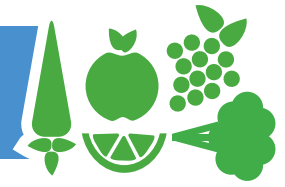


The Three Parts to Your Wellness Plan



BEHAVIOR:

Creating positive habits can make it easier to lose and maintain a healthier weight.

Accountability Tools:

- » Food Log:
 - Write down when, what, how much, and where you eat.
 - Consider using online journals:
 - www.Myfitnesspal.com
 - www.Loselt.com
- » Regular weight checks:
 - 1–3+ times per week to address issues quickly

Portion Awareness:

- » Use smaller plates, bowls, cups, and silverware

Mindfulness:

- » Eat slowly; 20–30 minutes at each meal
- » Stop when you are satisfied
- » Avoid distractions that contribute to overeating; TV, phone, and computer use etc.

PHYSICAL ACTIVITY:

Focus on what you can do now. To reap the many health benefits of physical activity, work up to at least 30 minutes each day.

Getting started:

- » Sit less and move more!
 - Take the stairs, park your car further away
- » Walk for 5–10 minutes at a time, gradually increase to 30 minutes/day
- » Work on flexibility: stretch or try gentle yoga poses
- » Add resistance: resistance bands, light free weights, own body weight.

Accountability tools:

- » Activity log:
 - Write down the type of activity and for how long.
 - Use fitness gadgets:
 - Pedometer, FitBit
 - Phone app: MapMyWalk

NUTRITION:

The amount of calories that you eat and drink and the composition of those calories plays an important role in maintaining a healthy weight long term.

Aim for consistent meals and snacks:

- » Plan ahead!
- » Every 3–4 hours to best control hunger

What to include:

- » Lean PROTEINS
 - Poultry without skin, seafood, pork, lean beef, eggs and egg whites, beans/legumes, soy foods, non-fat/low-fat dairy foods
- » Plenty of FIBER
 - Vegetables, fresh fruits, whole grains and legumes, nuts and seeds
- » FATS in moderation
 - Unsaturated (poly and mono): olive, canola or safflower oils, avocado and nuts and seeds
- » WATER or other non-caloric beverages
 - water, seltzer, Fruit20, Vitamin Water Zero, decaf and herbal teas
- » A complete daily multivitamin and Calcium + vitamin D supplement.

What to Limit:

- » Skipping meals that can lead to overeating
- » Saturated and “trans” (partially hydrogenated) fats
- » Added sugars and refined (white) flours
- » Processed foods or meals high in sodium content