:*

Total minutes of exercise \_\_\_\_\_ / goal \_\_\_\_\_

Average calories \_\_\_\_\_ / goal \_\_\_\_\_

Average fat grams \_\_\_\_\_ / goal \_\_\_\_\_

**EARLY WARNING WEIGHT** \_\_\_\_\_ / Today's weight \_\_\_\_\_

## 2. Pick your “Early Warning Weight”

Pick your “early warning weight” and use this weight to help you gauge when you need to kick back into high gear with your weight loss efforts. Your early warning weight should be your current weight if your weight loss goal is maintenance (your current weight should also be your early warning weight if you have a weight loss goal!). When you notice that your weight has been creeping up and is over your early warning weight, you will want to take IMMEDIATE steps to turn this around. As soon as your weight is up, you will want to start carefully monitoring, make sure you are following your calorie goals, and increase your physical activity. Use your problem solving skills to help you come up with a plan to prevent weight regain.

**Determine your “early warning weight”**



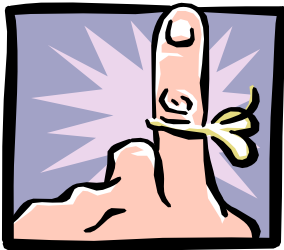
My Early Warning Weight = \_\_\_\_\_

### 3. Set Weekly Goals

From the review of your Keeping Track and graphing your weight, set weekly goals. If the weight and exercise are on target, the goals may only need only a small tweak, or just continued as they are. If the goals you set the week before did not accomplish what you'd expected, change them to fit, and try out the new goals for a week. Be realistic about what you can do. Learn from the past week's efforts.

Ask yourself,

- ✓ "What was my biggest problem/barrier/challenge this past week in my effort to control my weight?"
- ✓ "What is my plan to address the problem/barrier/challenge next week?" (Be objective and descriptive. A plan should have the characteristics of a good goal.)



#### *Characteristics of a good Goal are:*

- Specific:** The goal should be clear. Give the details.  
**WHEN, WHERE, HOW?**
- Realistic:** You should feel 80% confident you will achieve the goal. Set yourself up to succeed!!!!
- Behavioral:** The goal should describe a behavior over which you have direct control.
- Flexible:** Set goals that let you be human.
- Measurable:** How much and how often?

***How far have you come, REALLY?????***

As they say, “YOU”VE COME A LONG WAY BABY”!!  
Permanent lifestyle change begins a new way of looking at  
yourself, your behaviors, expectations, the way you think  
....it reaches all facets of your inner being.



The following page has statements characterizing  
“Quick Fix verses Lifestyle”.

Which statements under “**Quick Fix**” do you recognize having had in the past?

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Of the “**Quick Fix**” statements, are there any that still linger?

Which “**LIFESTYLE**” statements do you have ownership of today?

Which of the “**LIFESTYLE**” statements are you working toward?

## Quick Fix Verses Lifestyle

<b>Quick Fix</b>	<b>Lifestyle</b>
<p><b><u>Motivation:</u></b></p> <p>__ Being fat is bad, being thin is good            __ I must weigh XXX pounds            __ I hate my body.            __ When I lose weight, my life will be better</p>	<p><b><u>Motivation:</u></b></p> <p>__ Health            __ Energy            __ Fitness            __ Self-esteem            __ Become my own best friend            __ Treat myself like the wonderful person I am</p>
<p><b><u>Attitude:</u></b></p> <p>__ Impatient            __ Temporary behavior            __ Rigid, perfectionist</p>	<p><b><u>Attitude:</u></b></p> <p>__ Gradual learning, patient            __ New life-long healthy habits            __ Flexible            __ Comfortable with my body size</p>
<p><b><u>Behavior:</u></b></p> <p>__ Rely on “experts”            __ Deprivation, restriction            __ Judge foods and eating behavior as good or bad            __ Program controls what I eat, how much and when</p>	<p><b><u>Behavior:</u></b></p> <p>__ Trust myself to find what works for me            __ Kind, positive            __ Eat what I want with awareness            __ Eat when I am hungry and stop when I have had enough</p>
<p><b><u>Results:</u></b></p> <p>__ May lose weight, but usually gain it back, plus more            __ Follow set-backs by beating myself up            __ Feel like a failure when weight is regained            __ Become discouraged that I will never find a solution that is safe and effective</p>	<p><b><u>Results:</u></b></p> <p>__ Small steps lead to success with becoming fit            __ Follow setbacks with forgiveness            __ Increased understanding of behavior and actions that work            __ Feel in-charge as I become more skilled            __ Learn more about myself than I imagined</p>



## Making this lesson work for you:

Next week,

- ✓ Plan the day, time and place you will have your “Progress Review” and write it on an appointment calendar, or put a reminder on the refrigerator, or someplace in plain sight.
- ✓ Actively begin steps to be “accountable to yourself” for your weight control. List at least one step you made to “Take Charge” this week.

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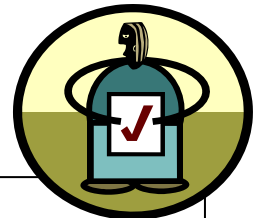


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Follow through with the weekly “Progress Review”. A worksheet is provided in your materials. Respond to the questions posed and put in writing your plan. Place the weekly worksheet inside your Keeping Track and turn in at your class time. You will continue to self monitor just as you have in the first 6 months and bring to class.

**NOTE: A “Month at a Glance” weight graph is available to plot daily weights. How might this be helpful in monitoring weight?**

## PRIDE Goals



- \_\_\_\_\_ Achieve and maintain at least a 10% weight loss
- \_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.
- \_\_\_\_\_ Weigh daily and record in KT.
- \_\_\_\_\_ **My** “**Early Warning**” weight is: \_\_\_\_\_ lbs.
- \_\_\_\_\_ Achieve and maintain physical activity.
  - at least 10,000 steps each day
  - at least 200 minutes planned exercise each week

**My “Progress Review”** For the week beginning\_\_\_\_\_

Total minutes of exercise\_\_\_\_\_/ goal\_\_\_\_\_

Average calories\_\_\_\_\_/goal\_\_\_\_\_

Average fat grams\_\_\_\_\_/goal\_\_\_\_\_

**EARLY WARNING WEIGHT**\_\_\_\_\_/ Today's weight\_\_\_\_\_

- ✓ “What was my biggest problem/barrier/challenge this past week in my effort to control my weight?”
  
- ✓ “What is my plan to address the problem/barrier/challenge next week?”

Name \_\_\_\_\_

**My “Progress Review”** For the week beginning\_\_\_\_\_

Total minutes of exercise\_\_\_\_\_/ goal\_\_\_\_\_

Average calories\_\_\_\_\_/goal\_\_\_\_\_

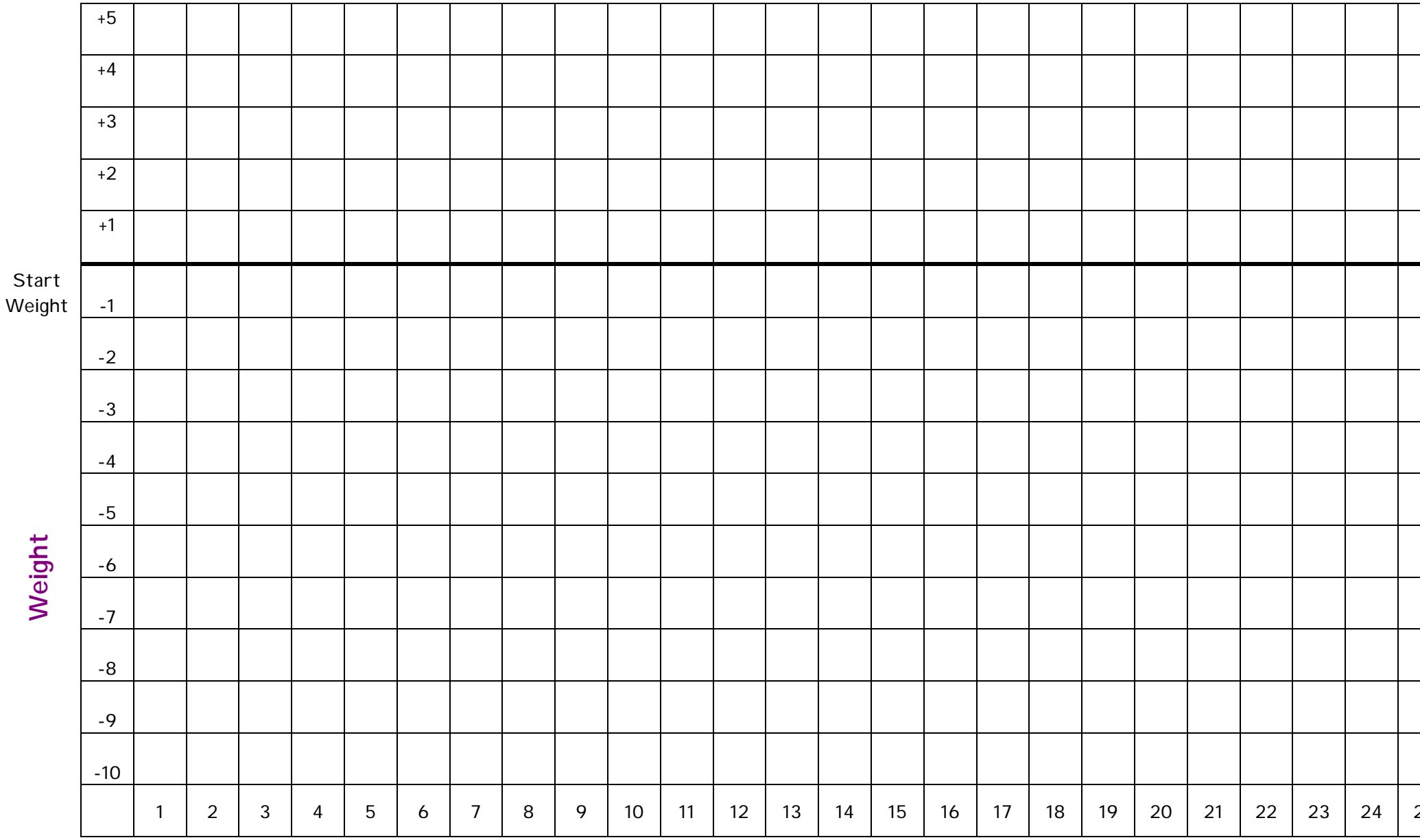
Average fat grams\_\_\_\_\_/goal\_\_\_\_\_

**EARLY WARNING WEIGHT**\_\_\_\_\_/ Today's weight\_\_\_\_\_

- ✓ “What was my biggest problem/barrier/challenge this past week in my effort to control my weight?”
  
- ✓ “What is my plan to address the problem/barrier/challenge next week?”

Name \_\_\_\_\_

# "Month at a Glance" DAILY Weight Graph



Days of the Month

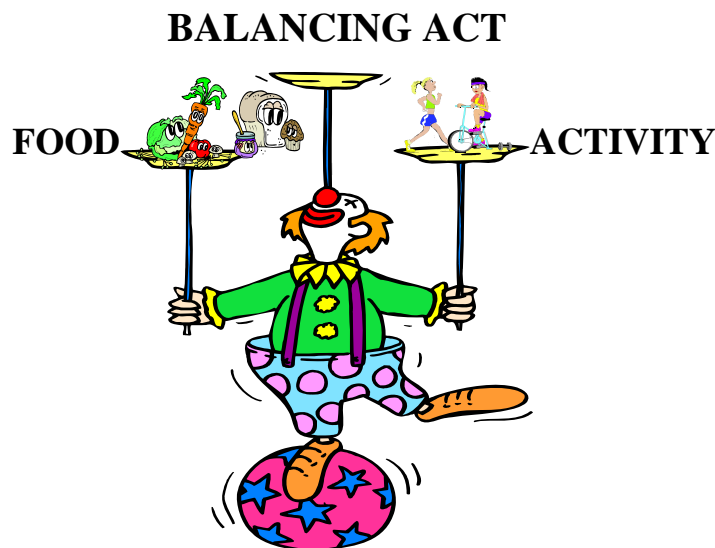
Month of \_\_\_\_\_



## Session 26: Maintaining Energy Balance

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As indicated very early in the PRIDE program, the goal of this program is to help you lose at least 10 percent of your body weight and to keep it off. At this point in the program, each of you will have lost different amounts of weight and have had different experiences. Some PRIDE members may have achieved the weight loss goal and are focusing on keeping their weight off, while others continue to work to achieve this goal. How much weight you lose, how quickly you lose it, and how successful you are at keeping your weight off depends on your energy balance.



Energy balance is based on the energy you take in (food) and the energy you burn (activity and exercise).

- If energy intake (calories you eat from food) is more than the energy you burn (calories you use from activity and exercise), you will gain weight.
- If energy intake (calories you eat from food) is less than the energy you burn (calories you use from activity and exercise), you will lose weight.
- If energy intake (calories you eat from food) is the same as the energy you burn (calories you use from activity and exercise), you will neither lose nor gain weight. This is what happens when your weight stays the same

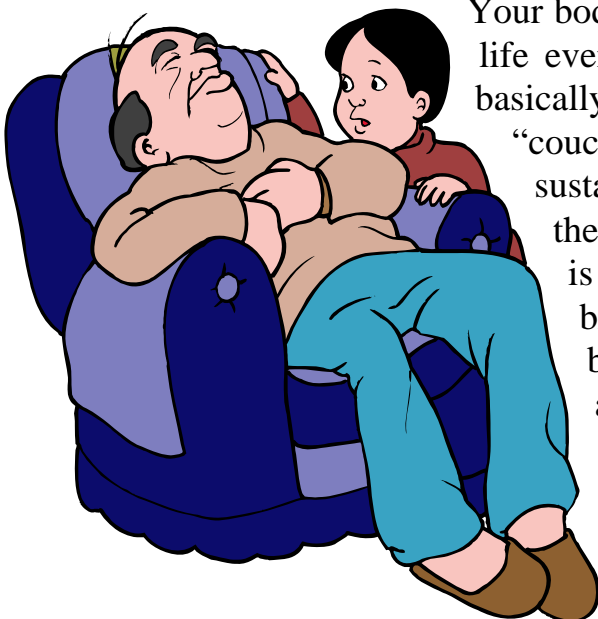
At this point in the PRIDE program your weight loss may be slowing down or may have stopped, yet you are eating the same amount of food and doing the same activity as you did a few months ago. One of the reasons for this could be you are actually burning less energy now than you were before. In this lesson, you will learn how to determine your own daily caloric output.

## How do I lose “One Pound”? A Review.

The key to weight loss is to create an energy deficit. An energy deficit is the difference between the calories you eat and the calories you use in exercise and other types of activity. To lose about 1 pound, you will have to burn 3500 calories more than you eat. To achieve this you will need to eat 500 calories per day less than what you burn. If you want to lose 2 pounds per week, you will have to eat 1000 calories less than what you burn each day.

Let’s take a look at how you burn calories, and how many calories you burn each day. You burn calories when you are resting and fairly inactive, when you participate in activity as part of your normal routine, and when you exercise and work towards achieving the activity goal of PRIDE. Knowing this information will help you to understand how your current eating and activity behaviors can impact your body weight.

### What is your “Resting Metabolic Rate”?



Your body needs a certain amount of energy just to sustain life even if you were to lie in your bed all day and do basically nothing. This would be the true definition of a “couch potato”. The amount of energy you need to sustain life while being inactive all day is known as the “**Resting Metabolic Rate (RMR)**”. This energy is used for keeping the heart beating, breathing, brain activity, and other important functions of the body. To maintain these basic processes takes about 75% of the energy your body needs in one day.

Using the charts provided at the back of this week's session materials, and following the four steps below, you can find your **“Resting Metabolic Rate”**.

**1. Find the chart that includes your age and gender.**

- For example, if you are 45 years old, use the chart for women 40 to 50.

**2. Next, find the row that has a number closest to your current body weight. Draw a line all the way across that row.**

- For example, if you are 200 pounds, draw a line from the left side of the row marked “200” to the right side of this row.

**3. Find the column closest to how tall you are. Draw a line all the way down that column.**

- For example, if you are 5 feet, 5 inches tall, draw a line from the top of the column marked “5 ft. 5 in.” to the bottom of this column.

**4. The point where the lines in both columns cross is your **“Resting Metabolic Rate”**.**

- A woman, 45 years old, 200 pounds, and 5 feet 5 inches tall, has a resting metabolic rate of 1585 calories. This means she will burn a total of 1585 calories every day just being inactive.

**MY RESTING METABOLIC RATE IS \_\_\_\_\_ \* CALORIES/DAY.**

\*Record this number on the worksheet (page 8)

As body weight is reduced, so follows the **RMR**. For example, if this same 45-year-old, 5 ft. 5 in. woman weighed 220-pounds when starting PRIDE six months earlier, her resting metabolic rate would have been around 1671 calories/day. The difference is 86 fewer calories burned now than 6 months earlier. This may help you understand why it becomes harder and harder to lose weight over time.



**What was your RMR when you started the PRIDE program?**

When I started the PRIDE Study, I weighed \_\_\_\_\_ lbs,

And my **RMR** was \_\_\_\_\_ calories/day

my **RMR** has: (check one below)

\_\_\_\_\_ increased \_\_\_\_\_ decreased \_\_\_\_\_ stayed the same

- You can see why it becomes more difficult to lose weight over a long period of time. When starting PRIDE, the 45-year-old, 5 ft. 5 in., 220-pound woman burned 1671 calories/day. When she ate 1200 calories per day, she had a calorie deficit of 471 calories. After losing 20 pounds, she burns 1585 calories/day, a calorie deficit of 385 calories. This change reduces her weight loss by about 1 pound per month, even if she is eating the same identical diet. You may have to reduce calorie intake further to continue to lose weight at the same rate.
- Careful not to eat too few calories! Dropping your food intake below 1000 to 1200 calories each day may cause your Resting Metabolic Rate (**RMR**) to go down even further.

### **What are the other ways to burn calories?**

Your Resting Metabolic Rate is not the only way you burn calories. During the day you burn calories in other ways, and this will also influence your weight loss. The two other ways you burn calories are:

*Routine Daily Activity*  
*Regular Exercise*

### **How many calories do you burn in Routine Daily Activity?**

Everyone has some type of activity they do around the house or at work that adds to the number of calories they burn. These routine or typical activities could be things like cleaning the house, washing the dishes, carrying the laundry basket, walking around the office, and other things that are part of your daily life. These activities make your day very busy, but may not burn a lot of calories! (This does not include any structured exercise you may do.)

Use the formula below to estimate the number of calories you expend in normal daily activity. (Remember, this does not count your exercise.)

**Resting Metabolic Rate x 0.3 = Daily Calories from “Routine” Activity**

**Estimate the number of calories you expend in Routine Activity:**

\_\_\_\_\_ (resting metabolic rate) x 0.3 = \_\_\_\_\_ \* daily calories from routine activity

*Example: a 45 year old woman 200 lbs, 5 feet 5 inches tall,  
1585 resting metabolic rate x 0.3 = 475 calories/day in Routine Activity*

\*Record this number on the worksheet (page 8).

**How many calories do you burn during your daily exercise?**

In addition to your typical daily activity, as part of the PRIDE program you are striving to add 200 minutes per week of planned exercise to your routine. You have been encouraged to exercise at a moderate intensity so that the activity makes you breathe a little harder and your heart rate increases. However, your exercise should not be so hard to make you feel exhausted by the end of your exercise. A comfortable brisk walk will be enough to help you lose weight and increase your fitness. How many calories do you think you burn during this type of exercise? For every 20 minutes of structured exercise, you will expend about 100 calories; and for every 30 minutes of structured exercise, you will expend about 150 calories.

**Estimate the number of calories you burn in exercise:**

I exercise for \_\_\_\_\_ minutes each day, and this results in me burning an extra \_\_\_\_\_\* calories each day. (This does not count your normal household and work activity.)

20 minutes = 100 calories

30 minutes = 150 calories

60 minutes = 300 calories

\*Record this number on the worksheet (page 7).

## **Will I lose weight if I don't exercise but reduce the amount of food I eat?**

Optimal weight loss and/or maintenance require modifying both your eating and activity behaviors. Again, consider the example of the 200-pound woman. Her resting metabolic rate was about 1585 calories per day. She will also expend an additional 475 calories in her normal daily routine; however, she does not exercise. The total number of calories she will burn each day is 2060.

The minimum amount of calories we recommend you eat in the PRIDE study is 1200 calories per day. If our 45-year old woman eats 1200 calories each day, she will burn about 860 calories more than she eats ( $2060 - 1200 = 860$  calorie difference). So, if one pound is equal to 3500 calories, it will take her about 4 days to lose 1 pound

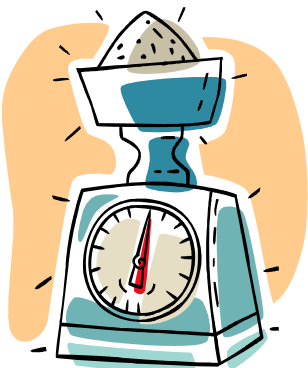
**3500 calories for one pound  $\div$  860 calories = 4 days to lose 1 pound**

**Note: If she is losing weight slower than this, she is probably eating more than 1200 calories per day.**

Now, let's assume that this same person becomes more active by taking a 30 minute brisk walk for exercise every day. This will add an extra 150 calories each day. By adding this level of activity to her daily routine, it will only take her about 3 days to lose 1 pound, which means that she will lose about 2 pounds every week.

Keep in mind the following as you work to lose more weight and maintain your weight loss:

- Becoming more active and exercising every day can really improve your weight loss and maintain it over time.
- Your resting metabolic rate will go down by about 100-300 calories as you lose weight (depending on how much weight you lose). By becoming more active and having planned exercise daily, you can make up for this, and continue to lose weight.
- "Accuracy" matters!!!! So, be sure you are as accurate as possible when measuring your portion sizes and recording the amount of food you eat.



## DETERMINE YOUR ENERGY BALANCE NEEDS

1. How many calories do you burn each day?

*Daily Resting Metabolic Rate:	
*Calories burned in daily routine activity:	
*Calories burned in daily exercise:	
Total Daily Energy Expenditure (Add resting metabolic rate, routine activity, and exercise)	

\*You estimated these values earlier in this lesson.

2. On average, what is the number of calories you consume per day? \_\_\_\_\_

3. What is the difference between the calories you burn and the calories you eat?

$$\begin{array}{rccccccc}
 \text{Total Daily Energy Expenditure} & - & \text{Calories Eaten Each Day} & & = & \text{Calorie Difference} \\
 \hline
 & & & & & & \\
 \hline
 & & & & & & \\
 \hline
 \end{array}$$

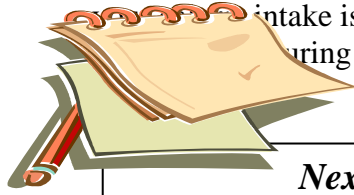
4. Based on this difference, how many days will it take you to lose 1 pound?

$$\begin{array}{rccccccc}
 3500 \text{ Calories} & \div & \text{Calorie Difference} & & = & \text{Days to Lose 1 Pound} \\
 \hline
 & \div & & & = & \\
 \hline
 \end{array}$$

5. Based on this difference, how many days will it take you to lose 2 pounds?

$$\begin{array}{rccccccc}
 7000 \text{ Calories} & \div & \text{Calorie Difference} & & = & \text{Days to Lose 2 Pound} \\
 \hline
 & \div & & & = & \\
 \hline
 \end{array}$$

NOTE: These are estimates. If you are not losing weight you should check to make sure that



intake is correct. Accurately weigh and measure all of the food that you eat using a measuring cups.

### Making this lesson work for me.

#### Next week:

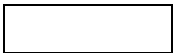
- ✓ Spend time focusing on you “thinking” and your behaviors!!  
**You have control over your behaviors!!** List behaviors you are learning to control (example: type of food and the amount “I” put in MY mouth.)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- ✓ Read again the materials and finish up the calculations in the materials if needed. Review those numbers!!!!
- ✓ **QUESTION:** Walking 30 minutes burns \_\_\_\_\_ calories.
- ✓ Look through you KT and identify by circling foods you could have “trimmed” or “done without” that makes up about 100 calories.



### PRIDE Goals

- \_\_\_\_\_ Achieve and maintain at least a 10% weight loss
- \_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.
- \_\_\_\_\_ Weigh daily and record in KT.
- \_\_\_\_\_ **My “EARLY WARNING”** weight is \_\_\_\_\_ lbs.
- \_\_\_\_\_ Achieve and maintain physical activity.
  - at least 10,000 steps each day
  - at least 200 minutes planned exercise each week





## Estimated Resting Metabolic Rate for 31-40 Year Old Women.

Pounds	Height (Inches)																
	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76
130	1308	1313	1317	1322	1514	1331	1336	1341	1346	1350	1355	1360	1364	1369	1374	1378	1383
140	1351	1356	1360	1365	1556	1374	1379	1384	1388	1393	1398	1403	1407	1412	1417	1421	1426
150	1394	1399	1403	1408	1599	1417	1422	1427	1431	1436	1441	1445	1450	1455	1460	1464	1469
160	1437	1441	1446	1451	1642	1460	1465	1470	1474	1479	1484	1488	1493	1498	1503	1507	1512
170	1480	1484	1489	1494	1685	1503	1508	1513	1517	1522	1527	1531	1536	1541	1545	1550	1555
180	1523	1527	1532	1537	1728	1546	1551	1555	1560	1565	1570	1574	1579	1584	1588	1593	1598
190	1566	1570	1575	1580	1771	1589	1594	1598	1603	1608	1612	1617	1622	1627	1631	1636	1641
200	1608	1613	1618	1623	1814	1632	1637	1641	1646	1651	1655	1660	1665	1670	1674	1679	1684
210	1651	1656	1661	1665	1857	1675	1680	1684	1689	1694	1698	1703	1708	1712	1717	1722	1727
220	1694	1699	1704	1708	1900	1718	1722	1727	1732	1737	1741	1746	1751	1755	1760	1765	1769
230	1737	1742	1747	1751	1943	1761	1765	1770	1775	1779	1784	1789	1794	1798	1803	1808	1812
240	1780	1785	1790	1794	1986	1804	1808	1813	1818	1822	1827	1832	1836	1841	1846	1851	1855
250	1823	1828	1832	1837	2029	1847	1851	1856	1861	1865	1870	1875	1879	1884	1889	1894	1898
260	1866	1871	1875	1880	2072	1889	1894	1899	1904	1908	1913	1918	1922	1927	1932	1936	1941
270	1909	1914	1918	1923	2115	1932	1937	1942	1946	1951	1956	1961	1965	1970	1975	1979	1984
280	1952	1957	1961	1966	2157	1975	1980	1985	1989	1994	1999	2003	2008	2013	2018	2022	2027
290	1995	1999	2004	2009	2200	2018	2023	2028	2032	2037	2042	2046	2051	2056	2061	2065	2070
300	2038	2042	2047	2052	2243	2061	2066	2071	2075	2080	2085	2089	2094	2099	2103	2108	2113
310	2081	2085	2090	2095	2286	2104	2109	2113	2118	2123	2128	2132	2137	2142	2146	2151	2156
320	2124	2128	2133	2138	2329	2147	2152	2156	2161	2166	2170	2175	2180	2185	2189	2194	2199
330	2166	2171	2176	2181	2372	2190	2195	2199	2204	2209	2213	2218	2223	2228	2232	2237	2242
340	2209	2214	2219	2223	2415	2233	2238	2242	2247	2252	2256	2261	2266	2270	2275	2280	2285
350	2252	2257	2262	2266	2458	2276	2280	2285	2290	2295	2299	2304	2309	2313	2318	2323	2327

## Estimated Resting Metabolic Rate for 40-50 Year Old Women.

	Height																
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	74 in.	75 in.	76 in.
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	6' 2"	6' 3"	6' 4"
130	1261	1266	1271	1275	1280	1285	1289	1294	1299	1303	1308	1313	1318	1322	1327	1332	1336
140	1304	1309	1314	1318	1323	1328	1332	1337	1342	1346	1351	1356	1361	1365	1370	1375	1379
150	1347	1352	1356	1361	1366	1371	1375	1380	1385	1389	1394	1399	1403	1408	1413	1418	1422
160	1390	1395	1399	1404	1409	1413	1418	1423	1428	1432	1437	1442	1446	1451	1456	1460	1465
170	1433	1438	1442	1447	1451	1456	1461	1466	1470	1475	1480	1485	1489	1494	1499	1503	1508
180	1476	1481	1485	1490	1494	1499	1504	1509	1513	1518	1523	1528	1532	1537	1542	1546	1551
190	1519	1523	1528	1533	1537	1542	1547	1552	1556	1561	1566	1570	1575	1580	1585	1589	1594
200	1562	1566	1571	1576	1580	1585	1590	1595	1599	1604	1609	1613	1618	1623	1627	1632	1637
210	1605	1609	1614	1619	1623	1628	1633	1637	1642	1647	1652	1656	1661	1666	1670	1675	1680
220	1648	1652	1657	1662	1666	1671	1676	1680	1685	1690	1694	1699	1704	1709	1713	1718	1723
230	1690	1695	1700	1705	1709	1714	1719	1723	1728	1733	1737	1742	1747	1752	1756	1761	1766
240	1733	1738	1743	1747	1752	1757	1762	1766	1771	1776	1780	1785	1790	1794	1799	1804	1809
250	1776	1781	1786	1790	1795	1800	1804	1809	1814	1819	1823	1828	1833	1837	1842	1847	1851
260	1819	1824	1829	1833	1838	1843	1847	1852	1857	1861	1866	1871	1876	1880	1885	1890	1894
270	1862	1867	1872	1876	1881	1886	1890	1895	1900	1904	1909	1914	1919	1923	1928	1933	1937
280	1905	1910	1914	1919	1924	1929	1933	1938	1943	1947	1952	1957	1961	1966	1971	1976	1980
290	1948	1953	1957	1962	1967	1971	1976	1981	1986	1990	1995	2000	2004	2009	2014	2018	2023
300	1991	1996	2000	2005	2009	2014	2019	2024	2028	2033	2038	2043	2047	2052	2057	2061	2066
310	2034	2039	2043	2048	2052	2057	2062	2067	2071	2076	2081	2086	2090	2095	2100	2104	2109
320	2077	2081	2086	2091	2095	2100	2105	2110	2114	2119	2124	2128	2133	2138	2143	2147	2152
330	2120	2124	2129	2134	2138	2143	2148	2153	2157	2162	2167	2171	2176	2181	2185	2190	2195
340	2163	2167	2172	2177	2181	2186	2191	2195	2200	2205	2210	2214	2219	2224	2228	2233	2238
350	2206	2210	2215	2220	2224	2229	2234	2238	2243	2248	2253	2257	2262	2267	2271	2276	2281

## Estimated Resting Metabolic Rate for 51-60 Year Old Women.

	Height																
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	74 in.	75 in.	76 in.
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	6' 2"	6' 3"	6' 4"
130	1214	1219	1224	1229	1233	1238	1243	1247	1252	1257	1261	1266	1271	1276	1280	1285	1290
140	1257	1262	1267	1271	1276	1281	1286	1290	1295	1300	1304	1309	1314	1318	1323	1328	1333
150	1300	1305	1310	1314	1319	1324	1328	1333	1338	1343	1347	1352	1357	1361	1366	1371	1375
160	1343	1348	1353	1357	1362	1367	1371	1376	1381	1386	1390	1395	1400	1404	1409	1414	1418
170	1386	1391	1396	1400	1405	1410	1414	1419	1424	1428	1433	1438	1443	1447	1452	1457	1461
180	1429	1434	1438	1443	1448	1453	1457	1462	1467	1471	1476	1481	1485	1490	1495	1500	1504
190	1472	1477	1481	1486	1491	1495	1500	1505	1510	1514	1519	1524	1528	1533	1538	1542	1547
200	1515	1520	1524	1529	1534	1538	1543	1548	1553	1557	1562	1567	1571	1576	1581	1585	1590
210	1558	1563	1567	1572	1576	1581	1586	1591	1595	1600	1605	1610	1614	1619	1624	1628	1633
220	1601	1605	1610	1615	1619	1624	1629	1634	1638	1643	1648	1652	1657	1662	1667	1671	1676
230	1644	1648	1653	1658	1662	1667	1672	1677	1681	1686	1691	1695	1700	1705	1709	1714	1719
240	1687	1691	1696	1701	1705	1710	1715	1719	1724	1729	1734	1738	1743	1748	1752	1757	1762
250	1730	1734	1739	1744	1748	1753	1758	1762	1767	1772	1777	1781	1786	1791	1795	1800	1805
260	1772	1777	1782	1787	1791	1796	1801	1805	1810	1815	1819	1824	1829	1834	1838	1843	1848
270	1815	1820	1825	1829	1834	1839	1844	1848	1853	1858	1862	1867	1872	1876	1881	1886	1891
280	1858	1863	1868	1872	1877	1882	1886	1891	1896	1901	1905	1910	1915	1919	1924	1929	1933
290	1901	1906	1911	1915	1920	1925	1929	1934	1939	1944	1948	1953	1958	1962	1967	1972	1976
300	1944	1949	1954	1958	1963	1968	1972	1977	1982	1986	1991	1996	2001	2005	2010	2015	2019
310	1987	1992	1996	2001	2006	2011	2015	2020	2025	2029	2034	2039	2043	2048	2053	2058	2062
320	2030	2035	2039	2044	2049	2053	2058	2063	2068	2072	2077	2082	2086	2091	2096	2100	2105
330	2073	2078	2082	2087	2092	2096	2101	2106	2111	2115	2120	2125	2129	2134	2139	2143	2148
340	2116	2121	2125	2130	2134	2139	2144	2149	2153	2158	2163	2168	2172	2177	2182	2186	2191
350	2159	2163	2168	2173	2177	2182	2187	2192	2196	2201	2206	2210	2215	2220	2225	2229	2234

## Estimated Resting Metabolic Rate for 61-70 Year Old Women.

	Height																
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	74 in.	75 in.	76 in.
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	6' 2"	6' 3"	6' 4"
130	1168	1172	1177	1200	1186	1191	1196	1201	1205	1210	1215	1219	1224	1229	1233	1238	1243
140	1211	1215	1220	1243	1229	1234	1239	1244	1248	1253	1258	1262	1267	1272	1276	1281	1286
150	1254	1258	1263	1286	1272	1277	1282	1286	1291	1296	1301	1305	1310	1315	1319	1324	1329
160	1296	1301	1306	1329	1315	1320	1325	1329	1334	1339	1343	1348	1353	1358	1362	1367	1372
170	1339	1344	1349	1372	1358	1363	1368	1372	1377	1382	1386	1391	1396	1400	1405	1410	1415
180	1382	1387	1392	1415	1401	1406	1411	1415	1420	1425	1429	1434	1439	1443	1448	1453	1457
190	1425	1430	1435	1458	1444	1449	1453	1458	1463	1468	1472	1477	1482	1486	1491	1496	1500
200	1468	1473	1478	1501	1487	1492	1496	1501	1506	1510	1515	1520	1525	1529	1534	1539	1543
210	1511	1516	1520	1544	1530	1535	1539	1544	1549	1553	1558	1563	1567	1572	1577	1582	1586
220	1554	1559	1563	1587	1573	1577	1582	1587	1592	1596	1601	1606	1610	1615	1620	1624	1629
230	1597	1602	1606	1630	1616	1620	1625	1630	1635	1639	1644	1649	1653	1658	1663	1667	1672
240	1640	1645	1649	1672	1658	1663	1668	1673	1677	1682	1687	1692	1696	1701	1706	1710	1715
250	1683	1687	1692	1715	1701	1706	1711	1716	1720	1725	1730	1734	1739	1744	1749	1753	1758
260	1726	1730	1735	1758	1744	1749	1754	1759	1763	1768	1773	1777	1782	1787	1791	1796	1801
270	1769	1773	1778	1801	1787	1792	1797	1802	1806	1811	1816	1820	1825	1830	1834	1839	1844
280	1812	1816	1821	1844	1830	1835	1840	1844	1849	1854	1859	1863	1868	1873	1877	1882	1887
290	1854	1859	1864	1887	1873	1878	1883	1887	1892	1897	1901	1906	1911	1916	1920	1925	1930
300	1897	1902	1907	1930	1916	1921	1926	1930	1935	1940	1944	1949	1954	1958	1963	1968	1973
310	1940	1945	1950	1973	1959	1964	1969	1973	1978	1983	1987	1992	1997	2001	2006	2011	2015
320	1983	1988	1993	2016	2002	2007	2011	2016	2021	2026	2030	2035	2040	2044	2049	2054	2058
330	2026	2031	2036	2059	2045	2050	2054	2059	2064	2068	2073	2078	2083	2087	2092	2097	2101
340	2069	2074	2078	2102	2088	2093	2097	2102	2107	2111	2116	2121	2125	2130	2135	2140	2144
350	2112	2117	2121	2145	2131	2136	2140	2145	2150	2154	2159	2164	2168	2173	2178	2182	2187

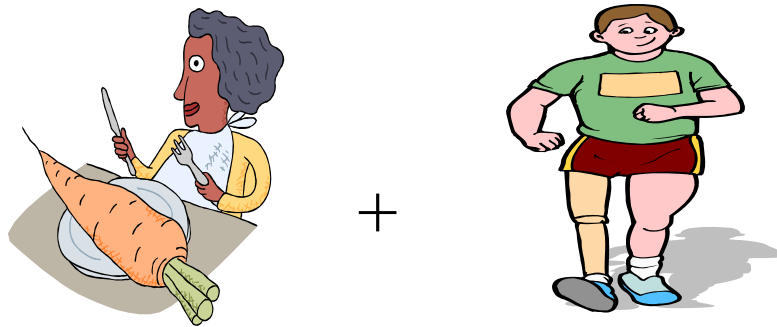
## Estimated Resting Metabolic Rate for 71-80 Year Old Women.

	Height																
	60 in.	61 in.	62 in.	63 in.	64 in.	65 in.	66 in.	67 in.	68 in.	69 in.	70 in.	71 in.	72 in.	73 in.	74 in.	75 in.	76 in.
Pounds	5 feet	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6 feet	6' 1"	6' 2"	6' 3"	6' 4"
130	1121	1126	1130	1135	1140	1144	1149	1154	1159	1163	1168	1173	1177	1182	1187	1191	1196
140	1164	1169	1173	1178	1182	1187	1192	1197	1201	1206	1211	1216	1220	1225	1230	1234	1239
150	1207	1211	1216	1221	1225	1230	1235	1240	1244	1249	1254	1258	1263	1268	1273	1277	1282
160	1250	1254	1259	1264	1268	1273	1278	1283	1287	1292	1297	1301	1306	1311	1315	1320	1325
170	1293	1297	1302	1307	1311	1316	1321	1326	1330	1335	1340	1344	1349	1354	1358	1363	1368
180	1336	1340	1345	1350	1354	1359	1364	1368	1373	1378	1383	1387	1392	1397	1401	1406	1411
190	1378	1383	1388	1393	1397	1402	1407	1411	1416	1421	1425	1430	1435	1440	1444	1449	1454
200	1421	1426	1431	1435	1440	1445	1450	1454	1459	1464	1468	1473	1478	1482	1487	1492	1497
210	1464	1469	1474	1478	1483	1488	1493	1497	1502	1507	1511	1516	1521	1525	1530	1535	1539
220	1507	1512	1517	1521	1526	1531	1535	1540	1545	1550	1554	1559	1564	1568	1573	1578	1582
230	1550	1555	1560	1564	1569	1574	1578	1583	1588	1592	1597	1602	1607	1611	1616	1621	1625
240	1593	1598	1602	1607	1612	1617	1621	1626	1631	1635	1640	1645	1649	1654	1659	1664	1668
250	1636	1641	1645	1650	1655	1660	1664	1669	1674	1678	1683	1688	1692	1697	1702	1706	1711
260	1679	1684	1688	1693	1698	1702	1707	1712	1717	1721	1726	1731	1735	1740	1745	1749	1754
270	1722	1727	1731	1736	1740	1745	1750	1755	1759	1764	1769	1774	1778	1783	1788	1792	1797
280	1765	1769	1774	1779	1783	1788	1793	1798	1802	1807	1812	1816	1821	1826	1831	1835	1840
290	1808	1812	1817	1822	1826	1831	1836	1841	1845	1850	1855	1859	1864	1869	1873	1878	1883
300	1851	1855	1860	1865	1869	1874	1879	1884	1888	1893	1898	1902	1907	1912	1916	1921	1926
310	1894	1898	1903	1908	1912	1917	1922	1926	1931	1936	1941	1945	1950	1955	1959	1964	1969
320	1936	1941	1946	1951	1955	1960	1965	1969	1974	1979	1983	1988	1993	1998	2002	2007	2012
330	1979	1984	1989	1994	1998	2003	2008	2012	2017	2022	2026	2031	2036	2040	2045	2050	2055
340	2022	2027	2032	2036	2041	2046	2051	2055	2060	2065	2069	2074	2079	2083	2088	2093	2098
350	2065	2070	2075	2079	2084	2089	2093	2098	2103	2108	2112	2117	2122	2126	2131	2136	2140

## Session 27: Strive for “FIVE”

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The PRIDE Weight Loss Program is designed to help you change **both** your eating habits and your physical activity. This combination has been shown to be most effective for long-term weight loss and maintenance. But how much physical activity do you need to do?



So far in the program we have encouraged you to gradually increase your activity to 200 minutes/week. We have focused on activities similar in intensity to brisk walking and encouraged you to be active on at least 5 days in the week. If you have not yet reached the level of 200 minutes/week, we will work with you to achieve this goal. But what if you are already doing 200 minutes/week? This is certainly a great start, but increasing your activity even further may help you maintain your weight loss.

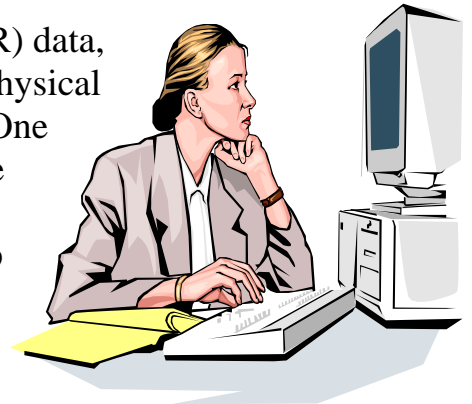
### **Physical Activity in Successful Weight Loss Maintainers**

To learn more about the amount of physical activity you should do to maintain your weight loss, researchers have begun to study people who were able to lose weight. The National Weight Control Registry is a registry of over 3,000 individuals who have lost at least 30 lb. and kept it off at least 1 year. On average, the individuals in the registry have lost over 60 lb. and kept it off more than 6 years. So, by anyone’s standards, they are clearly successful.

How do they do it? They maintain their weight losses by continuing to eat a low calorie, low fat diet (as we are teaching you to do) and by continuing to be physically active. They report doing high levels of physical activity. On average, the registry members report expending about 2800 calories/week in activity. That would be equivalent to walking 4 miles every day of the week or doing about 60 to 90 minutes of activity each day.

Sounds like a lot – doesn't it? Well, they didn't get there overnight. Most started by doing just small amounts of activity and gradually increased their activity to higher levels. About half of registry members report doing a combination of both walking and some other form of activity (bicycling, weight lifting, and aerobics are popular) and another 25% report doing just walking (but a lot of it).

Based on the National Weight Control Registry (NWCR) data, other researchers have started asking about what level of physical activity is related to the best maintenance of weight loss. One researcher compared participants who are physically active less than 150 minutes/week, between 150 to 200 minutes/week, or more than 200 minutes/week. The group that did more than 200 minutes/week had the best long-term results. So 175 minutes is good, but 200 is probably better, and 240 is even better! Remember you do not have to get there all at once – just keep aiming a little higher and higher.

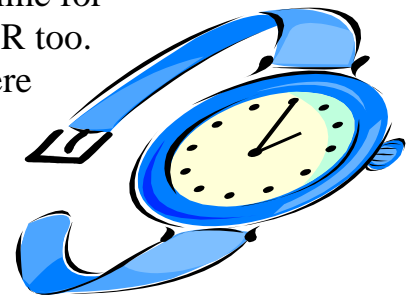


### **Why does it take so much physical activity to maintain weight loss?**

This is an interesting question. In part, it takes a lot of physical activity to balance out the amount we eat. It is a trade-off; either we need to keep cutting back the calories we take in, or we need to keep higher energy expenditure to balance it out. Secondly, 200-300 minutes may sound like a lot because our lives have become so sedentary. In the past, we probably did high levels of physical activity in our daily chores and through activities such as walking rather than driving. We didn't have to set aside time for the purpose of being active, because we were active throughout much of the day (probably much more than 1 hour/day).

### **“There is no Way I can do More Physical Activity”**

We know that many of you probably feel you have no time for physical activity. But that was true for people in the NWCR too. They just gradually found an extra 15 minutes here and there to increase their activity. And the most important part was they found that they loved it. Many NWCR members report that the biggest change in their life has been going from a couch potato to being physically active – and loving it!





## Get Motivated to be Physically Active

PRIDE recognizes that getting motivated to be physically active can be tough. To help you focus on that particular BEHAVIOR, we have a proposal. It's called **STRIVE FOR "FIVE"**. The "Five" can be either 5 minutes extra to each planned exercise or increasing your exercise to 5 days each week. The details are described below.

You pick YOUR five and Strive for FIVE this month...

- ✓ **Strive for "FIVE"** will start today and continue for 1 month (2 sessions). We have figured out how many minutes of activity/week each of you averaged last month (based on the diaries you turned in).
  - ✓ The goal is for each person to increase her activity level by 5 minutes for each planned exercise session. This is especially important if you are still striving to reach your goal of 200 minutes of exercise each week.  
OR
  - ✓ Your goal may be to increase the number of planned exercise sessions to 5 days each week if you have not reached that yet.  
OR
  - ✓ Your goal may be to maintain at least 200 minutes of physical activity on at least 5 days a week
- ✓ Your group leader will tally the number of minutes of physical activity you report or the number of days you are exercising, depending on which "FIVE" you've set as your goal. Remember to count only physical activities similar in intensity to brisk walking. Participants who attain their "FIVE" goal will win a prize at the end of the month. Remember - If you do not bring in your Keeping Track with your physical activity recorded, we cannot give you credit for your activity. It's very important that you record your exercise and bring in your Keeping Track!



## Strive for "FIVE"

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Your average physical activity during the Month of \_\_\_\_\_

Average Minutes per week: \_\_\_\_\_

Average number of Days Exercised: \_\_\_\_\_

Therefore my starting point = \_\_\_\_\_ min on \_\_\_\_\_ days

### Pick your "FIVE"

- ❖ I plan to add 5 minutes to each of my activity sessions.  
Therefore, my goal for the next month will be: \_\_\_\_\_ minutes on \_\_\_\_\_ days.  
OR
- ❖ I plan to increase the number of days on which I exercise to FIVE  
Therefore, my goal for the next month will be \_\_\_\_\_ minutes on \_\_\_\_\_ days.  
The days on which I plan to exercise are \_\_\_\_\_.  
OR
- ❖ I plan to maintain my current level of exercise for the next month.  
Therefore, my goal for the next month will be to maintain my exercise  
at \_\_\_\_\_ minutes/week; and \_\_\_\_\_ days/week.



Pick YOUR FIVE and let your group leader know your plan before starting the "STRIVE FOR FIVE" Campaign.

# FOOTWEAR FACTS

Developed by Baylor College of Medicine  
(in conjunction with Fleet Feet Sports)

## FIT

- Feet continue to grow all throughout life. A shoe size that was adequate 10 years ago may not be adequate now.
- Athletic shoes do not necessarily come in standard measured sizes (may vary by brand).
- As a rule, athletic shoes tend to run small. Often a larger size than what you normally wear is needed.
- There should be at least one thumbs distance between the end of your shoe and the tip of your toes. If this is not the case, then you do not have enough room in your shoe.
- During exercise feet expand; athletic shoes must contain this extra room to accommodate foot expansion.
- If one foot is larger than the other, buy the shoes for the larger size foot.
- A good rule to follow - Get fitted for footwear at the end of the day. It is not unusual for an individual's foot to increase  $\frac{1}{2}$  of a shoe size during the course of a single day.
- Shoes should flex at the toes. Avoid those which flex in the middle.
- Many companies make shoes in a variety of widths; wear the appropriate width for your foot.
- A shoe should be as wide as possible across the forefoot without allowing slippage in the heel.



## ARCHES

- Rigid arch: arch does not collapse during gait.
- Flexible arch: arch has some collapsing motion during gait.
- Minimal arch (flat foot): arch completely collapses on floor during weight bearing; may or may not need arch support.

## ARCH SUPPORT

- People with high arched feet tend to require greater shock absorption than those with average feet.
- People with low arched "flat" feet require shoes with less cushioning but greater support and heel control.
- In some cases, people need special inserts or orthotics to properly support their feet. If you think you have any special needs or concerns with arch support, consult your doctor or podiatrist.

## WEAR

- Shoes generally will provide 300-500 miles of wear before they need to be replaced. This may be sooner or later depending on the frequency and intensity of activity done in the shoes.
- Those who wear athletic shoes for activities other than just exercise can expect to see faster wear than those who wear them exclusively for exercise.
- Heat and concrete contribute to shoe breakdown. Shoes worn on a concrete surface or in high heat tend to wear out faster than those worn on other types of surfaces and in cooler conditions.
- Onset of joint pain (particularly in the back, knees, shins, and ankles) is usually an indication that your shoes are wearing out and need to be replaced with new ones.
- Regularly inspect the outside part of the shoe's heel, arch, and flex point for compression wrinkles. The deeper the wrinkles, the more worn your shoe is.
- Hold on to those old shoes!! In most cases, old shoes are still fine for casual or everyday wear around the house.



# FOOTWEAR FACTS



## PARTS

- Carbon Outer Sole: This should be the last part of the shoe to wear out. It should be made of a material that reduces the shock on your knees, hips, and lower back. The outer sole should encourage a rocking motion when walking, and assist in minimizing undue stress and wear.
- Toe Box: Made to be wide and shaped like a foot.
- Mid Sole: The shock absorber of the shoe. This is the part which makes impact when the foot strikes the ground.
- Leather Upper: A good upper will be made of soft leather or another material that will mold to the foot's natural shape. The leather provides a good "climate" for your foot and allows your foot to breathe.
- Insole and Inner Lining: The inside of the shoe should be soft without rough areas or thick seams.

## TIPS

- Clean shoes with cool running water. Do not wash them with hot water.
- Resist the urge to wash shoes in the dishwasher or washing machine.
- Do not place shoes in the dryer. The high heat will melt the glue which holds the shoe together and greatly lessen the life of the shoe.
- Remove insoles after wear if they have gotten particularly wet from perspiration to allow them to dry.
- To help keep track of your shoe's purchase date, write the date of purchase on the insole of your shoe.

## SHOE TYPES

- Cross Trainer: A multi-purpose shoe. Ideal for exercise in which one travels in multiple directions. May be a good alternative for those who want to combine several sports or activities in a single workout. A stiffer sole adds more support and maximum durability; bottom is wider than the upper.
- Walking: A lighter weight shoe. These types of shoes should be used only for walking. Sole on this shoe is more flexible than the sole on a cross training shoe.
- Running: This type of shoe has the most cushioning. It can be used for either running or walking. The sole on this shoe is lighter and more flexible than a walking shoe.



## SOCKS

- Athletic shoes should always be worn with socks, not barefoot, to prevent friction between the skin and the inside of the shoe itself.
- Wearing the right kind of sock can help to prevent blistering and provide maximum comfort in your athletic shoes.
- Cotton socks are commonly used, but newer fabrics such as *Coolmax* may be a better option for those exercising in hot climates. These fabrics have a greater water-whisking ability than 100% natural fiber socks which helps keep feet dryer longer.

# 100 Ways to Step it Up!

Here is a complete list of 100 ways to increase your steps. Look through the list. There are ideas you can use right now. Start with the ideas that will be the easiest for you. Simple steps lead to big changes. Before you know it you will reach your goals. Whether you want to increase your steps by 2,000 or reach 10,000 steps a day, here's help. Little changes add up. Choose several ideas now. Return to this list for more ideas later. You can increase your steps every day!

## At work

1. Take several 5-10-minute walks during the day.
2. Choose the farthest entrance to your building.
3. Host "walking meetings."
4. Walk to a restroom, soda machine or copy machine on a different floor.
5. Take the long way when walking to meetings.
6. Walk a few laps on your floor during breaks.
7. Walk during your lunch break.
8. Walk to a colleague's office rather than sending an email.
9. Take 5-minute walking breaks from your computer.
10. Park farther away.
11. Get off the bus earlier and walk farther to work.
12. Take the stairs rather than the elevator or the escalator.
13. Start a walking club with your co-workers.
14. Walk while using a speakerphone.
15. Step up your chores. Get steps in while doing daily chores.
16. Start an America on the Move worksite program.
17. Avoid sitting at the computer for too long. Protect your back with a 5-minute walk each hour you are on the computer.
18. Discuss things with co-workers face to face. Getting a quorum takes steps!
19. Offer to be the one to pick up a package or deliver an order personally. Your customers will love it.
20. Stuck on the phone? Stand up while you talk. Pace a bit.
21. Ask a co-worker to walk with you during a break time or at lunch.
22. Think of a reason to talk to the boss. Bring your good ideas in person.
23. Need ideas for a new project? Walk around and talk to people. You will get steps and build better working relationships.
24. Walk with a purpose. You will look like a go-getter. And you will tend to walk a little faster.
25. Sitting on breaks? Move instead. You'll feel better and work better too.
26. Bring your own lunch. You'll have time to walk more at mealtime.
27. Always have water with you. You will take steps every time you fill up your water bottle.

## When you are out and about

28. Park farther away in store parking lots.
29. Always return your grocery cart to the designated storage area or to the store
30. Avoid elevators and escalators – take the stairs.
31. Walk - don't drive - for trips less than one mile.
32. Walk at the airport while waiting for your plane.
33. Take several trips to unload your groceries from your car.
34. Avoid drive-through restaurants – get out of your car and walk inside.
35. Walk the aisles of the grocery store once before you start shopping
36. Wear comfortable shoes when you are out running errands. You'll walk more.
37. Before or after dinner out include a short walk around the neighborhood.
38. People watch. Walk your neighborhood. Get to know some new neighbors.
39. Walk the neighborhood at different times. You will learn when different people go on their walks in your town
40. Join a walking group at your local gym or community center.
41. Start a walking group that meets before or after your faith based services.
42. Get competitive. Join walking “races”. They are fun and you will meet serious walkers.
43. Surround yourself with walking buddies. The more you have, the more active you will be.
44. Look at competitive pricing. Check out a few different stores before you make your purchase. You will get extra steps and save money.
45. Before you buy in any store make it a practice to walk the aisles. It will take you about five minutes but you will get all those extra steps!
46. Go to a flea market. Walk around to all the booths. You'll be finding bargains and moving!
47. Take up power walking. When you can pick up the pace, do so.

## With your friends and family

48. If you live in an apartment walk the halls and well-lighted stairwells.
49. Hike beautiful trails in your town or community.
50. Make a family walk a habit.
51. Kids can take their parents for a walk.
52. Kids can volunteer to walk their dog or the neighbor's dog.
53. Do a family challenge to see who can get the most steps.
54. Reward kids/family members for meeting step goals.
55. Take an after-dinner walk with family.
56. Walk while talking on a cordless phone.
57. Take up a new sport. Bike, ride, or ski. You'll find step equivalents for many activities on the website.
58. Take a walk while your kids are playing sports.
59. Walk to your neighbor/friend's house instead of calling.
60. Move at least once every 30 minutes.
61. Walk to the TV to change the channel.
62. Turn off the TV and participate in a family activity.
63. Walk during commercials. You will accumulate about 15 minutes of walking in a one-hour show!
64. Walk the dog more often. Your dog will become fit too!

65. Take a turn down a different street. Learn new things about where you live.
66. Walk safely. Walk during the daylight or with a friend.
67. Try walking the shopping malls during bad weather. You'll find other walkers there.
68. Make a list of projects that need doing. You are active when you are busy.
69. Take a friend's child for a walk. Every parent needs a little break now and then.
70. Become a big brother or big sister. One day a week you will be active and helpful.
71. Volunteer. Choose a way to volunteer that keeps you active.
72. Join a gardening club. Gardening is great exercise.
73. Try a treadmill at home. This helps you stay active in bad weather.
74. Have a plan. Know how you can get your steps no matter what the weather is outside.
75. Wear your step counter. You will automatically move more when you count your daily steps.
76. Log your steps on line. Logging helps you see progress. People who log walk more.
77. Become the good will person. Walk to visit elderly neighbors in your community
78. Run someone's errand. They will be thankful. You will get steps.
79. Take a break between television shows. Skip one half hour and walk.

### **On vacation or on the weekend**

80. Take a walking tour. Get to know something new about the town.
81. Visit a historical house. The paintings, furniture and architecture will inspire you.
82. Go to a museum. Visit a new one every month. Going to the movies? Park in the furthest row.
83. Shopping the bookstore? Walk all the aisles before settling in. You may find a new book!
84. Walk the beaches, fields, and state parks. Get a book on walks for your state.
85. Collect different walks. Visit a new place once a month or so.
86. Join the Sierra Club. Be active and make a difference in your environment.
87. Keep America Beautiful! Take an afternoon and pick up litter just to make your town sparkle.
88. Plan an adventure vacation. An active vacation is fun and educational.
89. Look into walking tours on vacation too. You often find the hidden treasures this way.
90. There are walking vacations. Look into them.
91. Find the highest spots in your state. Plan to walk them all in one year.
92. Walk across the state! Record your daily steps. Once you reach the distance that would equal the miles across your state buy yourself a new pair of walking shoes!
93. Add more power to your walk. Move your arms and pick up the pace. Start on weekends.
94. Carry water when you walk. Staying hydrated helps you stay walking longer.
95. Bring your step counter on vacation. You'll be surprised at how much you are moving.
96. Good weather means you move more. Get outside whenever you can.
97. Join the groups in your town that work to protect your environment.
98. Weekend projects keep you active.
99. Help mark out walking routes around your church, mosque or synagogue. Everyone will start counting steps!
100. Check out your local parks. Get step signs put up for local walking groups.

Above information obtained from the following website: <http://www.ieha-families.org/100Ways.htm>



## Making this lesson work for you:

- ❖ Write the exercise goal you decided fits your needs for the next month's **“STRIVE FOR FIVE”** Campaign.

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## PRIDE Goals

- \_\_\_\_\_ Achieve and maintain at least a 10% weight loss
- \_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.
- \_\_\_\_\_ Weigh daily and record in KT.
- \_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.
- \_\_\_\_\_ Achieve and maintain physical activity.
  - at least 10,000 steps each day
  - at least 200 minutes planned exercise each week



## Session 28:

# Matching Calorie Intake to Maintenance Goal

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Now that you have set your calorie goals for maintenance, we will explain some special ways to help you maintain your calorie intake within those limits. One effective strategy is to **select a mix of foods according to their caloric density**. The other strategy is to use **structured meals**, a strategy with which you are already familiar.

### How to eat fewer calories without getting hungry

#### **“VOLUMETRICS”**

- ⇒ **Research studies have shown that people tend to eat the same amount or volume of food each day. It is the amount of food in your stomach that determines how full you feel.**
- ⇒ **This means that, when trying to maintain your new weight, if you try to rely on EATING LESS, you may be left feeling hungry. This will make it harder to stick to your calorie goals and that, in turn, may make it harder for you to maintain your weight.**
- ⇒ **The research studies have shown that the best way to control the calories that you eat is by eating MORE foods low in calories and FEWER high calorie foods. This will leave you feeling full and satisfied but without the excess calories.**

**Caloric Density (CD)** is the number of calories in a given weight or volume of food. .

This can be written: 
$$\frac{\text{Number of calories}}{\text{Weight of food}}$$

For example: One medium Apple weighs about 140 grams and has about 60 calories. Therefore, the Caloric Density of the apple would be:

$$60 \div 140 = 0.40$$



Let's say you had a large apple pie, sixteen inches across. The total weight of this pie is 1100 grams. If you cut this pie into 8 pieces each one would weigh about 140 grams and have about 360 calories



Therefore the Caloric Density of the slice apple pie would be:

$$360 \div 140 = 2.60$$

The Caloric Density of the apple pie is a lot higher than the apples it was made from. The higher Caloric Density of the pie means that if you ate the same volume or amount of apple pie as apples, you wouldn't feel any fuller but you would have consumed **MANY MORE** calories.

Put another way, you would have to eat **6** apples to get the same number of calories as **one** slice of the pie. Most of us would feel fuller eating the 6 apples. In fact, few of us would be able to eat 6 apples after dinner. The point is that we could eat one or two apples after dinner and probably feel just as full but you would have consumed only a small fraction of the calories that are in a single slice of apple pie! More volume for your calories!!!



**Eating PLENTY of low Caloric Density foods will help you feel full and help you control the number of calories that you eat each day. This will provide you with a way of eating that is satisfying and filling but low in calories.**

Now this doesn't mean eating only apples and never having apple pie again. There are other differences between apples and apple pie. For example, many of us have a sweet tooth. Feeling satisfied can be more than just the volume or how full your stomach feels. But there are ways that you can make lower calorie density work to help you feel more satisfied even if you have a sweet tooth. Think about what fruits taste really good to you – good and sweet and satisfying. Try mixing some of those fruits with your apple or eating them instead of that slice of apple pie.

And you can look forward to sweet desserts like apple pie, eating them less often and in smaller portion sizes. The bottom line is that if **MOST** of your diet is made up of low Caloric Density foods, with only occasional high Caloric Density foods, you will be less likely to eat too many calories. This will help you maintain your weight loss without feeling as though you are deprived.

### Categories of Caloric Density

VERY LOW	LOW	MEDIUM	HIGH
CD less than 0.6	CD 0.6 - 1.5	CD 1.5 - 4.0	CD > 4.0
Examples: <ul style="list-style-type: none"> <li>• Most fruits and vegetables</li> <li>• Skim milk</li> <li>• Broth based soups</li> </ul>	Examples: <ul style="list-style-type: none"> <li>• Cooked grains</li> <li>• Breakfast cereals</li> <li>• Low fat meats</li> <li>• Beans</li> </ul>	Examples: <ul style="list-style-type: none"> <li>• Meats</li> <li>• Cheeses</li> <li>• Salad dressings</li> <li>• Some snack foods</li> </ul>	Examples: <ul style="list-style-type: none"> <li>• Crackers</li> <li>• Chips</li> <li>• Candy</li> <li>• Cookies</li> <li>• Nuts</li> </ul>

What do you think makes a food low in Caloric Density?

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What do you think makes a food high in Caloric Density?

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For a filling diet that helps you feel less hungry, choose most of your foods from the very low and low Caloric Density categories, fewer foods from the medium category and only a few foods from the high Caloric Density category. Think for a minute about what types of foods you think have a low, medium or high Caloric Density?

Using the foods listed below, pick out the caloric density of each one.

Food	Very Low	Low	Medium	High
Apple				
Tortilla chips				
Tomato Juice				
Raw carrots				
Grilled skinless chicken breast				
Candy				
Red Beans and Rice				
Graham Crackers				
Pretzels				
Whole wheat bread				
Broiled lean sirloin				
Oatmeal				
Cooked white rice				
Fried pork rinds				
Spaghetti with white sauce				
Spaghetti with red sauce				
Coca Cola, Dr. Pepper, etc.				
Tuna canned in water				
Crystal Lite, Diet Coke, etc.				

Think about some foods and beverages that you enjoy. What do you think their Caloric Density would be? How often do you think you should eat them, daily, weekly, only occasionally, daily but in very small amounts?

Food or Beverage	Caloric Density Category	Frequency
Carrots	Very low Caloric Density	As often as I like
Nuts	High Caloric Density	A couple of times a week in small amounts.
Pizza with mushrooms and onion	Medium Caloric Density	
Pepperoni Pizza	High Caloric Density	

**Important Tip:**

Sodas and other beverages with sugar in them (e.g., colas, sweet tea, Kool Aid, Gatorade, etc) can be fairly low in calorie density because the calories are low ounce for ounce – but we tend to drink so much of them that these beverages can be a source of lots of “hidden” calories. So it will help you keep within your calorie limits if you drink these only in small amounts and have them only once in a while. Substitute water, diet sodas, unsweetened tea (you can add non-caloric sweetener!) or flavored, non-caloric seltzers.

### **The Role of Structured Meals in Weight Maintenance**

➤ **What is a “structured meal”?**

- ◆ A meal or snack that defines exactly what foods and food portions to eat
- ◆ Could involve:



- a meal plan (listing of items to have for dinner, preparing a home cooked meal following a PRIDE recipe, etc.)
- a prepared meal (a frozen dinner or a breakfast drink)
- meal replacements (for example, a Slim Fast shake or bar)

➤ **How do structured meals help with weight maintenance?**

- ◆ Structured meals limit choice, reduce temptation, and control your portion sizes for you – all of which can make it easier to stick with your diet.
- ◆ The more people are exposed to a wide variety of different foods, the *hungrier* they get and more they want to eat.
- ◆ Research shows that long-term use of 1-2 meal replacements per day really improves eating control and long-term maintenance of weight loss.

Simply replacing lunch (and perhaps a snack) every day with a meal replacement can save several hundreds of calories per day – and can make **the difference between maintaining the weight you’ve lost or gaining weight.**

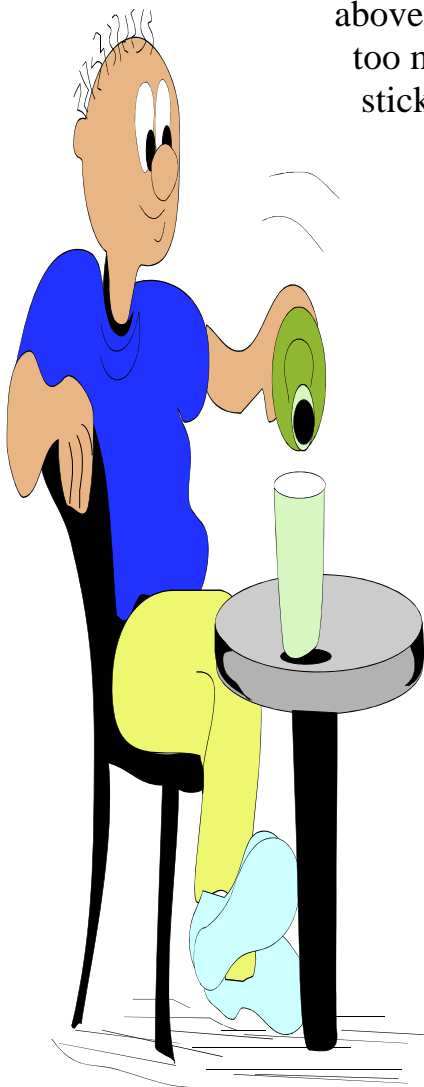
➤ **Which type of structured meal option should I use?**

- ◆ Meals and snacks range from the highly unstructured to the highly structured. For example:

Highly Unstructured ----- Highly Structured

**Restaurant Buffet . . . . . Home-Cooked meal . . . . . A Written Meal plan . . . . . Store-bought Frozen dinner . . . . . Liquid Shake**

- Imagine what you might eat in the 5 different meal scenarios listed above. If you are like most people, odds are that you would eat too many calories at the restaurant buffet but would be able to stick within your calorie goals if you ate the pre-packaged frozen dinner or followed a written meal plan. Thus, the more structured your food choices and portion size, the better your chances of staying within your goal!!



- As you move from the left side of this range to the right side, the amount of structure in the meal gets greater. You can see that several of the approaches to structured meals that we have talked about are on this continuum. Which one is right for you? Pick the choice closest to the right side that you think you will be able to maintain in your lifestyle.
- Remember, if you have a slip and your weight goes up, that is a sign that you should consider moving at least one step over to the right on this continuum.

### *How do you get structured meals to suit your tastes and food preferences?*

- Refer to the PRIDE structured meal plans. Do you see one that has some of your favorite foods on it? If so, then try that out. If you don't see one with your favorite foods on it, work with your group leader or the PRIDE nutritionist to include some of your favorite foods in your structured meal plan. Remember to include lots of foods of low caloric density!
- Remember, one of the pitfalls of a structured meal plan is that people who rely on meal plans that don't include the foods they like to eat are more likely to end up going off the plan. Don't set yourself up for failure!! Make sure you plan your meals so that you can REALLY follow them. Also remember that this may take a little tinkering with before you find the best plan for you and your lifestyle. Work with it so that you can improve your chances for successful maintenance!

**WHAT WE SUGGEST** is that you use a shake to replace one meal per day. If you think this will not work for you, move to the next most structured option with which you are comfortable (this would mean choosing one of the options to the left of the liquid shake on the continuum above). So, for example, if you feel that using the liquid shake for one meal a day will not work for you, you might decide to follow a written meal plan for one meal per day and have one bar per day to replace a snack.





## Making this lesson work for you:

### During the week:

- ✓ Thumb through “Volumetrics” p.118-150.  
What foods have Caloric Densities are surprising to you? List them here.

### Look through your “Keeping Track”

- ✓ List some foods and beverages you enjoy. What do you think their CD (caloric density) would be?
- ✓ Thinking back, what foods have you thought “just don’t fill me up”!! Is there a reason? What is the Caloric Density?

## PRIDE Goals



- \_\_\_\_\_ Achieve and maintain at least a 10% weight loss
- \_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.
- \_\_\_\_\_ Weigh daily and record in KT.
- \_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.
- \_\_\_\_\_ Achieve and maintain physical activity.
  - at least 10,000 steps each day
  - at least 200 minutes planned exercise each week



## Session 29: Reduced Calorie Eating and Keeping Track More Accurately

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Over the next few sessions, we will discuss how to respond if your weight control efforts start to stumble. However, since it is important to identify emerging problems quickly, you will be better off if your “early warning” comes from your Keeping Track record, not from the scale. We will start out talking about the importance of accurately keeping track.

### Maximizing the Accuracy of Keeping Track

*How well do you think your Keeping Track records reflect your daily food intake? (circle one answer below):*

- A. I think I record somewhat more food than I really eat.
- B. I think my Keeping Track records are pretty accurate.
- C. I think my Keeping Track records miss a little of the food I eat.  
(100-300 calories/day)
- D. I think my Keeping Track records miss a lot of the food I eat  
(more than 300 calories/day)

Research using methods that allow us to know with great accuracy how many calories people are actually burning has shown that, for most people concerned about their weight, the correct answer is “D”.

- People typically underestimate how much they are eating. They record only about 60-70% of all the calories that they are actually eating
- This means that if your Keeping Track books say that you are eating 1,000 – 1,300 calories per day, you may really be eating closer to 1,600 – 1,800 calories.

## Why does it matter if you are underestimating the number of calories that you are eating?



- ☀ Underestimating means you can't make good decisions about what to eat. You can include some foods with higher caloric density in your diet once in a while. But you need to have an accurate idea of when you have room for those extra calories. You want to “spend” those extra calories only on a day when you have a little extra room in your “calorie budget.” Unless you know the correct balance in your calorie budget, you can easily “overspend” your calories and end up gaining weight.
- ☀ Underestimating can make you feel deprived or hopeless. You may think to yourself “I will only be able to eat 1000 calories a day or I will regain my weight. I can't go on this way.” Then you end up feeling deprived, depressed or angry. But in reality, you are eating quite a bit more than that. Greater accuracy will help you know just what you can eat and still maintain your new healthier, weight.

## Can you improve your accuracy in “Keeping Track”?

Most participants in PRIDE probably could improve the accuracy of their Keeping Track records. If you think your records are not as correct as they could be, suggestions given below can help.

***Another question: Why do people tend to report less food intake than they are actually eating?***

- A. They are embarrassed about writing down some of the foods they eat.
- B. They often don't have a good idea of what a “portion” or “serving size” is.
- C. They don't record their food intake as soon as they finish eating something.
- D. They simply forget to record some items.
- E. They leave out some details (food preparation methods, condiments, etc.)
- F. All of the above.

The best answer is “F” – there is reason to believe that all these factors contribute to food intake underreporting.

### How to make the Keeping Track Book work for you:

- ✓ Challenge beliefs that connect high calorie food choices with a bad character.
- ✓ Look up portion sizes and measure all the foods you eat until you know what a portion of each food is.
- ✓ Always keep your Keeping Track Book with you and record what you eat as soon as you finish eating.
- ✓ Each time you write something down, think back to see if you ate something since you last recorded that you forgot to write down- and write it down now
- ✓ Remember to add in sources of “hidden” calories (the oil used in cooking, mayonnaise on a sandwich, sugar in coffee, etc.)
- ✓ In the blank column of your Keeping Track, start recording your reduced calorie density eating, writing RCDE next to meals or snacks that you selected for their reduced caloric density

Failing to follow one or more of these guidelines may be the reason why some people feel that they “eat like a bird” but do not lose the weight they expected – or unexpectedly gain weight.

If you practice these suggestions on a daily basis, you will gain the confidence that the food and calories in your Keeping Track record accurately show what you’ve eaten that day.

The final challenge is to continue to keep good records *even* if you are having trouble and eating too many high Caloric Density foods. Staying aware of what you are eating by writing it down will help alert you to small lapses and the need to make small changes -- before your weight is affected and bigger changes are needed.

# Using the Food Guide Pyramid to Create a Diet Low in Energy Density

Can we use the Food Guide Pyramid to plan a diet low in caloric density?

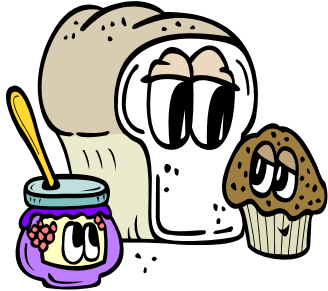


By making sensible food choices within each of the food categories, you will be able to enjoy a filling, satisfying diet without consuming too many calories.

For each of the food categories below, give some examples of foods low and high in caloric density.

**Remember:** Compared with HIGH caloric density foods, LOW caloric density foods have one or more of the following:

- A higher water content
- A greater amount of air
- More fiber
- Less fat



## Breads, Cereals, Rice and Pasta: 6-11 servings daily

### *Lower Caloric Density Examples*

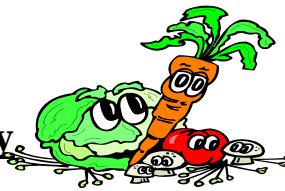
- Unsweetened breakfast cereals
- Whole wheat bread
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### *Higher Caloric Density Examples*

- Sweetened breakfast cereal
- White bread
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\* **Tip:** Don't like unsweetened cereal?? Try adding a fruit cup or fruit that has been canned in fruit juice or light syrup. This will sweeten your cereal naturally AND add more LOW Caloric Density foods

**Vegetables: 3-5 servings daily**



*Lower Caloric Density Examples*

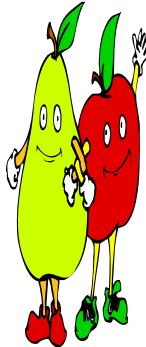
Baked potato \_\_\_\_\_  
Onions \_\_\_\_\_  
Strawberries & Low fat yogurt \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Higher Caloric Density Examples*

French fries \_\_\_\_\_  
Deep fried onion rings \_\_\_\_\_  
Strawberry shortcake \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\* Tip:** If you feel like French Fries, buy the frozen packets from the supermarket, and bake them at home in the oven. This will give the satisfaction of French Fries but with a much lower caloric density (Remember that supermarket French fries have a higher fat content than a plain baked potato, so the plain potato is still your best choice!)

**Fruit: 2-4 servings daily**



*Lower Caloric Density Examples*

Strawberries and low fat yogurt \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Higher Caloric Density Examples*

Strawberry shortcake \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Milk, yogurt & cheese: 2-3 servings daily**

*Lower Caloric Density Examples*

Non-fat milk \_\_\_\_\_  
Cottage cheese \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Higher Caloric Density Examples*

Whole milk \_\_\_\_\_  
Cheddar cheese \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**\* Tip:** If you don't like the flavor of some of the lower fat cheeses, add a small amount of parmesan cheese. This increases the flavor but parmesan cheese only has around 25 calories per tablespoon and you only need a little for flavor.

**Meat, poultry, fish, dry beans, eggs & nuts: 2-4 servings daily**



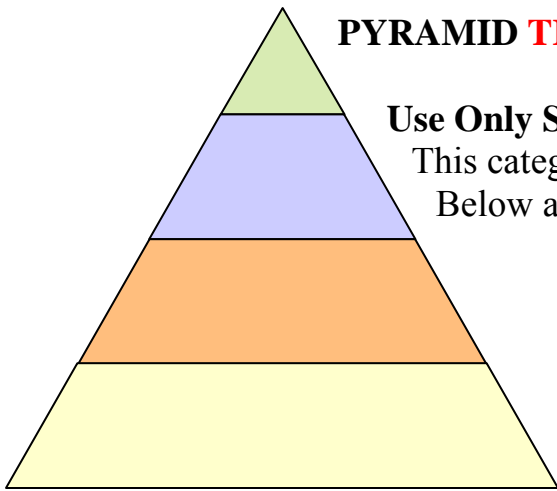
***Lower Caloric Density Examples***

Boiled shrimp \_\_\_\_\_  
 Ground turkey breast \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

***Higher Caloric Density Examples***

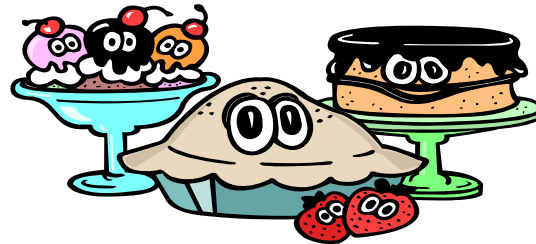
Deep fried shrimp \_\_\_\_\_  
 Ground beef \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**\* Tip:** Using ground turkey instead of beef in recipes can lower the caloric density of your meal. You can still add a little ground beef if you like the flavor!



**PYRAMID TIP:**

**Use Only Small Amounts of fats, oils and sweets**  
 This category is ALL HIGH CALORIC DENSITY!  
 Below are suggestions of lower caloric density options.



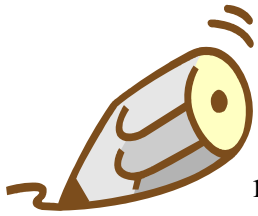
***Lower Caloric Density Examples***

Angel food cake \_\_\_\_\_  
 Mints \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

***Higher Caloric Density Examples***

Pound cake \_\_\_\_\_  
 Candy bar \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**\*Tip:** If you felt like something sweet after dinner, mints can be a good alternative to candy. Or try a hot, flavored herb tea instead. Try adding strawberries, raspberries or blueberries to your angel food cake for a tasty, low calorie density dessert.



## ACTIVITY for Your Group Session

For each of the Food Groups below, list foods that you eat frequently and think of lower caloric density choices that you might substitute.

Food Group	Higher Caloric Density	Lower Caloric Density Choice
Breads, Cereals, Rice & Pasta		
Vegetables and Fruit		
Milk, Yogurt and Cheese		
Meat, Fish, Poultry, Beans, Eggs and Nuts		
Fats, Oils and Sweets		



## Making this lesson work for you:

\_\_\_\_\_ Record when you **CHOOSE REDUCED CALORIC DENSITY EATING** options by marking **RCDE** in your Keeping Track in the blank column.

\_\_\_\_\_ After reviewing the suggestions made above, please list anything you could do differently to improve the accuracy of your Keeping Track records.

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## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week





## Session 30: *FaciNg FruStRaTioN!*

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**Frustration** is a word that can mean many different things.

You may feel frustrated in a variety of situations. You may be frustrated with the day-to-day process of weight loss efforts or you may be frustrated with situations that seem to hold back your weight loss efforts.

What other **feelings** do you have when you are frustrated?

- Hopelessness
- Anger
- Disappointment (i.e., unmet expectations)
- Aggravation
- Sadness
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What is going through your mind when you are frustrated? Are you comparing yourself to others or to your own weight loss success in the past? Is your mind full of a younger, thinner, you? Take a look back at Session 13 and see if you have any of those negative thoughts.

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Identify, in detail, what is frustrating you. Being specific about what is bothering you will help you determine what you can do to face the frustration.

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Now that you have identified what is frustrating you, you can begin to do something about it. The next step is to identify what it would take to reduce or remove your frustration.

What would it take to lessen or remove your frustration?



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Is it something you have direct control over changing or does it require someone or something else to change?

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Before you move on to creating a plan for facing frustration, take a minute to discuss how you have successfully dealt with frustration in other difficult situations. You have likely learned some things that will be useful to you in this situation.

How have you successfully handled a frustration in the past?

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How have you successfully handled frustration with weight loss or weight maintenance in the past?

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With these **success stories** in mind, you can move on to making a plan to face your frustration.

## Making a Plan

Some possible actions you can take to face your frustration are:



- **Acceptance**

Accept that frustration is a part of weight loss and weight maintenance.

Focus on what you *can* change about a situation, including changing your thoughts.

- **Change a thought**

You may be able to reduce your frustration by changing the way you think about it. For example:

If you...	Instead...
View exercise as a punishment.	Focus on what you like about exercising.
Think of using meal replacements as something you <i>have</i> to do?	View <i>choosing</i> meal replacements & healthy foods as in your control. We're asking you to do certain things, but we can't make you do anything.
Think of yourself as a failure for not exercising as much as you did at the beginning of the program.	Consider that your circumstances may have changed since the start of the program. You may need to modify your goals, but stick with it!
Question," How did I become overweight?"	Focus on the task at hand and remind yourself that you are doing something to help yourself <i>now</i> .
Think that you are a failure for not meeting your goal when you wanted to.	Change the measure of success. Instead of focusing on weight, focus on behaviors that you can change.
Think that losing weight should be easier than it has been.	Re-evaluate expectations you may not have known that you had.

- **Change a behavior**

Change something that you are doing to improve your weight loss or weight maintenance.

- **A combination of strategies**

The solution to your situation may be a combination of strategies.



Now that you have some ideas about how to handle your situation fresh in your mind, what are some things you can do about your current frustration?

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When you're feeling down, it is easy to *feel* like all is not well. But, you are doing well in some ways. To give yourself a boost, list things that you feel good about. What are the successes in your weight loss/maintenance or in other areas of your life?

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## Making this lesson work for you:

For the next two weeks:

- ✓ Identify frustrations that may be hindering weight loss/maintenance success.
- ✓ Make a plan to overcome these frustrations.
- ✓ Identify negative thoughts and practice changing those thought to more positive thoughts.
- ✓ Keep a list of your weight loss successes in sight. Make a point to review this list when you are feeling down.



## PRIDE Goals

- \_\_\_\_\_ Achieve and maintain at least a 10% weight loss
- \_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.
- \_\_\_\_\_ Weigh daily and record in KT.
- \_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.
- \_\_\_\_\_ Achieve and maintain physical activity.
  - at least 10,000 steps each day
  - at least 200 minutes planned exercise each week

# Session 31: Making Reduced Energy Density Work for You

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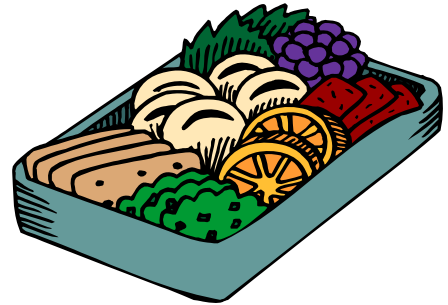
We have already talked about how to use the food pyramid to help you find foods that are lower in caloric density and can help you feel full while maintaining (or continuing!) your weight loss. When you eat more low caloric density foods every day, it helps you control the number of calories you eat overall.

Therefore, you want the majority of the foods you eat to be **VERY LOW** and **LOW** Calorie Density and smaller amounts to be **MEDIUM** Calorie Density and only occasional foods to be **HIGH** Calorie Density.

## What makes a food low in Caloric Density?

You will remember that, if a food can be described by one or more of the following, it is probably low in caloric density:

- ✓ High water content
- ✓ Low fat content
- ✓ High fiber content
- ✓ High volume of air



## Using Food Labels to Determine Caloric Density

You can use the Nutrition Facts Panel on food labels as an important tool to help guide your food choices. The Nutrition Facts Panel displays a lot of nutrition information that can be very useful when you are deciding which products to buy in the store. The two key pieces of information for calculating Calorie Density are the serving size (in grams) and the number of calories per serving. This information can be found in the top two areas of the panel.

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	

**\*\*REMEMBER:**

$$\text{The CALORIC DENSITY of a serving} = \frac{\text{Calories in a serving}}{\text{Grams in a serving}}$$

Using the information in the Nutrition Facts Panel above, you can calculate the Caloric Density of the product. In that example, the number of grams in a serving is 228 gm and the number of calories is 250.

Therefore the CALORIC DENSITY is:  $\frac{250 \text{ calories}}{228 \text{ grams}} = 1.1$

That means that this food falls into the LOW Caloric Density category because it is between 0.6 and 1.5.

HINT: Remember that  
VERY LOW Caloric Density = less than 0.6  
LOW Caloric Density = 0.6 – 1.5  
MEDIUM Caloric Density = 1.5 – 4.0  
HIGH Caloric Density = 4.0 and higher

Sometimes this calculation may seem difficult. Here are some quick tips on how to estimate the Caloric Density of a product.

Is the number of calories per serving less than the number of grams per serving?  
If yes, then the Caloric Density is less than 1.

Is the number of calories about the same as the number of grams?  
If yes, then the Caloric Density is about 1.

Is the number of calories twice the number of grams?  
If yes, then the Caloric Density is about 2.

Is the number of calories three times the number of grams?  
If yes, then the Caloric Density is about 3.

And so on.....

You can use this quick guide to help you look at different products at the grocery store and choose the one with the lowest Caloric Density.



Try it yourself:

Below are some Nutrition Fact Panels from 3 different breakfast cereals.  
Calculate the Caloric Density for each of the cereals.

<b>Nutrition Facts</b>	
Serving Size 1 cup (30g)	
Servings Per Container 19	
Amount Per Serving	
Calories	110
Calories from Fat	15



$$\text{Cereal \# 1 Calorie Density} = \frac{\text{ \_\_\_\_\_\_ calories}}{\text{ \_\_\_\_\_\_ grams}} = ?$$

<b>Nutrition Facts</b>	
Serving Size 1 cup (59g)	
Servings Per Container 9	
Amount Per Serving	
Calories	190
Calories from Fat	15

$$\text{Cereal \# 2 Calorie Density} = \frac{\text{ \_\_\_\_\_\_ calories}}{\text{ \_\_\_\_\_\_ grams}} = ?$$

<b>Nutrition Facts</b>	
Serving Size 1 cup (30g)	
Servings Per Container 15	
Amount Per Serving	
Calories	60
Calories from Fat	10

$$\text{Cereal \# 3 Calorie Density} = \frac{\text{ \_\_\_\_\_\_ calories}}{\text{ \_\_\_\_\_\_ grams}} = ?$$

 Which of the cereals has the lowest Caloric Density and would be the best choice for Reduced Caloric Density Eating? \_\_\_\_\_ 

Below are 2 Nutrition Fact Panels from different types of yogurt.

Calculate the Caloric Density for each of the yogurts.

<b>Nutrition Facts</b>	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories	120
Calories from Fat	10

<b>Nutrition Facts</b>	
Serving Size 1 container (227g)	
Amount Per Serving	
Calories	210
Calories from Fat	15

Caloric Density:  $\frac{\text{_____ calories}}{\text{_____ grams}} =$

Caloric Density:  $\frac{\text{_____ calories}}{\text{_____ grams}} =$

The yogurt on the left has a much lower caloric density than the yogurt on the right. The one with the lower caloric density has been sweetened with Aspartame (the same sweetener you find in diet sodas). Because it has a lower caloric density, it would be a better choice for reduced caloric density eating – if you eat it, you would feel as full as if you ate the other yogurt, but would have eaten much fewer calories!

Now, you have the skills to find the lower caloric density products in your supermarket. You will have a chance to practice this new skill during your group session. Remember, it may seem difficult to do the calculation at first, but with practice you will be able to look at the label and estimate the caloric density without adding too much time to your grocery shopping!



## Ways to Increase the Volume of Food You Eat and Maximize Flavor

Changing to a reduced calorie density eating pattern involves making some changes. Not only can you change the types of foods you buy so that they are lower in caloric density, but you can change the way you prepare foods so that they are lower in caloric density. To decrease the caloric density of foods (that's what you want to do – decrease the caloric density), you need to **increase the volume of the food without increasing the calories by much**. How do you do this?

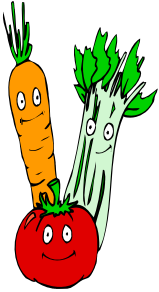
### 1. ADD PLENTY OF VEGETABLES

- ❖ Start your meals with a salad or a clear broth soup that has lots of vegetables.



- ✓ Experiment with new vegetables. You can chop almost any vegetable and add it to a salad.
  - ✓ Add plenty of bell peppers to your greens, caramelize fresh onions (to do this use a heavy based pan and cook **WITHOUT** oil with low heat until they start to brown) and add these to some fresh greens.
  - ✓ Grate some carrot and mix with sliced mushrooms and lemon juice.
  - ✓ Try some of the “new” kinds of greens to increase the variety in your meals.
  - ✓ Slice some cucumber and mix with finely sliced fennel, add plenty of lemon juice and black pepper.
- 
- ❖ Salads don't always have to be cold, try some of these hot salads.
    - ✓ Warm beet salad: slice cooked beets and mix with red onion and balsamic vinegar.
    - ✓ Hot tomato and onion salad: try adding basil for extra flavor.
    - ✓ Steamed broccoli and bell pepper: add plenty of lemon juice and black pepper for flavor.
  
  - ❖ A few nuts can also add that tasty crunch to a salad.
    - ✓ Be careful not to add too many because they are high in caloric density and can quickly add up to high calorie eating.

- ❖ Add fruit to your salad for variety.
  - ✓ Add pear to a green salad.
  - ✓ Add fresh berries when they are in season.
  
- ❖ Add vegetables to your cooked dishes. It is a great way to “hide” vegetables because they take on the flavor of the dish.
  - ✓ Use tomato-based pasta sauces instead of cream-based sauces and add plenty of mushrooms, bell peppers, spinach, onions, carrots, broccoli ... the choices go on and on!
  - ✓ Always have frozen vegetables in your freezer. Add these to whatever meal you are preparing.
  - ✓ If you are making chili, add some spinach, extra onions, carrots, winter squash. There will not be much taste difference but it will make a big difference in the amount of calories you eat!
  - ✓ Have fresh vegetables easily available for snacks. Keep some precut vegetables in your refrigerator and use to snack on (consider a low-fat or non-fat dip to add flavor).



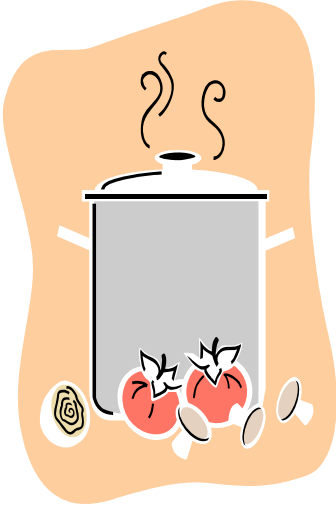
## 2. ADD PLENTY OF FRUITS

Fruit makes a great snack. Nice and sweet without the calories of candy, cookies or most other snacks ... but full of fiber, vitamins and minerals!

- ❖ Keep fruit cups or fruit canned in light syrup or fruit juice at your desk at work for a great mid-morning snack.
  
- ❖ Try having some berries and low calorie jello for dessert.
  
- ❖ Keep frozen fruit in your freezer (either buy in season and freeze or buy already frozen in the freezer section of the grocery store)
  - ✓ Blend the frozen fruit with some yogurt for a great smoothie.
  - ✓ Puree fruit in blender and mix with seltzer or club soda for a refreshing summer drink.
  
- ❖ Add fruit to your breakfast cereal, this not only lowers the caloric density of breakfast but is a great way to sweeten your cereal!
  
- ❖ Add apple sauce to meatloaf or use apple sauce instead of sour cream on latkes, baked potatoes or just about anything.
  
- ❖ Substitute applesauce or pureed prunes to baked goods like muffins, reducing the amount of oil.

### 3. ADD WATER TO THE DISHES YOU COOK

Water has no calories, so adding it to your dishes will help you feel full and not consume as many calories.



- ❖ Make soup, stews and casseroles (start with meals with broth-based, low-fat soups at least once a day).
- ❖ Dilute fruit juice with water ( $\frac{1}{2}$  and  $\frac{1}{2}$ ) or soda water.
- ❖ You can also dilute wine or beer with soda water.
- ❖ If you make sauces, start with broth or water

### 4. LIMIT HIGH FAT FOODS

- ❖ Grill (or sauté with little oil) rather than fry.
- ❖ Use fats and oils sparingly (use an oil spray rather than pouring oil in).
- ❖ Chose lean meats whenever possible.
- ❖ Remove skin and fat from meat before cooking.
- ❖ If making soups or stews, let the dish cool and skim fat off the top before reheating and eating
- ❖ Use lemon juice to flavor vegetables rather than butter, balsamic vinegar rather than mayonnaise for salads, and salsa or non-fat sour cream rather than butter and regular sour cream on baked potatoes.

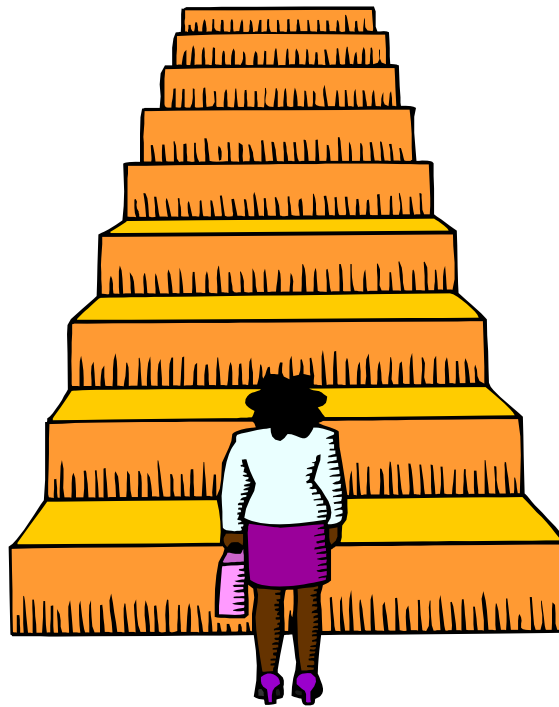


## Tips for Making Changes in the Caloric Density of Your Diet Easier:

- **Make small changes:**

It is easier to make changes gradually, in small steps. For example, many people have gone from drinking regular milk to drinking skim milk. But they have done it by going from regular to 2% to 1% to skim. Another example would be gradually reducing the amount of oil you add to a recipe (and perhaps substituting another, lower-calorie ingredient). If you make a sudden and dramatic change all at once, it may be harder to stick with it. Since the goal of PRIDE is to help you make healthy eating changes that will last you a lifetime, it may be best to make small and gradual changes that you can maintain and not big changes that you can't maintain.
- **Try new foods several times before making a decision:**

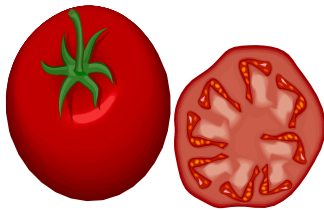
It takes time to get used to new foods and new flavors. You may not always like new foods the first time you try them. Sometimes it is necessary to sample new foods, recipes, ingredients and preparation methods several times before they “grow on you.” So don't give up on new things too quickly.



## *Meat Sauce for Spaghetti*

### Original Recipe

*2 tablespoons of vegetable oil*  
*1 ½ lb ground beef*  
*1 onion chopped*  
*2 garlic cloves, minced*  
*1 16oz can tomatoes*  
*1 6oz can tomato paste*  
*1 Cup dry red wine*  
*1 tsp dried oregano leaves*



### Original Instructions:

Heat oil and sauté onions and garlic for 3-5 minutes. Add the meat, cook until no longer pink. Add remaining ingredients, stir and simmer for 1 hour. Makes four servings. 646 calories per serving, 60% calories from fat.

## *Meat Sauce for Spaghetti*

### *Version low in caloric density:*

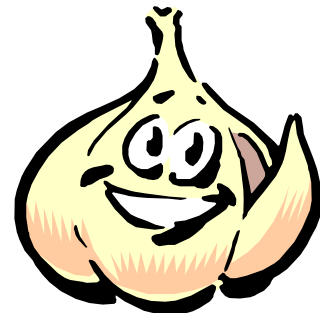
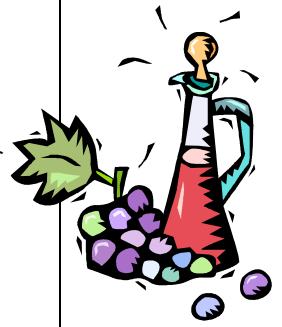
*2 Tbsp water*  
*¾ lb extra lean ground beef*  
*1 onion chopped*  
*2 garlic cloves, minced*  
*1 16oz can tomatoes*  
*1 6oz can tomato paste*

### *1 Cup dry red wine*

*1 tsp dried oregano leaves*  
*1 C any vegetables (broccoli, squash, eggplant, peppers or any other veggies).*  
*½ C grains (to replace the meat), cooked lentils, canned black beans, etc.*

### *Low Caloric Density Instructions*

**Saute' onions and garlic in water, add the meat and cook until no longer pink. Add remaining ingredients, stir and simmer for 1 hour. Makes four larger serving. 367 calories per serving, 35% calories from fat.**



## Spanish Chicken and Rice Original Recipe



3Tbsp oil

1 C chopped green pepper

1 C chopped onions

2 cloves garlic

1 ½ lb chicken breast

2 C ½ and ½

2 Tbsp tomato paste

6 oz long grain rice

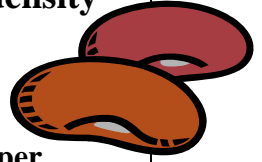
1 C canned tomatoes

### Original Instructions

Heat oil and sauté onions, garlic and green pepper until soft. Add the chicken and cook until brown (~5 mins). Reduce heat, stir in cream and tomato paste. Add rice and tomatoes, cover and cook 20 minutes until most of the moisture has been absorbed. Uncover and cook 5 minutes more, serve immediately.

Makes four servings. 703 calories per serving, 48% calories from fat.

## Spanish Chicken and Rice Version low in caloric density



3Tbsp water

1 C chopped green pepper

1 C chopped onions

2 cloves garlic

10oz skinless boneless chicken breast cubed

2 cups chicken broth

2Tbsp tomato paste

6oz long grain rice

6oz cooked kidney beans

1 C canned tomatoes

### Low Caloric Density Instructions:

Heat water in the pan and sauté onions, garlic and green pepper until soft. Add the skinless chicken breast and cook until brown (~5 mins). Reduce heat, stir in broth and tomato paste. Add rice, beans and tomatoes, cook cover 20 minutes until most of the moisture has been absorbed. Uncover and cook 5 minutes more, serve immediately.

Makes four servings. 344 calories per serving, 8% calories from fat.







## Making this lesson work for you:

### Next week:

- ✓ Add more fruits and vegetables to your diet. Increase by one serving of each every day and record the extra fruit and vegetable serving in your KT with a “star”. What were some of the barriers in eating more fruits and vegetables?

Barriers \_\_\_\_\_

How I handled the barriers \_\_\_\_\_

- ✓ Examine labels to compare products to find one with the lowest caloric density. What did you find? \_\_\_\_\_

- ✓ Try the modified recipe in your handout or make reduced caloric density modifications to one of your own favorite recipes. Bring in the recipe and share with the rest of the group.



## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

## Session 32: Mindful Eating.....

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### Awareness *Paying Attention* *Mindfulness*

Do you do things without thinking or paying attention? Do you nibble or snack on foods during the day and cannot recall what you ate or how much? In recent reports on dietary intake, women commonly underreported foods and amounts when asked to recall what they had eaten in the past 24 hours. There was up to a 600 calorie deficit in what was recalled and the foods they actually consumed!

*WOW! OH MY!*

“Being aware,” “**paying attention to**”, or **being mindful** of foods and beverages consumed has a surprisingly significant influence on eating behaviors. The regular self-monitoring of foods eaten will often result in changes in eating behavior with no other intervention. Participants in PRIDE consistently report that the self-monitoring made them “**AWARE**” of what, when and how much food they ate.

Look on page 272 of your “Volumetrics” book. The last paragraph at the bottom states, “You don’t have to feel deprived, bored, anxious, depressed, or joyful to eat too much. You can just stop **paying attention.**” Following on the next page, “If we don’t **pay attention**, if we **mindlessly** eat, we may be like (those) amnesiacs”.

What have you found to be the reasons you overeat? **EXPLORE YOUR HABITS** on the next page.



## Exploring Your Eating Habits

(Check all the answers that describe your food intake patterns.)

### *When do I usually eat?*

- At mealtime
- While working or studying
- While preparing meals or clearing the table
- When spending time with friends
- While watching TV or participating in other activities
- Anytime

### *Where do I usually eat?*

- At home at the kitchen or dining room table
- In a restaurant or cafeteria
- In fast-food places or in the car after leaving the drive-thru
- In front of the TV or while doing paperwork
- Wherever I happen to be when I'm hungry



### *Why do I usually eat?*

- It's time to eat
- I'm hungry
- Foods look tempting
- Everyone else is eating
- I'm bored or frustrated
- I'm nervous or stressed out

### *The Eating Habits I would like to change are:*

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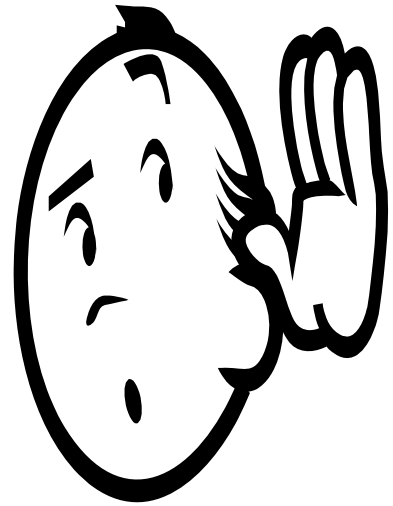
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## Listen to your body

Less than 1 in 5 obese men and women start eating because they feel hungry and few reported stopping eating because they felt full. Because food is so abundant, cheap and easy to access, more and more people admit they are not **mindful** of their body's signals. "**PAY ATTENTION**" to what your body is "telling" you about the actual need for food.



**Hunger** = needs food      **Appetite** = wants food  
**Satiety** = feeling of being full

- eat when you are hungry,
- eat half the food on your plate,
- check to see where you are on the hunger scale (page 4),
- stop eating when you are comfortably full, satisfied.



# DO:

Eat without distraction.

- ✓ **NO ...** Driving + eating,
- ✓ **NO ...** TV + eating
- ✓ **NO ...** Reading + eating
- ✓ **YES ... Pay attention** to eating!

Enjoy your food.

- ✓ The first bite is one that gives you pleasure.
- ✓ Each bite after that first is less and less satisfying.
- ✓ **Pay attention** to becoming full.

When you are ready to stop eating, **STOP**.

- ✓ Get up from the table and DO something. A 5 minute walk around the house or down the street may help reduce the level of glucose in your bloodstream.

## The HUNGER-SATIETY SCALE

<b>Satiety</b>	10 -	Stuffed to the point of feeling sick
	9 -	Very uncomfortably full, need to loosen your belt
	8 -	Uncomfortably full, feel stuffed
	7 -	Very full, feel as if you have overeaten
	6 -	Comfortably full, satisfied
<b>Neutral</b>	5 -	Comfortable, neither hungry nor full
	4 -	Beginning signals of hunger
	3 -	Hungry, ready to eat
	2 -	Very hungry, unable to concentrate
	1 -	Starving, dizzy, irritable

Using this scale, rate your hunger before meal \_\_\_\_\_

Rate your hunger half-way through a meal \_\_\_\_\_

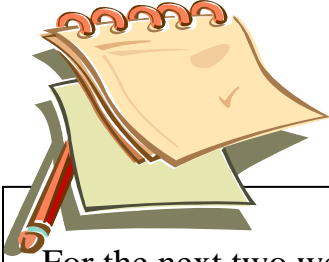
Rate your hunger after completion of a meal \_\_\_\_\_

# **PRACTICE**

## **Mindful Eating**

### **10 STEPS**

- 1. RELAX before you start eating. Do some deep breathing. Listen to soothing music, read something positive, or lie down and breathe deeply.**
- 2. Take a moment to reflect on whether you're truly hungry or eating to fill some other need.**
- 3. Choose a place to eat that is peaceful and pleases you.**
- 4. Do nothing else and do not talk while eating. Devote your full attention to the meal.**
- 5. Notice the time the meal begins.**
- 6. Look at the food. Enjoy the details like the colors, textures, layers and smells.**
- 7. Close your eyes and take a bite of the food. Put your eating utensil down. Notice how the food feels in your mouth and fully appreciate the taste before you begin chewing.**
- 8. Swallow and trace the food down to your stomach. Continue for several more bites noticing when your stomach starts to feel less empty.**
- 9. Notice when you feel a sensation of fullness in your stomach. Look at the remaining food and let yourself feel the power of detachment.**
- 10. Notice the time your meal ends; if less than 20 minutes, work to increase the meal time.**



## Making this lesson work for you:

For the next two weeks:

- ✓ Use the Hunger / Satiety Scale for at least one meal each day the first week. For the second week, use the scale for two meals each day.
- ✓ Record the scale for the meals in your KT each day.
- ✓ What can you do to become more “**mindful**” of what you are eating? List 2 things you plan to do to become more mindful.

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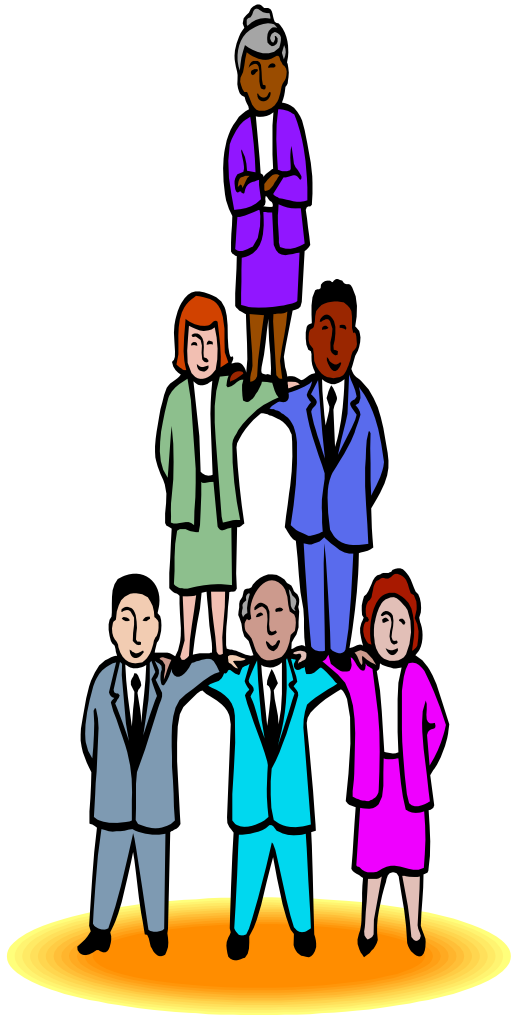
## PRIDE Goals

- \_\_\_\_\_ Achieve and maintain at least a 10% weight loss
- \_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.
- \_\_\_\_\_ Weigh daily and record in KT
- \_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.
- \_\_\_\_\_ Achieve and maintain physical activity.
  - at least 10,000 steps each day
  - at least 200 minutes planned exercise each week

# Session 33: Social Support for Physical Activity

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So far, we have discussed several important strategies to help you become a successful exerciser and a physically active person. These strategies include using the FITT Principle to monitor exercise and physical activity, setting activity goals, and counteracting the destructive effects of barriers. However, there is another very important factor that is often involved in successfully maintaining an exercise program, but is rarely talked about: **Social Support!**



Social support for physical activity can come from many different sources and take many different forms. The members and leaders of the PRIDE group, your friends, and your family can all provide support for your physical activity by doing things such as exercising with you, helping with household chores so you have time for exercise, or just encouraging you to continue your physical activity.

Some of you may already receive social support for your physical activity. Perhaps you have a regular exercise “date” with a walking buddy (your spouse, a friend, or even your dog!), or perhaps your partner washes the dishes every night after dinner so you can get out and exercise. This type of social support is great, and it has shown to be related to long-term maintenance of physical activity.

In this session, we want to help you find ways to increase the support you receive for exercise. In this lesson, we will suggest ways to increase the support you receive from others in the group, and also help you discuss ways to ask for (and hopefully receive) support from friends and family outside the group.

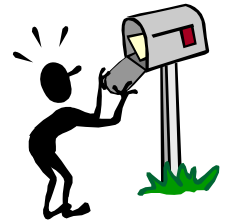


## Using the Group for Support

One of the many benefits of the PRIDE program is that group members are an excellent source of social support for each other. Group members have many things in common – you all entered the program because you were concerned about your weight. Chose to do something about it. You have all made progress in changing your physical activity. This might include getting yourself to walk even when you would rather sit on a comfy chair and watch TV. Since you have shared such experiences, we believe you can be very helpful to each other.

At this meeting, we would like to encourage you to support each other to be more active in two ways.

First, we would like for you to write a postcard with a motivational message or a picture that we will send to someone else in the group for you. In making your postcard, think about a message or picture that would be helpful in getting you to increase your activity. You won't know who will receive the postcard, so write a message that would be appropriate for anyone in the group. When you receive your postcard from a member of the group, it will serve as a reminder to be active and hopefully motivate you to go the extra distance!



Second, we would like for you to work in pairs to help each other find ways to increase physical activity. Some good questions to discuss with each other might be:

- What kinds of activity do you typically do?
- How many minutes of activity do you usually complete?
- Do you exercise alone or with others?
- What keeps you from being more active?

Spend a few minutes problem-solving together to address each other's barriers to increased activity. Remember, you are both in PRIDE for the same reasons and can benefit from each other's suggestions. Perhaps you can also provide ongoing support to each other by exchanging phone numbers and calling each other during the week to discuss your physical activity.

## Obtaining Support from Others Outside the Group

In addition to the PRIDE group, your friends and family can also help you to maintain your activity. Most friends and family members want to support your new healthy behaviors but may be unsure how to help you stay active. Your job is to teach your loved ones how to provide the type of support you need.

Consider the following:

1. Which friends or family members are most supportive of your activity?

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2. What do they say or do to support your activity?

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3. How could they be even more supportive to you? (Would it help if they exercised with you or if they did something that would give you more time to exercise? Would you like them to comment more on your success at being more active?)

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4. Which friends and family are less supportive?

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5. What do they say or do that is not supportive?

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6. How could they be more supportive to you?

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## Asking Others to be More Supportive

You may need to teach friends and family members how to be more supportive. Start with those who are already helpful, and see if you can discuss with them ways to be even more supportive. Begin by complimenting them on their current support, and then suggest some new or additional approaches.

**Example:** “I really appreciate it when you walk with me after dinner. On evenings that you don’t feel like walking with me, it would be really helpful if you would encourage me to just get out the door by myself for even five minutes of activity.”

After improving their skills, you may be able to approach the less supportive friends and family members and ask for their help as well.



## **Asking Others to Decrease Their Nagging**

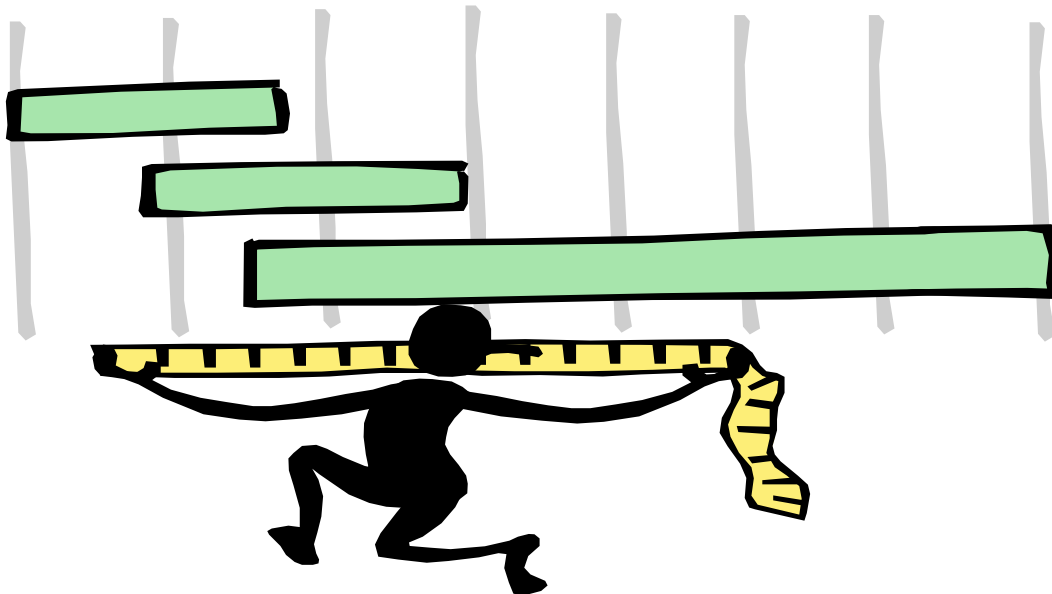
Sometimes family and friends may nag you as a way to increase your activity. It is important to recognize that they mean well; they think they are being helpful! However, nagging often has the opposite result. It may make you feel angry and less likely to do the behavior. However, once again, you can teach these friends to be more helpful. Encourage them to praise any positive steps they see and ignore anything negative.

**Example:** “I know you are trying to help me when you say that I better get off the couch and go for a walk, but pointing out my problems often upsets me. It would be more helpful if you could comment when you see me doing something positive – like when I walk up the stairs - and don’t say anything when you see me on the couch.”

You may have to mention it several times. (Example: “Remember, I asked you to just ignore the times I’m on the couch and help me focus on my positive steps to becoming more active.”) Little by little, they will learn to be more supportive, and you will learn to be more active.

## Sharing Your Progress

- In asking family and friends to increase their supportive behaviors and decrease their nagging, it may be useful to share with them the progress you have made in your physical activity since beginning the program.
- Emphasizing the progress you have made and the benefits you have noticed since becoming more active (e.g., increases in your energy, improvement in your mood) may help get your friends and family on board.
- Remember to be specific in your requests.



Attached is a worksheet designed to help you focus your requests. Take a minute to fill this out and then consider sharing the worksheet with your potential support providers.

**Ask for Social Support: Worksheet**

- ❖ As part of PRIDE, I am trying to increase my physical activity. I have already made some progress. (Describe progress – what were you doing for activity when you joined PRIDE and what are you doing now?)

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- ❖ With these increases in physical activity and my weight loss, I have already noticed some important physical and psychological changes. (Describe the benefits you have experienced – do you have more energy? Has your doctor commented on any health changes?)

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- ❖ Now I am trying to take the next step. My goal is to ...

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- ❖ I could use your help to achieve this goal. It would really help me if you could ... (Be specific – exactly what would you like your friend or family members to do or say; when would you like this to occur? How often would you like it to occur?)

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- ❖ If you can't do that, is there some other way you could help me increase my activity?

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- ❖ I am glad you are going to help me be more active. I want to be as healthy as I can so you and I can enjoy many more years together.



## Making this lesson work for you:

\_\_\_\_\_ Ask for More Social Support for your Physical Activity

- Identify how your family and friends could help you increase your physical activity and improve your weight management. Remember that you want them to increase the things that you would find helpful.
- Ask them for assistance. Remember to be specific in your request. You may need to remind them a few times.
- Praise them for their support. If you point out to them how helpful they are being, they are more likely to continue their support.



## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ My “**Early Warning**” weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

## Session 34: Time Management

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Unnecessary stress is often the result of not using our time wisely. Eliminating that stress does not mean slowing ourselves down. It does mean utilizing our time more efficiently to carry out the things that are really important to us. We must have time to feel and enjoy a sense of accomplishment. Be in control of your time rather than letting time control you.



### Making More Time for the Important Things

Time management allows you to trim the time you spend on activities throughout the day. This lets you free up time to spend with people and activities that you value. The few minutes you save here and there can really add up. What can you do to save time in your day? Using meal replacements may help reduce some of the time it takes you to prepare or eat your meal. Look over the following suggestions for ways to streamline. See which strategies might work for you.

## Strategies for Streamlining Your Daily Activities

### 1. Cut back on (or stop doing) what's not important to you.

- Say no when asked to take on a new task.
- Have fresh fruit for dessert instead of preparing elaborate cakes or baked goods.

### 2. Combine tasks

- Combine errands (go to the drug store and the post office in one trip).
- Double recipes when you cook. Freeze extras in microwave proof containers for later in the week.
- Ask your spouse to go walking with you and catch up on the day's news.
- Pack lunches the night before while listening to a book on tape.



### 3. Ask someone for help

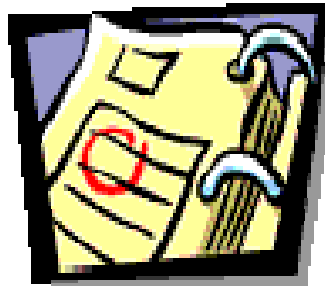
- Have your assistant screen your calls at work.
- Ask your children to help clean up after meals.

### 4. Be more efficient by simplifying and organizing

- Make a To-Do list at the beginning of each day. Label items A (most important), B (important, but can be put off for a while), or C (not important, can be put off with no harm done). Start your day with A items. Move on to the B items only when all the A items are done. Don't even think about doing C items until you've finished all A and B tasks. If you must take on a C item, try to delegate it.
- Keep a running grocery list. Shop for food only once a week.

### 5. Don't put important things off

- Try to link an unpleasant activity with a pleasant or neutral one.
- Count the cost. (Make a list of what's unpleasant about what you've been avoiding, and then list the consequences of putting it off. Take a long, honest look at what you've written).
- Start small. Think of the smallest step you can take to start the process, then do it.





## Strategies for Streamlining Your Physical Activity

Here are some ways to streamline physical activity so that you get all the benefits without wasting any time.

### **Save time getting motivated.** Examples:

- Set the alarm on your watch to remind you to exercise. When the alarm goes off. Just Do It!
- Have a friend or family member meet you at your house at a regular time to exercise.
- Ask a friend or family member to give you a call to remind you to exercise.
- Join a walking club, gym, aerobics class, etc.
- Other ideas: \_\_\_\_\_



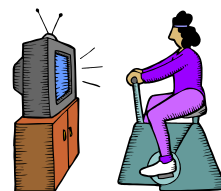
### **Save time getting ready.** Examples:

- Keep your exercise shoes and clothes in the car or at your office.
- Set out your exercise shoes and clothes the night before. Put them on when you get up and don't take them off until you exercise.
- Choose a gym that's close to your home or work.
- Other ideas: \_\_\_\_\_



### **Save time while exercising.** Combine with other tasks. Examples:

- Use a 10-minute break during the day to take a brisk walk and fight stress.
- Ride an exercise bike while you watch the news or listen to a book on tape.
- Walk and talk with friends or family members.
- Walk, run, or bike in a community event that benefits a good cause.
- Walk or bike to work.
- Take the baby for a brisk walk in the stroller.
- Walk the dog.
- Walk or bike to the store for errands.
- Take up an active hobby. Examples: dancing, swimming, ice or roller skating, soccer, racquetball, cross-country skiing, basketball, hiking, running, tennis.
- Mow the lawn or shovel snow for an elderly neighbor.
- Other ideas: \_\_\_\_\_



### **Save time after the activity.** Examples:

- Exercise right before the time when you would be showering anyway (for example, first thing in the morning if you usually shower before work).
- Other ideas: \_\_\_\_\_

**What Will You Do With Your Extra Time?**

Now that you have considered how you spend your time and strategies for helping you streamline things, outline your plan. Remember, start your time management by deciding what your most important things are (your “rocks” from the group demonstration) and fitting those in first. Use the streamlining strategies to free up time in your daily routine.

In the next two weeks, I want to find more time to spend on \_\_\_\_\_

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In the next two weeks, I will streamline my time by \_\_\_\_\_

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## Saving Time for a Healthy Lifestyle Worksheet



To save time for a healthy lifestyle, I will

✓ Save time in general by: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

✓ I will streamline my eating/physical activity by: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When (specify days): \_\_\_\_\_

I will this first on: \_\_\_\_\_

Roadblocks that might come up:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will handle them by:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

✓ I will do this to make my success more likely: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did it work? If not, what went wrong? : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## How Do I Spend My Time?

At the end of each day, record how you spent your time. Circle problem areas.

How I spent my time	SUN	MON	TUES	WED	THU	FRI	SAT
<b>Sleep</b>							
<b>Work</b> (including commuting, professional organizations)							
<b>Physical Activity</b> (include exercise, sports, active forms of recreation)							
<b>Food-related</b> (include shopping, meal planning and preparation, packing lunch, eating, time at restaurants, self-monitoring)							
<b>Home errands</b> (include yard work, home and car maintenance, shopping other than grocery shopping, laundry, bills, other chores, travel to school or day care or sports)							
<b>Time with family and friends</b>							
<b>Personal care</b> (include showering, dressing, grooming)							
<b>Sedentary recreation</b> (include TV, reading, movies, computer)							
<b>Community</b> (include church, volunteer work)							
<b>Other:</b>							
<b>Total Hours (should be 24)</b>							



## Making this lesson work for you:

\_\_\_\_\_ Put your Streamlining Plan into action.

\_\_\_\_\_ Use the time that you have saved to spend on the activities that are most important to you, that is spend time on your “rocks.”



## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake. Maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.

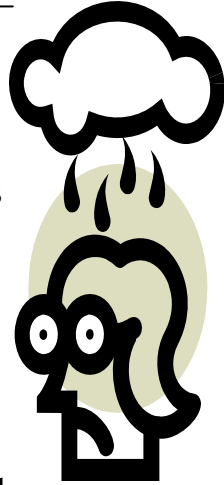
\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

## Session 35: Mood and Hunger

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For many people, negative moods can sometimes get us off track. Being upset, “down in the dumps,” angry, bored or stressed out can result in eating too much, having too many snacks, or skipping exercise sessions. It is important to recognize when your mood or “state of being” is affecting your eating and exercise habits.



### Negative and Uncomfortable Moods

The thing that all these moods have in common is that they make you feel uncomfortable. When people feel uncomfortable, they are motivated to end the discomfort as quickly as possible. Further, when people expect these uncomfortable feelings are going to occur, they do whatever they can to prevent them. Unfortunately, when you are trying to lose weight or maintain your weight loss, the things that can make you feel better in the short run (for example, eating, snacking, or sitting in front of the TV) can also result in weight gain. Even worse, when you are feeling stressed, angry, tired, depressed or bored, you may not feel like sticking with your healthy eating and exercise program. You may give up on your efforts. These feelings can cause you to get off track not only in the short-term, but also over the long-term.

To help prevent these very normal human emotions and behaviors from disrupting your progress in PRIDE, understanding the relationships between your own emotions and healthy behavior is important.



First, it is helpful to identify the emotions that influence YOUR eating and physical activity habits.

*Think about your hunger, emotions, and behavior.....*

.....Which feelings seem to be linked most often with unplanned eating, overeating or periods of inactivity?

Check the feelings that have occurred most often for you:

\_\_\_\_\_ Anger or Irritability

\_\_\_\_\_ Anxiety or Stress or Frustration

\_\_\_\_\_ Boredom

\_\_\_\_\_ Depression or Sadness (Down in the Dumps)

\_\_\_\_\_ Hunger or Craving for Foods

\_\_\_\_\_ Other Uncomfortable Moods (Describe \_\_\_\_\_)

Did these feelings cause you to overeat, eat things you had not planned, skip your exercise, or fail to follow some aspect of the PRIDE weight management program?



Yes



No

If the answer is **YES**, your feelings **DO** interrupt your healthy eating and exercise efforts. Then it is important to come up with ways to stay on track even when your mood is negative.



## Thinking Your Way Out of a Negative Mood

The way that people think about their moods or emotional reactions can influence how long they experience the emotion and how strong it is. For example, if you dwell on a feeling or on the situation that caused the emotion, you can start to have negative thoughts. These negative thoughts have the effect of making the emotions much more intense and increase the length of time that you experience them. In a sense, the negative thoughts “stir you up” and can increase the chance that you will “slip” or get off track and stay off track... and this can result in weight regain.

Addressing negative thoughts can help people cope with uncomfortable feelings by reducing the length of the negative mood and its intensity. Addressing these thoughts can also prevent the uncomfortable mood from interrupting your eating and exercise habits!



### How can you cope with unpleasant emotions without having a slip?

**FIRST, IDENTIFY** your uncomfortable mood and determine if there is a negative thought that is making the situation feel worse or last longer.

**SECOND, LABEL** the style of negative thinking that is contributing to your uncomfortable mood.

**THIRD, TALK BACK** to the negative thought using more positive – and realistic – ways of thinking.

Let's review the common styles of negative thinking. Spend a minute thinking about what types of thoughts about your eating, your physical activity, your weight that tend to keep your mood negative. What thoughts discourage you from maintaining your changes in eating and activity behaviors? Look for the styles of negative thinking that you might have experienced.



## Styles of negative thinking:

Some common negative ways of thinking:		Examples
<b>Good or Bad</b>	Divide the world into: <ul style="list-style-type: none"> <li>· Good or bad</li> <li>· Seeing yourself as a success or a failure</li> <li>· Being on or off the program</li> </ul>	“It’s been a terrible day. I messed up everything. I might as well go for broke and have nachos, dinner and dessert. Nothing is going right. There’s no hope for me.”
<b>Excuses</b>	<ul style="list-style-type: none"> <li>· Blame something or someone else for our problems.</li> <li>· We don’t mean to go off the program, but we feel bad.”</li> </ul>	“My boss makes me so mad I can’t stop eating.” “I feel too depressed to go out and take a walk. I have no energy.”
<b>Should</b>	<ul style="list-style-type: none"> <li>· Expect to be perfect.</li> <li>· A set-up for disappointment.</li> <li>· Leads to anger and resentment.</li> </ul>	“I shouldn’t eat pasta when I’m nervous, I just can’t stop.” “I should exercise every day or why bother?”
<b>Not As Good As</b>	<ul style="list-style-type: none"> <li>· Compare ourselves to someone else.</li> <li>· Blame ourselves for not being good enough.</li> </ul>	“Mary takes care of her elderly mother and still finds time to cook healthy and walk every day. What’s wrong with me?”
<b>Give Up</b>	<ul style="list-style-type: none"> <li>· Defeat ourselves.</li> <li>· Often follows the other kinds of negative thoughts</li> </ul>	“I’m so stressed I ate everything in sight! I always do this. I’ll never change! I might as well give up.”



Ok, now that you know what style of thoughts you have, what do you do about them? Try searching actively for a more positive – and realistic – way of thinking about your experience. Look for a way to reframe your thinking (that is, think about it differently) so that you end up with a more balanced, helpful way of looking at things. If negative thinking and emotional eating isn't a problem for you, think of other weight maintenance related thoughts that might get in the way of your long-term success.

<b>Negative Thought:</b>	<b>Example of Positive Ways to Reframe:</b>
<p><b>Good or Bad</b>            “It’s been a terrible day. I messed up everything. I might as well go for broke and have nachos, dinner and dessert. Nothing is going right. There’s no hope for me.”</p>	<p><b>Work Toward Balance</b>            “I feel terrible and things have not gone the way I had hoped. I feel like I deserve to be pampered. But eating out of control will only make me feel worse. I can budget my calories to have a few nachos and still feel good about staying on my program.”</p>
<p><b>Excuses</b>            “The donuts in the office call to me and I can’t resist when I’m mad at my boss.”             “I feel too depressed to go out and take a walk. I have no energy.”</p>	<p><b>It’s Worth a Try</b>            “Everyone has to find a way to deal with co-workers. I’ll ask my group how they cope with a boss that makes them crazy.”            “If I just go out for a few steps, I’ll probably feel more energy – and less depressed. I’ll try it and see if I’m too tired. I can always stop.”</p>
<p><b>Should</b>            “I shouldn’t eat pasta when I’m nervous, I just can’t stop.”             “I should exercise every day or why bother?”</p>	<p><b>It’s My Choice</b>            I can choose whether I want to eat pasta, even if I’m upset. But I might try to limit the amount by using a smaller plate and making sure that I eat a big salad first so I’m not too hungry.”            “It was so hectic today I didn’t get to walk, but I’ll go tomorrow morning. It doesn’t help me to be too hard on myself.”</p>
<p><b>Not As Good As</b>            “Mary takes care of her elderly mother and still finds time to cook healthy and walk every day. What’s wrong with me?”</p>	<p><b>Everyone’s Different</b>            “It’s not a contest. We all have challenges and we overcome them differently. I need to give myself a break and make sure that I set reasonable goals that work for me.”</p>
<p><b>Give Up</b>            “I’m so stressed I ate everything in sight! I always do this. I’ll never change! I might as well give up.”</p>	<p><b>One Step at a Time</b>            “I’ve learned something important about the situations that are hard for me. Next time I won’t be surprised and I’ll have a plan to cope with the situation without eating as much.”</p>

When you try thinking about things in a more balanced and helpful way, remember that you may not feel better immediately. It sometimes takes a little while to actually start to feel better. Negative moods are a fact of life – everyone has them. The goal is not to stop having negative moods and feelings. The goal is to prevent uncomfortable moods or emotions from disrupting your healthy eating and exercise efforts.

It is important to recognize that overeating or skipping physical activity usually does not help you feel better in the long run. You may feel better for a moment if you eat a “comfort food” or if you sit on the couch and don’t go do your physical activity, but in the long run, most people usually find that the situation that caused the unpleasant emotion is still there (eating didn’t change it!) and they still feel bad. Some people even feel worse—because they have the situation that caused their negative mood PLUS they gained weight or felt disappointed in themselves for stopping their PRIDE program.

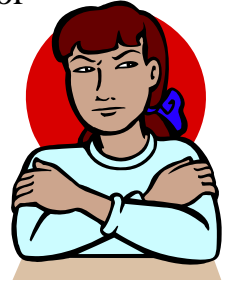
**Though you can’t always avoid the blues, you can help turn your mood around:**

- ❖ First, you must **take notice** when your mood goes south. Ignoring bad moods is only likely to worsen them.
  
- ❖ Second, you need to take action **to prevent a downward spiral:**
  - ✓ **Take off!** Don’t sit and brood - change the situation or your surroundings (e.g. go for a walk, run an errand).
  - ✓ **Get Physical!** Getting active not only changes the situation but also can directly improve your mood.
  - ✓ **Let it out!** Call or talk to a trusted friend or family member who is a good listener. Or, write it out. Research has shown that putting your thoughts and feelings into writing eases distress, even if no one else reads it.
  - ✓ **Do a mental workout!** Use the “Talk back to negative thoughts” tools you have learned.
  - ✓ **That’s what buddies are for!** Contact your buddy for support. Sharing your burdens will lighten your load.



## Are You Really Hungry or Are You in a Bad Mood?

For many people feeling hungry can be a sign that they are in a bad mood! Stop and think about it for a minute. Are there times that you feel hungry even when you've eaten recently? Could it be that you are depressed or stressed or bored or frustrated or experiencing one of the other uncomfortable feelings that we've been talking about? For some people, feeling hungry is a time to check in and make sure that their hunger isn't a sign of a negative mood. Why is this important? Because people who eat in search of feeling better often end up overeating or eating foods that are high in calories and fat. Furthermore, eating these foods usually doesn't help you deal with the bad mood! So, you end up with extra calories and you still feel bad!! That's not such a good deal.



**TIPS** to check out whether you are really hungry (your body needs food for fuel) or if you are in the middle of an uncomfortable emotion:

1. Are you craving a specific food? If you are hungry for something special, it is probably not your body calling out for food. It is more likely that something else is going on. Do a quick check in .... Are you stressed, tired, depressed, angry, bored? If you can identify one of these uncomfortable emotions, take **DIRECT** action. Do something to feel more rested (take a nap) or to get more energy (take a brisk walk) or to distract yourself (call a good friend on the phone or read an exciting book).
2. Plan an experiment. Rate your hunger on a scale of 0 (not at all hungry) to 10 (totally hungry, would eat anything not tied down). Then try eating your usual snack or the meal that you had planned. Wait another 20 minutes and rate your hunger again. Has it gone down? If not, you are probably eating to cope with your emotions not with your stomach!
3. Do something that makes you feel pampered or rewarded – that doesn't involve food! Let yourself listen to your favorite music, take a hot shower, go work in the garden ... whatever makes you feel like you are taking care of yourself. Do this for at least 15 minutes and then see if you are still hungry. You may find that the feelings of hunger have diminished.



## Making this lesson work for you:

- \_\_\_\_\_ Identify times that you overeat or skip physical activity (or were tempted to) because of your negative mood and record in your Keeping Track.
- \_\_\_\_\_ Record your negative thoughts and try to reframe into a more positive and helpful thought. You can write these thoughts right on the pages of your diary.



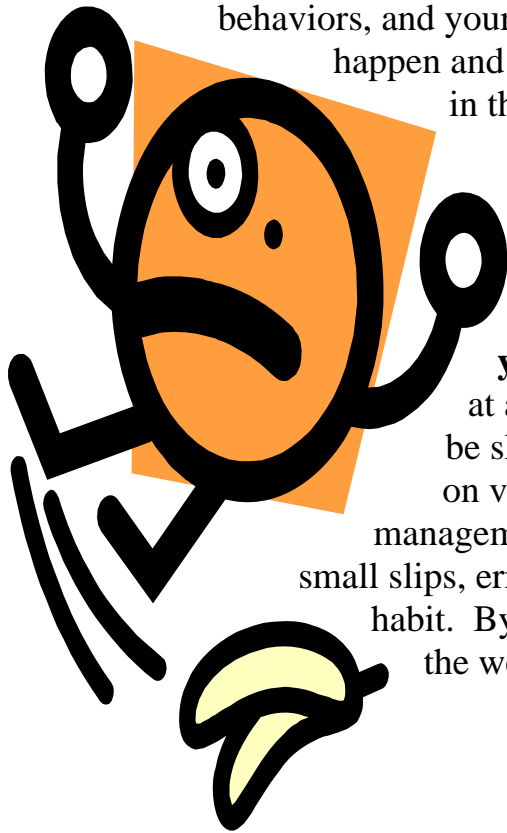
## PRIDE Goals

- \_\_\_\_\_ Achieve and maintain at least a 10% weight loss
- \_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.
- \_\_\_\_\_ Weigh daily and record in KT.
- \_\_\_\_\_ **My** “Red Flag Alert” weight is \_\_\_\_\_ lbs.
- \_\_\_\_\_ Achieve and maintain physical activity.
  - at least 10,000 steps each day
  - at least 200 minutes planned exercise each week

## Session 36: Preventing Relapse - An Ounce of Prevention is Worth Pounds

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Have you lost weight before? Did you keep it off? When you started PRIDE, did you have doubts or worries about keeping the weight off? Some people who are trying to control their weight end up regaining some. You may have lost weight in the past but found that you slipped back into your old behaviors, and your weight slowly crept back up. How does this happen and how can you prevent it from happening to you in the future?



Weight regain usually starts with a lapse. **A lapse is a temporary and small slip in your weight loss efforts.** It might be overeating at a particular meal or for a day or two. It could be skipping your exercise one week while you are on vacation. Lapses are a natural part of weight management. At some point, everyone has lapses - small slips, errors or times when they briefly return to an old habit. By itself, a lapse will not cause you to gain back the weight you've lost.

But if you fail to cope with a lapse, it can grow into a relapse. **A relapse is a return to your earlier eating and activity habits and is associated with significant weight regain.** A relapse usually results from a string of several small lapses that snowball into a full-blown relapse. The most effective way to prevent a relapse is to identify the lapses early and deal with them before they turn into a relapse.

## Breaking the Relapse Chain



In many ways a lapse is like a small fire that breaks out. For example, a potholder might catch fire while you are making dinner. The fire can be easily extinguished if you stay calm and take the proper action. However, if you do not take action right away, this small fire can grow. Soon the kitchen is in flames and then more extreme action is needed to stop the fire. But you can still prevent the house from burning down (a total relapse) if you have a plan, like calling the fire department right away. The entire house burns down only if you don't take action. And the earlier you take action, the easier it is to stop the house from burning down. Relapse happens in much the same way. If you take action, you can stop the process – or break the chain. And the earlier you take action, the easier it is to stop the relapse.

## The Relapse Chain

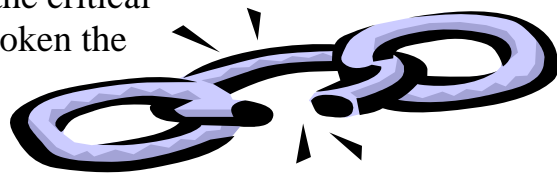
The relapse chain looks a little like this:

High Risk Situation → No Plan for Situation → Small Lapse Occurs → Negative Thinking and No Plan for Lapse → Another lapse and No Comeback Plan → Full Relapse

Consider the following example of a lapse that could well lead to a relapse:

**Rose slowly, but steadily, lost 19 pounds in PRIDE over a 7-month period. She worked out a meal plan that allowed her to lose weight without feeling deprived and made walking a regular part of her week. She felt better than she had in years and was proud of herself. Then she and her husband went for a long weekend at the beach. After doing so well, she felt she deserved a few days without worrying about what she ate. When she got home, she weighed herself – and couldn't believe that she was two pounds heavier than when she left for her trip! She was upset and felt like there was no use trying. She thought "if I can't just enjoy myself for a few days, why even bother?" Then she became depressed and frustrated and did not resume her meal plan or begin walking. When she got ready to go to group a week later, she had gained 5 pounds and didn't want to go back to group until she had lost the 5 pounds.**

Think about Rose's situation. What were the critical links in her chain? How could she have broken the relapse chain at each of the links?





## Preventing Relapse

To prevent relapse and weight regain you need to do two things.

- ✓ First, you need to **recognize danger zones or high-risk situations** and have a plan to cope with them. This will allow you to avoid the small setbacks or lapses.
- ✓ Second, you need to have another **plan to handle the small lapses** so that they do not grow into a full-blown relapse. Planning is the key.  
**Don't be caught off guard!**

## Recognizing Your High Risk Situations



You may have thought already about coping with lapses earlier in the PRIDE program when you were actively losing weight. Now that you are working on weight maintenance or your weight loss has slowed down, it is a good time to think about what high risk situations face you now. Your high-risk situations may be the same as the ones that you faced earlier or they may have changed.

Think about the times in the past weeks when you might have slipped or had a lapse. What was going on? What circumstances led to your lapse? There are some situations that are commonly identified as high risk by individuals trying to manage their weight. Review the worksheet on the next page. Do any of these apply to you? Circle those that apply to you.

Remember, different situations may be high risk for unexpected eating than the situations that put you at risk for stopping your physical activity or other behaviors that have helped you control your weight (like recording in your Keeping Track or coming in for PRIDE sessions). Think about times when you've missed your physical activity, skipped recording or not attended a PRIDE group session. What situations put you personally at risk for stopping these important weight management behaviors?

Remember that both positive and negative situations can be risky for lapses. Some of these high-risk areas will apply to you more than others, but carefully consider each area to see if you think it presents a risk of a lapse for you. Are there other situations that are high risk for you? If so, add them to the list.



# HIGH RISK SITUATIONS

## Emotional High Risk Situation

<b><i>Positive</i></b>	<b><i>Negative</i></b>
<ol style="list-style-type: none"> <li>1. You just got a new job and want to celebrate at your favorite restaurant with a meal and wine!</li> <li>2. You are on vacation, feeling relaxed and enjoying being with your family.</li> <li>3. _____</li> <li>4. _____</li> </ol>	<ol style="list-style-type: none"> <li>1. You feel overwhelmed by things you can't control in your life.</li> <li>2. You've been feeling lonely, sad or depressed.</li> <li>3. You are angry, upset or frustrated.</li> <li>4. _____</li> <li>5. _____</li> </ol>

## High Risk Breaks in Routine

<b><i>Positive</i></b>	<b><i>Negative</i></b>
<ol style="list-style-type: none"> <li>1. You are on vacation and staying at a relative's home or in a hotel.</li> <li>2. You're traveling &amp; eating out for each meal.</li> <li>3. The weekend is relaxed, and you don't have a structured routine.</li> <li>4. _____</li> <li>5. _____</li> </ol>	<ol style="list-style-type: none"> <li>1. You are ill and can't do your usual activities.</li> <li>2. You have a very busy time at work or at home.</li> <li>3. Your spouse, sibling or parent is in the hospital and you go to visit regularly.</li> <li>4. _____</li> <li>5. _____</li> </ol>

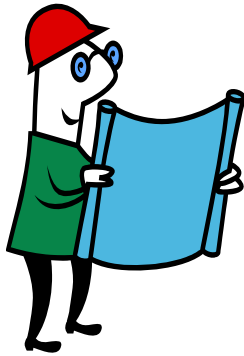
## Social High Risk Situations

<b><i>Positive</i></b>	<b><i>Negative</i></b>
<ol style="list-style-type: none"> <li>1. You are at a party and don't want to stand out by not having cake.</li> <li>2. You go out to dinner with friends and everyone orders high calorie meals.</li> <li>3. Your boss invites you over for dinner.</li> <li>4. _____</li> <li>5. _____</li> </ol>	<ol style="list-style-type: none"> <li>1. You have an argument with a friend, people at work or at church.</li> <li>2. There are difficulties in your family.</li> <li>3. Your children refuse to eat the low calorie foods you made.</li> <li>4. _____</li> <li>5. _____</li> </ol>

## Other High Risk Situations

<b><i>High Risk Negative Physical States</i></b>	<b><i>High Risk Urges and Temptations</i></b>
<ol style="list-style-type: none"> <li>1. You feel tired or exhausted.</li> <li>2. You have trouble sleeping.</li> <li>3. You are ill or don't feel well.</li> <li>4. _____</li> <li>5. _____</li> </ol>	<ol style="list-style-type: none"> <li>1. You unexpectedly find high calorie, tempting snacks in your pantry.</li> <li>2. You crave a specific food.</li> <li>3. Someone gives you a box of chocolates as a gift.</li> <li>4. _____</li> <li>5. _____</li> </ol>
<b><i>Other Situations</i></b>	
<ol style="list-style-type: none"> <li>1. _____</li> <li>2. _____</li> <li>3. _____</li> </ol>	

## A Plan for Your High Risk Situations



DEVELOP A PLAN that you can use in your high risk situations to prevent a lapse. Part of successful weight management is having a plan to deal with your high-risk situations so that they don't become lapses.

WRITE DOWN YOUR PLAN so that you can look back on it when you find yourself in the middle of a slip.

Remember your plan should involve TAKING ACTION TO CHANGE THE SITUATION, your thoughts and behaviors, or both.

Make sure your plan is SPECIFIC AND DETAILED, so that you will be able to follow it when you are in the middle of your high risk situation.

- ◆ I am at high risk for stopping my healthy eating when

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- ✓ My plan to handle this situation so that I don't slip or lapse is

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- ◆ I am at high risk for decreasing my physical activity when

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- ✓ My plan to handle this situation so that I don't slip or lapse is

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- ◆ I am at high risk for missing a PRIDE meeting or not recording in my Keeping Track when

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- ✓ My plan to handle this situation so that I don't slip or lapse is

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## How can you Comeback from a Lapse?

Having a lapse is a natural part of weight management. Even when you have an excellent plan to handle your high-risk situations, you cannot always prevent or avoid lapses. It doesn't mean that you have failed or that you are certain to regain your weight!

Lapses are part of the learning process. Just as you can't learn to skate without falling once in a while, you can't develop weight management skills without having a lapse once in a while. What matters is how you respond! Just as you must get back up and try again after you fall down when skating, you have to get right back on track if you have a lapse. You need a **comeback plan to prevent your lapse from growing into a relapse.**

### What Makes a Good Comeback Plan?

- ❖ **Take charge immediately.** Get back into action As Soon As Possible!
- ❖ **Stay calm** and listen to your positive self-talk. Remember that no short period of overeating or skipped activity will erase all of your progress.
- ❖ **Learn from your lapse** by figuring out how to avoid it or manage it better in the future.
- ❖ **Be kind to yourself.** How you think about your lapse is the most important part of the process. If you use it as a learning opportunity, you will succeed. If you give up and stop trying to make changes, then you are at risk for relapse.



### Develop YOUR Come Back Plan

Your comeback plan should include the things that you found helpful in losing weight earlier in the PRIDE program. If you have a setback and regain weight, you will want to start back with the most powerful behaviors that you have available to help you lose weight.

**Your Come Back Plan might include these behaviors:**

- ❖ Start Keeping Track daily, making sure that you write everything you eat and drink, taking care to be as accurate in your portion sizes as you can.
- ❖ Budget a few less calories over the next several days or increase your exercise by 10 or 15 minutes for several days to make up for the extra calories you ate.
- ❖ Start your physical activity that very day or the next, making sure that you give yourself realistic and achievable goals.
- ❖ Start planning out what you will eat at your *next* meal. Plan what you will eat the next day for each meal and your snacks also. You might consider using pre-packaged frozen meals or liquid meal replacements. Plan meals for several days ahead but start with the next meal (don't wait until tomorrow!).
- ❖ Call your group leader, another group member or a good friend for a pep talk to help you start your Comeback Plan and to feel optimistic about your success.
- ❖ Reflect on your progress. Renew your commitment.

Think about what will be the most effective Comeback Plan for you to help rescue yourself from a lapse and prevent a full relapse. Write down the steps for your plan and keep your written plan in a place that you will be able to find.

What two steps can you take immediately after a lapse to comeback and get back on track?

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What negative thinking might get in the way of putting your comeback plan into action?

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What positive thoughts will you use to keep yourself going with your comeback plan?

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How will you reward yourself when you get back on track?

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## Making this lesson work for you:

### At home, make plans for high risk situations.

\_\_\_\_\_ Relapse prevention plans

- Identify your high-risk situations and come up with a plan to cope with the situations so that you avoid a lapse.
- Develop your Comeback Rescue Plan for lapses in eating, activity and PRIDE habits and place your Rescue Plan in an easily reached place.
- Keep your eyes open in the weeks ahead to see if there are other high - risk times that you did not realize before--times when you were tempted to eat something not in your meal plans or to skip your activity. When you discover a new high-risk situation, outline a plan to cope with it and write it down.



## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

## Session 37: Exercise Videos

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Exercise videos are a good alternative to gym membership when there are monetary or logistical concerns. Maybe you are looking for a little variety or a respite for bad weather. While some videos are boring or hard to follow, there are many that are well produced.



How do you find the perfect video without wasting a lot of time and money trying them out? Here are a few pointers taken from the FitnessLink and the American Council on Exercise.

1. **Know your own fitness level.** Too easy is ineffective; too hard is frustrating. Rule of thumb:
  - **BEGINNER:** Just starting to exercise, or haven't exercised in 6+months.
  - **INTERMEDIATE:** Fairly active in some type of regular exercise program (3 times per week).
  - **ADVANCED:** Very active in a regular exercise program four or more times per week for at least 6 months.

2. **Make sure the video suits your needs.** Choose a video that matches your fitness goals. Are you looking for a cardio workout or strength training? Are you interested in yoga or Pilates? Most exercise videos can be divided into three groups. Below is a brief description of each:

- **AEROBICS:** Most effective for weight loss; reduces stress; increases endurance; strengthens the cardiovascular system (step aerobics, cycling, fitness walking, dance aerobics).
- **STRENGTH TRAINING:** Tones muscles; shapes, defines body; improves overall body strength; increases lean muscle to burn more calories. (Pilates, weight training, resistance bands, body sculpting).
- **FLEXIBILITY/STRETCHING:** Increases flexibility; reduces risk of muscle discomfort or injury; improves posture and balance; promotes relaxation, relieves stress (yoga, tai chi, total body stretching).



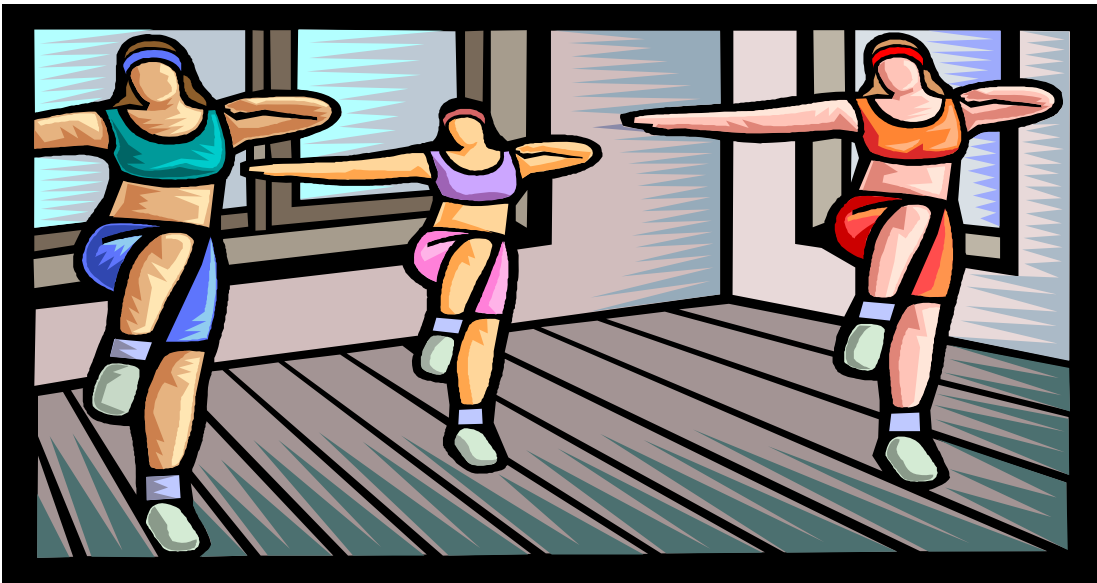
**“TO GET THE MOST BANG FOR YOUR BUCK”,** and to provide variety in your workout, you may want to consider a video that combines more than one type of conditioning. Circuit training, tae bo, kickboxing and power walking are examples of workouts that combine aerobics and muscle toning. Other videos combine flexibility training with muscle toning and so on. Cross-training is considered to be an excellent way to improve overall fitness by challenging your body with an all-around exercise regimen.

Shop for videos that feature a certified, experienced instructor who includes a warm-up and a cool-down in the workout, and “alternatives or modifications” to the main program if it is too difficult for you. Avoid videos that feature a celebrity as the main selling point, especially if they try to teach the routine themselves without support from a trained fitness professional.

## GUIDELINES for Selecting an Aerobics Video

The videotape should include:

- ✓ Heart rate checks or the use of a perceived exertion scale.
- ✓ How exercises can be modified to accommodate individual limitations. For example, low impact alternatives should be shown if the session becomes high impact.
- ✓ Stretching that is completed after rhythmic activity.
- ✓ Movements, particularly stretching and strengthening, that are done in a controlled, smooth manner and not with jerky flings or twists.
- ✓ Encouragement to work at own pace, not the pace of the instructor.
- ✓ Explanations regarding the purpose of the movements that are being performed and the muscle groups that are being used.



The videotape should NOT include:

- ✓ Full circle neck rolls. The head should turn side to side or chin to chest, but should never be bent back.
- ✓ Fast, jerky trunk twists. These should be done slowly and with control.
- ✓ Full body trunk rolls that may stress the back. Avoid any exercises that cause hyperextension of the back.
- ✓ Bouncing during stretching movements.
- ✓ Toe touches of any kind. Frequent bending over to the floor may contribute to lower back problems.



## Questions to ask

1. Am I familiar with the instructor? Is the instructor certified?  
Shop for a video that features a certified, experienced instructor.
2. Before I buy it, does a friend own the same tape or can I rent the video?  
View the tape before putting money towards the purchase. Make sure you like the presentation – instructor’s style, music, background scenes.
3. Do they make any claims or promises? Beware of videos that promise quick results....“Lose 20 pounds in two weeks” or “Firm up in only five minutes a day.”
4. Does it suit my specific needs?  
If yes, that increases the chances you will use it.
5. Do I have enough room to do the workout safely?  
A step routine in a small area may feel claustrophobic.
6. Do I need special equipment or props (steps, barbells, stretch rope, or a chair)?  
Extra money on props may not be in your budget. Without the props the tape may not be as useful.
7. Watch the video all the way through at least once before beginning so that you are well prepared.
8. Get a catalog with reviews. Collage Video’s Complete Guide to Exercise Videos is a good resource. Their reviewers actually do the workouts. You can get a FREE CATALOG by calling (800)433-6769.
9. The internet and on line services are full of fitness information web sites and bulletin boards.





## Making this lesson work for you:

Before the next meeting,

- ✓ List the places you found had exercise videos to borrow, rent, or buy (libraries, discount stores, supermarkets, malls, etc.)  
\_\_\_\_\_
- ✓ Identify and talk to one person that is using an exercise video. Ask the name of the video they like and why.

What information from the lesson did you find most useful to you?

\_\_\_\_\_  
\_\_\_\_\_

How do you see exercise videos becoming a part of your healthier lifestyle?

\_\_\_\_\_

## PRIDE Goals



\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My “Early Warning”** weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

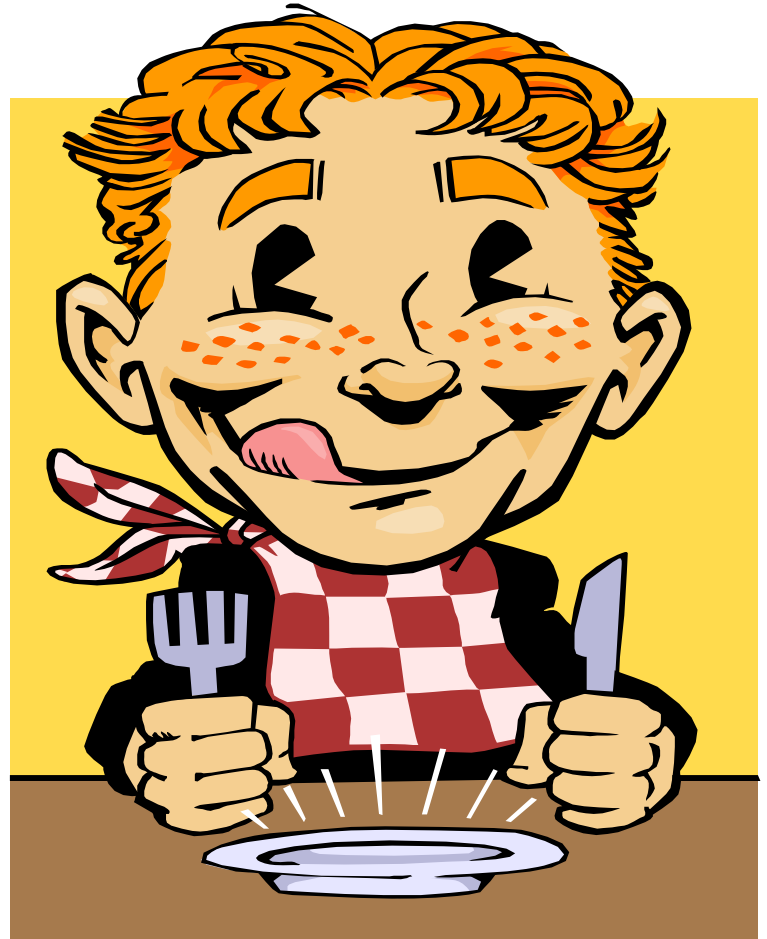
- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

## Session 38: Supersize ME / Eating Out

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When you have not prepared the food and the ingredients are not known, it is difficult ...often very frustrating, and sometimes just down right impossible... to determine the calories in the foods you have eaten. Nine out of 10 people will **underestimate** the calories in foods eaten at restaurants and fast food places.

If you eat out frequently, you may find that your calorie count at the end of the week is in a range that should promote weight loss, but your weight has remained the same or even increased. You are confused. Foods eaten at restaurants or fast food establishments may be the culprit!!!



### T h e F A C T S

- ✓ The 10 "fattest" cities in America do have "something" in common. That "something" is more restaurants and fast food places per capita than most other cities.
- ✓ The weight for height of teenage girls goes up as the number of meals eaten away from home increases.
- ✓ Studies show that larger portions not only provide more calories, but when people are served more....they eat more!!!!!!
- ✓ When people eat out, 67% eat their entire entrée either all or most of the time.
- ✓ "Value Meals" cost less than buying each component separately and

bigger is rarely better when it come to food.

- ✓ People will eat more if 3 different sandwiches are served them than if there are 3 of the same sandwich. More choices = more eaten.

How well can you estimate the number of calories in these foods .....

<i>Food Item</i>	<i>Calories</i>	<i>Fat</i>
Cheesecake Factory Choc Chip Cheesecake (1 slice)		
Batter dipped Fried Onion (whole)		
Auntie Anne's Original Pretzel		
Coffee Frapuccino, venti		
Small Movie Popcorn w/butter		
1 Biscuit and Gravy		
1 cup peanuts		
2 Tablespoons olive oil		
16 ounce ribeye steak		
½ cup tuna or chicken salad		

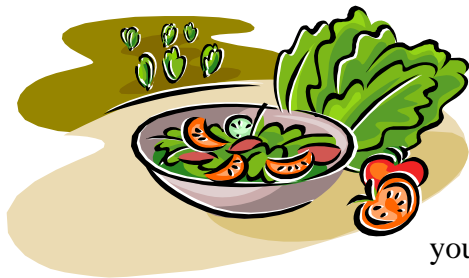
(Answers on page 4)



### Why is eating out so challenging?

- Portion sizes are typically much larger than “standard” portions or food portions prepared at home.
- “Get the most for your \$\$\$\$\$” temptations lead to super sizing!!!
- Too many choices leads to eating more than planned.
- Eating out is associated with having a good time, often with eating awareness abandoned.
- Foods are often high in fat and ingredients and preparation unknown.

**LIMIT**  
**the number of times you eat out to no more than**  
**2 times a week!!!!**



**Salads** provide the dark and colorful fruits and vegetables recommended for optimal health. Many fast food places promote their ready made salads. Use the information below to help you make wise choices next time you are choosing a fast food salad.

<b><u>Arby's</u></b>	<b>Calories</b>	<b>Fat</b>
<b>Sesame Salad</b>	140	1
w/ Asian Noodles	241	6
w/ Asian Noodles and Dressing	431	20
w/ Asian Noodles, Dressing and almonds	512	27
<b>Santa Fe Salad</b>	520	29
w/ Ranch Dressing	784	57
w/ Ranch Dressing and tortilla strips	845	60
w/ light Ranch Dressing/tortilla strips	691	38
<b><u>Wendy's</u></b>		
<b>Mandarin Chicken Salad</b>	150	2
w/Oriental Sesame Dressing	400	21
w/ Oriental Sesame Dressing and almonds	530	32
w/ O S Dressing/almond and rice noodles	590	35
<b>Spring Mix Salad</b>	180	11
w/ House Vinaigrette Dressing	370	29
w/ House Vinaigrette Dressing and Pecans	500	42
<b><u>Taco Bell</u></b>		
<b>Fiesta Taco Salad (no Shell)</b>	500	27
(with Shell)	870	46
<b>Express Taco Salad (with chips)</b>	630	33
(without chips)	410	21

<u>Chick-Fil-A</u>		
<b>Chargrilled Chicken Salad</b> (plain)	180	6
<b>Chick-N-Strip Salad</b> (plain)	390	18
<i>Additions:</i> Garlic and buttered croutons (1pkt)	50	3
Honey roasted, sunflower kernels(1pkt)	80	7
Tortilla strips(1pkt)	70	3.5
<b>Dressings <u>1 whole packet</u></b>		
Cesar /Ranch/Thousand Island	400	42.5
Reduced fat Raspberry vinaigrette	160	4
Blue Cheese	375	40
Light Italian	30	0

**TIPS**



Website for information: <http://www.dietfacts.com/fastfood.asp>

- Salads are the newest options at fast food places. Pay attention to the additions!!!! The calories can triple with the nuts, tortilla strips and dressing. Read the labels carefully on the dressings. The calories noted on the packet are for 1 serving, and most packet have 2 to 2.5 servings. If you use the whole packet, multiply the calories/serving by the number of servings the packet has!!!!
- Try ordering a plain sandwich. Added cheese and special sauces mean extra calories and fat, so order them with these “extras” left off.
- Order the regular size sandwich instead of the "super" size. The regular size will have less calories and fat.
- Try ordering a plain beverage such as skim or low-fat milk, coffee, tea, or perhaps a fruit juice instead of a shake. Shakes are sources of quite a few extra calories and fat.

<i>Food Item</i>	<i>Calories</i>	<i>Fat</i>
Cheesecake Factory Choc Chip Cheesecake (1 slice)	1080	71
Batter dipped Fried Onion (whole)	2130	163
Auntie Anne's Original Pretzel	370	4
Coffee Frapuccino, venti	300	1.5
Small Movie Popcorn w/butter	630	50
1 Biscuit and Gravy	510	28
1 cup peanuts	840	71
2 Tablespoons olive oil	240	24
16 ounce ribeye steak	1230	101
½ cup tuna or chicken salad	300	24

### *Selecting and Ordering Your Food*

1. Look for familiar foods, then, make your selections from these foods, knowing that your calories and fat intake will be "in the ballpark."
2. Limit the number of items you eat or instruct your server to hold items that you are trying not to eat.
3. Match meal choices to the length of the meal. If dinner out is the evening's activity, order items that will take a long time to eat, such as salad, or seafood in the shell. If the meal is short, to be followed by dessert or a snack after some activity, such as a movie, eat quicker-type foods, but be sure to save some calories and fat grams for later!
4. Order low-calorie item to start your meal- to cut down on the amount you eat of higher calorie items. If you are very hungry, order raw vegetables, salad, or a glass of low-fat milk to be brought to your table right away.
5. Watch for hidden calories, like butter and margarine, which can appear in vegetables, broiled fish, poultry or meat, and sandwiches. You'll also find it

on baked goods and breads, especially when they are served warm or toasted.

6. Watch out for large portions and don't be afraid to ask for a container for leftovers. Or, if you feel you are really at risk for eating the leftovers immediately then give yourself permission to leave them behind.
7. Keep dessert “light”- fruit, fruit sherbet, or low fat yogurt are excellent choices!
8. Enjoy your meal!
9. Review how you did and plan what you might do differently next time

## REMINDER



**LIMIT**  
Your eating  
in fast food places  
or restaurants  
to no more than  
**2**  
times a week



# Ethnic Foods

The following chart provides some general guidelines for ordering in ethnic restaurants:

CUISINE	GO FOR	EAT SPARINGLY
Chinese	Steamed or stir fried fish and vegetables, Steamed vegetable dumplings, Bean curd, Velvet chicken, Steamed rice, Hot and sour soup, Vegetable Lo Mein,	Shrimp with garlic sauce, Fried dumplings, Orange beef, Szechuan beef, Kung Pao chicken, Fried rice, Sesame noodles, Sweet and sour chicken, Peking duck, Egg rolls, Fried won ton, Tempura, and anything crispy or fried.
Mexican 	Black bean soup, Rice and black beans, Chicken Enchilada, Mexican Salad, Grilled chicken or beef Fajitas, Gazpacho, soft tacos (corn or flour tortillas), salsa.	Refried beans, Enchilada, Beef Flauta, Carne Asada, Cheese quesadillas, Guacamole, Beef/chicken burrito or tostadas, Sour cream, Crisp tacos.
Japanese	Sushi, Sashimi, Seafood Yosenabe, Chicken or fish teriyaki, Hijiki Salad, Miso soup, Steamed rice.	Tempura, Chicken Sukiyaki, Beef Negimaki, Pork Katsu.
Greek/Middle Eastern	Tabouli, Couscous, Yogurt Tzatziki, Fish or chicken Shish Kebab, Pita bread, Hummus, Torato, Soulvaki	Moussaka, falafel, Gyro, baba ghanoush, Spinach cheese pie, Pastitsio, Bourekakia.
Italian	Vegetable antipasto, Pasta primavera, Pasta in marinara or red clam sauce, Chicken cacciatore.	Pasta alfredo, Pasta Bolognese, Cheese ravioli, Lasagna, Veal chops, Zucchini fritti (fried)



## Making this lesson work for you:

During your “Progress Review” .....

\_\_\_\_\_ Total the number of times you had meals in a Restaurant or Fast Food establishment over the last two weeks. Goal is to have no more than 2 meals in a week from a restaurant or fast food establishment.

What are two of the restaurant/fast food places you stop the most often?

\_\_\_\_\_

List the foods you eat most often at these restaurants/fast food places.  
What are the calories/fat grams of those items?

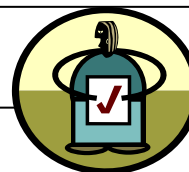
\_\_\_\_\_  
\_\_\_\_\_

Write a plan for eating out in the two restaurant/fast food places listed above that will work with your efforts to manage your weight.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Check out this website: <http://www.dietfacts.com/fastfood.asp>

## PRIDE Goals



\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

# Session 39: Supermarket Smarts

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- ✓ Sixty –nine percent (69%) of food shoppers are female heads of household.
- ✓ If “saving time” is a priority, Tuesdays have the fewest shoppers, thus a speedier checkout.
- ✓ Supermarkets average 30,000 items and not every store carries the same 30,000 items. The more stores you shop, the more items you encounter.
- ✓ Supermarket layouts are designed to slow you down, not speed you up.

**The fact is:** The choices you make at the grocery store are important to eating right and living well. You eat what is in the cupboard. If only healthy foods are at your fingertips, then healthy foods you’ll eat.

Many of the things we buy are bought out of habit. Think about how you buy your food. What do you usually do?

<u>When shopping, do you:</u>	YES	NO
Plan some or all of your meals ahead?	_____	_____
Check to see what foods you have on hand?	_____	_____
Make a list of food you need to buy?	_____	_____
Shop from your list?	_____	_____

Were you able to check “yes” for most of the above items? The more times you checked “yes” the better your chances that you will end up with healthy food in your home! The information that follows will help in planning and shopping for food.



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### **Plan Weekly Menus – SIMPLIFY!!!!!!!!**

Meals can be as difficult or as simple as you want them to be...and still be nutritious. Yes to the “sandwich meals, soup meals, easy to pull together meals”. You just want to be sure you have the food on hand to avoid the FAST FOOD FRENZY meals. TIPS:

- Plan to use the food you already have at home.
- Plan your menus around the basic food groups.
- Check the newspaper for foods on sale. Use advertised specials when practical.
- Know your food budget.
- Plan to make extra portions of foods to refrigerate or freeze. These will be helpful to have on hand when you don’t have time or don’t want to cook.
- Convenience foods are prepared foods like frozen dinners or ready-to-heat canned lunches. These items often cost more. Think about how much time you have to prepare meals. Consider whether the time and effort that convenience foods save are worth the extra cost.
- Plan for changes you are making in your eating habits.
- Plan to buy foods that are low in fat and calories.



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### **Prepare a Shopping List**

Making a grocery list can save time and money at the store. It can prevent you from buying foods you don’t need. If you keep low calorie and low fat foods on your list and in your kitchen, you’ll be more likely to meet your PRIDE goals.

- Check menus and recipes for items needed.
- Include staple items and supplies which may need to be restocked.
- Keep a note pad handy in your kitchen to write down items you are low on or need. If you are preparing a meal and see that you are almost out of something, write it down. That’s easier than remembering it in the store.
- Prepare the grocery list according to your usual route through the store.

## Shopping Skills or Strategies to Save



- **Eat before you go!!!!** Studies have found hungry shoppers spend 17% more money on groceries. “Take home meals” are readily available and in plain view, tempting the fatigued and hungry shopper.
- **The “EYE-LEVEL Trick** – Higher priced items are at eye level. For better prices, look on the higher or lower shelves. Some companies actually pay the store to have their product placed at eye level.
- **End of the aisle display** may mean a “good buy” or “expiration dates” are near.
- **KIDS’ Cereals** are at their eye level on the shelf...and candy is usually on the other side of the same aisle.....a Parent’s Nightmare!! Skip the aisle if you can.
- **Shelves change constantly** making shoppers search for their regular items, thus spending more time in the store and covering more floor space searching.
- **Cut your own produce.** Pre-cut produce are displayed and cost more..\$\$\$
- **Specialty items are grouped together** increasing the impulse purchase of a higher priced item. Chips and Dips together...Salad greens and the pricier salad dressing linked.
- **Pretty packaging** costs extra money. Remember you are buying the product, not the package.
- Shop for items before you run out of them if possible, otherwise you will be paying what the store is charging that week.
- **Save BIG \$\$\$** by trying the **generic or store brands**. Often these products look and taste just as good as the expensive brands.
- **Package prices can be deceptive** as coffee, for example, remains in the original can that held 1 lb (16 oz) for years, but now holds only 12 oz. Check UNIT price located on the large sticker on the shelf for comparison.
- **Stick to your shopping list.** Places like the check out line are designed to sway buyers into making impulse purchases.
- **Read labels** to find out more about the product you are buying. The ingredients are listed in order by weight.

**SHOP THE PERIMETER OF THE GROCERY STORE.** This is where you'll find fresher, healthier food items like fruits, vegetables, meats and dairy.

## Green, Yellow and Red Light Shopping System:

### Green = go there

These products are the lowest in fat and most nutrient dense:

- ✓ Produce section (choose colorful fruits and vegetables)
- ✓ Fresh fish counter (all types except pre-breaded items)
- ✓ Uncooked beans, grains, and pastas (no seasoning packets)

### Yellow = to take caution

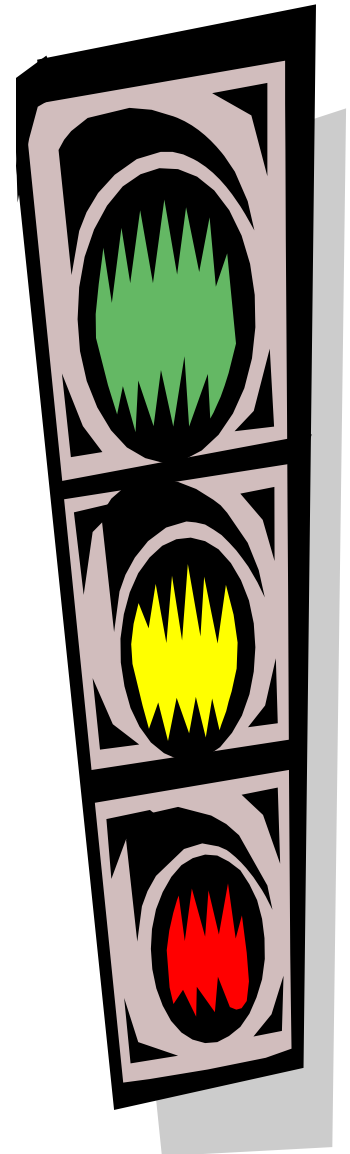
These foods may be tricky and require label reading to ensure you are choosing the healthiest product:

- ✓ Dairy sections (look for low-fat and non-fat items)
- ✓ Frozen foods (vegetables, healthy microwave meals)
- ✓ Deli/Bakery (lean meats, wholegrain breads)
- ✓ Meat (lean cuts: round and loin)

### Red = to avoid

These foods are likely to be the highest in fat and calories. Some of these foods may have a healthier alternative so make sure to read the label!

- ✓ Deli (prepared foods unless marked as reduced fat)
- ✓ Check out aisle (candy)
- ✓ Ice cream case
- ✓ Packaged/Convenience foods (look for low or reduced fat /calories)



## **PRACTICE: Planning next week's meals**

On the following page is a **7-Day Menu Planner**. Planning a week's worth of meals may take less time than getting in your car, driving to pick up fast food, and returning home. Why not give it a try?

### Suggestions for completing the meal plan:

- Think through the upcoming week. What activities do you have on the calendar? Mark off the meal(s) that you will not have to prepare (Friday night with friends, business luncheon, etc.). **Try to limit eating in Restaurants and Fast Foods to no more than 2 times a week.**
- Plan, and make the effort, to eat something nutritious each morning. Skipping breakfast, over time, may put you on the fast track to weight gain and heart disease, according to a new study. Monitor the calories of the weekend breakfast foods. Meal replacements are still an option if time is a crunch.
- Plan the lunches, and include one midday meal as leftovers from a night meal. It is important to include Saturdays and Sundays in the meal plan. Weekends often create random eating and increased calories if meals are left unplanned.
- Include “Volumetric strategies” as you plan the lunch and supper meals. Include a salad or cup of soup as a teaser to the main meal.
- Plan snacks if you usually get hungry between meals. Keep the snacks to 200 calories or less.


**HINT:** Most institutional based food services (i.e., hospital and school cafeterias) use a 3 week menu cycle. Keep your plans for a month and you'll have 4 weeks of meal plans. Recycle the plan but tweak any meals necessary based on advertised specials and seasonal foods.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							
Snacks							



Menu Plan for week of \_\_\_\_\_

<p><b>GROCERY LIST</b> by aisle</p> 	<p><b>PRODUCE</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>DAIRY</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p><b>CANNED GOODS</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>CEREALS/GRAINS</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>HEALTH/ETHNIC</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p><b>SNACKS</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>SPICES/CONDIMENTS</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>BEVERAGES</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p><b>PERSONAL HYGIENE</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>HOUSEHOLD ITEMS</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>FROZEN FOODS</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p><b>PHARMACY</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>MEAT/SEAFOOD</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p><b>PET FOOD</b></p> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



## Making this lesson work for you:

Before the next meeting,

\_\_\_\_\_ Spend 15 minutes planning one week of meals. “Simple” is good!!!! Be prepared to discuss pros and cons of planning.

\_\_\_\_\_ Identify grocery store “tactics” you were aware of this week.

How did you apply the information from this lesson the past 2 weeks?

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What part of “Supermarket Smarts” will become a part of your PRIDE goals?

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## PRIDE Goals



\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

# Session 40: Body Image and Self Esteem

We are going to spend some time this week talking about how weight can affect self-esteem. Let's start by looking at how society has viewed people's body size over the years. The changes in the way weight and size have been viewed causes many overweight people to feel negatively about their bodies and themselves. If this is true for you, we want to help you challenge negative thoughts you may have learned about your appearance.



## **Weight and Self-Esteem: A Brief History Lesson**

Movies, television, magazines and advertisements constantly remind us that “thin is in.” Interestingly, this was not always the case. Several hundred years ago, during the Renaissance period in Europe, the many paintings portrayed beautiful, large, curvaceous women who were symbols of fertility and prosperity. Today, this concept of beauty has shifted dramatically.

As we entered the 1900s, a thin body shape and size made its first major appearance as the “flapper” look. It continued as an ideal for beauty with the “Twiggy” look in the 60s and continues to be a strong influence today.

This strong connection that has been created between beauty and thinness has many unfortunate consequences. For instance, there are very few roles for overweight people in the media. And when overweight people are given roles on TV or pictured in advertisements, it's most likely a negative picture that is presented. For every positive role such as Dennis Franz on the TV show *NYPD Blue*, there are many instances where overweight is presented in a critical light.

What effect do you think seeing these negative images on TV and in the media have on your self-esteem?

## Where do we stand today?

At the same time that Americans have been getting heavier, our cultural ideal of beauty has become thinner. What does this mean for overweight people? Some overweight people feel an increased pressure to be thin, rather than reaching a weight that is realistic for them.

- ◆ Overweight people often face negative attitudes from others.
- ◆ Studies have shown that children, college students and even doctors often have negative impressions of overweight people simply because of their weight.
- ◆ Additional research has found that overweight people sometimes experience discrimination in school and at work, in addition to social discrimination.
- ◆ Overweight children are often teased about their weight and overweight adults are sometimes treated unfairly.



Given this discrimination, it would be understandable if overweight people experienced more psychological difficulties than thinner folks. But that isn't the case. In general, overweight people are just as mentally healthy as people who weigh less. However, overweight people may experience distress resulting from the negative attitudes and behaviors of others.

### Self-Esteem and Social Messages

It can be difficult to develop a healthy view of yourself when there are so many messages out there that seem to say "Overweight people are not beautiful, successful or desirable." It is even possible that you might start thinking that way yourself. When you agree with the media message or start thinking that way yourself, you may find that it can drag down your self-esteem. So, what can you do?

## What is the significance of body weight?

- ❖ There are no meaningful differences between overweight and normal weight people in terms of personality, abilities, life functioning, etc. Body weight doesn't say anymore about character than eye or hair color does. People of all weights – thin, medium, and heavy - have life problems. But body weight has nothing to do with character or worth.
- ❖ One does not have to be thin to be healthy or to have a satisfying life.
- ❖ The goal should be to lead a healthy lifestyle, not meet a Hollywood definition of attractiveness.

## What can you do?

- ❖ If you think that your self-esteem has been affected by negative social messages, it is important to take strong, positive steps to counter them. Look for ways to promote realistic and healthy ways of viewing your body and yourself. Just as you shouldn't be judged by the color of your skin or your religion, you shouldn't be judged by your weight.
- ❖ We can also “talk back” to prejudices just as we talk back to other types of negative thinking.

## Countering Prejudice and Discrimination

Let's take a minute to identify typical beliefs that people often have about those who are overweight. In the first column, list beliefs that you think others have about excess weight. In the second column, list ways you could challenge those beliefs (that is, how you would “talk back” to these beliefs).

Typical Belief	Your Counter
1.	
2.	
3.	
4.	
5.	

## Body Image and Self Image

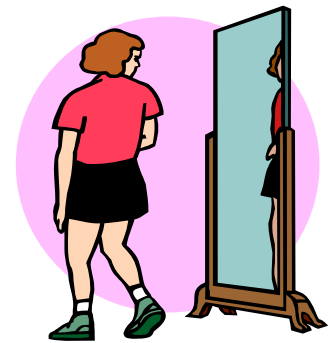
Now we are going to move onto how we view ourselves. **Body image** refers to the way we view our bodies. Most people have had negative thoughts about their bodies at one time or another. For instance we've all said "my (pick a body part) is too big (or too small)." However, sometimes these thoughts don't just come and go. They build up and become the way we see ourselves. A poor body image is sometimes the result.

Having a negative body image can be emotionally painful. It can contribute to feelings of anxiety, anger, depression and shame. It can also reduce our confidence in ourselves. However, if your body image has a negative impact on your life, there are ways to identify and change thoughts and beliefs about your body. These thoughts and beliefs are called "body-image errors." Let's first look at some common body image errors. Of course, not everyone who is overweight will have a poor body image – but even if you don't, see if any of the specific thinking styles listed below are relevant to you. (These examples are adapted from What Do You See When You Look in the Mirror [Bantam Books], by Dr. Thomas Cash.)

### Body Image Errors

1. Beauty or Beast: "Beauty or beast" thinking occurs when you regard your appearance in terms of extremes. For example, you view yourself as either fat or thin. If you think this way you may not be happy with yourself if you are somewhere between these two extremes.

2. The Unreal Ideal: The "Unreal Ideal" takes into account the thousands of images about beauty we receive from our culture. If Sharon regularly compares herself to these perfect ideals then she will often be dissatisfied with her body because the cultural standard is almost impossible to meet. For example, saying, "I'll never have Julia Roberts' long thin legs or tiny waist" can prevent you from feeling attractive about what you do have.



3. Unfair-to-Compare: "Unfair-to-compare" thinking goes a step beyond the "Unreal Ideal." Now you are also comparing yourself to people around you, usually picking things you like least about yourself to serve as the standard of comparison. For example, at a restaurant, Diane notices every woman who has thinner arms than her and subsequently feels worse about her arms.



4. The Magnifying Glass: In this type of thinking, you focus on a feature of your appearance that you don't like and "magnify" its importance. You even downplay your positive features because you are selectively focusing on the aspect of your body you exaggerate. For example, after Steve lost weight, his wife was very complimentary but his thought was "Yea, but she'd think I'd look much better if I lost this gut of mine."

5. The Blind Mind: The "Blind Mind" type of thoughts means that you blind yourself to some of your many attractive features. For example, Becky might ignore her bright eyes and fit legs while focusing only on the body parts she is unhappy with.

6. Ugly by Association: "Ugly by association" thinking means you decide one feature is unattractive and then go on to "find" all the other features that fit this unattractive label you have given yourself. For instance, your bad feelings about your double chin might "spread" to other parts of your body that you normally feel are okay.

7. The Blame Game: The "Blame Game" is an example of when negative body-image goes beyond the way you view your body. This type of thinking means you blame the aspects of your body you don't like for other outcomes in your life. "Maybe my grandkids would want to play with me more if I weren't so big" is an example of this hurtful way of looking at yourself.

8. Mind Misreading: Many of us think we can read other people's minds when it comes to what they think of us. "Mind Misreading" means you assume the worst about what other people think about your body or some part of it.

9. Misfortune Telling: "Misfortune telling" leads to all or nothing thinking about past, present or future events based on negative thoughts you have about yourself. For example, Ed decides he'll *never* be a manager at work because his weight makes him look clumsy.



10. Beauty Beyond: "Beauty Beyond" is another example where negative body image becomes harmful to your quality of life. This thinking is reflected in statements that you *cannot* do certain things because of your looks. Lucy deciding that she "couldn't" go to the beach until she lost weight is an unfortunate example of this.



Now, let's try to correct negative thinking specific to body image using an approach called the "A-B-C-D-E Sequence." We'll start by working through an example together. This approach is found in What Do You See When You Look in the Mirror, by Dr. Cash.

**Corrective Thinking by "Talking Back"**

Pick a type of body-image error that you often commit: Unfair-to-compare

**Activators (A):**

Watching TV, looking at magazines  
\_\_\_\_\_  
\_\_\_\_\_

**Beliefs (B):**

Every woman I see is thinner than I am. My legs are so big; look at how much smaller everyone else's are.  
\_\_\_\_\_  
\_\_\_\_\_

**Consequences (C):**

I feel sad and hopeless that I'll never look that way.  
\_\_\_\_\_  
\_\_\_\_\_

**Disputing by Corrective Thinking (D):**

Some people do have thinner legs than I do, but mine look better than they used to before I started this Lifestyle Program. Also, there's a lot more to me than my physical appearance. I shouldn't use other people's standards in judging myself.  
\_\_\_\_\_

**Effects of Corrective Thinking (E):**

Instead of feeling down, I actually feel better because I'm looking at my successes. It's a relief to watch TV or flip through a magazine without comparing myself to everyone I see. That makes me feel good!  
\_\_\_\_\_



Let's see how you do in correcting a body image error.

### Corrective Thinking by "Talking Back"

Pick a type of body-image error that you often commit: \_\_\_\_\_

#### Activators (A):

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#### Beliefs (B):

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#### Consequences (C):

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#### Disputing by Corrective Thinking (D):

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#### Effects of Corrective Thinking (E):

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## Making this lesson work for you:

\_\_\_\_\_ Practice Correcting Negative Thoughts about Your Body

- Catch yourself committing body-image errors.
- Write them in your Keeping Track book.
- Practice using the A-B-C-D-E Sequence to modify these thoughts.

\_\_\_\_\_ Practice Countering Prejudice and Discrimination

- Practice countering (e.g. correcting) any prejudices you hear or see (e.g. on T.V.) in your Keeping Track book or, if you feel comfortable, out loud.
- For example, if you see an overweight person on T.V. who is the butt of a joke, examine how you feel about this and how you would “talk back” to the image on the T.V.



## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

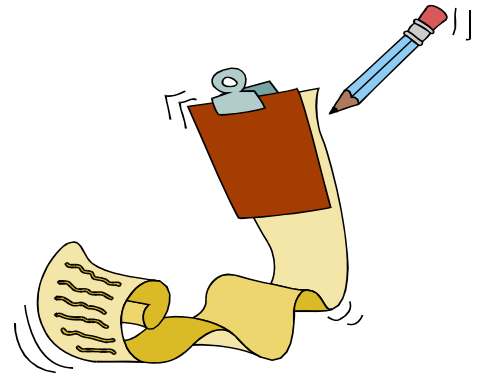
# Session 41: Becoming A Weight Maintenance Pro

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How do people who have lost weight manage to keep it off? We've taken a peak into the lives of successful weight maintainers, through the National Weight Control Registry (NWCR), and this is what we have found:

## WHO ARE THE MEMBERS OF THE NWCR?

- 4000 plus members
- Mostly women
- Many are white, college educated and married
- Many report being overweight as a child and having one or two parents who were overweight
- Many report a triggering event that motivated their weight loss (e.g., diabetes, relative having a heart attack)
- To qualify, members must have lost 30 lbs and kept it off for 1 year, but most members have lost about 70 lbs and have managed to keep it off for 6 years!



## WHAT ARE THE KEY DIFFERENCES BETWEEN SUCCESSFUL AND UNSUCCESSFUL WEIGHT LOSS ATTEMPTS?

When Registry participants tell us about their weight control approach, two themes consistently emerge:

- ❖ Registry members report that this time, they were more committed to behavior change and weight loss. They made weight maintenance a top priority and stayed focused on their ultimate goal of weight control. By keeping this goal in focus, maintainers had an easier time making behavioral choices consistent with long-term weight control (for example, resisting the urge to eat an appealing dessert or resisting the urge to sleep instead of exercise).

- ❖ Registry members say this time they dieted more strictly and used more physical activity than they did in previous attempts. In fact over 90% say that they used both diet and exercise to lose weight and maintain it.

## **HOW DO THEY MAINTAIN THEIR WEIGHT LOSS?**

Members of the registry are asked to fill out questionnaires about their eating habits and physical activity. Reviewing their answers suggests that there are certain typical approaches to successful weight loss maintenance:

1. Successful weight losers report eating a low calorie, low fat diet. On average, these members report eating about 1400 calories per day (or 1800 calories with error of estimation). They also report 24-27% of calories from fat. This is far below the average American who eats closer to 36% of calories from fat.
2. Very few eat a low carbohydrate diet (like Atkins). Rather, these individuals report eating a high carbohydrate, low fat diet, with lots of variety in the fruits, vegetables and low fat bread products.
3. Most NWCR members (78%) report eating breakfast everyday. Only 4% report that they never eat breakfast. The breakfast typically includes cereal, fruit, and milk; NWCR members who report eating breakfast have overall daily caloric intake that is no higher than people who skipped breakfast.
4. NWCR members report 5 eating episodes per day (breakfast, lunch, dinner and 2 snacks). They report eating out about 3 times per week, but go to fast food restaurants less than once per week.
5. Physical activity is a major factor in their weight loss maintenance success. Registry members report about 2800 calories/week in physical activity. This would be approximately an hour a day of physical activity. Walking was the most frequently cited physical activity, but aerobic dance, cycling, and strength training are also reported frequently. The amount of physical activity that is reported by NWCR members far exceeds the Surgeon General's Recommendation to get 30 minutes of activity on most days in the week.

6. Registry members weigh themselves regularly. Almost half of the members weight themselves every day and three quarters weigh themselves at least once a week.
  
7. We asked registry members whether they watched their diet and physical activity as closely on weekends as they do during the week (or as closely on vacations/holidays as they do during the rest of the year). About half reported that they were equally careful at both times and the other half said they were more careful on weekdays/or non-holidays. We then followed these participants over a year to see which group did better. We found that those individuals who were equally careful on both weekdays and weekends (and on holidays and non-holidays) were less likely to regain weight over the year of follow-up. Why might this be true? Perhaps members who give themselves “breaks” from diet and exercise on weekends also start giving themselves “breaks” at other times, and thus end up eating more and exercising less over time.

**SO HOW DO YOU COMPARE TO THE NWCR?**

Let’s take a minute to see if you are doing behaviors that are similar to the NWCR. Attached is a form indicating the behavior they report. Next to each behavior, indicate whether you have become similar to a successful weight loser.

REGISTRY MEMBERS

YOU

Eat a low calorie, low fat diet	_____
High intake of variety of fruits & vegetables	_____
Eat breakfast	_____
5 eating episodes per day	_____
1 hour per day of exercise	_____
Weighing self at least once per week	_____
Follow plan even on weekends and holidays	_____
less than one outing to fast food restaurant/week	_____

Do you have to follow the exact same plan as Registry participants to become a successful maintainer? The answer is no. In fact, among Registry participants, there is no “one plan fits all” approach. Reading the Registry stories, it is clear that there is a great deal of variability in what individuals do to become successful maintainers. Each person found a way that worked for them – an approach they could continue to use long-term. The key is to find an approach that works for you and start to own your weight loss success!

## **YOUR WEIGHT MAINTENANCE PLAN**

Consider the strategies that Successful Weight Maintainers in the Registry report. Are there any that you are not doing current but that might be helpful to consider for your own weight maintenance plan? Perhaps there are some behaviors that you did earlier in the program but have discontinued or ones that you’d thought about but never tried. **Select at least one Additional Maintenance Strategy to Incorporate into YOUR Maintenance Plan**

I already do the following to aid me in maintaining my weight loss:

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To help increase my success in weight maintenance, I plan to start:

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## Making this lesson work for you:

The NWCR has a website. Visit it at [www.nwcr.ws](http://www.nwcr.ws)

- Spend 10 minutes alone, and reflect on your accomplishments. What strategies are working for you to control your weight?

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- What would it take for you to be eligible for the Registry?

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## PRIDE Goals



\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week



# Cooking Demo

## Color Your Life

The USDA Dietary Guidelines recommend 5-a-day of fruits/veggies and 6-a-day of grains/legume. Those numbers are the minimum for the lower calorie meal plans. However, when surveyed, most Americans report just 1 serving a day of any fruit or vegetable. For whole grains, eighty percent eat less than one serving a day, admitting they don't even know what the term "whole grain" means.



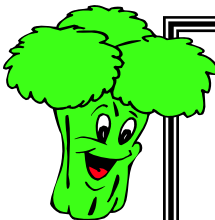
*What gets in the way of eating whole grains and legumes?*

*What gets in the way of eating fruits and vegetables?*

### Why the push for eating plant foods?

Vegetables, legumes, fruits and grains are the major source of a number of **vitamins** (A,C, and folate), **minerals** (potassium, iron, magnesium), and **fiber**. All have long been known to promote health and protect against disease. More recently, however, other naturally produced compounds in plants have been of intense interest. These are called **phytochemical** (phyto=plant).

The "plant" chemicals, first and foremost, serve to protect the leaves, root, and flower against insects, extreme weather, viruses, bacteria and fungi in nature. The added bonus is that these chemical substances give various fruits, vegetables, and grains their color and aroma. Presently there are almost 2000 known plant pigments in our food that provide a lot of color and enhance the enjoyment of eating.



*The table on page 3 gives names of "Phytochemicals".  
Which ones have you seen advertised on TV?*

*Which ones are in your vitamin supplement at home?*

## Phytochemicals Protect As?

These same phytochemicals protecting the plant may have health benefits for humans. Because the phytochemicals serve as





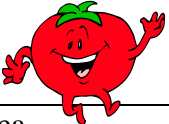
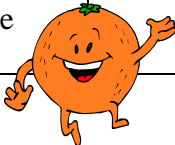
- **Antioxidants** – which help cells to stay strong and healthy.
- **Detoxifiers** – which destroy toxins (poisons) in the body.
- **Cell Regulators** – which control the growth of tumor cells.
- **Hormone Modulators** – alleviate damage caused by overactive hormones.

..... there is a potential phytochemical:

- *May prevent cancer - by stimulating the production of anti-cancer enzymes.*
- *May prevent heart disease – by helping prevent fatty deposits FROM forming in the blood vessels. Dietary fiber found appears to help lower cholesterol.*
- *May prevent stroke – Potassium and antioxidants may help.*
- *Helps reduce blood pressure – Potassium and magnesium may help.*
- *Helps eyesight – carotenoids might help protect against cataracts and macular degeneration.*
- *Helps maintain weight – If vegetables are cooked without fat or eaten raw, they are very low in calories. Vegetables are high in water and dietary fiber which helps people feel full with fewer calories. Fruits and vegetables are low-calorie substitutes for cakes, pastries and high-fat snacks. For example: one cup of vegetables, one small cookie, and 5 potato chips all contain about 50 calories.*

Most the phytochemicals are NOT destroyed by cooking. That's good!!! The compounds are heat stable and are not significantly lost in the cooking water, with the exception of vitamin C which is partially lost by cooking. On the other hand, the availability of carotenoids and the level of indoles in broccoli may actually be increased during cooking.

## Promising Phytochemicals in Vegetables and Fruits

Major Food Sources	Phytochemical Group	Potential Benefits
Allium vegetables: onions, garlic, scallions, leeks, chives	Allium compounds 	<ul style="list-style-type: none"> <li>Increases production of anti-cancer enzymes</li> <li>Reduces blood pressure and cholesterol</li> <li>May enhance immune system</li> </ul>
Orange fruits and vegetables and dark greens: carrots, sweet potatoes, winter squash, pumpkin, mango, spinach, collards, bok choy	Beta carotenes	<ul style="list-style-type: none"> <li>Antioxidant</li> </ul>
Beans, legumes, soybeans, Soy foods: tofu, soy milk, soy flour, veggie burgers	Isoflavones Saponins 	<ul style="list-style-type: none"> <li>May prevent cancer cells from multiplying</li> </ul>
Tomatoes, watermelon 	Lycopene	<ul style="list-style-type: none"> <li>Antioxidant</li> </ul>
Fruits, vegetables, wine, tea, soybeans, soy foods, cayenne, onions, apples, red grapes, artichokes	Flavonoids (such as: catechins, isoflavones, quercetin)	<ul style="list-style-type: none"> <li>Antioxidant</li> <li>May prevent cancer cells from multiplying</li> </ul>
Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, kohlrabi, cabbage, bok choy, kale, mustard greens, rutabaga, turnips, turnip greens	Isothiocyanates (such as: sulforaphane) Indoles	<ul style="list-style-type: none"> <li>Increases production of anti-cancer enzymes</li> <li>Lowers cholesterol</li> </ul>
Grapes, berries, whole grains, parsley, carrots, citrus fruits, tomatoes, nuts, vanilla beans, cloves	Phenolic acids (such as: coumarins, ellagic acid)	<ul style="list-style-type: none"> <li>May block the action of cancer-causing agents</li> <li>Delays cholesterol formation</li> </ul>
Citrus fruits, cherries, spearmint, dill, mint	Terpenes (such as: limonene monoterpenes) 	<ul style="list-style-type: none"> <li>Increases production of anti-cancer enzymes</li> </ul>

Resources: Vegetables, fruit and cancer prevention. JADA. 1996; 96:1027-1039 and Phytochemicals. JADA. 1997; 97 (suppl 2):s199-s204.

# Are you somewhere over the rainbow?



Produce comes in lots of colors!  
Take advantage of the variety!

Red	Orange	Yellow	White	Green	Blue	Violet
Beets	Acorn Squash	Banana	Alfalfa Sprouts	Artichokes	Blueberries	Black Cherries
Blood Oranges	Apricots	Calimyrna Figs	Applesauce	Asparagus		Blackberries
Cranberries	Butternut Squash	Corn	Bamboo Shoots	Bok Choy		Boysenberries
Pimentos	Cantaloupe	Golden Raisins	Bean Sprouts	Broccoli		Dark Raisins
Pomegranates	Carrots	Lemons	Cabbage	Brussels Sprouts		Dates
Raddichio	Hubbard Squash	Pears	Casaba Melons	Celery		Eggplant
Radishes	Kumquats	Pineapple	Cauliflower	Cucumbers		Mission Figs
Raspberries	Mandarin Oranges	Rutabaga	Jicama	Granny Smith Apples		Passionfruit
Red Apples	Mangos	Spaghetti Squash	Mushrooms	Green Beans		Plums
Red Bell Peppers	Nectarines	Starfruit	Onions	Green Bell Pepper		Prunes
Red Cabbage	Oranges	Yellow Apples	Parsnips	Green Grapes		Purple Grapes
Red Cherries	Papaya	Yellow Bell Pepper	Potatoes	Guava		Purple Onions
Red Grapefruit	Peaches	Yellow Onions	Sauerkraut	Honeydew Melon		
Red Grapes	Persimmons	Yellow Squash	Turnips	Kale		
Red Leaf Lettuce	Pumpkin	Yellow Tomatoes	Water Chestnuts	Kiwi		
Red Onions	Sweet Potatoes	Yellow Watermelon	White Asparagus	Kohlrabi		
Red Plums	Tangeloes	Yellow Wax Beans	White Cherries	Lettuces		
Rhubarb	Tangerines		White Eggplant	Limes		
Strawberries	Yams		White Grapefruit	Mustard		
Tomatoes				Okra		
Watermelon				Poke Sallet		
				Romaine Lettuce		
				Snow Peas		
				Spinach		
				Sugar Snap Peas		
				Tomatillos		
				Turnip Greens		
				Zucchini		

## Food Sources of Commonly Deficient Nutrients

<b>Vitamins</b>	
Vitamin A and its Precursor, Beta-Carotene	Liver, eggs, milk, sweet potatoes, carrots, dark leafy greens, mango, papaya, cantaloupe, peppers, apricots, broccoli
Vitamin C	Cabbage, grapefruit, guava, kiwi, oranges, papaya, red or green peppers, potatoes, strawberries, tangerines, tomatoes, mangoes
Vitamin D	Eggs, fish with edible bones, fortified cereals, fortified milk
Vitamin E	Vegetable oils, margarine, salad dressings, nuts, seeds, wheat germ
Vitamin B12	Animal products such as beef, milk, cheese, yogurt, fish, liver, veal, chicken
Folate	Dry beans and peas, avocado, strawberries, oranges, peanuts, spinach, wheat germ, fortified bread, pasta, rice, cereal
<b>Minerals</b>	
Calcium	Milk, yogurt, cheese, tofu (processed with calcium), fish with edible bones, leafy greens, broccoli, calcium-fortified products such as fruit juices and cereals.
Iron	Meat, poultry, fish, fortified cereals, dry beans and peas, enriched bread, rice, pasta and other grain products, spinach
Magnesium	Dry beans and peas, nuts, peanut butter, whole grains
Potassium	Bananas, oranges, potatoes, tomatoes, bell pepper, milk, poultry, fish
Selenium	Seafood, liver, kidney, grain products, seeds (content depends on amount in soil)
Zinc	Meat, seafood, liver, milk, eggs, whole grain products, wheat germ

Healthcare Professional's Guide to Evaluating Dietary Supplements, ADA/APHA Special Report, 2000

# Vegetables and Fruits

## Most Frequently Purchased

### Top Ten Vegetables:

Potato
Iceberg lettuce
Tomato
Onion
Carrot
Celery
Sweet corn
Broccoli
Cabbage
Cucumber

### Top Ten Fruits:

Banana
Apple
Watermelon
Orange
Cantaloupe
Grapes
Grapefruit
Strawberries
Peach
Pear

## Most Nutrient-Rich

(vitamins A, C, folate and dietary fiber)

### Top Ten Vegetables:

Broccoli
Brussels sprouts
Cooked greens
Artichoke
Sweet potato
Parsnips
Winter squash
Spinach
Kale
Tomato

### Top Ten Fruits:

Orange
Mango
Tangerine
Kiwifruit
Papaya
Mandarin orange
Cantaloupe
Raspberries
Grapefruit
Strawberries



## Making this lesson work for you:

### *Think 5- and 6- a Day*

Look back in your Keeping Track..... List the variety of each you ate last

Fruits \_\_\_\_\_

Vegetables \_\_\_\_\_

Whole Grains \_\_\_\_\_

Legumes \_\_\_\_\_

Were there at least 5 servings a day of fruits/veggies?      Yes\_\_ No\_\_

Were there at least 6 servings a day of grains/legumes?      Yes\_\_ No\_\_

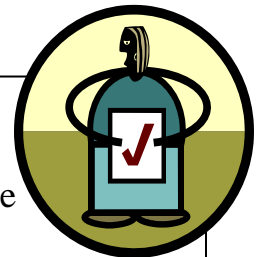
If the answer is NO, what would need to happen for you to meet these goals?

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If the answer is YES, how are you managing to reach these goals?

Knowing what you do now, what new plant foods might you purchase in the future?

## PRIDE Goals



\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT.

\_\_\_\_\_ **My “Early Warning”** weight is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

■ at least 10,000 steps each day

■ at least 200 minutes planned exercise each week

# Roast Beef / Blue Cheese Salad

8 oz thinly-sliced, well-trimmed deli roast beef  
8 cups packed European-style mixed salad greens  
20 cherry tomatoes  
¼ cup (1 oz) crumbled blue cheese  
1/3 cup fat-free raspberry vinaigrette

Divide roast beef slices into 2 stacks; roll each stack, jelly-roll fashion, and cut crosswise into 1-inch slices. Divide salad greens evenly among 4 plates. Arrange beef, tomatoes, and cheese over greens. Drizzle evenly with vinaigrette.

Yield: 4 servings  
Calories /sv: 130  
Fat: 4 grams



# Marinated Zucchini Salad

1 cup thinly-sliced yellow squash  
1 cup thinly-sliced zucchini squash  
1 TB lemon juice  
1 lemon, thinly sliced  
1 medium red onion  
2 tsp pepper  
2 TB dark balsamic vinegar  
2 TB olive or canola oil  
2 ripe tomatoes  
2 clove or ½ tsp garlic, minced

Mix the thinly-sliced squash in a large bowl with tomatoes, onion, and lemon slices.  
Mix oil, vinegar, lemon juice, pepper, and garlic in a small bowl. Pour over vegetables.  
Cover and refrigerate several hours.

Yield: 10- ½ cup servings  
Calories /sv: 25  
Fat: 0 grams

# A Trifle Tropical

3 bananas  
4 kiwi  
1 pint strawberries  
1 Angel Food Cake  
2 cups fat-free whipped topping  
2 cups seasonal fruit (such as peaches, mango, blueberries)  
2 (4-serving) pkg instant sugar-free vanilla pudding  
3 cups skim milk

Prepare 2 pkg of pudding mix using 3 cups skim milk; set aside. Slice fruit. Cut cake into bite size pieces.

Arrange alternating layers of cake, whipped topping, fruit, and pudding ending with whipped topping.

May reserve kiwi and strawberries to decorate top, if desired.

Refrigerate overnight.

Yield: 16 servings  
Serving: 1 cup  
Calories sv: 185 Fat: <1gram

# Santa Fe Soup

1 pound ground round (cooked and drained)  
2 cups water  
1 large onion, chopped  
2 (1 oz) envelopes ranch dressing mix  
2 (1.25 oz) envelopes taco seasoning mix  
2 (11 oz) can white shoe peg corn, drained  
1 (16 oz) can black beans, undrained  
1 (16 oz) can pinto beans, undrained  
1 (16 oz) can kidney beans, undrained  
1 (14 ½ oz) can whole tomatoes, undrained  
1 (10 oz) can diced tomatoes with chiles, undrained

In a Dutch oven cook ground round and onions until meat is brown and onions are tender; drain and rinse. Add remaining ingredients, blending well. Bring to a boil. Reduce heat, cover and simmer 2 hours. Top individual serving with fat free grated cheese, fat free sour cream and chopped green onions. Serve with tortillas or corn bread.

Yield: 16 cups  
Calories /sv: 259  
Fat: 2.5 grams

# **NipperSink Lodges' Broccoli Corn Bread**

1 cup egg beaters (or 4 whole eggs)  
2 boxes Jiffy Corn Bread mix  
1 large onion, chopped  
½ cup fat free mayonnaise  
1 16 ounce package frozen broccoli  
1 8 ounce carton no fat cottage cheese

Pre heat oven to 400. Mix all ingredients and pour into a 9" X 13" pan. Bake 25 minutes.

	<u>With eggbeaters</u>	<u>With whole eggs</u>
Yield:	16 servings	16 servings
Calories /sv:	160	171
Fat:	4	5

# Holiday Mini Module: **Let the Holidays Begin!** *With* **Great Expectations**

The best gift you can give yourself this holiday season is to maintain your weight and healthy habits. Holidays are often a time when many people gain weight. Because this may happen year after year, many feel that there is nothing they can do to change this pattern. They expect to gain and then they DO!!!! This attitude is called a.....

## self-fulfilling prophecy.....

People who expect to gain weight have given up before even trying. If this has been your attitude in the past, fill your mind with healthier expectations. With confidence, repeat the following statement several times each day during the holiday.....

*“I used to gain weight during the holiday season, but I’m a different person now. I have new skills and new knowledge to help me manage my weight. I can and will maintain and even lose weight over the holiday.”*

*Henry Ford is credited with saying,  
“Whether you think you can,  
or you think you can’t, you are right.”*



My new **self-fulfilling prophecy.....**for the holidays:

I **expect** to  maintain my current weight, or  lose \_\_\_\_\_ pounds.

I **expect** to average \_\_\_\_\_ calories per day.

I **expect** to average \_\_\_\_\_ fat grams per day.

I **expect** to exercise \_\_\_\_\_ minutes per week.

I **expect** to Keep Track \_\_\_\_\_ days per week.

# Holiday Challenges.....

You are faced with many challenges during this time of year that aren't as difficult at other times of the year. In order for you to weigh what you want to weigh at the first of the NEW YEAR, you will probably need to do some things differently from past holiday seasons. What makes meeting your PRIDE goals challenging during the holidays? Check all that apply:

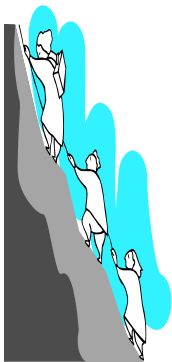
- Busy schedule
- Social cues to eat (food gifts; others encouraging you to eat and giving you excuses, "because it's the holidays"; social gatherings)
- Weather becomes a barrier to exercise
- Less time.... to exercise and/or keep records
- Eating foods that you don't usually eat (high fat and calorie)
- Stressed out, giving myself a "present" or little "party time".
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Others**

## A Plan for the Season

If you **anticipate the challenges** of the holidays, you can make **plans to manage** them!!!! First, consider the entire holiday season. Go back to the list of difficulties on page 2. Pick out the "challenging situations" that will be around all season. (For example, extra fat and calories will be readily available and your time to exercise and prepare healthy meals will be limited.

What can you do to tackle these problems? What has worked for you in the past?



Holiday challenge

My plan to manage it

_____
_____
_____
_____
_____
_____

## Some proven coping behaviors that help include:

- Using two meal replacements each day during the holidays.
- Measuring all foods to ensure that you are not eating too much.
- Keeping track will be an essential part of maintaining your weight over the holidays!
- Planning something to look forward to when the holidays are over so there is no post holiday let down which tempts you to eat.

## Weekly Planning

In addition to having some general strategies for the season, making a weekly plan can help you deal with things so that you are able to meet the seasonal goals you set for yourself. With many special events, your schedule is likely to change from week to week. Making a plan for each week can help you to:

- Set specific, realistic goals for the week.
- See when you will have time to exercise.
- Anticipate challenging times for sticking to your meal plan.

*The “HOW TO’s”* ..... Use the weekly schedule on the pages that follow to make a plan for the upcoming week. Be sure to include:

- ✓ all regular activities, such as work, school, and regular meetings
- ✓ special events
- ✓ gift shopping, if you plan to do that
- ✓ grocery shopping
- ✓ cooking and meal preparation
- ✓ exercise
- ✓ writing your foods and activities in Keeping Track.

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Take a minute to look at your meals. For what meals will you use meal replacements?

Where might you fit in a 10 minute walk? (i.e., before you begin shopping, or while waiting to pick up a child from school or an activity.)

What will potentially get in your way? How will you modify your schedule if the unexpected comes up?

What will help you to fulfill your prophecy? Take a look at “Your Healthy Happy Holidays Tip Sheet” (p. 6) and choose some strategies that will work well for you this week.

Each evening, review how your plan went for the day. Are there any adjustments you need to make the following days?

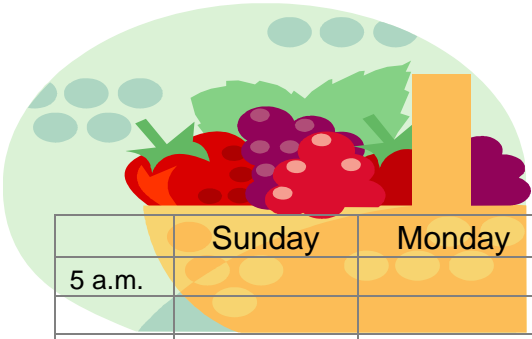
What will the next 7 days look like? Think about your engagements (being with friends, eating out, parties, at work holiday foods/lunches, etc.) Mark these days on either of the planners that follow. You chose..... Write a plan to handle those high risk situations. Will you need to buy some healthy foods to have on hand at home? When will you find time to exercise? Post the plans in a place you know you will look everyday.

Week Days

Social functions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meals/snacks/groceries							
Exercise							

Name \_\_\_\_\_ Date \_\_\_\_\_

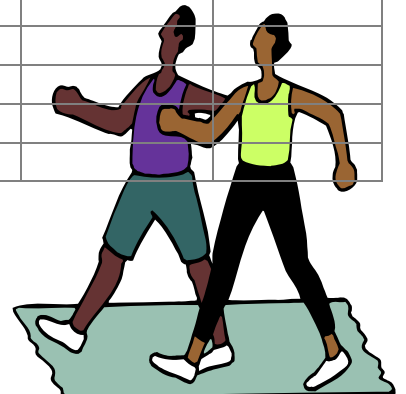




Week of \_\_\_\_\_

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 a.m.							
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
12 a.m.							
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.							
7 p.m.							
8 p.m.							
9 p.m.							
10 p.m.							

**Weekly Planner**



## Your Healthy Happy Holiday Tip Sheet

### *ABCs of Holiday Parties*

- A**lways focus on the gathering of friends and family not on food.
  - ✓ Be the designated picture taker.
  - ✓ Find out something new about each guest.
- B**uy a good supply of plastic ware to send leftover food with your guests.
- C**hoose the best...lose the rest. Opt for foods that are holiday specific.

### *1, 2, 3's of Holiday Shopping*

1. Park farther from store entrances instead of battling others for closer spots.
2. Take a brisk walk around the mall before you actually begin shopping.
3. Bring healthy snacks from home or make healthy food court choices.

### *Do, Re, Mi of Holiday Traditions*

Create new holiday traditions that includes physical activity.

- Take a walk (instead of a drive) to see the changing leaves or holiday lights.
- Go caroling around the neighborhood after your holiday meal.
- Add play to the day – indoor/outdoor games to enjoy family and friends.

### *Strategies for Holiday Treats*

- At parties, spend your time away from tempting treats.
  - Go to another room or stand on a different side of the room.
- Keep tempting foods in a place or room where you won't see them very often.
- Plan to eat your favorite holiday foods...moderation, moderation, moderation!!

### *Holiday Savers*

- Having another family member cook dinner one night this week.
- Prepare two dinners and cut up fresh vegetables for snacks at the beginning of the week.
- Use meal replacements.

*“Whether you think you can, or you think you can’t, you are right.”*

My new **self-fulfilling prophecy.....**for the holidays:

I **expect** to  maintain my current weight, or  lose \_\_\_\_\_ pounds.

I **expect** to average \_\_\_\_\_ calories per day.

I **expect** to average \_\_\_\_\_ fat grams per day.

I **expect** to exercise \_\_\_\_\_ minutes per week.

I **expect** to Keep Track \_\_\_\_\_ days per week.

**Cut out the two duplicates of your expectations for the holidays.  
Place each one somewhere you look daily.**

*“Whether you think you can, or you think you can’t, you are right.”*

My new **self-fulfilling prophecy.....**for the holidays:

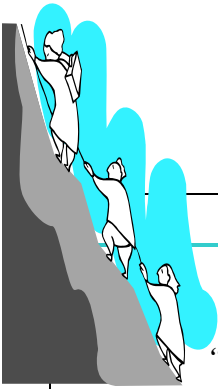
I **expect** to  maintain my current weight, or  lose \_\_\_\_\_ pounds.

I **expect** to average \_\_\_\_\_ calories per day.

I **expect** to average \_\_\_\_\_ fat grams per day.

I **expect** to exercise \_\_\_\_\_ minutes per week.

I **expect** to Keep Track \_\_\_\_\_ days per week.



## Making this lesson work for you:

### Next Week:

- ✓ Repeat several times each day:

*“I used to gain weight during the holiday season, but I’m a different person now. I have new skills and new knowledge to help me manage my weight. I can and will maintain, and even lose, weight over the holiday”.*

- ✓ Complete the plans and weekly schedule of activities and social engagements you have for the next 2 weeks. Record directly on your 2 week schedule how well the plans worked. Turn the plans and your assessment of those plans in with your Keeping Track.

## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

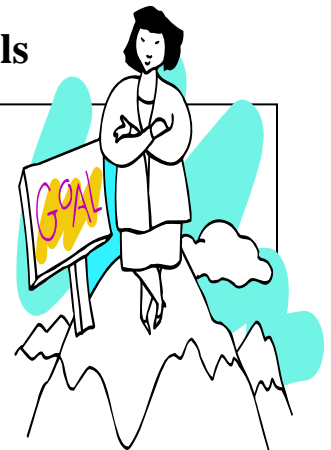
\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal.

\_\_\_\_\_ Weigh daily and record on your daily weight graph.

\_\_\_\_\_ **My “Early Warning Weight”** is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week



## Holiday Mini Module: **Holiday Meal Makeovers**

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Many people are hesitant to modify recipes/cooking techniques for a meal such as Thanksgiving. Three of the most common reasons given and ways to address them are:

**1. *Not feeling confident with their skills of modifying ingredients.***

Preparing foods differently does take practice especially when you have been preparing family favorites the same way for many years. In order to be successful, it is first necessary for you to believe that these foods can be just as acceptable with some simple substitutions. Your confidence and ability will develop with practice. Another suggestion might be not to announce the changes you have made – often these go unnoticed!

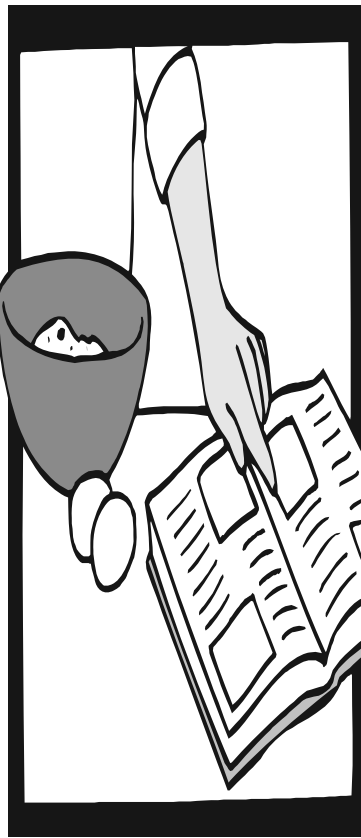


**2. *Feel they are imposing their nutritional needs on others.***

Today many people are health conscious and particularly interested in nutrition. Many of your friends and family members will begin to see you as the “expert”. This is your opportunity to be a role model. By preparing foods lower in calories and fat, family and friends will be able to see that this is an acceptable way to prepare foods and they will be more likely to follow your example.

**3. *Rationalize by thinking “It’s only once a year, I might as well really enjoy this meal”.***

True, Thanksgiving is just once a year, but holiday celebrations are more frequent than one might realize.... and, there are many other “Special Occasion” celebrations throughout the year – weddings, birthdays, vacations, etc. Making exceptions to your healthy eating habits can eventually add up to extra pounds.



## MEAL MAKEOVERS

First, analyze your recipe and decide what the high fat and calorie ingredients are. Then ask, can I:

### Reduce the ingredient?

- Sugar can often be reduced by  $\frac{1}{4}$  to  $\frac{1}{3}$  and not affect the final product.
- Fats can be reduced by  $\frac{1}{4}$  to  $\frac{1}{3}$  or more in baking. For every tablespoon of fat eliminated, 100 calories are saved!!!!
- Nuts – reducing  $\frac{1}{4}$  cup of nuts in a recipe saves 170 calories. Each ounce of cheese reduced is 100 calories.

### Eliminate the ingredient?

- Is the ingredient essential to the recipe, or is it just there for tradition? For example, leaving out the sausage in a lasagna or Italian meat sauce recipe will reduce the calories, sodium and fat without affecting the quality.

### Substitute another ingredient?

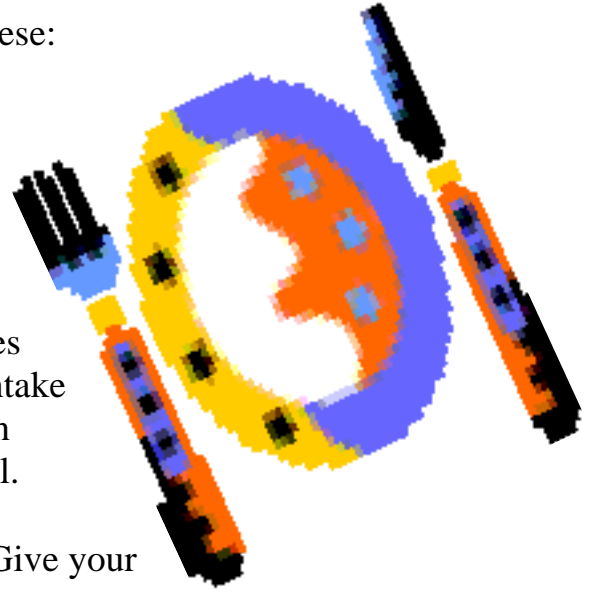
- Ask yourself the purpose of the problem ingredient. Many times a healthier substitute can be made. For example: substitute extra lean ground round for ground chuck in meatloaf or meatball recipes (can't cook and drain these). You save 50 calories per ounce.

## How much can I save?

Food	amount	calories	fat (g)	regular vs fat-free
Regular cheddar cheese	1 ounce	114	9	73 calories saved
Reduced fat cheddar cheese		90	5	
Fat-free cheddar cheese		41	0	
Regular cream cheese	1 ounce	100	10	75 calories saved
Reduced-fat cream cheese		74	7	
Fat-free cream cheese		25	0	
Regular dairy sour cream	$\frac{1}{4}$ cup	123	23	63 calories saved
Light dairy sour cream		80	4	
Fat-free dairy sour cream		60	0	
2% milk	1 cup	120	5	34 calories saved
Skim milk		86	0	
Regular mayonnaise	1 tablespoon	100	11	88 calories saved
Reduced fat mayonnaise		50	5	
Fat-free mayonnaise		12	0	
Regular salad dressing	1 tablespoon	70	7	50 calories saved
Reduced fat salad dressing		45	4	
Fat-free salad dressing		20	0	

If cooking is not your cup of tea....remember these:

- Eat smaller portions.
- Use a smaller plate.
- Add fruits and vegetables to the meal, especially those high in fiber. Fiber makes us feel fuller longer, and therefore food intake is less. Most fruits and vegetables contain fiber, as do bran, dried beans, and oatmeal.
- Don't go back for seconds immediately. Give your stomach time to realize whether it is full or not.
- Leave those extra calories behind....take the butter and sugar off the table.
- Pick the foods that are special and skip the foods that you eat all the time (such as chips, cookies, rolls, and crackers).
- Bowls of fresh fruit are a festive and sweet substitute for candy or chocolates.
- Eat at regular times...no skipping meals!!
- "Enough" satisfies the same as a "Feast".

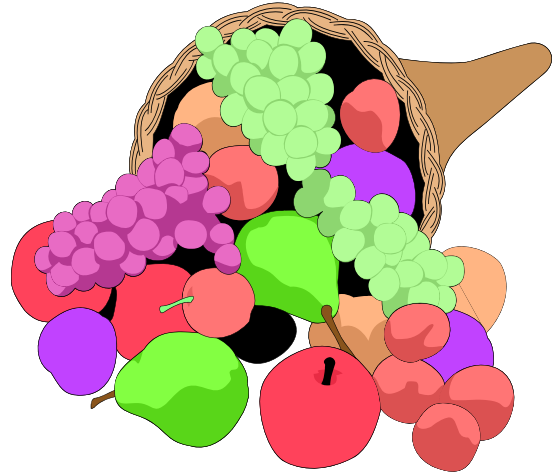


**A Holiday TIP:**

**It's your choice: You can burn extra calories eaten by exercising (20 minutes of exercise burns 100 calories), or you could forgo the extra calories and thus forgo the extra exercise, or you could do save calories by not having that treat, but also burn some of the calories you've eaten by engaging in a little extra exercise. You decide!**

# Happy Thanksgiving!

What are some healthier alternatives to the traditional menu items on the left? Write your ideas in the right-hand column.

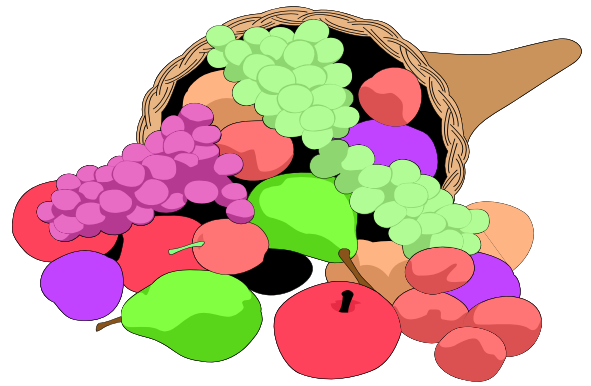


<b>Traditional Menu</b>	<i>Calories</i>	<i>Fat (grams)</i>	<b>Healthy Changes</b>	<i>Calories</i>	<i>Fat (grams)</i>
<b>Fresh raw vegetables</b> <i>(1/2 cup)</i>	50	0			
<b>Vegetable dip</b> <i>(2 Tablespoons)</i>	60	4			
<b>Dark turkey</b> <i>(5 ounces)</i>	262	10			
<b>Gravy</b> <i>(1/2 cup)</i>	58	4			
<b>Stuffing</b> <i>(1 cup)</i>	340	18			
<b>Cranberry sauce</b> <i>(1/4 cup)</i>	90	0			
<b>Potatoes, mashed with butter and whole milk</b> <i>(1/2 cup)</i>	130	6			
<b>Vegetable casserole</b> <i>(3/4 cup)</i>	135	7.5			
<b>Dinner roll with butter</b>	100	6			
<b>Sweet potatoes, candied with brown sugar and butter</b> <i>(1/2 cup)</i>	164	3.4			
<b>Pumpkin pie with whipped cream</b>	350	20			
<b>Traditional total:</b>	<b>1739</b>	<b>79</b>			
<i>This meal is 41% fat.</i>					



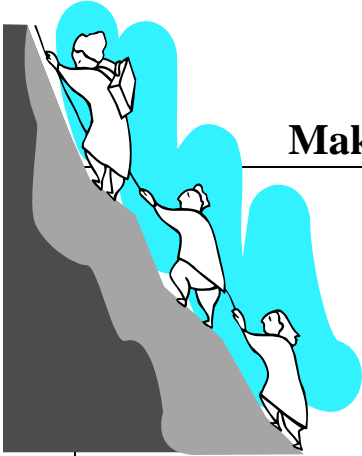
# Happy Thanksgiving!

Here are some simple suggestions for making your traditional dinner healthier.



<b>Traditional Menu</b>	<i>Calories</i>	<i>Fat (grams)</i>	<b>Healthy Changes</b>	<i>Calories</i>	<i>Fat (grams)</i>
<b>Fresh raw vegetables</b> (½ cup)	50	0	<b>No change</b>	50	0
<b>Vegetable dip</b> (2 Tablespoons)	60	4	<b>Made with low-fat sour cream</b>	35	2
<b>Dark turkey</b> (5 ounces)	262	10	<b>White turkey</b> (3 ounces)	129	3
<b>Gravy</b> (1/2 cup)	58	4	<b>Use only ¼ cup</b>	29	2
<b>Stuffing</b> (1 cup)	340	18	<b>½ cup serving</b>	170	9
<b>Cranberry sauce</b> (1/4 cup)	90	0	<b>No change</b>	90	0
<b>Potatoes, mashed with butter and whole milk</b> (1/2 cup)	130	6	<b>Mashed with non-fat sour cream</b>	82	0
<b>Vegetable casserole</b> (¾ cup)	135	7.5	<b>Steamed vegetables</b> (1/2 cup)	25	0
<b>Dinner roll with butter</b>	100	6	<b>Don't add butter</b>	60	2
<b>Sweet potatoes, candied with brown sugar and butter</b> (1/2 cup)	164	3.4	<b>Mashed with sugar-free syrup (no butter)</b>	56	0
<b>Pumpkin pie with whipped cream</b>	350	20	<b>No whipped cream</b>	320	17
<b>Traditional total:</b>	<b>1739</b>	<b>79</b>	<b>Healthier Total:</b>	<b>1046</b>	<b>35</b>
<i>This meal is 41% fat.</i>			<i>This meal is 30% fat.</i>		

You save **693 calories** and **44 grams of fat** by making these small changes!



## Making this lesson work for you:

### NEXT WEEK:

- Keep your weekly planner in a place you can refer to daily! Plan the weekly schedule of activities and social engagements you have for the next 2 weeks. Write how well the plans worked directly on the calendar as you do your weekly review. Turn the plans in with your KT.

- Repeat several times each day:

*“I used to gain weight during the holiday season, but I’m a different person now. I have new skills and new knowledge to help me manage my weight. I can and will maintain, and even lose, weight over the holiday”.*

- Write in your KT when you were able to “save” calories from a recipe or meal.

## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain weekly average at or below personal goal.

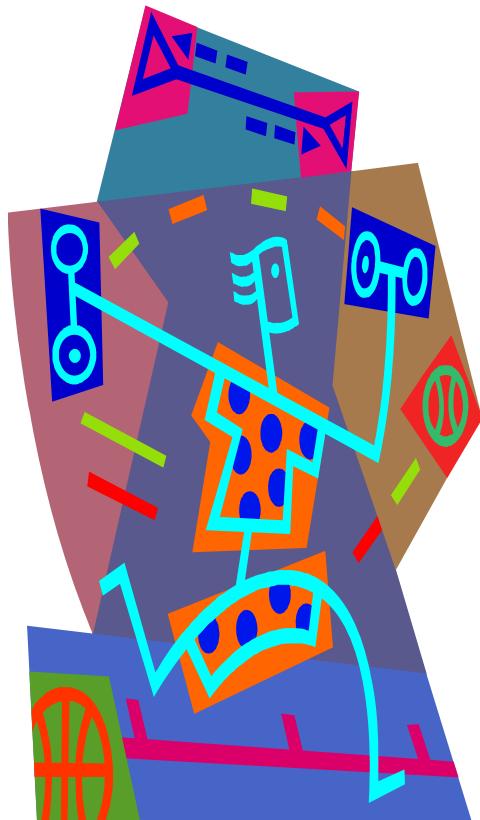
\_\_\_\_\_ Weigh daily and record on graph or in KT.

\_\_\_\_\_ My “**Early Warning Weight**” is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week





## Holiday Mini Module: **Mini Moves**

### **Circuit Training**

Circuit Training is rapidly becoming one of the most popular ways to lose weight and get in better shape. The phenomenon has exploded on the market in fitness facilities providing the variety to keep exercise interesting and consistent. For those who find a fitness program difficult and boring, circuit training may be the answer.

#### **Benefits of Circuit Training**

- Highly efficient - allows you to do more work in a shorter period of time.
- Complete workout – improves strength and aerobic fitness, while burning calories.
- Constant variation – creates more interest than most forms of training.
- Fatigue factor is better managed – alternates the types of exercise and muscle groups.

#### **Guidelines**

- **Warm up for 5-10 minutes prior to your workout with low intensity, low impact aerobic exercise (walking, biking) combined with some light stretching.**
- **The number and types of exercises are up to you, but try to work each major muscle group during the session.**
- **Arrange stations so that you alternate between upper body and lower body exercises.**
- **Once you have completed your circuits, cool down. You can follow your same warm-up procedure to cool-down and get your heart rate back to normal. Stretching exercises are a good idea at this time as your muscles are warm and increases in flexibility will be greater.**
- **Circuit training workouts are usually performed 3 days per week. At least 2 additional days of aerobic activity are recommended.**

## Program Basics

- 1) **Warm up** 3-5 minutes.
- 2) 8-10 stations (**resistance or strength training**)
- 3) Perform each strength training exercise 40-60 seconds.
- 4) Perform **aerobic** component for 1-2 minutes.
- 5) Move from one exercise to the next without rest.
- 6) **Cool down** 3-5 minutes.
- 7) Rest for 3 minutes after completing the “circuit”.
- 8) As fitness level improves, you can gradually begin repeating the circuit 1-4 additional times. Pay attention to your body and don't overexert.

## Personalize your own Training

No need to leave the comforts of home to exercise...especially in bad weather or during busy days. Create a “personalized training program” that matches your individual fitness level. You can also put to use whatever fitness equipment you have available—or come up with your own program utilizing no equipment at all.

### Equipment you can use:

Theraband , light hand weights (1-3 pounds each recommended in beginning), jump rope, aerobic exercise video and VCR, treadmill, stationary bike, elliptical trainer, aerobic step, music CD or tape with timed sequences, tape/CD player, clock with easily read second count

**OR**

four walls, a sturdy straight back chair, indoor stairway (use the bottom step), canned goods or bags of dried beans for hand weights.



## Circuit Training Program

Wear appropriate athletic footwear and comfortable clothing that will not restrict your movement when performing the circuit! Begin with **WARM-UP**----- 3-5 minutes of walking slowly, swinging your arms and taking deep, slow breaths.

### **Station 1** Strength: **Side Raise (deltoids—shoulder area)**

Stand with feet shoulder-width apart and soften/bend knees. Place tubing under arch of foot (or feet if you prefer). Grasp handles of band and position hands at side of body with thumbs pointing forward. Lift arms up and away from body no farther than shoulder height, keeping wrists firm and elbows soft. Return to start position and repeat. Try to complete 8-10 repetitions in 40-60 seconds or do as many reps as you can tolerate with good form in that time frame.

Aerobics: **Step-up:** Step on a 4”-8” step with your right foot. Bring left foot up to meet right. Step down with the right foot, followed by the left. Switch starting feet and repeat cycle for 1-2 minutes.

**Station 2** Strength: **Sit-ups (abdominals):** Lie on your back with knees bent to about 90 degrees. Make sure your lower back is pressed firmly against floor (pelvic tilt position). Place hands gently behind head for support (do not pull on head and neck area). Gradually raise head and shoulders off floor and hold this position for 5 seconds, then return to start position. Repeat two more times, holding for 10 seconds, then 15 seconds each.

\*Try to repeat this sequence at least 3 times. Remember to inhale on the way down, and to exhale on the way up - 40-60 seconds.\*

Aerobics: **Jump rope:** Make sure the floor surface is not slippery and that there is sufficient padding or mats to give the floor a more cushioned surface. 1-2 minutes.



**Station 3** Strength: **Wall squats (thighs and glutes):** Stand with back firmly against wall and take one step forward. With back supported by wall, slowly bend your knees and lower yourself until you are close to a sitting position. Hold this position for 5 seconds, then return to start position. Repeat the exercise, holding for 10 then 15 seconds. Try to perform this sequence at least 3 times. 1-2 minutes.

Aerobics: **Very brisk walk or march** in place with arms swinging. 1-2 minutes.

**Station 4** Strength: **Arm curls (biceps and forearms):** Sit comfortably in chair with arms at sides, elbows slightly bent. Holding hand weights (or a can from your pantry!) slowly raise one hand up to your shoulder, then lower. Repeat with your other arm. Try to complete at least 2 sets of 8-10 with each arm. 40-60 seconds.

Aerobics: Step as described in station 1 for 1-2 minutes.

**Station 5 Strength: Leg Lifts (outer thigh area)** Standing behind a sturdy, straight back chair with feet spread shoulder width apart, knees soft and both hands holding back of chair for support, slowly lift your leg to side, hold for 5 seconds and return to start position. Keep the movement of your leg controlled throughout this exercise. Repeat 5-6 times with each leg for 40 – 60 seconds. (Note: To add intensity, you can use velcro ankle weights.)

**Aerobics:** Jump rope as described in station 2 for 1-2 minutes; or substitute walking briskly in place for 1-2 minutes.

**Station 6 Strength: Reverse push-ups (triceps)** Sit on the edge of sturdy chair with hands grasping front corners of chair seat. Slightly raise hips and move body forward enough to clear chair. Your feet are positioned directly below knees, hip width apart. Bend and straighten elbows to lower and raise hips in front of chair. Try to complete 2 or more sets of 10 push-ups in 40-60 seconds.

**Aerobics:** Walk briskly or march in place for 1-2 minutes.

**Station 7 Strength: Leg Extensions (quadriceps)** Sitting in a chair, place the tube around both feet and grip with your hands. (Your hands should be on the edge of the chair near your knees.) Grasp the tube rather than the handles, to get desired resistance. Extend both legs until straight, then return both legs to bent position. Perform at least 1 set of 10 with each leg. 40-60 seconds.

**Aerobics:** Step-up for 1-2 minutes.

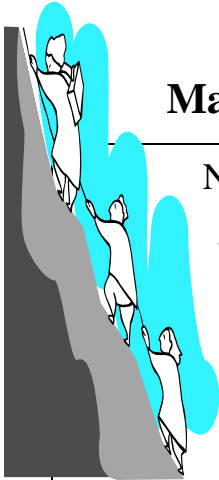
**Station 8 Strength: Chest Flyes (pectorals)** As you stand in a staggered stance (one foot slightly in front of the other), place the tubing under arch of front foot, or both feet, and soften your knees. Grasp handles and position arms in a 90 degree angle at sides of body with palms facing up. Raise arms up and together, squeezing chest muscles by touching forearms together at mid-chest height. Keep elbows bent throughout entire exercise with wrists firm. Palms of hands end facing head at eye-level, with upper and lower arms form 90 degree angles. Return to start position and try to do 2 sets of 10 in 40-60 seconds.

Note: This exercise could also be performed with handheld weights or cans providing the resistance. Use the directions for form above, but sit in a chair as you did for the bicep curls.

**Aerobics:** Either jump rope or walk briskly in place for 1-2 minutes.



**End with Cool-down.** Slowly walk around for 5 minutes, rolling your shoulders gently, taking slow deep breaths, and doing light stretches that feel comfortable to you.



## Making this lesson work for you:

### NEXT WEEK:

- ✓ Familiarize yourself with the guidelines and program basics of circuit training included in this session before beginning a home program.
- ✓ Develop your plan for circuit training at home. Start gradually. Set up 2-4 stations, performing exercises without resistance or weights at first if needed to insure proper form.
- ✓ Bring back to group next session one creative idea you came up with in developing your home program.

- Repeat several times each day:

*“I used to gain weight during the holiday season, but I’m a different person now. I have new skills and new knowledge to help me manage my weight. I can and will maintain, and even lose, weight over the holiday”.*

- Plan the weekly schedule of activities and social engagements you have for the next 2 weeks. Write how well the plans worked directly on the calendar as you do your weekly review. Turn the plans in with your KT.

## PRIDE Goals



\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie/fat intake and maintain average \_\_\_\_\_ at or below personal goal.

\_\_\_\_\_ **My “Early Warning Weight”** is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week



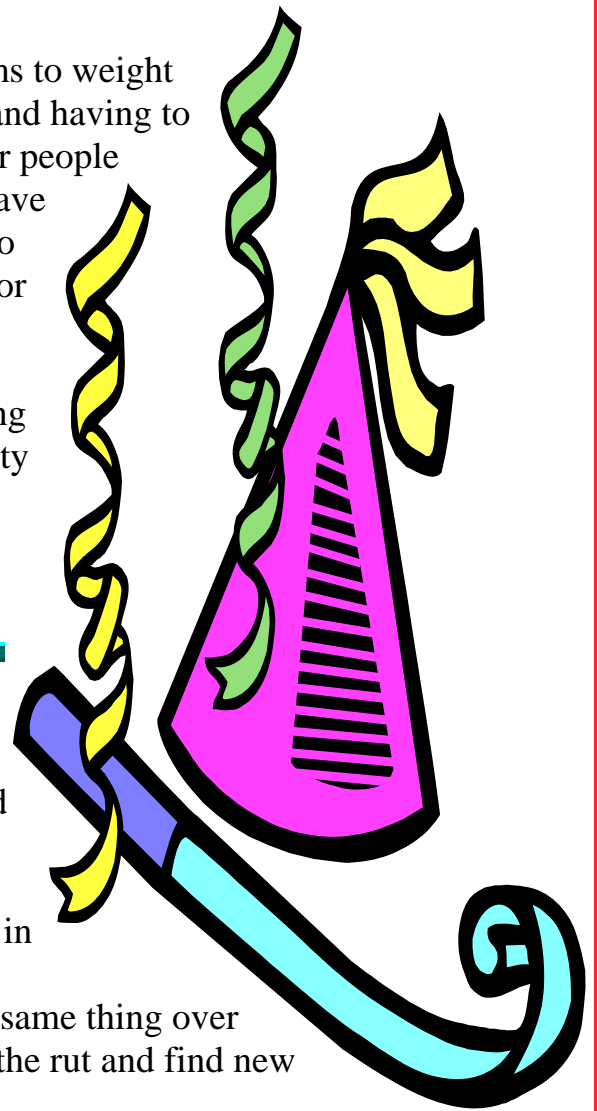
The holidays combine many of the problems to weight management of entertaining, being entertained and having to deal with family and friends. Entertaining other people should be a little easier to handle because you have control over the situation. Don't get trapped into thinking that you must serve high calorie foods or you'll be a poor host. Actually many of the people you might entertain would appreciate having healthier food choices. The trick to having a successful gathering is more about the creativity of the meal and the presentation than the high calorie "special" foods.

## Practice activity

Let's take time to plan the foods you would prepare if you had a party or dinner at your house. Use the following page to identify the foods you would like to serve at a holiday party in your home.

So often when we have parties we serve the same thing over and over again. Now is the chance to get out of the rut and find new and interesting alternatives.

Fortunately there are now some excellent magazines and cookbooks available because of the general public increased knowledge and desire to reduce calories. These magazines and cookbooks have gourmet appeal that was once not expected when cooking for your health. Request a magazine or cookbook as a gift from family or a friend; or you might give one to someone in place of the "food gift" tradition. Magazine subscriptions keep on giving as it reminds the receiver of you throughout the year.





**My Party-**



**Healthy Party Foods**

Appetizers

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Ingredients Needed

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Main Dish

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Desserts

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Beverages

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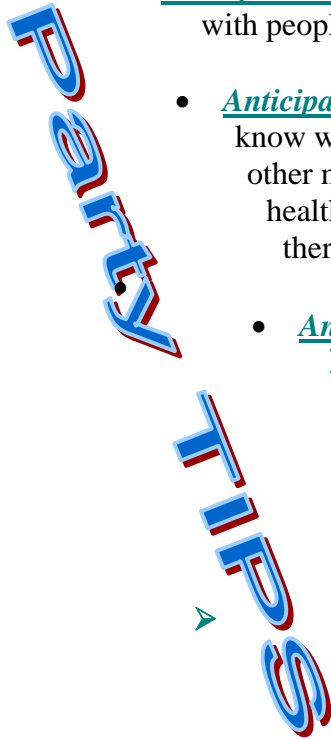
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## Anticipate, Anticipate, Anticipate!!!!!!



- Anticipate the event. Who will be there? What will be served? Surround yourself with people you can talk to that may distract you from the food.
- Anticipate what will be served, and plan your calories for the day. If you already know what will be served, you can plan your calories accordingly. Adjust your other meals and snacks throughout the day to accommodate the party. Eat a healthy meal at home before the party so that you don't indulge once you get there.
- Anticipate ways to control your calorie intake during the party.
  - Sit away from the food or across the room.
  - Share a plate or serving with someone else.
    - Keep your alcohol consumption low. Alcohol contains empty calories that can add up very quickly. Alcohol can also reduce "willpower" and lead to overeating. Alternate your alcoholic beverages with a non-alcoholic drink such as water.
- Anticipate and enjoy the non-eating aspects of the party. Remember that the holidays are about good company and communication...**not** about eating. Surround yourself with interesting conversation that will distract you from the food. Enjoy the event by getting involved in the activities. Remember, the true spirit of the holiday season is not even about food at all!!

## Be Choosy!

- Be choosy about which parties you attend. You do not have to attend EVERY party. Only attend those that you will feel comfortable at and know lots of people so that you can distract yourself from the food. Sometimes we resort to eating when we don't know many people, so only attend the parties that you enjoy.
- Be choosy about what you eat. Don't spend all of your calories at parties on "everyday type foods", such as chips, cookies, cheese and crackers. Save calories for the goodies that you only get once a year.
- Be choosy about when you eat. You are not obliged to eat at every function. Try to plan your days and weeks based on all the social events and make the necessary adjustments. If you know at you will be attending a party in the evening, skip the pizza at lunch and make you opt for a lighter fare. But, don't deprive yourself so that you overdo it at the party.

## Worth the Walk????????????T HINK T WICE !!!

FOOD	Calories	Minutes of E xercise to burn the calories
1/3 cup mixed nuts	241	42
1 teaspoon margarine	35	7
1 extra dinner roll	130	26
1/4 cup seconds on dressing	123	25
1/8th slice of pecan pie	431	86
1/4 cup green bean casserole	62	12
1 ounce piece fudge with nuts	129	26
1 cup hot chocolate with whole milk	200	40
12 ounce bottle of beer	150	30
6 ounces of wine	126	25
<u>QUICK BITE:</u> Quarter pounder with cheese Large order of fries Large regular drink	1340	268
Others:		

## The Behavior Balance



What strategies have worked for you this holiday?

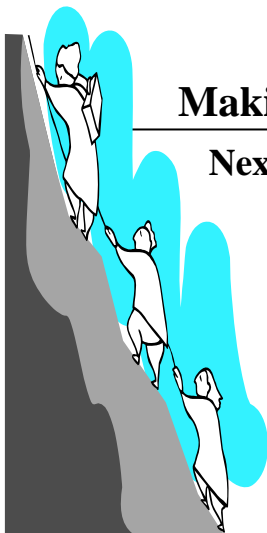
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

In what areas have you had some difficulties?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What are your plans for handling the difficult situations in the future?

plans  
plans



## Making this lesson work for you:

### Next Week:

In your KT diary, write about the following:

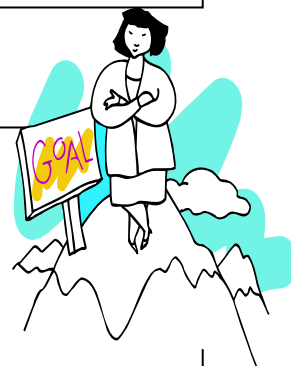
- ✓ If you have a party at your home during the holidays, share with the class the healthy foods you served and reactions from your guests.
- ✓ Make a list of all the strategies you have used to control your weight at social functions outside your home this holiday season.
- ✓ What is the most creative thing you did during the holidays to control your caloric intake?

- Repeat several times each day:

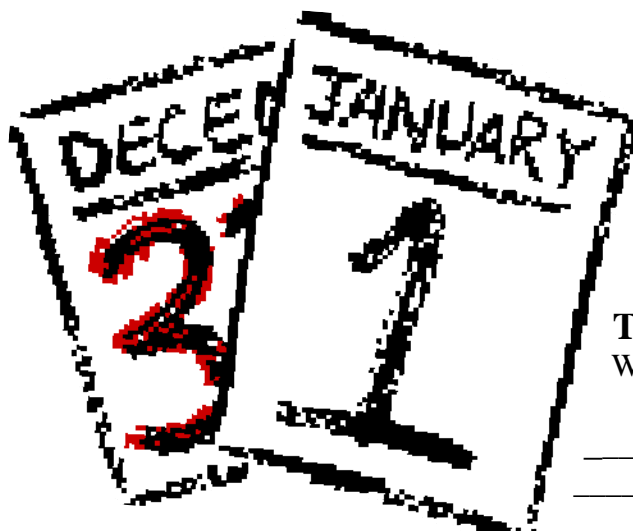
*“I used to gain weight during the holiday season, but I’m a different person now.  
I have new skills and new knowledge to help me manage my weight.  
I can and will maintain, and even lose, weight over the holiday”.*

- Plan the weekly schedule of activities and social engagements you have for the next 2 weeks. Write how well the plans worked directly on the calendar as you do your weekly review. Turn the plans in with your KT.

## PRIDE Goals



- \_\_\_\_\_ Achieve and maintain at least a 10% weight loss
- \_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain weekly average at or below personal goal.
- \_\_\_\_\_ Weigh daily and record in KT
- \_\_\_\_\_ **My** “**Early Warning**” weight is \_\_\_\_\_ lbs.
- \_\_\_\_\_ Achieve and maintain physical activity.
  - at least 10,000 steps each day
  - at least 200 minutes planned exercise each week



At the beginning of the holiday season, we discussed setting new expectations for your eating habits, exercise routine, keeping track and ultimately, your weight over the holidays. Now is a time for brief reflection and a time to look forward into the New Year.

**Take a look at the first “Holiday Session”.**

What were your expectations for yourself?  
(see page 2 of the first session)

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How close did you come to meeting those expectations?

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What worked for you?

- |   |   |
|---|---|
| <input type="checkbox"/> Planning for the season            | <input type="checkbox"/> Modifying favorite recipes                 |
| <input type="checkbox"/> Weekly planning                    | <input type="checkbox"/> Bi-weekly PRIDE weigh-ins                  |
| <input type="checkbox"/> Daily planning                     | <input type="checkbox"/> Circuit Training                           |
| <input type="checkbox"/> Using meal replacements            | <input type="checkbox"/> Party Planning                             |
| <input type="checkbox"/> Keeping Track                      | <input type="checkbox"/> Asking for support from friends and family |
| <input type="checkbox"/> Planning pleasures other than food | <input type="checkbox"/> _____                                      |
| <input type="checkbox"/> Daily weighing & graph             | <input type="checkbox"/> _____                                      |
| <input type="checkbox"/> _____                              |   |

What was still difficult for you?

- |   |  |
|---|--|
| <input type="checkbox"/> Social cues to eat   | <input type="checkbox"/> Making time to exercise                 |
| ✓ food gifts  | <input type="checkbox"/> Weather                                 |
| ✓ others encouraging you to eat and giving you excuses, “because it’s the holidays” | <input type="checkbox"/> Finding or calculating calories and fat |
| ✓ social gatherings   | <input type="checkbox"/> Keeping Track                           |
| _____   | <input type="checkbox"/> Modifying favorite recipes              |
| <input type="checkbox"/> _____  | <input type="checkbox"/> Managing stress                         |
|   | <input type="checkbox"/> _____                                   |

**Remember:**

- If you did not meet your goal *exactly*, you probably stayed closer to your fat and calorie goals, increased your activity, and gained less weight than if you had not set goals for yourself.
- You're learning new skills such as setting expectations, goals, and making plans. Just like anything else you have learned, from tying your shoes to driving a car, you didn't do them perfectly the first time. The skills that you need to manage your weight also take practice. The good news is that the more you practice these skills, the easier they become!

# THE LESSON LEARNED

What did you learn from the way you approached this holiday season in comparison to other holiday seasons?

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How can you apply what you learned to special occasions in the future?

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***"Whether you think you can,  
or you think you can't, you are right."***

***- Henry Ford***

**THOUGHTS** - Each day you were asked to repeat:

*“I used to gain weight during the holiday season, but I’m a different person now. I have new skills and new knowledge to help me manage my weight. I can and will maintain and even lose weight over the holiday.”*

How do you think making that statement out loud each day helped you?

As you look at the coming year, do you have any *lingering negative thoughts* that are affecting how you look at the New Year? You may still feel disappointed if you did not completely meet your expectations. Make building on your successes your focus! If you are having trouble establishing positive expectations for the New Year, take a moment to ask yourself if negative thoughts are blocking your way.

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**Good or bad** - Dividing the world into “good or bad foods”; seeing yourself as a “success or failure”; being “on or off “ the program.

**Excuses** - Blaming something or someone else for your problems. We don’t mean to go off the program, but we “can’t help it.”

**Should** - Expect to be perfect; a set-up for disappointment; leads to anger and resentment.

**Not as good as** - Compare ourselves to someone else; blame ourselves for not being good enough.

**Give up** - Defeat ourselves; often follows the other kinds of negative thoughts.

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*Did you notice yourself having any of these thoughts?*

How can you talk back to these negative thoughts and set up a **GREAT EXPECTATION** for the New Year? You might reword the holiday statement to a New Resolution statement.

*“I have new skills and new knowledge to help me manage my weigh throughout the year. I can and will manage my weight successfully!!!! I know I can do it”.*

What other statements can you come up with to talk back to negative thoughts?

What are the expected benefits from meeting this expectation?



What are your expectations for the upcoming year? Start with the next month and complete "My Prophecy" cards below.



Fill these out and place at home, at work, or in your car .

My *self-fulfilling prophecy* for next month is:

I *expect* to  maintain my current weight, or  lose \_\_\_\_\_ pounds.

I *expect* to average \_\_\_\_\_ calories per day.

I *expect* to average \_\_\_\_\_ fat grams per day.

I *expect* to exercise \_\_\_\_\_ minutes per week.

I *expect* to Keep Track \_\_\_\_\_ days per week.

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My *self-fulfilling prophecy* for next month is:

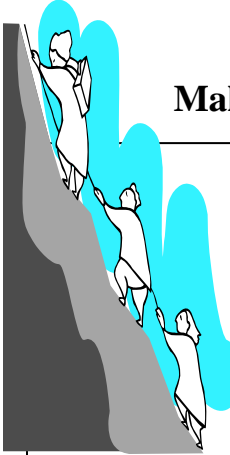
I *expect* to  maintain my current weight, or  lose \_\_\_\_\_ pounds.

I *expect* to average \_\_\_\_\_ calories per day.

I *expect* to average \_\_\_\_\_ fat grams per day.

I *expect* to exercise \_\_\_\_\_ minutes per week.

I *expect* to Keep Track \_\_\_\_\_ days per week.



## Making this lesson work for you:

### Next Week:

- ✓ Review your self-fulfilling prophecy for the next month in the new year.
- ✓ Use any strategies that were helpful for you over the holidays and add any new ones that you feel would be helpful.

- Change your self talk for the NEW YEAR:

*“I have new skills and new knowledge to help me manage my weight throughout the year.*

*I can and will manage my weight successfully!!!! I know I can do it”.*

- Continue with the weekly planner if you found that helpful.

## PRIDE Goals

\_\_\_\_\_ Achieve and maintain at least a 10% weight loss

\_\_\_\_\_ “Keep Track” of calorie and fat intake and maintain average at or below personal goal assigned.

\_\_\_\_\_ Weigh daily and record in KT

\_\_\_\_\_ **My** “**Early Warning Weight**” is \_\_\_\_\_ lbs.

\_\_\_\_\_ Achieve and maintain physical activity.

- at least 10,000 steps each day
- at least 200 minutes planned exercise each week

