

## A NEW, HEALTHIER YOU

Once you've made the commitment to manage your weight, you're on your way to becoming a new, healthier you. You can start by seeing yourself differently—saying to yourself that you *can* do it. Then, by balancing eating and activity, you can reach and maintain your target weight. So why wait? You can do it now!



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staywell

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# Weight Management



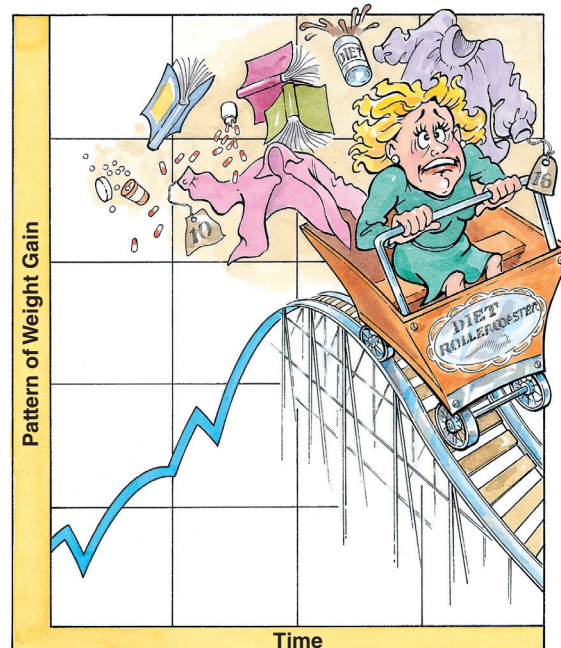
For Better Health



## WHY DIETS DON'T WORK

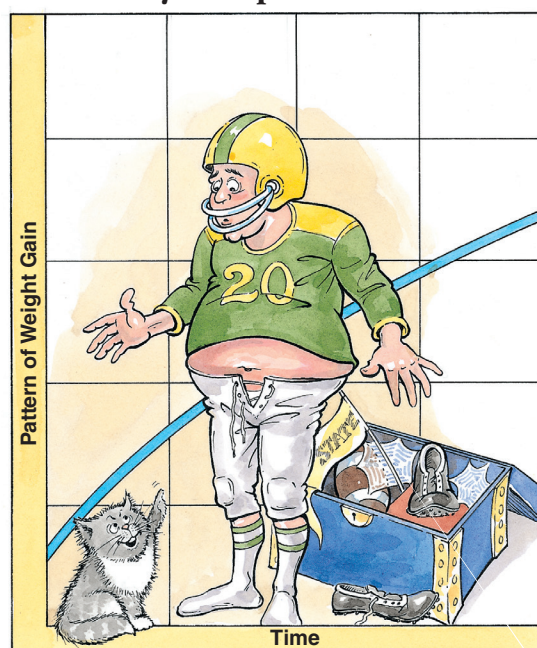
If you're like a lot of us, you know about the diet roller coaster—you try one diet after another, lose weight, then gain it right back. Or maybe you gained weight as you became older and less active. Either way, it's time to stop dieting forever. Why? Because diets only temporarily change what you eat; they don't change the underlying habits that caused the weight gain in the first place.

### The Diet Roller Coaster



You're on a diet roller coaster when you try every fad diet, shedding pounds and putting them back on. Why? Because, like many people, you stop and start diets without learning how to change your eating habits.

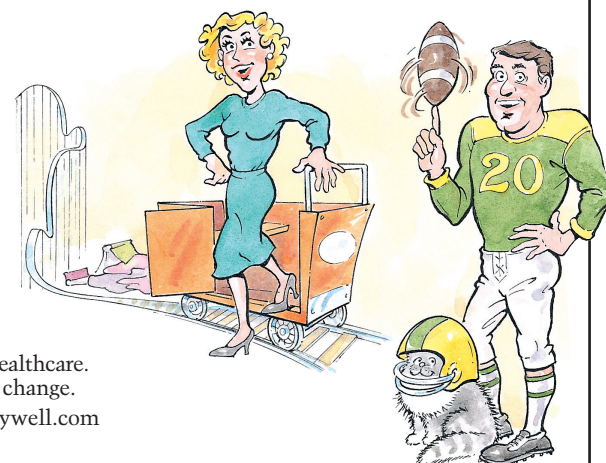
### The Activity Slump



Some people are used to eating whatever they want without gaining weight. Then one day they notice they're no longer thin. Their weight has gone up as their activity level declined. The calories that used to be burned up by exercise are now being stored as fat.

### Why Weight Management Works

Unlike diets, a successful weight management plan helps you change the habits that led you to gain weight in the first place. By learning how to substitute new behaviors for old, unwanted ones, you can lose excess weight and keep it off for good!



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## Strength Training

With strength training, you'll exercise individual groups of muscles to improve muscle strength and tone. Try to include about 15 minutes of strength training in your exercise plan.



### Knee Pushups (for shoulders and arms)

Lie face down. Keeping your knees on the floor, use your arms to push your upper body off the floor until your arms are extended and your upper body is straight (from head to knees). Lower yourself to the floor and repeat 10 times.

### Half Sit-Ups (for stomach and back)

Lie on your back with your knees bent and your feet flat on the floor. (You can fold your arms over your chest.) Slowly roll your head and shoulders off the floor, then slowly roll back down. Build up to 10 to 20 repetitions, 2 or 3 times a day.

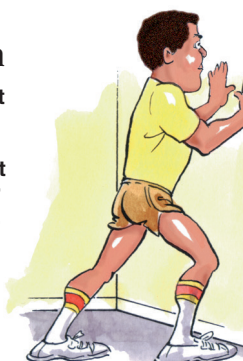
## Stretching

Ten minutes of gentle stretching can help improve flexibility in your muscles and joints. Flexible muscles and joints are less prone to injury and can better support your body. As you stretch, avoid bouncing, which can strain muscles.



### Quadriceps Stretch

Stand and place your right hand against the wall for support. Hold the top of your right foot with your left hand, and gently pull your foot toward your buttocks. Hold this position for 30 seconds, then repeat with your left foot.



### Calf Stretch

Stand with your right foot close to a wall and your left foot a foot or two behind you. Lean toward the wall, bending your right leg while keeping your left one straight. Hold 15 to 20 seconds, repeat 5 times, then switch sides.

## Choosing High-Energy Activities

Just as various foods contain different amounts of calories, various activities burn different amounts of calories. As the chart at the right shows, the more vigorous the exercise you choose, the more calories you'll burn. As you plan your exercise program, also try to choose activities that you enjoy—you'll be more likely to stick with them.

CALORIES BURNED BY A 150-POUND PERSON PER 30 MINUTES OF:			
Daily Activities		Recreation and Sports	
Sleeping	35	Softball	130
Watching TV	45	Golf	170
Office work	90	Brisk walking ♥	200
Slow walking	100	Bicycling ♥	205
Yardwork, housework	115	Aerobic dance ♥	210
Walking up stairs ♥	525	Tennis (singles)	220
		Lap swimming ♥	225
		Jogging ♥	325
		Cross-country skiing ♥	375
		Running ♥	425
		Rowing ♥	430

♥ These activities provide the best benefit for conditioning your heart and lungs.



## DEVELOPING A BALANCED EXERCISE PLAN

A balanced exercise plan helps you reach and maintain your target weight. It can also improve your overall fitness. To lose weight, you may need to be physically active for at least 60 minutes a day. To maintain weight loss, you may need 60 to 90 minutes of daily activity. This includes warming up, aerobics or strength training, stretching, and cooling down. Use the examples below to help you set up your own exercise plan.

### Warming Up

Doing light movements and jogging in place prepares you for aerobics by increasing the oxygen supply to your muscles. Five minutes of warming up before exercise can help reduce your risk of injury during exercise.

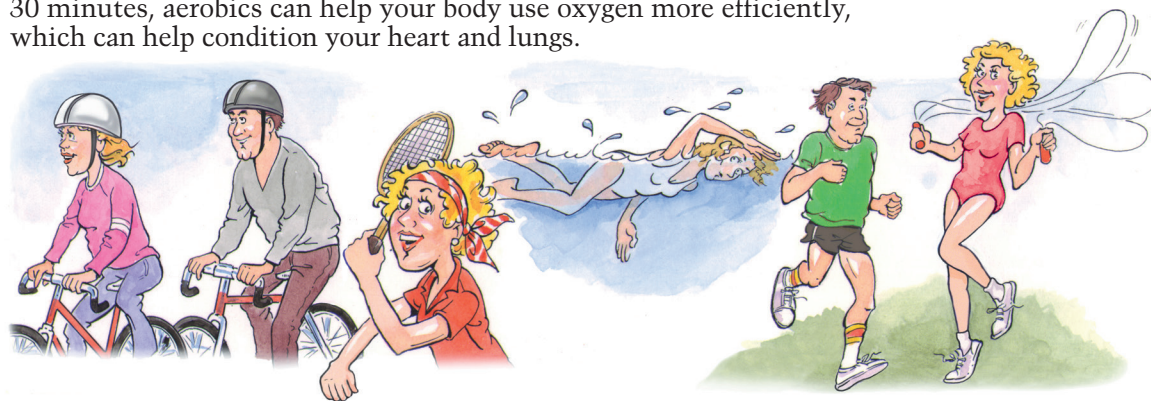
#### Walking or Jogging in Place

Walking and marching in place are great warm-ups. If you're just starting, you may want to lift only your heels. Swing your elbows, keeping them close to your body. As a more advanced warm-up, jog for a minute or two, or until you begin breathing hard. Choose a nonslip surface and wear aerobic or running shoes.



### Aerobic Exercise

Aerobic exercise is a key part of a balanced exercise plan. Exercises like cycling, racquetball, brisk walking, swimming, jogging, and jumping rope can help condition your entire body. When done for at least 20 to 30 minutes, aerobics can help your body use oxygen more efficiently, which can help condition your heart and lungs.



### Cooling Down

Cooling down allows your heart rate to ease back to normal. You can cool down by walking at a normal pace for about 5 minutes or by doing gentle stretches.



## A WEIGHT MANAGEMENT PLAN THAT WORKS

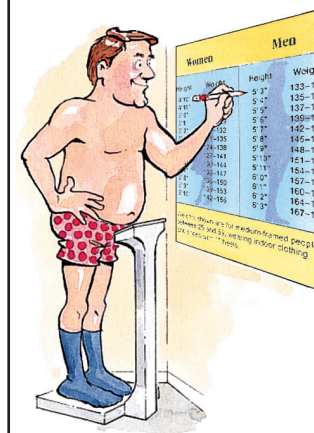
As you start your weight management plan, remember that weight loss doesn't happen overnight. Take one step at a time, and you'll find that weight management does work.



1

### Get Started

First, try to see yourself differently. There's a new, healthier you waiting to break through. Go ahead—you can do it.



2

### Know How Much to Lose

Find out what your weight range should be by using a weight table or formula. Then, set your target weight-loss goal. (See page 4.)



3

### Keep Records

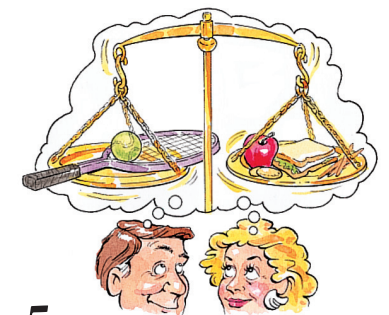
Record your eating and activity habits to help determine your present patterns. Keeping records can also help you chart your weight loss.



4

### Substitute Behavior

Once you recognize your old patterns, you can substitute new, positive behaviors for your old, unwanted ones. A good place to start is by passing up those high-fat snacks. Try a bike ride instead.



5

### Balance Eating and Activity

Balance the calories you take in (eating) with the calories you burn off (activity) to help maintain your target weight.

HOW MUCH SHOULD YOU WEIGH?

Weight tables and formulas can help you find a healthy weight for you. Most of these give average weight ranges for people of your height. But other factors to consider include your body frame, your overall health, and perhaps most importantly, at what weight you feel best.

Using Body Mass Index (BMI)

Using BMI is a way of finding healthy weight. The higher your BMI, the greater your risk of obesity and health problems. To figure your BMI, find your height and weight (or the numbers closest to them) on the chart below. Follow each column of numbers to where your height and weight meet on the chart. That is your BMI. Then look at the bottom of the chart for what this BMI means.

Body Mass Index																											
Height	Weight																										
	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320						
5'0"	23	25	27	29	31	33	35	37	39	41	42	44	47	49	51	53	55	57	59	61	62						
5'1"	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55	57	59	60						
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59						
5'3"	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51	53	55	57						
5'4"	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50	51	53	55						
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53						
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	48	50	52						
5'7"	19	20	22	23	25	27	28	30	31	33	34	36	38	39	40	42	44	45	47	49	50						
5'8"	18	20	21	23	24	26	27	29	30	32	33	35	36	38	40	41	43	44	46	47	49						
5'9"	18	19	21	22	24	25	27	28	30	31	32	34	35	37	38	40	41	43	44	46	47						
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42	43	44	46						
5'11"	17	18	20	21	22	24	25	26	28	29	31	32	33	35	36	38	39	40	42	43	45						
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39	41	42	43						
6'1"	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42						
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41						
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40						
6'4"	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39						

Results: BMI below 18.5: Underweight • BMI 18.5 to 24.9: Healthy weight • BMI 25 to 29.9: Overweight • BMI 30 or over: Obese

Using Waist Circumference

Where you carry body fat affects your health risk. Carrying excess weight around your waist raises your risk for certain health problems, including heart disease and type 2 diabetes. To measure your waist, stand up straight. Place a tape measure just above your hipbones. Then measure just after you breathe out. It's best for waist circumference to be:

- Under 40 inches in men
- Under 35 inches in women

CHOOSING A BALANCED DIET

The chart below can help you plan your meals. It offers some simple guidelines for healthy eating. When you select a variety of foods from those listed in the first column, you'll be eating foods that are low in sugar and fat and/or high in fiber.

TYPES OF FOOD	SELECT MOST OFTEN	SELECT MODERATELY	SELECT LEAST OFTEN
DAIRY	Fat-free dairy products, such as milk, yogurt, and cheeses Fat-free sour cream	Reduced fat and part-skim cheeses Low-fat milk Low-fat yogurt Low-fat ice cream	Whole-fat dairy products such as milk, yogurt, and cheese Sour cream Ice cream Cream, half-and-half
ANIMAL PROTEIN	White-meat fish such as halibut or cod White-meat poultry (without skin) Egg whites Lean ground beef, round or loin cuts of beef/pork/lamb	Salmon Untrimmed beef and pork Canned tuna in water Dark-meat poultry (with skin) Eggs (4 or fewer per week)	Fatty beef, lamb, or pork Hot dogs, lunch meats Fried chicken or fish Liver, kidneys Sausage or bacon
VEGETABLE PROTEIN	Dried legumes (kidney, lima, and soy beans; lentils, split peas) Tofu and hummus	Unsalted nuts and seeds	Salted and roasted nuts and seeds Processed peanut and other nut butters (moderate amounts)
VEGETABLES	Raw, fresh vegetables Fresh or frozen vegetables, with no added salt	Low-sodium canned tomato or vegetable juice Low-sodium canned vegetables	Vegetables in cream or butter sauces Fried vegetables Sauerkraut Pickles
FRUITS	Fresh, raw fruit Frozen fruit, no sugar added	Canned fruit packed in unsweetened juice Fresh fruit juices, no sugar added Dried fruit Refined cereal	Canned and frozen fruit juice, fruit-flavored beverages with added sugar Canned fruit packed in heavy syrup
STARCHES AND GRAIN PRODUCTS	Shredded wheat, oats Whole-grain cereal Whole-grain bread Brown rice Wheat bran, oat bran	Enriched white bread Refined pasta White rice	Cookies, cakes, pies Donuts Sweetened cereal Tortilla chips Processed crackers Potato chips
FATS	You probably get enough fats from the foods you eat. Try not to add fats.	Olive or canola oil, other vegetable oils Tub margarine Low-fat mayonnaise Low-fat salad dressing	Hydrogenated shortenings Butter Stick margarine Lard and bacon Regular mayonnaise



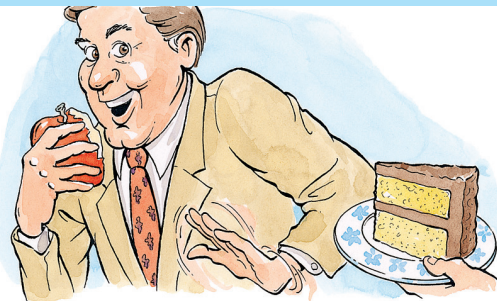
## DEVELOPING A BALANCED NUTRITION PLAN

You've already heard about balancing eating and activity, but another aspect of healthy weight management is balancing your nutrition. Eat a variety of foods to get all the nutrients your body needs. Try to follow these guidelines: Eat more whole grains, lean meats, beans, and fruits and vegetables. Eat less sugar, less fat, less salt, and more fiber!

### Foods to Enjoy

#### LOW-SUGAR FOODS

- Choose vegetables, fresh fruit, and whole grains.
- Try to eat 2½ cups of vegetables and 2 cups of fruit a day.
- Pick whole-grain cereals and breads often.



#### LOW-FAT FOODS

- Eat low-fat or fat-free dairy products.
- When preparing meals, remove fat from meat and skin from poultry.
- Broil, bake, microwave, or steam foods instead of frying.



#### LOW-SALT FOODS

- Most foods contain salt, so adding salt to your food is not necessary.
- Cut down on salt by seasoning your food with lemon juice, herbs, pepper, garlic, or a variety of spices.



#### HIGH-FIBER FOODS

- Fiber makes you feel fuller for longer periods of time, slows your body's absorption of sugar, and aids digestion.
- Choose high-fiber foods such as beans, fruits, vegetables, and whole grains.



### Foods to Limit

#### HIGH-SUGAR FOODS

- Foods and drinks with added sugar or corn syrup are often high in calories and low on nutrients.
- Avoid cakes, candies, cookies, and sweetened cereals. Soda and many juice drinks are also high in sugar.

#### HIGH-FAT FOODS

- High-fat foods include butter and margarine, cream, and whole-milk cheeses; also heavily "marbled" meats and fried foods of all types.
- Vegetable shortening and saturated fats, such as dairy fat and meat fat, should be limited.

#### HIGH-SALT FOODS

- Salt causes the body to retain fluid. Too much salt may be linked with high blood pressure.
- Avoid foods such as chips and other salted snack foods, cured meats, and canned foods.

#### LOW-FIBER FOODS

- Low-fiber foods are digested more quickly than high-fiber ones. The result: You feel hungry sooner.
- Limit low-fiber foods such as white bread, noodles, and refined foods.

## KEEPING EATING AND ACTIVITY RECORDS

Record keeping can help you track your eating and activity patterns—what, where, why, when, and how you eat, as well as how active you are. Records are extremely important, since most of us underestimate both how much we eat and how much fat we eat. We also overestimate how much activity we get. The only way to be absolutely sure is to write it all down.

### How to Use Your Records

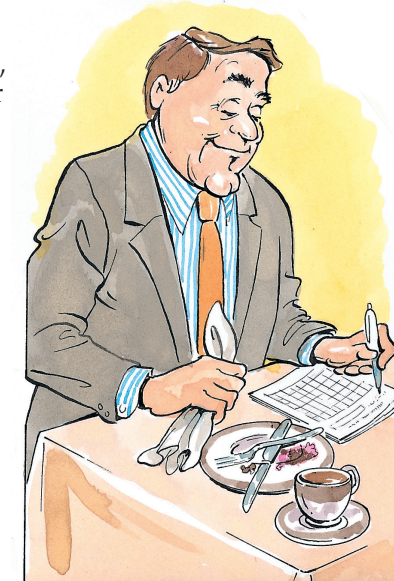
Before you even begin to think about cutting calories and fat, keep a detailed record of your eating habits for at least one week (see record on page 7). Try to complete your record as soon as you finish eating.

Chart your daily activity habits in your activity record (see page 9). The goal is to see how active you really are. Records are important because you need to know what your current activity patterns are before you can substitute new ones.

### How to Substitute New, Healthier Behaviors

Discovering your eating and activity patterns is the first step to weight management. The next step is finding ways to replace old, unwanted behaviors with new, healthier ones. If, for example, you snack whenever you watch a game on TV, why not turn off the set and organize your own game? Not only will you avoid snacking, you'll also get exercise. Or, if you can't miss the playoffs and have to snack, munch on low-calorie snacks such as fruits, vegetables, or pretzels. Reward your success with tickets to the next home game.

### Eating Record



### Activity Record



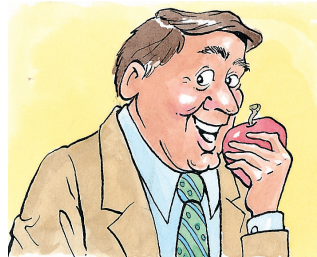


## CHANGING WHAT, WHERE, WHY, WHEN, AND HOW YOU EAT

### What You Eat



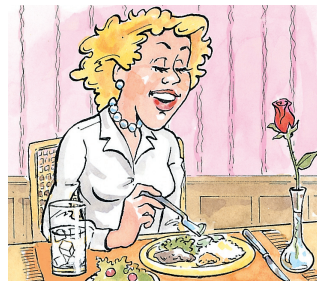
If one of your eating patterns is that you often choose high-calorie, high-fat foods, try making some low-calorie, low-fat substitutions. Pass up the ice cream and enjoy some fresh fruit instead.



### Where You Eat



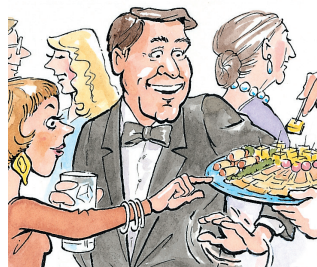
Sometimes we eat because of where we are—not because we're really hungry. So if you can't go to bed at night without a little snack, set a new rule—you'll only eat at the dining table, or you won't eat after 8:00 P.M.



### Why You Eat



Many people eat just to be polite. Some eat because they are bored. Try to ask yourself the real reason why you're eating—and don't be afraid to say "no" when you're not really hungry.



### When You Eat



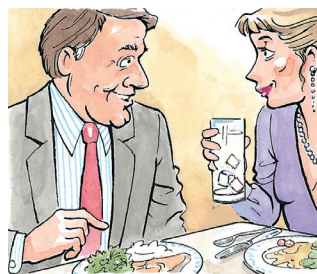
Do you starve yourself all day, only to raid the fridge in the wee hours? Try not to skip meals. If you balance your calories throughout the day, you'll feel better and be less likely to overdo it later. Eat at least 3 meals a day. Or eat smaller meals 5 or 6 times a day.



### How You Eat



We often "eat on the run" or just "grab a bite." When we do, we may wind up overeating. It takes 20 minutes for your stomach to tell your brain you're full. So slow down, and enjoy each meal.



## BALANCING YOUR MEAL PLAN

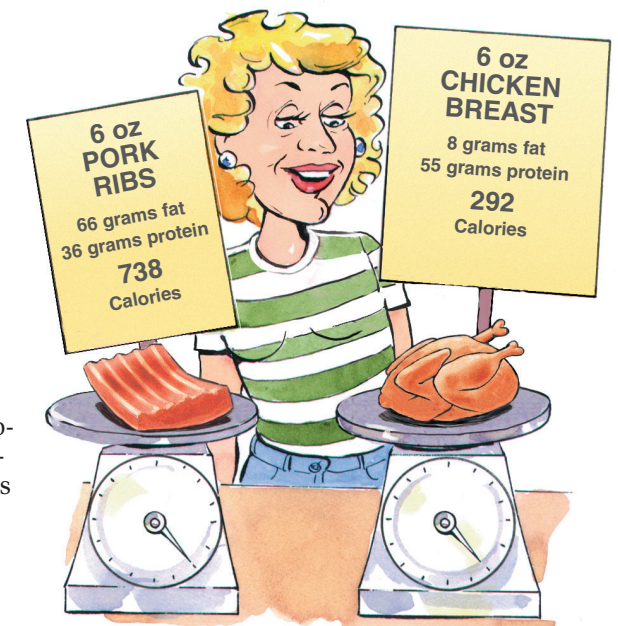
Weight management requires balancing the types of food you eat and when you eat them. It helps to know which foods are calorie-rich and which are calorie-wise. By eating your meals around the times when you're most active, you may burn more calories.

### Watch What You Eat

There are four types of food calories: fats, protein, carbohydrates, and alcohol. These are weighed in grams.

- 1 gram of fat has 9 calories
- 1 gram of protein has 4 calories
- 1 gram of carbohydrate has 4 calories
- 1 gram of alcohol has 7 calories and contains no nutrients

Most foods contain two or more types of food calories. Be smart and pick foods that are lower in fat. You'll be able to eat the same amount of food, but take in fewer calories. For instance, 6 ounces of pork ribs contain about 66 grams of fat and only 36 grams of protein, for a total of 738 calories. The same amount of boneless, skinless chicken breast has only 8 grams of fat and 55 grams of protein, for a total of 292 calories.



### How Much Fat Should You Eat?

You need to eat a certain amount of fat. It helps keep cells and tissues healthy. Calories from fat should be between 20% and 35% of your total daily calories. When buying packaged foods, look for foods with 5% daily value or less of saturated fat per serving.

### Get the Facts About Fat

- Pick unsaturated fats. These are naturally liquid at room temperature. Good sources include olive and canola oils.
- Limit saturated fats. These are solid at room temperature. They're found in foods from animal sources, including dairy foods and meat.
- Avoid trans fats. These fats are mostly found in processed foods. Crackers, cookies, stick margarines, and shortening are common sources.

### Eat When You're Active

Not only should you watch the kinds of food you eat, you should also think about when you eat them. One way to balance calories is to eat most of your calories during the times you're most likely to burn them off. For example, if you're most active in the afternoon, try eating 25% of your calories at breakfast, 50% at lunch, and 25% at dinner.



BALANCING EATING AND ACTIVITY



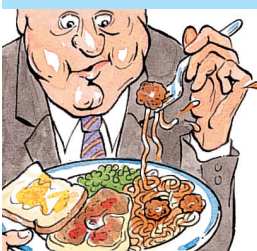

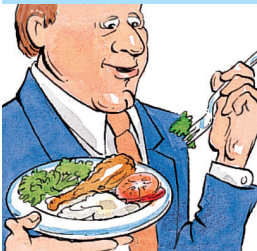

You know by now that both eating and activity affect your weight: Eating provides your body with calories; physical activity burns off calories. The key to successful weight loss is finding ways to balance the calories you take in with the calories you use up. Remember that “fat free” does not mean “calorie free.” For weight management purposes, focus on the number of calories you take in and the number of calories you burn off.

What Is a Calorie?

A calorie, very simply, is a unit of energy. The calories you take in can be stored or burned. Everything you eat contains calories, and everything you do—even sleeping—burns calories. Your doctor, dietitian, or exercise physiologist can help you figure out how many calories you now burn each day. The goal of weight loss is to use up calories stored as fat by burning off more calories than you take in.

Balancing Calories In and Out

Balancing the calories you take in with those you burn off is the safest, healthiest way to control your weight. It takes about 3500 calories to make one pound of fat. So to lose one pound of fat, you have to burn 3500 excess calories. You might be tempted just to cut back on your food intake by 500 calories a day for a week. But it is far healthier to cut back 250 calories a day and burn off the other 250 calories in some form of daily exercise.

DAILY CALORIES IN	DAILY CALORIES OUT	RESULTS
 2000 calories eaten	 2500 calories burned	<b>A loss of 500 calories a day</b> This person will <b>lose</b> one pound a week.
 2500 calories eaten	 2000 calories burned	<b>A gain of 500 calories a day</b> This person will <b>gain</b> one pound a week.
 2000 calories eaten	 2000 calories burned	<b>Perfect balance of calories in and calories out</b> This person will <b>maintain</b> his present weight.

KEEPING YOUR EATING RECORD

Make as many copies of this page as you need to chart your eating habits for a week or so. (See the example at right.) Jot down your answers each time you eat. Use a calorie counter to figure your calorie intake.

DAY OF THE WEEK: MONDAY						
When (Start/Stop)	Where	Social Situation	Emotions	How Hungry 0 = least to 5 = most	What Food/ How Much	Calories
8am 9am	Bed	Watching TV	Alone Bored	5	4 Donuts	800 cal.

DAY OF THE WEEK:						
When (Start/Stop)	Where	Social Situation	Emotions	How Hungry 0 = least to 5 = most	What Food/ How Much	Calories
TOTAL CALORIES						

**Evaluating Your Eating Patterns** After you’ve kept your record for at least a week, take a look at your eating patterns. You may find that you often eat when you’re alone or watching television, or that certain moods—like boredom—make you want to eat. Once you know what your eating patterns are, you may find some of the tips on page 6 helpful for substituting new behaviors.



# CHANGING YOUR ACTIVITY PATTERNS

Weight management depends on balancing eating and activity. So substituting new activity patterns is as important as substituting new eating habits. It can be a challenge to fit exercise into a tight schedule. But there are ways you can “sneak” activity into every day and learn how to exercise for fun.

## Sneaking In Activity

You can help burn off excess calories and fat just by becoming a bit more active in your daily routines. Why not cancel the paper delivery and walk to the newsstand instead? Or, make a habit of using the stairs instead of the elevator. If you drive to work, try parking a few blocks away from the office and walking the extra distance. Or, if you take public transportation, get off a few blocks before your regular stop and walk the rest of the way.

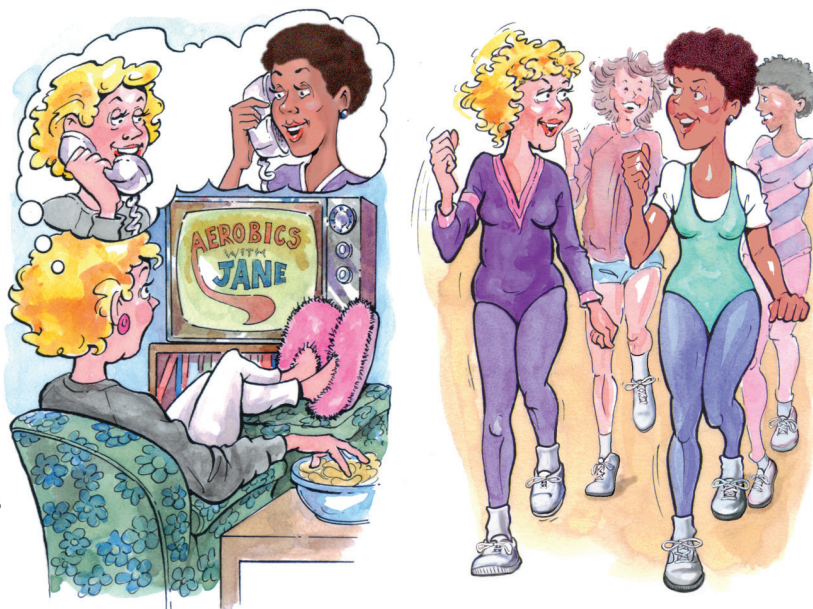


Instead of just bending over...

...walk to the newsstand.

## Exercising for Fun

Many people find it hard to exercise regularly because they make it into a chore. But exercise really can be fun—and rewarding—when you find activities that you truly enjoy. Exercise can provide a chance to socialize with a friend. A group or partner can also help keep you motivated to stick with it. Aerobic conditioning, like walking, jogging, swimming, or cycling, burns calories and has the added benefit of improving your general fitness level.



Instead of watching exercises...

...call a friend and do them!

# KEEPING YOUR ACTIVITY RECORDS

Make as many copies of this page as you need to chart your activity patterns for a week or so. Mark an “x” in each 15-minute block of time that you’re active each day. You’ll not only see some patterns, but you’ll find out if you’re as active as you think! Keep in mind that “active” means on your feet and moving, not watching TV.

	6am	7	8	9
DAY 1		X		X
:00				
:15			X	
:30	X		X	
:45	X		X	X

	6am	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3
DAY 1																						
:00																						
:15																						
:30																						
:45																						
DAY 2																						
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DAY 6																						
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:15																						
:30																						
:45																						

**Evaluating Your Activity Patterns** After you’ve kept your record for at least a week, take a look at your activity patterns. Is the majority of your day spent sitting at a desk or not moving around? Once you know what your activity patterns are, you may find some of the tips on page 8 for substituting new behaviors helpful.