

# Healthy living at a healthy weight guidebook



## **It's not willpower. It's "you" power.**

Let's recap what we already know. Crash diets don't work. Sheer willpower? That doesn't happen in real life.

In a few weeks, once you start to see the results of your hard work, you'll understand the truth about losing weight. There are no secrets. It's about the sum of all the choices you make throughout the day. You have the power to make a real change in your life.

A healthy weight is about more than wellness. It feels good. It gives you higher self-esteem and more energy to enjoy life. But it also reduces your risk for serious health problems.

Change doesn't happen overnight. You'll take one step at a time, switching out less healthy habits with healthier ones. You'll learn how stress and other triggers can affect how you eat and what to do about them.

We'll give you some tips in this guide to help change your approach to food and activity. You'll also get one-on-one support from your health coach.

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Things do not  
change; we change.

—Henry David Thoreau



# Setting your goals

## Assess your health

Before you get started, you may need to get a better picture of your current health. See Chapter 5 on page 20 to assess your health risks. Knowing the state of your health and your BMI may help you better define your goals.

## Target practice

Where does an archer look when shooting? At the bull's eye, of course! Goal-setting is important because it gives you a target.

Use this step-by-step approach to help you achieve your goals.

### What are your goals?

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### What are your motivations?

List what motivates you to achieve your goals. Emotions, such as love for your family or joy for a certain activity, can be great motivators. What emotional needs are fulfilled by meeting your goal?

Examples are:

- > I want to play with my grandchildren.
- > I want to be healthy so I can travel

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### What will it take to reach your goals?

Be specific. Will you exercise daily? Will you eliminate junk food?

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### What are your strengths?

Think about what personal strengths have helped you succeed in the past. For example, how have you used discipline or willpower to achieve goals?

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### What are your barriers?

List your unique challenges. What are the biggest blocks to your success?

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*Post your goals where you can see and read them often – perhaps on your refrigerator, near your computer or at your bedside.*



## The power of thought

The way you think about yourself sends a message to your body. Thoughts can come and go so quickly that we often don't take the time to stop and examine them. Over time, thoughts become like habits and negative thoughts lead to negative actions. Try changing less healthy habits by changing the thoughts behind them.

**What actions do you think follow thoughts such as "I am fat" or "I am lazy"?**

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**Observe your thinking throughout the day. Are there any undesirable thoughts that stand out?**

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**Think back to the goals you made in the last chapter. Do the thoughts you've just identified help you take action toward accomplishing your goals? If they don't, then what thoughts would help you meet your goals?**

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## Emphasize the positive

Are hopeless thoughts holding you back? If so, listen. What are they? Here are some examples of how to change negative thoughts into positive thoughts.

| Negative thinking                       | Postive thinking                                 |
|---|--|
| I cannot control my eating.             | I do not need to control my eating.              |
| My body is naturally fat.               | My weight is a perfect result of my past.        |
| I am greedy and overindulgent.          | All of my needs are met and my body is my guide. |
| It is hopeless.                         | I surrender to the now.                          |
| My goal is too far away.                | I take one day at a time.                        |
| I don't know what is good for me.       | I trust pleasure and pain to guide me.           |
| The changes I need to make are too big. | I do exactly what I am ready to do.              |
| I am out of control.                    | I trust myself to make the right choices.        |
| What's wrong with me?                   | I release my frustration.                        |
| I hate my body.                         | I accept myself.                                 |

## Affirm your success

Use a mantra or repeat a positive phrase to help you change your view of yourself. Be creative. Choose one that rings true for you. Say the mantra out loud or to yourself several times a day. Repeat your mantra with sincere belief. Eventually, you will commit these thoughts to your belief system and they will become second nature. Use the above phrases in the "positive" column or create your own. For example: "I feel beautiful."

**List some positive phrases you can use as mantras:**

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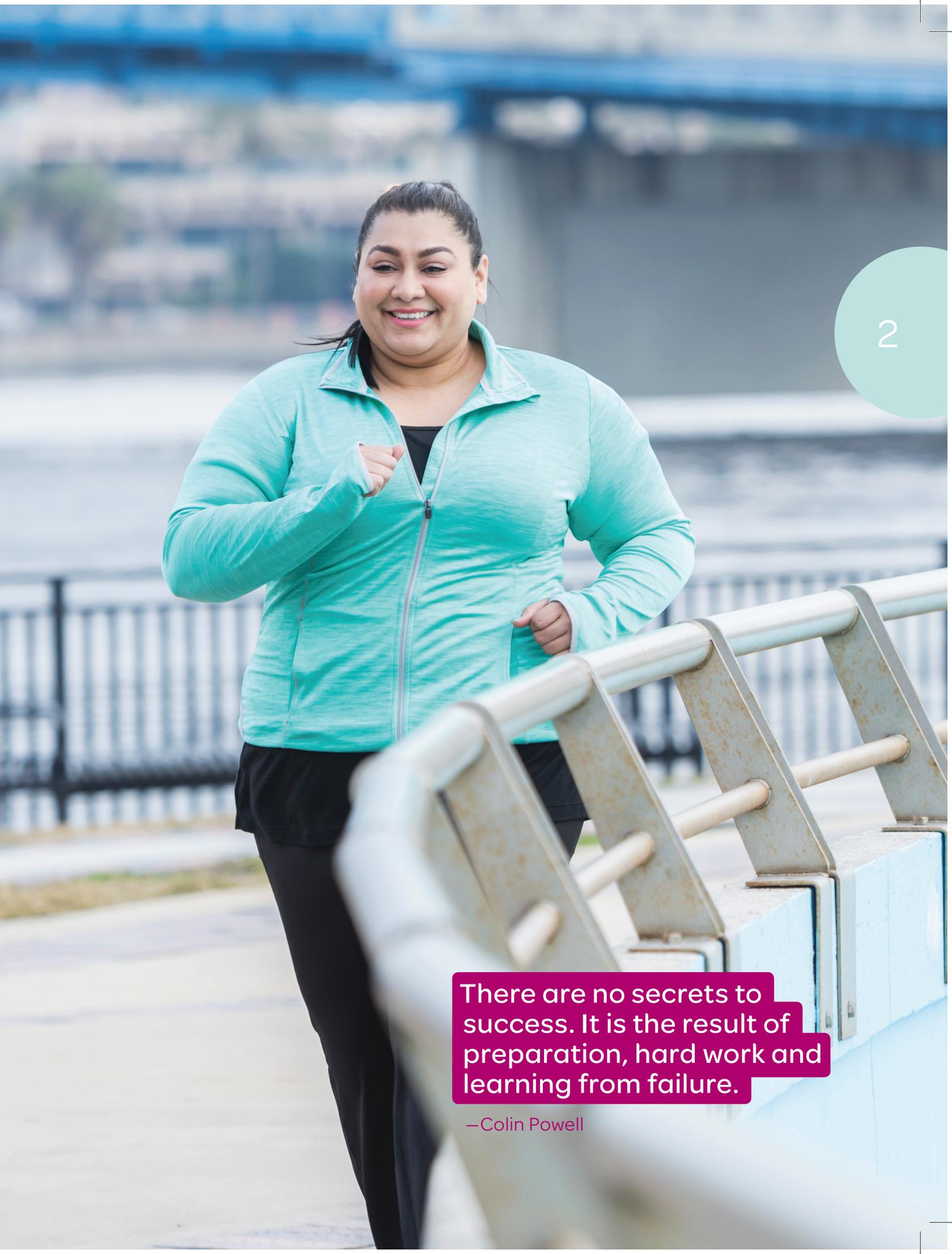
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A woman with dark hair tied back, wearing a teal zip-up jacket and black pants, is running on a bridge. She is smiling and looking towards the camera. The bridge railing is in the foreground, and the background shows a blurred cityscape and water.

There are no secrets to success. It is the result of preparation, hard work and learning from failure.

—Colin Powell

## Measure your success

Weight loss can take time. If you are working hard and have stopped seeing results on the scale as quickly as you once were, consider other ways to measure your progress.

- **Energy.** Do you have more energy at work and home? Are you sleeping better?
- **Fit of clothes.** Are you using the next notch in your belt or finding that your clothes are looser?
- **Feelings.** Does eating well and exercise improve your mood?
- **Lab results.** Do you see better cholesterol or blood sugar numbers?

Remember to listen to your body. If you have reached a plateau, it's okay. Your health coach and health team can help you continue to practice good habits and offer ideas to change your routine, if necessary.

## Sleep better

Sleep is essential for a balanced body and mind. Sleep helps create new cells and keep your hormones balanced. This helps keep you healthy. Lack of sleep affects blood sugar, which can be high after a night of poor sleep. Over time, lack of sleep can wear you down, making your goals that much harder to reach. If you have trouble sleeping, here are some tips for how you can improve your sleep pattern.

Getting a good night's sleep is important for overall health and heart health in particular. New research shows that poor quality or not enough sleep may put you at a higher risk for heart disease.

If you have trouble sleeping, here are some tips for how you can improve your sleep patterns:

- Stick to a sleep schedule. Go to bed and get up at the same time each day, even on weekends.
- If you are still awake after 20 minutes, get out of bed. Go to another room and do something relaxing.
- Relax before bed by taking a warm bath, reading or doing easy stretching activities.
- Avoid taking naps. If you do need a nap, keep it to less than one hour and never after 3 p.m.
- Do not have any caffeine after lunch.
- Avoid alcohol within six hours of your bedtime. Alcohol may help you get to sleep, but it keeps you in lighter sleep stages.
- Do not have a cigarette or any other source of nicotine before bedtime.

- Don't go to bed hungry, but don't eat a large meal before bedtime, either.
- Avoid physical activity five to six hours before bedtime. Be sure to get your daily physical activity in earlier in the day.
- A good sleeping environment can help you go to sleep. Get rid of anything that might distract you from sleep, like noises and lights, a TV or a computer. Also, make your bedroom dark and a little bit cool.
- Have the right sunlight exposure. Daylight is key to regulating daily sleep patterns. Try to get outside in natural light for at least 30 minutes a day.
- Commit to getting a full night's sleep as often as possible. For most people this means six to eight hours of sleep.
- Limit technology use before bed for a good night's sleep.

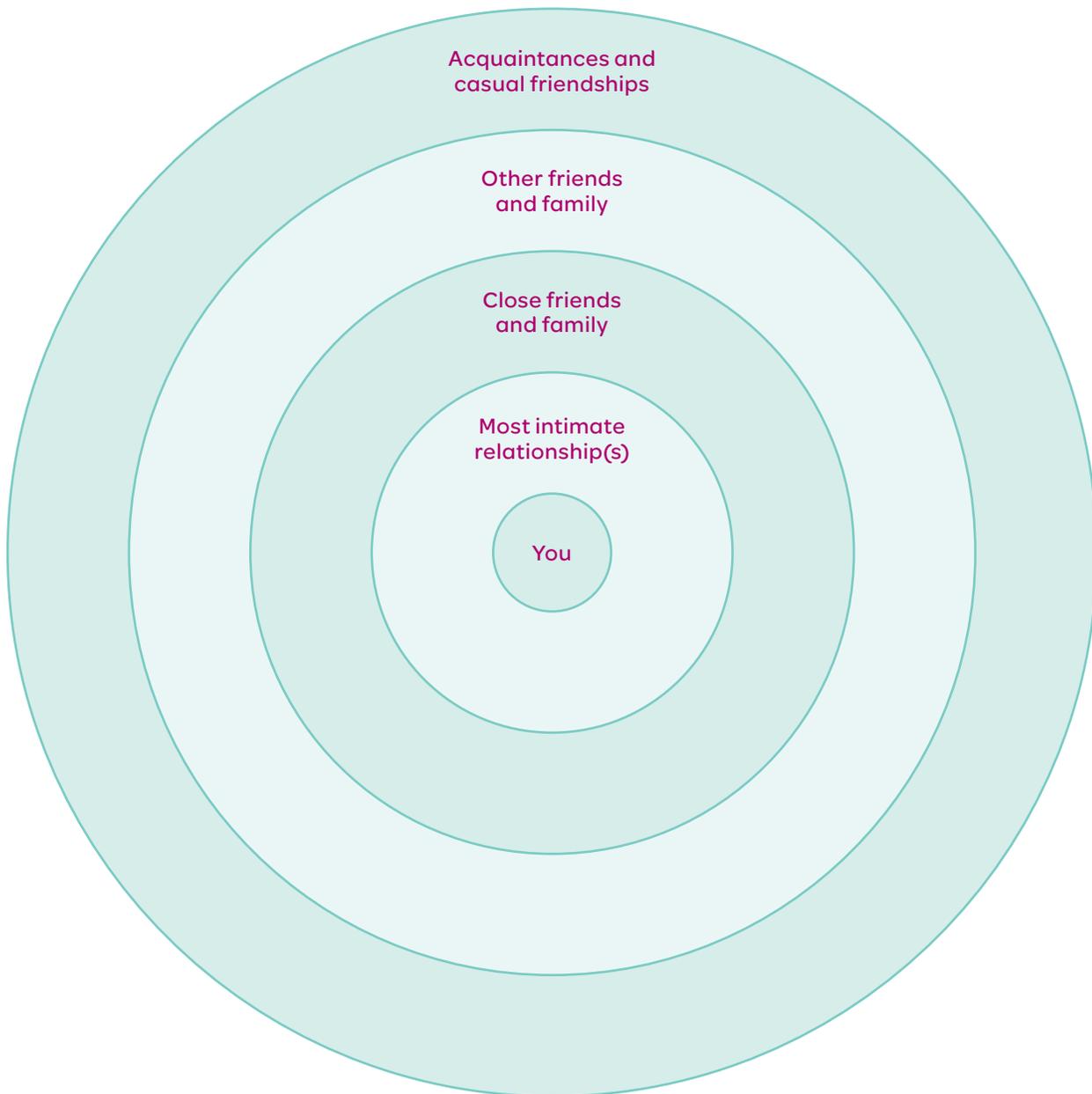
See a healthcare provider if you continue to have trouble sleeping. If you consistently find yourself feeling tired or not well-rested during the day despite spending enough time in bed at night, you may have a sleep disorder. Your healthcare provider or a sleep specialist should be able to help you.

## Building a network

Healthy relationships are an important part of feeling well emotionally. Write the names of the people in your life in the circles below, with the inner circles containing your closest friends and family and the outer circles containing more casual acquaintances.

Consider any changes you would like to make in your support network by drawing an arrow from their names to where you would like them to be.

- Who is the most supportive?
- Who is not as supportive as you would like?
- Are there relationships you would like to start? Or people in your network who you would like to be closer to?
- Are there any people in your support network who do not support your goals?
- How can you start to make these changes?



## Professional resources

You are not alone in struggling with your weight. Your weight management team is here to help you. These professionals will work closely with you and your family as you learn how to eat better, engage in physical activity and find a renewed sense of yourself.

### Primary care provider

This person may be an internist, nurse practitioner, doctor of osteopathy or naturopathic doctor. He or she manages your overall care and will provide referrals as needed.

### Endocrinologist

This type of doctor is specially trained to work with people who have weight management problems because of imbalances in their bodies. These can be hormonal imbalances or even how easily your body can use and make sugar (insulin production).

### Surgeon

A surgeon is a doctor who performs operations on patients. Bariatric or lap-band surgery, is used to help weight loss in some overweight patients.

### Psychologist

A psychologist helps people who struggle with their weight to overcome psychological reasons for overeating. This may include post-traumatic stress (an extreme stressor that can result in an eating disorder), using food to cope with negative feelings and mindless eating. A psychologist can also help prepare and assess you for bariatric surgery, if that is your plan.

### Nutritionist or dietitian

A nutritionist or dietitian may provide nutrition counseling and structure to your diet. He or she educates you on the types of foods to eat and why these foods will help you in your goals for better health and a healthy weight.

### Physical therapist/physiotherapist

A physical therapist will help you develop an exercise plan. He or she can also give you ideas for exercises based on any injuries or physical limitations you may have.

## My team

List the names and contact information for your health care providers below:

**Primary care provider:**

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**Endocrinologist:**

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**Surgeon:**

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**Psychologist:**

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**Nutritionist or dietitian:**

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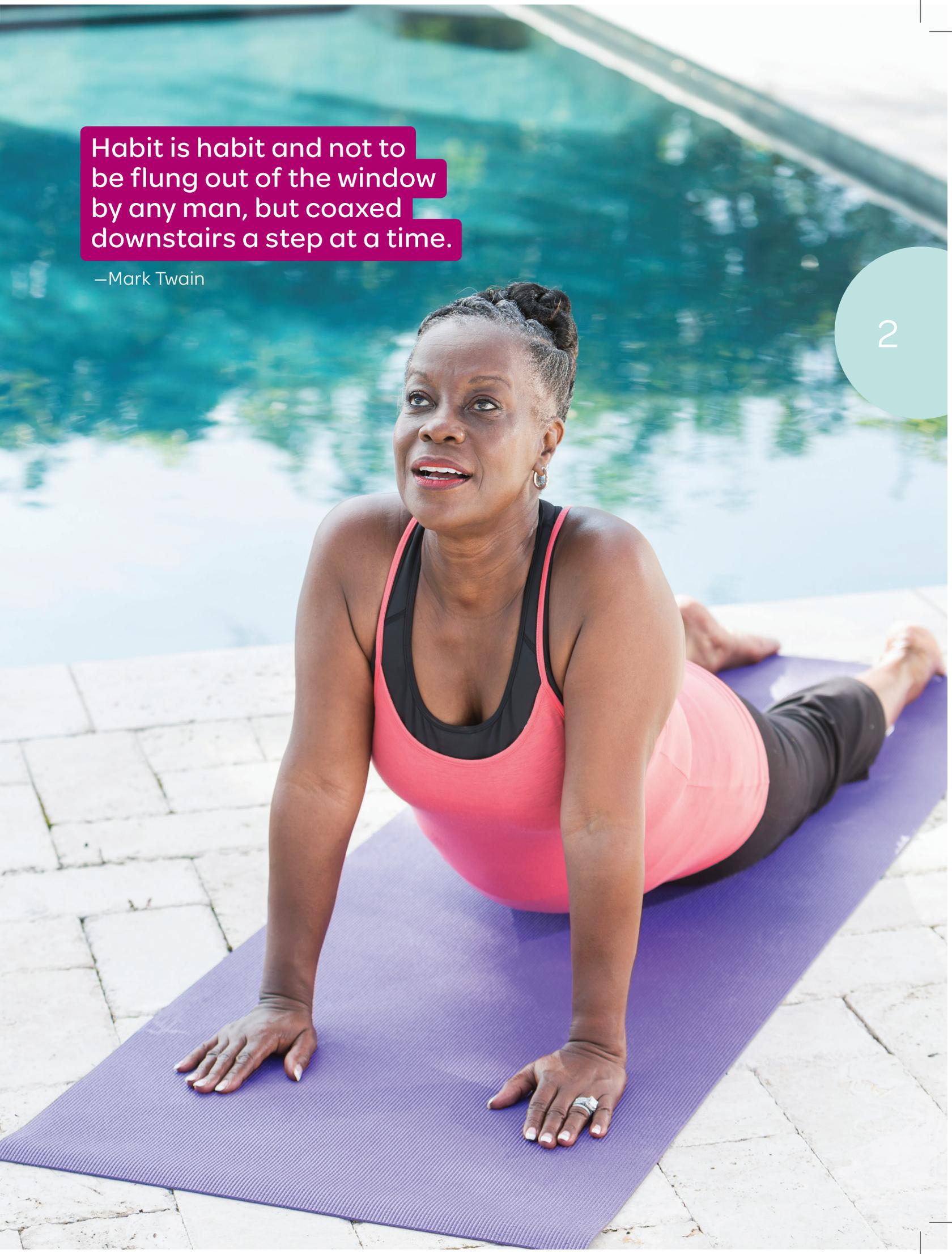
**Physical therapist/physiotherapist:**

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Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time.

—Mark Twain



# A healthy eating plan

Learn how to start making small changes in your diet for the better. Over time, these changes will become routine and help you manage your weight better.

To get started managing your weight, you'll need to change the type of foods you currently eat. This may also mean cutting down the number of calories you eat and drink. Try vibrant foods for a vibrant you!

Do not eat under 1,200 calories a day without a doctor's supervision. If you have specific questions about calories and calorie counting, please talk to your doctor or dietitian.

## Roll up your sleeves

Sharpen your awareness of the foods you eat. Studies show that people who spend time preparing their food at home are at a healthier weight than those who eat out.

My daily intake goal is: \_\_\_\_\_ calories

Taking the time to shop, cook and eat at home adds value to your food experience.

- > Take the time to prepare your own food.
- > Sit at the table and remove all distractions.
- > Savor the aroma of your food. Smelling begins the digestive process.
- > Before eating, notice what makes you grateful. (The people at the table? The food? Your job?)
- > Enjoy. Taste your food and savor it!
- > Chew slowly.

## Choose vital foods for a vital you

You receive energy from the food you eat. Processed foods contain mostly fat, salt and sugar and do not provide much nutrition. Instead, choose vital foods – whole foods with color, vibrancy and life. Your body naturally responds well to the following list of foods. Incorporate these fruits, vegetables, whole grains and good proteins into your diet for the energy you need to accomplish your goals.

- > **Grains.** Choose fiber-rich whole grains, such as whole wheat bread, brown rice and oatmeal. Other grains include whole wheat pasta, crackers, breakfast cereals, barley and corn tortillas.
- > **Vegetables.** Vegetables are packed with vitamins. Eat them raw or cooked, fresh or frozen. Vary the type and colors.
- > **Fruit.** Fruit contains vitamins and fiber. Choose fresh, frozen, dried, whole, cut or pureed fruit. It is recommended to eat fruit rather than drink it to get the benefit of fiber, which is very filling. Eat a variety of fruit and go easy on juices, which increase blood sugar faster than whole fruit.
- > **Milk.** Milk offers calcium, potassium, vitamin D and protein. Try soy, rice or almond milk for a change. They are usually fortified.
- > **Protein.** Protein consists of meat, poultry, fish and beans. These, along with peas, eggs, nuts and seeds, contain essential building blocks for the body, as well as vitamins and minerals.

- **Healthy oils and fats.** Most of your fats should come from fish, nuts and vegetable oils. Olive oil as seasoning or dressing in recipes works great, too.
- **Water.** Water keeps you hydrated and this keeps your body working well. It helps your body's cells get rid of waste. Water also creates healthier looking skin. Try adding frozen berries, lemons or cucumber slices to your water for variety.

## Make your list

Planning meals is one of the most important strategies for achieving and maintaining a healthy weight. If this is new to you, use the tips below to start the process.

Tips:

- 1 Plan out what meals you will have for the whole week in advance based on items you already have on hand.
- 2 Plan meals earlier in the week with ingredients that are perishable.
- 3 Make a grocery list of what ingredients you need to buy from the store and the amounts. A good shopping list can help you stick to your goals and avoid impulse buys. Group foods according to location at the grocery store to help save time when you're shopping.
- 4 Use dinner leftovers to double as healthy lunches during the week.

## Shop and chop

If you have a busy lifestyle, follow the "shop and chop" method. Buy most of your vegetables for the week. Wash, dry and chop them all at once. Then place the prepared, raw vegetables in sealed plastic bags or airtight containers. Keep them in the crisper section of the refrigerator. When you come home from a busy day, your veggies are ready to be cooked.

## Food preparation

You can bake, broil, grill, roast, microwave or steam your food to help keep vital nutrients in food and cut out calories and fat. You can also lightly stir fry or sauté food to keep your vegetables bright and colorful. Overcooking vegetables to the point where they're too soft can deplete their nutritional value.

## Spice up your life

It's easier than you might think to prepare low calorie, low fat dishes. The way you cook food, as well as the addition of certain ingredients, can add flavor and pizzazz to your meal. Try to limit butter and salt during preparation and at the table. Instead, add flavor with these low fat ingredients:

- Herbs, such as oregano, basil, cilantro, thyme, parsley, sage or rosemary
- Spices, such as cinnamon, nutmeg, pepper or paprika
- Mustard, ketchup or vinegar
- Reduced sodium soy sauce
- Salsa
- Lemon or lime juice
- Horseradish
- Fresh ginger
- Garlic
- Red pepper flakes
- Sprinkle of parmesan cheese
- Sodium-free salt substitute
- Jelly or fruit preserves on toast or bagels

## Reality check

When we eat processed foods, they can change our energy and moods. To feel your absolute best, give whole foods a try.

Check out your healthy options:

- Fresh, frozen or canned fruits and vegetables
- Lean proteins like fish, low fat dairy and skinless chicken
- Whole grains, such as oatmeal, low fat popcorn and brown rice
- Low fat condiments like ketchup, mustard, salsa and low calorie dressing

## Portion size

A "portion" is the amount of each type of food on your plate. You decide whether it's big or small. A "serving" is a measured amount of food or drink, such as one slice of bread or one cup of milk. Reading the Nutrition Facts on a food label will tell you what the serving size is and can help you decide what portion you should eat. If portion control is an issue for you, try the following tips.

- Use a portion control plate designed with sections for each type of food. It will show you how to gauge portions and count calories. Eventually eyeballing the right portions will become second nature.
- Dish up your plate in the kitchen and then take your food to the table. You will be less likely to take second helpings that way.
- Enjoy every bite and savor your food.

## Dining out? Celebrate!

Just because you're eating healthier doesn't mean you have to stop dining out. When in doubt, ask your server how dishes are prepared and about substitutions. Portions tend to be bigger at restaurants. Ask for a takeout bag at the beginning of your meal and put half of it away before you begin eating, or share an entrée with a friend.

- > **Breakfast.** Order oatmeal with fruit and low fat milk; an omelet with fruit on the side; or have yogurt with fruit and nuts.
- > **Bread.** Decide whether or not you want to include bread or chips in your meal before the server brings the basket to the table. If you don't, ask the server not to bring any.
- > **Appetizers.** Order a salad with dressing on the side, broth-based soup or steamed seafood like shrimp cocktail.
- > **Salads.** Ask for extra vegetables on your salad like grilled asparagus. Add protein like beans, chicken breast or salmon to make the salad more filling. Ask for a light dressing on the side or add balsamic vinegar or lemon juice.
- > **Entrée.** Main dishes with poultry, fish, shellfish and vegetables that are grilled or broiled are healthy choices. Choose items on the menu that are fresh, steamed or baked rather than fried.
- > **Side dishes.** Ask for substitutions. Order a side salad, extra steamed vegetables or whole grain rice instead of fries or mashed potatoes.
- > **Dessert or coffee.** Order fresh fruit, fat-free frozen yogurt or sorbet. Or, try sharing a dessert. Ask for low fat milk for coffee instead of cream or half-and-half.
- > **Beverages.** Go with calorie free beverages, such as water with lemon, flavored sparkling water or iced tea. Try a juice spritzer (half fruit juice, half sparkling water).

Using the tips above, think about a meal or two you can order from the menu the next time you eat at your favorite restaurant:

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## Put on the brakes

It can be difficult to make a healthy choice when eating at a fast food restaurant. Planning ahead when dining out is just as important as meal planning to cook at home. Try ordering the following choices:

- > Grilled chicken sandwich with mustard instead of mayo and cheese
- > Baked potato with salsa or chili
- > Salad with grilled chicken and low fat dressing
- > Wrap or soft taco with grilled chicken
- > A small hamburger with fruit and low fat milk on the side
- > Pizza – light on the cheese, extra veggies

## All aboard!

Now that you're taking steps toward better nutrition, it's a great time to be a positive role model for your loved ones and improve the way your whole family eats. Sit down together for meals and you'll enjoy the benefits of family time as well as healthy eating habits. Remember that the healthy habits you are helping your children establish now will stay with them later in life.

## Healthy words

Look for these healthier terms when choosing a recipe or dining out:

- > Steamed in its own juice (au jus)
- > Garden fresh
- > Broiled
- > Baked
- > Roasted
- > Poached
- > Tomato juice
- > Dry boiled (in wine or lemon juice)
- > Lightly sautéed

## Food log

Make copies of the daily food journal at the end of this workbook and use it to keep track of your progress. You can review this log with your health coach to see how you are improving, as well as target areas to work on.



# Active living

## Gain the benefits of exercise

Staying physically active is the most beneficial thing you can do to maintain a healthy weight. Plus, physical activity lowers your risk of chronic health problems, such as heart disease and diabetes. Regular activity offers plenty of other benefits.

- A healthy weight is much easier to control.
- Your joints feel better.
- It's good for your heart and circulatory system.
- You'll feel and look better and gain confidence.
- You'll have more energy.
- It helps you burn off steam and beat stress or the blues.

Speak to your doctor before starting a vigorous program if you are over 40 (men) or 50 (women). Ask your doctor how excess weight, along with any of the following conditions, may affect your exercise program.

- Heart disease, high blood pressure, diabetes, osteoporosis (bone loss) or asthma
- A higher risk of heart disease due to a family history
- A diet high in saturated fat
- Smoking
- Inactive lifestyle

## What to aim for

Taking the time to discover what you enjoy doing will help make physical activity a regular part of your lifestyle. Exercise

does not have to take place in the gym if you don't like that environment. Find what you love and make the time to do it.

- Aim for at least 30 minutes of moderate physical activity most days.
- To manage body weight, aim for 60 minutes of moderate to vigorous physical activity most days.
- Change activities and explore new ways of moving your body to keep exercise interesting.

## Everyday energizers

Studies show that the more active you are in everyday life, the better your health. Take the stairs instead of the elevator, stretch or take a walk during breaks at work and spend less time watching television and on the computer. Spend more time doing household chores, pushing someone you love in a stroller or wheelchair, doing yard work, ironing, cooking or playing a musical instrument. In parking lots, park as far as you can from the entrance. Bike or walk to work or to the store whenever possible.

List some everyday activities you can do:

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## Increasing activity

Light to moderate physical activity includes activities you already do, such as walking, cleaning your house or gardening. After



# Guidelines and risks

According to guidelines from the National Heart Lung and Blood Institute, your health risk is assessed using three key factors: Body Mass Index (BMI), waist circumference and other certain health conditions.

## Body Mass Index

Body Mass Index is a measure of your weight relative to your height. A high BMI suggests high body fat and an increased risk of disease. To learn more about healthy weight and assessing your BMI, log onto [cdc.gov/healthyweight](http://cdc.gov/healthyweight).

My BMI is: \_\_\_\_\_

## Waist circumference

Waist circumference is a good indicator of abdominal fat, which helps predict your risk for developing health conditions. Health risks increase with a waist measurement of more than 40 inches in men and more than 35 inches in women.

To measure your waist circumference, place a tape measure around your bare abdomen just above your hip bone. Be sure that the tape is snug (but does not compress your skin) and that it is parallel to the floor. Relax. Exhale and measure your waist.

My waist circumference is: \_\_\_\_\_

## Other factors

Other factors can increase your health risk. Check the factors that apply to you:

- High blood pressure (hypertension)
- High LDL-cholesterol (“lousy” cholesterol)
- Low HDL-cholesterol (“healthy” cholesterol)
- High triglycerides
- Sleep apnea
- High blood glucose (sugar)
- Family history of heart disease
- Physical inactivity
- Cigarette smoking

## Weight loss guidelines

Standard guidelines recommend weight loss for people who are considered obese or overweight especially if two or more risk factors listed above are present. See your doctor or a registered dietitian if you need help. Healthy behaviors associated with weight loss like eating healthier or exercising more will help lower your risk of developing diseases associated with obesity.

## Depression

Feeling sad and hopeless for two weeks or more is a sign of serious depression. Depression can prevent you from taking good care of yourself. It can cause you to feel like you don't have enough energy to perform regular activities or keep up with a healthy diet.

Weight changes can bring up lots of emotions. A counselor can help you make sure your thinking supports the healthy changes you make. Healthy changes are good but can be hard to manage alone.

Take a look at the list of symptoms below to determine whether you might have depression.

Recently, I have experienced:

- A loss of pleasure in the things I used to enjoy
- A change in my sleep patterns
- A change in my appetite
- Trouble concentrating
- A loss of energy
- Nervousness
- Guilt or a feeling of burden to others
- Morning sadness
- Suicidal thoughts

If you have three or more of these symptoms or if you have just one or two but have been feeling bad for two weeks or more, seek help. Talk with your healthcare provider to see if there's a physical cause for your depression, such as thyroid problems or side effects from medications. Your healthcare provider may refer you to a mental health professional.

## Medications

If you think you're a candidate for weight loss medications, discuss this with your healthcare provider. Patients on weight loss medications need to be monitored for side effects. Your provider will schedule visits to monitor weight, blood pressure and pulse; discuss side effects; conduct laboratory tests; and answer your questions.

Weight loss drugs approved by the Food and Drug Administration (FDA) should be used only as part of a program that includes diet, physical activity and behavioral changes.

## Take an active role

Prevent problems with drug interactions and misuse by following these tips:

- Fill all your prescriptions at the same pharmacy.
- Make sure you understand how to take each medicine. Talk to the pharmacist.
- Tell your healthcare provider about all prescription and non-prescription medicines you take, including vitamins.
- Tell your healthcare provider if you have any medical conditions or allergies to any medicine or food or if you are pregnant or breastfeeding.
- Carry a list of all your medicines and their dosages. The list should include the name of the medicine, its purpose, when to take it and how to take it (i.e., with water or food or on a full or empty stomach).

## Your lipid profile (or panel)

Your lipid profile helps determine your heart health and risk for cardiovascular disease. This includes your total cholesterol, low-density lipoprotein (LDL) cholesterol, high-density lipoprotein (HDL) cholesterol and triglycerides. Ask your healthcare provider what your goals are for your lipid profile. Use the chart on page 25 to write down your personal goals and to keep track of your levels over time. Eating the right foods and getting enough exercise can help keep your numbers in a healthy range. Some people also need medication to control cholesterol levels. Your healthcare provider can help you control your cholesterol levels.

### Questions to ask your healthcare provider:

- How often should I have my lipid profile tested?
- What are my target cholesterol and triglyceride levels?

## Cholesterol

Cholesterol plays an important role in your body. Your liver produces cholesterol naturally. It is required for the production of steroids, sex hormones, stomach acids and cellular membranes, all of which are used by our bodies to keep us healthy.

Because cholesterol itself can't dissolve in blood, it has to be transported to and from the cells by carriers called lipoproteins.

### LDL

LDL or "lousy" cholesterol, carries cholesterol from your liver out to your body through your blood vessels. When too much LDL cholesterol circulates in the blood, it can build up on the walls of your arteries that feed the heart and brain. It can combine with other substances in your body to create plaque, causing your arteries to narrow and become less flexible, which can increase your risk of heart attack.

LDL levels are affected by what you eat, especially saturated fats, trans fats and dietary cholesterol. High levels of LDL can indicate a higher risk for heart disease.

### HDL

HDL or "healthy" cholesterol, carries cholesterol back to the liver to be eliminated from the body. This is good for keeping your blood vessels clear. You want this number to be higher, unlike the other numbers in your profile. Low levels of HDL can put you at higher risk of heart disease. Losing weight, being more active and following a heart healthy diet can increase a low HDL level. Also, if you smoke, quitting can help raise HDL cholesterol.

| Your lipid profile (or panel) |  |
|-------------------------------|--|
| <b>LDL (lower is better)</b>  |  |
| Date                          |  |
| Your level                    |  |
| Your target level             | Less than 130 mg/dL for those at a low risk for heart disease. |
| <b>HDL (higher is better)</b> |  |
| Date                          |  |
| Your level                    |  |
| Your target level             | Greater than 40 mg/dL  |
| <b>Triglycerides</b>          |  |
| Date                          |  |
| Your level                    |  |
| Your target level             | Less than 150 mg/dL  |
| <b>Total cholesterol</b>      |  |
| Date                          |  |
| Your level                    |  |
| Your target level             | 100-199 mg/dL for those over age 21                            |

## Triglycerides

Triglycerides, a form of fat in the bloodstream, are an important piece of the lipid profile. Triglycerides make up most of the fat in your body and serve as storage for energy. They come from food and your body also makes them. Being overweight, not getting enough physical activity, smoking cigarettes and aging can contribute to high triglycerides, which can increase your risk of heart disease. A healthy diet and medication (if necessary) can help lower your triglycerides if they are high. Limiting your consumption of processed carbohydrates, added sugars and alcohol is important for a healthy triglyceride level.

## Type 2 diabetes

Type 2 diabetes is a condition in which your body's cells become resistant to insulin – a hormone that is needed to convert the sugar in your blood into your cells for energy. Long term elevated blood sugar levels is known as diabetes

and it can cause damage to your blood vessels. The symptoms of diabetes develop gradually and may include fatigue, frequent urination, increased thirst and hunger, weight loss, blurred vision and slow healing of wounds or sores.

Type 2 diabetes is more common in people who are overweight. In addition, a sedentary lifestyle puts you at a higher risk for diabetes. Talk to your healthcare providers about your risk of type 2 diabetes and ways you can prevent or delay diabetes. If you have diabetes, eating well and getting enough physical activity will help you manage your blood sugars as well as your weight.

## Pre-diabetes

In pre-diabetes, blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Many people with pre-diabetes develop type 2 diabetes within 10 years, unless they take steps to prevent or delay diabetes. Modest weight loss through diet and increased physical activity can significantly lower the risk of developing diabetes.

## Sleep apnea

Sleep apnea is a common condition in which you have pauses in breathing or shallow breaths while you sleep. These pauses can last from a few seconds to minutes. This causes you to move out of deep sleep and into light sleep, which can result in poor sleep quality that makes you tired during the day. Obstructive sleep apnea is the most common type and means that the airway for breathing is blocked.

Sleep apnea is difficult to detect in routine office visits with your provider and is often undiagnosed. However, untreated sleep apnea can increase your risk for high blood pressure, heart attack, stroke, obesity and diabetes.

One of the most common signs of obstructive sleep apnea is loud and chronic snoring. Since you are sleeping, you will likely not know that you're having a problem with breathing. Your family members or anyone sleeping near you will often notice these problems before you do. Another common sign of sleep apnea is fighting sleepiness during the day.

Other signs and symptoms include:

- > Morning headaches
- > Memory or learning problems and not being able to concentrate
- > Feeling irritable, depressed or having mood swings
- > A dry throat when you wake up

Talk to your healthcare provider if you are experiencing any of these symptoms. Your provider can help you determine if you have sleep apnea.

# Your healthy weight goals

If you are following a healthy eating plan, what are your nutrition goals? What products are you using? It is helpful for your health coach to know what your diet plan is so that he or she can support it. Write your diet specifics below.

My starting weight is: \_\_\_\_\_ pounds

My goal weight is: \_\_\_\_\_ pounds

## Diet method (Check one):

- Calories
- Points
- Carbs
- Other:

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## Weight loss treatment program:

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## Supplements/products:

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## Method of measuring success (Check all that apply):

- Weight
- Inches
- BMI
- Other:

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Walking is the best possible exercise. Habituate yourself to walk very far.

—Thomas Jefferson



# Food journal

Making healthy eating changes can be difficult. Keeping a food journal can help you see the big picture of what you are eating so that you can work toward a more balanced diet. Keep track of your food intake for each meal over the course of a couple weeks, then share the information with your health coach or doctor. This log can be useful in creating a new diet plan.

## Example

| Breakfast | Food description       | Amount  | Calories |
|-----------|------------------------|---------|----------|
| Dairy     | low fat vanilla yogurt | 1/2 cup | 105      |
| Grains    | oatmeal                | 1 cup   | 311      |
| Protein   | soft boiled eggs       | 2 eggs  | 150      |

## Portion guide

Being more aware of portions can support weight management. Eating more servings of proteins and vegetables can help with reducing portions of carbohydrate foods.

| Healthy mealtime portions       |   |                             |  |                       |   |
|---------------------------------|---|-----------------------------|--|-----------------------|---|
| Food                            | Same size as  | Food                        | Same size as   | Food                  | Same size as  |
| 3 ounces of cooked meat or fish |  | 1 teaspoon butter           |  | 1/2 cup pasta         |  |
| 1 medium fruit                  |  | 2 tablespoons peanut butter |  | 1 pancake or tortilla |  |
| 1 cup cooked veggies            |  | 1 ounce cheese              |  | 1 cookie              |  |

| Date <input type="text"/> | Food description | Amount | Calories |
|---------------------------|------------------|--------|----------|
| <b>Breakfast</b>          |                  |        |          |
| Dairy                     |                  |        |          |
| Fruit                     |                  |        |          |
| Grains                    |                  |        |          |
| Protein                   |                  |        |          |
| Vegetables                |                  |        |          |
| Other                     |                  |        |          |
| Beverages                 |                  |        |          |
| Morning snack             |                  |        |          |
| <b>Lunch</b>              |                  |        |          |
| Dairy                     |                  |        |          |
| Fruit                     |                  |        |          |
| Grains                    |                  |        |          |
| Protein                   |                  |        |          |
| Vegetables                |                  |        |          |
| Other                     |                  |        |          |
| Beverages                 |                  |        |          |
| Afternoon snack           |                  |        |          |
| <b>Dinner</b>             |                  |        |          |
| Dairy                     |                  |        |          |
| Fruit                     |                  |        |          |
| Grains                    |                  |        |          |
| Protein                   |                  |        |          |
| Vegetables                |                  |        |          |
| Other                     |                  |        |          |
| Beverages                 |                  |        |          |
| Totals:                   |                  |        |          |

# Activity tracker

Keep track of your progress each week and watch yourself get healthier! Use the charts to write down how much you exercise every day. Bring it with you when you talk with your health coach or visit your doctor. They can help you find ways to keep your routine new and interesting!

## Example

| Week 1  | Activity | Intensity and description                                    | Duration    |
|---------|----------|--|-------------|
| 3/3     | Running  | Difficult trail, was windy and lots of hills.                | 35 m.       |
| 3/4     | Biking   | Beautiful bike ride along the waterfront with friends.       | 2 h.        |
| 3/5     | Yoga     | Tried a new class, was relaxing and learned a few new poses. | 1 h.        |
| 3/6     | Gym      | Lifted weights.  | 1 h.        |
| 3/7     | Walking  | Took a walk on my lunch break, was energized all afternoon.  | 30 m.       |
| 3/8     | Biking   | Tried commuting to work by bike, was really sweaty.          | 25 m.       |
| 3/9     | Yoga     | Took the class again, enjoyed it.                            | 1 h.        |
| Totals: |          |  | 6 h., 30 m. |

| Week 1  | Activity | Intensity and description | Duration |
|---------|----------|---------------------------|----------|
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
| Totals: |          |                           |          |

| Week 2  | Activity | Intensity and description | Duration |
|---------|----------|---------------------------|----------|
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
| Totals: |          |                           |          |

| Week 3  | Activity | Intensity and description | Duration |
|---------|----------|---------------------------|----------|
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
|         |          |                           |          |
| Totals: |          |                           |          |







**Questions?** Call 877-277-7281 or visit [modahealth.com](https://modahealth.com).