

# Healthy Living

# MY BEST SELF

**A Healthy Lifestyle Guide**



**IE**  **HP**  
Inland Empire Health Plan



# Table of Contents

## INTRODUCTION

Introduction to Healthy Living	7
Setting Your Health Goals	7

## CHAPTER 1

### **WEIGHT MANAGEMENT 9**

What Is Weight Management?	9
What Is Body Mass Index?	9
What Is Body Mass Index For Children and Teens?	12
How Do You Measure Waist Circumference?	13

### **UNDERSTANDING FOOD PSYCHOLOGY 14**

What Is Food Psychology?	14
What Factors Influence My Eating Behaviors?	15
What Is the Mindful Eating Cycle?	16
What Is a Hunger Fullness Scale?	18
Reflection and Health Goal	22

## CHAPTER 2

### **LEARNING MYPLATE: VARIETY, PORTIONS AND NUTRIENTS 26**

Focus On Whole Fruits	28
Vary Your Veggies	29
Make Half Your Grains Whole Grains	30

Vary Your Protein Routine	31
Move To Low-Fat or Fat-Free Dairy	32
Focus On Portion Sizes	33
<i>Activity: Build a Healthy Plate</i>	35
<b>READING THE NUTRITION FACTS LABEL</b>	<b>36</b>
Serving Information	37
Calories	37
Nutrients	38
Percent Daily Value (%DV)	38
<b>UNDERSTANDING FOOD AND CULTURE</b>	<b>40</b>
What Cultural Factors Influence My Eating Behaviors?	40
How Does My Culture Affect My Cooking and Eating Habits?	40
Reflection and Health Goal	41

## CHAPTER 3

<b>MAKING HEALTHY FOOD CHOICES</b>	<b>44</b>
Why Choose Foods With Low Sodium?	45
Why Choose Foods With Low Sugar?	48
Why Choose Foods With Low Fat?	50
<i>Activity: Food Label Worksheet</i>	52
<b>SHOPPING SMART</b>	<b>53</b>
Plan Before You Shop	53
Buy Store or Generic Brands	54
Buy Fruits and Veggies Lower in Cost Year-round	54
Choose Frozen	54

Buy In Bulk	55
Reflection and Health Goal	55
<i>Activity: Plan with a Grocery List</i>	85

## CHAPTER 4

<b>CREATING HEALTHY HABITS</b>	<b>56</b>
What Is Good Sleep?	57
How Can I Cope With Stress?	59
How Can I Be Physically Active?	63
Reflection and Health Goal	69

## CHAPTER 5

<b>HEALTHY HABITS EXERCISES</b>	<b>71</b>
Relaxation Techniques	71
Letter to My Past Self	74
Gratitude Exercises	78
Progressive Muscle Relaxation Script	80

## APPENDICES

Appendix A: Grocery List	85
Appendix B: Sleep Diary	87
Appendix C: My Physical Activity Diary	89
Appendix D: Physical Activity Plan	91





# Introduction

## Introduction To Healthy Living

Being at a healthy weight can help prevent many diseases and health issues. Though it may not be easy, with the right tools and guidance, you can manage your weight and reach your health goals. We are inspired by stories of members who reached their health goals by making small but helpful changes over time. There is a lot you can do to reach your weight goals and prevent future health risks.

This book provides tools and ideas that can help lead you to a more active and healthier life. Healthy living involves good nutrition, exercise, taking care of your mental health and good sleep. These and other lifestyle choices will help keep you at a healthy weight.

Whether you want to maintain, lose or gain weight, we want you to succeed. We hope this guide will help you on your journey to good health.

At the end of each chapter, you will see the “Set a Health Goal” prompt. Start thinking about what your health goals are.

## Setting Your Health Goals

Set S.M.A.R.T. health goals that will help you stay focused. Here's how:

**S - Specific.** Know exactly what will be done to reach your goal.

**M- Measurable.** Measure the action to help keep track of your progress.

**A - Attainable.** Set the goal up for success by making it realistic.

**R - Relevant.** Set a clear goal based on the change you want to make in your life.

**T - Time-limited.** Keep a timeline to complete the goal.





# Chapter 1

**WEIGHT MANAGEMENT**



## What Is Weight Management?

Healthy living involves good nutrition and staying active. It also includes balanced hormones, good mental health and getting enough sleep.

Age, genetics, health problems, medications and your environment may affect weight. People may try to lose or gain weight for a long time and do not see any results. If a person is worried about their weight, they should talk to their doctor. Sometimes, weight gain and weight loss can be due to hormonal imbalances.

For most people, making life changes can make a difference in reaching weight loss or gain goals.

Before deciding what goals to focus on, you should find out if you are at a healthy weight. One way is by knowing your Body Mass Index.

## What Is Body Mass Index?

Body Mass Index (BMI) is a person's weight in pounds (lbs) divided by the square of height in feet. BMI is a measurement of body fat. Some adjustments are needed for people with a lot of muscles or athletic people and older adults.

Now let's use the chart to find out if a person with a BMI of 24.9 is at a healthy weight:

<b>BMI</b>	<b>Weight Category</b>
Below 18.5	Underweight
18.5-24.9	Healthy Weight
25.0-29.9	Overweight
30.0 and above	Obese

The example above stated that the person’s BMI was 24.9, which is in a “Healthy Weight” group by BMI standards.

It may not be easy to figure out BMI on our own, so we can use BMI calculators online, the IEHP website, the Centers for Disease and Control and Prevention (CDC) and other sources. We can also find out our BMI through our doctor or use the table on the next page:



HEALTHY WEIGHT			OVERWEIGHT					OBSE					EXTREME OBESITY																							
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height	Body Weight (pounds)																																			
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	253	259	264	269	275	280	285
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	178	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
5'8"	125	131	138	14	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

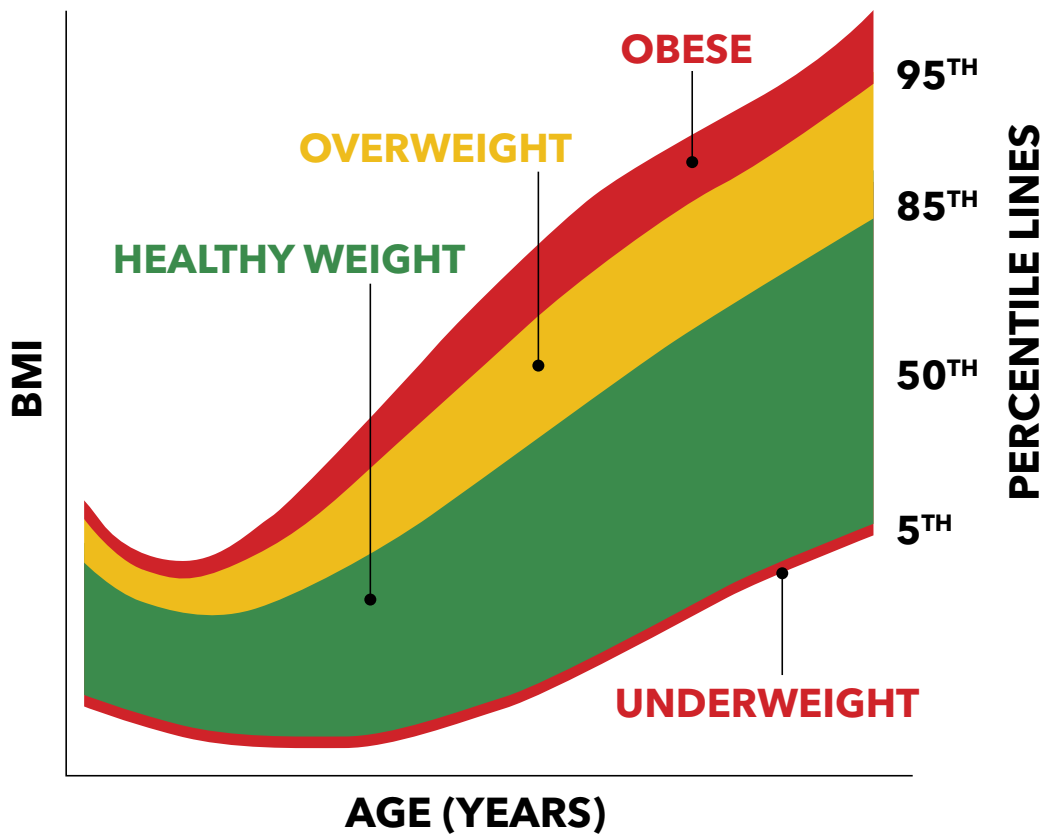
*Based off of material from "National Heart, Lung, and Blood Institute."*



# What Is Body Mass Index (BMI) For Children and Teens?

For children and teens, BMI is used to screen for weight and health issues. A child may have a high BMI for their age and sex. To check if weight is a problem, a doctor would need to do further tests.

BMI is used to screen for overweight children starting at 2 years old. After calculating BMI, it is expressed as a percentile seen in a graph.



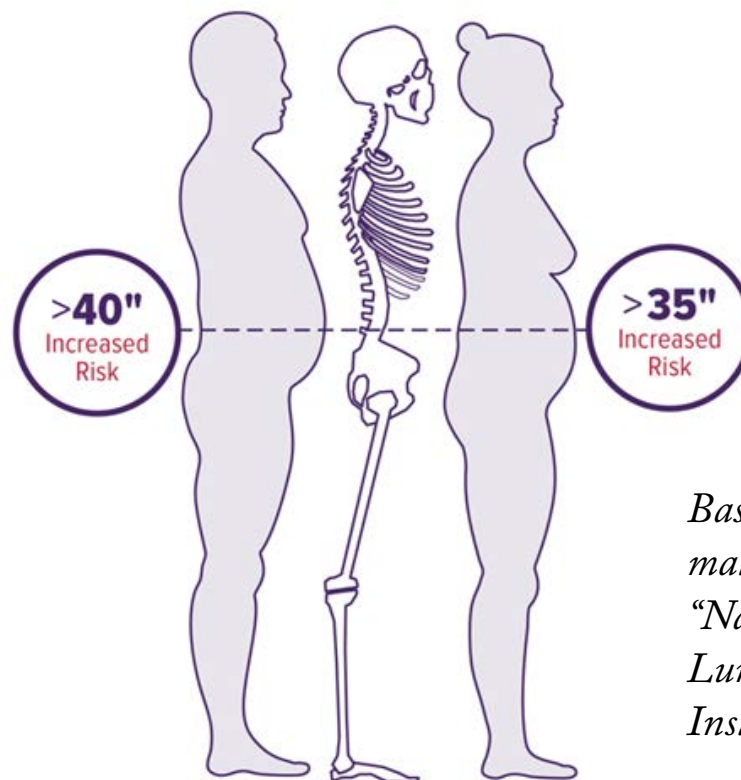
*Based off of material from “Centers for Disease Control, and Prevention.”*

This chart measures the size and growth patterns of children and teens in the United States.

## How Do You Measure Waist Circumference?

Checking waist measurements is one more way to find out if a person is at a healthy weight or not. Greater than 35 inches for women and greater than 40 inches for men puts them at a higher health risk. That is why women should aim to have a waist size no greater than 35 inches and for men no greater than 40 inches.

You can measure your waist with a tape measure at home. Measure your waist by placing the measuring tape snugly around your waist, just above your hipbone. Exhale, and then read the tape measure.



*Based off of material from "National Heart, Lung, and Blood Institute."*

Now that you learned where you fit in the weight category with your BMI, let's explore other topics about what influences your weight and health.

# UNDERSTANDING FOOD PSYCHOLOGY

## What Is Food Psychology?

What we eat affects how we feel. Food should make us feel good. It tastes great and nourishes our bodies. If you eat too little or too much, your health and quality of life could be affected. This can result in negative feelings toward food.

By learning how to make healthier and more mindful choices, you may be able to control eating too much or “binge” eating or not eating enough. By taking control of your food hunger, you may also gain positive thoughts toward food.

There are many reasons for changing unhealthy eating habits to good eating habits, such as:

- More energy
- A positive relationship with food
- Better health
- Easier movement
- Better body image

Even though we may want to eat healthier, this can be a hard task to do.



## What Factors Influence My Eating Behaviors?

Many reasons can influence our feelings about food and eating behaviors. These reasons are:

- Cultural
- Social
- Family
- Individual
- Economic status
- Psychological

Many people use food to deal with feelings of stress, boredom, worry or even to prolong feelings of joy. While this may help in the short term, eating to cope with feelings often leads to worry and guilt and can even add to the negative feelings. People are not coping with the problem causing stress. Further, they may experience other undesired results. This can include high blood sugar, high cholesterol levels or high blood pressure.

Think about changing your eating behaviors. Deal with how you think about food. It helps to notice patterns of thinking that can affect your success at eating healthier and controlling your weight. It also helps to learn positive coping statements.

Negative coping thoughts include:

- “This is too hard. I can’t do it.”
- “If I don’t make it to my goal weight, I’ve failed.”
- “Now that I’ve lost weight, I can go back to eating any way I want.”

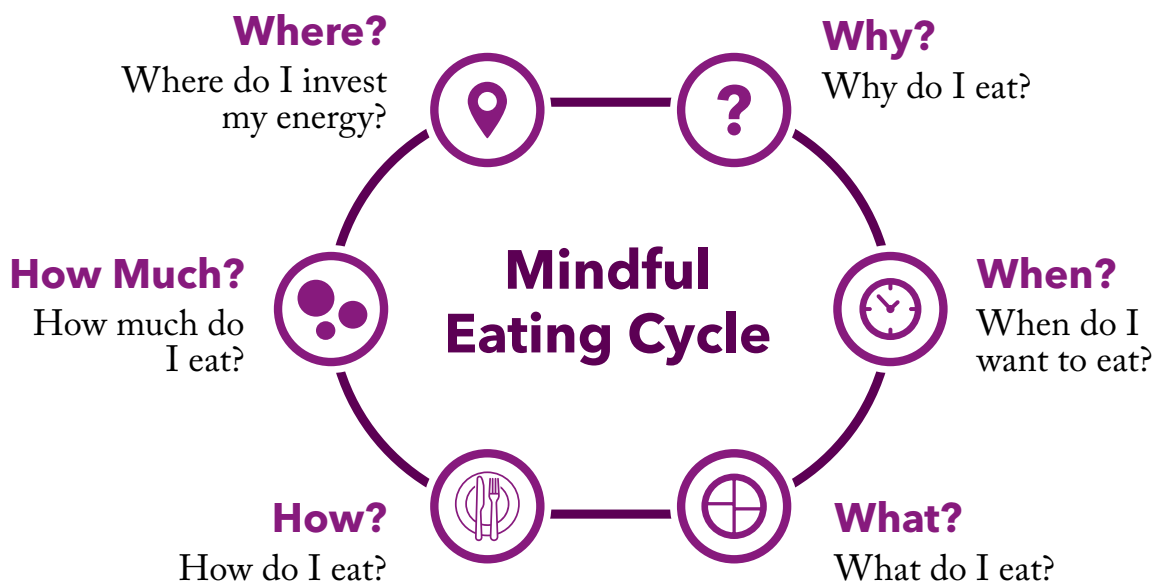
Positive coping thoughts include:

- “I realize that I am overeating. I need to think about how I can stop this behavior pattern.”
- “I need to learn what triggered my overeating so I can make a plan to cope with it if I get triggered again.”
- “Am I hungry, or is this just a craving? I will wait to see if this feeling passes.”

One method that has helped many people with weight and eating behaviors is the Mindful Eating Cycle.

## What Is the Mindful Eating Cycle?

The Mindful Eating Cycle is a model that teaches us how to better tune in with food choices, self-talk and food preparation. It has helped many people who have health issues like diabetes and high blood pressure.



## Mindful Eating Cycle: Why do I eat?

Eating food to fuel our bodies is like filling up the gas tank for our car — our bodies need food just like cars need gas to move and work. Food gives us energy to exercise, go to work and do everyday activities. Food also ensures that our organs work the right way. This includes digestion, breathing, heartbeat and brain function. The right food keeps us healthy and prevents disease. It keeps our bones strong and boosts our immune system. One of the reasons we eat is because it is a physical need. We need it to survive. Another reason why people eat can be due to mental health or emotions.

When you eat because of your emotions, it's called emotional eating. What causes emotional eating is different for each person. Stress, financial worries, health issues or relationship struggles are reasons for emotional eating. Think about a common scene in a movie. When a girl is sad, her friends bring her chocolate to feel better. When emotional eating happens often, and you don't have other ways to cope, it can lead to unhealthy habits.

Lastly, people eat for nutrition. Nutrients found in food are needed for growth and proper body functions. Not eating healthy food can lead to illnesses and long-term health issues. We need to have well-balanced meals for our bodies to work well.

## Mindful Eating Cycle: What do I eat?

An eating plan that includes a variety of healthy foods helps us to manage weight. The Dietary Guidelines for Americans states a healthy eating plan:

- Highlights fruits, veggies, whole grains and fat-free or low-fat milk products.
- Varies protein sources such as seafood, lean meats, poultry, eggs, legumes (beans and peas), soy products, nuts and seeds.



- Is low in added sugars, salt, saturated fats, trans fats and cholesterol.
- Stays within your daily calorie needs.

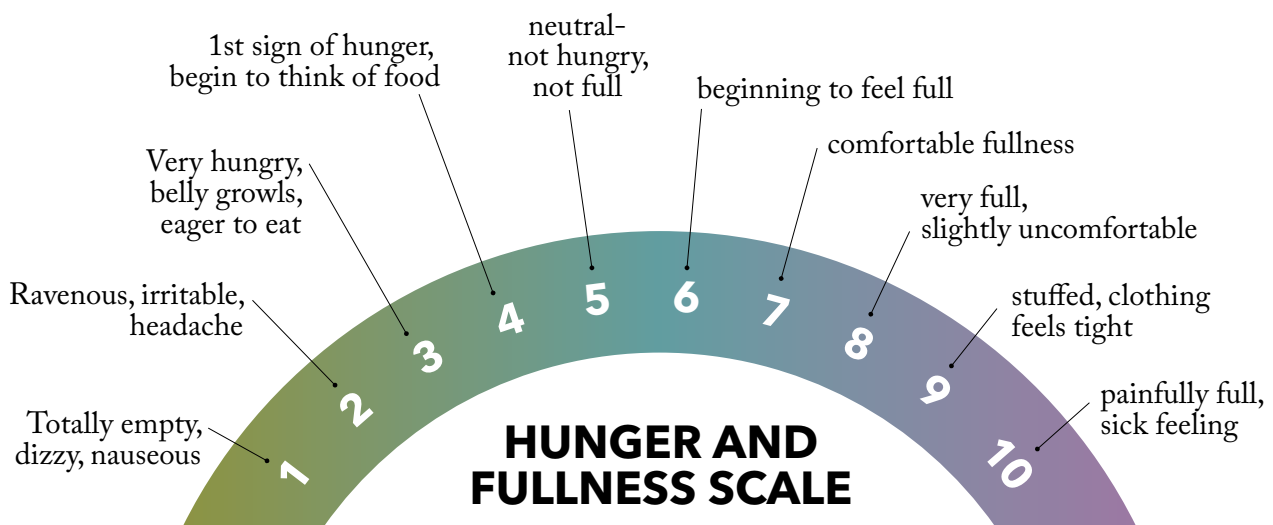
Chapters 2 and 3 of this guidebook have more tips on food choices and portion sizes.

## Mindful Eating Cycle: How do I eat?

How you eat can influence what and how much you eat. That’s why it is important to practice mindfulness. Check in with yourself or use a “Hunger Fullness Scale” to check if you are hungry.

## What Is a Hunger Fullness Scale?

When you want to eat, ask yourself: “What am I hungry for?” and “What do I feel like eating?” Take a moment and notice your body. Does it have cravings? How are your energy levels? Is your energy low? Are you feeling anxious or stressed? Once you start eating, use the Hunger Fullness Scale to check hunger, fullness and satisfaction.



*Based off of material from “Graciously Nourished”*

### **Eat with no distractions.**

In our culture, it is not easy to eat a meal without distractions. Think about how you are eating. Are you eating while looking at your phone or TV? Are you eating while working at your desk at work?

When your focus is outside of what you are eating, there is a risk of overeating. Sometimes there is no time to eat a meal the way we would like to. Maybe you are rushing to work and are eating in the car.

Try your best to prep and plan mealtimes. Practice eating in a calm setting. Notice how you feel when you are eating with intention.



**Be mindful.** Pay notice to what you are eating. In some cultures, people give thanks before each meal. Take some time and think about how your food got to your plate. For some meals, someone cooked it for you, or a farmer planted seeds so veggies or fruits to grow.

When you are mindful, there can be a new appreciation for food. You can also think about your body and how it works to support you each day. You can think about what your body needs. Doing this will change your thoughts about food and its relationship with your body. Over time, your outlook toward food may change.

## Mindful Eating Cycle: How much do I eat?

How much you eat depends on things like age and activity level. When trying to gain, maintain or lose weight, start by knowing the number of calories you should be eating in a day. You can use the chart to the right to find out how many calories you should be eating each day:

Please note:

- Sedentary means only doing the activities of everyday living, like getting up in the morning, walking to your kitchen or going to your car.
- Moderately active means being active, the same as walking about more than 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to everyday living.
- Active means being active, like walking more than 3 miles per day at 3 to 4 miles per hour, and the movements of everyday living.

For more tips on portion sizes and caloric intake, please read Chapters 2 and 3 of this guidebook.



## Estimated Calorie Needs per Day, by Age, Sex & Physical Activity Level

MALES			
AGE	SEDENTARY	MODERATELY ACTIVE	ACTIVE
2	1,000	1,000	1,000
3	1,000	1,400	1,400
4	1,200	1,400	1,600
5	1,200	1,400	1,600
6	1,400	1,600	1,800
7	1,400	1,600	1,800
8	1,400	1,600	2,000
9	1,600	1,800	2,000
10	1,600	1,800	2,200
11	1,800	2,000	2,200
12	1,800	2,200	2,400
13	2,000	2,200	2,600
14	2,000	2,400	2,800
15	2,200	2,600	3,000
16	2,400	2,800	3,200
17	2,400	2,800	3,200
18	2,400	2,800	3,200
19-20	2,600	2,800	3,000
21-25	2,400	2,600	3,000
26-30	2,400	2,600	3,000
31-35	2,400	2,600	3,000
36-40	2,400	2,600	2,800
41-45	2,200	2,600	2,800
46-50	2,200	2,400	2,800
51-55	2,200	2,400	2,800
56-60	2,200	2,400	2,600
61-65	2,000	2,400	2,600
66-70	2,000	2,200	2,600
71-75	2,000	2,200	2,600
76+	2,000	2,200	2,400

FEMALES			
AGE	SEDENTARY	MODERATELY ACTIVE	ACTIVE
2	1,000	1,000	1,000
3	1,000	1,400	1,400
4	1,200	1,400	1,400
5	1,200	1,400	1,600
6	1,200	1,400	1,600
7	1,200	1,600	1,800
8	1,400	1,600	1,800
9	1,400	1,600	1,800
10	1,400	1,800	2,000
11	1,600	1,800	2,000
12	1,600	2,000	2,200
13	1,600	2,000	2,200
14	1,800	2,000	2,400
15	1,800	2,000	2,400
16	1,800	2,000	2,400
17	1,800	2,000	2,400
18	1,800	2,000	2,400
19-20	2,000	2,200	2,400
21-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-35	1,800	2,000	2,200
36-40	1,800	2,000	2,200
41-45	1,800	2,000	2,200
46-50	1,800	2,000	2,200
51-55	1,600	1,800	2,200
56-60	1,600	1,800	2,200
61-65	1,600	1,800	2,000
66-70	1,600	1,800	2,000
71-75	1,600	1,800	2,000
76+	1,600	1,800	2,000

Estimates for females do not include women who are pregnant or breastfeeding.



## Mindful Eating Cycle: Where do I invest my energy?

Most of the time, when people think about using their energy, they think about staying active. How much are they eating, and are they moving? But whatever you are spending your time on, you are investing your energy in. We can be more mindful of how we spend our time and energy. Take a moment to think about your daily activities. What are you doing?

Activities to invest your energy:

- Going on a walk with a friend
- Reading a book
- Playing games
- Journaling
- Gardening
- Dancing
- Cooking healthy meals

## Reflection and Health Goal

**Let's go over what we learned in this chapter by reading this "Real-Life Story."** After reading Tina's story, think about how you would help Tina reach her health goals.

"A few years ago, Tina embarked on a health journey. She had two pregnancies back-to-back and gained more than 50 lbs. She was at a point where her BMI was over 30 (Obesity Range). She was feeling sadness over her weight gain and kept gaining weight even after her daughter was born. She realized that she wanted to make some changes."

How would you help Tina reach her health goals? What changes would you

suggest using the Mindful Eating Cycle?

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Now, let's focus on you! Do you have any health goals that you would like to meet?

## Set a Health Goal

Set S.M.A.R.T. health goals that will help you stay focused. Here's how:

- S** - **Specific.** Know exactly what will be done to reach your goal.
- M** - **Measurable.** Measure the action to help keep track of your progress.
- A** - **Attainable.** Set the goal up for success by making it realistic.
- R** - **Relevant.** Set a clear goal based on the change you want to make in your life.
- T** - **Time-limited.** Keep a timeline to complete the goal.

Look over the chapter and see if there is an area that you would like to

focus on. Write your goal here:

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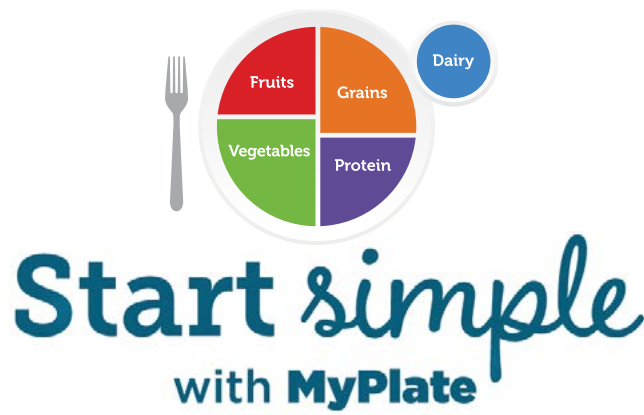


# Chapter 2

**LEARNING MYPLATE:  
VARIETY, PORTIONS AND NUTRIENTS**

## Learning MyPlate: Variety, Portions And Nutrients

All food and beverage choices matter when it comes to our health. For many of us, however, eating healthy is not easy. That is why we use MyPlate to help guide our food choices. Let's Start simple with MyPlate!



First, let's learn about each of the food groups. Using MyPlate helps us get the best variety, portions and nutrients. By using MyPlate, our bodies get what they need to be healthy.

In the next section, we will focus on the following:

- **Variety** – eating a balanced diet that includes all food groups.
- **Portions** – learning serving sizes for a variety of foods.
- **Nutrients** – choosing foods packed with nutrients we need.

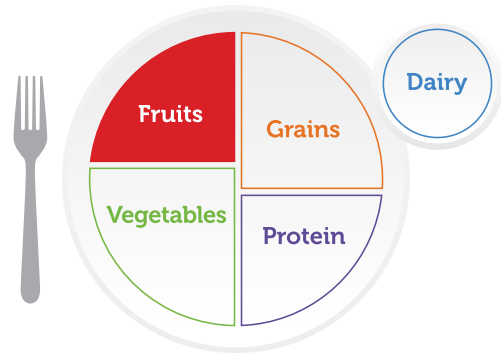
Eating fruits and veggies helps lower the risk of many diseases. This includes heart disease, stroke and cancer. Fruits and veggies also tend to be low in calories. Eating low-calorie foods helps keep us at a healthy weight.

Let's learn a bit more about food groups and why each one is important for healthy living.

## Focus On Whole Fruits

### Health benefits of fruits:

- Fruits are packed with potassium and other vitamins and minerals. These are key nutrients. However, many people do not get enough of them.
- Fruits are rich in fiber. Fiber helps with digestion. It also makes you feel full faster.
- Most fruits are low in fat, sodium and calories. This is very helpful if you are trying to lose or maintain weight.



### What foods are in the fruit group?

The fruit group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned or dried. At least half of our fruit eaten should come from whole fruit rather than 100% fruit juice.

But doesn't fruit have sugar? Yes, fruit has natural sugar, which makes it sweet. However, fruit also has fiber, which slows the time it takes to digest and absorb the sugar. This makes fruit sweet and healthy!



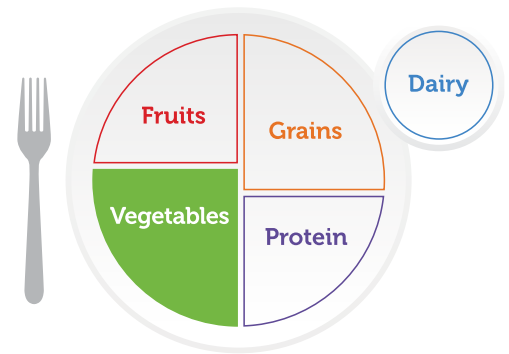




## Vary Your Veggies

### Health benefits of vegetables:

- Vegetables are loaded with vitamins and minerals. Vegetables help to control blood pressure. They also help lower our risk of heart disease and stroke.
- Vegetables, like other plant foods, are rich in fiber. Fiber helps reduce blood cholesterol and lowers the risk of heart disease.
- Most vegetables are low in fat, sodium and calories, and do not contain any cholesterol.



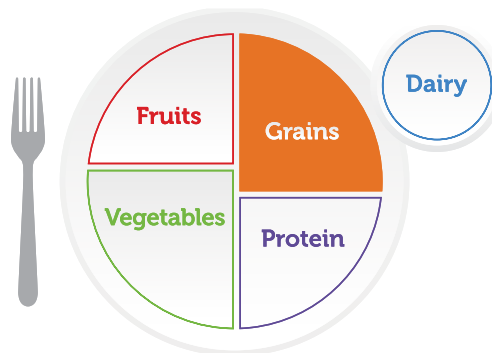
### What foods are in the vegetable group?

The vegetable group includes all veggies and 100% vegetable juice. Vegetables may be raw or cooked. They can also be fresh, frozen, canned or dried.

Veggies give us many key nutrients. These include vitamins, minerals and fiber. All those veggies also help us maintain a healthy weight. So, let's give our bodies what they need. Vary your veggies!



## Make Half Your Grains Whole Grains



### Health benefits of grains:

- Whole grains are rich in minerals like iron. Refined grains have had many of these nutrients removed. Whole grains are a much better option.
- Whole grains have more fiber than refined grains. This helps with digestion. Fiber also helps lower our cholesterol and our risk for heart disease.
- Whole grains are high in B vitamins. These help us convert food into energy. This is also helpful for keeping a healthy weight.

### What foods are in the grains group?

The grains group includes wheat, rice, oats, cornmeal, barley and others. Bread, pasta, cereals, grits and tortillas are examples of grain products. Some of these products are whole grain, but we need to check the package to be sure.

Refined grains have been milled, a process that removes the bran and germ. This process removes fiber, iron and many B vitamins. Some examples of refined grains are white flour, corn grits, white bread and white rice. When possible, we should choose whole grains. For now, let's try to make half our grains whole grains. That way, we get plenty of those valuable nutrients.

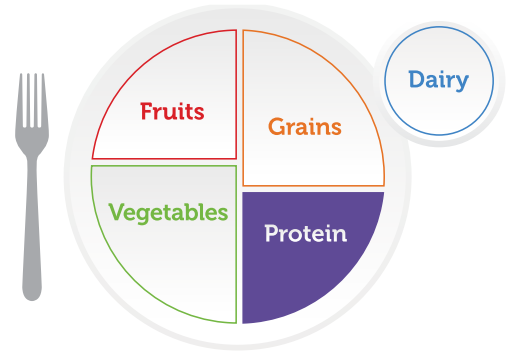




## Vary Your Protein Routine

### Health benefits of protein:

- Proteins work as building blocks. They form bones, muscles, cartilage, skin and blood. They even help build vitamins.
- Nutrients provided by various protein foods can differ. That is why variety is important. Eating a variety of proteins keeps your body working well.
- Many foods from the protein group have B vitamins and minerals. These also help build red blood cells. Iron helps prevent anemia. Magnesium helps build bones and supports muscle function. Zinc helps support our immune system.



### What foods are in the protein foods group?

Protein foods include:

- Seafood, meat, poultry and eggs
- Beans, peas and lentils
- Nuts, seeds and soy products

Beans, peas and lentils are also part of the vegetable group.

Most people eat plenty of meat, poultry and eggs. Let's try to eat more nuts, seeds, beans, peas, lentils, soy and seafood. These foods are high in protein. They also have unsaturated fats, fiber and vitamin D. They tend to be low in sodium and saturated fat.

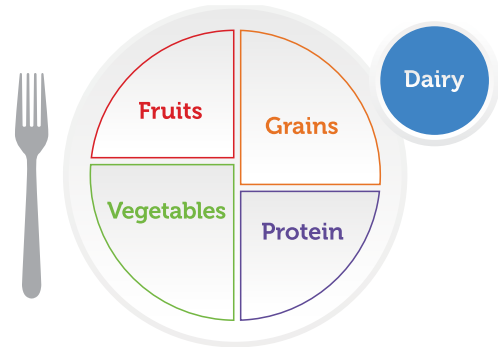




## Move To Low-Fat or Fat-Free Dairy

### Health benefits of dairy:

- Calcium and vitamin D are key nutrients at any age. Dairy helps to improve bone health. This is crucial for children and teens when bone mass is forming. These nutrients help keep our bones healthy as adults too.
- Dairy foods provide potassium, which helps control blood pressure.
- Low-fat and fat-free dairy is low in saturated fat. This helps lower blood cholesterol and keep our hearts healthy.



### What foods are included in the dairy group?

The dairy group includes milk, yogurt, cheese, lactose-free milk, fortified soy milk and yogurt.

It **does not include** foods made from milk with little calcium and high fat content. Examples of this are cream cheese, sour cream, cream and butter.

## Focus On Portion Sizes

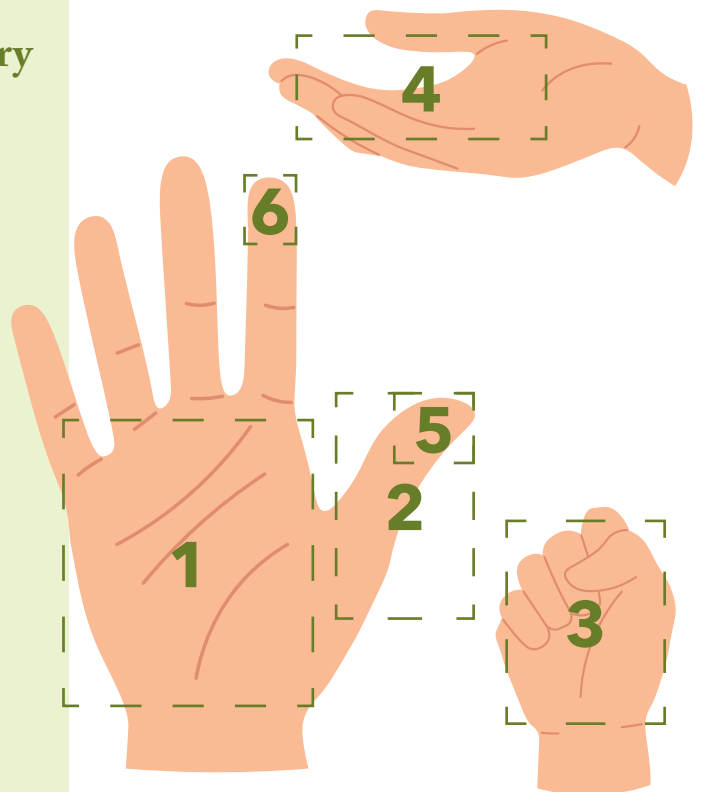
Portion size and serving size aren't always the same. A portion is the amount of food you choose to eat at one time. A serving is a specific amount of food, such as one slice of bread or 8 ounces (1 cup) of milk.

Portions at restaurants can be quite large. One meal can equal 3 to 4 servings! We tend to eat more when we're served more food. Keeping portions under control is important for managing weight and blood sugar.

If you're eating out, take half of your meal home to enjoy it later. At home, measure out snacks; avoid eating straight from the package. At mealtime, reduce the temptation to go back for seconds by keeping the serving bowls out of reach. And with this "handy" guide, you'll always have a way to estimate portion size at your fingertips:

When using MyPlate, focus on serving sizes shown below:

1. **3 ounces of meat, fish, or poultry**  
Palm of hand (no fingers)
2. **1 ounce of meat or cheese**  
Thumb (tip to base)
3. **1 cup or 1 medium fruit**  
Fist
4. **1-2 ounces of nuts or pretzels**  
Cupped hand
5. **1 tablespoon**  
Thumb tip (tip to 1st joint)
6. **1 teaspoon**  
Fingertip (tip to 1st joint)

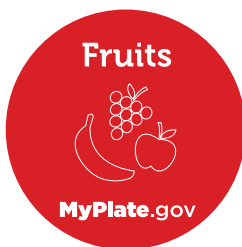
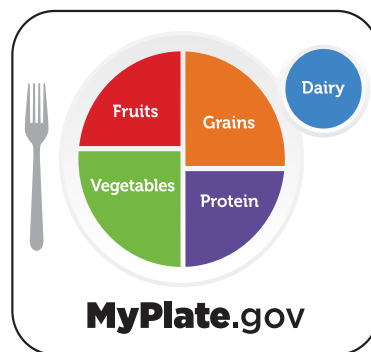




# MyPlate Daily Checklist

## Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and making sure that each choice is limited in saturated fat, sodium, and added sugars. Start with small changes—“My Wins”—to make healthier choices you can enjoy.



### 2 CUPS

Focus on whole fruits.

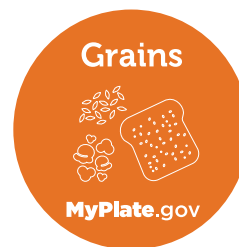
Focus on whole fruits that are fresh, frozen, canned, or dried.



### 2 1/2 CUPS

Vary your vegetables.

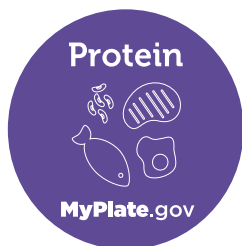
Choose a variety of colorful, fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.



### 6 OUNCES

Make half your grains whole grains.

Find whole-grain foods by reading the nutrition facts label and ingredients list.



### 5 1/2 OUNCES

Vary your protein routine.

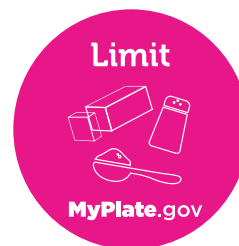
Mix up your protein foods to include seafood, beans, and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.



### 3 CUPS

Move to low-fat or fat-free milk or yogurt.

Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.



**Drink and eat less sodium, saturated fat, and added sugars. Limit daily intake to:**

- Sodium to **2,300 milligrams**
- Saturated fat to **22 grams**
- Added sugars to **50 grams**

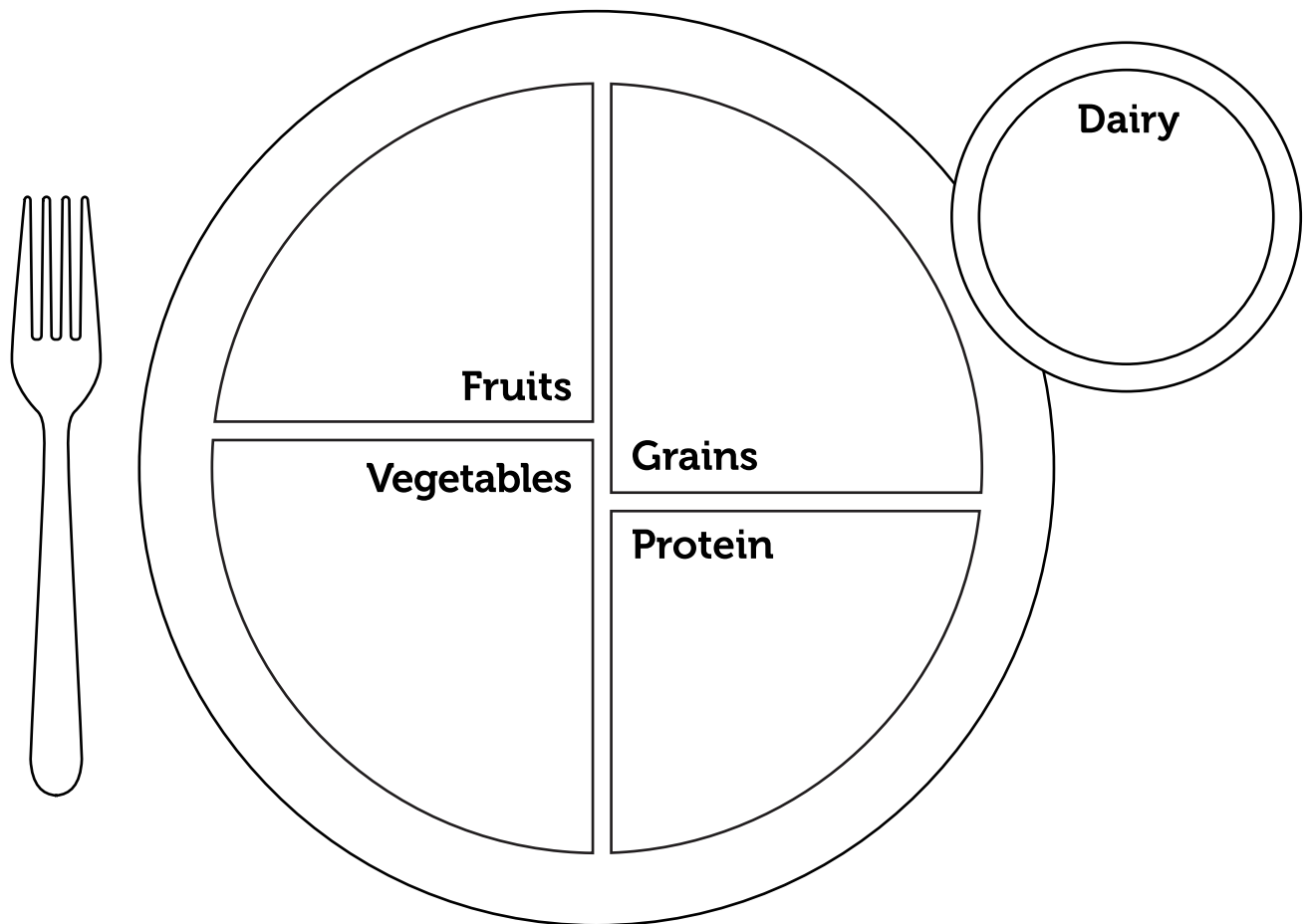
## Activity

# Use MyPlate to build a healthy plate

### Instructions:

1. Create a meal for breakfast, lunch or dinner.
2. Write the food name on the plate.
3. Use MyPlate serving size recommendations.

**Ask yourself:** Does it meet the goal of a healthy plate with a variety of foods from each group?



## Reading The Nutrition Facts Label

The Nutrition Facts Label can help us make healthy choices. The label shows the amount of nutrients per serving. This makes it easier to compare foods.

- We should eat more foods that are high in vitamins, minerals and fiber.
- We should eat fewer foods with added sugars, saturated fat and sodium (salt).

The % Daily Value is based on eating 2,000 calories a day. You may eat fewer or more calories a day. The amount depends on many things. This includes your age, gender, activity level and weight. It also depends on whether you are trying to lose, maintain or gain weight.

Let's take a closer look at the four parts of the Nutrition Facts Label.

**1. Serving Information** → 4 servings per container  
**Serving size** 1 cup (227g)

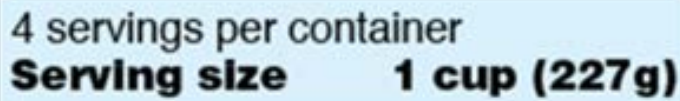
**2. Calories** → **Amount per serving**  
**Calories** 280

**3. Nutrients** →

	% Daily Value*
<b>Total Fat</b> 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 35mg	12%
<b>Sodium</b> 850mg	37%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

**4. Quick Guide to percent Daily Value (%DV)**  
 • 5% or less is **low**  
 • 20% or more is **high**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



4 servings per container  
**Serving size** 1 cup (227g)

## 1. Serving Information

- Gives us an idea of the amount people typically eat or drink.
- May be given in cups, pieces, grams or other units.
- Nutrient amounts are based on the serving size.

Ask yourself, “Am I eating  $\frac{1}{2}$  serving, 1 serving or more?” On our example food label, a serving is 1 cup. However, if we ate 2 servings, we are getting double the amount of all nutrients on the food label. This includes double the calories!



Amount per serving  
**Calories** 280

## 2. Calories

- Calories are a measure of energy in food and drinks.
- 2,000 calories a day is used as the standard on food labels.
- You may need more or less than 2,000 calories a day.

In the example, there are 280 calories in one serving of lasagna. What if you ate the entire package? That would be 4 servings or 1,120 calories.



### 3. Nutrients

You can use the label to get the nutrients you need. Look for foods that contain more of the healthy nutrients and less of the unhealthy nutrients.

✓ **Focus more on these nutrients:**

Dietary Fiber, Vitamin D, Calcium, Iron and Potassium

✗ **Focus less on these nutrients:**

Saturated Fat, Sodium and Added Sugars

- ✗
- ✗
- ✓
- ✗
- ✓
- ✓
- ✓
- ✓

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

Let's focus on eating foods high in nutrients we want more of. We can also limit the foods high in nutrients we want less of. This will help us meet our nutrient goals. This can also help us meet our weight and fitness goals. If we focus on nutrients, we are more likely to achieve a healthy weight.

### 4. The Percent Daily Value (%DV)

The % Daily Value (%DV) tells us how much a nutrient in a single serving adds to our daily diet. Let's look for sodium on our example food label. We see that each serving has 850 milligrams (mg) of sodium. This equals 37% of the sodium we should have in one day. If we are trying to eat less sodium, we can look for low-sodium options by reading the food label.

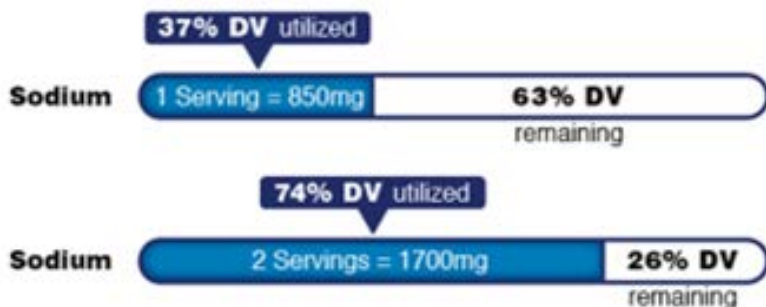
- 5% DV or less of a nutrient per serving is low.

## 2 READING THE NUTRITION FACTS LABEL

- 20% DV or more of a nutrient per serving is high.
- Use the %DV on the food label to make healthy choices.

One serving has 37% of the sodium for one day. However, what if we eat more than one serving? Well, eating 2 servings of this lasagna gives us 74% of our % Daily Value for sodium. That's about  $\frac{3}{4}$  of our sodium for the day!

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%



We can use the Nutrition Facts Label to shop for healthy foods. Then, we can use MyPlate to plan healthy meals with the food we buy. Remember, let's fill half our plate with fruits and veggies! When we need a reminder, let's simply refer to MyPlate as a guide. That way, we get plenty of the healthy nutrients we need and limit the less healthy nutrients that cause us health problems.

In Chapter 1, we became more aware of what we eat using the Mindful Eating Cycle. As we learn more about healthy eating, we find that food is important for other reasons as well.

For example, some foods may be important to our culture. Let's discuss this further in the next section.

## UNDERSTANDING FOOD AND CULTURE

### What Cultural Factors Influence My Eating Behaviors?

Our culture influences our food choices. This is known as food culture. Our food culture guides our food choices in many ways:

- Which ingredients we choose
- How we prepare meals
- What we think is healthy or unhealthy

Our food culture also connects us with our family traditions:

- Family and cultural traditions with mealtime
- Recipes that are passed down through family members
- What tastes, smells and sights connect us with our culture

Our food culture is a part of who we are. Also, our food and customs connect us to our cultural past. This helps keep our family traditions alive. We can keep our food culture and still achieve our health goals.

### How Does My Culture Affect My Cooking and Eating Habits?

Let's think about our cultural cooking and eating habits. We want to keep our food culture, but also eat healthy. We can and should embrace our food culture. However, sometimes it's helpful to adapt those foods to make them healthier.

Here are ways we can respect our cultural traditions while still eating healthy:

- **Modify recipes:** We don't have to avoid our cultural foods. We can modify recipes to make them healthier. For example, we can add more fruits and veggies to the cultural dishes we love.
- **Modify cooking:** We can change how we prepare foods to make them healthier. For example, if the chicken is usually fried, we could try baking instead. We could steam vegetables instead of frying or sautéing.

We can keep our food culture and eat healthy with small changes that make our cultural foods healthier. That way, we keep our traditions, cultural identity and still meet our health goals to prevent diseases.

## Reflection And Health Goal

Let's practice what we learned in this chapter by reading this scenario. When you finish reading Elisa's story, reflect on how you would help Elisa reach her health goals.

Elisa is hosting lunch at her new apartment. She's excited to impress her family and friends with their favorite foods. This is the list of foods she plans to cook and serve for lunch:

1. Refried pinto beans
2. Homemade Spanish rice
3. Homemade corn tortillas, fried for tacos
4. Taco meats include carnitas and carne asada
5. Drinks include homemade horchata and soda
6. Flan and chocolate cake for dessert



How can these foods be adapted to make them healthier?

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What foods and food groups could she include on the menu?

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Now, let's focus on you! Do you have any health goals that you would like to meet?

## Set a Health Goal

Set S.M.A.R.T. health goals that will help you stay focused. Here's how:

- S - Specific.** Know exactly what will be done to reach your goal.
- M - Measurable.** Measure the action to help keep track of your progress.
- A - Attainable.** Set the goal up for success by making it realistic.
- R - Relevant.** Set a clear goal based on the change you want to make in your life.
- T - Time-limited.** Keep a timeline for completion.

Look over the chapter and see if there is an area that you would like to focus on. Write your goal here:

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# Chapter 3

**MAKING HEALTHY FOOD CHOICES**

## MAKING HEALTHY FOOD CHOICES

Do you often have trouble planning healthy meals or picking the healthiest dinner options? It's time to end the confusion and learn how to make healthy food choices. Coming up with healthy meals can be a lot, and this feeling might come when we are at the grocery store.

To create a healthy plate at home, know which foods have high amounts of salt, fat and sugar. Reading the food labels at the grocery store and knowing which foods are high and low in these nutrients are great ways to lead you to healthy food choices.

### Why Choose Foods With Low Sodium?

Having too much salt can lead to high blood pressure, which may raise your risk of heart attack and stroke. The good news is that cutting down can help lower your blood pressure, keep your heart healthy and maintain a healthy weight.

AGE RANGE	SODIUM AMOUNT
Adults and children 14 years and older	Less than 2,300 mg a day
Children ages 9 to 13	Less than 2,300 mg a day
Children ages 4 to 8	Less than 2,300 mg a day
Children ages 2 to 3	Less than 2,300 mg a day

Dietary Guidelines for Americans recommends adults and children 14 years and older to limit salt intake to less than 2,300 mg per day, which is equal to about 1 teaspoon of table salt.



## What foods are high in salt?

You might get more salt than you need, even if you never pick up the saltshaker. That's because more than 70 percent of the salt we eat comes from packaged and restaurant foods. That can make it hard to control how much salt you eat because it is added to your food before you buy it.

Here are some tips when choosing healthy foods:

- Limit smoked, cured, salted or canned meats and fish such as bacon, cold cuts, ham, frankfurters, sausage, sardines and anchovies.
- Salt is used as a preservative in canned soups, chili, beans and spaghetti sauce, so limit these and cook more often at home to control the salt in your food.
- Look out for frozen foods that are high in salt, such as burritos or pizza. Compare labels and choose the product with the lowest salt.

Know about these six foods known as the “Salty 6.” They have very high levels of salt.

You can control the amount of salt you add yourself. But the next time you're at the grocery store, you can help lower the amount of salt you eat and drink with these tips:

- Buy low-salt, reduced salt or no-salt-added products.
- Look for fresh, frozen or canned veggies without added sauces.
- Choose fresh or frozen poultry, seafood and lean meats instead of ready-to-eat products.
- Add herbs and spices instead of salt to dishes.



American Heart Association.  
Healthy for Good™

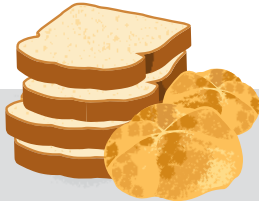
## DID YOU KNOW?

**These six popular foods can add high levels of sodium to your diet.**

As part of a healthy dietary pattern that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish and minimizes the intake of trans fats, red meat and processed red meats, refined carbohydrates, and sugary drinks, the American Heart Association recommends 2,300 milligrams (mgs) or less a day of sodium.\*



**Daily suggested sodium referenced below is based on 2,300 mgs/day recommendation:**



### BREADS & ROLLS

Some foods that you might eat throughout the day, such as bread, can add up to a lot of sodium even though each serving may not seem high in sodium.

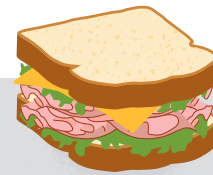
1



### PIZZA

A slice pepperoni pizza can contain almost a third of your daily recommended dietary sodium. Try swapping in veggies to your next slice.

2



### SANDWICHES

A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.

3



### COLD CUTS & CURED MEATS

One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as a third of your daily recommended dietary sodium. Build a sandwich with fresh vegetables such as lettuce, tomatoes, avocados, and bell peppers.

4



### SOUP

Sodium in one cup of canned soup of the same variety can range from 49 to 830 milligrams — more than a third of your daily recommended intake. Check the labels to find lower sodium varieties.

5



### BURRITOS & TACOS

Taco toppings and burrito fillings can pack a big sodium punch. Choose burritos and tacos that are full of veggies and lean sources of protein.

6



Compare labels whenever possible and choose options with the lower amounts of added sugars, sodium and saturated fat and no trans fat and look out for the Heart-Check mark, a simple tool to help you eat smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern, including sodium.

\*Also, remember serving size makes a difference. Eating double the serving size means you are eating double the sodium. 1,500 mg/d for those who are sensitive to sodium and /or at high risk for hypertension.

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## Why Choose Foods With Low Sugar?

Like salt, lowering your sugar intake is a step to making healthy food choices. Consuming less added sugar has many benefits, such as weight maintenance and preventing obesity, heart disease and diabetes. You hear about it often, but what should you know about sugar? Let's start with learning the types of sugar found in foods and drinks.

There are two types of sugar found in food and drinks; natural sugar and added sugar:

1. Natural sugar is found in food such as fruits, honey and milk.
2. Added sugar is added to food and drink items to make them sweet or add to the flavor.

## What are the recommendations for sugar?

The average person consumes around 17 teaspoons (71 grams) of added sugar each day, which exceeds recommended guidelines by the American Heart Association. The guidelines say:

- Men should have no more than 9 teaspoons (36 grams) of added sugar daily.
- Women should have no more than 6 teaspoons (24 grams) of added sugar daily.
- Children between the ages of 2 and 18 should have no more than 6 teaspoons (25 grams) of added sugar daily.

## To limit added sugars:

- Avoid sugary breakfast cereals, sugary snacks and candy.
- Drink water instead of sugar-sweetened drinks like soda, sports drinks and juice.
- Avoid desserts like cakes, cookies, pie, chocolate and ice cream.

## Choose no added sugar.

INSTEAD OF...	I WILL...
Choosing sweet breakfast cereals	Choose “cereals without added sugars”
Eating sweet desserts	Eat a piece of fresh fruit
Choosing canned fruit in syrup	Choose fresh or frozen fruit

## Check the label for added sugars.

Consuming less added sugar in foods and drinks can help maintain a healthy weight. Reading the food label can help you find foods that are high in added sugars.

Limit added sugars to <50 grams a day.

Check the label to see if foods are low or high in added sugars.

5% Daily Value (DV) or less is low, 20% DV or more is high.



## Why Choose Foods With Low Fat?

Types of fats have different effects on the body. Some dietary fats are needed from the food we eat, known as essential fat. Some raise the risk for disease, and some help prevent disease.

Let’s learn how dietary fats affect your body and how to choose foods with healthier fats.

### What are trans and saturated fats?

Trans fats are fats added to food when it is made. When food has trans-fat, it helps it last longer on the store shelf (or in your kitchen pantry), helps fats become more solid at room temperature, and makes some foods tastier.

Trans fats list:

- Snack foods like chips, crackers and cookies
- Nondairy creamer
- Premade products, like pie crusts, pizza dough and cookie dough
- Some pastries, donuts and pies

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Saturated fats** are from animal and some vegetable sources. It becomes solid at room temperature, like lard, butter and coconut oil. Over time, these can raise your cholesterol and your risk for heart disease.

Saturated fats list:

- Fast foods like tater tots and french fries
- Some spreads like margarine or peanut butter
- Fried foods like fried chicken, onion rings and nuggets

**Choose foods with no saturated or trans fats.**

INSTEAD OF...	I WILL...
Cooking in butter	Bake, broil or grill
Choosing whole milk	Choose fat-free or 1% milk
Choosing fattier cuts of meats	Eat lean cuts of meat, turkey or chicken without skin

**Check the label for saturated and trans fats.**

Saturated and trans fats can raise your risk for heart disease. Reading the food label can help you find which foods to limit and avoid.

Check the label to see if foods are low or high in saturated and trans fats.

- 5% Daily Value or less is low
- 20% Daily Value or more is high

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	1/3 box (100g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>450</b>
% Daily Value*	
<b>Total Fat</b> 15g	<b>20%</b>
Saturated Fat 8g	<b>41%</b>
Trans Fat 1g	
<b>Cholesterol</b> 30mg	<b>11%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 77g	<b>28%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 61g	
Includes 40g Added Sugars	<b>79%</b>
<b>Protein</b> 2g	
Vitamin D 2mcg	8%
Calcium 151mg	10%
Iron 12mg	70%
Potassium 115mg	2%
* The % Daily Values (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

WORKSHEET: Food Label Activity



Try It Out!

Use the information on this worksheet to answer the questions.

**Yummy Brand Cereal**

- 1 How many servings of cereal are in this container? \_\_\_\_\_
- 2 What is the serving size of this cereal? \_\_\_\_\_
- 3 How many grams of total sugars are in one serving of this cereal? \_\_\_\_\_
- 4 How many grams of added sugars are in one serving of this cereal? \_\_\_\_\_

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size 1 cup (43g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 34g	<b>13%</b>
Dietary Fiber 5g	<b>17%</b>
Total Sugars 7g	
Includes 3g Added Sugars	<b>7%</b>

**Happy Day Yogurt**

- 1 How many servings of yogurt are in this container? \_\_\_\_\_
- 2 What is the serving size of this yogurt? \_\_\_\_\_
- 3 How many grams of total sugars are in one serving of this yogurt? \_\_\_\_\_
- 4 How many grams of total sugars are in one container of this yogurt? \_\_\_\_\_
- 5 How many grams of added sugars are in one serving of this yogurt? \_\_\_\_\_
- 6 How many grams of added sugars are in one container of this yogurt? \_\_\_\_\_

<b>Nutrition Facts</b>			
2 servings per container			
<b>Serving size ¾ cup (170g)</b>			
<b>Calories</b>	<b>Per serving</b>	<b>Per serving</b>	<b>Per container</b>
	<b>90</b>		<b>180</b>
	<b>% DV*</b>		<b>% DV*</b>
<b>Total Fat</b>	1.5g <b>2%</b>	3g	<b>4%</b>
Saturated Fat	1g <b>5%</b>	2g	<b>10%</b>
Trans Fat	0g	0g	
<b>Cholesterol</b>	10mg <b>3%</b>	20mg	<b>6%</b>
<b>Sodium</b>	105mg <b>5%</b>	210mg	<b>10%</b>
<b>Total Carb.</b>	11g <b>4%</b>	22g	<b>8%</b>
Dietary Fiber	0g <b>0%</b>	0g	<b>0%</b>
Total Sugars	9g	18g	
Incl. Added Sugars	0g <b>0%</b>	0g	<b>0%</b>

1. Servings Per Container: 2
2. Serving Size: ¾ cup (170 grams)
3. Grams of Total Sugars per Serving: 9
4. Grams of Total Sugars per Container: 18
5. Grams of Added Sugars per Serving: 0
6. Grams of Added Sugars per Container: 0

**Happy Day Yogurt Answers**

1. Servings Per Container: 12
2. Serving Size: 1 cup (43 grams)
3. Grams of Total Sugars per Serving: 7
4. Grams of Added Sugars per Serving: 3

**Yummy Brand Cereal Answers**

## SHOPPING SMART

Healthy food choices don't have to cost a lot. Eating healthy meals can still fit your budget. Here are cost-saving ways to plan, save money and choose healthy options.

### Plan Before You Shop

Start by planning meals and snacks in a way that works for your family and budget. These tips will allow you to look at what you are spending to make small changes that add to big savings.

#### 1. Read the store flyer for weekly specials.

- Ask the store what the delivery days are to get the freshest picks.
- Join your store's loyalty program. Get special offers, coupons and savings for joining.
- Learn how to search on the store website for weekly specials.

#### 2. Shop with a grocery list.

- Be proactive before going to the grocery store. To save up to \$20 or more, think about the meals you'll cook when making your grocery list.
- Base your budget on the weekly meals.
- Make meals that will "stretch" high-priced food items (stews, casseroles, stir-fries).
- Know your budget and remind yourself not to overspend.
- Stay out of the aisles that don't have things on your list.

See **Appendix A** for a sample grocery list.



## Buy Store or Generic Brands

When you shop, the store brand is almost always cheaper than the name brand for the same quality product. Take time to grab two or more items off the shelf to read the front of the label to compare size and cost.

Start by finding the same size items. Then, choose the lower-priced item without compromising quality.

## Buy Fruits and Veggies Lower in Cost Year-round

Buy “in season” when it is lower-priced and at peak flavor. Seasonal fruits and veggies also have more vitamins and minerals.

## Choose Frozen

Frozen fruits and veggies last much longer than fresh. They are a quick way to add food to your meals and snacks. If you have the freezer space, stock up on frozen foods without added sauces or butter. They are as good for you as fresh fruits and veggies, and may cost less.

Use frozen fruit like blueberries and strawberries in smoothies. It will add sweetness without the added sugar.

## Buy In Bulk

To lower how much you spend, buy in bulk or “family size.” There are many ways to save time and money when eating healthy on a budget.

- **Buying non-perishable items** like dried beans, rice and canned fish, like tuna and salmon, in bulk can save you money and shopping time.
- **Buying meats in bulk** can sometimes be lower-priced. Buy the family-sized or value pack and freeze what you don't use.
- **Freeze items** such as meat, milk, cheese and bread in smaller servings to use as needed.

## Set a Health Goal

Set S.M.A.R.T. health goals that will help you stay focused. Here's how:

**S - Specific.** Know exactly what will be done to reach your goal.

**M - Measurable.** Measure the action to help keep track of your progress.

**A - Attainable.** Set the goal up for success by making it realistic.

**R - Relevant.** Set a clear goal based on the change you want to make in your life.

**T - Time-limited.** Keep a timeline for completion.





# Chapter 4

**CREATING HEALTHY HABITS**

## CREATING HEALTHY HABITS

As discussed in the earlier chapters, a person's weight is affected by many things. These causes can be home setting, family past and traits, food choices, way of life, metabolism, actions or habits. This chapter is going to focus on three habits that help someone have a healthy weight:

- Improving sleep
- Lowering stress
- Staying active

### What Is Good Sleep?

Quality sleep is a vital part of keeping a healthy weight. During sleep, the body lets the brain and body heal for the next day. It makes hormones that control hunger and stress levels. It also makes growth hormones for muscles and metabolism.

People often lose sleep due to work, family duties or watching a good show on TV. If people do not get enough sleep, it can raise the risk of:

- Obesity
- High blood sugar
- High blood pressure
- Heart disease
- Stroke
- Poor mental health



## How much sleep is needed each day?

Age Group		Recommended Hours of Sleep Per Day
Newborn	0-3 months	14-17 hours (National Sleep Foundation) No recommendation (American Academy of Sleep Medicine)
Infant	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including naps)
Preschool	3-5 years	10-13 hours per 24 hours (including naps)
School Age	6-12 years	9-12 hours per 24 hours
Teen	13-18 years	8-10 hours per 24 hours
Adult	18-60 years	7 or more hours per night
	61-64 years	7-9 hours
	65 years and older	7-8 hours

*Based off of material from “Centers for Disease Control and Prevention”*

## What are tips for better sleep?

**Be consistent:** Go to sleep at the same time and wake up at the same time

**Check bedroom environment:** Quiet, dark, relaxing, temperature

**Remove electronic devices:** TV's, computers, phones

**Avoid meals and drinks before going to sleep:** Large meals, caffeine, alcohol

**Exercise:** Even a little bit can help you fall asleep more easily

## Sleep Quality

Good quality sleep is as important as getting enough sleep. Feeling sleepy or tired after a full night's sleep are signs of poor sleep quality. Other signs include waking up during the night and warnings of sleep health issues, such as snoring or gasping for air.

Better sleep habits may help the quality of sleep. Talk to your doctor if you have sleep issue warnings such as snoring or being very sleepy during the day after a full night's sleep.

Another way to help sleep quality is to keep a sleep diary. Tracking sleep routines can help to see the parts that need changes. Go to **Appendix B** to see a sleep diary.

Next, we are going to talk about how to lower stress.

## How Can I Cope With Stress?

Many of us are facing challenges that can be stressful. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you.

Stress can cause:

- Feelings of fear, anger, sadness, worry, numbness or letdown.
- Changes in hunger, strength, desires and hobbies.
- Trouble focusing and making choices.
- Nightmares or problems sleeping.
- Body reactions, such as headaches, body pains, stomach problems or skin rashes.

- Worsening of life-long health problems and mental health issues.
- Greater use of alcohol, illegal drugs like heroin, cocaine, or methamphetamine and misuse of pain medications (like Opioids).

### **Healthy ways to cope with stress:**

- Take breaks from watching, reading or listening to news stories.
  - Hearing painful events routinely can be upsetting.
  - Unplug from your phone, TV and PC screens.
- Take care of yourself and your body.
  - Eat healthy, be active, sleep and take breaks.
  - Skip drinking, smoking tobacco, drugs and drug abuse.
- Take time to do things you enjoy.
  - Focus on uplifting things.
  - Try to call to mind the things you enjoyed doing as a child or teen. What things brought you joy and excitement?
- Talk with others.
  - Share your concerns and feelings with others you trust.
  - Talking to friends and family members about your concerns can help build the support you need.
- Link up with your town or faith-based organizations.
  - Look around the neighborhood for upcoming events. Many group hubs and churches have fun programs for parents and children.
  - Group or faith-based groups also have classes and support that can help with stress. Ask group members about any programs that they have heard of.

- Know when you need help.
  - Sometimes people need an expert to help due to a shock or unexpected life event. It is vital to talk to your doctor if you are feeling sad for long cycles of time or having thoughts about death.

There are many tools to cope with stress and help mental health, but here are a few that would be helpful on your health journey:

### **Ways to Relax:**

- Deep Breathing
- Imagery
- Progressive Muscle Relaxation

To use these tools, go to “Healthy Habits Exercises” in the next chapter (chapter 5).

### **We are going to use a tool here:**

**Thankfulness Letter:** Think about someone who you value. This could be a person who has had a major impact on your life or someone who you would like to thank. Write a letter that tells why you value them and show reasons why. It is up to you if you'd like to share the letter or not.



Dear \_\_\_\_\_,

I want to say thank you for these reasons \_\_\_\_\_

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I value you because \_\_\_\_\_

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From \_\_\_\_\_

Think about how you feel after you wrote your letter and showed thanks.

Write down how you feel here:

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Next, we are going to talk about staying active.

## How Can I Be Physically Active?

Being active is one of the most vital habits people of all ages can take to help their health. Staying active helps in:

- Growth of body
- Better sleep
- Lowering the risk of life-long health problems like heart disease, high blood sugar, high blood pressure, high cholesterol, stroke and some types of cancer
- Mood
- Healthy weight
- Building body strength
- Lowering worry and sadness

### **What are the physical activity recommendations?**

Staying active is any one thing that gets your body moving. Each week, adults need 150 minutes of moderate intensity and two days of muscle-strengthening activity. We know 150 minutes of staying active each week sounds like a lot, but you don't have to do it all at once. It could be 30 minutes a day, five days a week. You can spread your activity out during the week and break it into smaller time slots.

Adults should move more and sit less throughout the day. Some activity is better than none.

PRESCHOOL-AGED CHILDREN	CHILDREN AND ADOLESCENTS	ADULTS	OLDER ADULTS
3-5 YEARS	6-17 YEARS	18-64 YEARS	65 YEARS & OLDER
<p>Physical activity every day throughout the day</p> <p>Active play through a variety of enjoyable physical activities</p>	<p>60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity daily</p> <p>A variety of enjoyable physical activities</p> <p>As part of the 60 minutes, on at least 3 days a week, children and adolescents need:</p> <ul style="list-style-type: none"> <li>• Vigorous activity such as running or soccer</li> <li>• Activity that strengthens muscles such as climbing or push ups</li> <li>• Activity that strengthens bones such as gymnastics or jumping rope</li> </ul>	<p>At least 150 minutes a week of moderate intensity activity such as brisk walking</p> <p>At least 2 days a week of activities that strengthen muscles</p> <p>*Aim for the recommended activity level but be as active as one is able.</p>	<p>At least 150 minutes a week of moderate intensity activity such as brisk walking</p> <p>At least 2 days a week of activities that strengthen muscles</p> <p>Activities to improve balance such as standing on one foot</p> <p>*Aim for the recommended activity level but be as active as one is able.</p>

*Based off of material from “Centers for Disease Control and Prevention.”*



## Moderate Intensity vs. Vigorous

Moderate-intensity activities get you moving fast enough to burn more calories per minute. Fitness experts measure being active in Metabolic Equivalents (METs). The faster you move, the more calories you burn. Use this table as a model of intensity rates:

Light	Moderate	Vigorous
< 3.0 METs	<3.0 - 6.0 METs	> 6.0 METs
<ul style="list-style-type: none"> <li>• Walking slowly</li> <li>• Sitting using computer</li> <li>• Standing light work (cooking, washing dishes)</li> <li>• Fishing sitting</li> <li>• Playing most instruments</li> </ul>	<ul style="list-style-type: none"> <li>• Walking very brisk (4 mph)</li> <li>• Cleaning heavy (washing windows, vacuuming, mopping)</li> <li>• Mowing lawn (power mower)</li> <li>• Bicycling light effort (10-12 mph)</li> <li>• Badminton recreational</li> <li>• Tennis doubles</li> </ul>	<ul style="list-style-type: none"> <li>• Hiking</li> <li>• Jogging at 6 mph</li> <li>• Shoveling</li> <li>• Carrying heavy loads</li> <li>• Bicycling fast (14-16 mph)</li> <li>• Basketball game</li> <li>• Soccer game</li> <li>• Tennis singles</li> </ul>

1	<b>Very Light Activity:</b> Breathing not changed
2-3	<b>Light activity:</b> Easy to breathe and carry on a conversation
4-6	<b>Moderate Activity:</b> Breathing more heavily - can carry on a conversation, but it requires more effort
7-8	<b>Vigorous Activity:</b> On the verge of becoming uncomfortable - conversation requires maximum effort
9	<b>Very Hard Activity:</b> Difficult to maintain exercise or speak
10	<b>Maximum Effort Activity:</b> Full out effort - no conversation possible



## Aerobic Exercises

Moderate-intensity exercises will increase your heart rate, cause higher breathing, and make you feel better.



Fast Walking



Cycling



Basketball



Water Aerobics



Volleyball



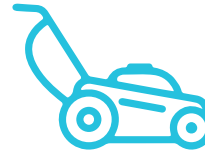
Hiking



Skateboarding



Roller Blading



Mowing  
the Lawn



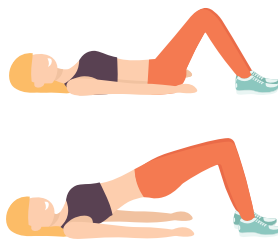
Vacuum  
Cleaning

## Strength Exercises

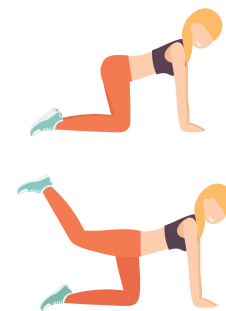
For muscle-strengthening activities, you want to do them 2 days a week. Exercise all main muscle groups, such as legs, hips, back, chest, abdomen, shoulders, glutes, and arms. Exercise for each muscle group should be repeated 8-12 times per session.



Lunges



Hip Bridge



Leg Lifts



Push-ups



Sit ups



Squats

## Tips to be active.

- Do fun, active hobbies and sports.
- Make the activity a fun time with family.
- Do short workouts throughout the day — start with 10 minutes!
- If you are too busy, try exercising while doing chores at home. When you are doing laundry, jump ten times before putting in the load and then ten more times after you put in the load.
- Use tracking tools: Go to **Appendix C** for My Physical Activity Diary.
- Make a plan: Go to **Appendix D** for the Physical Activity Plan.

## Let's go over what we learned in this chapter by making a present and future “My Daily Routine” plan.

The point of the workout is to see what our present “daily routine” looks like and if we would like to add new habits to our future daily routine.

**Key Points:** Write each thing you do during the day, even the hours you sleep and watch TV, and so on. Then, write down what you would like your future to look like.

## My Daily Routine

Fill in the hours that make up your typical day and then fill out what you would like your day to look like in the future.

Time	Present	Future
6 a.m.		
7 a.m.		
8 a.m.		
9 a.m.		
10 a.m.		
11 a.m.		
12 p.m. (noon)		
1 p.m.		
2 p.m.		
3 p.m.		
4 p.m.		
5 p.m.		
6 p.m.		
7 p.m.		
8 p.m.		
9 p.m.		
10 p.m.		
11 p.m.		
12 a.m. (midnight)		
1 a.m.		
2 a.m.		
3 a.m.		
4 a.m.		
5 a.m.		

**Think:** What are some hours during the day that can be healthy habit activities?

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## Set a Health Goal

Set S.M.A.R.T. health goals that will help you stay focused. Here's how:

**S** - Specific. Know exactly what will be done to reach your goal.

**M** - Measurable. Measure the action to help keep track of your progress.

**A** - Attainable. Set the goal up for success by making it realistic.

**R** - Relevant. Set a clear goal based on the change you want to make in your life.

**T** - Time-limited. Keep a timeline for completion.

Look over the chapter and see if there is a habit that you would like to focus on. Write your goal here:

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# Chapter 5

**HEALTHY HABITS EXERCISES**



## What are Relaxation Techniques?

Relaxation techniques are methods we use to calm our body and mind. These techniques often help slow our breathing and calm our mind. They can also lower our blood pressure and slow down our heart rate. The goal is to create a calming response, which is the opposite of the stress response.

During the stress response, our breathing, heart rate and blood pressure all increase. Over time, this causes extra damage to the body and mind. This can increase our risk for chronic diseases like heart disease, stroke and diabetes.

## Types of Relaxation Techniques

The good news is that relaxation techniques are often very simple. Many of them are free and take very little time. Keep in mind that different techniques work for different people. Try different types, and when you find ones that you enjoy, do them often. Do them when you feel stress, but also consider doing them daily no matter how you feel. This will help control stress and keep you healthy and happy.

Here are a couple examples of relaxation techniques:

- **Breathing Exercises:** For breathing exercises, you might focus on taking slow, deep breaths. When we are relaxed, we tend to do this naturally. However, when we are stressed, we often take short, rapid breaths. When we breathe slowly and calmly, it tells our brain to calm our body. The more you practice, the better you can calm your brain and body—simply by breathing in a slow, calm way.

**How it works:** Take slow, deep breaths while counting in your head. If you can, breathe in for 5 or more seconds. Next, hold the breath for 5-10 seconds. Lastly, breathe out for 5-10 seconds. To breathe deep, focus on extending your belly out while you breathe in. That is why deep

breathing is sometimes called “belly breathing.” This helps to get deeper breaths and use your diaphragm which helps your lungs fill with more air.

- **Guided Imagery or “Visualization”:** In guided imagery, you picture objects, scenes or events that help you feel calm. Imagining these pleasant images can help calm your mind and body. These images may trigger a fun or relaxing memory, which may also distract our mind from the stress we are feeling.

**How it works:** Find a quiet space and get in a comfortable position. Think of scenery that is relaxing for you. This may be a deserted beach, a mountain trail or a park. If we use the beach example, imagine you are walking down the beach and use all your senses. Notice the way the sand feels between your toes. Imagine the bright sun and gentle breeze. You can smell the salty ocean, and perhaps taste a refreshing summer drink. Hold on to the imagery for 5 minutes or more. Try different objects, scenes or events that make you feel relaxed.

## **Progressive Muscle Relaxation** (see page 80)

Other relaxation techniques may include meditation, massage therapy, yoga, and tai chi to name a few. These can produce calming effects on the mind and body. Also, some of these techniques are free and take only a few minutes. If you are short on time, try fitting in a meditation or guided imagery break into your day. You may find that just a few minutes makes a big difference in how you feel.

Using relaxation techniques daily also helps keep us healthy in many ways. These methods help reduce anxiety and stress. They can also help relieve pain due to headache, back pain or arthritis. These techniques also help promote better sleep. The more we practice these techniques, the more health benefits we get.

## More To Consider

- If you have severe or long-lasting symptoms of any kind, see your health care provider. You might have a condition that needs to be treated promptly. For example, with depression or anxiety, it's important to seek help from a health care professional.
- Take charge of your health—talk with your health care providers about any relaxation techniques you use. Together, you can make shared, well-informed choices that will help keep you healthy.

<https://www.nccih.nih.gov/health/relaxation-techniques-what-you-need-to-know>



## Writing a Letter to My Past Self

This letter-writing activity challenges you to think about who you were, who you are now and who you want to become. This activity can help you think about how you want to live now by looking back at the person you once were.

Focus on what advice you would give your past self. Tell your past self about what has happened between now and then.

### How do I write a letter to my past self?

Be honest. Refer to your younger self as ‘you.’ Be compassionate and empathetic. Tell yourself what you wish you had been told by someone else back then. Stay focused on one or two issues as you follow the 3 parts of letter-writing.

**PART 1:** Recall and describe. Ask yourself questions such as:

Challenges and Success:

- What would you tell yourself to get through some of the challenges that you faced?
- What would you tell yourself about your successes and the way you dealt with them?

Relationships with people:

- What type of people have helped you along the way?
- What type of people have made life harder?
- Who do you wish you had spent more time with?

Lessons and advice:

- What is the best advice you could give your past self?
- What are some of the main things you have learned since then?
- What should your past self look out for?

**PART 2:** Current reflection. Ask yourself questions such as:

- Are there some people or types of people you wish you had spent more or less time with? How can you change that now?
- What else can you take away and apply better to your life and your immediate future?
- Of the advice you have given to your past self, how much of it are you following today? How could you follow the advice better?

**PART 3:** Activity insights. Describe ways you can grow from your experience:

- Tell your past self the insights that you have about your issue or struggle.
- Offer compassion.
- Promote healing and closure.

Examples are provided on the next page if you would like further direction.



## Letter to My Past Self:

### Recall and Describe

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### Current Reflection

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### Activity Insights

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## Letter to My Past Self:

### Recall and Describe

You had many challenges in life, home, personal relationships and in your career. You chose a job that you were unhappy with. And you chose a place to live because it was all you could afford. You ended relationships with friends. Don't regret those decisions. You made them because you it is what you had to do at the time. You stayed strong and had many regrets but don't feel bad. Even though you felt like giving up many times, you didn't. You will get stronger and wiser as years go by. When there are challenges in your life, don't be scared. Face them without fear.

### Current Reflection

5 years from now, you'll realize that all the forks in the road were choices. You chose based on what you knew then, so it wasn't right or wrong. You'll take a different road in some places, and it will keep you grounded. A lot of mistakes will be made, but you'll learn from them because you didn't know that they would be a mistake. But, you'll come through it. Trust me.

### Activity Insights

When there are challenges in your life, don't be scared. Face them without fear. Live a full life and be grateful for everything that was given to you.

## Gratitude Exercises

Gratitude is a feeling of appreciation to someone or something, no matter how big or small. Gratitude helps people focus on what they have instead of what they lack. Making the practice of gratitude part of your healthy habits can build self-esteem and happiness. This can grow stronger with use and practice and may even provide health benefits.

### How do I practice gratitude?

Just like the **Letter to My Past Self** on the previous page, be honest. Journal daily some things good about your day. Showing appreciation for all of the positive things in our life can help increase happiness and reduce stress.

For each area of your life (listed below), list what you are most grateful for.

**Positive things about my health and body:** It's important to keep ourselves on the list of things we are grateful for. Having a good relationship with yourself will help you have healthy relationships with others. What things are you grateful for about yourself?

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**Activities I enjoy:** Whether it's preparing a meal, pausing to admire the sunset or telling a friend your good news—the idea is to linger, take it in and enjoy the experience. What helps you enjoy the moment without thinking of anything else?

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## Grateful Contemplation

Remove yourself from distractions such as phones or TV and spend 5-10 minutes mentally reviewing the good things from your day. The key to this technique is consistency. Think of it like brushing your teeth or exercise—it should be a normal part of daily self-care. This technique can be practiced as part of prayer, meditation, or on its own.



## Walk with Mindfulness

Go for a walk (this may include the inside of a mall or a local parking lot or school). As discussed in Chapter 1 of this book, practice mindfulness. This time, start to appreciate your surroundings. You can do this by focusing on each of your senses, one at a time. Spend a minute just listening to sounds. What do you hear? Then look around slowly and notice fine details. Try to notice the sights, sounds, smells, and sensations normally would not notice, such as a cool breeze on your skin, or a small blooming plant.

## Progressive Muscle Relaxation Script

Relaxation techniques are a great way to help with stress management. Relaxation isn't only about peace of mind or enjoying a hobby. It's a process that decreases the everyday stress effects on your mind and body. These techniques can help with stress-related health problems, such as heart disease and pain. Get started on de-stressing your life and improving your health and overall well-being.

### How do I do progressive muscle relaxation?

Progressive muscle relaxation is a technique to do anywhere, and you don't need special equipment. All you need is focus, attention and a quiet spot where you won't be distracted. In this relaxation technique, you focus on slowly tensing and then relaxing each muscle group.

This can help you focus on the difference between muscle tension and relaxation. You can become more aware of physical sensations. In one method of muscle relaxation:

- Inhale and tense one muscle group and hold for 5 seconds.
- Then, exhale as you let your muscles fully relax.
- Relax for 10 to 20 seconds before you move on to the next muscle group and repeat.
- When you have finished the relaxation procedure, remain seated for a few moments allowing yourself to become alert.



## Start the relaxation sequence:

1. **Right hand and forearm.** Make a fist with your right hand. Hold, then let go.
2. **Right upper arm.** Bring your right forearm up to your shoulder to “make a muscle.” Hold, then let go.
3. **Left hand and forearm.** Make a fist with your left hand. Hold, then let go.
4. **Left upper arm.** Bring your left forearm up to your shoulder to “make a muscle.” Hold, then let go.
5. **Forehead.** Raise your eyebrows as high as they will go. Hold, then let go.
6. **Eyes and cheeks.** Squeeze your eyes tight shut. Hold, then let go.
7. **Mouth and jaw.** Open your mouth as wide as you can. Hold, then let go.
8. **Neck.** Be careful as you tense these muscles. Face forward then pull your head back slowly. Hold, then let go.
9. **Shoulders.** Tense the muscles in your shoulders as you bring your shoulders up towards your ears. Hold, then let go.
10. **Shoulder blades/Back.** Push your shoulder blades back, trying to almost touch them together, so that your chest is pushed forward. Hold, then let go.
11. **Chest and stomach.** Breathe in deeply, filling up your lungs and chest with air. Hold, then let go.
12. **Hips and buttocks.** Squeeze your buttock muscles. Hold, then let go.
13. **Right upper leg.** Tighten your right thigh. Hold, then let go.

14. **Right lower leg.** Pull your toes towards you to stretch the calf muscle. Hold, then let go.
15. **Right foot.** Curl your toes downwards. Hold, then let go.
16. **Left upper leg.** Tighten your left thigh. Hold, then let go.
17. **Left lower leg.** Pull your toes towards you to stretch the calf muscle. Hold, then let go.
18. **Left foot.** Curl your toes downwards. Hold, then let go.

Practice means progress. Only through practice can you become more aware of your muscles, how they respond with tension, and how you can relax them. Training your body to respond differently to stress is like any training – practicing consistently is the key.

Adapted from Centre for Clinical Interventions: [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)







# Appendices





# TWO WEEK SLEEP DIARY

**INSTRUCTIONS:**

(1) Write the date, day of the week, and type of day: Work, School, Day Off, or Vacation. (2) Put the letter "C" in the box when you have coffee, cola or tea. Put "M" when you take any medicine. Put "A" when you drink alcohol. Put "E" when you exercise. (3) Put a "B" in the box to show when you go to bed. Put a "Z" in the box that shows when you think you fell asleep. (4) Put a "Z" in all the boxes that show when you are asleep at night or when you take a nap during the day. (5) Leave boxes empty to show when you wake up at night and when you are awake during the day.

*SAMPLE ENTRY BELOW: On a Monday when I worked, I jogged on my lunch break at 1 PM, had a glass of wine with dinner at 6 PM, fell asleep watching TV from 7 to 8 PM, went to bed at 10:30 PM, fell asleep around Midnight, woke up and couldn't get back to sleep at about 4 AM, went back to sleep from 5 to 7 AM, and had coffee and medicine at 7 AM.*

Date	Day of the week	Type of Day (Work, School, Day Off, Vacation)	Noon	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	10 PM	11 PM	Midnight	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9 AM	10 AM	11 AM
sample	Mon.	Work		E					A	Z			B		Z	Z	Z	Z		Z	Z	C				

# My Physical Activity Diary

Week: \_\_\_\_\_ Month: \_\_\_\_\_

Monday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Tuesday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Wednesday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Thursday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Friday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Saturday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

Sunday		
Time of Day	Description of Activity (Type and Intensity Level)	Duration

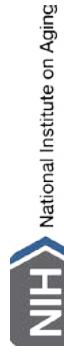
**Notes:**

# Weekly Exercise and Physical Activity Plan

Use this form to make your own exercise and physical activity plan—one you think you really can manage. Update your plan as you progress. Aim for moderate-intensity endurance activities on most or all days of the week. **Try to do strength exercises for all of your major muscle groups on 2 or more days a week, but don't exercise the same muscle group 2 days in a row.** For example, do upper-body strength exercises on Monday, Wednesday, and Friday and lower-body strength exercises on Tuesday, Thursday, and Saturday. Or, you can do strength exercises of all of your muscle groups every other day. Don't forget to include balance and flexibility exercises.

Week of \_\_\_\_\_

ACTIVITY TYPE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Endurance							
Upper-Body Strength							
Lower-Body Strength							
Balance							
Flexibility							



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## Member Services

1-800-440-4347 | TTY 1-800-718-4347

Monday-Friday, 7am-7pm

Saturday-Sunday, 8am-5pm

