

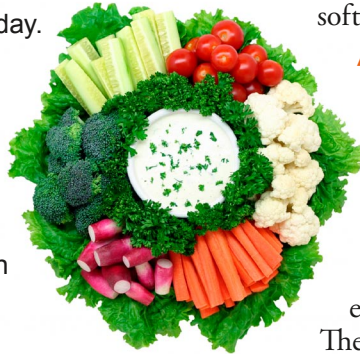


Maintain a healthy weight naturally

CHALLENGE
Use 5+ of the
suggested
methods
daily.

Requirements to Complete this WELLNESS CHALLENGE

1. Use your body's natural weight control mechanisms to achieve and maintain a healthy weight, following the suggestions in this Wellness Challenge.
2. Record the activity on your monthly **Wellness Challenge Calendar** each day.
3. Read "Your body, your weight" and "Natural weight management."
4. To complete the Challenge, you must use 5 of the 15 suggested methods each day.
5. Keep records of your completed Challenge in case your organization requires documentation.



Your body, your weight

Your body is designed to maintain a healthy weight. So why are 2 of every 3 American adults overweight? Many factors contribute to a person's weight, including heredity, metabolism, culture, lifestyle, stress, and other emotions. Learning what triggers your weight gain can help you achieve and maintain the weight that is right for you.

Natural weight management

Long-term weight management takes a commitment to make realistic lifestyle choices. Many people can reverse their weight-gain tendency by using their body's natural weight control mechanisms, including physical activity and healthy eating habits.

Excess weight can lead to serious illnesses including diabetes, heart disease, and stroke. If overweight, losing even 5 to 10% of your current weight can help improve your health.

1. Eat foods high in dietary fiber

Eating high-fiber foods (e.g., salads, bean soups, fresh fruit, vegetables, and whole-grain breads and cereals) helps you manage your weight.

2. Choose low-glycemic meals.

People who eat low-glycemic foods (e.g., legumes, soy, veggies, most fresh fruit, healthy proteins, and whole grains such as steel-cut oats) don't get as hungry as soon and eat less throughout the day. Limit refined foods, white breads, white rice, potatoes, soft drinks, baked goods, sugar, and sweets. A listing of the glycemic index of common foods is available at: www.wellsourc.com/360/pdf/Glycemic_Index-complete.pdf

3. Eat low-calorie-density foods.

Research shows that people eat fewer calories when served foods high in volume, water, and weight, but low in calories. Examples of low-calorie-density foods include apples, oranges, fresh or steamed veggies, skim milk, low-fat cottage cheese, and egg substitute. Limit meats, fried foods, full-fat cheese, cream, butter, ice cream, margarine, soft drinks, sweets, desserts, and snack foods.

4. Eat low-calorie foods first.

Eat fresh fruit, salad, or soup at the beginning of a meal to reduce appetite. Research shows that doing this results in eating fewer calories for the whole meal – without even trying.

5. Don't eat and watch TV at the same time.

People quickly learn to associate watching TV with eating. Whenever they watch TV, they want to eat. The same principle applies to snacks at movies.

6. Eat a good breakfast daily.

People who skip breakfast generally weigh more than those who don't. A good breakfast doesn't have to be large. A healthy breakfast could include fresh fruit, whole-grain bread or cereal, milk or soymilk, healthy fat (i.e., nuts), and healthy protein (e.g., tofu or egg substitute).

7. Replace poor habits with positive habits:

- Eat regular, well-balanced meals at regular times – don't snack between meals. Skipping meals leads to overeating later.
- Eat the whole food rather than juice – eat an orange in place of orange juice. Avoid sugary drinks and limit fruit drinks.
- Eat warm, satisfying meals before 7 p.m., brush your teeth, and eat no more until morning.
- Learn new rewards. Rather than turning to "comfort foods" when you feel upset or sad, take a walk, visit with a friend, or soak in a hot tub.
- When you start to feel full, stop eating. It's OK to leave food on your plate. It's better for food to go to waste than to your waist!

8. Eat more slowly.

Give your stomach time to send a signal to your brain that you've eaten enough. Visit with your family. Make mealtime an enjoyable, social event, not just a time to eat as much as you can as quickly as you can.

9. Limit portion sizes.

Food portion sizes are getting bigger and so are people. Measure portions to get a better idea of standard serving sizes:

- **Fruit** – 1 small orange, apple, peach, banana, 1 C fresh fruit, ½ C cooked, 6 oz juice
- **Vegetables** – 1 C raw, ½ C cooked, 6 oz juice
- **Grains** – 1 small slice bread, 1 small pancake, 2" muffin, ½ C cooked cereal, ⅔ C ready-to-eat cereal, ½ C rice, pasta, or cooked cereal
- **Dairy** – 1 C low-fat milk or yogurt, ½ C cottage cheese, 1 slice (oz) of low-fat cheese
- **Healthy Fats** – 1 t soft tub trans-fat-free margarine, 1 T low-fat salad dressing, 1 t oil, 5 olives, ¼ avocado
- **Plant Proteins** – ½ C cooked beans, 1 veggie burger, ½ C tofu, 1 oz nuts, 1½ T nut butter
- **Meats** – 2 oz red meats, fish, poultry

Try using smaller plates – it helps the portion sizes look bigger. Also, before you take a second helping, ask yourself if you are really hungry or just taking more out of habit.

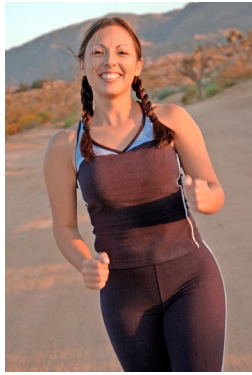
10. Eat most meals at home.

The more often you eat at restaurants, the more weight you are likely to gain. Limit eating out, especially at “All you can eat buffets” and at fast food restaurants. When you do eat out, share an entrée or take half of it home for another meal.

12. Be physically active daily.

Inactivity is one of the primary causes of obesity. Regular activity – especially 60 to 90 minutes daily – is one of the best predictors of who will maintain weight loss. Exercise helps maintain weight by burning up excess calories, improving mood, and mobilizing fat stores (especially after 30 minutes of exercise). Do weight training 3 times a week. Your lean weight increases the number of calories you burn, even when you sleep.

If inactive, start with 30 minutes of moderate activity daily. If you have health problems, get your doctor's OK before starting. If you're a little overweight and you



already do 30 minutes, aim for 45 to 60 minutes. People who have lost lots of weight are most likely to remain lean if they exercise 60 to 90 minutes daily.

11. Get adequate sleep daily.

People who don't get adequate sleep are more likely to gain weight than people who get at least 7 to 8 hours of sleep most nights. People tend to snack to help stay awake.

13. Weigh yourself daily.

Research shows that people who weigh themselves daily are less likely to gain weight over the next 10 years compared to people who seldom weigh-in. Weighing and recording your weight on a calendar, for example, helps focus on small changes and taking action when needed.

14. Join a formal weight-loss plan.

If you are trying to lose weight, you will be more successful if you follow a credible plan, learn to eat more healthfully, be more active, and are accountable to someone for your behavior.

- Follow an eating plan based on calories, servings, or points to monitor your intake. Writing down what you eat and tracking points helps you eat less.
- Set a realistic goal of ½ to 1 pound of weight loss per week.
- Your goal is not to “diet” but to develop a healthy living approach you can maintain the rest of your life.
- Sometimes, people with serious health problems associated with obesity may have legitimate reasons for losing weight rapidly. If so, a physician's supervision is required.

15. Maintain peace of mind and heart.

High stress levels, worry, and discouragement, often contribute to weight gain. Balance stress with relaxation, recreation, and rest. Plan quiet times daily to renew mind and spirit – read, keep a journal, meditate, pray, or enjoy the outdoors.

Make a plan.

Write down the specific guidelines you plan to follow this month (list at least 5). Make them achievable and personal (e.g., I plan on walking 30+ minutes most days each week):

1. _____
2. _____
3. _____
4. _____
5. _____
- _____
- _____

Sources:

1. NIH. *The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults*. NIH website. 2006.
2. American College of Sports Medicine. *Guidelines for Exercise Testing and Prescription*, 7th edition. 2006.
3. Wellsource. *Lifelong Weight Management Instructor's Guide*. 2005.
4. Partnership for Healthy Weight Management. 2006.





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Instructions

1. Post this record sheet where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Choose 5 or more of the guidelines to follow this month. Record each day you use at least 5 of the 15 natural weight control mechanisms suggested in this Wellness Challenge.
3. At the end of the month, total the number of days you met the goal. You must meet this goal at least 22 days during the month to complete the Challenge. Then keep up this healthy practice for a lifetime of good health.
4. Turn in your Wellness Challenge if requested, or enter your completion of this Wellness Challenge on the Health Activity Tracker report for the month, if applicable. Keep this record for evidence of completion.

MONTH:							WC = Wellness Challenge	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
WC <input type="checkbox"/>	WC <input type="checkbox"/>	WC <input type="checkbox"/>	WC <input type="checkbox"/>	WC <input type="checkbox"/>	WC <input type="checkbox"/>	WC <input type="checkbox"/>		
ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____		
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ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____	ex. min. _____		

_____ Number of days this month I used 5 of the recommended 15 natural weight management mechanisms

_____ Number of days this month I got 30+ minutes of physical activity such as brisk walking

Other wellness projects completed this month:

Name _____ Date _____

