

The Balanced  
Plate

# Weight-loss and Wellness Program

*Non-drug Therapies  
for Weight Management and Disease*

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Certified Health Coach*





The

## Weight Loss Challenge

Congratulations! You have taken the 8-week Weight Loss Challenge to improve your lifestyle and health!

### Basic Course

It is recommended that each participant exercise a minimum of three to five times a week, set and complete weekly goals, keep a food journal, and check-in for weekly weigh-ins and nutrition evaluations. You will meet three times a week with your fitness group, once a week for a 15-minute group nutrition class, and once a week for your weigh-in and evaluation. Weight loss depends on you and your compliance to the above recommendations. Weight loss is anticipated at 1-4 pounds per week if these guidelines are met.

Your Class time will be \_\_\_\_\_

Your weekly Nutrition class will be \_\_\_\_\_

Your weekly Weigh-in time will be \_\_\_\_\_

Cost: \$99 per month for members, \$125 for non members

Many "concepts" and activities that are essential to weight management will be covered during the 8-week challenge:

**Week 1:** Your Nutrition Plan –The Balanced Plate and Lean & Green meals

**Week 2:** Nutrient Rich Foods: Fruits and Vegetables

**Week 3:** Lean Protein: What you need to know

**Week 4:** Exercise guidelines: Fitting Fitness In

**Week 5:** Behavior Modification: The key to weight loss

**Week 6:** Recipe Modification and Meal Planning

**Week 7:** Stress Management: Avoid, Reduce, and Manage stress

**Week 8:** Optimal Health: The 7 Habits of Optimal Health

*Good luck and healthy eating!*

# Weight Loss Challenge

## WEIGHT AND MEASUREMENT RECORD

Name: \_\_\_\_\_

	Week 1*		Week 2		Week 3		Week 4	
Weight								
% BF								
Bust								
Waist								
Ab								
Hips								
Thigh								
Arm								

	Week 5*		Week 6		Week 7		Week 8	
Weight								
% BF								
Bust								
Waist								
Ab								
Hips								
Thigh								
Arm								

\*Measurements and Body Fat will be taken monthly

\*\*Weights will be taken weekly

# Week 1

## Your Nutrition Plan – Lean and Green and The Balanced Plate

### Leader Guide

#### Lesson Objective

Participants will learn how to use The Balanced Plate and Take Shape for Life (TSFL) 5 & 1 plan to design daily menus, prepare healthy meals, and learn the importance of making healthy choices.

#### Lesson Rationale

Weight loss requires a combination of healthy eating, exercise, and behavior modification. Changing lifestyles to support these healthy habits takes time. TSFL and the Balanced Plate are the teaching tools to help participants make these changes and see results quickly. The program must be followed closely for success and appropriate secondary choices must be made to support the primary goal of Optimal Health.

#### Lesson at a Glance

This 30 minute lesson introduces participants to TSFL's 5 & 1 plan and the Balanced Plate. Habit Trackers may be used to facilitate daily meal planning. Ideas for Lean and Green Meals help in menu planning. Habit Trackers will help participants to eat a balanced diet, follow the program closely, and forego skipping meals. It also allows the coach to help participants set goals.

#### Lesson Materials

This lesson contains

- Leader Guide
- Copy Ready Handouts
- TSFL & Balanced Plate Habit Tracker

#### Preparation

- \_\_\_ Review leader guide
- \_\_\_ Review handouts
- \_\_\_ Select Activities
- \_\_\_ Copy and collect materials for lesson

#### Handouts

- The Balanced Plate photo sheet and instructions
- Week 1 Lesson
- Lean & Green lists
- Ready, Set, Medifast

- Lean & Green menu ideas
- Habit Trackers – Take Shape For Life and Balanced Plate

#### Introduction

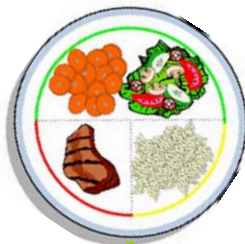
1. Welcome and introduce participants. Have them give their name, why they are here and what they hope to accomplish in the next 8 weeks.
2. Read with them the Basic Course guidelines and 8 week class outline
3. Review with them the Week 1 Lesson Objective and Lesson Rationale.
4. Teach the Balanced Plate Method (use a divided plastic or paper plate as a visual)
5. Teach the 5 and 1 Plan
6. Review the Green List
7. Review the Lean List
8. Give handouts on participant's ideas for lean and green meals which can be used on both methods and Medifast Muffin recipe. Explain that you will be adding to their collection of menu ideas during the eight week program. Encourage participants to share their own ideas with the class.
9. Show how to use the TSFL & The Balanced Plate habit tracker

#### Optional Activities

- Create your own class Cookbook with Lean and Green ideas as you add to the suggested list

#### Further resources and information links:

- Plate Method: [www.platemethod.com](http://www.platemethod.com)
- Take Shape For Life: [www.tsfl.com](http://www.tsfl.com)
- Weekly Support Calls:  
**Doctor's Call**  
Every Wednesday 8:30pm - 9:00pm ET  
(646) 519-5860 pin 0971#  
**Maintenance Call**  
Every Wednesday 8:00pm - 8:30pm ET  
(512) 225-9427 pin 77421#
- Support in Motion:  
[www.tsflsupportinmotion.com](http://www.tsflsupportinmotion.com) and  
[nutritionsupport@tsfl.com](mailto:nutritionsupport@tsfl.com)



The

# Weight Loss Challenge

## WEEK 1: YOUR NUTRITION PLAN: The Balanced Plate & Take Shape For Life

The Balanced Plate is a visual guide for general nutrition and weight loss. All foods can fit into the Balanced Plate when used in moderation. It encourages you to eat a variety of different foods and includes servings from all food groups in each meal. TSFL balances the food for you. On TSFL, you will enter a more rapid fat burning period to accelerate weight loss in a healthy & permanent manner.

What we will cover:

- The Balanced Plate
- Reading Nutrition Labels
- List of High Nutrient Foods
- Sample Menu Ideas
- TSFL – the 5 & 1 Plan
- Lean and Green Meals
- How to keep a Habit Tracker

Remember, quality nutrition is just as important as sustained rigorous exercise. Exercise is the spark, Nutrition is the fuel. Without both, there can be no flame and no results. The National Weight Control Registry reports that Weight loss is 2% successful with exercise alone, 8% with nutrition alone, and 89% with both nutrition & exercise.

You are on your way to better health and wellness. Changing your eating habits is challenging but **YOU CAN DO HARD THINGS!!**

Weekly Challenge: Begin your Habit Tracker by writing down everything you eat and checking off the servings from your plate or recording your meals in the TSFL Habit Tracker.

***You are on your way to Optimal Health!***

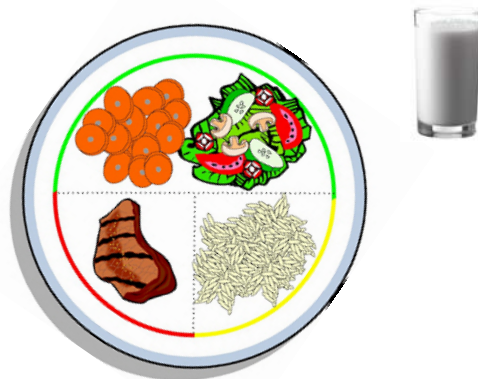
# The Balanced Plate Method

The Balanced Plate is an easy way to help plan meals with a busy lifestyle. It can be used for healthy eating, diabetes or weight loss. The Balanced Plate is a healthy meal planning tool that you can be successful with! At meal times everyone uses a plate, a bowl, and a cup. Simply use the following guidelines:

- 1) Fill  $\frac{1}{2}$  of the plate (approximately 1 cup raw,  $\frac{1}{2}$  cup cooked) with non-starchy vegetables.
- 2) Fill  $\frac{1}{4}$  of the plate with high protein foods.
  - Choose leaner options from your high nutrient list. This can decrease fat intake & cholesterol levels.
- 3) The bottom fourth of the plate becomes the Grains/ Breads/Starches section and should equal about a palm worth,  $\frac{1}{2}$  cup, or 15 grams of carbohydrate. A small bowl can sit here to hold soups and cereals. Corn, peas, potatoes, sweet potatoes, yams & winter squash belong here.
- 4) Add a serving of dairy (milk or light yogurt).
- 5) For breakfast, you can skip the vegetables or if you desire, drink vegetable juice, add veggies to your eggs, or however you want to sneak some in!
- 6) For men or women with additional exercise, add an extra starchy food to your meals. Most men need more calories. (A dietitian or your health coach can fine tune your meal plan).
- 7) For snacks, have a fruit serving combined with about 1 oz of lean protein.
- 8) You can exchange ***starch, fruit, and milk*** in any meals or snack, but try to get in 2 fruits a day, a minimum of 3 whole grains, and 2-3 dairy products.

Add a  
Bread/  
Starch/or  
Grain

**In 5 minutes you have a Healthy Meal Plan. Add Exercise and Enjoy!**



## Choosing Well

*There are no "good" and "bad" foods, only good and bad eating habits.* Grain products, vegetables, fruits, low-fat milk products, lean meats, fish, poultry, and dry beans all have a place in a healthy diet. A healthy eating plan that is balanced provides a steady stream of energy, repairs and restores the body, and helps manage stress and prevent mood swings.

**Balance food out over several days.** Everyone has higher calorie days. You may have a temporary lapse, but it doesn't mean you've "blown it" for the rest of the day or week. Choose fewer foods that are high in fat or sugar, while selecting more fruits and vegetables, which are packed with important vitamins and minerals. Excess weight gain often comes from eating too many high-fat or high-sugar foods. These foods are also somewhat addicting and can be a risk factor for many health conditions.

The Food Label helps us identify what a serving is and how to fit foods into our healthy eating plan. Try to choose foods lower in fat, sodium and sugar.

### Label Reading

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* 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

Sample label for Macaroni & Cheese

⑥

**Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High



## Comparative List of High Nutrient and Low Nutrient Foods

High Nutrient Food	Low Nutrient Foods
<i>Grains, Breads, and Starches</i>	
<ul style="list-style-type: none"> <li>Whole grains (wheat, oats, barley)</li> <li>Whole grain breads, rolls, bagels, crackers and muffins</li> <li>Whole grain and high-fiber cereals (i.e. <b>Kashi cereals ~10 gm fiber</b>)</li> <li>Whole grain pasta</li> <li>Brown rice</li> <li>Dried beans and legumes</li> <li>Starchy vegetables; corn, peas, potatoes, sweet potatoes, yams, and winter squash</li> </ul>	<ul style="list-style-type: none"> <li>Croissants</li> <li>Fried rice</li> <li>Doughnuts and pastries</li> <li>Sweet rolls</li> <li>Cookies</li> <li>Cakes</li> <li>Egg noodles and pasta</li> </ul>
<i>Vegetables</i>	
<ul style="list-style-type: none"> <li>Bean sprouts, broccoli, brussels sprouts, cabbage, carrots, cauliflower, cucumbers, green beans, leafy vegetables, mushrooms, summer squash, tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>French-fried potatoes, fried vegetables</li> <li>Vegetables packed in sauce</li> </ul>
<i>Fruits</i>	
<ul style="list-style-type: none"> <li>All fresh fruits, especially apples, oranges, apricots, bananas, berries, cantaloupe, citrus fruits, peaches, pears</li> <li>Canned or frozen fruits, unsweetened , packed in water, juice or light syrup</li> </ul>	<ul style="list-style-type: none"> <li>Canned or frozen fruits, sweetened packed in heavy syrup</li> <li>Fruit rolls</li> <li>Fruit drinks</li> </ul>
<i>Proteins and Protein Substitutes</i>	
<ul style="list-style-type: none"> <li>Eggs, egg whites, egg substitute, fish, chicken, turkey, round or loin beef, round or loin pork, tofu, lean luncheon meats, nuts &amp; seeds</li> </ul>	<ul style="list-style-type: none"> <li>Hot dogs, luncheon meats, sausage, bacon, fried fish, fried poultry, spareribs, prime cuts of meat.</li> </ul>
<i>Dairy Products</i>	
<ul style="list-style-type: none"> <li>Nonfat, skim, and 1% milk</li> <li>Nonfat products such as buttermilk, cottage cheese, and yogurts</li> <li>Soy milk</li> <li>Nonfat ice milks and sherbets</li> <li>Fat-Free or low-fat cheeses</li> </ul>	<ul style="list-style-type: none"> <li>Whole milk</li> <li>Whole milk products such as cheese, cottage cheese, custard, milk shakes, pudding, and ice cream</li> </ul>
<i>Beverages</i>	
<ul style="list-style-type: none"> <li>Water</li> <li>Herbal teas</li> <li>Non calorie or low calorie beverages</li> </ul>	<ul style="list-style-type: none"> <li>Sugared soft drinks</li> <li>Alcoholic beverages</li> <li>High-calorie beverages</li> </ul>
<i>Fats</i>	
<ul style="list-style-type: none"> <li>Vegetable oils (olive oil, canola oil, flaxseed oil, safflower oil)</li> <li>Fat-free sour cream, cream cheese</li> <li>Nuts and seeds, flaxseed</li> <li>Avocados, olives, dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Butter, margarine, lard</li> <li>Cream cheese, sour cream</li> <li>High-fat salad dressings</li> <li>Cakes, cookies, high fat desserts</li> </ul>



# MEAL PLANNER

Choose from High Nutrient Food List

Meal	Food
<u>Breakfast</u> 30-45 gm carb 7-14 gm protein	1-2 oz Protein 1-2 Grain, Cereal, and Starches 1 Low-Fat Dairy 1 Healthy Fat
<u>Snack</u> 15 gm carb 7 gm protein	1 Fruit 1 oz Protein
<u>Lunch</u> 30-45 gm carb 14-21 gm protein	2-3 oz Protein 2 Non-starchy Vegetables 1-2 Grain, Bread and Starches 1 Low-Fat Dairy 1 Healthy Fat
<u>Snack</u> 15 gm carb 7 gm protein	1 Fruit 1 oz Protein
<u>Dinner</u> 30-45 gm carb 14-21 gm protein	2-3 oz Protein 2 Non-starchy Vegetables 1-2 Grain, Bread and Starches 1 Low-Fat Dairy 1 Healthy Fat

\*Vegetables (except corn, peas, potatoes, sweet potatoes, yams, and winter squash) are considered free and can be added to any meal or snack.

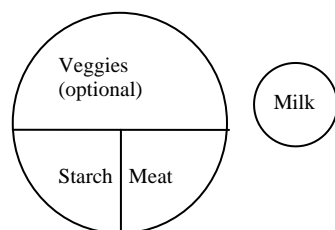
\*\*Try to get 25-30 grams of fiber per day

## **THE BALANCED PLATE METHOD**

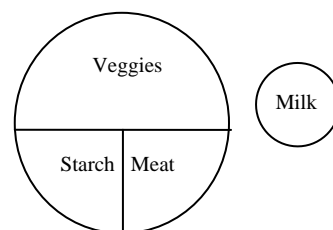
The meal plan is designed to provide approximately 1400 - 1800 calories for the entire day. Each meal has 30-45 grams of carbohydrate (typically 30 for women, 45 for men).

The foods that provide these carbohydrates are starches, fruits, and dairy. **You may interchange a starch = fruit= dairy on any plate.**

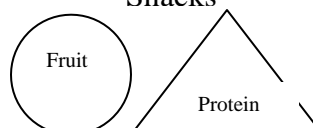
Breakfast



Lunch & Dinner



Snacks



## What Counts As A Serving?

**Bread, cereal, rice, and pasta (Whole Grains) and other starchy foods (Starchy Vegetables: corn, peas, potatoes, sweet potatoes, yams, and winter squash: Dried Beans and Legumes)**  
**(3-6 servings per day: 15 grams of carbohydrates/serving)**

- 1 slice bread (100% whole wheat)
- ½ cup cooked brown rice or whole wheat pasta
- ½ cup cooked cereal
- 1 ounce ready-to-eat cereal
- 1 baked potato (size of clenched fist)
- ½ cup cooked corn, peas, potatoes, sweet potatoes, yams, or winter squash
- ½ cup cooked dried beans and legumes

**Fruit (2-4 servings per day: 15 grams of carbohydrates/serving)**

- 1 small piece fruit or melon wedge
- ½ cup juice
- ½ cup canned fruit
- ¼ cup dried fruit
- ½ cup chopped fruit

**Meat, Poultry, Fish, Eggs, and Nuts (2-3 servings per day/ 1 serving is 3 ounces and 21 grams protein - 7 grams protein per ounce)**

- 3 oz. cooked lean beef, chicken, pork, poultry, or fish
- 1 egg counts as 1 ounce of lean meat
- 2 Tbsp peanut butter count as 1 ounce of meat
- 2 Tbsp chopped nuts or 7-10 nuts counts as 1 ounce of meat
- 1 ounce low fat cheese count counts as 1 ounce of meat
- 1/3 cup low-fat cottage cheese counts as 1 ounce of meat

**Vegetables (3-5 servings per day: 5 grams carbohydrates/serving)**

- ½ cup chopped raw or cooked vegetables
- 1 cup raw leafy vegetables
- ¾ cup vegetable juice (low sodium)

**Milk and Light Yogurt (2-3 servings/day: 12 grams of carbohydrates/serving )**

- 1 cup low-fat milk or light yogurt
- ½ cup sugar-free pudding

**Fats (use sparingly, 3-5 servings per day: 5 grams fat/serving) :**

- 1 Tbsp low-fat salad dressing
- 1 Tbsp low-fat sour cream
- 1 tsp oil
- 2 Tbsp seeds or 7-10 nuts
- 1 ounce dark chocolate
- 1/8 avocado
- 1 tsp butter, margarine, or regular dressing (saturated fats – use sparingly)

Try to limit saturated fats. Choose from healthy fats listed on the high nutrient list.

Unsaturated fats in moderate amounts are healthy for you.

**Free Foods: (less than 5 grams carbohydrates & less than 20 calories)**

- sugar free gelatin, diet soft drinks, catsup, soy sauce, spices, sugar-free syrup, some sugar free candies, sugar free gum, etc.

**Fun Foods (less than 100-200 calories per day)**

- Cakes, cookies, chips, candy, sodas, pastries, muffins, high fat crackers, etc.

Monday

Breakfast (2 carb, 2-3 protein)

½ cup Kashi cereal w/ 1 Tbsp ground flaxseed  
1 cup 1% or skim milk  
1 hardboiled egg  
Vitamin/Mineral supplement

Snack (1 carb, 1-2 protein)

1 apple  
8 almonds

Lunch (2 carb, 2-3 protein)

1 slice whole wheat bread  
3 ounces tuna made with flax oil, pickles, and Mrs. Dash  
Tomatoes, cucumbers, lettuce on sandwich  
2 cups vegetable salad  
1 cup 1% or skim milk

Snack (1 carb, 1-2 protein)

1 orange  
1 ounce beef jerky

Dinner (2 carb, 2-3 protein)

Chicken parmesan  
3 ounces chicken breast broiled-top with ¼ cup spaghetti sauce & sprinkle of parmesan cheese  
1 cup steamed broccoli/cauliflower with 1 tsp flax oil and Mrs. Dash  
1/3 C brown rice with low-sodium soy sauce  
1 cup 1% of skim milk  
1 ounce dark chocolate  
Vitamin/Mineral Supplement

Tuesday

Breakfast (2 carb, 2-3 protein)

2 cup Protein Fruit Shake (see recipe)  
8 almonds  
Vitamin/Mineral Supplement

Snack (1 carb, 1-2 protein)

Carrots/celery  
Laughing cow cheese or peanut butter in celery

Lunch (2 carb, 2-3 protein)

1 slice whole wheat bread  
2 ounces turkey breast sandwich meat with tomatoes, cucumbers, lettuce  
Salad w/ kidney beans, olive oil, and vinegar  
1 cup 1% or skim milk

Snack (1 carb, 1-2 protein)

1 cup melons  
¼ cup nuts

Dinner (2 carb, 2-3 protein)

3 ounces salmon  
1 cup steamed veggies  
Whole wheat roll dipped in balsamic vinegar and olive oil  
1 cup 1% or skim milk  
Vitamin/Mineral Supplement

### Wednesday

#### Breakfast (2 carb, 2-3 protein)

2 egg omelet with chopped veggies cooked in 1 tsp olive oil  
1 cup 1% or skim milk  
1 slice whole wheat toast  
Vitamin/Mineral Supplement

#### Snack (1 carb, 1-2 protein)

2 Tbsp pumpkin seeds  
1 apple

#### Lunch (2 carb, 2-3 protein)

Chicken salad with tomatoes, cucumbers, lettuce, kidney beans and chopped cashews  
1 cup 1% or skim milk or light yogurt

#### Snack (1 carb, 1-2 protein)

10 almonds  
17 grapes

#### Dinner (2 carb, 2-3 protein)

3 ounces halibut  
1 cup steamed veggies with 1 teaspoon flax oil and Mrs. Dash  
½ cup whole wheat noodles with marina sauce  
1 cup 1% or skim milk  
Vitamin/Mineral Supplement

### Thursday

#### Breakfast (2 carb, 2-3 protein)

½ cup Kashi cereal sprinkled into 1 cup Light Yogurt  
1 hard boiled egg  
Vitamin/Mineral Supplement

#### Snack (1 carb, 1-2 protein)

1/3 cup cottage cheese and fresh sliced peach or pear

#### Lunch (2 carb, 2-3 protein)

1 slice whole wheat toast topped with tuna made with flaxseed oil and Mrs. Dash  
1 cup 1% or skim milk or light yogurt  
Veggie plate with broccoli, cauliflower, cucumbers, carrots, and peppers

#### Snack (1 carb, 1-2 protein)

1 orange  
1 ounce beef jerky

#### Dinner (2 carb, 2-3 protein)

3 ounces pork loin  
2 cup salad with vinegar and oil dressing  
1 slice whole wheat roll dipped in balsamic vinegar and olive oil  
1 cup 1% or skim milk  
Vitamin/Mineral Supplement

## Friday

### Breakfast (2 carb, 2-3 protein)

½ cup cooked oatmeal  
1 cup 1% milk  
2 egg white omelet with avocado salsa  
Vitamin/Mineral Supplement

### Snack (1 carb, 1-2 protein)

½ cup sliced strawberries  
1 ounce jerky

### Lunch (2 carb, 2-3 protein)

1 cup turkey chili  
1 whole wheat roll  
veggie plate with olives  
1 cup 1% or skim milk

### Snack (1 carb, 1-2 protein)

1/2 Banana  
10 dry roasted cashews

### Dinner (2 carb, 2-3 protein)

2-3 ounces chicken  
2/3 baked sweet potato  
Stir Fry veggie mix  
1 cup 1% or skim milk  
Vitamin/Mineral Supplement

## Saturday

### Breakfast (2 carb, 2-3 protein)

2 cups Heart Healthy Shake  
7 almonds  
Vitamin/Mineral Supplement

### Snack (1 carb, 1-2 protein)

1 apple  
1 ounce jerky

### Lunch (2 carb, 2-3 protein)

Smooth natural peanut butter & sugar free jelly on 1 slice whole wheat bread  
Veggie plate  
1 cup 1% or skim milk

### Snack (1 carb, 1-2 protein)

1/3 cup cottage cheese & ½ cup light canned peaches

### Dinner (2 carb, 2-3 protein)

2-3 ounces cod with lemon  
½ cup baked spaghetti squash topped with spray butter & cinnamon  
Green salad with almonds & feta cheese  
1/2 cup sugar-free chocolate pudding with cool whip  
Vitamin/Mineral Supplement

### Heart Healthy Shake

2 Tbsp ground flax seed  
2 Cups frozen or fresh fruit  
1 cup light yogurt  
1 cup skim milk  
1 cup water  
¼ cup low sugar soy protein powder  
*Mix in blender. Serve immediately*  
Serving Size: 5 cups  
Per serving: 80 calories, 2 gm fat, 6 gm protein, 10 gm  
Carbohydrate, 2 gm fiber, 2 mg cholesterol.

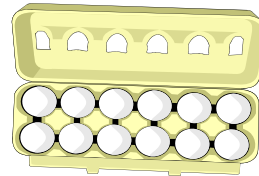
# High-Protein Snack Ideas

## Do Not Need Refrigeration

- Beef or turkey jerky
- Small cans of tuna
- High-protein, low carbohydrate snack bars
- Nuts or nut butters
- Instant bean, pea, or lentil soups
- Nonfat dry milk – can be added to coffee, tea, sugar-free instant cocoa or cereal
- Low-sugar protein powders (Whey or Soy)
- Shelf-stable microwaveable meals – at least 15 grams protein, 30 grams total carbohydrates or less
- Canned low-fat chili, beans, soups, or stews – at least 15 grams protein, 30 grams total carbohydrates or less

## Need Refrigeration

- Frozen microwaveable meals - at least 15 grams protein, 30 grams total carbohydrates or less
- No-sugar-added yogurts – plain, sweetened with artificial sweeteners, or labeled “Light” or “Lite”.
- Low-fat or nonfat cheeses or cheese sticks
- Low-fat or nonfat cottage cheese
- Eggs and hard-cooked eggs,
- Lean luncheon meats (turkey, ham, chicken, etc)
- Tuna, fat-free or reduced-fat mayonnaise, and whole wheat crackers



# **Fun Foods Ideas**

(Choose less than 200 calories per day)

## **Less Than 100 Calories**

- 4 celery sticks with Laughing Cow Cheese
- 1 Fudgsicle Original Fudge Bar
- Hostess 100 Calorie Pack Carrot Cake with Cream Cheese Icing
- 1 Peppermint York Pattie
- 2 Quaker Rice Cakes
- Dole Mixed Fruit in Light Syrup
- 1 cup sugar-free Pudding
- 12 almonds or 8 cashews
- ¼ cup soy nuts
- 5 pieces of hard candy
- 2 ounce of licorice
- 3 squares of cinnamon graham crackers
- Sugar-Free Jell-O with Cool Whip
- 3 Cup air popped popcorn with spray butter
- 94% Fat-Free microwave popcorn
- 2 gingersnap cookies
- 1 fiber enriched Keebler Oatmeal Cookie
- 2 Oreo Cookies

## **Less Than 150 Calories**

- 8 oz light yogurt
- 1 ounce Snickers
- 6 chocolate kisses
- 1 slice cinnamon bread
- 1 ounce baked chips
- ½ cup Edy's Loaded Cookies 'N Cream (110 cal)
- Kashi TLC Happy Trail Mix Cookies
- 1 ounce pretzels
- 1 ounce corn nuts
- 1 ounce tortilla chips with salsa
- 1 Fiber One Chewy Bar

## **Less than 200 Calories**

1 small plain brownie

1/12 angel food cake with 3 sliced strawberries and 1 Tbsp cool whip

2 Chips Ahoy Chocolate Chip Cookies

# Lean and Green

## 5 Minute Meal Plan

Lean and Green Meals are very easy to prepare. They can be used at home, work, or dining out. You will have one lean and green meal a day during your weight loss phase. Take a 9-inch plate and follow these simple instructions:

- 1) Fill  $\frac{1}{2}$  of the plate (approximately 3 cup raw or 1  $\frac{1}{2}$  cup cooked) with non-starchy vegetables. See the following Green page for serving sizes and list of vegetables.
- 2) Fill the other  $\frac{1}{2}$  of the plate with high protein foods.
  - Choose leaner options from your Lean Protein List. Follow the portion sizes related to your protein choice.
- 3) For men or women with additional exercise, add an additional Lean and Green Meal if you are burning more than 400 calories per day during your workout (your health coach can help fine tune your meal plan).

**In 5 minutes you have a Healthy Meal Plan. Add Exercise and Enjoy!**





# 5 & 1 Plan

***Handout provided from your TSFL Library Site; go to Program Guides and 5&1 Information Sheet***

Losing weight has never been easier than with Take Shape for Life. With the 5 & 1 Plan, there is no calorie counting, no points system, no diet pills and no confusion. The program consists of clinically-proven foods designed to help you lose 2-5 lbs per week. Here's all you have to do:

**5 Medifast Meals per day** (any 5 meals; limit 1 maintenance bar per day)

**1 “Lean & Green” Meal per day**

Lean - 5, 6 or 7 ounces of a lean, leaner or leanest meat option.  
*Add 0 - 2 servings of fat daily depending on your choice.*

Green - any 3 servings of allowed vegetables each day.

One (1) serving = 1 cup of salad greens or 1/2 cup of raw/cooked vegetables.  
*Salad dressing and other condiments may be used in limited quantity.*

Drink a minimum of 64 ounces of non-caloric fluids per day, preferably water.

Because you eat every 2-3 hours, you will not be hungry or lack energy. You may stay on the 5&1 Plan until you have lost your desired amount of weight, then move to the Take Shape For Life Transition Plan.

## The 5 & 1 Plan

**5 & 1 = Quick, Easy, Clinically Proven Weight Loss!**

# LEAN OPTIONS

**Handout provided from your TSFL Library site; go to  
Program Guides and Lean Options List**

# GREEN OPTIONS

**Handout provided from your TSFL Library site; go to  
Program Guides and Green Options List**

## **Lean and Green Menu Ideas**

When you lose weight using Medifast, you get to enjoy a healthy Lean & Green Meal that you make for yourself each day when you follow the 5 and 1 plan. Most Medifast clients usually opt to have their Lean & Green Meal at dinner time, but you can enjoy it anytime during the day. Here are some quick and easy Lean & Green Meal ideas along with some references to help keep your Medifast eating plan on track.

**Medifast Recipe Book: \$6:95** – When on your account – click on shopping & then on program materials. Scroll down until you get to Medifast recipe book; add to your cart!

**Lean & Green Recipes** by Stacey Hawkins – gourmet chef [www.timesavorgourmet.com](http://www.timesavorgourmet.com)

**Helpful Hint:** Cook multiple portions of Lean and Green foods on the weekend so you have some ready to go during those busy week nights.

**Georgena's Turkey loaf:** Mix 6 ounce lean ground turkey with ½ cup sautéed red peppers and 1 jalapeño. Add in ½ cup canned mushrooms. Form into a loaf and bake at 350° for 20 to 30 minutes. Add an additional vegetable choice (i.e. 1 cup salad) and you have a complete lean & green meal!

**Georgena's Stuffed Portabella Mushrooms:** Dice 6 ounce roasted chicken breast. Chop ½ cup broccoli and sun dried tomatoes. Mix together and season to taste. Stuff mushroom caps and bake at 350° for 25 minutes until tender. Sprinkle lightly with parmesan cheese.

**Georgena's Lettuce Wrap:** Lettuce leaves, 6 ounce cooked and seasoned chicken breast sliced in fingers, and your choice of vegetables (i.e. asparagus, red peppers, and mushrooms). Take lettuce leaves and lay flat. Place chicken and veggies on lettuce. Roll like a wrap or burrito. You can use any kind of cooked meat and veggies.

### **Amy's Favorite Meal:**

- Sam's Club Alaskan seasoned salmon grilled. Add spring mix salad with lots of veggies!
- 6 ounce chicken sautéed with onions & peppers. Spray with Italian spritzer dressing & sprinkle with parmesan cheese.

**Bonnie's Favorite Meal:** Sam's Club seasoned pork loins rotisserie cooked. Combine with Spinach & asparagus topped with Raspberry vinaigrette spritzer dressing.

**Becky's Favorite Meal:** 6 Swann's scallops pan cooked in a little olive oil. Add cucumbers & salad.

**Monta's Favorite Meal:** 7 ounce tilapia (soaked in hot water with salt to get rid of fishy taste). Bread with crushed Medifast crackers combined with lemon pepper and seasoning salt. Add large salad.

**Coy's Favorite Meal:** 5 ounce lean grilled burger on George Foreman grill. Add spring mix salad with tomatoes, green & yellow peppers, broccoli & cauliflower, roasted almonds and topped with feta cheese. Spray with favorite spritzer.

**Julie's Favorite Meal:**

- Chili's Guiltless Chicken breast ordered with double the vegetables and no rice.
- 6 ounce pork loin marinated in a mixture of thyme, rosemary, olive oil, & Dijon mustard. Add favorite vegetables.

**Chicken Caesar Salad:** Use a pre-washed bag of romaine lettuce or a Dole Caesar Salad Kit. You can cook your own chicken breast and dice it up, or buy packaged grilled chicken strips.

For variety, add some sun-dried tomato and/or mushrooms. Another option is to mix bagged spinach with romaine lettuce. You'll have two full cups of salad greens so mix them how you like. Just remember to leave off the croutons!

**Asian Stir Fry:** You can enjoy lots of stir fries for your Lean & Green meal. It can help keep things interesting because you can easily swap out the type of protein you use and the various types of vegetables. For oil, use a small amount of olive oil or try some sesame oil. If you use a non-stick pan, a little oil goes a long way.

Some good veggies are broccoli, green beans and some pepper and onion strips. Mushrooms always go into the mix too. Oh, and don't forget the garlic! Once you heat the oil up, add your vegetables and stir them constantly. They are done when the colors turn bright. Then add either diced and cooked chicken or shrimp and stir fry for another minute or two. Put it all onto your plate. You won't even miss the rice!

**Grilled Steak and Roasted Asparagus:** Steak and asparagus go well together. This is another option for your Lean and Green meal. For the steak, use a George Foreman grill. Many of the marinades sold at the supermarket have sugar in them. Instead, you could use a beer marinade. One can or bottle of beer combined with some crushed garlic, ground pepper, and a tablespoon of olive oil will make your meat moist and tasty while adding negligible calories. The alcohol burns itself off during cooking so you don't need to worry about that either.

For the roasted asparagus, spread out the asparagus in a baking dish. Then drizzle it with either one tablespoon of olive oil or a tablespoon of low fat dressing (either Italian or Caesar). Next, toss the asparagus until they are all evenly covered and lay them out flat. Grind some black pepper over them in stick in a 350 F degree oven for 10-15 minutes, depending on how crispy you like them.

**Grilled Vegetables and skirt steak:** Below is a picture of a recent Lean and Green meal. Grilled skirt steak with peppers and onions. Check out the grill basket! It is found at Bed, Bath and Beyond for \$5.99 and is ideal for grilling vegetables and shrimp among other things.



**Egg white omelets** - Make it with 5 egg whites, ½ cup low-fat shredded cheese, and ½ cup diced veggies (Try onions, mushrooms, zucchini, tomatoes, and/or peppers). Top with salsa. Eat with 2 cups salad greens.

**Tuna salad** - Use 6 ounces of drained canned tuna. Hard boil 2 eggs, remove the yolks, and dice the whites. Mix tuna and egg whites with diced dill pickles, celery, bell peppers,

onion (whatever you like) and 2 Tbsp low carb, low-fat Miracle Whip. Serve over 2 cups of a variety salad greens & sprouts.

**Tortilla Chicken Soup** - After cooking a chicken breast (grill, bake, or sauté), measure out a 5-ounce portion. Dice it using a food chopper. Toss in a saucepan with a can of chicken broth and a can of Ro-Tel (or just stewed/diced tomatoes if you don't want spicy). Add garlic & basil to taste. After cooking, top with ¼ cup low-fat shredded cheese, diced green onion and cilantro.

**Chicken & Broccoli Sesame Ginger Stir-Fry** - Steam 1 ½ cup broccoli crowns in the microwave. Sauté chicken breast strips with nonstick spray and onion chunks. To serve, top with broccoli, and Steel's Sesame Ginger Sauce. NOTE: If you're also cooking dinner for folks not on program, simply serve theirs over rice.

**Taco salad** – Brown 94% lean ground beef (½ pound cooks up to 5 ounces) with garlic, cumin, and lime pepper. Add ½ cup Ro-Tel (or just stewed/diced tomatoes). Serve over 2 cups shredded lettuce (Try the bagged shreds, it's ½ the bag) and top with ranch dressing.

**Lettuce Wraps** - Brown 6 ounces of lean ground turkey. Add pepper and minced garlic. Set aside and drain. In 1 Tbsp of extra virgin olive oil, sauté chopped onion, a few slices of diced mushroom, 3 slices of red pepper and 3 slices diced green pepper. This is about 1 ½ cups of veggies.) Add red pepper, pepper, more minced garlic, and 1 Tbsp lite soy. Then add the turkey back in and cook a while longer. Finally, use 3 big leaves of lettuce and wrap 'em up. OPTION: Use Steel's Sesame Ginger sauce on your wraps.

**SHAKE N BAKE REMEDY** - Use Medifast snack crackers (ground up) and a little olive oil as breading for your meat.

**"Cheesy" Asparagus or Broccoli** - Add 4 ounces (or ½ cup) water to a packet of Cream of Broccoli Soup Mix and 2 ounces low-fat cheddar cheese. Heat until warm on a stove-top or in the microwave. Use it as a "sauce" to pour over broccoli or asparagus. It is very filling.

**Shrimp Stir-Fry** - Cook green pepper strips and onion strips in nonstick spray and a tiny bit of olive oil in a skillet until they start to soften but are still a bit crunch. Add fresh garlic and cherry tomatoes, and cook a bit longer. Remove those from the pan and toss with cooked shrimp.

**Lynn's "I Can't Believe This Isn't Kentucky Fried Chicken" Chicken:** 1. Pulse one packet of crackers in the food processor until fine (or crush with a rolling pin). 2. Toast cracker crumbs lightly in 350 degree oven. 3. Remove from oven and season to taste with garlic powder, salt, pepper. 4. Dip chicken VERY lightly into Walden Fat-Free Dressing of your choice. Shake off excess. 5. Press chicken into bread crumb mixture. Bake or broil as usual.

### Oatmeal Muffins

2 packages Medifast Oatmeal  
1 package Medifast Pudding  
1 tsp baking powder  
1 egg  
1 Tbsp olive oil  
3/4 cup water  
3 packets artificial sweetener (or 1 Tbsp sugar-free maple syrup)  
1 Tbsp quick cooking oats

Combine all ingredients. Mix with fork until moistened. Fill mini muffin tins  $\frac{3}{4}$  full. Bake @ 350° for 15 to 18 minutes or till top springs back when touched lightly.  
Makes 24 mini muffins. 5 mini muffins qualifies as 1 Medifast meal.

Be creative and try different pudding and oatmeal combinations. You can also add cinnamon, nutmeg, vanilla, chopped unsweetened frozen berries, etc. to enhance the flavors.

### Medifast Waffles

These are great. It is another fun way to enjoy your oatmeal and a simple breakfast option.

1 package of Medifast Eggs  
4 oz water  
1 package Medifast Oatmeal - any flavor  
1/4 tsp Baking Powder  
1/8 tsp Vanilla

Mix eggs and water very well with whisk or blender. Add baking powder and vanilla. Stir in one pack of Medifast oatmeal. Make sure it is well mixed and that the oatmeal is evenly dispersed (otherwise you get flat pancakes).

Spray nonstick skillet or waffle iron with nonstick spray. Cook like pancakes or waffles. Makes 4 fluffy pancakes - two servings. Second batch can be reheated in the microwave for 15 seconds.

Top with some non-aerosol butter spray and/or a small of DaVinci sugar free syrup.

# Lesson 2

## Nutrient Rich Foods: Fruits and Vegetables

### Leader Guide

#### Lesson Objective

Participants will learn how to eat a nutrient rich diet full of fruits and vegetables by choosing a variety of colors. TSFL clients understand that fruits and starchy vegetables will be added after their weight loss phase.

#### Lesson Rationale

Nutrient-rich foods give you the most vitamins, minerals and other nutrients for the fewest calories. To live well, build your daily eating plan on nutrient rich foods such as brightly colored fruits and vibrant-colored vegetables.

#### Lesson at a Glance

This 15 minute lesson introduces participants to nutrient rich eating. Fruits and vegetables pack an amazing amount of nutrients and contain fewer calories. You will also review the portion sizes of fruits and vegetables. TSFL clients will include 3 servings of vegetables per meal and The Balanced Plate Method will include 2 servings of vegetables at lunch and dinner and 2 servings of fruits for snacks.

#### Lesson Materials

This lesson contains

- Leader Guide
- Copy Ready Handouts
- Live Well Leader Guide (use the fruit and vegetable handouts and shopping list)

#### Preparation

- \_\_\_ Review leader guide
- \_\_\_ Review handouts
- \_\_\_ Select activities
- \_\_\_ Copy and collect material for lesson

#### Handouts

- Live Well, Nutrient-Rich Foods (4 pages)
- Tips for eating vegetables

#### Introduction

1. Welcome members back. Ask them how their first week was on their

meal plan. Have them share one success they have had this week.

2. Read the definition of nutrient rich foods. Read the lesson objective and rationale.
3. Show portion sizes for fruits and vegetables by displaying food models or an object that equals the appropriate portion (page 1 of Live Well)
4. Discuss the vitamins and minerals that are found in fruits and vegetables and their health benefits (page 3 and 4 of Live Well).
5. List ways to include vegetables on a white board or chalkboard. Ask members to share their favorite tips.
6. Serve samples of vegetables if desired.

#### Optional Activities

- Display food models or comparable items to demonstrate serving sizes from the Smart Portion Guide (page 1 of Live Well) such as a baseball for the size of an apple.
- Serve samples of the Broccoli Salad recipe or other vegetable recipes that can be eaten by both TSFL and The Balanced Plate participants (no fruit, grains, or dairy included)

#### Further resources and information links:

- [www.MyPyramid.gov](http://www.MyPyramid.gov)
- The Nutrient Rich Foods Coalition: [www.NutrientRichFoods.org](http://www.NutrientRichFoods.org) Web site offers fast and reliable information to help you eat the nutrient-rich way
- The American Dietetic Association: [www.eatright.org](http://www.eatright.org)
- 2005 Dietary Guidelines for Americans: [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)
- Food and Nutrition Information Center: [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)
- Nutrition.gov: [www.nutrition.gov](http://www.nutrition.gov)





The

# Weight Loss Challenge

## WEEK 2: Nutrient Rich Foods; Fruits and Vegetables

### The Color of Health

A rainbow of colors offers balanced nutrition. No single food contains all the necessary nutrients, but different plant color groups when eaten in combination fulfill the average person's daily requirements. There is no way to get all this from a pill. Too often we get stuck in a rut in our fruits and veggies by eating only the tried and true corn, peas, and potatoes. Get brave and try new foods! You may be surprised that you like them!

You should have a variety for the orange, green, red, white, purple or blue fruit and vegetable groups every day. Each color provides a unique combination of nutrients.

What we will cover:

- What are nutrient rich foods?
- Proper portion sizes of fruits and veggies
- The many vitamins and minerals in fruits and veggies
- Tips to help you fit them in your daily diet

Weekly Challenge: Your challenge for this week is to eat at least 6 servings of fruits and veggies each day if you are on The Balanced Plate or 3 servings of veggies each day for TSFL participants. Don't forget to choose a variety of colors. Write them down and mark them off in your habit tracker. You will feel the energy flowing!

Enjoy a rainbow!

## **Nutrient Rich Foods**

**(page 2 of Nutrient Rich living)**

## **Live Well**

**(page 1; portion sizes of Nutrient Rich Living)**

## **From the Vegetable Group**

**(page 3 of Nutrient Rich Living)**

## **From the Fruit Group**

**(page 4 of Nutrient Rich Living)**

# Fruits and Veggies: The Color of Health

## EAT YOUR VEGGIES!

Eat more vegetables when you want to lose weight. You've heard it before and you know the benefits:

1. Hard to overeat. You can eat potato chips all day and night, but you quickly feel stuffed on carrot and celery sticks.
2. Feel fuller faster.
3. Adds lots of vitamins, minerals, and fiber in your diet to help you reach optimal health!

But eating more vegetables is often easier said than done. Try these painless ways to sneak more vegetables into your diet:

### Tips for Eating More Vegetables

Add extra fresh, frozen, pureed or canned vegetables to soups, casseroles, and stews

Precut vegetables into serving-size portions and place in the refrigerator for easy access. Make your vegetables as convenient to eat as any other snack food and you will eat more of them.

Add vegetables to scrambled eggs or omelets

Slice, season, and bake veggies for your own variety of “Veggie Chips”

Top your salad with extra vegetables

Add vegetables to rice and pasta dishes

Use broccoli or other vegetables, as toppings for baked potatoes

Drink vegetable juices (low sodium preferred)

Include raw vegetables as a snack or with lunch. (Dip in low-fat or fat free dip if desired.)

Make a habit of including vegetables at each meal and fruits at snacks

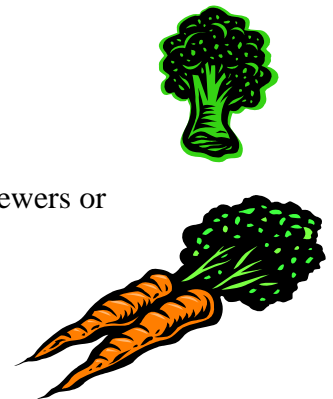
Puree vegetables and add to meatloaf, stews, soups, and other dishes



Try grilled kabobs. Cut bite-size pieces of vegetables and grill them on skewers or alternate with chunks of meat. Add a tasty marinade

Try new seasonings on veggies to add flavor and variety!

Steam Veggies in steamable bags, microwave steamers, or buy frozen “Steamables” and throw in microwave.



***REMEMBER: Choose from a variety of colors! Make a Rainbow***

# Lesson 3

## Lean Protein

### Leader Guide

#### Lesson Objective

Participants will learn how to choose lower fat, protein rich foods to add to The Balanced Plate eating plan or Lean and Green Meals along with their appropriate portion sizes.

#### Lesson Rationale

Protein plays an important role in maintaining a healthy body. It boosts the immune system, aids in tissue repair, blood sugar, adequate energy, and much more. Most Americans eat adequate amounts of protein but often choose higher fat and higher calorie versions. Proper portion sizes and amounts of lean protein are needed for a healthy body. Lean proteins is essential to your eating plan.

#### Lesson at a Glance

This 15 minute lesson emphasizes the importance of lean protein in the diet. The benefits of protein, types of protein, portion sizes, amount needed, and tips for including lean protein into the eating plans are discussed. TSFL clients will include 5-7 ounces of lean protein per meal and The Balanced Plate will include lean protein at every meal and snack.

#### Lesson Materials

This lesson contains

- Leader Guide
- Copy Ready Handouts
- Live Well Protein Guide page 6
- National Beef Association recipes and suggested websites for handouts

#### Preparation

- \_\_\_ Review leader guide
- \_\_\_ Review handouts
- \_\_\_ Select activities
- \_\_\_ Copy and collect material for lesson

#### Handouts

- Protein Packet

- Live Well Protein Guide page 6
- National Beef Association recipes (See resource list below.)

#### Introduction

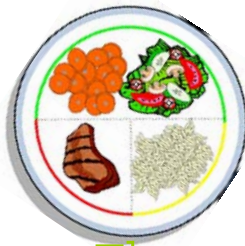
1. Welcome members back. Ask for examples on how they added color to their plates using vegetables or fruits and vegetables. Share some of their favorite tips for adding them in. Have them share one victory they have had this week.
2. Read the lesson objective and rationale.
3. Read the “Benefits of Protein”
4. Discuss foods that contain protein. Show appropriate portion sizes.
5. Encourage TSFL clients to add in exercise this week.
6. Serve samples of lean protein foods if desired (such as low-fat peanut butter on celery).

#### Optional Activities

- Display food models or comparable items to demonstrate serving sizes from the Smart Portion Guide (page 1 of Live Well), such as a deck of cards for a 3 ounce portion of protein
- Offer low-fat peanut butter from the Bell Plantation (see below) spread onto celery sticks

#### Further resources and information links:

- [Bellplantation:](#) Low fat peanut butter
- [www.MyPyramid.gov](http://www.MyPyramid.gov)
- The National Cattlemen’s Beef Association: 1-800-368-3138  
[www.beefnutrition.com](http://www.beefnutrition.com)
- The Nutrient Rich Foods Coalition:  
[www.NutrientRichFoods.org](http://www.NutrientRichFoods.org)
- Nasco: [www.enasco.com/nutrition](http://www.enasco.com/nutrition): food models for portion sizes



The

# Weight Loss Challenge

## WEEK 3: Lean Protein

Protein plays an important role in weight loss. It helps regulate blood sugars, helps you feel fuller longer, boosts the immune system, boosts metabolism, repairs damaged tissue, and much more. It is important to eat lean protein sources with our meals and snacks. By working on balancing your plate with lean protein, you will feel a difference in energy levels and how you feel! It takes a little effort to plan those meals and snacks with healthy sources of protein, but the end result is worth the work.

You're doing great! Remember to add in exercise for those that are on the Take Shape for Life Program this week. Those on The Balanced Plate can now step up their cardio and strength routine. You are on your way to a happy, healthy body!

What we will cover:

- The health benefits of protein
- Types of protein and where to find them
- How much protein do you need?
- Making low-fat protein choices

Weekly Challenge: Plan your menu this week with low-fat protein choices at each meal and snack. Bring your favorite lean or low-fat protein dish recipe to share next week.

# Benefits of Protein

When we eat foods that contain protein, the body breaks it down into amino acids. These amino acids are necessary for building muscle and blood. There are 20 amino acids, which are divided into two categories: essential amino acids and non-essential amino acids. The body can make some of the essential acids, but certain amino acids must come from food.

## **There are many health benefits of protein:**

- Eating enough protein is essential to maintain a healthy body.
- Tissue repair: if the body sustains an injury, such as a cut, protein helps repair the injured tissue.
- Energy: Along with carbohydrates, protein provides energy for the body which keeps us from becoming fatigued.
- Boosts immune system: Protein helps the body fight off illness and disease and keeps the immune system functioning properly.
- Maintain healthy muscles: The muscles in our bodies are partly made up of protein. One of the benefits of protein is maintaining healthy muscles.
- Healthy nails and hair: Protein also helps build skin, hair, nails and cartilage.
- Regulates blood sugar: Protein slows down the release of glucose into the blood stream preventing rapid spikes in blood sugar.
- Feel fuller longer: Protein helps you feel fuller so you don't get hungry as often and crave sugary foods.

Because the body does not store protein, it is important to eat an adequate amount of healthy protein every day. To get the proper health benefits of protein, most people need about 0.8 grams of protein per kilogram of body weight each day. When additional demands are made on the body, such as in pregnancy or when recovering from an injury, more protein is needed to help the body. Children and teenagers also need additional protein to help with growth.

Without protein, the body would not be able to function properly. Various conditions could develop when you do not get adequate protein, such as anemia and hypotension. Problems with circulation and healing from an injury may also occur. Because protein helps muscle, muscle mass may decrease and weakness can occur with inadequate amounts of protein.

Although there are benefits of protein, too much protein can have adverse effects. Eating a high protein diet can cause problems if too few carbohydrates are eaten. Both The Balanced Plate and Take Shape for Life ensure that you receive adequate protein and carbohydrates for optimal health!

## **Protein is found in the following foods:**

- meats, poultry, and fish
- legumes (dry beans, peas, and lentils)
- tofu

- eggs
- nuts and seeds
- milk and milk products
- grains, some vegetables, and some fruits (provide only small amounts of protein relative to other sources)

## Types of Protein

Proteins are made up of amino acids. Think of amino acids as the building blocks. There are 20 different amino acids that join together to make all types of protein. Some of these amino acids can't be made by our bodies, so these are known as *essential* amino acids. It's *essential* that our diet provide these.

In the diet, protein sources are labeled according to how many of the essential amino acids they provide:

- A *complete* protein source is one that provides all of the essential amino acids. You may also hear these sources called *high quality proteins*. Animal-based foods; for example, meat, poultry, fish, milk, eggs, and cheese are considered complete protein sources.



- An *incomplete* protein source is one that is low in one or more of the essential amino acids. *Complementary* proteins are two or more incomplete protein sources that together provide adequate amounts of all the essential amino acids.



For example, rice contains low amounts of certain essential amino acids; however, these same essential amino acids are found in greater amounts in dry beans. Similarly, dry beans contain lower amounts of other essential amino acids that can be found in larger amounts in rice. Together, these two foods can provide adequate amounts of all the essential amino acids the body needs. You do not need to eat them at the same time. Your body can combine complementary proteins that are eaten within the same day.

## How much protein do I need?

Maybe you've wondered how much protein you need each day. In general, it's recommended that 10–35% of your daily calories come from protein. Below is the Recommended Dietary Allowances (RDA) for different age groups. This provides the minimum and may vary depending on exercise and nutritional needs.

Recommended Dietary Allowance for Protein	
	Grams of protein needed each day
Children ages 1 – 3	13
Children ages 4 – 8	19
Children ages 9 – 13	34
Girls ages 14 – 18	46
Boys ages 14 – 18	52
Women ages 19 – 70+	46
Men ages 19 – 70+	56

Try to achieve an appropriate mix of protein in your diet. Eating a variety of foods will ensure that you get all of the amino acids that your body needs. The following table provides a list of protein containing foods for comparison.

<u>Food</u>	<u>Serving Size</u>	<u>Grams of Protein</u>
Hamburger	3 ounces	21
Chicken	3 ounces	21
Fish	3 ounces	21
Egg	One large	6
Cottage cheese	½ cup	14
Cheddar Cheese	1 ounce	6
Tofu	½ cup	10
Lentils	½ cup	9
Peanut Butter	2T	8
Broccoli	½ cup	2
Rice or pasta	½ cup	2
Almonds	1 ounce	6

A sample day:

- 1 cup of milk has 8 grams of protein
- A 3-ounce piece of meat has about 21 grams of protein
- 1 cup of dry beans has about 16 grams of protein
- An 8-ounce container of yogurt has about 11 grams of protein

Added together, just these four sources would meet the protein needs of an adult male (56 grams). This doesn't count all the other foods that add smaller amounts of protein to his diet.

Rather than just focusing on your protein needs, choose an overall healthy eating plan that provides the protein you need as well as other nutrients.



### **Lower-fat protein choices —**

- Choose meats that are leaner cuts and trim away any fat you can see. For chicken and turkey, remove the skin and limit dark meat to reduce fat.
- Substitute pinto or black beans for meat in chili and tacos.
- Choose low-fat or fat-free milk and yogurt.
- Choose low-fat or fat-free cheese.
- Choose egg whites or pasteurized egg white products.

# Lesson 4

## Exercise Guidelines

### Leader Guide

#### Lesson Objective

Participants will learn the importance of including the four types of exercise into their fitness regimen.

#### Lesson Rationale

Often individuals leave out important aspects of their fitness routine by concentrating on only one area (i.e. cardio). By incorporating the four important components of fitness (strength, cardio, flexibility, and Non Exercise Activity Thermogenesis - NEAT) participants can boost metabolism, increase energy, increase weight loss, and achieve many more health benefits.

#### Lesson at a Glance

This 15 minute lesson emphasizes the importance of participants fitting all fitness components into their lifestyle. The benefits of each type of fitness will be discussed.

#### Lesson Materials

This lesson contains

- Leader Guide
- Copy Ready Handouts

#### Preparation

- \_\_\_ Review leader guide
- \_\_\_ Review handouts
- \_\_\_ Select activities
- \_\_\_ Copy and collect material for lesson

#### Handouts

- Fitting Fitness In Packet
- NEAT Guide

#### Introduction

1. Welcome members back. Ask them to share their favorite lean protein recipe or meal they had last week. Add these to your cookbook if desired (use a program such as Mastercook to analyze the recipes)
2. Read the lesson objective and rationale.
3. Discuss the 4 types of fitness and benefits of each

4. Discuss NEAT activities. Write on chalkboard or dry erase board things they can do to be more active during the day. Help them complete their Top Ten NEAT activity list.

#### Optional Activities

- Demonstrate how to use a pedometer and have them record their steps for the week in their Habit Tracker.
- Send for your free book on Exercise & Physical Activity

#### Further resources and information links:

- **National Institute on Aging:** free copy of their book on “Exercise & Physical Activity, Your Everyday Guide.”  
[www.nia.nih.gov/HealthInformation/Publications/](http://www.nia.nih.gov/HealthInformation/Publications/)
- [About.com](http://About.com) : Visit the [Health and Fitness Index](http://About.com/HealthandFitnessIndex) to find exactly what you're looking for, whether it's about specific exercise (like walking, running or swimming)
- [FitnessZone.com](http://FitnessZone.com) - This site offers great articles and tips on everything related to exercise, fitness, weight loss and health.
- [The Fitness Jumpsite](http://TheFitnessJumpsite) - This site provides articles and links about health/fitness. The experts at this site are all certified or degreed fitness professionals and make it a point to cover the health issues everyone's talking about.
- [ExRx.Net](http://ExRx.Net) - This site is a bit more technical, but has a huge database of muscle groups and different exercises that target each muscle group.
- [FitWatch](http://FitWatch) - This site offers free fitness and nutrition tracking that allows you to keep track of your exercise and diet. There's also a paid version that offers more features.



The

# Weight Loss Challenge

## Fitting Fitness In: The EAT & NEAT

All movements make a difference! Put as much movement into your daily life to develop habits of motion.

One of the goals of the Weight Loss Challenge is to boost your metabolism so that you can burn more of what you eat and have more energy. To do so, focus on strategies inside and outside of the gym. Eating healthy is part of the puzzle. The other part is movement. By making small changes in your daily activities, you can make a big difference in your health and weight. It's about simplicity and adding in movement within your busy schedule without additional time commitment. You may have already added in Exercise Activity Thermogenesis (EAT) such as exercising at the gym. Also, add in more Non-Exercise Activity Thermogenesis (NEAT) and add movement whenever possible throughout the day.

It is easy to get so busy in the rush of daily life that there is no time for yourself. You make time for your kids, your spouses, your pets, the bills, the pesky solicitors on the phone; but rarely make time for you! To ensure that you are around to take care of others and have the health and energy to do so, you have to put yourself high on your priority list. Schedule time in your planner to work out so that it is not a decision you have to make daily. The decision is made, the time is blocked out, your clothes are ready, and off you go! No more excuses!! You will feel and look better for doing so!

No amount of wealth in the world can buy good health. Help solve the health care crisis in America by taking care of yourself first. You owe it to you and your family.

### What we will cover:

- Types of fitness
- Energy expenditure
- The 6 S's of Success
- Creating an exercise planner

### Your Challenge:

- Write out your exercise plan for the week
- Write down your new EAT activity this week
- Complete your 10 NEAT activity worksheet.

Remember, exercise is the true fountain of youth!

## **Strength or Resistance Training**

**How it's done:** lifting weights, using resistance bands or doing calisthenics

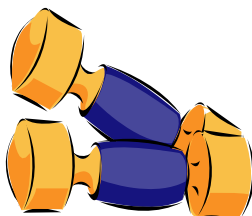
**What it does for you:**

- Enhances your physical appearance
- Improves athletic performance
- Increases your metabolism (the rate at which you burn calories)
- Strengthens your bones
- Decreases stress
- Reduces overuse injuries (e.g., carpal tunnel syndrome)

**How often?** Optimum: 2-3 days per week on alternate days with 8-15 repetitions working each muscle group.

### **CAUTION:**

- If you have been sedentary for a while or have high blood pressure, see your physician first.
- If you have chronic injuries such as knee or back pain you may want to see a fitness professional so they can adapt exercises for your needs.
- Consider hiring a personal trainer to show you how to do these exercises correctly.



John Turner  
Age 67  
Weight Lifter

## **Cardiovascular Training**

**How it's done:** any activity that uses large muscle groups, which can be maintained continuously, and is rhythmical and aerobic in nature, (e.g., walking, hiking, running, jogging, cycling, bicycling, cross-country skiing, aerobic dance/group exercise, rope skipping, rowing, stair climbing, swimming, skating, and various endurance game activities or some combination thereof).

**What it does for you:**

- Increases your endurance which enables you to train harder and longer and have more energy to get through your day
- Builds a stronger, more efficient heart and lungs
- Lowers your body fat which in turn helps you prevent obesity, heart disease, Type-2 diabetes and many cancers

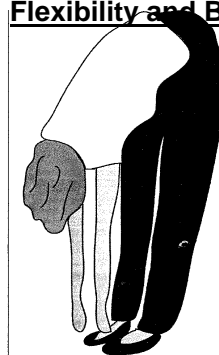
**How often?** The American Heart Association is now recommending that Americans exercise for at least 30 minutes a day, six days a week, to avoid heart attacks and strokes. Ideally, this should be at 55% to 90% of your maximum heart rate. For weight loss, you should include 200 minutes of cardio training a week (about 35 minutes a day 6 days a week).

### **CAUTION:**

- If you have been sedentary for a while, see your physician first.
- If you have chronic injuries such as knee or back pain, see a fitness professional to adapt exercises for your needs.
- Use a personal trainer or fitness book to explain the principles of heart rate training.
- Beginners should start slowly.



## **Flexibility and Balance**



**How it's done:** stretching exercises such as bending over and touching your toes.

**What it does for you:**

- Increases your agility and range of motion in your joints and muscles
- Aids your posture
- Eases lower back pain
- Decreases exercise-related soreness and helps prevent injuries.

**How often?** Flexibility training should be incorporated into an exercise routine a minimum of 2 to 3 days per week. Complete stretching exercises after strength training or aerobic exercise as your muscles are warmed up and will stretch more easily.

### **CAUTION:**

- If you have chronic injuries such as knee or back pain, see a fitness professional so they can adapt exercises for your needs.

## **NEAT: Non Exercise Activity Thermogenesis**

**How It's done:**

Any moment during the day that is moderate pace, does not increase heart rate to training levels, and does not have to be continuous. Any activity helps – just MOVE MORE! Simply move arms and legs, park farther away, take the stairs, tap your feet, stand instead of sit, walk instead of ride, fidget, clean house, and much more!

**What it does for you:**

Burns up to 340 extra calories per day!

### **CAUTION:**

- Constant movement may irritate friends. They can live with it!

# Exercise Planner

## Make Time for Yourself!

<b>Saturday</b>	How will I fit in exercise: Circle one or more:   • Aerobic   • Strength   • NEAT   • Stretch
<b>Sunday</b>	How will I fit in exercise: Circle one or more:   • Aerobic   • Strength   • NEAT   • Stretch
<b>Monday</b>	How will I fit in exercise: Circle one or more:   • Aerobic   • Strength   • NEAT   • Stretch
<b>Tuesday</b>	How will I fit in exercise: Circle one or more:   • Aerobic   • Strength   • NEAT   • Stretch
<b>Wednesday</b>	How will I fit in exercise: Circle one or more:   • Aerobic   • Strength   • NEAT   • Stretch
<b>Thursday</b>	How will I fit in exercise: Circle one or more:   • Aerobic   • Strength   • NEAT   • Stretch
<b>Friday</b>	How will I fit in exercise: Circle one or more:   • Aerobic   • Strength   • NEAT   • Stretch

### 10 Easy Ideas to Help You Stay Active

1. Walk during lunch time.
2. Make exercise a family activity at least a few nights each week.
3. Make exercise a fun social event with your friends. This can be an exercise class, a get together at the gym or a walk to see the lights.
4. Shorten workouts if you have to, but don't give them up.
5. Use this handy planner to plan ahead and fit exercise into your routine.
6. Make sure you eat a balanced breakfast and lunch so you will have the energy to exercise.
7. Exercise with a video while dinner is cooking.
8. If possible, put a piece of exercise equipment, such as a stationary bike or treadmill in front of the television.
9. Find a fun, new exercise class to put in a rigorous workout and break up your routine.
10. Treat yourself to a personal trainer, fitness class series or new gym membership.

# Exercise Activity Thermogenesis (EAT) & Non-Exercise Activity Thermogenesis (NEAT)

## The EAT & NEAT

EAT consists of those activities performed expressly for the purpose of improving fitness – in other words, exercise. EAT activities – such as sports, workouts, and jogs – usually take place at a specific planned time, and may range in intensity from a walk to a triathlon. However, EAT takes up less than 2 percent of our weekly time. NEAT is the basis of our movement system toward a mobile, flexible body and an active lifestyle.

A lot of research is being done on Non-Exercise Activity Thermogenesis, or NEAT by Doctor James A. Levine, M.D (1) at the Mayo Clinic.

### Human Energy Expenditure

Lean individuals store at least two to three months of their energy needs in adipose tissue whereas obese persons can carry a year's worth of their energy needs. It is the cumulative impact of energy imbalance over months and years that results in the development of obesity or under nutrition.

There are three principal components of **human energy expenditure (EE)**:

1. **Basal Metabolic Rate (BMR)**: BMR is the energy expended when an individual is laying at complete rest, in the morning, after sleep, in the post absorptive state. In individuals with sedentary occupations, BMR accounts for approximately **60 percent** of total daily EE. Three-quarters of the variability in BMR is predicted by lean body mass within and across species.
  - BMR may be boosted by increasing the amount of lean muscle in the body. One pound of muscle burns about 50 calories per day while one pound of fat only burns two calories per day.
2. **Thermic Effect of Food (TEF)**: TEF is the increase in EE associated with the digestion, absorption, and storage of food. It accounts for approximately **10-15 percent** of total daily EE.
  - TEF may be increased by adding protein to meals and increasing the amount of fiber in the foods that you eat.
3. **Activity Thermogenesis**: Activity thermogenesis has two constituents, exercise activity thermogenesis (EAT) and Non-exercise Activity Thermogenesis (NEAT). For the vast majority of dwellers in the U.S., exercise activity thermogenesis is way too low! NEAT, even in avid exercisers, is the predominant constituent of activity thermogenesis and is the EE associated with all the activities we undertake as vibrant, independent beings. NEAT has an enormous variety of constituents including occupation, leisure and fidgeting. Because of this, NEAT is challenging to study and its role in human energy balance has been difficult to define.

### **Non-exercise Activity Thermogenesis (NEAT)**

NEAT is made up of all the movements your body makes outside of planned exercise. Compared to EAT, it's actually a much more efficient way to fight calorie creep and a more important contributor to energy expenditure. It's also much easier to do --- in fact you're already doing it!

### **Occupational NEAT and Leisure NEAT**

Matched individuals with highly active ambulatory jobs can have NEAT values of 1000 kcal/day greater than sedentary peers. In areas of nutritional need, this has implications for starvation-threatened individuals. In affluent countries, industry can convert high-NEAT jobs to lower-NEAT jobs. This has been associated with increased obesity rates.

Leisure time is an area where you do have control but an increasing number of energy-saving devices have invaded your life. Far from making your lives better, most of these so-called "advancements" are robbing you of your daily activity and health. This could cost you approximately 100-200 kcal/day. This is a caloric deficit that potentially could account for the entire obesity epidemic. Here are some examples:

- Dish washers
- Cars
- Remotes
- Driving lawnmowers
- Drive-through
- Game-boy
- Elevators
- Snow blowers

It is possible to burn a lot of calories over the day just by fidgeting. Being *unable* to sit still is actually a good thing when it comes to staying thin. Dr Levine's philosophy is that moving around throughout your day is a way to keep healthy and strong. The question is: "How can you fidget productively?"

- Every few minutes get up from your desk and walk around the office. Get a glass of water, go to the bathroom or even just stand up and jog in place. If you are tied to your desk, you can still just stand up and stretch.
- Set up an elevated desk in which you can work by sitting or standing.
- Stop worrying so much about efficiency. If it takes you three trips to the counter to get what you need, that's actually better than getting it all in one trip.
- Bounce your leg while you're sitting. Lift your arms over your head and stretch every few minutes. Roll your shoulders. Any activity burns a few calories. Fidget when your computer is loading a page, compiling a program or saving a document.
- Take the stairs whenever possible.
- Park farther away and walk in to work.
- Leave the car at home and walk/bike/run/skip/or jump to work if feasible.
- Walk the dog often.
- Carry groceries in one bag at a time.
- Put away the mixer and blend by hand.

Dr Anderson in his book “Dr A’s Habits of Health” (2) also suggests following the **Six S’s of Success to increase our NEAT:**

1. **Stance:** When the muscles that support your body’s core axis (the chest, shoulders, back, legs, and abdominals) are aligned properly, they create balance throughout your body. Focus on sitting in proper alignment by using the following strategies
  - Sit up straight while watching TV or riding in your car.
  - Sit up straight in meetings, get up and move around as much as possible
  - Try using a balance ball chair at your desk to force yourself to use your core muscles.
2. **Standing:** Merely moving from sitting to standing can substantially increase your energy consumption. When you stand, you begin to use weight-bearing NEAT and the good news is – the heavier you are, the more you burn. Try the following:
  - At work: Get out of your chair as much as you can. Stand when talking on the phone, using a mobile phone with an earpiece or a portable headset.
  - At home: All of the above, plus stand while you prepare meals, wash dishes at the sink, iron clothes, watch TV and read the paper.
3. **Strolling** (walking): This is outside of a formal walking program. As we get older, we tend to take fewer steps each day. Our goal is to shoot for 10,000 steps a day.
  - At work: Walk around the room, walk to work, or park your car further away, talk to coworkers in person rather than by e-mail, walk to meetings, choose the farthest restroom and water cooler, have your lunch in the park
  - At home: Take the dog for a walk, meet people face to face, go to the mall and window shop, park your car as far as possible from your destination, take the stairs instead of escalators and avoid using the drive thru.
4. **Stairs:** Climbing just one flight of stairs is the equivalent of walking 100 steps by lifting your total mass against gravity, making this one of the most effective NEAT activities available. Stairs are readily available and can be done no matter the weather!
  - At work: Take the stairs instead of the elevators, use bathrooms on different floors, and take a stair break instead of a coffee break
  - At home: Take items up and down the stairs in your home one at a time instead of saving up a load. Find stairs at the mall, ballpark, or department stores
5. **Samba** (Dance): Turn on your music and find your body’s natural rhythm. Put on a song you like and start tapping your foot and moving your body. This also boosts physical and mental performance.
  - At work: Turn on your iPod at lunch, go outside, and get in motion.
  - At home: Use music to augment everything you do, like gardening, cleaning, and dancing!
6. **Switch:** Do things by hand instead of by machine. That includes dishwashers, electric knives, snow blowers, lawn mowers, remotes, computers and all the other automotive devices that steal from your energy-use account.
  - At work: Take notes and sharpen pencils by hand.



- At home: Put away the appliances and start doing kitchen and other indoor chores by hand. Take out the garbage, rake leaves, shovel snow, wash your car by hand, and mow your lawn!

Name 10 ways you can become your own NEAT Freak!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

(1) Levine, J.A., Eberhardt, N.L., and Jensen, M.D., Role of Nonexercise Activity Thermogenesis in Resistance to Fat Gain in Humans. Science, 8 January 1999, pp. 212-214.

(2) Andersen, Wayne Scott: Dr. A's Habits of Health; The Path To Permanent Weight Control and Optimal Health. 2008 pp 180-184.

(3) Food and Health Communications, Inc. [www.foodandhealth.com](http://www.foodandhealth.com)

# Lesson 5

## Behavior Modification

### Leader Guide

#### Lesson Objective

Participants will identify behaviors they currently use that hinder them in weight loss and set goals to delete or substitute their behaviors.

#### Lesson Rationale

Weight loss is rarely just about food. It is about our habits and behaviors that have become part of us over time. People eat for many reasons besides hunger. Participants will look at ways to change their eating habits and behaviors.

#### Lesson at a Glance

This 15 minute lesson emphasizes the importance of changing their thinking in order to change their eating. This lesson includes many tips on how to change eating habits and behaviors.

#### Lesson Materials

This lesson contains

- Leader Guide
- Copy Ready Handouts
- Tips on Behavior Modification
- Bonus: Mindful eating

#### Preparation

- \_\_\_ Review leader guide
- \_\_\_ Review handouts
- \_\_\_ Select activities
- \_\_\_ Copy and collect material for lesson

#### Handouts

- Week 5 Lesson
- Optional - Mindful Eating Tips

#### Introduction

1. Welcome members back. Ask for examples on how they increased their NEAT and EAT activities last week.
2. Read the lesson objective and rationale.
3. Discuss behavior changes that can be made from the suggested list. Encourage members to share some habits or behaviors that they have developed and possible solutions on how to overcome them.

4. Challenge members to choose 2 behaviors they are going to work on this week.

#### Optional Activities

- Have a small piece of dark chocolate (Try Dove Dark Chocolate Squares). Go through the mindful eating sequence with the dark chocolate and encourage members to eat slowly and mindfully this week. Enjoy each bite
- Mindful Eating Sequence:
  - Unwrap and smell the food and describe (ie – cocoa, enticing, etc.).
  - Look at the food and describe it (smooth, brown, square).
  - Place the food in your mouth and let it melt on your tongue. Describe the flavors and texture. Savor the flavor.
  - Pretend that this is the first time you have ever eaten chocolate.
  - Let food move down your throat and describe the sensation.
  - Was eating the chocolate what you expected? Did it satisfy you?

#### Further resources and information links:

- **Eat, Drink & Be Mindful.** Dr Susan Albers. (2009)
- **Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food** by Susan Albers(Newharbinger Publications, 2002)
- **Mindless Eating: Why we eat more than we think** – Brian Wansink
- **Minding the Body, Mending the Mind** by Joan Borysenko
- **Meal by Meal: 365 Daily Meditations for Finding Balance Through Mindful Eating** By Donald Altman



# The Weight Loss Challenge

## WEEK 5: Behavior Modification

Weight loss can be a complex matter. This is partly because each person is unique and partly because there are so many physiological and psychological dimensions to food. Most people do not always eat just because they are hungry. Some people eat in social situations or to escape (if only momentarily) from difficult emotions (being bored, depressed, anxious, angry, etc). For successful weight loss, you have to change your thinking, your habits, and your lifestyle!

Habits, good or bad, are formed by repetition. Eating habits are no exception. If you are in the habit of snacking when you watch TV, you reinforce that habit until finally it became a part of you. Other habits are formed in the same way. Some of these habits are: eating while reading, eating the minute you come in the house, eating when the kids come home from school, eating when you come home from a date, or eating while cooking dinner.

Many people often eat when they are in a certain mood or find themselves in a certain circumstance even if they are not hungry. Some emotion examples include anger, boredom, fatigue, happiness, loneliness, nervousness, anxiety. Some examples of circumstances may include our spouse brings home candy or ice cream, there is only a little bit of ice cream left in the container, etc. All of these and more may trigger an eating response. The list is endless. Habits are hard to break. Your challenge is to break old habits and form new ones in the same manner through repetition.

What we will cover:

- Tips for changing our behaviors

**Week 5 Challenge:** Choose 2 things you are going to change about your eating behaviors this week (you may choose from the following tips or make up your own)

Behavioral Change #1

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Behavioral Change #2

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## TIPS FOR BEHAVIOR MODIFICATION

- Set realistic goals for yourself. Expect to lose no more than 1-2 pounds/week.
- Weigh yourself once a week and keep a written record of your progress. Don't be surprised if there are times when the scales fail to show a loss even when you have been sticking strictly to your meal plan. Lost fat is sometimes replaced temporarily by water in the tissues. In addition, muscle weighs more than fat tissue. As long as you continue burning more calories than your body needs, this condition will correct itself.
- Keep a food diary to help you become more aware of why you overeat. Record the time you ate, where you were when you ate, who you were with, what you were doing, and your feelings while you were eating, along with what and how much you ate. See if any pattern of overeating emerges from the diary.
- Cut down, not out! If you deprive yourself of certain foods, you may end up binging on them at a later point. Eat a small bite sized Snicker bar instead of the whole thing if you really want to eat a Snickers.
- Do nothing else while eating! *Calories should be tasted, not wasted.* You may not realize how many calories you are eating if you are just shoving food into your mouth during your favorite TV show.
- Eat in one place. Eating in bed, at your desk, or in front of the TV may trigger your body to want food while in those places. Choose one spot (i.e., the table) to eat and only use the table for that purpose.
- Do not clean your plate. It is better to waste your food to the garbage than to your hips! Follow your body's signal for fullness and quit when you feel satisfied, not when the plate is clean.
- Slow your eating rate. Your body must have time to feel full which may take 20 to 30 minutes. Chew your food thoroughly, enjoy the taste, put your fork down between bites, talk to your neighbor, and give your body time to process and digest your food.
- Go to the supermarket after you've eaten. If you are hungry when you shop, you may be tempted to buy a lot of food you will regret having bought when you get home. Shop from a list and stick to it.
- Reward yourself for good progress with a non-food reward.
- Do not skip a meal. This usually leads to overeating at the next meal and making poor food choices due to being over hungry and having low blood sugars.
- Get involved in family projects, community activities, and hobbies. Many people eat out of boredom. You will probably find that these other activities are more rewarding than eating. If you're busy you won't have time to think about eating.
- Keep serving dishes off the table. Serve from the stove instead. If you are not constantly looking at food, it won't be a cue to eat. Or get up from the table promptly

after the meal is finished and move to another room for after dinner conversation if you are not able to control the meal service.

- Become more active. Moderate exercise actually decreases hunger. It also has the added benefit of burning calories and decreasing your risk of developing many chronic diseases as well.
- Use smaller plates to make less look like more.
- Drink water, coffee, tea, bouillon, or sugar free beverages before and with meals. This will help fill you up, keep you from eating when you are just thirsty, and slow down your eating.
- If you tend to overeat in the evening, plan something absorbing to do immediately after dinner. If your weak moment is in the morning after everyone has left the house, leave the house yourself. Keep occupied during your danger period.
- Plan ahead what you are going to have for each meal. This forces you to pay more attention to what you eat and eliminates the need for last minute decisions.
- Keep problem foods out of the house. If high calorie snacks are not readily available, you have decreased your chances of eating them.
- Fill the refrigerator and cupboards with tempting low cal items so that when you do have the urge to eat, you can't do too much damage.
- Do not be socially pressured into eating. Friends and relatives usually will help if you explain to them what you are doing.
- Learn to select restaurants wisely. Ask for salads with dressing on the side. Stay away from rich sauces and gravies. Ask for the food to be prepared the way you want. You are the customer.
- Learn to relax. Stress, tension, and anxiety are involved in many weight problems. Here is a simple tension-relieving exercise: slowly contract and relax each part of your body. This can reduce the urge to eat when you are not hungry.
- Be sure to keep a record of the little extras (leftovers on the plate, tasting while cooking, between meal snacks, etc.). Alone they do not have many calories, but together they can quickly add calories and weight.
- Chew gum or suck on a breath mint while preparing your meals. This will cut back on picking while cooking.
- Look for ways to fill emotional voids in your life that do not include food. This may mean developing positive relationships with others, finding non-food rewards and non-food activities.

# Mindful Eating

**Mindful eating:** is about being conscious of *why* you are eating. Are you hungry? Are you tired? Are you bored? There is no menu or recipes to follow. It's about learning HOW and WHY you eat, and less about WHAT you eat. When you are so closely in touch with what is going on inside, you know the exact moment you are satisfied rather than stuffed or starving. To understand the why, what, when and how we eat, we have to be compassionate and nonjudgmental. This allows us to take a closer look at our behavior.

## Mindful Eating Tips

☺ **Mindfully Aware:** Change nothing at first. Just be more aware. To raise your awareness, track how you feel and your emotions in your habit tracker. Make each a mindful bite. Smell. Feel. Look. Savor. Taste

☺ **Observe Your Body:** Slow down. Use a very deep breath as an anchor to pull you back into the moment. Put your fork on the table between bites. To find a balance between eating too much and too little ask yourself, “How hungry am I on a scale from 1-10?” (See Hunger Scale Handout on the following page)

☺ **Shift out of Autopilot:** Whenever you eat, ask yourself, “Am I eating out of habit or hunger? Am I eating mindfully?” Make eating a conscious decision rather than going through the motions.

☺ **Be Mindful of the Environment:** Notice how your eating habits shift from place to place. Clean out your pantry. Put healthy foods in a highly visible place and place trigger foods out of sight.

☺ **Be In-the-Moment:** Avoid multitasking while you eat. Turn off the T.V. Put down the magazine. **When you eat, just eat.** Keep your mind at the table.


☺ **Non-judgment: Speak Mindful.** Be aware of critical thoughts about your habits or body. Move away from rigid food rules and use your mindful instincts. Food isn't “good” or “bad,” it just is food. Instead, consider that some foods are healthier than others.

☺ **Let Go:** Let go of expectations about your body. Work on letting hurtful thoughts and emotional urges to eat go by without reacting to them. ***Respond, rather than react,*** mindfully to food cravings. *Just because you have a thought, feeling, or craving, doesn't mean you have to act on it or that it is true.*

☺ **Acceptance:** Adopt an attitude of, “It is what it is.” When you accept who you are—your body as it is and hunger as a physical feeling, you stop punishing yourself and stewing on the problem. Start taking action by accepting the moment just as it is.



## The Hunger Scale

- 
- 10 Starving. Ravenous. I feel weak, low on energy, and grouchy.
  - 9 Uncomfortably hungry. I am thinking a lot about food and planning what to eat. I feel famished.
  - 8 Very hungry. I want to eat now.
  - 7 Hungry. I could eat a meal.
  - 6 A little bit hungry. I could use a snack
  - 5 Satisfied. I'm not hungry and not too full. Satiated.
  - 4 Okay. I feel like I just ate a snack. I could still eat one or two more bites.
  - 3 Comfortably full. I feel like I just ate a solid meal.
  - 2 Very full. I ate more than I should have. My "eyes were bigger than my stomach." Jam-packed
  - 1 Overly stuffed. I am uncomfortable. I feel like I just ate a Thanksgiving dinner or a holiday meal. I feel like I'm in a food coma. My body feels like it could burst.

*From: Eat, Drink & Be Mindful (2009) Dr. Susan Albers*

# Lesson 6

## Recipe Modification and Menu Planning

### Leader Guide

#### Lesson Objective

Participants will learn how to modify recipes to reduce fat, calories, and sodium and to plan their menus for successful weight loss.

#### Lesson Rationale

Recipe modification and menu planning are essential tools in weight management. By eliminating, substituting, or reducing high-fat and high-calorie ingredients, participants can prepare healthy meals for themselves and their families. Meal planning also helps them keep to their healthy eating program by making essential choices beforehand.

#### Lesson at a Glance

This 15 minute lesson teaches how to modify recipes, stock healthy foods in our cupboards and fridges, and plan menus.

#### Lesson Materials

This lesson contains

- Leader Guide
- Recipe Modification Packet
- Meal Planner Guide
- Resource List

#### Preparation

- \_\_\_ Review leader guide
- \_\_\_ Review handouts
- \_\_\_ Select activities
- \_\_\_ Copy and collect material for lesson
- \_\_\_ Install a recipe analyzer program (i.e. Mastercook) to analyze favorite recipes

#### Handouts

- Week 6 Lesson

- Your favorite recipes (optional)

#### Introduction

1. Welcome members back. Ask for anyone to share some of the behavior changes they made last week.

2. Read lesson introduction, topics to cover, and challenges for this week.

3. On a white board write

E

M

S

Fill in the 3 ways recipes can be made healthier through **elimination** or **reduction** of high fat or high calorie ingredients and **substitution** of lower fat or calorie ingredients for high fat or calorie ingredients.

4. Review low fat cooking methods.

5. Show how simple changes can affect a recipe on the Pizza Rice Casserole.

6. Discuss the importance of menu planning.

7. Review menu plan from week 1

#### Optional Activities

- Prepare a class cookbook with participants favorite heart healthy recipe. Try using 15 minute, 5 ingredient heart healthy recipes. (See **Weight Watchers 5 Ingredient 15 Minute Cookbook**)
- Bring a prepared recipe for members to taste. (Try to provide one TSFL members can eat.)

#### Further Resources and Information Links:

- See resource list at end of lesson.





The

# Weight Loss Challenge

## WEEK 6: Recipe Modification & Menu Planning

It is easy to get stuck in a rut of eating the same foods day after day. Your body needs 40-plus different nutrients for good health. You need a wide variety of foods in your diet in order to get all those nutrients. Have fun modifying your favorite dishes. Be creative and adventurous when trying something new. Low fat and less sugar can still be delicious and a lot healthier. Small changes can add up to pounds lost and positive lifestyle changes.

This week, wake up those taste buds, get your dinners out of a rut, and try some new recipes! Be adventurous at the supermarket and pick out some exciting foods to try this week. You can get some ideas from the following pages or make up your own! Plan your menu for the week. ***Planning your meals ahead is crucial for success, especially with your busy lifestyle.*** And remember to keep that habit tracker! It is a great planning tool and essential key for success. You are doing great!

### What we will cover:

- The EMS system of recipe modification
- Modifying existing recipes
- Stocking your home with heart healthy foods
- Menu planning
- Resources

### Week 3 Challenge:

- Modify your favorite recipe and bring it to share with the group.
- Write one week's menu, go shopping for ingredients, and follow it for one week!

Eat healthy....Enjoy every bite!





Lowering the calories, fat and cholesterol content of your favorite recipes can be a challenge. Remember that some recipes are easier to change than others, but most recipes can become "heart healthy", often with little change in taste, looks, or quality.

Start by reading the ingredients. Ask yourself if each ingredient serves a purpose. Identify any item you are trying to avoid or reduce and use one of the methods listed below:

1. **Elimination**: If the ingredient isn't essential, don't use it. For example, most package directions or recipes call for oil and salt added to water when cooking pasta or rice. These ingredients are not essential. Leave them out.
2. **Reduction**: If less will do, great! Try reducing sugar and fat by 1/3 to 1/2 in your recipe. Use non-stick pans and reduce the oil in casseroles and skillet dishes.
3. **Substitution**: If you can find a healthier ingredient, use it. Add in extra protein when feasible. Try these easy substitutions:



### ***1 EGG***

2 egg whites, OR 1/4 cup egg substitute (Scramblers, Second Nature or Eggbeaters can be found in the frozen or refrigerated food section of your grocery store.), OR 1/4 cup homemade egg substitute. (Combine 6 egg whites, 1/4 cup nonfat powdered milk, 1 Tablespoon oil and 6 drops of yellow food coloring. Store in the refrigerator for up to one week.)

### ***1 CUP BUTTER***

1/2 to 1 cup margarine (liquid, soft or soft stick types), yogurt butter (i.e. Brummel and Brown); OR Butter Buds, Molly McButter, butter flavoring. (Some substitutions will not work out well for some recipes, especially baked item such as cookies.)

### ***1 CUP WHOLE MILK***

1 cup skim milk or 1 cup soy milk

### ***1 CUP CREAM***

1 cup evaporated skim milk

### ***1 CUP SHREDDED CHEESE***

1/2 to 1 cup lower fat cheese like, part-skim mozzarella, feta cheese, Laughing Cow Cheese, or other low fat cheese options; OR 1/4 cup very sharp cheese: OR mix 1/2 cup low fat cottage cheese with 1/2 cup lower fat or regular cheese for casseroles.

### ***1 OUNCE CREAM CHEESE***

1 ounce Neufchatel cheese OR 1 ounce light cream cheese or fat free cream cheese OR 1 ounce low fat ricotta cheese OR 1 ounce yogurt cheese (see sour cream substitution).

### ***1 CUP WHIPPED CREAM***

1 cup homemade whipped topping. (Sprinkle 1/4 cup ice water with 1/4 cup non-fat milk powder. Beat until thick and add 1/4 teaspoon vanilla, 1/2 teaspoon lemon juice and 1/4 to 3/8 cup sugar. NOTE: Most regular frozen non-dairy whipped toppings are not a good

substitute because they are very high in saturated fat (tropical oils). Try using nonfat vanilla yogurt or nonfat frozen non-dairy whipped topping for a change.

***1 CUP SALAD DRESSING***

1 cup low fat or fat free salad dressing

***1 CUP MAYONNAISE***

1 cup low fat or fat free mayonnaise OR 1 cup plain nonfat yogurt OR 3/4 cup plain nonfat yogurt mixed with 1/4 cup (or less) low fat or fat free mayonnaise.

***1 CUP SOUR CREAM***

1 cup low fat or fat free sour cream OR 1 cup plain nonfat yogurt. (Take care not to boil this, or it will curdle.) OR 1 cup "Mock Sour Cream" (Blend 1 cup low fat cottage cheese, 2 Tablespoons buttermilk and 1/2-1 teaspoon fresh lemon juice in a blender or food processor until smooth.) Low fat sour creams are a tasty option, such as "Naturally Yours" Sour Cream.

***1 OUNCE (SQUARE) BAKING CHOCOLATE***

3 tablespoons cocoa powder plus 1 tablespoon oil

***1 SLICE BACON***

2 teaspoons bacon bits OR a SMALL AMOUNT of lean Canadian bacon or Morningstar Farms sizzlers or lean ham.

***1 POUND GROUND BEEF***

1 pound or less of extra lean (10% fat) ground beef OR select a lean cut (round or sirloin) and have the butcher grind it for you. Use 1/4 pound less per person and drain the fat after cooking. If you are going to add the meat to a sauce or soup, drain the fat from the cooked hamburger and then rinse the meat in a colander with hot water over the sink. Let it dry and then add it to your sauce or soup.

***1 CUP CRUSHED POTATO CHIPS OR CORN CHIPS***

1 cup Rice Krispies, Corn Flakes, or other cereal, crushed if desired.

***1 TEASPOON SALT***

Reduce the salt by 1/4 to 1/2 OR leave it out entirely.

## CHANGING FROM OLD TO NEW!

### ENJOY LOW FAT COOKING METHODS:

1. Bake, barbecue, boil, broil, poach, or roast instead of frying.
2. Start with lean cuts of meat and trim off extra fat.
3. Remove the skin from poultry before cooking.
4. To brown meat, turn down the heat and cover the pot instead of adding oil. The juice from the meat will "brown" it for you.
5. When a recipe calls for vegetables sautéed in oil, try using water, wine, stock, or broth.
6. Baste with vinegar, wine, tomato juice, or lemon juice instead of butter or meat drippings.
7. Use more herbs, spices, onion, garlic, lemon juice, vinegar, or table wine in cooking. This will also help cut down on salt.
8. When cooking stews, soups, gravies, or other dishes which contain fat in a liquid base, prepare it a day ahead of time and refrigerate. The hardened fat is easily spooned off the top before reheating. This also works for canned soup or broth.

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### PIZZA RICE CASSEROLE

2 cups cooked rice  
2 tablespoons oil (Delete)  
1 lb regular ground beef (*½ lb extra lean ground beef OR Ground Round*)  
1 onion, chopped  
2 -8 ounce can tomato sauce, unsalted  
1 tsp garlic salt (*1 tsp garlic powder*)  
1 teaspoon sugar  
Dash pepper  
1/4 teaspoon oregano leaves  
1 teaspoon parsley flakes  
2 cups shredded cheddar cheese (*1 ½ c. lowfat cottage cheese and ½ cup part-skim mozzarella cheese*)

Preheat oven to 325. Have rice ready. Brown ground beef in a non-stick pan. Drain fat. Take meat to the sink and rinse in a colander pan with hot water. Let the meat drain and dry. Cook onion in a clean non-stick pan or cook in the microwave. Add onion to meat and add tomato sauce and spices to beef-onion mixture. Cover and simmer for 15 minutes. Combine cottage cheese and rice. Put a third of rice mixture in casserole dish sprayed with non-stick pan spray. Top with a third of meat-tomato sauce. Continue to alternate layers, ending with the meat-tomato sauce. Sprinkle grated mozzarella cheese on top. Bake for 30 minutes or until hot and bubbly. Makes 6 servings.

PER SERVING	OLD VERSION	NEW VERSION
Calories:	547	338
Fat (gms)	38	14
Sat Fat (gms)	17	6
Cholesterol (mg):	93	55
Carbohydrates	27	28
Fiber	2	1.8
Protein	25	24

# **FOODS TO HAVE ON HAND**

## **IN THE REFRIGERATOR:**

- Fresh fruits
- Variety of fresh vegetables: A bowlful of finger veggies, such as button mushrooms, cherry tomatoes, Chinese pea pods, and baby carrots.
- Low fat dairy products such as skim milk and lite yogurts
- Reduced fat cheeses: Low fat cottage cheese, mozzarella, string cheese, Kraft Fat Free singles, Ricotta, & Neufchatel
- Low fat, oil-free, and/or fat free salad dressings.
- Light or fat free mayonnaise.
- Bottle of lemon juice.
- Tomato or V-8 juices (regular or low sodium).
- Skim milk

## **IN THE CUPBOARD:**

- Whole grain breads, rolls, bagels, pita pocket bread
- Prepared low fat pasta sauces, such as Ragu
- Vegetarian refried beans
- Dried or canned beans such as pintos, red beans, navy beans, black beans, and lentils
- Sugar-free Jello
- High fiber, low sugar cereals, like Kashi Cereal, oatmeal, cracked wheat, Cream of Wheat, Shredded Wheat, etc

## **IN THE FREEZER:**

- Frozen pre-sliced turkey, lean ham, or chicken for sandwiches.
- Frozen fish such as salmon, tilapia, etc
- Frozen prepared low fat entrees (i.e. Healthy Choice, South Beach, Smart Ones ). Check calories, fat, protein, and total carbohydrate grams on label
- Homemade, high fiber, low fat muffins
- Bags of frozen fruits and vegetables. (Choose those without added sauces.) These may be used for stir-fry, salad plates, or pasta dishes.

# **MENU PLANNING**

## Benefits of Menu Planning

- Saves money
- Prevents frustration
- Prevents wondering what to fix and eat
- Saves Time
- No last minute dash to the store or neighbors for ingredients
- More nutritious
- Helps you plan a more balanced meal



## Tips for Menu Planning

- Scan the food ads for specials and sales
- Scan through your recipe books for recipes
- Rough draft a menu plan; seven dinner entrees, seven breakfast, seven lunches
- Prepare the shopping list and shop only from the list!
- Post the list on the fridge for easy reference
- Recycle your menu plans for 30 days of meals



**Menu Planner**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

## Resources

**Mastercook software**: ~\$18.99 on Amazon.com

Analyzes all your recipes and creates your own cookbook!

Meals Matter ([www.mealsmatter.org](http://www.mealsmatter.org))

Recipes and meal planner

Nestle [www.meals.com](http://www.meals.com)

Free recipes and menus

Healthy Choice ([www.HealthyChoice.com](http://www.HealthyChoice.com))

Displays and gives details about Healthy Choice products

The Food Network ([www.FoodNetwork.com](http://www.FoodNetwork.com))

Recipes and cooking tips

WebMD ([www.webmd.com/food-recipes/guide/healthy-cooking-recipes](http://www.webmd.com/food-recipes/guide/healthy-cooking-recipes))

Healthy Recipes

MyRecipes.com ([www.myrecipes.com](http://www.myrecipes.com))

Recipes from *Cooking Light*, *Southern Living*, *Sunset*, *Coastal Living*, *All You*, *Real Simple*, and *Health magazines*

Weight Watchers ([www.weightwatchers.com](http://www.weightwatchers.com))

Find recipes, tips, and ideas for healthy and delicious food

Martha Stewart ([www.marthastewart.com](http://www.marthastewart.com))

Recipes and menus

CafeMom ([www.cafemom.com](http://www.cafemom.com))

An online community where millions of moms meet each day to talk, share advice, make new friends and play games. It's fun, it's free, and it's for moms only



## **Cookbook Ideas**

- The New American Heart Association Cookbook; 25<sup>th</sup> Anniversary Edition by the American Heart Association. Jan 1999 6<sup>th</sup> Edition, Times Books.
- American Heart Association Meals in Minutes by the American Heart Assoc.
- Light & Tasty by Taste of Home, published monthly by Reiman Publications.  
[www.lightandtasty.com](http://www.lightandtasty.com)
- Healthy Cooking for Two (or Just for You); Low-Fat Recipes With Half the Fuss and Double the Taste by Frances Price. June 1997, Rodale Press.
- The Weeknight Survival Cookbook; How to Make Healthy Meals in 10 Minutes by Dena Irvin. October 1998, John Wiley and Sons.
- Betty Crocker's Low-Fat, Low-Cholesterol Cooking Today by Betty Crocker. January 1995, Hungry Minds, Inc.
- Eater's Choice Low-Fat Cookbook by Ron Goor, et al. 5<sup>th</sup> Edition, May 1 1999.
- Cooking Healthy With a Man in Mind: A Healthy Exchanges Cookbook by Joanna M Lund, Barbara Alpert (contributor). May 1997.
- String of Pearls: Recipes for Living Well in the Real World by Joanna M Lund, Barbara Alpert (contributor). Sept 2000.
- The Diabetic's Healthy Exchanges Cookbook (Healthy Exchanges Cookbooks) by Joanna M Lund, Janet Meirelles (Introduction) [www.amazon.com](http://www.amazon.com)
- Month of Meals; American Diabetes Association; [www.diabetes.org](http://www.diabetes.org)
- Get Me Out of the Kitchen Cookbook; 2003 Sharon McFall, Claremore, Oklahoma; Creative Ideas Publishing, 7916 N.W. 23<sup>rd</sup> Street, P.M.B. 115, Bethany, OK 73008-5135
- Weight Watchers Annual Recipes for Success; 2002 Oxmoor House, Inc.
- Weight Watchers Shortcut Cookbook; 2003 Oxmoor House, Inc.
- Weight Watchers 5 Ingredient 15 Minute Cookbook; 2002 Oxmoor House, Inc.

# Lesson 7

## Stress Management

### Leader Guide

#### Lesson Objective

Participants will learn how to use stress management techniques to avoid, reduce, and relieve stress.

#### Lesson Rationale

Managing stress can play a significant role in weight management. Excessive stress may lead to poor eating choices and high levels of cortisol, making it difficult to lose weight.

#### Lesson at a Glance

This 15 minute lesson teaches how to make lifestyle changes for stress management.

#### Lesson Materials

This lesson contains

- Leader Guide
- Copy Ready Handouts

#### Preparation

- \_\_\_ Review leader guide
- \_\_\_ Review handouts
- \_\_\_ Select activities
- \_\_\_ Copy and collect material for lesson
- \_\_\_ Prepare Stress Survival Kits (optional)

#### Handouts

- Week 7 Lesson
- Stress Kit (optional)
- Stress Ball (optional)

#### Introduction

1. Welcome members back. Collect any recipes that members may have brought and discuss ways they modified their recipes.
2. Read the lesson objective, rationale and introduction.
3. Review the 24 Warning Signs of Stress and have them pinpoint some symptoms they feel when stressed.
4. Read the Lifestyle Changes for More Effective Stress Management handout.
5. Tell participants that are 3 ways to manage stress. They can **avoid** stress if possible but in some cases that is not feasible. They can **reduce** stress by using some of the suggested techniques. Lastly, they can **relieve** stress.
6. Have members share their favorite stress management technique and identify if it is avoiding, reducing, or relieving stress.

#### Optional Activities

- Order or prepare a Stress Survival Kit from Positive Promotions
- Give out Stress Balls

Further resources and information links:  
[www.PositivePromotions.com](http://www.PositivePromotions.com): Stress Kits and Stress balls

#### **Stress Survival Kit**

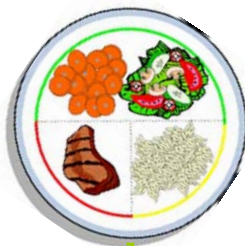
Item #SK-292

As low as **\$1.55**

#### **Smile Face Stress Ball**

Item #IOS4593

As low as **\$2.55**



The

## Weight Loss Challenge

### WEEK 7: Stress Management

**AVOID STRESS...**

**REDUCE STRESS...**

**RELIEVE STRESS**

Stress can affect your body's ability to lose weight by releasing hormones that cause your body to hang onto the fat (especially in the abdominal area). While you can't get rid of all the stress in your life, you can change how you deal with stress. Try some of these handy tips to help you on your way to more effective weight loss.

#### **What we will cover**

- The effects of stress on the body
- Lifestyle changes to manage stress
- Ways to avoid, reduce, and relieve stress

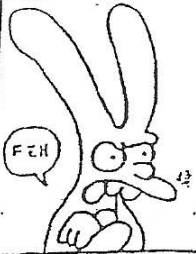


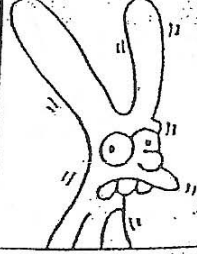
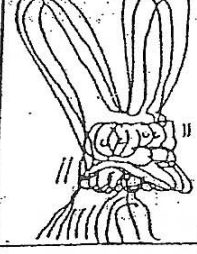


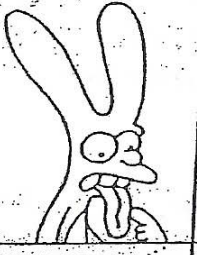
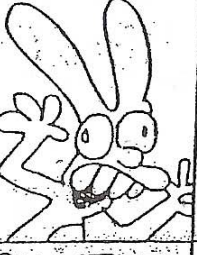

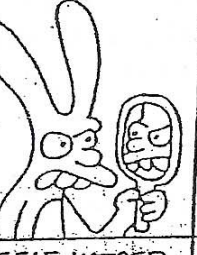
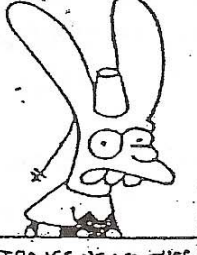
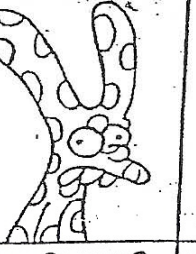

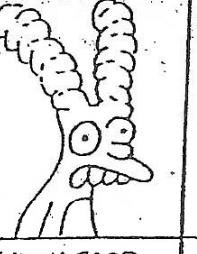
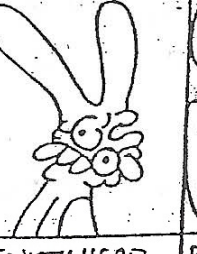


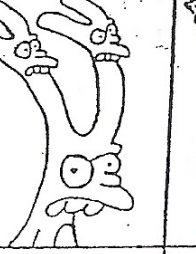
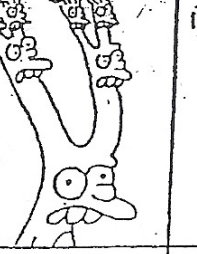
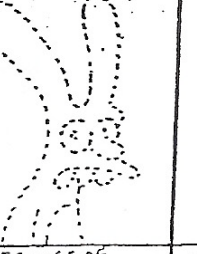
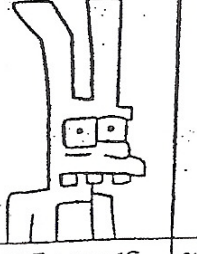
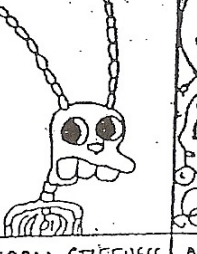

#### **Week 7 Challenge:**

- Look at the stress that is part of your life. Eliminate unnecessary stress and discover new ways to relieve stress. Learn one or more techniques for conscious relaxation and practice them until they become second nature.

You are beautiful! You are doing great! Keep up the good work!



# The 24 Warning Signs of Stress

					
LINGERING ANGER	COLD SWEAT	ENLARGED PUPILS	TREMBLING	THE SHAKES	URGE TO BITE SELF
					
AGGRESSIVE BODY LANGUAGE	DRY MOUTH	PANIC ATTACKS	HATRED	SELF-HATRED	STRANGE NEW CLOTHES
					
ODD RASHES	TWISTY EYES	TWISTY EARS	TWISTY HEAD	BOXED-IN FEELING	INCREASED APPETITE
					
WEIRD DREAMS	VERY WEIRD DREAMS	FEELINGS OF INSUBSTANTIALITY	STIFF MUSCLES	OVERALL STIFFNESS	ALL OF THE ABOVE

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# **Lifestyle Changes For More Effective Stress Management**

**Learn to Plan:** Disorganization can breed stress. Having too many projects going simultaneously can cause tension, confusion, forgetfulness and feelings of being overwhelmed. Planning and prioritizing make things more manageable and can give us a sense of peace and personal power.

**Recognize and Accept Limits:** Unreasonable and perfectionist goals for yourself can also cause stress. Nobody is perfect. Don't set yourself up for a sense of failure or inadequacy no matter how well you perform. Set achievable goals for yourself.

**Embrace the Positive:** Avoid a negative, complaining, critical, fearful mindset. Learn to praise the things you like in others. Practice an "attitude of gratitude" in assessing your life. Notice and reward yourself for your good qualities and for even small improvements.

**Have Fun:** You need to occasionally to escape from the pressures of life. Find a pastime which is absorbing and enjoyable to you.

**Learn to Tolerate and Forgive:** Intolerance of others leads to frustration and anger. Engaging in rigid, black or white thinking about the way things "should" be can cause harmful, fatiguing emotions. Flexibility, acceptance, and finding the gray area can reduce stress and increase serenity.

**Avoid Unnecessary Competition:** A competitive, win-lose orientation that makes life into a series of contests tends to put your self esteem on the line in every situation and can create excessive tension and anxiety. It can, also make you unnecessarily aggressive.

**Exercise:** Regular physical exercise not only gives you more strength and energy to deal with life's demands but also helps release a myriad of emotions such as anger, tension, and depression. You will be more likely to stay with an exercise program if you choose one that you really enjoy, rather than one that is hard work and drudgery.

**Learn a Drug-Free Method of Relaxing:** Meditation, visualization, progressive relaxation, yoga, tai chi, massage, etc. are ways of quieting the mind and relaxing the body. A little bit goes a long way especially if you incorporate this into to your daily life.

**Express Your Feelings:** Talk out your troubles, worries, concerns with a friend, counselor, or anyone you trust. If you do not feel that you can confide in anyone, write in a personal journal. Expressing your bottled-up tension can be very freeing.

## **50 WAYS TO REDUCE STRESS**

Stress is a fact of everyday life. It is associated with happy events (weddings, promotions, and vacations) as well as unhappy ones (divorces, burglaries, and job layoffs). It can be triggered by trivial matters (burned toast or a missing button) as well as by major life crises (births and deaths). It also builds up gradually when you have more things to do than time in which to do them.

Too much stress leads to chronic headaches, high blood pressure, ulcers, heart disease and other health problems. In fact, some doctors believe that 90 percent of all illnesses are stress related. But stress is not necessarily bad. A life without it would be stagnant and boring. Some people encounter more stressful events than others, but the way we perceive and react to stress is often more significant than the amount we face. And the accumulation of minor hassles (long lines, wrong numbers and surly salesclerks) can be just as stressful to some people as a mugging or a serious illness.

There is no need for anyone to suffer from the kind of stress overload that result in health problems. There are many practical ways to avoid, reduce or relive stress. Here are fifty suggestions. They won't all work for you, but all you need to find is a few new ones you haven't already thought of yourself.

### **AVOIDING STRESS**

1. Get up fifteen minutes earlier. Morning mishaps are less stressful -and also less likely -when you have time to spare.
2. Prepare for morning the night before. Set the breakfast table, get the coffeepot ready to plug in, make sack lunches and prepare the clothes you plan to wear the next day.
3. Never wear ill-fitting clothes. If shoes pinch, pantyhose creep down or a waistband binds, even a stroll to the mailbox can be stressful.
4. Set appointments ahead. If you're always waiting for others, tell them to meet you ten minutes earlier than you plan to arrive. "When I give a dinner party," one hostess admitted, "I give different times to different guests, depending on whether they're usually prompt or chronically late."
5. Don't rely on your memory. Write down addresses, directions and phone numbers and take them with you to unfamiliar places. Leave notes on your mirror, refrigerator or car door to remind you of important dates and errands.
6. Practice preventative maintenance. You'll have fewer breakdowns for automobiles, heaters, air conditioners, washers and other machines you depend on if they're cleaned and serviced regularly.
7. Make duplicates of all keys. Exchange house keys with a trusted neighbor, hide car keys in your garage, keep extras for luggage, storage closets and strongboxes in a safe, convenient place.
8. Rearrange work hours, if possible. A thirty-minute change in arrival or departure times can make a big difference in traffic, crowds and other stress producers.
9. Say "no" more often. It's amazing how much stress can be eliminated by giving up unrewarding activities, refusing inappropriate requests and turning down invitations from people you don't enjoy.
10. Never shop for clothes with critical teenagers, skinny friends or those who look terrific in everything. Everyone has imperfections. Why call attention to them?

11. Take advantage of off-hours for banking and shopping. Shop by mail, phone, or internet whenever possible. Why put up with crowded stores, long lines and impatient clerks if you don't have to?
12. Rearrange mealtimes. If it's a hassle to get dinner ready on time, try postponing it. Your family won't starve if they eat an hour later.
13. Be more tolerant at meals instead of getting upset about little things. It's nice to get the whole family together for meals, but you may have to endure spilled milk, sibling squabbles and cranky remarks about the food. Remember that these times will not last forever.
14. Keep an emergency supply of necessities (soap, toilet paper, toothpaste, tampons) and dip into it only in emergencies.
15. Walk everywhere you can. Exercise has a soothing effect - especially when it permits you to avoid traffic jams, crowded buses and costly taxis.
16. Make copies of all important papers and keep the original in a safe place~ Never let go of an original deed, birth certificate, will or important receipt. Send copies instead. When originals are required (such as securities, passports, and insurance policies), send them by registered mail.
17. Anticipate your needs. Make sure you have plenty of coins for toll collectors and vending machines, batteries for children's toys, pens and pencils that still write, and pantyhose without runs. And always stop for gas before you really need it, especially at night and on holidays.
18. Don't put up with anything that doesn't work properly. No one needs the aggravation of a malfunctioning alarm clock, a key ring that loses keys, or appliances that smoke.
19. Make advance reservations at hotels, restaurants and theatres. Confirm time, location and other details before you go.
20. Allow extra time. If it is usually thirty minutes to get to the airport, allow an hour. It's better to arrive well ahead of schedule than to fret over every stoplight or traffic tie-up along the way.

## **REDUCING STRESS**

21. Be prepared to wait. A long line at the post office or a delay at the dentist's office is almost pleasant when you have a good book with you.
22. Never arrange a meeting place that has no telephone. An unavoidable delay can be a nightmare when there is no way to contact who you are meeting. If it's impossible to meet at a place where you can receive calls, agree on a number you can both call if something goes awry.
23. Find the humor in it. Every disaster has something funny about it if you look for it.
24. Keep a busy kit handy when you travel. Transportation snafus are easy to ignore when you have your music to listen to, a favorite magazine, or a needlework project with you. You may even learn to speak French by playing French language CD's when chauffeuring your kids around.
25. Relax your standards. Doing everything perfectly is not only unnecessary, it's boring. Life is a lot easier if you ignore a little dirt, take more shortcuts in the kitchen, and let the sheets go a few more days between launderings.



26. Get help with the jobs you hate. If you find that certain chores always make you tense, such as paying bills, defrosting the refrigerator or scrubbing bathtubs, get someone else to do them or help you do it. Beg, barter or pay for help if you have to. It's worth it.
27. Establish a serene place of your own -even if it's just a comfortable chair in a quiet corner. If the sound of your teenager's stereo, your husband's ballgame or the neighbor's barking dog still penetrates, wear earplugs.
28. Change your perspective. Instead of worrying about what will happen if... Try asking yourself, "So what?" So what if your mother's birthday gift is a few days late? So what if you can't get your best dress dry-cleaned before the party? So what if you actually miss your train or plane? Will it matter next week or next year? Even if your worst fears are realized, they often turn out better than you thought or at least tolerable.
29. Count your blessings. No disaster is so bad that it couldn't be worse. It helps to remember that. After all, you could have burned the entire dinner instead of just the rolls. The doctor could have kept you waiting two hours instead of only twenty minutes. You might have lost a thousand dollars instead of ten.
30. Keep time fillers by the telephone. You won't mind being put on hold if you can spend that time reading mail or writing a letter. And you'll be more sympathetic to a friend who "needs to talk" if you can do your mending or file your nails while you listen.
31. Memorize your favorite poems and recite them to yourself whenever you're forced to stand on a crowded bus or get stuck in an elevator.
32. Keep some individually wrapped candies or sugar-free gum handy. Getting one out, unwrapping it, and popping it into your mouth can be a welcome distraction that takes some of the tension out of bad moments.
33. Travel light. The less you have to keep track of when you're away from home, the easier it is. If you never take more than you can comfortably carry onto an airplane, you can avoid lost luggage, long waits at baggage-claim counters and frustrating searches for porters.
34. Be prepared for rain. Don't try to outguess the weatherman. Stock your handbag, work place and car with rain hats, plastic rain capes, umbrellas, and shoe protection.
35. Ask questions. You're less likely to make mistakes or get lost if you make sure to get detailed instructions first.
36. Take advantage of your body rhythms. If you're at your best early in the morning, that's the time to schedule complicated tasks that require concentration. If you don't reach your peak until later in the day, start with easier things that don't require much thought. It doesn't matter when your peaks and valleys come as long as you plan accordingly.
37. Make a contingency plan. A rained-out picnic, a sold-out theatre or a closed restaurant is disappointing, of course, but it won't spoil your day if you've made alternative plans "just in case".
38. Un-clutter your life. Get rid of clothes you never wear, objects that just collect dust, furniture you hate, activities you don't enjoy. Anything you can do to simplify your life helps reduce stress.
39. Avoid reliance on chemical aids. Alcohol, smoking, tranquilizers, sleeping pills, etc. may reduce stress momentarily, but regular use increases stress in the long run.



## **RELIEVING STRESS**

40. Get in touch. Hold hands, stroke a pet or hug a loved one. Physical contact is the best stress reliever of all.
41. Take time out to breathe deeply, stretch your muscles, nap, meditate or do a few tension-relieving exercises. If you can't arrange a brisk walk, try raising your shoulders in a high shrug, hold ten seconds, release and repeat.
42. Find enjoyable ways to exercise. Experts agree on the benefits of aerobic exercise -the kind that raises your heart rate and makes you breathe hard. But if you hate to jog or jump rope, you'll create as much stress as you relieve. Try swimming, cycling, aerobic dancing, racquetball, or a few fast sets of tennis instead.
43. Get it off your chest. Bottling up feelings just increases stress. If you buy defective merchandise or receive bad service, write a letter or complaint. If a friend lets you down, express your disappointment. If your husband hurts your feelings, tell him. You'll feel a lot better afterward.
44. Talk to a loving friend or relative. A sympathetic listener is always helpful. "When I have a birthday, one woman said, "I always call my grandmother. To her, I can do nothing wrong."
45. Reward yourself after stressful activities. Relax with a favorite television show or book after cleaning the house.
46. Take leisurely baths. Showers are more efficient, but a long soak in a hot, fragrant bath is more relaxing. (Just unplug or turn off the phone first.)
47. Schedule more fun. Don't give up seeing friends and doing things you enjoy because you "have too much to do". Pleasurable activities are important. And work goes faster and produces less stress when fun comes first.
48. Take a break from the children. Babysitters are not just for emergencies or special occasions. You also need time to yourself to listen to music, pursue a hobby or have a heart- to-heart talk with a friend. If you can't afford to hire a babysitter, trade child-care time with another mother.
49. Have a massage. Tension just melts away under the touch of experienced fingers. But a talented amateur -a friend for whom you perform the same or an equivalent favor - can probably do almost as well.
50. Unwind before bedtime. Do some stretching exercises to get the kinks out, then read, listen to music, and do needlework or some other relaxing activity. It helps you sleep better - and that's a great stress reliever!

# Lesson 8

## Optimal Health: The 7 Habits of Optimal Health

### Leader Guide

#### Lesson Objective

Participants will review their previous 7 weeks and set goals to continue their journey to optimal health. They will also identify victories they have made over the past 7 weeks.

#### Lesson Rationale

These 8 weeks help provide the tools needed for successful weight loss and maintenance. No one is perfect but we can improve our eating habits and lifestyle each day by setting goals and trying to improve in nutrition and fitness.

#### Lesson at a Glance

This 15 minute lesson reviews the past 6 weeks and gives strategies success to for continue towards optimal health.

#### Lesson Materials

This lesson contains

- Leader Guide
- Copy Ready Handouts

#### Preparation

- \_\_\_ Review leader guide
- \_\_\_ Read Dr Anderson chapter on 8 habits of optimal health (pages 14-15)
- \_\_\_ Review handouts
- \_\_\_ Select activities

#### Handouts

- Week 8 Lesson
- Victory Worksheet

#### Introduction

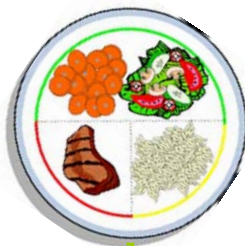
1. Welcome participants. Congratulate them on completing this 8 week program. Read them the lesson objective and rationale.
2. Review the past 7 weeks
3. Review the 7 Habits of Optimal health from Dr A's Habits of Health. Set goals in each area of optimal health

#### Optional Activities

- Hand out t-shirts with your logo on front and "Boot Camp Survivor" on back
- Encourage members to buy and read Dr A's Habits of Health for optimal health and/or companion guide.

#### Further resources and information links:

- 
- Dr. A's Habits of Health :  
[www.tsfl.com](http://www.tsfl.com) – shop online



# Weight Loss Challenge

## **WEEK 8: Review & 7 Habits of Optimal Health**

Congratulations! You have completed 8 challenging weeks of tough workouts and major lifestyle changes. You have accomplished many victories along the way. You should be very proud of yourself for sticking with it. Your new lifestyle is the start of a journey that will last a lifetime and one to be enjoyed and celebrated. Whether you are making a transition from weight loss to weight maintenance or continuing your path of weight loss, use this information to help you continue to make progress.

### **OUTLINE**

- Review of 8 weeks
- Success strategies
- Celebrating victories
- Evaluations and weigh-ins

You Can Do It!! Set goals. Move at your own pace. Reward your successes. Allow for setbacks. Make exercise something to look forward to. Move because it feels good. Eat healthy foods because they taste good. Think of food as fuel for your body. Healthy food will keep that body running better and longer. Smile. Think positive thoughts. Let your family and friends help you. And above all, keep moving forward—step by step you will succeed!



# Weight Loss Challenge Review

## WEEK 1: Nutrition and Food Diaries

You learned how to balance our plates with vegetables, meat, grains, & dairy at our meals and fruit & protein for snacks. The Balanced Plate Method is a visual guide for general nutrition and weight loss. All foods can fit in the Balanced Plate Method when used in moderation. It encourages you to eat a variety of different foods and includes servings from all food groups in each meal. This simplifies life so you are not always counting calories, carbohydrate, or fat grams. **Continue to check your plate at each meal to get all your essential food groups!**

Take Shape for Life learned to follow the 5 & 1 Plan and the importance of eating 6 small balanced meals throughout the day. After you have lost the desired weight, transition to the Balanced Plate Method for weight maintenance and optimal health!

## WEEK 2: Nutrient Rich Foods: Fruits and Vegetables

You learned the importance of following the correct portion size for a serving (it's amazing how it all adds up!) and was encouraged to change your focus to achieving optimal health by eating more nutrient rich foods found in fruits and veggies. By **getting a variety of colors on your plates and filling them full of high nutrient foods**, your bodies feel stronger and healthier. You are on your way to healthy eating.

## WEEK 3: Lean Protein

You learned about the different types of protein and how protein affects your body. By adding in healthy protein, you are able to boost metabolism, feel fuller, repair tissue damage, boost the immune system, and much more. **Make sure you check your plates for lean protein!**

## WEEK 4: Exercise guidelines: Fitting Fitness In

Classes alone won't create weight loss. You need to make sure that you are fitting all aspects of fitness: Strength, Cardio, Flexibility, and NEAT. You must include the exercise and non exercise activities along with healthy eating to make a difference. Doing NEAT activities all day will help you burn additional calories and keep your body active and healthy. **Look at ways to add in extra movement whenever possible!**

## WEEK 5: Behavior Modification

Often it is your habits and the way you think that can sabotage your best efforts. Ways to develop healthy eating habits and become more mindful of what you eat, why you eat, and how you eat were discussed. **Continue to work on ways to improve your habits daily!**

## Week 6: Menu Planning and Grocery Shopping

You face over 200 food choices a day. This can be overwhelming and often these choices are made when you are stressed, hungry, or tired. **By planning out your meals, shopping smart at the grocery store, and having healthy foods available**, you set yourself up for success, not failure.

## **Week 7: Stress Management**

Stress makes weight loss more difficult. You learned techniques to manage stress by avoiding, reducing and relieving stress. **Practice these stress relieving techniques daily.** Breathe deeply and relax!

## **Week 8: 7 Habits of Optimal Health**

This is our final goal: Optimal Health. Who doesn't want to just look and feel good in their own skin. **Review these habits of health daily to see if you are on track with your goals.**

# **7 Habits of Optimal Health**

Write down what you have done in the past 8 weeks to create Optimal Health in each of the seven categories and what you will do to improve in the next 4 weeks.

## **Habit of Healthy Eating**

## **Habits of Moving Your Body**

## **Strategic Behavioral Habits**

## **The Habit of Support through Vitanutrients**

## **Habits of Good Sleep**

## **Habits of Creating a Positive Environment**

## **Habits of Support**

Everyday there is a new article, book or media report about the latest and greatest diet for weight loss. Always remember, it's a lifestyle, not a diet. You may need to change your mind before you can change your body. Some or all of the following suggestions may be just what you need to finally achieve permanent weight loss.

- **Believe you can be successful.** If every time you begin to focus on weight loss, a part of you is convinced you will fail, you probably will. Prior failure may be related to a chosen approach, not a personal flaw. Spend time evaluating your past attempts, what worked and what did not work? Learn from the experience. Then connect with your deepest motivations for change, and keep them in sight at all times. Break down the behaviors that lead to weight loss into small, manageable steps and work on them one at a time. Celebrate small victories, and soon you will believe that permanent weight loss can be a reality.
- **Accept full responsibility.** If your attempts to lose weight are based on your doctor, spouse, children or friends saying you "should" and are not your wants and desires, you will probably not succeed. You must come to the decision that you are losing weight for no one other than yourself. Every time you blame the diet, the office party, the holidays or stress for getting in your way, you are not taking responsibility. You alone make decisions about what to eat, when to eat, how much to eat, and whether or not to exercise.
- **Learn to quiet your inner critic and elevate positive self talk.** Is the voice in your head cheering you on, or putting you down? Does any of this sound familiar? "I cannot possibly lose all this weight; I have to eat birthday cake or my friend will be insulted; I blew it at lunch, so I might as well forget about the rest of the day; I am a lazy couch potato and I will never change." Learn to talk back to the voice and turn it around to be a supportive, positive one. Would you talk to a friend who was struggling the way you talk to yourself? I doubt it! It takes practice, but you can change the inner voice to an encouraging, understanding, best friend.
- **Be realistic about your goals.** Make sure your goal weight makes sense for your height and body frame. Enlist the help of your doctor, a dietitian or fitness professional to make that determination if you're not sure. Then, break the number of pounds you need to lose into small, manageable goals, such as five pounds at a time. You may not know this, but research has shown that as little as 5-10% weight loss can significantly impact your health profile.
- **Celebrate healthy behavior change rather than pounds lost.** The scale can be a fickle friend. Lots of things can affect the number each day. Analyze the actions you need to take to get to a healthy body weight (cutting portion size, reducing sugar intake, exercising more, etc.), and put your focus there, where you truly have control. Celebrate behavior changes such as exercising three times a week or consistently eating breakfast each day, rather than the number of pounds lost. With each step you are successful at, your confidence will increase.
- **Elevate self-care to a priority.** Successful weight loss takes time and effort. You must believe that you deserve to take the time to exercise, shop for the healthy foods you want, prepare the meals you need, and choose to eat in restaurants that can accommodate your food plan. Losing weight will increase your health, energy and happiness, so you will be able to handle everything and everybody else that requires your attention with greater efficiency and ease. That means putting yourself first.

## **Celebrating Victories**

Every day you should be acknowledging the small victories in your life. You may have chosen to eat smaller portions, been able to walk up the stairs without dying, passed up that donut at the grocery store, been able to bend over and tie your shoe, ran a mile without stopping, felt better than you've ever felt, and the list goes on. Take a moment to write down some of the victories you've accomplished during your boot camp. Remember to celebrate your accomplishments and reward yourself with non-food rewards.

### My Personal Victories

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## **SAYING FAREWELL**

Let me offer my sincere hope that you enjoyed this program and that you are on your way to accomplishing your wellness goals. It can be a hard struggle, but with the right attitude and new habits, success can be yours. Keep up the great work!



# Resources for Weight Loss Program

## ☺ **Take Shape for Life Health Coach Kit:**

Become a certified Health Coach and watch your clients melt away on the easy to use “5 & 1” eating plan. Not only will you reap the rewards of their success, you will make a nice income through the TSFL compensation plan. Sign up to start your career today by contacting your TSFL health coach.

## ☺ **On site Nutrition Program Training for Clubs, Coaches, & Employees:**

Nothing takes the place of hands on training as you implement nutrition programming in your club. Jeannine will teach you the strategies of how to set up your program to profit your club and how to help your clients become successful in their health and weight loss goals. **Call for package prices from \$99!** Contact Jeannine Groll, R.D, C.D., Registered Dietitian and Certified Health Coach, Groll Family Fitness, Phone: 208-852-2542: Toll Free: 888-840-9929, Email: [gff@hostidaho.com](mailto:gff@hostidaho.com), Website: [www.grollfamilyfitness.com](http://www.grollfamilyfitness.com)

## ☺ **Take Shape for Life Habit Trackers & Balanced Plate Method Habit Trackers:**

Help coach your clients through these essential daily tracking guides. Clients check off their plate (Balanced Plate Method) or check off their meals (TSFL) as they eat their servings, track water, exercise, and more. Cost is \$2 each plus shipping. Contact **Jeannine Groll, Groll Family Fitness, 208-852-2542: [gff@hostidaho.com](mailto:gff@hostidaho.com)**

## ☺ **Fast Food Nutrition Guide: Positive Promotions; [www.positivepromotions.com](http://www.positivepromotions.com)** **Item #: ITP-27**

Make healthier choices at 26 popular, low-cost restaurants, from Burger King and Taco Bell to Pizza Hut and Dunkin' Donuts. This 36-page guide, updated with the latest menu choices, gives the calorie, fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate and fiber counts for over 1,000 foods and drinks. It helps people compare nutrition information and make smart choices in fast food and take-out meals. Personalization available on the back cover only for quantities over 99.

**\$1.35 each for order of 100 (discounts for larger orders)**

## ☺ **Healthy Heart: Nutrition & Fitness Guide** **Item #: ITP-11**

Take-along guide helps recipients establish heart-smart exercise and eating habits for life! It explains how to fit regular exercise-with an emphasis on aerobic conditioning-into every day. It also gives suggestions for making heart-healthy food choices, with tips on Using MyPyramid, eating out, and cooking at home, plus 19 pages of food charts with calories, total fat, saturated fat, cholesterol, sodium counts and trans fat information for today's most popular foods. Personalization only available for quantities over 99. Minimum Order Quantity: 25

**\$1.40 each for order of 100**

## ☺ **Eating And Exercising For Good Health Handbook**

## Item #: FGT-5

This handbook will help everyone get on track with eating and exercising tips and recorders. They'll learn the basics of eating right, how to use MyPyramid, read nutrition labels and much more. It also includes information on weight loss, exercise basics, exercises for strength training and stretching and a BMI Chart. It features recorders and logs for daily exercise, walking, weight loss and changing everyday habits. Your personalized message reminds everyone that you care. Personalization only available for quantities over 99. Minimum Order Quantity: 25

**\$1.79 each for order of 100**

☺ **National Cattlemen's Beef Association:** 1-800-368-3138 [www.beefnutrition.com](http://www.beefnutrition.com)  
MyPyramid tear pads, Meat Nutrient Facts, Twenty-nine Ways to Love Lean Beef, Beef recipes tear pads;

☺ **Idaho Plate Method** [www.platemethod.com](http://www.platemethod.com) : Plate Method Guides & Menus Ideas:  
\$1.50 per sheet or 100 pack for \$1.10 per sheet.

☺ American Dietetic Association: [www.eatright.org](http://www.eatright.org): Nutrition Fact Sheets

☺ **Client Tracking Folders for TSFL & Marketing Tear Pads:**  
[www.JohnsToolBox.com](http://www.JohnsToolBox.com)

☺ **Health News Newspapers** for Soy Based Product Weight Loss: Health News:  
[www.healthnewsweb.com](http://www.healthnewsweb.com)

☺ **Take Shape for Life Marketing Materials:** [www.tsfl.com](http://www.tsfl.com)

☺ **MasterCook:** \_MasterCook Deluxe 9.0 is the easy way to expand your meal time experience. It's tough to come up with new ideas for dinner, but with this list of recipes you're never short on ideas. Most of these dishes can be prepared in less than 20 minutes - working in the kitchen just got a whole lot easier! Cost is **\$19.99** [www.valusoft.com](http://www.valusoft.com)

☺ **Nasco:** [www.enasco.com/nutrition](http://www.enasco.com/nutrition) : Artificial food to show appropriate portion sizes