Living Well Program

Phase 2
Tracking Your Success

Weight is one helpful way of tracking one’s progress in meeting healthy lifestyle goals. In addition, there are many others that can be helpful. For example, you can rate such things as energy level, how well you are sleeping, and how comfortable you are in your clothes on a scale of 1 to 10. You are encouraged to select what you will track to measure your progress towards your goals and keep a written record.

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What non-weight changes have you seen to this point?

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What non-weight changes have you seen to this point?
Living Well Program Phase 2

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Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.
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Welcome

Welcome to the Living Well Phase 2, Comprehensive Weight Management and Metabolic Surgery Program! This book gives you information you need to get started with your program. Please use it and bring it with you to your weekly classes. Ask any staff member if you have questions about this information.

First floor map

Pavilion/Concourse

Martha Morehouse Outpatient Care
Pavilion, First Floor
Center for Wellness and Prevention
2050 Kenny Road
Columbus, OH 43221
Phone: 614-366-6675
Fax: 614-366-2727
About the Living Well Program

The program includes 23 educational classes. Each class contains a scheduled topic that is led by a dietitian, an exercise specialist, or another team member. The classes last one hour and are held weekly.

We teach that results for each person will depend on the goals and changes made in an individual’s lifestyle. We are committed to helping you make these changes. We will provide you with the best care we can to help you work toward your weight loss goals.

My program information

Class Day / Time: ____________________
__________________________________

Program Dates: _____________________
__________________________________

Case Manager/Phone Number: __________
__________________________________

Dietitian:  __________________________
__________________________________

Exercise Specialist:  __________________
__________________________________

Health Coach:  ______________________
__________________________________

Behavioral Health and Family Therapy Provider: ________________________________
__________________________________

Living Well Program staff

Dr. Bradley Needleman, Surgical Director
Dr. Benjamin O'Donnell, Medical Director
Etene Terrell, Program Director
614-293-0391
Etene.Terrell@osumc.edu

Angela Blackstone, RD, LD, Dietitian
614-293-3905
Angela.Blackstone@osumc.edu

Kris Dilley, RD, LD, Dietitian
614-366-1784
Kristine.Dilley@osumc.edu

Kelly Urse, BS, CHWC, Exercise Specialist
614-293-3776
Kelly.Urse@osumc.edu

Holly Fieni, MS, Exercise Specialist
614-685-8917
Holly.Fieni@osumc.edu

Katharine Feister, PhD, LPC, Health Coach
614-293-3845
Katharine.Feister@osumc.edu

Keeley J. Pratt, PhD, IMFT-S, Behavioral Health and Family Therapy Supervisor
614-247-7883
pratt.192@osu.edu

If you have a medical emergency, call 911.

To schedule or cancel appointments, please call 614-688-8971 or stop at the front desk in suite 1066.
Check-in before class

Please arrive at least 15 minutes before class to check-in at the desk. During this time, make any financial payments, request a receipt for insurance (allow a week for this request), purchase supplements and weigh in at the scale.

Attendance

Our goal is to teach you the skills needed for a healthy lifestyle to lose weight and keep the weight off. Coming to class each week is the key to reaching these goals.

• Go to both the check-in and class each week. If you are not able to attend, please contact your Case Manager.
• You need to complete 45 minutes of the 60 minute class to receive credit.
• If you are unable to attend class, please review the education class materials in this book. If you have questions, please contact the appropriate staff member.
• Long vacations from the program are strongly discouraged. If they occur, please schedule an appointment with the appropriate staff member to set up a plan.
• Family, friends and other support people are not allowed to attend class. If there is a special circumstance, please contact a staff member for approval.
• Classes are not held on University recognized holidays. The program schedule is adjusted accordingly.

Putting the program on hold

If you need to leave the program for 4 or more weeks and you have completed less than 75 percent of the classes, you have up to 3 months to return to the program.

• Discuss a tentative date and class time for your return with your Case Manager. Your Case Manager needs at least 1 week’s advanced notice.
• You are responsible for any financial balances that remain on your account or for contacting the billing department to make other arrangements.
• You are limited to one hold per paid program.

Terminating the program

If a hold period lasts longer than 3 months, you will receive a termination letter effective the start date of the hold. If you wish to return to the program, please contact your Case Manager to discuss options.

If you miss 2 classes without contacting your Case Manager, you will be contacted. If we do not hear from you within a week, a termination letter will be sent. If you have completed less than 75 percent of the classes, you will have three months to return to the program. Please contact your Case Manager to discuss options.

You are responsible for any balances that remain on your account or for contacting the billing department to make other arrangements.

You are limited to one termination process per paid program.
**Inclement weather**

Class is held during inclement weather regardless of area school closings. We realize that many of you travel a long distance, so please travel only if you feel comfortable doing so. **If a decision is made to cancel class**, we make every effort to contact you. Please keep your contact information current. **If The Ohio State University cancels classes, we will also cancel class.**

**Insurance reimbursement**

This is a self pay program. We are not able to directly bill insurance companies. Please contact your insurance company with reimbursement questions. We can provide you with a receipt for services provided.

If you have insurance coverage through OSU Health Plan, you may be eligible for partial reimbursement of the program’s cost:

**Your responsibility:**

- At the end of each class, please have the instructor sign and date the reimbursement form to verify your attendance. **You have one week to bring the form in for a signature if you forget the day of class.** Forms will not be signed for classes that occurred longer than a week in the past.
- Submit your reimbursement forms to CoreSource upon completion of at least 6 education classes. Include a copy of the itemized payment receipt for program costs only and your prior authorization number (sent to you by OSU Health Plan).

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**Individual appointments**

- Included in the cost of the Living Well Phase 2 Program are 3 individual appointments with a dietitian, exercise specialist or health coach.
- We try to schedule appointments in a timely manner. We apologize for any delays due to meeting the needs of all program participants.
- Please call if you need to cancel or reschedule an appointment. If you miss 2 or more appointments without advance notice, your name goes to the bottom of the wait list.

**Make-up class policy**

Our goal is to teach you the skills needed for a healthy lifestyle to lose weight and keep it off. Regular attendance provides structure and accountability, which are proven to be an important part of weight loss success. However, we understand that sometimes emergencies arise that keep you from attending.

If you would like to make up a class, please review the materials in this book and come prepared with questions to your individual appointment. The make-up classes can be scheduled by contacting your Case Manager or through the front desk in suite 1066. Please note for Behavioral topics, an appointment request form should be completed.

**Make-up policy guidelines:**

- 3-Month Living Well Program: 2 make-up classes
- 6-Month Living Well Program: 4 make-up classes

**Getting back on track review**

If you would like to check your progress or need more help from staff, please take a “Getting Back on Track” worksheet, available near the classrooms.
Class Guidelines

1. Please turn off cell phones and pagers.

2. Do not use terms such as “good” or “bad” to determine your food intake. Using these terms may cause you to label yourself as good or bad when you eat these foods.

3. You and your class participants benefit when you share your successes and struggles. However, if class time is limited, you may be asked to continue the discussion with the instructor at a later time.

4. Maintain a positive attitude and show respect for fellow class members and instructors.

5. If you feel comfortable sharing your weight loss with group members, please do this in a positive way. Refrain from using “I only lost...”

6. Please be sensitive to other group member’s situations by not discussing food intake in detail. Your class may include individuals who are seeking bariatric surgery, have had surgery, are following a full fast meal plan, are participating in a study or are seeking medical weight management.

7. We value one another’s right to confidentiality. We request that you do not disclose other group members’ names without their permission.

8. We discourage you from measuring your success strictly by the scale. You may be making better lifestyle choices that are not reflected on the scale. You may also be losing inches. Be patient with yourself.

9. For long-term success in weight management, we stress the importance of attending class and require your attendance for you to remain in the program. Please call ahead when you are not able to attend.

10. If you have personal questions or concerns that are not appropriate to discuss during class, please schedule an individual appointment with a staff member.
You have enrolled in the Living Well Program to help you make positive lifestyle changes. This agreement outlines the program’s goals and responsibilities.

The programs’ schedule includes:
- An orientation.
- Weekly education classes.
- Monthly health coaching workshops.
- Follow-up fitness evaluations.
- 3 individual appointments and more as needed with additional fees.

Your responsibilities
1. Read and understand program policies and responsibilities.
2. Attend all sessions. If this is not possible, call or e-mail your Case Manager. Reaching your goals is dependent on your active participation and adoption of lifestyle changes.
3. Maintain a positive attitude while working with staff.
4. Work on personal weekly goals between sessions, such as keeping food and exercise records. Completion of weekly goals will help you attain positive results.
5. Contact appropriate staff member with questions or to schedule individual appointments, as needed.

Our responsibilities
1. Provide up to date information to help facilitate lifestyle changes.
2. Coach the participant and track progress.
3. Provide useful tools and written materials to complement the education classes.
4. Answer questions and schedule requested appointments in a timely manner.
5. Listen to you, include your priorities for an individual plan and assist you with strategies and approaches for goal achievement.
Behavioral Health and Family Therapy
Ohio State’s Couple and Family Therapy Program

You may schedule with a member of the Behavioral Health and Family Therapy team. Our staff will help you to adopt a healthy lifestyle, enlist social support, and work toward the goals you have for yourself in the Living Well Program. Dr. Keeley Pratt provides oversight of the team, and doctoral students conduct the sessions.

- Sessions may be scheduled at Ohio State Martha Morehouse Outpatient Care, Center for Wellness and Prevention, Pavilion, Suite 1010, 2050 Kenny Road, Columbus, OH 43221.
- Ongoing therapy may be scheduled at the Couple and Family Therapy Clinic, 012 Mount Hall, 1050 Carmack Road, Columbus, OH 43210.

Sessions can help you:
- Adjust to lifestyle changes.
- Manage stress, anxiety and/or depression.
- Connect with family, friends and other supports.
- Improve communication skills.
- Manage emotional or binge eating.
- Prepare for holidays and vacations.
- Manage parenting, partner/spouse or family challenges.
- Adjust to lifestyle changes after bariatric surgery.

For more information, please call 614-293-3890. Leave a message stating that you are in the Living Well Program along with your name and phone number or email. You will be contacted within one business week.

You may also fill out an Appointment Request Form. Take your completed form to the front desk, and a staff member will help you schedule an appointment.
Education Classes

Self-Monitoring
Self-Monitoring

Self-monitoring, such as keeping food or activity records, is the best behavior strategy to change your diet and activity habits.

Food records
1. What information have you found helpful to include in your food record in addition to what you eat and drink?
   • _____________________________
   • _____________________________
   • _____________________________
   • _____________________________

2. Look at your food records. List 3 behaviors that can be changed:
   • _____________________________
   • _____________________________
   • _____________________________

3. People who keep food records lose more weight than those who do not. Research by Daniel Kirschenbaum shows that people need to self-monitor at least 75% of the time to be successful.
   What are your barriers to keeping food records?
   • _____________________________
   • _____________________________
   • _____________________________
   • _____________________________

4. Look at what you currently eat.
   • Are you eating too much fat?
   • Are you eating too many carbohydrates?
   • Is your calcium intake low?
   • Is your fiber intake low?
   Health goal:

5. Look at your eating behaviors.
   • Are you starving by the time you eat dinner?
   • Do you eat too fast?
   • Do you nibble all day, so you are never hungry at meal times?
   Health goal:
Sample chart to self-monitor health goals

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Online self-monitoring tools

Visits these websites for online self-monitoring tools:

- [https://supertracker.usda.gov/](https://supertracker.usda.gov/)
- [https://www.myfitnesspal.com/](https://www.myfitnesspal.com/)
- [https://cronometer.com/](https://cronometer.com/)
- [https://www.my-calorie-counter.com/](https://www.my-calorie-counter.com/)
- [http://www.fitday.com/](http://www.fitday.com/)
Sample chart to self-monitor activity

How much time does fitness take? Not that much. Each square represents 20 minutes. There are 72, 20-minute segments in 24 hours. Fill in one square for every 20 minutes you exercise in your target heart rate range. 3 boxes filled in maintains your current level of fitness. For improvement or weight control, fill in 4 to 6 boxes. For best results, work towards 8 to 12 boxes per week.

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Education Classes

Yoga
Yoga

Yoga is a mind and body practice with origins in ancient Indian philosophy, according to the National Institutes of Health’s National Center for Complementary and Alternative Medicine. There are many styles of yoga, but each usually combines physical postures, breathing techniques, and meditation or relaxation.

Benefits of yoga

It has been shown to:

- Reduce pain and improve function
- Reduce blood pressure and heart rate
- Relieve stress and boost mood, calmness, and confidence

Frequently asked questions

Do I have to be flexible?

No. Yoga isn’t just stretching. It’s toning, calming, meditating, healing, and opening. Flexibility is just one aspect of it. Once you practice yoga for a while, you will naturally gain flexibility, as well as greater peace of mind and well-being.

What kind of clothes should I wear to a yoga class?

You do not have to wear spandex or leotards. We recommend comfortable clothing that is form-fitting but not snug. Baggy pants are not advised because the instructor likes to see if you’re positioning your legs correctly in the different poses.
Education Classes

Living within Margins
Living within Margins

Living within margins is the opposite of overload, which is the “maximize everything” standard in America.

**There are 5 key areas of life balance. How balanced are you in each area?** Rate your life on a scale from 1 to 10 where 1 = totally out of balance and 10 = my days are busy, but I feel good about what I accomplish, I am not burned out, and I feel passionate about life.

<table>
<thead>
<tr>
<th>Examples</th>
<th>Current balance rating (1 to 10)</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Physical</td>
<td>Eating well, exercising, getting adequate rest, regular check-ups</td>
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<tr>
<td>Emotional</td>
<td>Relationships, how you interact with people, outlook on life, acknowledging feelings without judgment</td>
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<td>Spiritual</td>
<td>Not necessarily religious, time for reflection, meditation, prayer, journaling</td>
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<tr>
<td>Intellectual</td>
<td>New ways to “flex different brain muscles,” life-long learning, adaptability</td>
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<tr>
<td>Social</td>
<td>Taking time for others, random acts of kindness, enjoying others company, volunteering</td>
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</table>

How are you living out of balance in these areas? How is this impacting your weight and healthy habits?

How could living within margins in each of these areas help you manage your weight?
What Are Your Roles?

In each small circle, write in a role you perform, such as child, parent, spouse, friend, neighbor, colleague, student, volunteer, cook, mechanic, etc. Rate your performance for each role on a scale from 1 to 10 where 1 = terrible and 10 = fantastic. This exercise helps you see where your energy is going and help you begin to think about prioritizing and balancing your time.
Prescription for Overcoming Overload Syndrome

Too many of us live by accident because we fail to define priorities for our life. By setting our priorities and following the suggestions listed, we can regain a life of balance.

1. **Set boundaries to limit your accessibility.**
   
   Don’t let your work life always consume your personal time. Take time for rest and relaxation.

2. **Prioritize your activities and your commitments.**
   
   If you have more to do than you can possibly do, you must choose your activities. Prioritizing can be essential. In choosing, remember that people are more important than things.

3. **Learn to say “NO.”**
   
   Periodically re-examine the commitments in your life. Are they in line with your priorities? If not, prune them out.

4. **Put more control in your life.**
   
   Stress can occur from changes in your life (both good and bad), but you can often choose whether to embrace the change or remain the same.
   
   For those events that you cannot change, you can control your response.
   
   Are there events that you’ve responded negatively to? How could you modify your response?

5. **Plan ahead.**
   
   Plan meals in advance.
   
   Plan daily wardrobe in advance.
   
   Are there other daily choices that could be made in advance to simplify your life?

   Limit choices wherever you can. Make small steps. Do one thing at a time. Draw on other skills, such as assertive communication, to help you plan ahead.

6. **Respect your limits and adjust your expectations.**
   
   Recognize your own limits and try to be more accepting of them. Expect less and you will have less to be unhappy about.
   
   Free yourself from the opinions of others.

7. **Consciously slow the pace of your life.**
Prescription for overcoming overload exercises

Technology use in minutes

Week of ______________________________________________

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Total minutes for the week:

Time spent in activities outside of work

Review your calendar for the past 30 days:

How many before or after work activities did you attend? __________
How many minutes were involved? __________
How many weekend activities did you attend? __________
How many minutes were involved? __________
What percent of the total time spent was in line with one of your top 3 priorities? __________

Review your current commitments

These are the personal or professional organizations to which you belong:

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Simplify meal choices

Identify and list the 16 favorite whole grains, fruits, and vegetables of those living in your household. Buy these foods weekly, and plan your meals and snacks around them.

1. 5. 9. 13.
2. 6. 10. 14.
3. 7. 11. 15.
4. 8. 12. 16.
Education Classes

Aerobic Exercise and Aerobic Intervals
Aerobic Exercise Training

Aerobic exercise is any of sustained exercise, such as jogging, rowing, swimming, or cycling, that stimulates and strengthens the heart and lungs, which then improves the body’s use of oxygen.

**Benefits of aerobic exercise training**

It has been shown to improve:

- Aerobic and anaerobic fitness
- Blood pressure
- Cardiovascular health
- Insulin sensitivity, which helps the muscles involved in the exercise more readily use glucose for fuel to make energy
- Cholesterol
- Abdominal fat and body weight while maintaining muscle mass

**Components of aerobic exercise training**

- **Warm up 5 to 8 minutes:** Start at a slower speed and gradually increase your pace during the warm up until you hit your desired speed.

- **Active working period:** Maintain your desired speed for 20 to 50 minutes. Aim for a pace of 4 to 7 on a perceived exertion scale of 1 to 10 where 1 = very light effort and 10 = maximum effort. If you become uncomfortable or have any pain, slow down your pace. Always be mindful of your body during exercise.

- **Cool down 3 to 5 minutes:** Slowly reduce your speed to a slower and comfortable pace to allow your heart rate to come down before getting off of the exercise equipment.
Education Classes

Menu Planning
Menu Planning Worksheet

To prepare for next week’s class, please take some time this week to complete this worksheet. You will use this sheet during class, so it is important to bring it back completed.

Planning ahead is key to long-term weight management success. This is especially true with nutrition. When you plan ahead, you are less likely to fall victim to your environment. It is hard to make healthy meals at home when you do not know what to make, or when you do not have the ingredients. By creating a weekly menu and stocking your kitchen with the needed ingredients, you create an environment that supports your weight management goals.

Instructions
For each meal, fill-in what you like to eat. Be sure to include any side dishes. If there is a recipe, be sure to bring it to class. You will need it to make your grocery list.

Breakfast
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

Lunch
1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________

Dinner
1. ____________________________________________________________
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100 Snacks with 100 Calories or Less

This list of snacks fits every craving. Remember, while some of the foods listed here are not the healthiest choice, they can fit in a healthy diet if eaten in moderation.

**Meats**
- 1 hardboiled egg
- 20 small shrimp
- 3 thin slices of lunch meat
- 1 ounce of beef jerky
- 1 ounce of turkey pepperoni

**Nuts and Seeds**
- 15 almonds
- 11 cashews
- 16 peanuts
- 25 pistachios
- 10 walnuts
- 4 tablespoons wasabi peas
- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- 1 tablespoon peanut butter

**Fruits**
- Fresh apple
- Fresh orange
- Small banana
- Fresh peach
- Fresh pear
- 2 fresh plums
- 25 grapes
- 20 cherries
- 1¼ cup mixed berries
- 1¼ cups watermelon
- 1¼ cups cantaloupe
- 1¼ cups honeydew melon
- 1¼ cups fresh pineapple
- ½ cup canned fruit (in light syrup)
- ½ cup applesauce
- ¼ cup dried cranberries (Craisins®)
- ¼ cup (mini box) raisins
- ¼ cup dried fruit

Source: NIH: National Institute on Aging
Vegetables
• Up to 2 cups raw vegetables (carrots, broccoli, celery, cucumber, sugar snap peas) with 2 tablespoons light ranch dressing
• 2 cups salad greens with 2 tablespoons light dressing
• 3 tablespoons hummus with 1 cup raw vegetables
• 30 pods edamame
• ¼ cup salsa with 10 baked tortilla chips
• 1 tablespoon peanut butter with 1 cup celery

Dairy Products
• 1 cup fat free or skim milk
• ½ cup reduced fat chocolate milk
• 6 ounces light yogurt
• 1 Dannon Light & Fit yogurt smoothie
• ½ cup fat free pudding
• 2 ounces reduced fat cheese (such as American, Swiss, cheddar, Colby)
• 1 ounce/slice string cheese
• ½ cup low fat cottage cheese

Starches
• 8 saltine crackers
• 25 oyster crackers
• 12 Baked Lays chips (any flavor)
• 40 Goldfish crackers (any flavor)
• 6 Ritz crackers
• 7 reduced fat Ritz crackers
• 5 Triscuit crackers
• 6 reduced fat Triscuit crackers
• 9 mini peanut butter or cheese Ritz crackers
• 18 mini pretzel twists
• 5 chocolate graham crackers
• 6 honey graham crackers
• ½ cup Chex mix
• 1 cup dry cereal (such as Kix, Cheerios, Life)
• 1 Quaker Chewy granola bar
• 1 package Quaker granola bites (cinnamon, peanut butter or chocolate)
• 1 package Lipton Cup-a-Soup (any flavor)
• ¾ cup Campbell’s chicken noodle soup
- ½ cup tomato soup
- ¾ cup Campbell’s 98% fat-free cream of mushroom soup
- 3 Totino’s pizza rolls
- 1 slice whole wheat toast with 1 teaspoon Smart Balance Light spread
- Any 100 calorie pack (such as Cheese Nips, Ritz Mix, Dorritos)
- 4 cups light buttered popcorn

Sweets
- 4 Hershey Kisses
- 1 fun size candy bar
- 2 Twizzlers
- 12 gummy bears
- 1 package fruit snacks
- 2 Fruit Roll Ups
- 2 Fig Newtons
- 1 sugar free fudgsicle
- 1 creamsicle
- 1 Minute Maid fruit juice bar
- 1 popsicle
- 2 reduced fat Oreo cookies
- 13 animal crackers
- 7 iced animal crackers
- 4 cups Jollytime Light kettle corn
- 2 large rice cakes
- 1 cup sugar free gelatin with 2 tablespoons whipped topping
- ½ cup fat free ice cream
- 17 chocolate covered raisins
- 1 Nature Valley granola bar
- 3 medium Peeps
- 1 Kelloggs Rice Krispies Treat
- 9 large jelly beans
- 13 pieces candy corn
- 2 inch slice angel food cake
- 2/3 cup mini marshmallows
- 9 Tootsie Roll Midgets
- 5 Nilla wafers
- 3 bars Laffy Taffy
- 8 ounce latté made with fat free or skim milk

Source: NIH: National Institute on Aging
Education Classes

Fleet Feet Sports + FrontRunner Tour
Fleet Feet Sports + FrontRunner Tour

During class, we will be taking a trip to the Fleet Feet Sports + FrontRunner store located on Lane Avenue.

Address: 1344 West Lane Avenue
Columbus, Ohio 43221
614-486-0301

While there, you will have:
- A discussion with a Fleet Feet Sports + FrontRunner professional
- A presentation on benefits of shoes and insoles
- A discussion on differences in shoes and insoles
- An opportunity to have gait analysis and shoe fitting with a professional
- An opportunity to purchase shoes

A staff member will let you know the date and time of this tour as soon it is scheduled.
Education Classes

Stress Reduction and Gratitude
Stress Reduction and Gratitude

Stress occurs when life demands exceed the resources available to cope with demands.

My stressors

__________________  _______________  ________________  
__________________  _______________  ________________  
__________________  _______________  ________________  

Acute versus chronic stress

Some stressors are situational (acute), while others are ongoing (chronic). Can you identify both kinds or sources of stress in your life?

On your list of stressors above, write an “A” next to acute stressors and a “C” next to chronic stressors. Then list below the top stressors (up to 3) in each category.

**Acute stressors**  
__________________  
__________________  
__________________

**Chronic stressors**  
__________________  
__________________  
__________________

Questions to consider

How do these two kinds of stress affect weight management success?

What strategies work well for managing acute stress?

What strategies work well for managing chronic stress?

What has not worked well for managing stress?
Chronic stress may contribute to physical and emotional problems because of its extended duration. It is important to focus on chronic stress and actively use strategies to cope.

**Prescription for reducing and controlling your stress**

1. **Avoid** unnecessary stress:
   - Recognize the connection between stress and change.
   - Learn to say “NO.”
   - Play music.
   - Limit your time with negative people.
   - Evaluate your expectations.

2. **Alter** the situation.
   - Be willing to compromise.
   - Express your feelings respectfully.
   - Manage your time better.

3. **Accept** what you can’t change.
   - Learn to laugh.
   - Learn to forgive.
   - Don’t try to control what’s out of your control.

4. **Adapt.**
   - Reframe the problem.
   - Look at the Big Picture.
   - Practice progressive muscle relaxation.
   - Practice **STOP:**
     - **S**low down.
     - **T**ake a deep breath.
     - **O**bserve objectively without attitude or emotion.
     - **P**lan a different response.
Gratitude as a way to manage stress

• Write a quick note to one person who is particularly important to you below. Thank them for what they mean to you and how they help you in managing one of the areas of stress listed at the start of class. For example, this could be someone who is important to your weight loss process.

• Here is a video challenging individuals to write out a note to someone they are thankful for and then call them and read it. To re-watch the video, visit: https://www.youtube.com/watch?v=oHv6vTKD6lg.

• If you are looking for additional general information about the topic of gratitude, visit https://www.psychologytoday.com/basics/gratitude.

• This gratitude journal app can you build a gratitude habit: http://getgratitude.co/#/.

• The OSU Employee Assistance Program provides guided imagery tools to help destress your life. Visit “Attitude of Gratitude” at https://www.osuhealthplan.com/members/ohio-state-employee-assistance-program-eap/osu-eap-tools.

• Class handout: “30 Day Gratitude Challenge.”
Education Classes

High Intensity Interval Training (HIIT)
High Intensity Interval Training (HIIT)

HIIT training, unlike circuit training, is focused on aerobic exercise. The intense work periods may range from 5 seconds to 8 minutes long, and are performed at 80% to 95% of a person’s estimated maximal heart rate. This is the maximum number of times your heart will beat in a minute without overexerting yourself. The recovery periods may last equally as long as the work periods and are usually performed at 40% to 50% of a person’s estimated maximal heart rate. Interval training continues with the alternating of work and relief periods with the workout totaling 20 to 60 minutes.

Benefits of interval training

It has been shown to:

- Increase aerobic fitness
- Increase cardiovascular health
- Decrease blood pressure

HIIT can be done at home or in a gym. Just pick the exercises that you would like to perform and duration of the exercise. **A good tip is to use a work to rest ratio of 1:2 or 1:3.**

For example:

- If the work period is 30 seconds in a 1:2 ratio, the rest period would be 60 seconds.
- If the work period is 30 seconds in a 1:3 ratio, the rest period would be 90 seconds.
Tabata (HIIT)

Tabata involves performing a particular exercise (or exercises) at high intensity for 20 seconds followed by 10 seconds of rest. This is repeated 8 times for a total training time of 4 minutes. The training can be done with any body weight or cardio movement and light weights may be added. Ideas include leg lifts, calf raises, running in place, jumping jacks and chair/bench dips. For your safety, do not use heavy weights for this type of exercise as it could lead to injury.

Sample exercise: 20 Minute Tabata

Tabata 1: Push Ups
   20 seconds of push-ups
   10 seconds of rest
   Repeat 8 times

Tabata 2: Squats
   20 seconds of squats
   10 seconds of rest
   Repeat 8 times

Tabata 3: Sit-Ups/Crunches
   20 seconds of sit-ups/crunches
   10 seconds of rest
   Repeat 8 times

Tabata 4: Lunges
   20 seconds of lunges
   10 seconds of rest
   Repeat 8 times

Tabata 5: Burpees
   20 seconds of burpees
   10 seconds of rest
   Repeat 8 times
Education Classes

Plateaus and Relapse Prevention
**What Are You Doing to Keep Your Weight Under Control?**

Make a mark in the column that best describes your current behavior to see if you are maintaining the healthy habits you used to lose weight.

If you haven’t just completed a weight loss program, answer the questions in light of your current habits.

<table>
<thead>
<tr>
<th></th>
<th>Yes, almost always</th>
<th>Yes, some of the time</th>
<th>No, not anymore</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Do you still choose lower-calorie versions of foods?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>2. Do you still use low-fat preparation methods, such as broiling, steaming, and grilling, instead of frying to cook?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>3. Do you still stay away from high-fat foods, such as fatty meats, whole milk dairy products, and commercially baked goods?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>4. Do you still limit high-sugar foods, such as syrups, candy, and soda, to an occasional treat?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>5. Do you still keep your portion sizes small?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>6. Do you still stop eating as soon as you start to feel full?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>7. Do you still avoid doing other things while eating, such as watching TV and reading?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>8. Do you still eat most of your calories earlier in the day?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>9. Do you still find other things to do when you are not hungry but feel like turning to food?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>10. Do you still choose wisely when you are eating away from home?</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>
11. When you enjoy a splurge or “lazy” weekend of no exercise, do you still get right back to your healthy habits the next day? □ □ □

12. Do you still do your grocery shopping from a list? □ □ □

13. Do you still go grocery shopping at times when you are not excessively hungry? □ □ □

14. Do you still exercise for at least 20 minutes, three times a week, at a rate that gets your heart beating faster? □ □ □

15. Do you still make an effort to work in a little extra activity into your day, such as walking to do nearby errands and doing some of the house and yard work yourself? □ □ □

**Results**

- **If you answered “Yes, almost always” to 12 or more questions**, congratulations! You’ve done a great job incorporating these healthy habits into your lifestyle.

- **If you answered “Yes, almost always” to less than 12 questions and a large majority of your responses were “Yes, some of the time”,** you may be starting to take your weight control efforts for granted. As long as you are not seeing changes on the scale or in how your clothes fit, you are probably okay. But chances are, the scale will soon start tipping upwards. You can prevent this now by making a serious effort to put these healthy habits back into your life.

- **If you answered “Yes, almost always” to less than 12 questions and a large majority of your responses were “No, not anymore”,** you have let yourself slip back into some of the habits that caused you to be overweight in the first place. If you haven’t already started putting on weight, chances are you soon will. Take action now by making these healthy habits a part of your lifestyle again.
Education Classes

CORE (Low Back, Abs, and Exercise Balls)
Your core muscles, which include the muscles of the back and abdominals, tend to weaken with age unless specifically exercised.

Strong back and abdominal muscles:

- Help fight against most types of back pain, especially back pain caused by soft tissue injury or muscle strain.
- Provide the strength to keep your body upright and for movement of the body. When the core muscles are not properly trained, more stress is applied to the spine as it supports the body. This may result in back injury or back pain.

Exercises that strengthen the back and abdominals should be a part of your exercise program.

**Benefits of low back and abdominal exercise**

It has been shown to:

- Reduce the risk of back pain and injury
- Reduce the severity of back pain and injury
- Improve posture

**Core muscles include:**

- **Extensors (back):** These muscles are focused on helping the body stand erect, lift, help the body extend and abduct the hip (or move the leg away from the body).
- **Flexors (abdominal and lower back):** These muscles support the body from the front and low back, and are used for bending. The flexor muscles are also used in controlling the arch in the lower back and adduct the hip (move the leg toward the body).
- **Obliques (sides):** These abdominal muscles are used mainly for stabilization. They also aid in proper posture control and spinal curvature.
Education Classes

Becoming a Mindful Eater
Creating Habits to Improve Your Relationship with Food

What are the challenges you face in losing weight or maintaining your weight loss?

Do any of these sound familiar?

- Old habits are more comfortable.
- No “one size fits all” solutions. Different situations require different skills.
- Our relationships can affect our ability to be successful.
- Change can be fatiguing. There is a constant series of choices, so losing weight and maintaining weight loss is not as easy as throwing a switch and everything is changed.
- Managing your weight is a process that requires preparation and planning to make the supportive choice.
- Cravings are hard to manage.

As you look toward successful long-term weight management, the habit of recognizing your own hunger and differentiating it from emotional eating may be critical. Mindful eating can provide helpful strategies to assist in this process and to avoid the “diet cycle”:

**Focus on taste**

When you taste, it is the flavor of food, not the taste, that determines whether or not the food is desirable. This includes:

- Sight
- Sound
- Texture
- Smell
- Taste

**Good habits:**

- Slow down and use all of your senses when you eat.
- Rate the taste of each bite of food that you are likely to overeat where 1 = no pleasure and 5 = outstanding. Stop eating when you rate the taste a “3.”

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>No pleasure</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Almost no pleasure</td>
<td></td>
</tr>
<tr>
<td><strong>3</strong></td>
<td>Okay</td>
<td><strong>Stop eating</strong></td>
</tr>
<tr>
<td>4</td>
<td>Good</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Outstanding</td>
<td></td>
</tr>
</tbody>
</table>
Pay attention to hunger and fullness

Food is a needed and often enjoyable part of life. However, you may not always eat because you are hungry. You may eat when you are bored, stressed, sad, or simply because you enjoy eating. Understanding *why* you eat is just as important as *what* and *how much* you eat. Learning to eat mindfully will help you avoid extreme hunger and overeating.

Listen to your body’s cues for hunger and fullness. Use the hunger scale to help you learn to **eat when you feel slightly hungry (level 4) and stop when you are satisfied (level 6)**. Eating in this zone is known as mindful eating. **Key decision points exist at levels 3 and 7.** Waiting to eat past level 3 puts you at risk for overeating and making poor food choices. Eating beyond level 7 will cause you to feel tired and uncomfortable and may lead to weight gain.

<table>
<thead>
<tr>
<th></th>
<th>Mindful Eating Zone</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Beyond Hungry</td>
<td>I have no energy. I may feel faint, irritable and eat whatever food is available.</td>
</tr>
<tr>
<td>2</td>
<td>Famished</td>
<td>My energy level is decreasing, and I am preoccupied with hunger.</td>
</tr>
<tr>
<td>3</td>
<td>Hungry</td>
<td>I have a strong urge to eat.</td>
</tr>
<tr>
<td>4</td>
<td>Slightly Hungry</td>
<td>I am beginning to think about food and feel a light urge to eat.</td>
</tr>
<tr>
<td>5</td>
<td>Neutral</td>
<td>I have enough energy to perform tasks and feel neither hungry nor full.</td>
</tr>
<tr>
<td>6</td>
<td>Satisfied</td>
<td>I am aware of the food in my stomach and feel entirely satisfied.</td>
</tr>
<tr>
<td>7</td>
<td>Full</td>
<td>I am full to the point that taking any more bites will cause discomfort.</td>
</tr>
<tr>
<td>8</td>
<td>Uncomfortable</td>
<td>I feel uncomfortable. Eating more food will intensify my discomfort.</td>
</tr>
<tr>
<td>9</td>
<td>Stuffed</td>
<td>I feel heavy, tired and bloated.</td>
</tr>
<tr>
<td>10</td>
<td>Beyond Full</td>
<td>I have discomfort and pain. My fullness affects my ability to work and be physically active.</td>
</tr>
</tbody>
</table>

**Good habit:**
- Eat several well-spaced meals each day. The liver stores about 3 hours of carbohydrate (quick energy), so you need to fuel up every 3 to 5 hours. Small meals require less insulin, a fat building hormone.
Make your favorite foods fit
• Avoid the martyr complex and enjoy your favorite food using mindful eating practices.
• Measure your portions rather than allow yourself to eat mindlessly.

Good habits:
• Dish out 20% less than you think you might want.
• Use mid-size or salad-size plates for your meals.

See what you eat
• People who pre-plate their food eat about 14% less than when they take smaller amounts and go back for more.
• When eating food with bones (wings, ribs, etc.) or drinking beverages, keep the waste visible. You will eat and drink less. “Out of sight, out of mind.”

Good habit:
• See all you eat through pre-plating and keeping waste visible.
Education Classes

Circuit Training
Circuit Training

Circuit training is primarily a strength or resistance type of exercise. Deciding to circuit train starts with choosing a variety of movements and performing them one after another for a predetermined length of time, usually from 15 to 45 seconds. Once the circuit is complete, it is then repeated until the duration of our exercise is up (i.e. 20 minutes). Rest is done as needed, but should be kept to a minimum.

Benefits of circuit training

It has been shown to:

- Improve muscular strength
- Improve muscular endurance
- Increase lean muscle mass

A circuit can be done with a variety of movements, but it should be focused on being a strength workout vs. an aerobic exercise. Picking a variety of strength training machines at the gym would be a perfect example of doing a circuit. However if equipment is not available, doing body weight movements, such as push-ups, squats, calf raises, lunges, sit-ups, and leg lifts, would be a great way to get started.
Circuit Training with Dumbbells

Repeat the following for 20 minutes, doing 10 reps of one exercise before moving onto the next. If you have questions about what size dumbbell weight to use for each exercise, please ask an exercise specialist. When all 5 exercises have been completed, start from the top and go back down for the remainder of the time left. You may rest between sets as needed.

- 10 bicep curls
- 10 shoulder presses
- 10 tricep kickbacks
- 10 squats
- 10 lunges
Education Classes

Stocking the Pantry
Menu Planning
Questionnaire and Tips

**Questionnaire**

1. I plan what I will eat:  
   a. Monthly  
   b. Weekly  
   c. Daily  
   d. I don’t plan. I'm spontaneous!  

2. I do my grocery shopping from a list: [ ] True  [ ] False  

3. I eat the same breakfast:  
   a. Every day  
   b. Most days  
   c. I rotate between 2 or 3 choices  

4. During the week, I eat lunch:  
   a. In a restaurant, most days  
   b. From something I have packed  
   c. I skip lunch  

5. I keep a regularly stocked food pantry: [ ] True  [ ] False  

6. I know how to cook: [ ] True  [ ] False  

7. How often do you eat away from home per week? __________

8. List your 3 favorite/usual dinners.  
   • _________________________  
   • _________________________  
   • _________________________  

9. List your 3 favorite/usual snacks.  
   • _________________________  
   • _________________________  
   • _________________________
Meals in minutes

Canned beans
Bean salad:
• Mix canned and drained red, black and green beans with your favorite garlic vinaigrette light dressing.
• Add a dash of cayenne for a little kick, if desired.
• Serve over a bed of romaine lettuce.
• To make this a main salad, top with a scoop of tuna mixed with a little low fat mayonnaise or nonfat yogurt.

Mexican minestrone:
• Combine one can of kidney beans (rinsed and drained), 1 cup of chunky salsa, 1 cup canned or frozen corn, 1 cup diced bell pepper (any color), can of chicken broth (may need more), 3/4 cup macaroni, and 1 cup sliced cabbage (or bagged cole slaw with no dressing).
• Cook on stovetop or in microwave.
• Serve with a little Parmesan cheese.

Canned tomatoes
Individual pizzas:
• Top whole grain English muffin halves with a small amount of seasoned tomato sauce.
• Add favorite veggies and mozzarella cheese.
• Cook in oven until cheese melts.

Enhanced spaghetti:
• Add diced tomatoes to your favorite jar of spaghetti sauce or to spaghetti sauce made from a dry mix.
• Combine browned lean ground beef or turkey.
• Serve over whole grain pasta.

Frozen vegetables
Veggie omelet:
• Defrost your favorite selection of frozen vegetables or use fresh vegetables.
• Add 2 eggs or 1/2 cup egg substitute along with seasonings of your choice, such as dill week, pepper, basil, etc. and grated cheese, such as Parmesan, cheddar, etc.
• Cook in the microwave or on top of the stove.

Braised meal:
• Add your favorite frozen vegetable combination to a beef roast in the last hour of cooking.
Pantry list

Refrigerator
- Meat and poultry: lean ground beef; lean ground turkey; chicken breasts
- Cheese: Parmesan; mozzarella; 2% fat reduced cheddar
- Eggs and egg substitute
- Margarine
- Variety of seasonal fruits
- Milk: fat free skim milk
- Variety of seasonal vegetables
- Yogurt: plain; no sugar added fruit varieties

Freezer
- Bread: pita bread; flour tortillas; pizza rounds
- Fruit: strawberries; blueberries
- Fruit juice: orange juice concentrate
- Vegetables: plain and mixed vegetables
- Variety of meat, fish, and poultry

Kitchen cupboard
- Variety of canned beans, such as black beans, kidney beans, garbanzo beans (chickpeas)
- Variety of dry beans and lentils, such as lentils in various colors and pinto beans
- Bread: whole grain bread
- Cereal: whole grain (ready to eat and to be cooked); rolled oats
- Rice: quick cooking brown rice
- Condiments: vinegars; mustards; ketchup; bouillon cubes
- Fish, canned: tuna
- Fruit: variety, canned, and packed in own juice
- Herbs and spices: pepper; basil; garlic; thyme; oregano; bay leaf; coriander; cumin; chili powder
- Nuts: walnuts; almonds
- Oil: olive; canola; spray cooking oil
- Variety of pasta: spaghetti; couscous; macaroni
- Sweeteners: sugar; honey; sugar substitute
- Canned vegetables: tomatoes (plain and with herbs and spices added); corn
- Vegetables (fresh): potatoes; onions; garlic
- Peanut butter
- Salsa
- Spaghetti sauce
Pantry list activity

Use the pantry list on the previous page to plan 2 or 3 quick and easy meals. If you are missing an item that you need to complete a meal, make a note that it is missing from your pantry list.

Meal 1

Meal 2

Meal 3
Tips for eating more fruits and vegetables

Fruits and vegetables are full of essential vitamins, minerals, antioxidants and fiber that may help protect you from chronic diseases. Studies have shown that people who eat more fruits and vegetables are more likely to have lower risk of chronic disease such as stroke, other cardiovascular diseases and certain cancers.

Also, fruits and vegetables are often low in fat and low in calories. Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss plan.

- Add fresh berries to oatmeal. Use frozen berries in the winter.
- Add chopped fruit or vegetables to cold rice. Mix together with a salad dressing of your choice.
- Combine your favorite low-fat yogurt with fresh fruit and low-fat granola for a fruit parfait.
- Make a dip for your fruit: 1/4 peanut butter, 2 tablespoons orange juice, and 1/2 cup low-fat vanilla yogurt.
- Add veggies to your sandwich.
- Use lettuce or spinach leaves for the base of your salad. Fill up the rest of the bowl with a variety of chopped vegetables. Add thinly sliced meat to make a great entree for a summer lunch or dinner.
- Whether you are making a soup in the summer or winter, add extra vegetables: frozen in the winter and fresh, chopped in the summer.
- Whip up your favorite tuna salad on a hot summer night adding extra veggies and maybe an apple. Go light on the mayo! Serve it on a bed of fresh tomato slices.
- Add peas and carrots to your potato salad.
- If pasta is a favorite of yours, improve the nutrition and color by adding more vegetables.
- Make your own popsicles by freezing juice in your popsicle molds.
- For a special treat, top your favorite fruit with one small dip of your favorite lower fat ice cream.
- Make a smoothie for a change of pace breakfast or refreshing snack: 3/4 cup juice, 1/2 cup low-fat plain yogurt, and 1 cup frozen berries.
Eating Healthy on a Budget

Shopping Tips and Menu Ideas

It is easy to eat healthy on a budget. Here are some tips to help:

**Before you shop plan ahead**
- Create a budget for food. Have a dollar amount in mind and stick to it.
- Plan your meals. Use cook books, friends, family or the internet to get menu ideas and recipes.
- Plan your snacks. Snack foods can shrink a food budget. Avoid soda or beverages that are not “diet”. They cost a lot and only add calories to your diet.
- Once you have a meal idea, write out a grocery list. To make shopping easy, create food categories. Write out how much money is spent on each item or food group.

For example:

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Produce</td>
<td>Apples</td>
<td>3 pound bag</td>
</tr>
<tr>
<td>Meat/Poultry/Fish</td>
<td>Ground turkey</td>
<td>1 pound</td>
</tr>
</tbody>
</table>

It is okay to change your mind based on cost or what is available when you get to the store. The key is to stick to your budget while eating healthy.

**Get organized before you shop**
- Make a list of what you have in the kitchen or pantry.
- Organize your food to remember what you have. Keep similar items in the same area, such as space for canned foods, dry foods or cereals.
- Plan meals with what you have at home. You buy less and eat food before it spoils.
- Put leftovers in new meals. Add left-over vegetables to a soup, salad or casserole. Combine yogurt with fruit salad for a smoothie. This means less food waste.

**Save money when you shop**
- Look for in store sales or specials.
- Look for the store brand or generic brand. The same food will cost less.
- Use coupons. It can take time to cut coupons but they save money.
- Sign up for a shopping card if the store has one. This is not a credit card. It just gives you more money off the food you buy.
• Buy fresh fruits and vegetables that are in season:
  › Summer – melon, corn, tomatoes, peaches, berries
  › Autumn – pumpkins, squash, apples
  › Winter – oranges, grapefruit, apples, grapes
  › Spring – strawberries
• Eat frozen or canned fruits and vegetables when fresh ones cost more or are not in season. Frozen ones have less salt than canned. Drain and rinse canned vegetables for less salt. Buy canned fruits that are “lite” or use natural juice and not syrup.
• Dairy: Try low-fat cheese or yogurt. Drink milk with 2% or less fat. It still has Vitamin D in it. Try non-fat dry milk powder for recipes or to drink. Make it a day ahead of use for better taste. Or try ½ powdered and ½ regular milk for taste. Powdered milk can go bad so be sure to check the date on the package.
• Grains (bread, cereal, rice, pasta): Eat whole wheat or whole grain bread, pasta and cereal. Eat brown rice instead of white rice. To reduce waste, freeze bread and save what you need for later. Hot cereals like oatmeal, grits, and cream of wheat can cost less and have a longer shelf life.
• Proteins (meat, poultry, dried beans, eggs, fish): Choose low fat meats and buy in the “big” package when it is on sale. Split it into several meals and put it into the freezer until needed.
  › Lean cuts of beef: Top round, Top loin steak, Chuck steak
  › Poultry: Choose white meat and remove skin. Turkey can cost less than chicken.
  › Eggs: Use egg whites instead of the entire egg or egg beaters
  › Fish: Choose canned salmon or tuna packed in water, not oil
  › Beans: Beans cost less than meat and are good for you. Try baked beans, fat-free refried beans, or kidney beans. Try dry beans and soak them before cooking. These can be used with meats/poultry to make meals more substantial.
• Snacks: Avoid chips and candy. Eat fruit, a small piece of low-fat cheese, or a ¼ cup of nuts such as almonds, walnuts or peanuts. They will give you energy that last longer than other snack foods. Try animal crackers, vanilla wafers, ginger snaps, popcorn or pretzels. Make your own snack foods by taking what you already have in the house.
Menu ideas

Here are a few healthy meals to try that keep you within your budget:

Quick Burritos
Spanish rice packet
Fresh or canned tomatoes
Refried beans
Flour tortilla
Reduced-fat shredded cheese

Make Spanish rice as indicated on the package. Add in tomatoes while cooking. Put the rice, some beans and cheese in the tortilla shell, and you have yourself a meal containing 4 of 5 food groups.

Pasta with Broccoli and Chicken
Dry packaged dinners, such as Lipton Chicken and Noodles or Pasta Roni Fettuccine
1 chicken breast (skinless/boneless)
Fresh or frozen broccoli
Margarine
Skim milk

Make the noodles as indicated on the package. Use skim milk and use ½ the margarine that the box suggests. Add in thawed broccoli about 5 minutes before cooking is complete. Bake the chicken breast in the oven until done. Mix the chicken in with the pasta or eat on the side. Add a piece of fruit and glass of milk and this meal contains all five food groups.

Tortilla Pizza
1 flour tortilla
Pizza sauce
Reduced-fat mozzarella cheese
Favorite pizza toppings, such as tomatoes, skinless grilled chicken, green peppers, onion, and mushrooms

Preheat oven to 400 degrees. Put pizza sauce, toppings and cheese on flour tortilla. Bake in oven for about 10 to 15 minutes. Add a side salad with reduced-fat dressing and a piece of fruit for dessert and you have a meal with 4 of the 5 food groups.
Education Classes

Making Peace with Food
Making Peace with Food

Cravings and emotions

• Before we begin, do a quick check-in: What are your cravings? When do they tend to occur? What do they look like in your life?

• Often, cravings are a result of emotions that have not been identified or addressed. When emotions are not addressed, they can grow stronger and seek outlets, such as food cravings. Long-term weight maintenance requires identifying emotions and dealing with them.

Examples of common core emotions associated with cravings include:
  › Fear
  › Anger
  › Tension
  › Shame

What emotions lead you to have strong cravings and emotionally overeat? Do the emotions listed above apply? How so?
• Now, use the list below and circle any feelings that apply:

<table>
<thead>
<tr>
<th>Feelings when your needs are satisfied</th>
<th>Feelings when your needs are not satisfied</th>
</tr>
</thead>
<tbody>
<tr>
<td>Affectionate</td>
<td>Afraid</td>
</tr>
<tr>
<td>Engaged</td>
<td>Annoyed</td>
</tr>
<tr>
<td>Hopeful</td>
<td>Angry</td>
</tr>
<tr>
<td>Confident</td>
<td>Disgusted</td>
</tr>
<tr>
<td>Safe</td>
<td>Bored</td>
</tr>
<tr>
<td>Excited</td>
<td>Confused</td>
</tr>
<tr>
<td>Relieved</td>
<td>Uncomfortable</td>
</tr>
<tr>
<td>Grateful</td>
<td>Disconnected</td>
</tr>
<tr>
<td>Inspired</td>
<td>Agitated</td>
</tr>
<tr>
<td>Joyful</td>
<td>Embarrassed</td>
</tr>
<tr>
<td>Exhilarated</td>
<td>Tired</td>
</tr>
<tr>
<td>Peaceful</td>
<td>Sad</td>
</tr>
<tr>
<td>Refreshed</td>
<td>Lonely</td>
</tr>
<tr>
<td></td>
<td>Anxious</td>
</tr>
<tr>
<td></td>
<td>Hurt</td>
</tr>
<tr>
<td></td>
<td>Insecure</td>
</tr>
</tbody>
</table>

Finally, let's rank them: what three emotions are most likely to lead you to emotional eating? Put them in order below, with the most likely emotion listed first.

1.
2.
3.

Having identified these, it is critical to develop and practice ways to handle these emotions.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Possible Strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>
Do you have a sweet tooth? Tips for controlling it

1. Identify and address the emotion that prompted the craving.
2. Evaluate your diet. If you are following a fad, get off of it!
   - Include complex, whole grain carbohydrates regularly for meals and snacks.
   - Eat every 3 to 4 hours throughout your waking hours.
   - Limit refined sugar foods initially until craving is under control.
3. Suck a sour pickle unless you are limiting your sodium intake.
4. Try sucking a peppermint washed down by a few ounces of fruit juice or a few bites of fruit.
5. Use “sweet” spices, such as cinnamon, vanilla, and nutmeg, to give a faux sweet flavor to yogurt or steamed nonfat milk.
6. Practice moderation rather than elimination of all sweet foods.

Keys to eating intuitively

Making peace with food means unconditional permission to eat.

1. No food is good or bad. No one food has the power to make you fat or slim.
2. __________________ does not have the power to make me fat.
3. Eat what you really want.
4. Eat the food without guilt.

Forbidden foods list

List all of the foods you don’t allow yourself when you’re trying to lose weight.

1. 11.
2. 12.
3. 13.
5. 15.
6. 16.
7. 17.
8. 18.
9. 19.
10. 20.

Foods you currently eat

Place a check by the foods in the forbidden foods list that you currently eat. Upon reflection, is the forbidden food approach working for you? If not, consider “taking the plunge” and allow yourself to eat it.
Taking the Plunge

Choose a food from the forbidden foods list that you are not currently eating and give yourself permission to eat it. Make the food available to you at home and/or in restaurants. Use mindful eating techniques and ask for help as needed.

My chosen food is ____________________________________.

Track your progress with a half full thinking journal

<table>
<thead>
<tr>
<th>Half Empty Statements</th>
<th>Half Full Statements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I had a terrible week.</td>
<td>1. Example: Dinner last night was tough, but I made good decisions the rest of the week.</td>
</tr>
<tr>
<td>2. I overate so many times</td>
<td>2.</td>
</tr>
<tr>
<td>3. All I ate was sweets</td>
<td>3.</td>
</tr>
<tr>
<td>4. I feel so fat.</td>
<td>4.</td>
</tr>
<tr>
<td>5. I’m such a failure.</td>
<td>5.</td>
</tr>
</tbody>
</table>

Half full thinking journal

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7
Education Classes

Zumba / Dance
Zumba and Dance

Get ready to hit the dance floor! Dancing is a whole-body workout that’s actually fun. It’s good for your cardiovascular system, improves overall body strength, and it will help with balance and coordination. The intensity depends on the type of dance you choose. Fast-moving dance styles, like hip hop and salsa, are more intense than slower dances, like the tango or waltz. All of them will use your whole body and will challenge your brain as you learn the choreography and form.

Benefits of zumba and dance

Zumba and dance have been shown to:

• Improved flexibility
• Improved strength
• Improved aerobic capacity
• Low-impact

A 30-minute dance class can burn between 300 and 400 calories. This is similar to jogging for 30 minutes at a 12-minute mile pace.

This is also an exercise that is great for beginner. If you're just starting out, give yourself time to learn the moves, and remember to find joy in how your body moves whatever your skill level.
Education Classes

Becoming a Successful Loser
This self-assessment examines your behavior from the past 30 days.

**My current exercise habits**

1. I am doing aerobic exercise:
   a. Most days of the week (30 to 60 minutes at moderate intensity).
   b. At least 3 times a week (30 to 60 minutes at moderate intensity).
   c. Occasionally, but less than 3 times a week.
   d. Rarely if at all, but I am thinking about starting.

2. I am doing at least 10 minutes of resistance training exercise to increase strength and muscle tone:
   a. 3 or more times a week.
   b. 1 to 2 times a week.
   c. Rarely if at all, but I am thinking about starting.

3. I am doing at least 5 to 10 minutes of stretching and flexibility exercises:
   a. 3 or more times a week.
   b. 1 to 2 times a week.
   c. Rarely if at all, but I am thinking about starting.

4. I average _____ total minutes of exercise per week.

**My current diet and nutrition habits**

1. My diet is:
   a. On target calorie-wise with my meal plan most days.
   b. On target calorie-wise with my meal plan a few times each week.
   c. Occasionally on target calorie-wise with my meal plan.
   d. Rarely on target calorie-wise with my meal plan.
2. My diet is ________ in carbohydrates.
   a. High
   b. Appropriate
   c. Low

3. My diet is ________ in fat.
   a. High
   b. Appropriate
   c. Low

4. What are the 4 carbohydrate foods you eat most often?

5. My fruit and vegetable intake has ________ since starting the Living Well Program.
   a. Increased
   b. Decreased
   c. Remained the same

6. In an average week, I eat ________ servings of fruit daily.

7. In an average week, I eat ________ servings of vegetables daily.

8. I eat breakfast:
   a. Rarely
   b. Occasionally
   c. 3 times or less/week
   d. Most days

9. The statement that best describes my food choices and eating patterns is:
   a. I eat the same foods and in the same pattern everyday.
   b. My weekends and week days are very different from each other.
   c. My food choices and eating pattern varies greatly from day to day.
Self monitoring

1. I weigh myself:
   a. Several times each day
   b. Daily
   c. A few times/week
   d. Once each week
   e. Rarely

2. I keep food records:
   a. Daily
   b. Occasionally
   c. Only for what is different from my meal plan
   d. Rarely or never

3. I keep exercise logs:
   a. Daily (e.g, steps from pedometer)
   b. Occasionally
   c. Rarely or never

4. My current weight goal is to:
   a. Lose weight that I have regained since Phase 1
   b. Actively lose more weight (approx._____lbs) towards my overall goal
   c. Maintain my weight

In summary
Take a moment and think back to a time when you were pleased with your weight loss and progress towards goals. What were key habits?
The National Weight Control Registry (NWCR), http://nwcr.ws/, is a national research study that is tracking over 10,000 people who have lost weight and maintained their weight loss. The study collects information from people who have lost at least 30 pounds for 1 year or more. Participants complete detailed questionnaires and annual follow-up surveys, which are studied for common behaviors, attributes, and strategies.

Who is in the registry?
- 80% are women with an average age of 45, and 20% are men with an average age of 49.
- Average weight for women is 145 pounds, and average weight for men is 190 pounds.
- Average weight loss is 66 pounds and has been kept off for 5.5 years.
- Range of weight lost is 30 to 300 pounds.

What triggered weight loss?
- 17% had no trigger.
- 23% had a medical trigger.
- 21.3% had highest weight.
- 12.7% looked in a mirror.

How was the weight lost?
- 55% lost weight with the help of a program.
- 1% lost weight by exercise only.
- 98% changed food intake in some way.

What were the successful weight maintenance diet habits?
- 78% eat breakfast.
- Eat low-fat diet.
- Watch total calories (i.e. self-monitoring).

What were the successful weight maintenance exercise habits?
- 89% keep weight off with exercise and diet.
- Walking is the most preferred activity.
- 90% currently average about 1 hour of exercise per day.
What were some other characteristics?
- Monitored their weight, with 75% weighing themselves at least weekly.
- 62% watch less than 10 hours of TV per week.

Who remains successful?
- Those who had a medical trigger.
- Those who eat a consistent diet over the week and year.
- Those who catch “slips” before they become large regains.

Perception people rarely succeed is not true
- Majority of weight lost by NWCR participants is maintained over 10 years (Thomas et al, 2014). Participants maintained an average estimated weight loss of:
  - 52.5 lbs (77% of their initial weight loss) over a 5 year period.
  - 50.9 lbs (74% of their initial weight loss) over a 10 year period.
- The chances for success get better the longer the weight is off!
  - The same study found that regain was fastest in initial years of follow-up.
  - Weight regain rates decreased over each of the first 5 years.
  - Regain was followed by fairly stable maintenance period over the next 5 years.
- There is no single formula for weight loss maintenance, but those who had the greatest weight regains reported:
  - Large decreases in physical activity.
  - Decreases in dietary restraint.
  - Decreases in self-weighing frequency.
  - Worsening levels of over eating and loss of control (disinhibition).

In summary
What is your takeaway message?

Areas where I can improve and my goals for this week:
Exercise:

Diet:

Other behaviors (i.e. monitoring, sleep, stress etc):
Sleep, Stress, and What I Eat
How Well Do You Sleep?

Time in bed is not necessarily an indicator of adequate sleep. Review the list below, checking the ones that describe your situation.

- I have trouble staying alert throughout the day.
- I need caffeine to keep going all day.
- I feel fatigued much of the time.
- I need an alarm clock to awaken.
- I tire easily while performing physical tasks.
- I often want to nap during the day.
- I find myself falling asleep while working, watching TV or movies, reading, or driving.
- I get sleepy in long, boring meetings.
- Sleepiness interferes with my work or social life.
- I have difficulty remembering information
- I forget where I put things.
- My productivity levels are down.
- I recently had an accident or near accident.
- I often feel irritable and have trouble relaxing.
- I frequently have stomachaches or headaches.
- I easily pick up cold or flu viruses.

If you checked off three or more of these items, you are probably sleep deprived. These results do not mean that you can correct the problem by getting more sleep necessarily. You might have a sleep disorder. Whether or not you have a sleep disorder, you will benefit from improving your quality of sleep.
The best way to cope with stress, solve problems, or recover from illness is a good night’s sleep.

**Understanding sleep**

There are five phases of sleep: stages 1, 2, 3, 4, and REM (rapid eye movement) sleep. These stages progress in a cycle from stage 1 to REM sleep, then the cycle starts over again with stage 1. You spend almost 50% of your total sleep time in stage 2 sleep, about 20% in REM sleep, and the remaining 30% in the other stages. The first REM sleep period usually occurs about 70 to 90 minutes after you fall asleep. A complete sleep cycle takes about 90 to 110 minutes.

- **Non-REM sleep (stages 1, 2, 3, and 4):**
  
  Benefits: Body repairs and regenerates tissues, body builds bone and muscle, and it appears the body strengthens the immune system.

- **REM sleep:**
  
  Benefits: Neurotransmitter receptors are replenished and the brain forms neural connections that strengthen mood regulation, remembering, learning, problem solving, and performing.

The amount of sleep each person needs depends on many factors, including age. 7 to 8 hours a night seems to be best amount of sleep for adults. Getting too little sleep creates a “sleep debt.” Eventually your body will demand that the debt be repaid.

Sleep loss can increase your risk for developing certain medical conditions, such as obesity, type 2 diabetes, cardiovascular disease, and mood disorders.

![Sleep Loss Diagram](image-url)
Tips for improved sleep

1. **Maintain a regular sleep and wake schedule 7 days a week.** Your internal biological clock is set by the number of hours of sunlight, and are triggered and reset by variations of light and dark. These rhythms also regulate all major body functions. Consistency is key.

2. **Relax before bedtime.** Your brain waves are predominantly beta waves when you are awake and active. When you relax, alpha waves appear and help set the stage for sleep. Try reading a book, journaling, taking a hot bath, soaking in a hot tub, listening to soft music, or doing stretching exercises or yoga in a softly lit room.

3. **Make your bedroom a restful environment.** Your room should be cool, dark, and quiet. Choose a mattress and pillow that are comfortable. Minimize noise in the house or mask noise with a fan.

4. **Exercise regularly, but not within 3 to 4 hours of bedtime.** Regular exercise naturally relieves stress and tension. Activity stimulates the flow of adrenaline initially increasing metabolism and wakefulness. A walk after dinner would relax the body, but not stimulate wakefulness.

5. **Limit daily caffeine intake, and avoid it 4 to 6 hours before bedtime.** Caffeine stimulates the central nervous system, increases the metabolic rate, increases blood pressure, increases heart rate and breathing levels, and it blocks adenosine, a natural sedative in the brain. It also causes the adrenal glands to produce adrenaline. Caffeine is absorbed in 15 to 30 minutes, and its effects can last longer than 4 hours. Having a caffeinated drink at night will make you wake up more often and is thought to decrease REM sleep and deep sleep.

6. **Avoid alcohol late in the evening.** Alcohol is just as damaging to sleep as caffeine. It causes the release of adrenaline and blocks tryptophan, a precursor of serotonin, which is a calming brain chemical necessary for sleep. Initially alcohol may make a person feel sleepy, but when it is metabolized, alcohol will disrupt sleep.

7. **Avoid heavy meals close to bedtime.** A body focused on digestion is not ready to relax for sleep. You will likely not get a deep, restorative sleep. Fatty and spicy foods disrupt sleep. Close to bedtime, choose a light snack, such as whole grain cereal with milk and banana slices with peanut butter.

8. **Avoid nicotine.** Besides all of the normal reasons for not smoking, tobacco products are stimulants. The average smoker takes twice as long to fall asleep as a nonsmoker, and sleeps about 30 minutes less. Like caffeine it triggers the release of adrenaline and like alcohol, once metabolized, nicotine can wake you up.

9. **Set aside worry time for earlier in the day.** If necessary, write down your challenges in a “worry book,” and set the book aside before preparing for sleep.

10. **If awakened by concerns, have a paper and pen next to your bed to write down your thoughts.** Then forget the problem and go back to sleep. If sleep does not come quickly, get up and do something until you are sleepy.

11. **Your body likes consistency. Be consistent with your meals too.** Irregular meals will have a negative effect on your biological clock, which impacts your sleep.
Relaxation techniques

The relaxation techniques listed below will help with stress, anxiety, and muscle tension. It is good to practice these techniques often, even when you are not stressed or anxious, to improve your sleep. There are many books, CDs and Internet resources that promote optimal mental health and muscle relaxation techniques through guided exercises. Our staff can help you with these techniques and give you more information to help you practice correctly and safely.

- **Guided imagery:**
  
  This is a type of meditation (not hypnosis) that involves seeing yourself or your surroundings in a way that promotes relaxation, safety and comfort. It reduces stress and anxiety, and promotes positive thinking. The more you practice, the easier it will become.
  
  - Set aside 10 to 15 minutes for the exercise.
  - No matter your beliefs, values or preferences, you chose the visual information in the guided imagery exercise.
  - Setting: For optimal results, make sure you practice in a calm environment. Turn off the lights, phone, radio and television. Get into a comfortable position, such as sitting or lying down.
  - For more information, please visit Ohio State Center for Integrative Medicine’s website at [https://wexnermedical.osu.edu/integrative-complementary-medicine](https://wexnermedical.osu.edu/integrative-complementary-medicine) or call 614-293-9777.
  - For free guided imagery recordings, please visit [https://wexnermedical.osu.edu/integrative-complementary-medicine/guided-imagery](https://wexnermedical.osu.edu/integrative-complementary-medicine/guided-imagery).

- **Progressive muscle relaxation:**

  This is a two-step process that involves tensing certain muscle groups and then relaxing the muscles to promote stress and tension relief.
  
  - Set aside 15 minutes for this exercise.
  - Setting: Find a comfortable, calm place where you will not be disturbed. Sitting in a comfortable chair or lying down is preferred.
  - Muscle groups: Feet, calves, thighs, hands, upper arm (biceps), buttocks, stomach, neck, shoulders, mouth, eyes and forehead.
  - Follow these steps:
    1. Tension: Take a deep breath in and clench (tighten) one of the muscle groups. Hold your breath for 5 seconds.
    2. Relaxation: Breathe out through pursed lips and relax the muscle group. After 15 seconds of breathing and resting, repeat the same muscle group 2 to 3 times before moving on to the next muscle group.
Education Classes

Weight Training: Upper Body
Weight Training: Upper Body

Weight training is a method of improving muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight. Training sessions are designed to put the muscle under increasingly greater resistance, which in turn stimulates development of muscle strength to move the greater resistance.

Benefits of weight training
It has been shown to:
• Increase lean muscle mass
• Increase bone density
• Increase quality of life

Upper body weight training ideas
• **Body weight training ideas:** push-ups, pull-ups, dips, planks, pike push-ups, and more.
• **Resistance bands and free weights:**
  ‣ Resistance bands are an inexpensive option, which provide resistance when stretched. Bands can also increase in resistance based on the size and width.
  ‣ Free weights: Barbells and dumbbells are classic examples. Kettle-bells and medicine balls are also great options.
  ‣ **Ideas:**
    Biceps curls
    Chest flys
    Chest press
    Rows
    Shoulder press
    Shoulder raises (lateral and front)
    Triceps extension
    Triceps kickbacks
    Upright row
    and more...
• **Weight machines:**
  ‣ Most fitness centers or gyms will have a variety of machines that focus on one body part. There is also some in-home options that can be set up to work multiple muscle groups.
  ‣ **Ideas:**
    Biceps curls
    Chest flys
    Chest press
    Lat bar press down
    Lat bar pull down
    Seated row
    Shoulder press
    Triceps extension
    Triceps press
    and more...
Education Classes

Weight Training: Lower Body
Weight training is a method of improving muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight. Training sessions are designed to put the muscle under increasingly greater resistance, which in turn stimulates development of muscle strength to move the greater resistance.

**Benefits of weight training**

It has been shown to:

- Increase lean muscle mass
- Increase bone density
- Increase quality of life

**Lower body weight training ideas**

- **Body weight training ideas:** squats, lunges, calf raises, step-ups, exercise ball hamstring curls, and more.

- **Resistance bands and free weights:**
  - Resistance bands are an inexpensive option, which provide resistance when stretched. Bands can also increase in resistance based on the size and width.
  - Free weights: Barbells and dumbbells are classic examples. Kettle-bells and medicine balls are also great options.

  - **Ideas:**
    - Hip abduction and adduction (with resistance bands)
    - Leg press (with resistance bands)
    - Lunges

- **Weight machines:**
  - Most fitness centers or gyms will have a variety of machines that focus on one body part. There is also some in-home options that can be set up to work multiple muscle groups.

  - **Ideas:**
    - Calf press (on leg press machine)
    - Leg curls
    - Leg extension
Education Classes

Fast and Healthy Eating
When you are away from home and do not have measuring cups and spoons or a food scale handy, it helps to know what a standard portion of some common foods looks like. The table below gives examples of everyday items to help you judge serving sizes. You can also look at the Nutrition Facts label on packaged foods for serving sizes of foods not listed. Get out a measuring cup or a food scale and practice measuring some of your favorite foods so you can see what a serving size looks like. This will help you judge how much food you are eating.

<table>
<thead>
<tr>
<th>Sample Foods</th>
<th>Serving Size</th>
<th>Similar Sized Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>1 teaspoon</td>
<td>Small marble or tip of thumb</td>
</tr>
<tr>
<td>Oil, butter, margarine, honey, mayonnaise, ketchup</td>
<td>1 tablespoon</td>
<td>Large marble, poker chip or thumb to first knuckle</td>
</tr>
<tr>
<td>Salad dressing, salsa, hummus, peanut butter</td>
<td>2 tablespoons</td>
<td>2 large marbles, 1 ping pong ball or whole thumb</td>
</tr>
<tr>
<td>Large egg, dried fruit, nuts</td>
<td>1/4 cup</td>
<td>Golf ball or cupped handful</td>
</tr>
<tr>
<td>Burger patty, beef, pork, chicken, turkey, fish, cooked vegetables, mashed</td>
<td>1/2 cup or 4 ounces uncooked meat, poultry or fish</td>
<td>Tennis ball, hockey puck, deck of cards, bar of soap, checkbook, computer mouse, light bulb or palm of hand</td>
</tr>
<tr>
<td>potatoes, small baked potato, cooked beans and peas, canned fruit, ice cream,</td>
<td>3 inches diameter by 1 inch bagel/biscuit/English</td>
<td></td>
</tr>
<tr>
<td>3-inch diameter by 1 inch bagel/biscuit/English muffin, cooked rice or pasta</td>
<td>muffin, cooked rice or pasta</td>
<td></td>
</tr>
<tr>
<td>Chopped raw vegetables/fruit, lettuce (4 leaves), medium apple or orange,</td>
<td>1 cup</td>
<td>Wiffle ball, baseball or woman’s fist</td>
</tr>
<tr>
<td>small roll, chips, popcorn, pretzels, cereal, soup, yogurt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ounce</td>
<td>4 dice or 2 dominoes</td>
</tr>
<tr>
<td>Thin pancake, small waffle</td>
<td>1</td>
<td>CD or DVD disk</td>
</tr>
</tbody>
</table>
Education Classes

Making Our Goals Our Habits
# Self-Assessment

## Healthy Weight Management Habits

Assess the following habits by reviewing the past 30 days and your typical behavior. Make additional comments as needed.

<table>
<thead>
<tr>
<th>Nutrition</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I follow meal plans weekly.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>2. I plan and/or record all foods and beverages.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>3. I measure my foods and beverages.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>4. I actively control my portions.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>5. I skip meals.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>6. I wait longer than 4 hours to eat.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>7. How many fruit servings do I have per week?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. How many vegetable servings do I have per</td>
<td></td>
<td></td>
</tr>
<tr>
<td>week?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Do I eat out on a regular basis?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>If yes, I calculate the calories and/or</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>research the nutritional information.</td>
<td></td>
<td></td>
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<tr>
<td>10. I meet my fluid goals each week.</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>11. Overall, I am committed to making healthy</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>food choices.</td>
<td></td>
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</tr>
</tbody>
</table>

Other personal habits to review and/or additional comments:
Exercise

1. I have a plan for aerobic activity each week. Yes No
   If yes, I meet my goals. Yes No
2. I work out at an intensity that helps me see the most benefit (RPE of 4 to 7) Yes No
3. I am ready to challenge myself more. Yes No
4. I have a plan for strength training this week. Yes No
   If yes, I completed my goals. Yes No
5. I am ready to make increases to my weights, sets, or reps. Yes No
6. I stretch each week. Yes No
7. I look for ways to be more active in my day. Yes No
   If yes, how many minutes do I spend in activity? ______
8. Overall, I am committed to being more active this week. Yes No

Other personal habits to review and/or additional comments.

Lifestyle

1. I get 7 to 8 hours of sleep per night. Yes No
2. I proactively manage my stress each week. Yes No
3. My emotions control my health behaviors. Yes No
4. I ask for help when I need it. Yes No
5. Overall, I am committed to a healthier lifestyle each week. Yes No

Other personal habits to review and/or additional comments.

Summary

What has been going well?

What do I want to improve?
Making Our Goals Our Habits

“How do you define willpower and self-control?”

“On a scale of 1(low) to 10 (high), how would you rate your average willpower as it relates to your health goals in the past week?”

“What do you think has contributed to this level of recent willpower?”

“On a scale of 1(low) to 10 (high), how dedicated have you been to setting SMART weekly goals?”

“Is this system working well for you?”

“If you decided to, what would be your first step to improve your habits?”

“The road to success is dotted with many tempting parking places”

~ Will Rogers
Willpower and self-control

- The ability to control oneself is to override one's response or change oneself.
- People are not exactly “good” or “bad” at self-control. It fluctuates.
- Will power is like a muscle. The more you use it. The stronger it gets. But it can also get fatigued with use.
- Self-control for all areas comes from one source—not separate for different areas (i.e. work, cleaning home, exercise, etc). Same willpower, but gets channeled into different areas.
- Regular “exercise” of it can help build this general source of willpower!
- In addition, exerting willpower into arbitrary, smaller things can also help to strengthen this “muscle” (i.e. using non-dominant hand to open doors, brush teeth, etc.).
- Ongoing efforts to change behaviors each day can help strengthen willpower.
- Uses of willpower include:
  - Self-control.
  - Decision making (don’t want to decide or you make unhealthy, self-indulgent choices).
  - Initiative (actively asking for help).
- Effective self-controllers:
  - Expose themselves to less frequent resistance.
  - Experience less guilt and less stress.
  - Play offense, avoiding problems.
  - Use self-control “not for heroic acts, but for forming good habits and breaking bad habit. By managing habits effectively, you can stay out of trouble.”
- Glucose (aka “the fuel for our brains”) is highly relevant to self-control:
  - After exerting self-control, there is less glucose in blood stream.
  - Body can use up available supply and can take time to replenish.
  - Be aware of other situations (i.e. illness) that may be using up glucose supply and how that may impact self control.
  - Reinforces the habit of eating several small meals throughout the day.

Please list one take home point from this lecture on ‘Science of Willpower’:
Setting realistic goals
Turning good intentions into actual plans

1. **Avoid goals that include the words, “never,” “always,” and “every day.”**
   No one is perfect, so don’t expect that out of yourself. All or nothing goals encourage all or nothing behavior. If desserts are your nemesis, don’t eliminate desserts entirely. It would be more realistic to eat them once a week.

2. **Set short term goals – for today or for this week.**
   Small steps are easier to focus on and will not overwhelm you. Each step you achieve will move you closer to your long-term desire. If you want to lose 50 pounds, you are more likely to give into the tempting pastry than if your focus is on one sweet treat for the week. The pastry seems insignificant when you are thinking in terms 50 pounds.

3. **Make your goals “I will do” rather than “I will be” goals.**
   Action-oriented goals spell out what you will do. They give you direction.

4. **Make your goals specific.**
   Identify the specific behavior you will change. You know you need to exercise more, but if your goal is to exercise more, how do you know if you met your goal? Will you walk 3 times this week for 25 minutes? Now that is specific, and you will know if you met your goal.

5. **Set goals for where you are today.**
   What has your eating or exercise behavior been and what are you currently doing? You may have a goal of running a marathon, but you will not accomplish that today if you have not been exercising for the past 6 months. If you always eat a large bowl of ice cream in the evening, you might set a goal of ½ cup portion of a lower calorie frozen dessert.

6. **Avoid goals with “should” and “have to.”**
   How do you feel when you tell yourself you “should” or you “have to”? Guilty? Deprived? Your goals are opportunities for you to make better choices. After all, you do have a choice.

7. **Be flexible for the long-term.**
   If a goal is difficult for you to achieve, you may need to back up a step or two and set a more realistic goal. Short term goals allow us to experience many successes on the route to achieving our long-term dream. Sometimes it will take longer than we want, but with our short-term realistic goals, we have a good chance of success.
Sample goals for class evaluation

1. Prepare meals ahead of time, so I don’t slip back when stressed or have time issues.
   - How often? Every day this week? How often are you planning now?
   - It is action-oriented, but it is not specific. Which meals? Dinner? Lunch? Breakfast?
   - Are you planning any meals now? If not, maybe planning 1 or 2 meals for the next week will be a reasonable goal.
   - Be flexible.

   What would be a better way to state this goal?

   *I will prepare 2 dinners this Sunday for Tuesday and Wednesday dinners because I will be working late on both of those nights.*

2. Must have alternate exercise plan.
   - Why? Having trouble with current plan? If so, an appointment with exercise physiologist might be useful.
   - No action as stated.
   - Not specific – what kind of exercise? In a gym, at your desk?
   - “Must” may make me feel guilty. Do I have other choices?
   - Can this be broken into steps?

   What would be a better way to state this goal?

   *I will meet with exercise physiologist next week to identify alternative exercise options when walking outside is not possible.*

   *By (specific date), I will have an alternative exercise plan, so I can continue to exercise 30 minutes/day for 4 days/week.*

3. Additional goals for comment:
   - *Get back to stricter menu planning and follow through.*

   - *Look for more healthy snacks to carry with me when I am out.*

   - *Make appointments with myself for exercise*
### My Personal Health Goals

#### My Previous Health Goals:

<table>
<thead>
<tr>
<th>My Goals</th>
<th>Is this goal...</th>
<th>Needs updated? Yes/No</th>
<th>List ideas to improve health goal or strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>• Specific</td>
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#### My Updated Health Goals:

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<tr>
<th>My Goals</th>
<th>Is this goal...</th>
<th>How will you track your progress?</th>
<th>On a scale of 1 (low) to 10 (high), how confident are you that you will meet this goal?</th>
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<tbody>
<tr>
<td>1.</td>
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Education Classes

Tai Chi
Tai chi is an ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and is accompanied by deep breathing. Tai Chi, also called Tai Chi Chuan, is a noncompetitive, self-paced system of light exercise and stretching. Each position flows into the next without any pause, ensuring that your body stays in constant motion.

**Benefits of Tai Chi**

Tai Chi has been shown to:

- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance, and agility
- Improved muscle strength and definition

Tai Chi is a low impact exercise that puts minimal stress on the muscles and joints. It is generally safe for all ages and fitness levels.

Although Tai Chi is generally safe, women who are pregnant or people with joint problems, back pain, fractures, severe osteoporosis, or a hernia should consult their health care provider before trying Tai Chi. Modification or avoidance of certain postures may be recommended.
Education Classes

Exercising at Home: Strength, Therabands, and Stretching
Exercising at Home

Working out at home is something that everyone can do and can range from doing body weight exercises, walking, running, strength exercises with weights, and many more great ideas. Doing movements, such as push-ups, squats, and sit-ups, can be modified to your ability, making it possible for you to weight train safely. Also going for walks, doing Tabatas, biking, and other activities allow for a great aerobic training.

**Benefits of exercising at home**

- Easy to get started
- No travel time to and from the gym
- Workout in a comfortable environment
- Do activities that you enjoy

You do not need equipment to exercise at home. Having equipment can greatly benefit your workout. However, all you need is yourself and knowledge of what you would like to do!

During this class we will go over things that you can do at home and modify them to your ability. We will talk about different techniques to change up your aerobic training, so you can add variety to your at home routine.