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# Chapter 1

## Coordinator's Guide

### Introduction

Lighten Up Texas is a weight loss team competition that encourages individuals to change their lifestyle to achieve a healthier mind and body. The program is an eight-week session that emphasizes diet and physical activity as a way to reduce a person's risk for coronary heart disease, the leading cause of death in the United States and Texas.

As noted in the March 1995 Texas Risk Factor Report on the Behavioral Risk Factor Surveillance System (BRFSS), Texas has seen a significant trend toward increased obesity. From 1989-1993, a 2.1% increase per year of Texans reporting to be overweight has been observed. Individuals in the 18-39 age group tend to eat a higher fat diet than those persons above sixty years of age. Diet is related to a variety of health conditions, such as diabetes, certain cancers, high blood pressure, and high blood cholesterol. Controlling the amount of fat consumed in the daily diet may help control these health conditions.

Sedentary lifestyle seems to be prevalent among Texans. According to the 1994 BRFSS report, over 56.5% of Texans reported to be physically inactive. Sixty-two percent of non-whites and fifty-five percent of whites report participating in no physical activity, or participating in physical activity that occurs less than 3 times a week. Fifty-four percent of males and fifty-nine percent of females report the same. A sedentary lifestyle has been linked to a person's increased risk for the same health conditions as mentioned above with diet and obesity.

### Description of the Teams and Earning Points

A team is made up of no less than 5 individuals and not more than 7. Each team entered in the challenge is to complete the four activity parts of the Lighten Up Texas Challenge (LUC).

Team member earn points for completing each of the four activity parts. The number of points earned is based on how well each team member participates in the program and completes each activity part. Each activity part is worth a total of 12 points. If all activity parts are completed, a total of up to 48 points per team

member can be earned. If a team member attends all 5 educational sessions, 2 bonus points can be earned, for a total of 50 possible points. A team can earn no more than a total of 250 points.

Scoring of points for teams that have more or less than 5 team members at the end of the eight-week program is in the Team Captain's Handbook. The team with the most points wins. If more than one team has the same number of winning points, causing a tie, several options can be used to break the tie: a) a drawing, which includes the names of all the teams with the same number of winning points or, b) the prize divided evenly among all winning team members.

## **Description of the Lighten Up Challenge Activity Parts**

The activity parts of Lighten Up Texas are: Activity Part One - Weight Loss; Activity Part Two - Self-reported Exercise; Activity Part Three - Educational Sessions; and Activity Part Four - An Organized Activity Event.

### **Activity Part One - Weight Loss**

Each team member consults with a weigh-in coordinator to determine an amount of weight between 4 and 12 pounds to be lost during the program. Points awarded for Part One are based on the amount of weight actually lost by the team member toward their goal. For example, if a team member determines to lose 10 pounds and ends up losing 5 pounds, that equals a 50% achievement toward the goal and an award of 6 points out of a possible 12. If a team member loses more pounds than their goal, they will only receive 12 points. This encourages a safe and reasonable loss of one-half to one and one-half pounds per week.

### **Activity Part Two - Self-reported Exercise**

Each team member is encouraged to be physically active at least three days a week. Physical activity includes walking, running, swimming, gardening, dancing, housework, and other forms of activity that are meant to get the body moving. Each team member can earn one-half point per day for three days out of the week. A team member can earn up to one and one-half points per week for a maximum total of 12 points at the end of the eight-week program. Teams are encouraged to participate in physical activity as a group. This can provide fellowship, social support and encouragement to each team member.

### **Activity Part Three - Educational Sessions**

Team members can participate in four live or taped educational sessions which are designed to increase an individual's knowledge about selecting and preparing healthy foods; types of physical activity that are fun and easy, and; methods for relieving stress. Team members will also learn how to maintain the healthy lifestyle changes after the program ends. Team members can earn a maximum of

3 points per educational session, for a maximum total of 12 points by the end of the eight-week program.

### **Activity Part Four - Organized Activity Event**

To encourage team members to increase their opportunity to be physically active, 12 points can be earned for participating in organized events such as fun runs, walks, cycling or swimming races, etc. An agency may wish to host its own walk/run event on-site to encourage more participation and team competition.

## **Program Materials**

The package consists of the following:

- Registration Form
- Reporting Card
- Lighten Up Logo Sheet
- Participation Release Form
- Team Captain's Handbook
- Four Weekly Handout Sheets
- Cafeteria Dining Guide (for internal agency cafeterias)
- Walking Guides
- Educational Material Order Forms

## **Implementation**

1. At least two months before the program is to begin, a LUC Program Coordinator should be identified to organize a planning committee. The planning committee will need to look at the overall management of the program such as:
  - Agency commitment to allow individuals time to plan and participate in the program
  - Agency commitment to promote the program and provide money for printing fliers, report cards, educational handouts, materials, etc.
  - An eight-week time frame identified to conduct the program
  - A determination of any fees for participation and prize rewards, as well as how to handle any money collected during registration

The coordinator should send a request to management requesting approval to allow employees the time to participate during working hours, should sessions be scheduled at those times. This should already be addressed in the agency wellness plan and approved by the management before starting a wellness program. If the agency will not allow such time, then the committee should evaluate the feasibility of conducting the program. Consider whether employees will

participate during non-working hours, and whether speakers can be scheduled to come during lunch or after work to present the educational sessions.

2. Identify committees to handle certain aspects of the program.
  - A. Registration - this committee should be named to organize the following tasks:
    1. development of the registration flier
    2. selection of pre-registration and cut-off dates
    3. handling of any fees collected for the program
    4. developing and maintaining a participant list by team
  - B. Training and Educational Sessions - this committee will develop the following:
    1. a team captain's meeting held prior to the member registration to explain the rules laid out in the Team Captain's Handbook
    2. development of four live or taped educational sessions on various health topics
    3. identifying speakers for the educational sessions
    4. organizing and scheduling dates for the sessions
    5. meeting rooms to accommodate all of the enrolled participants
    6. equipment needs for the speakers

The team captains will need to attend the team captain orientation prior to the weigh in date. The rules will be discussed and additional questions answered. A format for disseminating information to the captains should be determined, such as a mail distribution list for both hard paper and electronic files.

The first educational session can be scheduled for weigh-in day. Prior to the presentation the speaker will have been confirmed, topic and meeting room space reserved, audio-visual equipment assembled, and handouts copied for dissemination. At least two people should be there to introduce the speaker, pass out materials, and stamp cards at the end of the presentation. It is suggested that the educational sessions be scheduled every two weeks. If taping of the presentation is needed, this two-week period will allow other employees the opportunity to see the presentation before the next scheduled topic. It will also allow time to run all presentations at least one final time before the weigh-out. A staff person should be available to run the taped presentation, answer questions, and stamp the report cards. On very rare instances, tapes could be checked out for

individual viewing.

- C. Weigh-In/ Weigh-Out - this committee will identify the following:
1. weigh-in/weigh-out coordinators
  2. training for coordinators on how to negotiate the amount of weight to be lost by each individual (A person who is an acceptable weight or slightly above should not be allowed to lose an excessive amount of weight. Again, the emphasis is not on the amount of weight lost, but on the accomplishment of losing the weight negotiated and the development of a sustainable lifestyle behavior change.)
  3. scales for consistent weighing location, dates and times of the weigh-in/weigh-out

The weigh-in should be organized so that a pre-determined time frame has been designated. At least 3-4 people should be working the weigh-in: one to weigh, one to register and collect fees, one to get people to fill out the release forms and one to direct traffic and answer questions. The time allowed depends on the number of people who have pre-registered.

The weigh out will be scheduled and handled the same as the weigh in. The same person from the weigh-in should weigh participants at the completion of the program in order to avoid misreads. At this time, the report cards, organized event documentation and all other materials should be turned over to the coordinator. All documents will then be reviewed, totaled, and the winners identified. If a participant forgets his or her card, the weight can be noted and points allowed for weight achievement, but the previous points will be lost.

- D. Organized Events - this committee will identify the following:
1. events offered each month for people to participate in
  2. local sports shops or health clubs for a schedule of events
  3. proof of participation (through a copy of the registration form, walk number or tag, canceled check, etc.) from the team member
  4. sites to hold your own walk/run event

Organized events can be identified and information passed on to the participants during the program. However, if the agency is willing, an event can be planned, schedule and offered at their own site. There should be at least four to six weeks between the weigh in and the event to allow participants time to begin a safe physical activity regimen. At the beginning, a walking club can be organized to



coordinate participants to start a program to progress their walking goal to be able to cover five miles in one hour. This pace provides an extremely effective cardiovascular workout that can be done every day, with less stress on the knees and feet. A sample-walking guide is provided. A qualified fitness organizer should begin the program by giving tips on how to walk safely (including the right walking apparel and shoes), how to recognize stress on the body when walking, and how to improve your pace.

When planning the walking event, consideration should be given to determine if people have walked the designated distance, what exceptions may be appropriate (physician's-ordered exercise instructions), and what percentage to award for the number of miles walked. The following is a sample walk event program:

E. Progressive Walk:

1. Determine the number of miles to be walked
2. Determine check-in points for each mile or percent of mile.
3. Determine the method of check-in markers, such as handing out numbered cards, stamps, marbles, etc. Enough check-in markers should be provided to cover the miles walked, i.e. 5 miles to walk requires 5 markers per person.
4. Pre-registration is necessary to estimate the number of participants and markers needed. (The number and types of prizes can also be determined.)
5. Locate and mark the event route as necessary. Create a map to distribute at the check-in table.
6. Refreshments should be provided for the participants at the completion of the event. If possible, water stops can be designated at certain points.
7. Determine exceptions to the walk rules, such as allowing a person with disabilities to complete half of the walk, but receive 100% of the points.
8. Organize the check-in table. Pre-registered participants can be confirmed and new ones registered. Non-LUC participants who want to walk will need to sign a release form. Set up the other check-in points, assign staff, and provide an ample supply of markers.
9. The last check-in marker should be given at the check-in table. Results can be noted on the check-in sheet after the participant finishes the walk. Cards can be stamped at this point, or if a participant has forgotten his or her cards, the check-in sheet can be stamped during weigh out.

- F. Evaluation Committee - this committee is responsible for the following:
1. determining the program goals and objectives
  2. developing pre-program and post-program evaluation tools
  3. distributing the pre-program and post-program evaluation tools
  4. reviewing and analyzing the pre-program and post-program results
  5. preparing the post-program evaluation report

Process Evaluation - this can be completed during the program implementation. As reactions and suggestions are made, changes can be made immediately to facilitate better programming. This may include comments on meeting room space, organizing a walk, use of or loss of the cards, etc. Some comments may be accommodated easily. However, some suggestions may have to wait until the next year.

Summary Evaluation - An evaluation sheet should be given to each participant to record reactions to the program. The registration weight sheets may be reviewed to note loss of weight and participation in exercise. This information will be important to report to management and can be used to compare the next year's program to determine trends in participation, weight loss or gain, and interest.

# Chapter 2

## Team Captain's Handbook

### Dates to Remember (Sample)

DATE	ACTIVITY	LOCATION
February 12, 1996 9:00 - 11:00 am	Weigh In	G-09 Fitness Rm
February 12, 1996 2:00 - 2:45 pm	1st Seminar Topic: Motivation to Get You Started	K-100 Lecture Hall
February 12, 1996 3:00 - 3:45 pm	Repeat of 1st seminar	K-100 Lecture Hall
February 26, 1996 2:00 - 2:45 pm	2nd Seminar Topic: Smart Food Choices	T-607 Tower
February 26, 1996 3:00 - 3:45 pm	Repeat of 2nd seminar	T-607 Tower
March 11, 1996 2:00 - 2:45 pm	3rd Seminar Topic: Putting Movement into Your Life	K-100 Lecture Hall
March 11, 1996 3:00 - 3:45 pm	Repeat of 3rd seminar	K-100 Lecture Hall
March 25, 1996 2:00 - 2:45 pm	4th Seminar Topic: Learn to Manage Stress	K-100 Lecture Hall
March 25, 1996 3:00 - 3:45 pm	Repeat of 4th seminar	K-100 Lecture Hall
April 8, 1996 2:00 - 2:45 pm	5th Seminar Topic: Weight Maintenance	K-100 Lecture Hall
April 8, 1996 3:00 - 3:45 pm	Repeat of 5th seminar	K-100 Lecture Hall
April 12, 1996 9:00 - 11:00 am	Weigh Out	G-09 Fitness Rm

## Team Captains' Responsibilities (Sample)

- Recruit team members.
- Attend Team Captains' meeting. Have a good understanding of the competition design.
- Inform team members of challenge design including date, time and location for weigh-in, bi-weekly seminars and weigh-out.
- Contact each team member at least weekly to provide encouragement and to promote seminars.
- Make every effort to attend all bi-weekly seminars.
- Distribute hand-outs given at bi-weekly seminars to team members who are unable to attend.
- Encourage your team or individual team members to sign-up and attend group or individual counseling.
- Answer team member's questions if possible.
- Contact either Brett Spencer, 458-7111 ext. 2065, or Claire Heiser ext. 2298, if you are unable to answer a question.

## Competition Design (Sample)

- Eight week weight loss challenge among employee teams.
- Participants must be age 18 or over and not pregnant or breast-feeding.
- Teams consist of five people. Each team must have a leader called the team captain. The team captain needs to be informed about the competition rules and follow-up responsibilities. All team captains must attend the team captains' orientation on February 6 or February 8 from 10:00 - 10:45 am in the Fitness Room, General Building.
- Each participant will contribute \$5.00 to the prize fund at the beginning of the program. Contributions will be used to purchase incentives and to cover other program costs.
- The roster of team members cannot be changed after the weigh-in. No new members may be added or act as a substitute for another team member after the competition starts.
- Any team member who drops out of the competition because of documented medical reasons or a change in job status that would warrant withdrawal from the program, their team will receive an additional individual score. This score will be the average of the remaining team member scores.
- Any team member who drops out of the competition for reasons other than those stated above, their team will receive no points for that individual. Failure to attend the weigh-out on the designated date without prior arrangements with the Wellness representative is defined as dropping out of the competition.
- If more than one person drops from a team, the team is automatically disqualified from the team competition. The remaining team members are still eligible for the individual prize.
- Team members must weigh-in at the beginning and at the end of the competition. Optional weigh-ins will be available at each of the bi-weekly seminars.
- All individual weights, goals, and weight loss progress will be strictly confidential unless you personally choose to tell others yourself.

- An impartial qualified person will conduct the weigh-ins. All team members must be weighed by the designated person. Verbal or written weights will not be excepted for this competition.
- Group and individual counseling will be scheduled to assist team and team members to achieve competition goals. Counseling will address both diet and exercise. Participants will take an active role in setting goals.
- The allowable range of weight loss is 4 lbs. - 12 lbs. per participant. Any additional weight loss is discouraged and will not earn points for the individual or team. See the attached section “to determine individual weight loss goals” for additional guidelines.
- All team members are encouraged to participate in at least 30 minutes of moderate activity most days of the week.
- Free seminars will be offered on a bi-weekly basis. See “Dates to Remember” for the dates, times and locations. Participants must have their cards stamped at the seminar to earn points for attending. Participants should attend any four of the five offered seminars. Two bonus points will be given for attending all five seminars.
- Participants are encouraged to participate in an organized walkathon or race of some type. Information concerning walkathons and community races may be found in the newspaper or by contacting Jennifer Smith.
- The weigh-out will be held in the Fitness Room, G-09, on April 12 from 9:00-11:00 am. The winning team and individual will be announced the afternoon of April 15<sup>th</sup>.
- Points for each individual will be awarded at the weigh-out as follows:

	<u>Maximum points</u>
Percent of weight loss goal achieved (See next page for explanation)	12
½ point per 30 minute exercise session or a total of 30 minutes of activity per day (maximum 3 X weekly though more activity is encouraged)	12

3 points per seminar attended (Attend any 4 of the 5 offered seminars)	12
(Attend 5 of the 5 offered seminars and receive 2 bonus points)	2
Attendance in an organized walkathon or race	12
	—
Total possible points per individual	50
• A team prize will be awarded to the team with the most points (250 maximum points per team). Ties will be decided by drawing.	
• An individual prize will be awarded to the individual with the most points (50 points maximum). Ties will be decided by drawing.	

## Determining Individual Goals and Winners

To determine individual weight loss goal:

Weight loss goal must be in the range of 4 - 12 lbs. The goal will be determined at the time of the weigh-in and cannot be changed after that time. The program coordinator or representative and the participant will work together to determine an acceptable weight loss goal. The healthy weight chart will be used to determine the best goal. The final decision of an acceptable weight loss goal will be at the discretion of the program coordinator or their representative.

To determine individual winner:

$(\text{Weigh-in weight} - \text{Weigh-out weight}) \div \text{goal weight loss} \times 100 = \% \text{ weight loss goal}$

% weight loss goal =	
100% or above of goal	12 points
90% of goal	11 points
80% of goal	10 points
70% of goal	9 points
60% of goal	8 points
50% of goal	7 points
40% of goal	6 points
30% of goal	5 points
20% of goal	4 points
10% of goal	3 points

5% of goal	2 points
1% -5% of goal	1 point
weight stable or gain	0 points

The weight goal points will be added to the other earned points. The individual with the highest score will receive the individual prize. Maximum total points per individual = 50 points.

In case of a tie, the individual winner will be determined by a drawing.

The individual winner and each member of the winning team will receive equal monetary prizes. The total number of participants will affect the exact prize amount.

To determine team winner:

The team with the highest total score will receive the team prize. All team member scores will be added together to determine a team score. Maximum = 250 points for a five person team.

In the case of a four person team, see “competition design” for rules.

In the case of a six person team, the second to the lowest individual score will be dropped when the team score is calculated.

In the case of a seven person team, the second and third to the lowest individual score will be dropped when the team score is calculated.

In case of a tie, the winning team will be determined by a drawing.

Each of the winning team members and the individual winner will receive an equal amount of a portion of the registration fees collected.

**Good Luck and Lighten Up!!**



## Lighten Up Challenge Registration Form (Sample)

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

Team Captain's Name: \_\_\_\_\_

Work Phone & Pmail Address: \_\_\_\_\_

Work Address: \_\_\_\_\_

Names of other team members:

Work Phone Number & Pmail Address:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

Return this form by February 5th to: Claire Heiser, Bureau of Nutrition Services

## TDH Wellness Program

### Participation in State Agency Weight Control Program

The undersigned desires to voluntarily participate in the Lighten Up Weight Loss Challenge provided by the State of Texas, through the Texas Department of Health (TDH) for the purpose of personal health. In consideration of the right and privilege of being permitted to participate in this program, the undersigned does hereby agree to the conditions set forth herein and acknowledges that the voluntary participation in the aforementioned program is not a condition of employment and is not related to his or her employment and therefore, the undersigned's participation in the aforesaid program, should any injury occur, will not be covered by worker's compensation. Furthermore, the undersigned acknowledges that he or she is fully aware that there may be risks for certain individuals participating in activities involving weight control. The undersigned affirmatively acknowledges that he or she has obtained independent medical approval, if necessary, prior to participating in this program and had no knowledge of any physical condition or disease, which would preclude his or her participation in this program. The undersigned specifically agrees to withdraw from the program should he or she become aware by any means whatsoever that participation is medically contraindicated. The undersigned agrees to accept full responsibility for any injuries sustained while participating in this program, if he or she fails to meet the conditions described herein under which access to and use of the program is being allowed.

In executing the foregoing, the undersigned acknowledges and affirms that he or she has carefully read the same and has obtained a satisfactory explanation of any part thereof that he or she does not understand.

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Print Name	Division	Phone/Ext.#
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Participant's Signature	Date
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# Lighten Up Challenge Tracking Sheet

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

Work Phone Number: \_\_\_\_\_

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

## Exercise

30 minute exercise session or a total of 30 minutes of activity per day.

Maximum of 3 times weekly though more activity is encouraged.

½ point per 30 minutes per day

**Maximum points for exercise = 12 points**

	Date of Exercise	Date of Exercise	Date of Exercise
Week 1			
Week 2			
Week 3			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			

## Education Seminars

Total of four seminars offered. Three points per seminar attended.

Maximum points for seminars attended = 12 points

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>

**Weight**

Points awarded based on the percent weight loss goal achieved.

**Maximum points for weight loss = 12 points**

Weigh-in \_\_\_\_\_ lbs.

Goal weight loss \_\_\_\_\_ lbs.

Weigh-out \_\_\_\_\_ lbs.

Percent of weight loss goal achieved \_\_\_\_\_

**Walkathon, Racing Events**

Limit to one event.

Name of Event: \_\_\_\_\_

(attach copy of registration form)

**Maximum points for event = 12 points**

**EXERCISE POINTS:** \_\_\_\_\_

**SEMINAR POINTS:** \_\_\_\_\_

**WEIGHT GOAL POINTS:** \_\_\_\_\_

**EVENT POINTS:** \_\_\_\_\_

**TOTAL POINTS EARNED:** \_\_\_\_\_

# Chapter 3

## Lighten Up Week 1

We welcome you as a participant in the Lighten Up weight loss competition - our fight against fat! Our goal is to provide you with information and suggestions for modifying your lifestyle for health. The weekly information you receive will help you to lower your fat and calorie intake and improve the overall nutritional quality of your diet. You will also receive activity and behavior tips to assist you in developing a healthier lifestyle. When you follow these guidelines you will gain the added benefit of weight loss.

This plan is designed as a guide for adults who are healthy. As with any dietary or activity change, you are advised to consult with your physician first if you have any medical conditions or health concerns.

### Diet Guidelines

A balanced diet is essential to maintain good health. The food pyramid provided in this packet will give you the basis of a healthy diet. The minimum number of servings from each food group should be eaten every day for a good healthy diet. Use the 1600 calorie meal plan provided on the back of the food pyramid as a guide to the number of servings you need to eat daily.

Remember “crash” dieting does not work and can lead to additional weight gain. Your commitment to life long dietary changes is the key to maintaining the weight you lose in the next 8 weeks.

### Physical Activity Guidelines

Physical activity is as important as diet to weight loss and maintenance. Physical Activity helps use calories. You do not need to participate in a formal exercise program to increase your activity level. Just walking up a few flights of stairs can be considered an increase! Make 30 minutes of daily physical activity your goal! As with diet, your commitment of lifelong activity changes is the key to maintaining the weight you lose over the next 8 weeks.

**Good Luck and Lighten Up!!**

## Keeping Food and Exercise Records

Awareness of your eating and exercise habits is an important part of making lifestyle changes. By keeping a food and exercise record you become aware of your habits. When you identify your habits, it will be easier for you to make the necessary changes for a healthier lifestyle.

Record any food you eat during the day as well as the amount and the time of day. You may begin to notice that most of your eating is done between dinner and bedtime. This may be a signal to you, to find an alternate activity you enjoy such as walking, reading, dancing, tennis or simply visiting with a friend.

Record any exercise or physical activity as well as the amount of time you spend doing it. Exercise is an important part of a weight loss program. You may find that recording your activity will motivate you to stay with the program.



## Exercise....Not Just for Athletes Anymore

### More Than Making Muscle

Exercise isn't just for athletes. It's for you. It's for everyone. It's more than sports and building muscles. In fact, you don't need special equipment, a health club, or a class. All you need is the will to do it.

Not in the mood? Can't seem to get started? Make exercise a regular part of your day. Reward yourself for sticking to your exercise routine. Rent your favorite movie or enjoy a play. Or buy that new piece of clothing you've been admiring.

Exercise is for everyone. Age doesn't matter. You'll quickly see the difference exercise can make. Most of all, exercise is good for your health--so just do it!

1. **Heart Health.** Give your heart a workout. Get fit and help lower your risk of heart disease and stroke.
2. **Weight Control.** Burn off extra calories. Use exercise to take off pounds or stay at your desirable weight.
3. **Energy.** Get more energy with exercise. It gives you the feeling you can do more.
4. **Sleep Better.** Get rid of tension and relax with exercise. A relaxed body rests more peacefully.
5. **Muscle Tone.** Be a slimmer, trimmer you. Different workouts shape and tone different muscles.

### Small Steps -- Big Results

Walk for better health. It's a perfect example of exercise that most people can do. Walking is fun and easy, and best of all, it gets the job done. Brisk walking can give your heart a workout. Good shoes are the only thing you need. And walking is pleasant alone, with a partner, or while listening to a radio.

### How Much Is Enough?

Focus on increasing your activity everyday. The key is to waste energy, burn up calories.

1. **Increase walking.** Each time you reach for your car keys, ask yourself if you could walk instead. If walking would take too long, how about riding a bicycle? If you must drive, take the first parking space instead of driving



around looking for the closest spot. And when you take a bus, get on and off one or two stops further than your usual stop.

2. **Increase use of stairs.** When you have laundry and other things to carry upstairs, make several trips instead of trying to carry everything up in one trip. Use the stairs instead of the elevator or escalator in stores and other buildings.
3. **Increase other routine exercise activities.** Moving around burns up more calories than sitting or standing still, so keep looking for ways to walk instead of ride. They really can add up to a lot of calories if you do it every day. Walking is one of the best general conditioning exercises of all, and it's easy to make it a regular part of your daily activity.

### **Safety First**

Always remember--safety first. Forget about "no pain, no gain." Pain is a sign that something is wrong. Slow down or stop. Talk with your doctor before starting an exercise program, especially if you have heart or other health problems.

Start slowly and build up. Do a little less than you think you can at first. Later, when you know your limits, do more. Watch the weather. Days that are very hot or icy cold can strain your system. Learn to dress for the weather.

### **The Challenge**

Exercise is one of the best things you can do for your health. Get out there and start feeling good and looking better. Just do it!

## Tips On Changing Habits

As you begin this program to modify your diet for health, it is important to set goals for yourself. If you outline specific goals at the outset, you are far more likely to be successful in your efforts.

### Goal Setting Involves Three Steps:

- Identify what you intend to accomplish
- Clarify why you want to accomplish this goal
- Define a time table for attaining your goal

### Identify Your Goal

Set goals that are specific and realistic. For example, instead of stating your goal as “I want to lose weight” you might state it as “I want to lose five pounds.” It is good to be enthusiastic and to expect success in your efforts, but setting goals that are very difficult or impossible to achieve may set you up for failure. An individual who sets a weight loss goal of 100 pounds in a year may become discouraged when he loses 75 pounds. It may be more realistic to set a goal of losing a pound each week. Someone else may decide they will lose ten pounds by next week (maybe to fit into a certain outfit for a party). This is certainly a specific goal but it is not realistic. A ten-pound weight loss in one week is not possible for most people and is definitely not advisable.

### Why Accomplish Your Goal?

To succeed in reaching a goal it must be important to you. If you are following this program of dietary modification because your spouse or your doctor told you to, and not because you want to change your diet, it will be difficult to stay motivated. If, however, you have joined this program because you desire to change your eating habits, success is more likely.

There are both benefits and costs attached to changing your diet. If, for example you have decided that you will follow this plan with a goal of losing five pounds the benefits to you might be:

- more energy
- improved self image
- more nutritious diet
- fit into clothes better

Some costs attached to making these changes might be:

- A. giving up beer and pizza with friends
- B. giving up rich fried foods
- C. listening to friends nag you about not over-eating with them

You need to identify in advance the benefits and the costs of making changes so that you begin this program fully aware of the commitment it demands.

### **Define A Time Table**

Goals that are specific, reasonable, and set with an awareness of the benefits and costs involved should also have a time frame. You might set short-term and long-term goals for yourself. An example of a short-term goal would be: I intend to lose five pounds over the next four weeks. An example of a long term goal would be: I intend to lose 50 pounds this year. Long-term goals are helpful because they allow you to identify your ultimate outcome; what your ideal accomplishment would be. It is advisable to also state short-term goals so that you can measure your progress as you go along. This allows you to achieve successes along the way that builds confidence and help to redefine your goals.

When you define your goals, don't just focus on weight loss alone. Include specific behavior changes that will help you lose weight. These may include specific goals for exercise, specific changes in eating habits, specific changes in food preparation.

## Goal Setting

- A. Complete the following table listing at least three goals you wish to accomplish during the next four weeks. For each goal identify a time frame and list the benefits and costs attached to it.

Goal	Time Frame	Benefits	Costs
Example: A. To lose 5 pounds	1 month	Feel Better	No more chocolate
Example: B. To walk 2 miles, 3 days a week	Time week	Lose weight More energy	Take away from TV time.
1.			
2.			
3.			
4.			
5.			

B. Below is a list of reasons why individuals want to lose weight. For each reason, circle how important this is for you. When you are finished, rank the three most important reasons for you to lose weights you go along in this program, occasionally review this list to remind you of your reasons and to help restore your motivation.

Rank	Reasons to Lose Weight	Very Important 1	Somewhat Important 2	Not Important 3
	I want to improve my health.	1	2	3
	I want to look better.	1	2	3
	I want to have more energy.	1	2	3
	I want to reduce my risks of developing health problems.	1	2	3
	I want to wear nicer clothes.	1	2	3
	I want my family/ friends to like the way I look.	1	2	3
	I am embarrassed at how I look.	1	2	3
	Other:			
	Other:			

# Chapter 4

## Lighten Up Weeks 2 & 3

### Keeping Food and Exercise Records

Awareness of your eating and exercise habits is an important part of making lifestyle changes. By keeping a food and exercise record you become aware of your habits. When you identify your habits, it will be easier for you to make the necessary changes for a healthier lifestyle.

Record any food you eat during the day as well as the amount and the time of day. You may begin to notice that most of your eating is done between dinner and bedtime. This may be a signal to you, to find an alternate activity you enjoy such as walking, reading, dancing, tennis or simply visiting with a friend.

Record any exercise or physical activity as well as the amount of time you spend doing it. Exercise is an important part of a weight loss program. You may find that recording your activity will motivate you to stay with the program.



## Nutrition Knowledge

### Cooking Methods To Reduce Fat

Eating the low-fat way does not necessarily mean that you have to avoid your favorite recipes. Simple food substitutions can change a high-fat dish into a healthy one. The following substitutions may be used in your favorite recipes:

### Ingredient Substitutions

Brought to you by Fleischman's Margarine

If Your recipe calls for:	Try this instead:
Meat: Ground Beef	Ground lean turkey (no skin added) or lean beef
Short ribs or spare ribs	Beef, lamb, veal, or pork loin (fat trimmed; choice or select grade)
Chicken or turkey parts	Chicken or turkey without skin
Chuck steak	Flank steak, round steak, or sirloin steak (fat trimmed; choice or select grade)
Sausage or meat balls (in sauce)	Ground turkey or lean beef (use less meat)
Bacon	Lean Canadian bacon or ham (fat trimmed)
Dairy: Whole milk (regular, evaporated, condensed)	Skim milk, 1% lowfat milk, low-fat buttermilk, low-fat evaporated milk
<b>Cream</b>	Low-fat evaporated milk
Whole-milk cheese (such as ricotta, mozzarella, Brie, hard cheese, cream cheese)	Part-skim ricotta or part-skim mozzarella, sausage or low-fat cottage, farmer, 'lite' cream cheese, or 'lite' American cheese
Sour cream	Low-fat or non fat yogurt
Ice cream	Ice milk, or low-fat frozen yogurt
Eggs: Egg Yolks	Cholesterol-free egg substitutes or egg whites
Fats and Oils: Butter, lard, bacon fat back	Margarine, or shortening made for unsaturated fats (such as corn, sunflower, canola, safflower, or soy bean oil), or 7/8 cup oil for 1 cup butter



Mayonnaise	Low-fat or non-fat yogurt, or 'lite' mayonnaise
Chocolate, 1 ounce	3 tablespoons cocoa plus 1 tablespoon margarine

## Support Systems

Get help from others. You might team up with friends or family members who are also trying to lose weight to provide mutual support. People close to you can help by encouraging and supporting you in your efforts. Sometimes friends want to be helpful but they are not sure what they can do for you. Sometimes they do or say things, trying to be helpful, but actually hamper your efforts. For example, a spouse may bring you candy as a reward for your successful dieting efforts. He/She is trying to show you that he/she recognizes your hard efforts but the candy may not be the best way to show it!

You can help your friends and family be supportive of you by:

- discuss your goals frequently with them
- telling them that you need their support
- telling them specifically how they can support you
- giving them feedback when they do things that are or are not helpful to you

Example:

Your co-worker who has been supportive of your weight loss efforts bakes cookies for the office and leaves them right beside your desk!

You might say “You have been so helpful to me in my dieting. I don’t mind you bringing cookies for everyone, but it would be easier for me to resist if you brought them into the lounge where I couldn’t smell them.”

## Exercise In Support Systems

1. Name two people who would support you in your efforts to modify your health behaviors:

A. \_\_\_\_\_

B. \_\_\_\_\_

2. List specific ways they can help you:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

D. \_\_\_\_\_

E. \_\_\_\_\_

3. TELL the people you listed above your goals, and how they can be helpful to you in accomplishing those goals!

# Chapter 5

## Lighten Up Weeks 4 & 5

### Keeping Food And Exercise Records

Awareness of your eating and exercise habits is an important part of making lifestyle changes. By keeping a food and exercise record you become aware of your habits. When you identify your habits, it will be easier for you to make the necessary changes for a healthier lifestyle.

Record any food you eat during the day as well as the amount and the time of day. You may begin to notice that most of your eating is done between dinner and bedtime. This may be a signal to you, to find an alternate activity you enjoy such as walking, reading, dancing, tennis or simply visiting with a friend.

Record any exercise or physical activity as well as the amount of time you spend doing it. Exercise is an important part of a weight loss program. You may find that recording your activity will motivate you to stay with the program.



## Eating Out To Avoid High Fat Meals

Eating away from home doesn't mean you have to abandon your healthy eating plan. Eating out while trying to eat healthy does not mean your meals will be boring and tasteless. The following suggestions will make eating out an enjoyable experience.

<b>ENJOY</b>	<b>EAT LESS OF</b>
<p><b>BREAKFAST:</b></p> <ul style="list-style-type: none"> <li>• Whole grain toast</li> <li>• English muffin</li> <li>• Bagel or muffin/jam or jelly</li> <li>• Cooked or dry cereal/skim milk</li> <li>• Fresh fruit or juice</li> <li>• Eggs with little or no added fat</li> <li>• Canadian bacon or lean ham</li> <li>• Pancakes topped with fresh fruit and yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage</li> <li>• Bacon</li> <li>• Gravy</li> <li>• Biscuits</li> <li>• Large amounts of butter and margarine</li> </ul>
<p><b>APPETIZERS:</b></p> <ul style="list-style-type: none"> <li>• Fruit or vegetable juices, broth, consommé or bouillon</li> </ul>	<ul style="list-style-type: none"> <li>• Salted nuts, buttery crackers, cream soups, potato or tortilla chips</li> </ul>
<p><b>SALADS</b></p> <ul style="list-style-type: none"> <li>• Fresh greens: lettuce, spinach</li> <li>• Vegetables: cucumbers, radishes, tomatoes, carrots, onions, broccoli, cauliflower</li> <li>• Order salad dressing on the side</li> <li>• Oil and vinegar</li> <li>• Lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese, eggs, meat, bacon</li> <li>• Use rich dressing sparingly (Ask for dressing on the side and use only half of the served portion)</li> </ul>
<p><b>SANDWICHES:</b></p> <ul style="list-style-type: none"> <li>• Lean meat: poultry, fish, lean beef or ham</li> <li>• Spreads on the side</li> </ul>	<ul style="list-style-type: none"> <li>• Gravy or fried fillings such as egg, fish or chicken fillet</li> </ul>

<p><b>MEAT, POULTRY, FISH:</b></p> <ul style="list-style-type: none"> <li>• Choose lean meats (fish, seafood, veal or lean beef)</li> <li>• Baked, broiled, roasted</li> <li>• Remove fat and skin</li> <li>• Gravy or sauce on the side (broiled items are often basted with fat)</li> </ul>	<ul style="list-style-type: none"> <li>• Fried or breaded items</li> <li>• Casseroles and foods with heavy sauces</li> </ul>
<p><b>SIDE DISHES:</b></p> <ul style="list-style-type: none"> <li>• Vegetables or starches (boiled, baked or steamed)</li> <li>• Use yogurt instead of sour cream</li> <li>• Whole grain breads, cereals, crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Fried vegetables or starches</li> <li>• Coleslaw, potato salad (high in fat)</li> </ul>
<p><b>BEVERAGES:</b></p> <ul style="list-style-type: none"> <li>• Fruit juice</li> <li>• Tomato juice</li> <li>• Sparkling water/lemon or lime</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• Milk shakes</li> <li>• Regular sodas</li> </ul>
<p><b>DESSERT:</b></p> <ul style="list-style-type: none"> <li>• Fresh fruit, fruit ices, sherbets, gelatin, angel food cake</li> </ul> <p>(Eat half portions or share your dessert with a friend)</p>	<ul style="list-style-type: none"> <li>• Ice cream, pies, rich pastry</li> </ul>

## Menu Ideas

### Lunches To Go

*If you have a refrigerator or an insulated bag with ice packs in which to store your lunch:*

½ cup low-fat cottage cheese  
 4 rice cakes  
 1 small apple  
 carrot sticks

½ cup water packed tuna  
 2 tsp low calorie mayonnaise packed inside a hollowed out tomato  
 2 saltines  
 1 medium orange

- 1 cup cooked, chilled pasta
  - 2 ounce cooked, chilled chicken, turkey, or lean ham cut into cubes
  - 2 tsp low calorie salad dressing blend above ingredients and add, if desired, chopped carrot, green pepper, broccoli
- 
- 1 pear

*If you have access to a microwave oven:*

- 1 medium baked potato with any one of the following toppings:
  - A.  $\frac{1}{2}$  cup low-fat cottage cheese  
1 tsp chopped chives  
2 tsp shredded carrots  
ground pepper
  - B.  $\frac{1}{2}$  cup cooked broccoli  
2 ounces low-fat cheese, grated
  - C.  $\frac{1}{2}$  cup cooked, cubed lean meat  
1 tsp margarine to moisten  
1 cup bean or pasta soup  
1 piece of fresh fruit

*Other Lunch Ideas -- A Variety Of Sandwiches*

Vary your sandwich selections, trying some of the following:

- Use different whole grain breads, such as whole wheat, sprouted wheat oatmeal, dark wheat, etc.
- Add lots of lettuce, tomato, sprouts, shredded carrots, sliced cucumber for crunch and taste.

Sandwich fillings:

- lean meat, chicken, turkey
- peanut butter and sliced banana or raisins
- peanut butter and shredded carrots

## Recipes

### Three Grain Muffins

- 1 cup bran flakes
- 1 cup dry (uncooked) oatmeal
- 1 cup whole-wheat flour
- 1 Tbsp baking powder
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 cup skim milk
- ¼ cup egg substitute
- 3 Tbsps molasses
- 1 Tbsp polyunsaturated vegetable oil, such as corn or safflower
- 1 cup applesauce
- 1½ medium apples, chopped

Preheat oven to 400 degrees. Combine bran flakes, oatmeal, whole-wheat flour, baking powder, and spices in a large bowl. In a separate bowl, mix the remaining ingredients and add to the dry cereal mixture. Stir contents just until moist. Coat 12 muffin tins with vegetable oil spray and divide batter equally among them. Bake 20 to 25 minutes or until lightly browned.

#### NUTRIENT CONTENT PER MUFFIN:

130 Calories

15% of calories from fat

### Crunchy Ham Pockets

*Mixing ham with cabbage and carrots extends the protein so you get fewer calories and more food per sandwich.*

- 4 oz. chopped lean ham
- 1 cup shredded cabbage
- 1 cup shredded carrot
- ¼ cup low-fat mayonnaise
- 1 tbsp creamed horseradish
- 1 Tbsp low-fat yogurt (optional)
- 2 pita bread, halved

Combine all ingredients except pita. Spread the inside of each pita with a small amount of yogurt, if desired, and fill with about ¾ cup filing.



Makes four sandwiches.

NUTRIENT CONTENT PER SANDWICH:

145 Calories

7 Grams fat

## Tuna Pockets

*Perfect picnic fare: take the tuna filling, tomatoes, lettuce and dressing to the picnic in separate containers. Then just split open the pita bread and start stuffing!*

- 1 7 oz. can water-packed tuna
- 2 Tbsp chopped green onion
- 2 Tbsp chopped red pepper
- ¼ cup diced celery
- 1 Tbsp lemon juice
- ⅓ cup crumbled feta cheese
- 1 cup shredded lettuce
- 1 cup diced tomato
- 2 pita bread rounds
- low fat dressing\*

Combine drained tuna, green onion, red pepper, celery and lemon juice. Stir in feta cheese gently. Cut pita breads in half. Place lettuce in each pita pocket half, dividing equally. Fill pockets with tuna mixture. Top with tomato and choice of dressing. Makes 4 halves.

\* Drizzle a spoonful of low fat Italian dressing over each pocket. Or, for a mid-eastern flavor, combine ½ cup yogurt with ½ cup peeled, seeded and shredded cucumber. Spoon 1-2 tablespoons over each pocket.

NUTRIENT CONTENT PER HALF:

115 Calories

3 Grams fat

## Veggie Pizza-Wich

*A great sandwich for a busy Saturday. Prepare the vegetables and grate the cheese ahead of time. Then just set out bowls and let people make their own.*

- 4 English muffins, split
- ½ cup pizza sauce

- ½ cup THINLY sliced onion
- 1½ cups sliced mushrooms
- ½ cup diced red pepper
- ¾ cup shredded part-skim mozzarella cheese (3 oz.)

Preheat broiler. Lightly toast English muffins. Spread with 1 tablespoon pizza sauce. Layer a few pieces of onion on each half. (We like the sweet red onions best, sliced paper-thin.) Top with a handful of mushrooms and about 1 tablespoon of red pepper. Sprinkle about 1½ tablespoons of cheese over each half. Broil 2-3 minutes, just until cheese is bubbly. Eat at once.

Makes 8 halves.

**NUTRIENT CONTENT PER HALF:**

120 Calories  
3 Grams fat

## Tips On Modification Behavior

### Coping With Social Situations

Following a healthy eating plan is easier in some situations than in others. Holidays, parties, and vacations are times when many people feel their will power failing. This is common and it is natural. But, there are specific things you can do to improve your reactions to these situations.

### Holidays & Special Occasions

#### Anticipate

Usually you know in advance when a holiday or social gathering is approaching. Plan for it! If you are asked to bring food, bring something low in fat and healthy! You might also want to bring raw vegetables or a green salad -- something with minimal calories that you can munch on instead of higher calorie snacks. Eat normal meals before going to the event. If you starve yourself before, you might be more likely to over do.

#### Choose Well

At the event, look over the food items available and choose those that provide the best nutrition for the least fat. Some good choices would be those listed in your week two, "A Guide for Choosing low-fat, low-cholesterol Foods."

**Permit Yourself**

It is okay to eat small amounts of higher calorie foods -- remember that moderation is the key! One small sliver of rich dessert is not going to undo all of your good dieting efforts. But a little of this and that and that and that and more of that because it was so good...can get out of hand.

**Get the Whole Picture!**

A holiday or vacation or party is special not only because of the food, but for many other reasons --

The people  
The activities  
The music  
The relaxation

Remind yourself of the other reasons (other than food) that make the event special, and put more of your focus on them.

- Have a good conversation with a friend you haven't seen in a while
- Take a long walk to admire the scenery

# Chapter 6

## Lighten Up Weeks 6 - 8

### Keeping Food And Exercise Records

Awareness of your eating and exercise habits is an important part of making lifestyle changes. By keeping a food and exercise record you become aware of your habits. When you identify your habits, it will be easier for you to make the necessary changes for a healthier lifestyle.

Record any food you eat during the day as well as the amount and the time of day. You may begin to notice that most of your eating is done between dinner and bedtime. This may be a signal to you, to find an alternate activity you enjoy such as walking, reading, dancing, tennis or simply visiting with a friend.

Record any exercise or physical activity as well as the amount of time you spend doing it. Exercise is an important part of a weight loss program. You may find that recording your activity will motivate you to stay with the program.



## Nutrition Knowledge

### Types of Fat

Meats, milk or dairy products, and fats (margarine, and oil) are major sources of fat in our diet. It is important to select and prepare foods wisely so that fat intake may be properly controlled.

Cholesterol is a waxy type of fat found on all animal tissues. The body produces cholesterol as it is a necessary component of the body. Food provides additional cholesterol. Foods particularly high in cholesterol include organ meats and egg yolks. Cholesterol levels of 200 mg/dl or less are desirable. If too much cholesterol is present in the body, then the increased levels promote blood vessel diseases. Therefore, it is important to limit high fat foods as well as foods which increase the blood cholesterol level.

There are three types of fats that influence cholesterol: saturated, monounsaturated and polyunsaturated.

<b>Saturated Fats</b>	<b>Monounsaturated Fats</b>	<b>Polyunsaturated Fats</b>
Found in animal products and several vegetable products	Found in vegetable products	Found in vegetable products
Solid at room temperature	Usually in liquid form	Liquid at room temperature
Increases blood cholesterol	Decreases blood cholesterol levels to some extent	Decreases blood cholesterol to some extent
Examples include: coconut, cocoa butter, palm oil, palm kernel oil, lard, butter, solid shortening, marbled meats, poultry skin, cream and products made with cream, whole milk and products made with whole milk	Examples include: olive oil, peanut oil, canola or rapeseed oil	Examples include: corn oil, cottonseed oil, safflower oil, sunflower oil, soybean oil

## Reading Labels To Cut Down On Fat

Currently, the average American consumes 36% of calories from fat. The American Heart Association recommends reducing fat intake to 30% of calories from fat, or even slightly lower.

How can you do this?

Hidden fat is hardest to find, because you can't see it. Fat is present in foods like snack crackers, microwave popcorn, premixed pasta salads, and even some breakfast cereals. Reading labels is your best defense against fat.

To lower blood cholesterol levels, it is important to cut total fat intake, particularly saturated fat. Saturated fats, primarily found in animal foods (meat, poultry and dairy products) can raise blood cholesterol levels. Butter, coconut oil, palm/palm kernel oil, and lard are also sources of saturated fats. Scan food labels to see if the product contains saturated fats. Your best bet: opt for foods that are lower in total fat and contain polyunsaturated or monounsaturated fats. Watch out for those items that contain hydrogenated vegetable oil as this means they are saturated.

## To Help Cut Saturated Fat And Total Fat

In Place Of:	Use:
Butter	Margarine
Lard or solid shortening	Liquid vegetable oil
Sour cream	Low-fat yogurt or buttermilk
Whole milk	Skim Milk
Whole milk cheese	Skim milk cheese
Oil for frying	Non-stick spray for browning
Oil packed tuna or salmon	Water packed tuna or salmon

## Percent Calories From Fat

Your goal should be to consume less than 30 percent calories from fat over the entire day. Estimate your calorie intake and check the table below for the maximum number of grams of fat you should consume daily.

Calories/day	Grams fat/day
1,200	40 grams
1,500	50 grams
2,000	67 grams
2,500	83 grams

## Recommendations For Fiber Consumption

The National Cancer Institute reports that the average American consumes between 10-20 grams of fiber per day. There is no “ideal” level, but it is felt that Americans consume too little fiber. The desirable range of 20-35 grams of fiber per day can be reached by increasing consumption of fruits, vegetables and whole grains.

### Implementing A High Fiber Diet

1. Begin increasing fiber intake slowly so your system can adjust.
2. Eat a varied diet with emphasis on fresh fruits and vegetables, whole grains and dried peas and beans. Make a goal of at least 5 servings of fruits and vegetables daily.
3. Drink plenty of water - 6 to 8 glasses per day.

In preparing meals, it will help you to know that cooking does not reduce the fiber content in most foods. However, the fiber value of fruits and vegetables is reduced when they are peeled.

### Benefits of High Fiber Intake

Increasing the fiber in your diet can be an important step toward better health and a longer life. Fiber can help prevent constipation, lower cholesterol levels and may reduce the risk of colon cancer.



## Menu Ideas

Add more beans to your diet - you can't go wrong! **Low cost, low fat and cholesterol free, they've got protein, iron, calcium, B vitamins, fiber and more.** For example, dried beans are approximately 20% protein and 2% fat and 1/3 cup of cooked beans contains about 5 grams of fiber. They add texture, bulk and taste, as well as food value, to many meals. Easy on the chef, too.

Most of us eat too much animal protein (meat, dairy products) and should shift our focus to include more plant sources. Remember, however, that beans by themselves are incomplete proteins, and should be supplemented with grains, low-fat dairy products, and small amounts of meat.

## Recipes

### Chili Beef

*A steaming meal of this succulent beef, some Smokey Beans and tortillas (or crusty rolls) will win you well-deserved applause from any group.*

2½ pounds lean rump roast  
4 cups chopped onions (2-3)  
3 cloves crushed garlic  
1 can beef bouillon  
1 29 oz. can stewed tomatoes  
1 cup tomato sauce  
1 teaspoon cumin  
1 teaspoon oregano  
1 Tablespoon hot chili powder

Cut meat into 1 inch cubes. Brown on all sides in a hot, nonstick skillet. Remove meat to a large (6-8 quart) heavy casserole. Wipe out any excess fat. Add onions and garlic to the skillet. Pour in ¼ cup of beef bouillon and simmer the onions until liquid has evaporated. Then continue to cook for 5 minutes until onions are golden. Add to casserole.

Add the rest of the bouillon and all other ingredients to the casserole. Bring to a boil, cover, reduce heat and simmer 2-3 hours or until beef is very tender.

Note the way the onions have been cooked in this recipe. Simmering onions in bouillon produces a rich color and flavor. Continuing to cook them after the liquid has evaporated gives them the golden-brown sauteed look we all expect, without fat.

Makes about 8 cups (and 1 cup is a generous serving).

NUTRIENT CONTENT PER CUP:

350 Calories

11 Grams fat

## Smokey Beans

*The addition of liquid smoke adds another flavor dimension to this super-simple pot of beans.*

1½ cups dry pinto or red beans  
4 cups water  
1 clover minced garlic  
1 cup chopped onions  
½ teaspoon liquid smoke

Soak the beans overnight in water (enough to cover), drain and place in a 4 quart pot. Add the 4 cups of water, garlic, onions and smoke. Bring to a boil, cover, reduce heat and simmer until beans are tender and liquid is absorbed (about 2 hours). Add additional small amounts of water, if necessary.

Serve these beans with the Chili Beef, either separately or combined in the casserole and baked for half an hour.

Makes 4 cups.

NUTRIENT CONTENT PER HALF CUP:

175 Calories

Less than ½ gram fat

## Tips On Behavior Modification

### Making Permanent Changes

You are now in your sixth week of the Lighten Up TDH Program. Congratulations! Sticking with the program has been a great accomplishment.

Although the program is nearing an end we hope your efforts will continue on! Weight management demands a long term commitment to healthier eating and exercise habits. The diet modification which you have made

- lowering fat in your diet
- increasing fiber in your diet

- moderate sugar and salt intake

should be continued permanently. Not only will these changes in diet lead to more effective weight management, but also help to reduce your risk of developing heart disease and certain types of cancers.

## Suggestions For Making Permanent Changes

### Keep Your Goals In Mind

Go back to the goal setting exercises in **week 1** and review your reasons for beginning this program. When you feel your motivation faltering, review your goals. Keeping these in mind will help you to remember why weight management is so important to you. As you review your goals, revise them when necessary also.

### Stay Informed

Read about good nutrition; attend lectures and workshops presented by knowledgeable, reliable professionals, read food labels while shopping. The more you know about nutrition the better equipped you will be to eat healthy.

### Develop A Support Group

Find people in your life who share your health and diet goals. You can offer one another support, eat healthy meals together, exercise together, and have fun!

### Monitor Your Progress Regularly

Weight yourself once a month. If you see your weight increase by more than 5 pounds, cut back on your intake and/or increase your exercise until your weight comes back down. If you have high blood pressure or high cholesterol, follow doctor's advice about medication and return visits.

### Keep A Positive Attitude

Think of your "diet" as your normal healthy eating style not as a temporary measure to lose weight. A diet is not something to be on or off. When you get into the habit of thinking that way you may find yourself feeling deprived, restricted, depressed, or angry when trying to manage your weight.

### Give It Time

Studies have shown that it takes 2 to 3 months before a new habit becomes established. In the early weeks of these lifestyle changes you have made, you may find yourself slipping back into old patterns. Keep reminding yourself that this is a normal part of the change process and get back on track right away. As

time goes by you will find it easier and easier to maintain your new lifestyle behaviors.

**Exercise**

List below five important changes you have made in your eating patterns, physical activity habits, behaviors, or thought process since you began the Lighten Up TDH Challenge.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

**CONGRATULATE YOURSELF!**  
**Look at how successful you have been!**  
**Keep up the good work and stay healthy!**

# Chapter 7

## Worksite Wellness Kit

### Evaluation

We appreciate any comments or suggestions you have concerning the Worksite Wellness Kit. The information and suggestions you provide will be helpful in future updates and program development. Please complete this form after implementing the program, then mail to the address at the bottom of this page.

Name of Program Kit: \_\_\_\_\_

1. How much of the kit did you read and complete or implement?

\_\_\_ All of it      \_\_\_ Some of it      \_\_\_ Did not complete or implement

2. What sections of the kit did you find most useful?

3. What sections of the kit did you find least useful?

4. When did you use the guide?

5. How many people participated?

6. How many people received information?

7. How successful was the program based on your expectations?

\_\_\_ Very successful      \_\_\_ Somewhat successful

\_\_\_ Not successful at all

8. What was the overall satisfaction from the people who participated?

\_\_\_\_ Very satisfied                      \_\_\_\_\_ Somewhat satisfied

\_\_\_\_\_ Not successful at all

9. How can this program kit be improved?

Name of Organization: \_\_\_\_\_ Phone: \_\_\_\_\_

Coordinator: \_\_\_\_\_ Address: \_\_\_\_\_

Thank you for your assistance!

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