

## Healthy Lifestyles

Eating  
Right

**HEALTHY  
LIFESTYLE**

Exercise

A healthy lifestyle is dependent upon eating right and participating in routine physical activity.

For most of us, this means we need to make significant changes in the way we live. Many of us have developed unhealthy behaviors which tend to make us eat too much and exercise too little. But,...

**We can change! Our health depends on it!**

Healthy behaviors include:

- A well-balanced diet
- An active lifestyle
- Maintenance of a healthy weight
- Cessation of smoking
- Control of blood pressure and diabetes

**USE THIS BOOKLET TO START ON YOUR PATH TO GOOD HEALTH!**

## Benefits of a Healthy Lifestyle

### What You Will Feel

- General sense of well-being
- Improved self-confidence
- Greater self-esteem
- Energized and invigorated
- Less fatigued
- More fit and conditioned
- Reduced stress and anxiety
- Increased mental alertness
- Motivated to keep exercising
- Fewer food cravings

**Make a  
commitment to  
yourself  
and your health!**

### What You Will Gain

- Lower risk of high blood pressure, diabetes and heart disease
- Better control of chronic medical conditions
- More energy
- Improved sleep
- Improved well-being

## Overweight and Obesity

**AMERICA IS AT-RISK!**

**WE ARE EXPERIENCING AN EPIDEMIC OF OVERWEIGHT AND OBESITY IN ADULTS AND OUR YOUNG PEOPLE.**

### About

**66% OF US ADULTS**

**ARE OVERWEIGHT OR OBESE!**

According to the Weight-control Information Network (in concert with the National Institute of Health), the prevalence of overweight and obesity in adults has steadily increased over the years among:

- **Both genders**
- **All racial and ethnic groups**
- **All smoking levels.**
- **All ages**
- **All educational levels**

**Among adults age 20 to 74 years from 1960 to 2004,**

- the prevalence of **overweight** increased from 44.8% to 66% and
- the prevalence of **obesity** doubled from 13.3% to 32.1%.

## Overweight and Obesity

Though obesity is very common, the following populations are most affected:

- **Women**
- **Minorities** — especially **African Americans** and **Hispanics**

### Nearly

**80% OF AFRICAN AMERICAN WOMEN**

**ARE OVERWEIGHT OR OBESE!**

**This is an alarming statistic as obesity significantly increases the risks for Heart Disease, Stroke, Diabetes, High Blood Pressure, Sleep Apnea and some forms of Cancer.**

Therefore, there is a major push in the United States for Americans to reduce their risk of disease by reducing their weight.

However, weight loss is **NOT** recommended if you are:

- **Pregnant**
- **Nursing**
- **Anorexia**
- **Bulimia**
- **Substance abuse**
- **Uncontrolled psychiatric disease**

## Body Mass Index / BMI

**Body mass index (BMI)** reflects the relationship between weight and height and is used to estimate the total body fat in adults.

*We now know that BMI is not an accurate measure for some populations such as Blacks, Latinos, Asians and athletes.*

**There are better ways to assess health.**

**Waist circumference** represents the amount of body fat around the belly and, when increased, it places you at a higher risk for heart disease and strokes.

**Waist circumference should be less than 35 inches for women and less than 40 inches for men.**

**YOUR WAIST CIRCUMFERENCE:** \_\_\_\_\_

	<u>Body Mass Index</u>	<u>Risk of Disease*</u>	
		Normal Waist	Increased Waist
<b>Underweight</b>	<i>n/a</i>	—	—
<b>Normal</b>	<i>n/a</i>	—	—
<b>Overweight</b>	<i>n/a</i>	<b>Increased</b>	<b>High</b>
<b>Obesity</b>	<i>n/a</i>	<b>High</b>	<b>Very High</b>
<b>Extreme Obesity</b>	<i>n/a</i>	<b>Extremely High</b>	<b>Extremely High</b>

## How Do You Feel About Your Body?

Response: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Improving your body image and self-esteem is as easy as your **ABCs**.

- **A**cknowledge diversity

People come in all shapes and sizes. There is NO perfect size or shape.

- **B**e positive

Let the positive energy flow as you get creative, become more active, hangout with friends, or learn a new skill.

- **C**ompliment yourself

Highlight and nurture the features that you like most about your body: your eyes, hair, height, athleticism, flexibility, etc.

- **D**on't compare yourself to others

There is no one else like you because you are unique. So embrace your looks, personality and personal style.

## Healthy Weight Loss

Healthy weight loss is  
1-2 pounds a week!!

*“The most difficult part of losing weight is keeping it off!”*

**Step 1:** The goal is to **lose 10%** of your body weight in the next **6 months**.

**Current weight** \_\_\_\_\_ **x .10 =**

**Step 2:** Try to **maintain** this new weight for **6 months**.  
You may even notice that without much effort, your weight continues to decrease!

**Your ability to maintain the weight loss shows that you have actually changed your lifestyle through healthy food choices and daily exercise.**

**Step 3:** **Review and revise** your diet, physical activity behavior and goals **every 6-9 months**.

If you begin to gain weight during any six month period,  
**DO NOT GET FRUSTRATED!**

Just start back at the beginning of this booklet and review each section.

**YOU CAN DO IT!!**

**Success is just a portion size away!**

## Healthy Weight Loss

Aim for a BMI “range” NOT one specific weight!

*“What matters is how you feel not how you look .”*

Don’t get too focused on a specific weight because there are other ways to monitor your weight loss.

**Ways to measure your weight loss without a scale:**

- How well your clothes fit
- Your energy level and activity level
- A positive attitude
- A sense of taking up less physical space
- Receiving friendly comments about your appearance

**The goal:**

**become healthier and feel happier about yourself.**

**When you look in the mirror,  
*SMILE!***

**Accept and Embrace  
the TRUE You!**

## Weight and Circumference Record

SLOW AND STEADY PROGRESS!!						
DATE	WEIGHT	ENERGY LEVEL	ARM	WAIST	CHEST	THIGH

## Healthy Eating

Eating right is a key part of a healthy lifestyle. Smart food choices will put you on the path towards healthy weight.

To assess exactly how healthy your diet is and how effectively you can lose weight, see how you answer the three questions below.

### What are you eating?

Junk food, soda pop, fried foods or fatty foods???

### How much are you eating?

The full bag of potato chips? A double cheeseburger?  
Super-sized cola?

### How often are you eating?

Skipping breakfast? Constant munching?  
Midnight snacks? One meal a day?

## What Are You Eating? Healthy Food Choices

### Instead of This:

### Choose This:

#### Grains

Croissants, biscuits, white bread  
Doughnuts, pastries, scones  
Sugar cereals, granola  
Snack crackers  
Potato or corn chips, popcorn  
Fried rice, pasta/rice mix with fatty sauces

Low-fat whole grain breads (wheat, rye, etc.)  
English muffin, small whole grain bagel  
Oatmeal (not flavored), low-fat granola, whole grain cereal  
Crackers (animal, graham, rye, soda, saltine, oyster)  
Pretzels (unsalted), popcorn (no butter)  
Rice or pasta (no egg yolks) with vegetable sauces

#### Fruits and Vegetables

Fried veggies or veggies with sauces  
Canned fruit with syrup  
French fries, hash browns, potato chips  
Iceberg lettuce

Raw, steamed, broiled, baked veggies  
Fruit (fresh or canned in light syrup or natural juices)  
Baked, mashed, or boiled potatoes  
Baby spinach

#### Meat, Poultry and Fish

Regular or breaded fish sticks/cakes,  
fish in oil, seafood in sauces  
Prime or marbled cuts  
Pork spare ribs, bacon  
Regular ground beef  
Lunch meats (pepperoni, salami, bologna)  
Regular hot dogs or sausage

Fish (fresh, frozen, or canned in water), low-fat fish  
sticks, shellfish  
Lean beef (round, sirloin, loin)  
Lean pork (tenderloin, loin chop), turkey bacon  
Lean/extra lean ground beef, chicken, or turkey breast  
Lean lunch meats (turkey, chicken, ham)  
Fat-free hot dogs, turkey hot dogs

#### Dairy

Whole or 2% milk  
Sour cream  
Regular cheese, cream cheese  
Regular ice cream

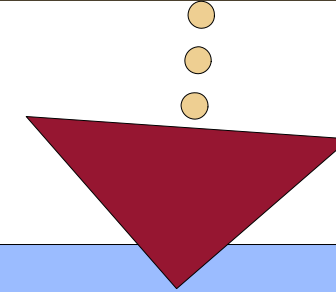
Skim or 1% milk  
Fat-free or low-fat plain yogurt  
Low-fat (part-skim) cheeses (less than 3 grams fat/ounce)  
Sorbet, sherbet, non-fat or low-fat ice cream,  
fat-free frozen yogurt

#### Fats, Oils, and Sweets

Shortening, butter, or margarine  
Using fat (including butter) to grease pan  
Regular mayonnaise  
Regular salad dressing  
Cookies  
Peanut butter  
Jelly

Olive, vegetable, or canola oils  
Non-stick cooking spray  
Non-fat or light mayonnaise  
Non-fat or light salad dressing, olive oil and vinegar  
Fig bars, gingersnaps, molasses cookies  
Natural peanut butter  
Natural jelly (no high fructose corn syrup)

## Healthy Food Choices



### SMART SNACKS

**Low-Fat or Skim Milk (8 ounces)**

**Fat-Free or Low-Fat Yogurt (6 or 8 ounces)**

**Low-Fat Cheese (1-1/2 ounces)**

**Fresh Fruit**

**Fresh Vegetables (1/2 cup)**

**Raw nuts (handful)**

**Peanut Butter (1 Tbsp) on Whole Wheat Crackers**

**Whole Wheat Bread (1 slice)**

**Air-Popped Popcorn**

**Rice Cakes**

**Granola Bar**

**Low Sugar Cereal (1/2 cup)**

## How Much Do You Need? Calories

Check the chart below to estimate how many calories you need each day to maintain energy balance.

Gender	Age	Sedentary	Moderately Active	Active
Female	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

### For Weight Loss

Reduce your total calories by 500 calories a day

**MIX IT UP!**

- Eat 300 calories less and
- Burn 200 calories more with exercise

## How Much Are You Eating? Serving Sizes

The USDA Food Guide Pyramid has been recently updated and outlines guidelines that promote health and reduce the risk of chronic disease through nutritious eating and physical activity.

The table below details the recommended daily servings of food that we Americans should consume as part of a healthy diet.

<u>Grains</u>	6-11 servings	* <u>Dairy</u>	2-3 servings
<u>Fruit</u>	2-4 servings	<u>Meat / Beans</u>	2-3 servings
<u>Vegetables</u>	3-5 servings	<u>Fat / Oils</u>	Use sparingly

You need the **larger number of servings** if you are

- An active man
- A very athletic woman

You need to eat the **smaller number of servings** if you are:

- A woman
- Inactive
- Trying to lose weight
- Older adult

\*Use the **larger number of Dairy servings** if you are:

- A pregnant or breastfeeding woman
- A child or young adult up to age 24 years

## Serving Sizes

### Fruits One Serving = 1/2 cup (2-4)

#### 1/2 cup-equivalent is:

1/2 cup fresh, frozen or canned fruit	1 large plum
1 small banana, orange or peach	1/4 cup dried fruit
1/2 medium grapefruit	1/2 cup fruit juice

### Vegetables One Serving = 1/2 cup (3-5)

#### 1/2 cup-equivalent is:

1/2 cup raw or cooked vegetables	1/2 cup vegetable juice
1 cup raw leafy vegetables	

### Grains One Serving = 1 ounce (6-11)

#### 1 ounce-equivalent is:

1 slice of bread	1/2 cup cooked rice, pasta or cereal
1 cup dry cereal	

### Meats and Beans One Serving = 1 ounce (2-3)

#### 1 ounce-equivalent is:

1 ounce cooked lean meats, poultry, fish	1 Tbsp peanut butter
1 egg	1/2 ounce nuts or seeds
1/4 cup cooked dry beans or tofu	

### Dairy One Serving = 1 cup (2-3)

#### 1 cup-equivalent is:

1-1/2 oz low-fat / fat-free natural cheese	1 cup low-fat/fat-free milk or yogurt
2 oz. low-fat / fat-free processed cheese	

### Fats / Oils One Serving = 1 tsp

#### 1 tsp-equivalent is:

1 Tbsp low-fat mayonnaise	1 tsp vegetable oil
2 Tbsp light salad dressing	

## Portion Sizes

### What is the difference between a serving and a portion?

A **serving size** is a standard amount of food set by the government and delineated in the USDA Food Pyramid.

A **portion size** is the amount of food that you actually eat.

The Problem: Portion sizes are often equal to 2 - 3 serving sizes!

The Result:

**We overeat!**

The Solution:

**To fight this:  
Look at the  
Nutrition Facts  
Labels on your  
food containers  
to see how many  
Standard serving  
sizes you are  
actually eating**

Sample Label for Macaroni and Cheese		
<b>Nutrition Facts</b>		
Serving Size 1 cup (228g) Servings Per Container 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
		% Daily Value*
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 1.5g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
	Calories:	2,000    2,500
Total Fat	Less than	65g    80g
Sat Fat	Less than	20g    25g
Cholesterol	Less than	300mg    300mg
Sodium	Less than	2,400mg    2,400mg
Total Carbohydrate		300g    375g
Dietary Fiber		25g    30g

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote







Quick Guide to % DV

5% or less is low  
20% or more is high



## Portion Sizes

**The Problem:** Serving sizes on the Nutrition Facts Labels often **DON'T** match those of the USDA Food Pyramid.

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

**The Result:**

**Confusion.**

Use the Nutrition Facts Label to keep track of the calorie and nutrient content of your foods, NOT for the recommended daily number of USDA servings that you need.

**The Solution:**

Use the chart below to estimate how many USDA serving sizes you are eating.

## Controlling Portion Sizes

Reducing portion sizes is one of the easiest and quickest ways to lose some initial weight

### Quick Tips at Home

- Eat slowly
- Put your fork down after every bite
- Sip water between bites
- Divide your plate into thirds: 2/3 vegetables, fruits, whole grains or beans and 1/3 meat
- Do NOT eat in front of the TV
- Never eat directly from a bag or box; place the appropriate serving of food on a plate
- Only get second helpings of vegetables, salads or fruits

### Quick Tips while Out

- Eat an appetizer as the main meal
- Split the entrée or order a half portion
- Immediately place half of your entrée in a take-out carton
- Drink water with lemon or a calorie-free beverage
- Remove chips, rolls and butter from the table
- Get salad dressings, sauces and gravies on the side
- Ask for fresh fruit or vegetable options



## Exercise and Your Health

A healthy lifestyle includes...

*“A minimum of 30 minutes of moderate intensity physical activity on most, or preferably all, days of the week.”*

According to the US Preventive Services Task Force’s 2008 Physical Activity Guidelines for Americans, physical activity has many health benefits. Exercise can:

- Burn calories and reduce body fat
- Control and maintain your current weight
- **Reduce your risk for heart disease**
- Improve *chronic* medical conditions such as diabetes, high blood pressure, high cholesterol and heart disease
- Improve your fitness and ability to perform daily activities
- Prevent diseases such as osteoporosis (low bone density) and depression
- Reduce your appetite

Take charge of your health!

## Heart Health: Is Exercise Safe for You?

Heart Disease is the #1 cause of death

**\$750 Million**

Raised by Susan B. Komen Foundation for **breast cancer**

**BUT...**

- 6 times** more deaths from heart disease than from breast cancer
- 32%** of American women are killed by heart disease compared to 3% from breast cancer
- 50%** overall lifetime risk of dying from heart disease compared to 3% from breast cancer

The *negative* impact of heart disease on health is clear. The *positive* impact of exercise on heart disease is equally impressive.

But, the **type, frequency, intensity and duration** of exercise *all* need to be tailored to you and your health status.

**So, let’s first determine if exercise is safe for YOU?**

Let’s check your medical history.

## Your Medical History

Check all that apply.

- Age                      Men > 50 years and Women > 55 or premature menopause without estrogen replacement therapy
- Family History            Myocardial infarction or sudden death before 65 years of age in mother or other first-degree relative
- Currently Smoking
- Hypertension              Blood pressure > 140 / 90 (confirmed by measurements on 2 separate occasions) or you are taking blood pressure medication
- High Cholesterol          Total serum cholesterol >200 mg/dL or HDL <35 mg/dL
- Diabetes                    Persons with \*IDDM who are > 30 years of age or have had IDDM for > 15 years as well as persons with \*NIRDM who are > 35 years of age
- Sedentary Lifestyle        Persons who have sedentary jobs involving sitting for a large part of the day and no regular exercise or activity

\*IDDM—need insulin to treat the diabetes    NIRDM = can treat the diabetes with medications, not insulin

## How Do You Feel?

Check all that apply.

- Pain, discomfort, tightness (or other similar complaints) in the chest, neck, jaw, arms or other areas that may be related to the heart
- Shortness of breath at rest or with mild exertion or activity
- Dizziness or fainting (syncope)
- Breathlessness while laying down or abrupt onset of breathlessness while sleeping
- Ankle swelling (edema)
- Skipped heart beats (palpitations) or rapid heart rate (tachycardia)
- Intermittent painful sensations in legs with walking or prolonged standing (claudication)
- Known heart murmur
- Unusual fatigue, exhaustion or shortness of breath with usual activities

## Blood Pressure Classification

**YOUR BLOOD PRESSURE:** \_\_\_\_ / \_\_\_\_

Severity of Disease	Blood Pressure (systolic / diastolic)
Normal	< 120 / < 80
Pre-Hypertension	120 - 139 / 80 - 89
Stage I Hypertension	140 - 159 / 90 - 99
Stage II Hypertension	≥ 160 / ≥ 100

Updated May 2003 by the National Heart, Lung, and Blood Institute

**YOU ARE IN THE \_\_\_\_\_ CLASS**

### Please Note:

A single HIGH blood pressure reading does NOT necessarily mean that you have high blood pressure. Likewise, a single NORMAL blood pressure reading does NOT mean you are okay. Blood pressure readings can be affected by your emotions, positioning, diet, weight status and activity level.

- If you do NOT have a history of high blood pressure, you should get three different readings on three different days to accurately determine if your blood pressure is high.
- If you have KNOWN high blood pressure, a high reading today could indicate that you need modifications in your diet, exercise, and /or medication regimen.

**Please discuss this reading with your primary care doctor!**

## Cholesterol Guidelines

Cholesterol is a fatty substance that is found in our blood stream and can lead to “clogging” of the arteries.

### HDL “good” Cholesterol

Better for the body as it pulls cholesterol away from the arteries and disposes of it in the liver.

### LDL “bad” Cholesterol

Builds up in the blood and increases the risk of heart disease.

Total Cholesterol	< 200	Desirable
	200—239	Borderline High
	> 240	High
HDL Cholesterol	> 60	Optimal
	< 40	Low
LDL Cholesterol	< 100	Optimal
	100 - 129	Near Optimal
	130 - 159	Borderline High
	160 - 189	High
	> 190	Very High

**YOUR RESULTS: TOTAL CHOLESTEROL \_\_\_\_\_**

**HDL \_\_\_\_\_ LDL \_\_\_\_\_**

## Are You at Risk?

YOU HAVE:

\_\_\_\_\_ RISK FACTORS for HEART DISEASE

\_\_\_\_\_ MAJOR SIGNS or SYMPTOMS SUGGESTIVE of HEART OR LUNG DISEASE

We use the information above to help us determine how safe it is for you to exercise . There are three different risk levels:

### Apparently Healthy

You are asymptomatic and apparently healthy with no more than one major heart disease risk factor.

### Increased Risk

You have signs and symptoms suggestive of possible heart, lung or metabolic disease AND two or more major heart disease risk factors.

### Known Disease

You have actually been diagnosed with heart, lung or metabolic disease (such as diabetes)

## Before You Start Exercising

YOUR RISK LEVEL: \_\_\_\_\_

Based upon your particular risk level, which ensures your safe participation in exercise, the American College of Sports Medicine recommends the following before starting activity:

- You may participate in moderate exercise at this time.
- You may participate in vigorous exercise at this time.
- A medical examination by your primary care physician is required *before* starting to exercise in this program.
- You may need formal exercise testing (stress tests) by your physician *before* starting this program.

**Please discuss this information with your doctor  
BEFORE you begin exercising!**

## Vitals and Lab Data Record

WATCH THESE STEADILY IMPROVE!!				
DATE	BLOOD PRESSURE	TOTAL CHOLESTEROL	HDL (GOOD)	LDL (BAD)

## Exercise

### Statistics:

- More than **26%** of US adults report no leisure time physical activity.
- Exercise is **LESS PREVALENT** among women compared to men within any race.
- **30%** of women report no leisure time physical activity.
- African American and Hispanic women have the **LOWEST PREVALENCE** of leisure time physical activity.
- **57%** of Hispanic women, **55%** of Black women and **36%** of White women are physically inactive.

Let's commit to change these stats!

## Exercise

**LET'S GET ACTIVE!**

**We have to make fitness a priority in our lives.**

### REMEMBER

The Surgeon General recommends that we participate in a *minimum* of 30 minutes of moderate intensity physical activity on most, or preferably all, days of the week.

This is quite a time commitment.

Most of us tend to run out of hours in the day for all of our "To Dos", that we have little, if any, time for ourselves.

So...

**How *do* we fit exercise into our busy lives?**

## Fitting in Exercise

### At Work

- Take the stairs instead of the elevator
- Park further away from the front entry of your destination
- Walk during the lunch hour

### At Home

- Clean up around the house
- Jump rope during TV commercials
- Take a family walk after dinner
- Walk the dog
- Take a bike ride
- Plan active family outings at the zoo, museums, parks, etc.
- Engage in social activities such as dancing, skating or bowling

**Start with just 10 minutes a day. It will add up! Before you know it, you'll be exercising for 45 minutes and looking forward to it!**

**Don't *sit* around! Move around!**



## Exercise and Daily Activities

### Chores

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Pushing a stroller 1-1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes (4 mph pace)

### Sporting Activities

- Walking 1-3/4 miles in 35 minutes
- Shooting baskets for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast for 30 minutes
- Water aerobics for 30 minutes

### Examples of Moderate Amounts of Physical Activity

30-minute Activity	*Calories Burned
Brisk Walking (4 mph)	170
Gardening	135
Raking Leaves	145
Dancing	190
Bicycling (10 mph)	205
Swimming Laps	240
Jogging (5 mph)	275

\* The calories burned are based on a 150-lb person. A person weighing more will burn more calories.

## Preparing to Exercise

### Drink up!

It is very important to keep your body well hydrated and the best source is...

**WATER**

During the day, **drink at least 64 ounces of water (8 cups)** especially between meals and snacks.

**You must INCREASE your water intake with:**

1. Exercise
2. Hot weather conditions
3. Fever, vomiting or diarrhea

### Signs of Dehydration

### **THIRST!!!**

**IF YOU ARE THIRSTY, YOU ARE ALREADY DEHYDRATED!!**

Other signs:

- Rapid heartbeat
- Light-headedness
- Heavy yellow or dark colored urine
- Fatigue
- Constipation
- Dry mouth

**Water is the BEST source for hydration, but calorie-free flavored drinks are acceptable.**

## Preparing to Exercise

### Lace Up!

**SHOES** are your most important piece of equipment.

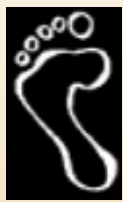
#### A Quick Self-Check

- Place a sheet of newspaper on the floor and wet your feet
- Step across it with each foot during a normal stride
- Look at the pattern

Flat



Normal



High



Foot Arch	Type of Shoe	Main Features
Flat	Motion Control	Rigid support to support a floppy flexible foot arch
Neutral	Stability	A mix of arch support and heel cushioning
High	Flexible	Highly cushioned for a rigid inflexible foot

**To find the appropriate shoe, go to a specialty running shoe store and work with an attendant.**

## Monitoring Exercise Intensity

### Determining Your Target Heart Rate (HR)

Calculate: \_\_\_\_\_

**Target HR = 220 - age**

#### Light intensity exercise

Multiply by 0.50 (or 50%) \_\_\_\_\_

**Keep HR below this number**

#### Moderate intensity exercise

Multiply by 0.50 (or 50%) \_\_\_\_\_

Multiply by 0.70 (or 70%) \_\_\_\_\_

*When more fit,*

use 50% \_\_\_\_\_ to 85% \_\_\_\_\_

**Keep HR between the numbers**

#### Vigorous intensity exercise

Multiply by 0.70 (or 70%) \_\_\_\_\_

*When more fit, use 85% \_\_\_\_\_*

**Keep HR above this number**

### Target Heart Rate

is one of the best ways to measure our activity intensity.

### **Do NOT use this method if you are taking any of the following medicines:**

- Alpha blockers
- Beta blockers
- Calcium channel blockers
- Nitrates
- Adrenergic inhibitors
- Peripheral vasodilators (non-adrenergic)
- Tricyclic antidepressants
- Tranquilizers
- Cold medicines
- Diet medications
- Bronchodilators

## Monitoring Exercise Intensity

### THE TALK TEST

The **Talk Test** is a simple way for a person to measure how hard or how intensely they are working. Unlike stopping to check our heart rate, we can do the **Talk Test** while we are still exercising.

<b>Light intensity level</b>	You should be able to sing while doing the activity.
<b>Moderate Intensity Level</b>	You should be able to comfortably carry on a conversation while engaging in the activity.
<b>Vigorous intensity level</b>	You are too winded, out of breath or unable to carry on a conversation without gasping for air after every word

\*Adapted from the Department of Health and Human Services Centers for Disease Control and Prevention

**Do NOT use this method if you have Asthma or any other Breathing Condition!**

## Monitoring Exercise Intensity

### Rate of Perceived Exertion (RPE)

This is a way to measure exercise intensity based on the way that you feel during the activity.

Intensity	RPE	Description of Intensity
—	0	Nothing at all
Low	1	Very, very light (practically nothing)
Low	2	Very light
Low	3	Fairly light
Moderate	4	Moderate (still light but starting to work)
Moderate	5	Moderate (comfortable but harder)
Moderate	6	Moderate (getting somewhat hard)
High	7	Somewhat hard
High	8	Hard
High	9	Very hard
High	10	Very, very hard (couldn't do for more than a few seconds)

**Light intensity = 1-3    Moderate intensity = 4-7  
Vigorous intensity = above 8**

## Low Impact Exercise

Walking  
·  
Cycling  
·  
Swimming  
·  
Elliptical  
·  
Water  
Aerobics  
·  
Yoga  
·  
Pilates

Ideally, you should start with low impact activity, which will help get your body in shape and protect your heart *without* placing a lot of stress on your joints.

**Yes!**  
**You CAN lose weight  
with low impact exercise.**

The next several pages will actually guide you through an appropriate low-impact exercise program.

**Watch for key NOTES and TIPS  
along the way.**

**TIP:  
Learn  
how to  
increase  
the  
intensity  
of your  
exercise!**

## Low Impact Exercise

**You can increase the intensity of your activity in several ways.**

### **1. Change the terrain.**

Adding a slight incline (1% to start) on a treadmill or working on a low-grade hill or slope can take your workout to a new level.

### **2. Speed up.**

Adjusting the pace during a workout can make you work harder.

### **3. Use your arms.**

Swinging your arms, holding them overhead or circling them in the air can all increase your exercise intensity.

### **4. Work your legs.**

Challenge yourself by adding leg movements such as lunges, high knee lifts or squats throughout your workout.

## Warming Up

It is important to get your body ready for exercise.

# Warm Up

The warm up gets blood flowing out to the muscles making them loose and flexible.

These changes can help prevent injuries such as muscle pulls.

A good warm up may include a low-intensity walk swim or jog.

### NOTE:

For the following walking programs, you **MUST** remember to perform a 5 minute warm-up *before* and a 5 minute cool-down *after* each exercise session.

The “Total Exercise Time” listed in the following exercise programs do **NOT** include the 5 minute warm-up and cool-down sessions.

## Stretching

# DAILY WARMUP

### WARMUP



### SIT AND REACH



### SHOULDER STRETCH



### BUTTERFLY



### ARM CIRCLES



### SWIMMER STRETCH



### WASHING MACHINE



### ROTATE ANKLES



### PUSH UPS



### CURL UPS



## Stretching

# SIMPLE SEATED WARM UP

by GROUNDED PANDA

\*\*DO THIS SEQUENCE PRIOR TO ANY YOGA ROUTINE TO WARM UP! GO AT YOUR OWN PACE.

1 EASY SEAT      2 SEATED TWIST RIGHT      3 SEATED TWIST LEFT



4 COW      5 CAT      4 COW      5 CAT CRUNCH



7 LEG EXTENSION      8 CAT CRUNCH      9 CHILD'S POSE



## Walking Programs

### WHERE TO START?

#### Beginner's Program

For those who are  
**Sedentary**  
*or*  
inactive for most of the day  
with NO routine  
physical exercise.

#### Intermediate Program

Perfect for those who are  
**Active**  
*and*  
have worked through the  
Beginners Program

*or*  
have been exercising at least  
30 minutes four days a week  
for the past 3 months.

#### Advanced Program

Appropriate if you are  
**Athletic**  
*and* have worked through the Intermediate Program  
*or* are able to tolerate vigorous  
activity.

**Let's start walking!**

## Walking Programs - Stage 1 Beginners

Low Intensity	Moderate Intensity	Total Time
<b>Week 1</b>		
5 minutes	5 minutes	10 min.
<b>Week 2</b>		
5 minutes	8 minutes	13 min.
<b>Week 3</b>		
5 minutes	12 minutes	17 min.
<b>Week 4</b>		
5 minutes	15 minutes	20 min.
<b>Week 5</b>		
5 minutes	18 minutes	23 min.
<b>Week 6</b>		
5 minutes	22 minutes	27 min.
<b>Week 7</b>		
5 minutes	25 minutes	30 min.
<b>Week 8</b>		
5 minutes	30 minutes	35 min.

**GO TO STAGE 2 BEGINNERS PROGRAM - Week 6**

## Walking Programs - Stage 2 Beginners

Low Intensity	Moderate Intensity	# of Repeats	Total Time
<b>Week 1</b>			
5 minutes	10 minutes	—	15 min.
<b>Week 2</b>			
5 minutes	15 minutes	—	20 min.
<b>Week 3</b>			
5 minutes	20 minutes	—	25 min.
<b>Week 4</b>			
5 minutes	25 minutes	—	30 min.
<b>Week 5</b>			
5 minutes	30 minutes	—	35 min.
<b>Week 6</b>			
5 minutes	35 minutes	—	40 min.
<b>Week 7</b>			
5 minutes	40 minutes	—	45 min.

**GO TO INTERMEDIATE PROGRAM**

## Walking Programs - Intermediate

Time	Intensity	RPE	Repeats	Total Time
<b>WEEK 1-3</b>		<b>PERFORM THIS THREE DAYS A WEEK</b>		
2 min.	5-6	Late to meet a friend		
2 min.	7-8	Late to meet your boss		
1 min.	8-9	The bus is pulling away from the curb		
2 min.	7-8	Late to meet your boss		
2 min.	5-6	Late to meet a friend		
2 min.	4-5	Window shopping	4	44 min.
<b>WEEK 4-6</b>		<b>PERFORM THIS THREE DAYS A WEEK</b>		
3 min.	5-6	Late to meet a friend		
3 min.	7-8	Late to meet your boss		
1 min.	8-9	The bus is pulling away from the curb		
3 min.	7-8	Late to meet your boss		
3 min.	5-6	Late to meet a friend		
2 min.	4-5	Window shopping	3	45 min.

**GO TO ADVANCED PROGRAM**

## Walking Programs - Advanced

Low Intensity (Slow)	Moderate Intensity (Brisk)	Repeat	Vigorous Intensity (Run)	Moderate Intensity (Brisk)	Repeat	Total Time
<b>CYCLE 1</b>			<b>CYCLE 2</b>			
<b>AEROBIC TRAINING DAYS</b>						
<b>Week 1-5 MONDAY AND FRIDAY</b>						
5 min.	40 min.	—	—	—	—	45 min.
<b>INTERVAL TRAINING DAYS</b>						
<b>Week 1 WEDNESDAY</b>						
5 min.	10 min.	—	30 sec.	1.5 min.	3	21 min.
<b>Week 2 WEDNESDAY</b>						
5 min.	10 min.	—	1 min.	2 min.	3	24 min.
<b>Week 3 WEDNESDAY AND/ OR SATURDAY</b>						
5 min.	10 min.	—	30 sec. 1 min.	1.5 min. 2 min.	3 1	24 min.
<b>Week 4 WEDNESDAY AND SATURDAY</b>						
5 min.	5 min.	—	30 sec. 1 min.	1.5 min. 2 min.	3 2	22 min.
<b>Week 5 WEDNESDAY AND SATURDAY</b>						
5 min.	3 min.	—	30 sec. 1 min.	1.5 min. 2 min.	4 3	25 min.





**NOTES**

**NOTES**

# Health and Wellness Contract

Eating  
Right

HEALTHY  
LIFESTYLE

Exercise

- I will commit to:
  - Developing and maintaining a healthy lifestyle
  - Eating a low-fat, low-calorie diet
  - Monitoring the portion sizes of my food
  - Exercising a minimum of 4 days a week for 30 minutes

Initials: \_\_\_\_\_

- I will obtain and /or maintain a healthy body mass index.

Initials: \_\_\_\_\_

- I will keep track of my weight, BMI, diet choices and exercise regimen.

Initials: \_\_\_\_\_

- I will follow through on the activities in this booklet and bring it to all of my appointments.

Initials: \_\_\_\_\_

Signature: \_\_\_\_\_

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

# References

Page 7 L	Food Choices	
Page 8 L	Calorie Counts	USDA Dietary Guidelines for Americans, 2005
Page 9 L	Servings	USDA Dietary Guidelines for Americans, 2005 <a href="http://www.healthierus.gov/dietaryguidelines">www.healthierus.gov/dietaryguidelines</a>
Page 9 R	Food Label	
Page 10 L	Portions Card	<a href="http://www.prevention.com/images/cma/portions_control_chartFULL.gif">www.prevention.com/images/cma/portions_control_chartFULL.gif</a>
Page 15L/ R	Exercise Clearance	American College of Sports Medicine Recommendations for (A) Medical Examination and Exercise Testing Prior to Participation and (B) Physician Supervision of Exercise Tests
Page 18 L	Exercise Options	Surgeon General's Report on Physical Activity and Health, 1996 — <a href="http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyoudo.htm">www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyoudo.htm</a>
Page 19 L	Foot Type Pictures	
Page 20 R	Perceived Exertion	
Page 22R/23L	Stretches	P Rouzier, MD. <u>The Sports Medicine Patient Advisor</u> . McKesson Health Solutions, Sportsmed Press: Amherst, MA, 2004.