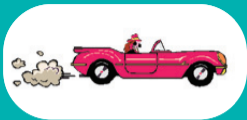




DPP(S)



Getting Started Losing Weight

- Lose 7% of your weight through healthy eating

My weight goal is _____

- Do 150 minutes of physical activity each week

*Lifestyle Balance is...
reaching a balance in what you
eat and how physically active you are.*



Be a Fat and Calorie Detective

- Keep track of your weight & try to stay under your daily calorie and fat gram goal
- Eating fat is “fattening;” by eating less fat, you can lose weight
- Fat is related to heart disease and diabetes
- Eating too many calories of any type of food is also fattening
- Most of the fat we eat (70%) is hidden fat

Awareness is key—keeping track works!



Three Ways to Eat Less Fat and Fewer Calories

First weigh and
measure your food.

Three basic ways:

- Eat high-fat/calories foods less often
- Eat smaller amounts
- Substitute lower-fat/calorie foods instead!



Healthy Eating

- A regular pattern of meals is important
- Eat slowly
- Don't worry about cleaning your plate!
- Remember the "Food Pyramid"
- Avoid frying foods
- Know your serving size
- Eat lots of grains, vegetables, and fruit



Move Those Muscles

Do 150 minutes of physical activity each week and you will:

- Feel and look better
- Be more physically fit
- Lose weight and keep it off
- Lower your blood sugar
- Improve your health



Make Being Active a Way of Life

You can find the time to be active!

- Set aside one block of time everyday
- Look for free time (10 to 15 minutes) during the day
- Use the time to be active
- Make active choices (watch half as much TV)
- Keep it safe, stretch those muscles

*Signs to stop exercising:
chest pain or discomfort,
severe nausea, shortness
of breath, sweating,
lightheadedness.*

Sit or lie down, or call your doctor.



Tip the Calorie Balance

1 mile of brisk walking (15-20 min.)
= about 100 calories

To lose 1 pound, tip the balance by
3,500 calories per week (500 per day)

Slow, steady weight loss (1-2
pounds/week) is the best way
to lose body fat

*For weight loss, it's best to eat less
and be more active!*



Taking Charge of What's Around You

- What cues make you want to eat?
- Practice avoiding problem cues
- Add a healthy cue
- Build new habits

You can make food and activity cues work for you, not against you.



Problem Solving

- Describe problem in detail
- Brainstorm your options
- Pick one option to try
- Make a positive action plan
- Try it, see how it goes

*Problems can be solved.
Don't give up!*



Four Keys to Healthy Eating Out

- Plan ahead
- Ask for what you want
- Take charge of what's around you
- Choose food carefully



Talking Back To Negative Thoughts

- Catch yourself; think, "I'm doing it to myself"
- Imagine shouting, "STOP!" to yourself
- Picture a huge red stop sign
- Talk back with a positive thought





Slips



What hurts your progress is the way you react to slips. Slips are normal and to be expected. No one slip will ruin everything.

- Talk back to negative thoughts
- Ask yourself what happened
- Regain control the very next time you can; talk to someone supportive
- Focus on all the positive changes you've made



Jump Start Your Activity Plan

- Do something new
- Go to a new place
- Be active as a way to be social
- Make being active fun
- Challenge yourself!



Social Cues...

are what other people say or do that affects your eating and activity.

- Stay away from the problem cue, if you can
- Change the problem cue, if you can
- Practice responding in a more healthy way
- Remember, it takes time to change habits



You Can Manage Stress

Stress is a natural part of life. Any change, good or bad, big or small, can cause stress.

- Practice saying "No"
- Share work with others
- Set goals you can reach
- Take charge of your time
- Use problem solving
- Plan ahead
- Keep things in perspective
- Remember your purpose
- Reach out to people
- Be physically active



Ways To Stay Motivated

- Stay aware of the benefits you've achieved and hope to achieve
- Recognize your successes
- Keep visible signs of your progress
- Keep track of your weight, eating and activity—it works!
- Add variety to your routine
- Set new goals for yourself, find ways to reward yourself when you meet each goal
- Create some friendly competition
- Use others to help you stay motivated