



WEIGHT MANAGEMENT SELF-HELP GUIDE



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WEIGHT MANAGEMENT GUIDE

U.S. Department of
Homeland Security

United States
Coast Guard



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The guide was created to provide assistance with weight management to Coast Guard employees and families. While this guide is essentially self-explanatory, maximum benefit and support can be realized by seeking the advice of your local Health Promotion Manager. The guide can be used by personnel who are voluntarily seeking to manage their weight, and by active duty members identified as exceeding their maximum allowable weight in accordance with Weight and Body Fat Standards for Coast Guard Military Personnel, COMDTINST M1020.8 (series).

To contact the Work-Life Staff Health Promotion Manager closest to you, call 1-800-872-4957, followed by the extension listed next to the following locations:

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1. YOUR PERFORMANCE BODY WEIGHT

Introduction

Weight control for many of us means simply watching the numbers change on the scale, hoping for change in the right direction. But weight control involves not only losing or gaining to reach a healthy weight for your body, but maintaining that weight for lifelong health and wellbeing.

A healthy body weight does not simply refer to the numbers on the scale. The composition of that weight — how much is fat, muscle and bone — is what's important in determining whether you have the strength, stamina, and overall good health for optimal performance. Each person has a weight range that is most desirable for their own fitness and health. That is your Performance Body Weight.

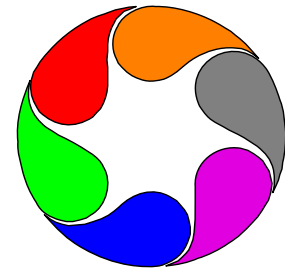
Changing body composition is really about changing habits. If you want to look better or be more fit you have to change some eating and activity patterns. Maintaining a Performance Body Weight involves making a balanced diet and regular exercise a natural part of your lifestyle. This manual can help you learn to do that.

OBJECTIVES

After completing this section you will be able to:

1. Appreciate the health performance consequences of excess body fat or inadequate muscle mass.
2. Define the factors that determine body composition.
3. Describe the energy balance equation and understand the factors that influence it.
4. Set realistic goals for target body weight and rate of body composition change.
5. Use at least two methods to estimate changes in body composition.

Dimensions of Wellness



*Physical-Emotional-
Intellectual-Spiritual-
Social-Environmental*

Each of these dimensions of wellness connects to form your performance state. If you are not balanced in one of these areas it can significantly impact your ability to perform in other areas. Strive for balance in each of the dimensions to achieve your optimal performance state.

Are You Ready?

1. Do you *want* to change your body composition to look better or achieve better health and fitness?
2. Do you *need* to change your body composition to achieve better health or fitness?
3. Are you motivated to change your eating and exercise habits?
4. Are you willing to make permanent changes in your eating and exercise habits?
5. Are you able to overcome excuses such as *I have no time* or *I can't learn to like new foods*?
6. Are there other areas of your life undergoing major change or in need of your mental or physical energies?

If you answered yes to questions 1 -5, you are ready to achieve your performance body weight!

If you answered yes to question 6, you may need to consider waiting to start a weight control effort until you are able to commit to making changes to your eating and exercise habits. If you are not ready, you should at least take steps to prevent further weight change. This manual can help.

Your Mission

Your mission is to achieve and maintain a performance body weight for your own personal well-being. Finding your Performance Body Weight may be challenging but understanding the factors that influence your weight and body composition can help you determine your optimal weight range.

HEALTHY AND READY

Being a part of a military organization means you have to be ready for unpredictable challenges at any time. An important component of this readiness is being physically able and healthy enough to perform your share of the work.

Excess body fat can hinder performance and compromise your readiness. For tasks in which maximal power, endurance or quickness are key, excess fat limits you. Carrying excess weight is inefficient and tiring. Extra body weight also increases the risk of wear-and-tear injuries to your feet, knees, and hips, while extra fat around the middle adds to low back strain.

Right now you may feel okay. You may even consider yourself physically fit. So why should you worry about your body composition? Excess body fat affects other conditions that can shorten your military career or even your life. Being over-fat is hazardous to your health. Medical research shows that as excess body fat increases, the risks of many diseases increase.

It is also possible to have too little body fat. A certain amount of body fat is necessary for normal body functioning. Fat is an essential part of the nervous system, bone marrow, and internal organs. If you don't have enough body fat, you may feel weak or tired, have a low resistance to infection and illness, and get sick more frequently.

POTENTIAL HEALTH EFFECTS OF BEING OVERWEIGHT

1. High blood pressure
2. High blood cholesterol
3. Heart disease
4. Stroke
5. Diabetes
6. Cancer (uterus, gallbladder, kidney, stomach, colon, and breast)
7. Arthritis
8. Gout
9. Joint pain
10. Back pain

The likelihood of developing one of these health issues increases significantly if you are inactive.

DANGERS OF VERY LOW BODY FAT

1. Loss of insulation and organ protection
2. Lack of fuel reserves to draw on during high-stress periods
3. Increased illness and infections
4. Abnormal menstrual function and bone loss
5. Poor pregnancy outcome
6. Decreased testosterone production

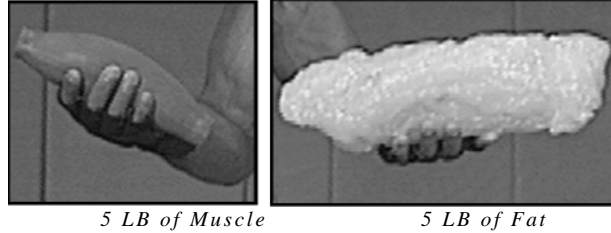
For men, about 3 to 6 percent of body weight as fat is the absolute minimum. For women, about 10 to 13 percent body fat is necessary – higher than men because of additional fat needed to support child bearing functions (menstruation, pregnancy, and breast-feeding).

Optimal body fatness varies with the nature and demands of the job or physical activity. Realistic and appropriate levels of body fat for military personnel are between 10 and 20 percent for men and between 15 and 30 percent for women.

Body Composition

SCALE WEIGHT...NUMBERS CAN BE DECEIVING

Comparing your body weight to a height-weight chart is the easiest and most practical way to gauge yourself, but don't place too much emphasis on what the scale says. The scale can't tell the difference between muscle, bone, water, and fat weight. Your percentage of body fat is more important than the numbers on the scale.



Two people of the same height and weight can have very different body sizes and body compositions. One might be over-fat while the other might be very muscular. One reason is that muscle is much more dense than body fat. Five pounds of muscle and five pounds of body fat are very different in size.

When tracking progress, weigh yourself no more than once per week. Try to weigh yourself on the same day of the week around the same time of day, preferably first thing in the morning on an empty stomach. Weighing yourself more often is misleading. Water accounts for 1/2 to 3/4 of your body's weight. Small changes in water balance can produce misleading 'gains' or 'losses' in the number on the scale.

The rapid weight loss during the first few days of any diet is due mostly to body water loss. After that, the rate of weight loss slows down as body fat stores become the main source of weight loss. Very low calorie diets that lead to muscle breakdown and protein losses cause even greater water losses and may contribute to permanent damage to organs and body systems.

BODY COMPOSITION

In addition to weight there are various methods to assess body composition. Just remember that any body fat measurement method, with the exception of an autopsy, is only an estimate of your true percentage of body fat. Use them only as a guide. More important than a number on any scale or chart is how healthy and fit you are. Keep in mind that a body composition measurement administered by a Health Promotion Manager or local fitness center trainer does not replace your body fat measurement required by the Coast Guard during semi-annual weigh-ins. Body fat measurements for semi-annual weigh-ins should be conducted in accordance with the Weight and Body Fat Standards for Military Personnel Manual, COMDTINST M1020.8 (series). While the Commandant has established maximum allowable body fat standards for active duty personnel, healthy body fat standards are more stringent. The table below displays these healthy ranges.

Percent Body Fat Classifications

Classification	Men	Women
<i>Essential Fat</i>	2-4%	10-12%
<i>Athletic</i>	6-13%	14-20%
<i>Fitness</i>	14-17%	21-24%
<i>Acceptable</i>	18-25%	25-31%
<i>Obese</i>	Over 25%	Over 32%

Source: The American Council on Exercise

Calculate Target Body Fat and Weight

Use this formula to determine your body fat and weight. To use this method you must know your current body fat percentage.

1. Your Current Body Weight (**CBW**) _____

Example: 200 lbs.

2. Your **Current** Body Composition (**% BF**) _____

Use decimal format *Example: 25% = .25*

3. Determine **Target** Body Composition in %. (TBC) _____

Use chart on previous page to select your desired body composition.

4. Calculate **Current** Fat Weight (**CFW**) _____

Multiply **CBW** (Step 1) x **% BF** (Step 2) in decimal format

Example: 200 lbs. x .25 = 50 lbs.

5. Calculate Current Lean Body Weight (**CLW**) _____

Subtract **CFW** (Step 4) from **CBW** (Step 1)

Example: 200 lbs. - 50 lbs. = 150 lbs.

6. Calculate **Target** Lean Weight Percentage (**LW %**): _____

Subtract **TBC%** (Step 3) from 100%

Example: 100% (1.00) - 20% (.20) = 80% (.80)

7. Calculate **TARGET WEIGHT** _____

(TW) by dividing CLW (Step 5) by LW (use decimal)

Example: 150 lbs/.80 = 187.5 lbs.

8. Calculate **POUNDS NEEDED TO LOSE** _____

Subtract TW (Step 7) from CBW (Step 1.)

Example: 200 lbs. - 187.5 lbs. = 12.5 lbs.

This target weight and body composition may not reflect your Coast Guard requirement for maximum allowable weight and body fat.

COAST GUARD TARGET BODY COMPOSITION MEASUREMENTS

This table helps you organize the information needed for your Coast Guard target weight and body fat.

Height _____
 Neck _____
 Waist _____
 Hips (female) _____
 Current Body Fat % _____
 CG Max Allowable Weight _____
 CG Max Allowable Body Fat % _____

BODY MASS INDEX

Calculating your body mass index (BMI) is a great way to judge how healthy your weight is. For most people, the higher the BMI, the higher the total body fat content and the greater the risks of developing certain health problems. Because BMI is calculated from a height-to-weight formula that does not consider whether the weight is from fat or muscle, some people with athletic builds may have a high BMI but not have increased body fat.

FAT
+ MUSCLE
+ BONE
+ INTERNAL ORGANS
+ BODY FLUIDS
= TOTAL BODY WEIGHT

Depending on your overall fitness picture, a BMI of:

<18.5	suggests you are underweight and at risk for poor nutrition
18.5 to 25	means you are in the healthy range for most adults
25 to 27	may mean you are overweight, especially if you have a large waist; could mean you are in a healthy range if you regularly perform strength training exercises
27.5	New standard for all CG Personnel
27 to 30	indicates you are overweight
>30	indicates you are obese

While the Coast Guard Max Allowable Weight ranges are based on a BMI of 27.5, it is important to note that a healthier range to achieve is between 18.5 and 25.

Use the chart on the following page to determine your BMI:

CALCULATING BODY MASS INDEX

To use the BMI Chart, find your height (inches) along the left side of the chart. Move across to the weight closest to your current weight. Then, move down to the bottom of the column to find your BMI.

Your height without shoes (inches) _____

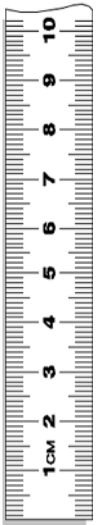
Your body weight without clothing (pounds) _____

Body Mass Index Chart																		
Height (inches)	Body Weight (pounds)																	
58	86	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	89	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	92	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	173	178
61	95	100	106	111	116	122	127	132	137	143	148	153	158	163	168	173	179	185
62	99	104	109	115	120	126	131	136	142	147	153	158	164	170	175	181	186	191
63	102	107	113	118	124	130	135	141	146	152	158	163	169	175	181	187	192	197
64	105	110	116	122	128	134	140	145	151	157	163	169	174	181	187	193	199	204
65	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	112	118	124	130	136	142	148	155	161	167	173	179	186	192	199	205	211	216
67	115	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	119	125	131	138	144	151	158	164	171	177	184	190	197	204	211	217	223	230
69	122	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	126	132	139	146	153	160	167	174	181	188	195	202	207	216	223	230	237	243
71	129	136	143	150	157	165	172	179	186	193	200	208	215	223	230	237	244	250
72	133	140	147	154	162	169	177	184	191	199	206	213	221	228	236	244	251	258
73	137	144	151	159	166	174	182	189	197	204	212	219	227	235	243	250	257	265
74	140	148	155	163	171	179	186	194	202	210	218	225	233	241	249	257	265	272
75	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	280
76	148	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287
BMI	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35

Your BMI score ~ _____

Goal weight in healthy range: _____ pounds

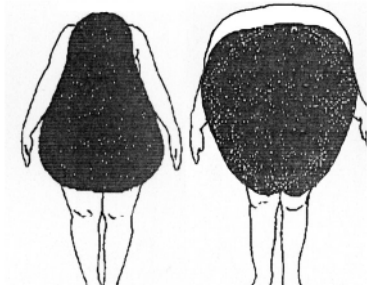
Alternative Body Fat Tests



Waist Circumference

It's not only how much fat you have but where the fat is that's important. Where you store your body fat is mostly determined by your body type. Men usually carry fat around their abdomen, giving them more of an "apple" shape. Women, on the other hand, typically carry fat in their hips and buttocks, giving their figures a "pear" shape. This is not a hard and fast rule though. Some men are pear-shaped and some women become apple-shaped, especially after menopause.

Excess body fat in the stomach area — the "pot belly" or "spare tire"— is related to an increased risk for high triglycerides, high blood pressure, stroke, heart disease, diabetes, and difficulty conceiving. Although the body fat of a pear is less risky to health than that of an apple, it is more difficult to lose body fat in those areas.



A pear shape stores body fat below the waist mostly in and around the hips, buttocks, and thighs. Apple shape body types store body fat around the abdomen.

DISEASE RISK RELATIVE TO WAIST CIRCUMFERENCE

Men- Greater than 40 inches

Women- Greater than 35 inches

Waist circumference has proven to be an excellent indicator of cardiac risk. This method of measurement is a simple way to determine whether you have excess body fat in the stomach area. You'll need a non-stretch, fabric tape measure or tensionmeter to do this test. If you don't have a measuring tape, use a piece of string, measure your waist at its smallest point. (No sucking in your gut!).



The Pinch Test

Grasp the loose flesh on various parts of your body, such as the back of your upper arm and your abdomen, between your thumb and forefinger. If you can pinch more than an inch, you're probably carrying too much body fat.



Clothing Size and The Notches in Your Belt

If you're going up or down in your clothes sizes, something is happening to your weight and, most likely, your body fat level. If you are exercising to lose fat weight, the scale weight may not change, but your pants can be looser. Since exercise builds muscle and muscle weighs more than fat, you may weigh the same but be smaller.



The Mirror Test

Look in the mirror...stark naked. That's right. Front and sides. Give yourself a good visual inspection. Can you see muscle definition in the chest, abdomen, thighs, or arms? Do you see excess body fat around your waist and hips? Be honest. While simple to perform, this test can be the most painful of all and yet provide the most accurate information. If you don't like what you see, it may be time to adopt some healthy nutrition and activity habits.

The Weight You Are

FAMILY HISTORY

Your weight can also be influenced by your heredity. What does your family look like? Does your body resemble that of a parent, brother, or sister? What is your basic body shape? Where do you store your fat?

What you inherit from your family is, of course, out of your control. However, a long line of overweight family members does not mean you are destined to be overweight yourself. Most things that determine your body composition are within your control. The amount of food you eat and how much you exercise are factors that can “outweigh” the traits you inherited through your genes.



PUMP UP YOUR METABOLISM

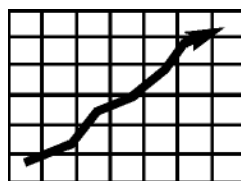
Your metabolism, the rate at which your body burns energy, is directly affected by your body composition. The more muscle you have, the faster your metabolism and the more calories you will burn (even when you are asleep!). This is why exercise, specifically resistance training, is a critical component of life-long weight control. It will become even more important if you embark on a weight loss regime because weight loss naturally slows your metabolism. By continuing to exercise during your weight loss efforts, you can help keep your metabolism elevated and keep moving towards your goal.



METABOLIC SLOW DOWN

Believe it or not, body fat does not have to increase as you get older. It is true that as we age we produce less of certain hormones that control metabolism and muscle growth. But this loss causes only a small amount of weight change.

Being inactive—burning fewer calories plus losing muscle mass as a result of doing less exercise—is the number one reason people get fatter as they age. If the amount of food we consume does not decline as we become less active with age, we will gain weight. Regular endurance and strength training exercise can offset the decrease in metabolism usually seen with aging. **Use it or lose it!**



METABOLIC JUMP START

Every time you eat, your metabolism increases slightly because your body requires energy to digest, absorb and utilize food. If you're skipping meals or not eating enough calories you may not be making the most of your metabolism. But be careful. Eating too much and too often will easily overpower this small metabolic boost and result in weight gain.

DIET FANTASY VS. REALITY

Diet Fantasy: There are negative calorie foods (like celery) that take more calories to digest than they contain.

Diet Reality: Although you do burn calories digesting and absorbing food, the contribution to total energy output is minimal and is never more than the calories in the food itself.

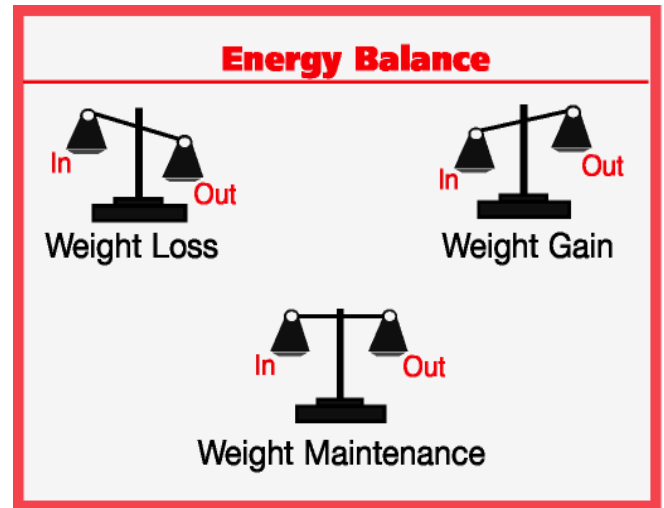
Energy Balance

The bottom line in maintaining, gaining, or losing weight or body fat is energy balance. Energy, whether in food or what the body burns, is measured in calories.

1. If you take in more calories than your body burns, your body stores the extra calories as fat, and you gain weight.
2. If you take in fewer calories than you use, your body burns stored calories and you lose weight.
3. When you consume the same amount of calories as your body uses, your weight remains the same.

One pound of fat has about 3500 calories. To lose one pound of body fat a week, you have to create an energy deficit of 500 calories a day. How can you do that?

- Increase exercise: frequency or intensity
- Decrease energy (food) intake
- Combine exercise with calorie reduction.



You can lose 1 pound a week if you burn 250 more calories a day through exercise AND consume 250 fewer calories.

Although you can lose weight by dieting alone, it will become counterproductive because of the fact that your metabolism slows down as you lose weight. In addition, without exercise you'll start to lose muscle along with body fat. That is definitely not the goal! Including regular exercise in your weight loss plan allows you to eat more and still lose weight. By making less drastic changes in your diet, you are more likely to stick with it.

How to Tip Energy Balance Toward Body Fat Loss

Energy In: What Can You do? (See Chapter 2)

- Eat smaller portions of foods.
- Eat more fruits and vegetables.
- Reduce high-fat foods (margarine, mayonnaise, salads, dressings, fried foods).
- Reduce high-sugar foods (sodas, candy, deserts).
- Eat regularly — don't skip meals.
- Avoid a severe calorie restriction.

Energy Out: What Can You Do? (See Chapter 3)

- Engage in aerobic exercise 4-6 times a week (walking, jogging, cycling, etc).
- Engage in strength training exercise 2-3 times a week.
- Increase lifestyle physical activity (taking the stairs, parking far from the store).

How Much and How Fast

GET REAL

What is your performance body weight goal? Make sure it is attainable. Unrealistic goals set you up for failure.

Aim for a body composition that's possible with your body type. Don't compare yourself to some unreal magazine model. Don't set a weight goal that conforms to unrealistic and unhealthy social ideals for thinness. If achieving a certain weight goal means eating too little and exercising more than you can feasibly fit in your day, you need to set a more realistic weight goal. Try achieving a healthy weight at which you can be vigorous and as fit as you need to be.

Determine your long-term goal first. An example would be, "to have a BMI less than 27.5 by the weigh-in." From that goal, you can begin working backwards to set your short-term goals. For instance, the weigh-in is 4 months away and you know you need to lose about 20 pounds. Your short-term goal may be to lose 5 pounds this month. Twenty pounds may seem like a lot, but losing five pounds in a month is attainable.

Fallacies of the Quick Fix

Severe diets cause large losses of body water. The body loses water when salt and carbohydrate intakes diminish. Dehydration can result, taking away your mental edge and hurting your physical performance. The water weight quickly returns when you return to normal eating.

Cutting too many calories makes it difficult to get enough carbohydrates to refuel carbohydrate stores (glycogen) in liver and muscle. If liver and muscle glycogen stores are reduced, mental and physical performance suffers.

Weight losses greater than two pounds a week lead to muscle breakdown and protein loss. This can result in losses of strength and ability to fight off illness.

CAUTION!

Do not wear rubberized clothing when exercising. You can over heat and seriously dehydrate while wearing one of these suits.

In addition, the weight loss sustained is only fluid loss and will quickly be gained when you drink any fluid.

Work on changing eating and exercise habits one by one, first choosing the ones that influence your energy balance the most. Set weekly or monthly goals that allow you to check off successes.

A weight shift of 1/2 to 2 pounds a week is healthy and sustainable. The maximum rate of weight loss without medical supervision should be two pounds per week. Consistently losing greater than two pounds per week means your calorie level may be too low.

You don't have to have one rigid calorie goal. Try to stay within a reasonable calorie range. Most women can lose weight within a range of 1400 to 1800 calories, depending on current weight and activity levels. Many men can lose weight at average calorie levels of 2000 or more. If you are not losing a half to a pound a week, you may have to adjust your calorie goal. But also look at how much exercise you are performing. This may be where the adjustment needs to take place.

When you go on an extremely low-calorie diet, your body senses famine and slows its metabolic rate to "survive." When you go off the diet, it's even easier to gain weight than before.

Some athletes restrict calories to "make weight" or believe they must maintain unreasonably low body weights to excel in their sport. Studies show that these athletes have slower reaction times and a loss of strength because of dehydration and muscle loss. Light and lean athletes only go faster and farther when they adequately fuel their bodies.

Fasting hurts performance too. It keeps you from storing muscle and liver glycogen, needed to fuel exercise and feed your brain. Prolonged fasts can cause loss of muscle mass, dehydration, dizziness, irregularities in heart function, and dangerously low blood pressure. The practice of sweating off pounds to 'make weight' isn't healthy either.

Any attempt to quickly lose body fat by drastically cutting calories ultimately will harm your military performance and your health. Remember fitness and health should be your primary goals.

Watching and Waiting

Most of us need to see some measurement of our progress to keep us motivated. Changes in body composition occur over time so don't get caught up in daily weight fluctuations. The weight on the scale includes the food in your stomach and fluids in your body, including the urine in your bladder. Although large changes in body weight can occur within hours, it takes weeks for large changes in body fat or muscle to occur. Here are some suggestions for monitoring your progress without stepping on the scale:

Are You Making Progress?	Yes	No
•Do your clothes fit differently?	<input type="checkbox"/>	<input type="checkbox"/>
•Are you able to maintain the changes in your habits every day?	<input type="checkbox"/>	<input type="checkbox"/>
•Can you exercise longer before getting tired?	<input type="checkbox"/>	<input type="checkbox"/>
•Can you do your job better?	<input type="checkbox"/>	<input type="checkbox"/>
•Do you feel stronger?	<input type="checkbox"/>	<input type="checkbox"/>
•Do you have more energy?	<input type="checkbox"/>	<input type="checkbox"/>

Take A Look Back

To control body weight, a variety of lifestyle factors must be managed. Knowing what is involved to truly manage your weight for a lifetime will help you become mentally prepared. The following questions will help evaluate your own readiness for change.

Carefully read these questions. They will help you determine if your goals are realistic and what areas of your life will need the most change for successful weight management.

WEIGHT HISTORY

1. What was your weight like in grade school? High school?
2. What was your lowest adult weight? How were you able to maintain that weight? What was your life like then? Did you exercise? Did you eat differently?
3. What was your highest adult weight? What changed in your life that led to this weight?
4. What has been the most stable weight for you in the last five years?
5. Does anyone in your immediate family have difficulty maintaining a healthy weight?
6. Have you tried to change your weight in the past? Did you meet your goal? If so, how long did you stay at your goal?

7. What could you improve on from your last weight change attempt?

8. MEDICAL HISTORY

9. Are you currently being treated for any medical condition to which your weight or eating habits are contributing factors (Ex. high blood pressure, diabetes, high blood cholesterol, fatigue, or anemia)?
10. Do you have any family history of diabetes, heart disease or cancer?
11. Do you have a history of muscle, joint, or bone injuries? Is your physical activity currently limited because of a muscle, joint, or bone problem?

FOOD HISTORY

Place a check by things that may have led to your weight change.

- Eat too much (large portions)
- Eat very little
- Skip meals
- Drink too much alcohol
- Drink too much of other high-calorie beverages, such as sodas, sweetened tea, and fruit drinks
- Eat sweets and desserts often
- Eat fast foods often
- Eat while watching TV
- Quit smoking

Do you eat if you are:

- Bored
- Depressed
- Tired
- Nervous
- Happy
- Stressed
- Angry
- Worried
- Procrastinating
- Other:

Eating Patterns and Habits

- How often do you eat? How often do you snack?
- Do you ever forget to eat?
- Do you eat quickly?
- Are there foods you tend to overeat?
- Do you like to cook?
- How often do you eat out or eat take-out meals?
- Do you associate most social activities with food or eating?

Motivation and Commitment:

Why do you want to change your weight?

- Appearance
- Fitness
- Health
- To Feel Better
- Military Career
- Pressure from Family/Friends

Exercise Patterns

- How often do you perform aerobic or endurance exercise? How long do you exercise during those sessions?
- How often do you perform strength training exercises?
- How often do you perform stretching exercises?
- How do you measure your effort during an exercise session? Heart rate?
- How often do you change your exercise routine?
- Do you feel you have been successful in maintaining or losing weight with an exercise program in the past?

Commitment to a Healthier Lifestyle

If you have decided that you want or need to lose weight, understanding your personal reasons for that decision may help you remain committed to your program. Ask yourself why you *really* want to or need to lose weight.

Step 1. Motivating Factors to Lose Weight

In the following table check the reasons why you are starting a weight management program. If your most important reasons aren't included, add them to the list.

Follow my doctor's advice	
Wear a smaller clothing size	
Improve my appearance	
Feel more confident and attractive	
Feel healthier and more in control of myself	
Firm up muscle tone	
Improve sports performance	
Please someone who is important to me	
Help reduce low back pain	
Lower high blood pressure	
Lower cholesterol and/or triglycerides levels	
Increase high density lipoprotein cholesterol	
Help control diabetes	
Have more energy and increase stamina	
Reduce risk of circulatory disease	
Meet the CG Weight Standards	
(Other)	
(Other)	

Step 2. Top Motivators

Identify your top two reasons and define why these are most important and how you think these reasons will help motivate you to start and maintain your weight-management program.

#1 Motivator:

This is important to me because:

#2 Motivator:

MAKING A COMMITMENT TO A HEALTHIER LIFESTYLE (*Continued*)

This is important to me because:

Step 3. Challenges to My Motivation

Now list some of the sacrifices you might have to make or obstacles you might face in starting a weight management program at this time.

Step 4. Visualizing Change.

One of the most powerful ways to maintain commitment and motivation is to visualize the outcomes you want.

How will your life be different when you have achieved your weight management goals?

Step 5. What Else is Going On?

Other factors that might impact your plan.

A. Helping Factors:

MAKING A COMMITMENT TO A HEALTHIER LIFESTYLE (*Continued*)

B. Hindering Factors:

Step 6. What Do Others Say?

Having the support of a few select others can be a powerful way to maintain motivation & commitment.

What have others said about your plan or what would they say if you shared it?

2. THE FOOD CONNECTION

KEY CONCEPT

To change body composition while maintaining physical performance, food and beverage choices and portion sizes must be adjusted. The goal is to achieve an appropriate energy intake while providing essential nutrients.

OBJECTIVES

After completing this section, you will be able to:

1. Estimate your energy needs for weight maintenance or desired weight change.
2. List the three fuel nutrients that provide energy to the body.
3. Appreciate the need for nutrient-dense foods in your weight loss eating plan.
4. Choose appropriate numbers of servings from the five major food groups of the Food Guide Pyramid.
5. Select appropriate portions of foods.
6. Plan a day's menu to meet your calorie goal.
7. Build a personal performance diet, using the Food Guide Pyramid, to achieve and maintain your performance weight.

Calorie Smarts

Energy balance is partially determined by your energy intake. Although calories are important, weight management is more than counting calories. However, it is helpful to have an idea of how many calories you should be consuming.

The first step in calorie awareness is estimating how many calories you need in a day to maintain your weight. Calorie needs are due to many things—some you can change and some you can't.

Unless you do strenuous physical work or prolonged, vigorous athletic activity, most of the energy you use is just to keep your body functioning, even if you stay in bed all day. This is your basal or basic metabolic rate. Physical activity above resting can greatly increase calorie needs.

Once you know how many calories you need to maintain your weight, determine about how many calories you should take in to allow for weight gain or loss.



To lose one pound of body fat per week you have to create a deficit of 500 calories a day. You can do this by eating 250 calories less and burning 250 calories through activity. Your calorie goal will depend on how much exercise you can add daily.

Don't go below your basic calorie needs or 1200 calories, whichever is higher. If you go much below that, your metabolism slows down and you will burn calories more slowly. Eating fewer calories increases your chances of running short of necessary nutrients.

What Determines Energy Needs?

Age: Energy needs decline as we get older, mostly due to decreases in physical activity.

Body Size: It takes more energy to move a bigger body.

Body Composition: Ounce for ounce, muscle burns more energy than fat. The more muscle you have, the more calories you need to maintain your weight.

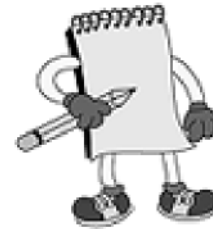
Physical Activity: The more active you are, the more calories you need.

Estimate Your Calorie Needs

1. Calculate your basic energy needs.

Multiply your **healthy goal** weight by 10 if you're female or by 11 if you're male.

$$\frac{\text{_____}}{\text{(Weight)}} \times \frac{\text{_____}}{\text{(10 or 11)}} = \frac{\text{_____}}{\text{(Calories for basic needs)}}$$



2. Multiply your *basic calorie needs* by 1.3 to account for the additional calories you use for your daily activities.

$$\frac{\text{_____}}{\text{(Calories for basic needs)}} \times 1.3 = \frac{\text{_____}}{\text{(Total calorie needs to maintain weight)}}$$

How Much Should I Burn?

One pound of fat contains 3500 calories. If you **reduce** your weekly caloric intake by half - 1750 calories or 250 calories a day and **increase** your weekly physical activity to burn the other half (1750 calories) then you are on a realistic, prudent, and safe weight-loss program. Calorie reduction plus increased physical activity is the recommended approach because it's the best combination for successful long-term weight management. (See Chapter 3 to find out how many calories you can burn during exercise.) If you do not exercise then you will need to reduce your daily calorie intake by 500 calories.

3. Calculate your daily calorie intake in order to lose weight.

DAILY CALORIE INTAKE GOAL WITH EXERCISE*

Total calorie needs to maintain weight minus 250 calories.

$$\frac{\text{_____}}{\text{(Total calories to maintain weight from Step 2)}} - 250 = \frac{\text{_____}}{\text{(Total calories for weight loss)}}$$

**See Module 3 to determine your calorie-burning exercise plan.*

If you don't want to go through these calculations, here is a quick guideline: Most women will lose weight on 1400-1600 calories a day. Most men will lose on 1600-2000 calories a day.

There is no need to obsess about calories. Keep in mind that calorie calculations are only estimations. The only accurate ways to determine how many calories you need are expensive laboratory measures. In addition, calorie values for foods are approximate. The true caloric content can vary widely from food to food or manufacturer to manufacturer. For example, an apple may provide 50 calories or 100 calories depending on variety, season, exact size, and how close to the core you eat. Use calorie figures as starting points to help you make food choice decisions. As long as you're gradually losing weight you're making adequate changes in your diet and activity level.

Where Do Calories Come From?

The caloric content of a particular food depends on the amount of carbohydrates, proteins, and fats in the food. These are the three nutrients your body can use for energy. Alcohol, which is not a nutrient, also provides considerable calories.

Unused calories from any source are stored as fat.

1 gram fat = 9 calories
 1 gram carbohydrates = 4 calories
 1 gram protein = 4 calories
 1 gram alcohol = 7 calories

Carbohydrates Give You:

- Endurance
- Alertness
- Short bursts of energy
- Energy to do the work to build muscle
- Size and strength

CARBOHYDRATES

Carbohydrates are your body's fuel of choice. Ingested carbohydrates are converted into blood sugar and used for energy or are converted to glycogen and stored in our liver and muscles. Liver glycogen feeds your brain between meals. Muscle glycogen is needed to fuel movement, from short bursts of activity to long hours of physical activity.

45 – 65% of your calories should come from carbohydrates to give you the energy you need. If your diet is low in carbohydrate, you'll start to feel sluggish, if not immediately; certainly as you get further into your plan. If your diet is too high in carbohydrate, you may be squeezing out protein and fat, which are vital for health and performance.

Carbohydrates in our diets come in two major categories: simple and complex. The difference is based on their structure.

Simple Carbohydrates are sugars. There are two major types of sugars:

- **NATURALLY-OCCURRING** – Fruit contains fructose. Milk contains lactose. Besides providing calories, these foods provide vitamins and minerals. Many fad diets erroneously suggest that even moderate amounts of these sugars contribute to weight gain.
- **ADDED** – Most of the sugars we consume are added or refined sugars, such as table sugar or high fructose corn syrup in sodas and fruit-flavored drinks. Added sugars only add calories—no vitamins, no minerals, no fiber. That's why foods high in sugar are considered "empty calorie" foods. High sugar foods, such as soda, may cause your blood sugar to rise sharply then drop off. Since low blood sugar triggers hunger, this can lead to overeating later.

Complex Carbohydrates are starches. They are found in dried beans, vegetables, fruits, and grains like wheat and rice. Foods high in complex carbohydrates provide vitamins, minerals, and fiber along with their calories. By themselves, starchy foods are not high calorie. It's the added fats and sugars in foods that escalate the calories.

Fiber (a type of complex carbohydrate) is the structural part of all plants that we are unable to digest or absorb. Fiber fills us up with fewer calories. High fiber foods are slow to digest and help us feel full longer. New research suggests that fiber also helps cut calories by blocking the digestion of some of the fat and protein consumed with it. Increasing fiber intake could possibly "save" 50-150 Calories a day. Generous dietary fiber intake is related to the prevention of several health problems: constipation and hemorrhoids, colon cancer, heart disease, and diabetes. Aim for 25-40 grams of fiber a day.

SIMPLE WAYS TO INCREASE FIBER IN YOUR DIET:

1. Eat more fruits and vegetables (5-9 servings a day).
2. Select whole grain breads. The word "whole" should be first on the ingredients list. Choose breads with a minimum of two grams of fiber per slice. Read the label. (See label reading section page 2-20.)
3. Eat legumes—dried beans and peas—at least once per week. Yes, baked beans are legumes.
4. Include a **high fiber cereal for breakfast. Aim for a minimum of three grams of fiber per serving.**

PROTEINS

Proteins also provide energy, especially if you don't consume enough carbohydrate and fat. But protein is an inefficient fuel source. Proteins' main functions are to:

1. Make and repair muscle and all other body tissues.
2. Form enzymes and hormones that regulate various chemical reactions.
3. Form antibodies which protect us against invasion from bacteria and viruses.

If proteins are broken down to be used for energy, they can't be used to maintain body tissues.

Your protein needs partially depend on how much muscle you have. The recommended protein intake is equal to 15-20% of calories consumed. Building muscle requires higher protein levels. Sports nutrition research has shown that athletes need slightly more protein than sedentary individuals. An increased protein intake appears to be more important during the early stages of training rather than later in the training program. Protein needs are also slightly higher during weight loss to prevent loss of lean tissue.

Fish, poultry, meats, eggs, milk, and cheese contain large quantities of high-quality protein. Dried beans and peas, seeds, and nuts provide considerable amounts of protein too. Small amounts are found in grains and vegetables. Animal sources of protein can be high in fat, so choose low fat varieties. See pages 2-17 and 2-18 for how to choose low-fat protein sources in food.

Where Do You Get It?	
Protein in food	
one 8-ounce glass of milk	= 8 grams
one ounce lean meat, fish, or poultry	= 7 grams
one ounce seafood	= 5 grams
one slice of bread	= 2-3 grams
1/2 cup vegetables	= 1-2 grams
1/2 cup navy beans	= 7 grams

What Do You Need?

The average adult needs at .8 grams of protein per kg of body weight. To figure out what that means for you:

Your weight in pounds: ____ / 2.2 = ____ kg

Your weight in kilograms: ____ x 0.8g = ____ g/day

Typically this equals to 15-20% of daily calories.

TOO MUCH PROTEIN?

People who wish to gain muscle mass are often misled into believing that the more protein they eat, the faster or more effectively they can build muscle and achieve their goal. This is not true. Ingesting too much protein can be harmful and since the body can only absorb a certain amount of protein, any undigested protein is excreted through urine. That can become some very expensive urine if your protein source comes from costly supplements and powders!

FATS

Since fats contain more than twice the calories as equal weights of carbohydrates or proteins, they pack a lot of calories into a small amount of food. What looks like a little dab of fat can easily be 100 calories. This makes it easy to eat a lot of fat calories before feeling full.

Using a measuring spoon, 1 level tablespoon of pure fat contains 120 calories.

In general, the same low fat diet that is recommended for health and physical performance can help you maintain a performance body weight. Your average fat intake should be around 20-30% of your total calories. This translates to about 25-35 grams of fat for every 1000 calories you consume.

Don't strive for a fat-free diet. Fat is an essential nutrient—we need a little bit of it in our diets to stay healthy. Plus, fat is important to the enjoyment of our meals. Cutting fat intake too low can lead to frustration and boredom with food and result in binging to feel satisfied.

What's good about fat?

Fat can help delay hunger. Fat doesn't leave your stomach as quickly as carbohydrate or protein, so a little fat can keep you satisfied longer after a meal. If there's no fat at all in your meal, you might be hungry again soon.

Fat makes food taste good. It provides texture and keeps foods moist. The strategy is to use just enough to provide flavor.

Total Daily Calories	Fat Gram Limit	
	Lower	Upper
	20% fat	30% fat
1200	25	40
1600	35	55
2000	45	65
2400	55	80
2800	60	95

Foods that are almost pure fat include cooking oil, lard, butter, margarine and shortening.

Foods that contain significant amounts of fat include meat, full fat dairy products, chocolate, cakes, pies, cookies, nuts, fried foods and a few fruits and vegetables such as olives and avocados.

VITAMINS AND MINERALS

Vitamins and minerals are necessary to maintain good health. They do not provide energy by themselves, but without them our bodies could not get energy from the foods we eat.

Vitamins, minerals, and other trace elements are needed to regulate all body systems, build or repair tissues, prevent diseases, and do a whole lot more.

The approximately 40 essential vitamins and minerals are found in widely varying amounts in different foods. Supplements are usually not needed if the diet provides more than 1400 calories a day and is well balanced with a variety of foods.

WATER

Water makes up the largest component of the human body. Although water is an essential nutrient, needed by every cell of the body, its importance is often overlooked. Water helps fill you up with zero calories. Drinking lots of water does not magically melt away fat, but all systems in your body, including fat breakdown, work better when your water level is high.

A good rule of thumb is to drink at least 13 cups of water for every 1000 calories consumed for men and 9 cups for women daily.

High-protein or high-sodium diets increase water needs.

Drink more if you are increasing fiber intake to prevent constipation.

When it's hot or you are exercising, increase your fluid intake to replace sweat losses.

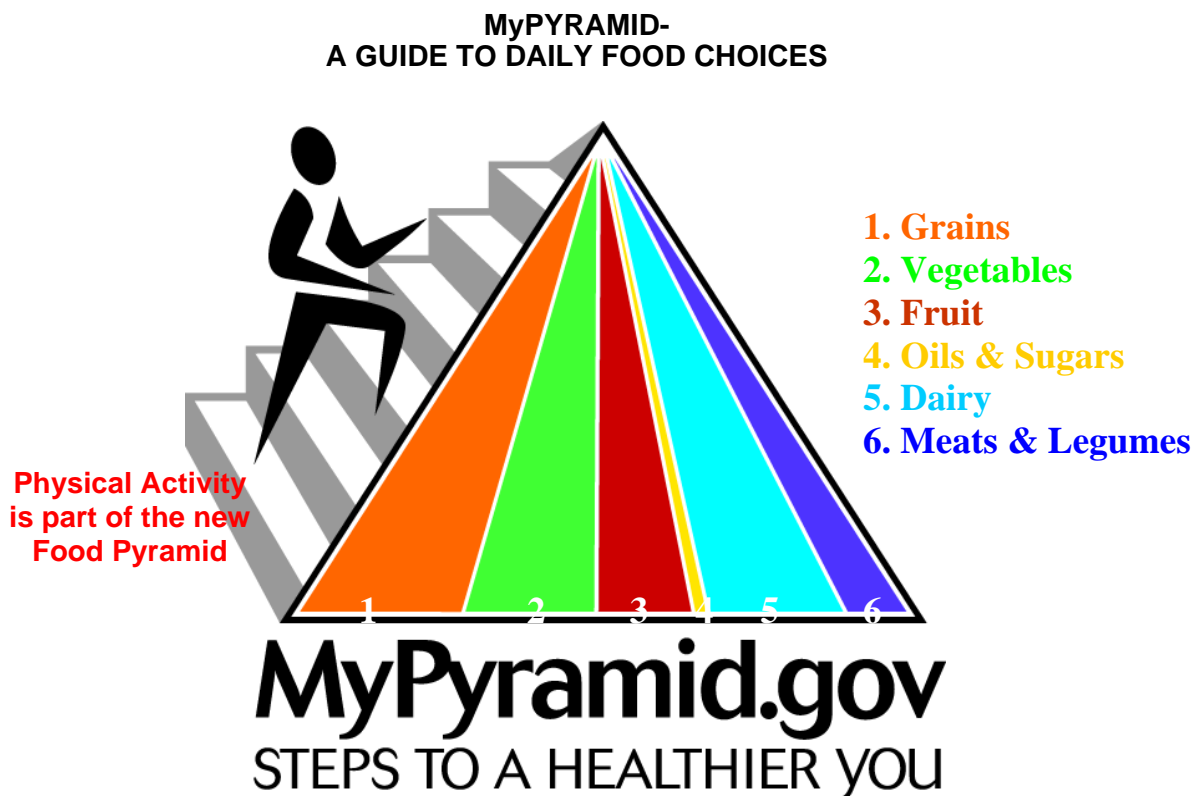
You don't have to drink just plain water. Almost all beverages, except for ones with alcohol or a lot of caffeine, help you meet your water needs. But, beware! Many are high in calories. See page 2-19 for help choosing low calorie beverages.



Food Balance: MyPyramid

MyPyramid is an excellent resource for understanding your nutrient needs. It can help you put together a diet with the right balance of nutrients that is within your calorie range. When you are cutting calories, it is especially important to get the most nutrition per calorie. Choose foods based on nutrient content as well as calories.

Each of the five major food groups of MyPyramid contains some, but not all, of the nutrients you need. Foods in one group can't replace those in another. Although one food group is not more important than another, some food groups deserve more emphasis in the diet than others. The larger a Pyramid segment, the more you should eat from that food group.



- **Physical Activity**
- **Moderation**
- **Proportion**
- **Variety**

For a very detailed and interactive tour of My Pyramid go to www.mypyramid.gov. The website lists many examples of food group choices, serving sizes, and nutritional values. It will also help you calculate your daily requirements and log your daily intake.

FOOD SERVINGS

Measuring is essential for portion control. Most of us place food on our plates without realizing how much we actually eat. Measuring cups, spoons, and a plastic kitchen scale are recommended. Starches and milk are measured with measuring cups, whereas meat is weighed on a scale (after cooking). Some people do better with visual measurements. A guide for this follows. It is also important to understand **equivalent servings**. The following eating plans help you achieve variety in your food choices while still selecting the same or equivalent amount or calories and most other nutrients. The number of servings that are right for you depends on how many calories you need, which in turn depends on your age, gender, size, and how active you are.

Eating Plans at Various Calorie Levels

For suggested amounts of food to consume to meet your recommended calorie intake go to the USDA Food Guide Appendix A-2 at this link: (<http://www.health.gov/dietaryguidelines/dga2005/document/html/appendixA.htm>)

Food group amounts below are shown in cup (c) or ounce-equivalents (oz-eq), with the number of servings (srv) in parentheses when it differs from the other units. Quantity equivalents for foods in each group are explained below the chart. Oils are shown in grams (g). Extra (discretionary) calorie allowances are in calories.

<i>Total Calories</i>	<i>Fruits</i>	<i>Vegetables</i>	<i>Grains</i>	<i>Meat/ Beans</i>	<i>Dairy</i>	<i>Oils /Fat</i>	<i>Extras</i>
1200	1c (2srv)	1.5c (3srv)	4 oz eq	3 oz eq	2c	17g	131
1400	1.5c (3srv)	1.5c (3srv)	5 oz eq	4 oz eq	2c	17g	171
1600	1.5c (3srv)	2c (4srv)	5 oz eq	5 oz eq	3c	22g	171
1800	1.5c (3srv)	2.5c (5srv)	6 oz eq	5 oz eq	3c	24g	195
2000	2c (4srv)	2.5c (5srv)	6 oz eq	5.5 oz eq	3c	27g	267
2200	2c (4srv)	3c (6srv)	7 oz eq	6 oz eq	3	29g	290
2400	2c (4srv)	3c (6srv)	8 oz eq	6.5 oz eq	3c	31g	362
2600	2c (4srv)	3.5c (7srv)	9 oz eq	6.5 oz eq	3c	34g	410
2800	2.5c (5srv)	3.5c (7srv)	10 oz eq	7 oz eq	3c	36g	426
3000	2.5c (5srv)	4c (8srv)	10 oz eq	7 oz eq	3c	44g	515
3200	2.5c (5srv)	4c (8srv)	10 oz eq	7 oz eq	3c	51g	648

Quantity equivalents for each food group:

- Grains - The following each count as 1 ounce-equivalent (1 serving) of grains: ½ cup cooked rice, pasta, or cooked cereal; 1 ounce dry pasta or rice; 1 slice bread; 1 small muffin (1 oz); 1 cup ready-to-eat cereal flakes.
- Fruits and vegetables - The following each count as 1 cup (2 servings) of fruits or vegetables: 1 cup cut-up raw or cooked fruit or vegetable, 1 cup fruit or vegetable juice, 2 cups leafy salad greens.
- Meat and beans - The following each count as 1 ounce-equivalent: 1 ounce lean meat, poultry, or fish; 1 egg; ¼ cup cooked dry beans or tofu; 1 Tbsp peanut butter; ½ ounce nuts or seeds.
- Milk - The following each count as 1 cup (1 serving) of milk: 1 cup milk or yogurt, 1½ ounces natural cheese such as Cheddar cheese or 2 ounces processed cheese. Discretionary calories must be counted for all choices, except fat-free milk.
- Discretionary calories should be used to increase intake from the basic food groups; to select foods that are higher in fat or with added sugars; to add oils, solid fats, or sugars to foods or beverages; or to consume alcohol.

Source: *Dietary Guidelines for Americans 2005, Appendix A-2, USDA*

How Much?

To control your calories, you need to know what constitutes a serving. Excess calories creep their way into your diet when you lose sight of portion control and start expanding the size of the servings you put on your plate. Below are examples of serving sizes in the different food groups.

Bread, Cereals, Rice and Pasta

(lowfat choices, about 80 calories)

- 1 slice of bread
- 1 small roll, biscuit, or muffin
- 5-6 small crackers (saltine size)
- 3-4 large crackers (graham cracker size)
- ½ cup cooked rice, pasta or cereal
- 1 oz dry cereal (½ cup to 1 cup depending on type)
- 1 4-inch pancake

Fruit

(60-100 calories)

- ½ cup raw, canned, or cooked fruit
- 1 medium whole fruit such as apple
- banana, orange, nectarine
- ½ grapefruit
- ¼ cup most dried fruit

Dairy*

(90 calories or more)

- 1 cup (8 oz.) milk or yogurt
- 1½ oz. natural cheese (cheddar, blue, feta, mozzarella)
- 2 oz. processed cheese
- ½ cup ricotta cheese
- 2 cups cottage cheese
- 1 cup frozen yogurt**

**Full-fat dairy products are high in fat and calories. Select lowfat or nonfat versions.*

***Most contain substantial amounts of added sugars.*

Vegetables

(15-40 calories; starchy vegetables, 100 calories)

- ½ cup cooked vegetables
- ½ cup cooked dry beans (legumes, if not counted as a meat)
- ½ cup tomato or spaghetti sauce
- 1 cup raw, leafy vegetable
- ¾ cup vegetable juice
- 1 small potato
- ½ cup cole slaw (contains added fat)

Meat, Poultry, Fish, Eggs, Dry Beans, and Nuts

(55-75 calories per ounce for leaner cuts of meat)

1 serving is 2-3 ounces cooked, lean meat without bone.

- 3 oz. = about the size of a deck of cards
- ½ of 6.5 oz. can of tuna in water
- medium chicken breast half
- chicken legs
- ¾ cup cooked chopped meat
- an 8" X 2½" fish fillet, 1/4" thick
- 1 egg
- ½ cup cooked dry beans (if not counted as a vegetable)
- 2 Tbsp peanut butter (16 grams fat)
- 1/3 cup nuts (20-25 grams fat)
- 1/4 cup seeds (sunflower) (5-20 grams fat)
- 1 ounce cheese (if not counted as dairy)

Fats, Oils, Sweets & Alcohol

There are no specific serving sizes for the fats, oils, and sweets group because the message is: **USE SPARINGLY**. Typical portion sizes and their calorie counts are shown in the table on the next page.

CUT THE CALORIES BUT KEEP THE TASTE!

Regular Products		Lower-Calorie Alternatives	
Fats:	CALORIES	Fats:	CALORIES
1 teaspoon (small pat) margarine or butter	30-35	1 tablespoon olive oil	15-20
1 tablespoon mayonnaise	100	1 tablespoon fat-free or light mayonnaise	10 or 50
1 tablespoon salad dressing	60-80	1 tablespoon low / reduced calorie salad dressing	20-40
1 tablespoon cream cheese	50	1 tablespoon light cream cheese	30
1 tablespoon sour cream	30	1 tablespoon light sour cream	20
1 slice bacon (6 grams fat)	35	1 slice turkey bacon (3 grams fat)	30-35
1 tablespoon cooking or salad oil	120	5 second spray of nonstick cooking spray (PAM)	5
Sugars:		Sugars:	
1 teaspoon sugar, jam or jelly	15	1 teaspoon equivalent of sugar substitute	0-4
1 teaspoon honey or syrup	20	1 tablespoon light pancake syrup	10
20 fl oz. soft drink	250	20 fl oz. diet soda	0-5
Alcohol:		Alcohol:	
12 fl oz. beer (1 regular can)	150	12 fl oz. light beer	70-100
5 fl. oz. wine, dry	115		
1 1/2 fl. oz. liquor (without mixer)	95-110		

HOW MUCH IS THAT?

Even lean foods can sabotage your good intentions if your portions are oversized. Developing an eye for size is your best defense. Picture these visual cues when you size up your portions.

SERVING SIZE QUICK GUIDE

Golf ball = 1 oz meatball or
2 Tbsp peanut butter

Deck of cards = 3 oz of cooked lean meat

3 dominos = 1-1/2 oz cheese

Thumb = 1 oz of cheese

Baseball = 1 cup

1/2 baseball = 1/2 cup

Tip of thumb = 1 teaspoon

COMBINATION DISHES

Many foods have ingredients from several food groups such as soups, stews, casseroles, and pizza. For mixed dishes estimate the food group servings of the main ingredients, including any added or hidden fat. For example a bean burrito has a tortilla from the grain group, beans from the meat or vegetable group, and cheese from the milk group. Add 1/4 cup chopped tomato and 1/2 cup shredded lettuce for a vegetable.

LOW COST MEAL ENHANCERS: Some foods are so low in calories that you don't have to count them as long as you don't go overboard.

Sauces & Seasonings

1. Salsa (count as a vegetable if use 1/2 cup or more)
2. Sugar-free Jell-O
3. Sugar substitutes
4. Bouillon or broth

Condiments

1. Bacon bits (keep to less than 1 Tbsp)
2. BBQ sauce
3. Catsup, tomato
4. Chutney
5. Horseradish
6. Pickles
7. Herbs
8. Soy sauce
9. Spices
10. Tabasco sauce
11. Taco sauce
12. Teriyaki sauce
13. Vinegars (balsamic, cider, red wine, rice wine)
14. Worcestershire sauce

Drinks

1. Wine used in cooking
2. Seltzer/carbonated water
3. Coffee, brewed, black
4. Club soda
5. Diet soft drinks, sugar-free
6. Drink mixes, sugar-free
7. Tea, brewed, unsweetened

Food Intake Record

A Food Intake Record is a good way to establish a rough idea of your current eating habits, and determine what and how much you eat. *MyPyramid Tracker* <http://www.mypyramidtracker.gov/> is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The following paper record is an alternative method.

Instructions for Keeping a Food Intake Record

1. Record for two days during the week and one weekend day.
2. Choose days that are typical of your food intake.
3. Use a new page for each day.
4. Record each meal/snack/beverage immediately after you eat it (it is hard to remember at the end of the day).
5. Record each food item on a separate line.
6. If additional space is required for the same day, continue on the back or use an extra form.
7. Write down all food and beverages that you eat - even snacks (i.e. gum, hard candy).
8. Be accurate with your portion sizes (this will become easier with practice).
9. List each separate ingredient for mixed dishes (sandwiches, casseroles, salads, etc.) on a separate line fully describe everything you eat and drink in detail (e.g. "chicken thigh, skin not eaten", "low-calorie French Dressing", "whole milk", "regular coffee with creamer", etc.)
10. Be sure you are clear about what constitutes a food portion. Use the enclosed guides.

Cutting the Grease

A simple way to decrease fat in your diet is to lighten up on the fat added to foods while cooking or at the table.

Avoid alfredo, cheese, cream, Hollandaise, remoulade, and roux. These are high-fat sauces.

Request gravies, dressings, and sauces on the side and add to foods sparingly.

Use a nonstick cooking spray instead of oil to sauté foods.

Grill, pan-broil, roast, bake, steam, microwave, stew or poach foods instead of frying them.

Forgo the butter or margarine on pancakes or French toast and use only the syrup.

Use jams, preserves, fruit purees, or apple butter (misnamed, since there's no butter in apple butter) on breads or bagels instead of margarine or cream cheese.

Measure the fats and oils you do use so you are aware of how much you are adding.

Select low fat, low-calorie versions like reduced calorie or nonfat mayonnaise, salad dressings, margarine, sour cream.

Save French fries and other fried foods for special occasions; have a small serving; share with a friend.

Ask for barbecue sauce for your grilled or broiled chicken sandwich instead of the special sauce or mayonnaise.

Moisten a baked potato with a drizzle of milk so you don't need a lot of margarine or sour cream. Or, top with lowfat cottage cheese, nonfat yogurt or sour cream, salsa, or mustard.

Cook with high-flavor ingredients, like garlic, hot peppers, or onions to add flavor without fat.

Use herbs, spices, citrus juices, low fat salad dressings, and salsa to flavor meats, poultry, grains, and vegetables.

Use mustard, which is fat-free, instead of mayonnaise on sliced meat sandwiches.

Have pastas with tomato or vegetable-based sauces instead of cheese or cream sauces.

Read the Nutrition Facts panels on food labels to help you find out where the fat is hidden.

LOWFAT BUT NOT LOW-CALORIE

Don't assume that a food labeled "lowfat" is also low in calories. Many reduced-fat and fat-free products provide almost as many calories as the original product. Most fat replacers used to keep the flavor, texture, or other properties, add calories back into the food. Don't fall into the trap of eating more because a food has less fat.

There are many low-fat, fat-free, and sugar-free foods that are truly calorie savers. Fat-free mayonnaise and sour cream or low-fat salad dressings are examples. Use the Nutrition Facts panel on the food label to help determine the fat and calories in the foods you eat and to compare different products.

There can be a big difference between similar products from different manufacturers. Try various brands until you find the ones that satisfy your taste requirements. Remember, it's the total fat and caloric intake over a day or a week that's important. A food high in fat can be part of your diet as long as it's balanced with other lower-fat, lower-calorie choices.

THE SAME BUT DIFFERENT

All fats have the same amount of calories, but some are better for your health than others.

Saturated fats and trans fats:

Raise blood cholesterol levels.

Found in meats and whole milk dairy foods.

Also in processed foods that contain hydrogenated oils or palm or coconut oils.

Unsaturated fats:

Reduce blood cholesterol

Mostly from plant sources. Healthiest choices include:

Olive oil	Mayonnaise	Soybeans
Walnuts	Canola oil	Almonds
Peanut butter	Peanuts	Hummus

Also found in fatty fishy such as salmon or swordfish.

The more **solid** a fat is at room temperature, the more **saturated** it is.

The more **liquid** a fat is, the more **unsaturated** it is.

HIDDEN CALORIES

Even, if you are controlling your portions, and avoiding visible fats and sugars, hidden calories can sabotage your efforts to control calories. All foods within a food group are not equal. Much of the fat and sugar in our diet is hidden. For example, French Fries from the vegetable group or cheese or ice cream from the dairy group can contain fat and added sugars. When choosing foods, consider the fats and added sugars in your choices from all food groups, not just fats, oils and sweets from the tip of the Pyramid.

Food Choices Throughout The Pyramid

Whether you are eating in a military dining facility, at the kitchen table, or dining in a restaurant, you have choices. No food is bad, but some foods fit into a performance diet better than others.

1. Choosing the best performance foods most of the time will keep you on track to your performance body weight.
2. Make trade-offs to keep your daily meals in balance.
3. Take a tour of the Pyramid at www.mypyramid.gov to find your best performance choices. Be an adventurous explorer. Be willing to try new foods, new seasonings and new recipes. Look for ideas from different countries and cultures.

BREAD, CEREAL, RICE & PASTA

In the grain group, opt for whole wheat products made with less fat and added sugars.

1. Choose air-popped or low fat microwave popcorn, matzos, pretzels, rice cakes, and baked tortilla chips.
2. Looking for something sweet? Try angel food cake, animal crackers, graham crackers, vanilla wafers, or ginger snaps.
3. Start your day with a low-sugar, high-fiber breakfast cereal. Some to pick from: bran flakes, corn flakes, muesli, oatmeal, Raisin Bran[®], shredded wheat, Chex[®] cereals, Kashi[®], Wheaties[®].
4. Look beyond white rice and spaghetti. Try brown rice, bulgur, barley, couscous, and cracked wheat as a serving from the grain group.

CALORIE ALERT

Croissants	Doughnuts
Sweet rolls	Snack cakes
Biscuits	Hush puppies
Snack crackers	Granola

VEGETABLES & FRUITS

Satisfy your hunger with fewer calories and more nutrition by eating plenty of vegetables and fruits. You won't have as much room for large portions of high-calorie foods like meats, cheeses, and desserts.

1. Flavor vegetables with herbs, seasonings, lowfat salad dressings or a splash of lemon instead of margarine.
2. Save unwanted calories by avoiding fruits that are canned or frozen in heavy syrups or sweetened fruit juices. If you consume these, rinse the food before eating it.
3. Count only 100% fruit juice as fruit. Punches, lemonades, and most fruit "drinks" contain only a little juice and lots of added sugars, and, therefore, should play a limited role in your diet. To save calories, dilute juice by filling half the glass with water.
- 4.

CALORIE ALERT

Cole slaw	Potato salad
Cheese sauce	Cream dips
Corn chips	Potato chips
French fries	Fruit pies

TIPS FOR INCREASING...

Fruits	Vegetables
<p>Breakfast</p> <p>Drink a glass of 100% juice, especially orange or grapefruit.</p> <p>Add fruit (bananas, strawberries, and blue-berries) to cereal.</p> <p>Top your breakfast waffles or pancakes with fresh or unsweetened frozen berries, peaches, applesauce, or bananas instead of syrup. You'll save on sugars and calories—and get more nutrients and fiber, too.</p> <p>Make a fruit and yogurt smoothie. Add ice and unsweetened yogurt.</p>	<p>Add chopped peppers, onions, and mushrooms to an omelet and top with salsa.</p> <p>Prepare a vegetable burrito, stuffing a whole wheat tortilla with some of your favorite sliced vegetables.</p>
<p>Lunch</p> <p>Eat a piece of fresh fruit.</p>	<p>Have a salad or vegetable soup.</p> <p>Add romaine, sprouts and tomato to your sandwich. Carry cut up veggies in your brown bag lunch.</p>
<p>Snacks</p> <p>Nibble on grapes.</p> <p>Take an apple to work.</p> <p>Drink a can or juice box of 100% juice.</p>	<p>Munch on cut up veggies; celery, carrots, cauliflower, green peppers, cucumbers, Drink a can of V-8 juice®.</p>
<p>Dinner</p> <p>Use fruits as a garnish.</p> <p>Choose a fruit appetizer, such as a fruit salad. Have fruit for dessert. Try warmed blueberries from the microwave.</p>	<p>Add two vegetables instead of one to your meal.</p> <p>Have a tossed vegetable salad.</p> <p>Keep frozen vegetables in the freezer to have available for short notice. They steam or microwave in minutes and are just as nutritious as fresh vegetables.</p> <p>Pour a can of seasoned beans (chili, Texas, or Creole) over cooked rice for a quick beans and rice meal.</p>

MILK, YOGURT, & CHEESE

Whole-milk dairy products are very high in fat. Most have lower-fat counterparts that can save you a lot of calories. Dairy products with no more than 1% fat are your best choices. The following examples are good choices:

- | | |
|----------------------|--|
| Skim milk | Nonfat buttermilk |
| Evaporated skim milk | Nonfat yogurt |
| Nonfat dry milk | Low fat cheese (<i>read label – look for less than 6 grams fat per ounce.</i>) |

If you drink whole milk, gradually switch to skim, starting with 2% fat milk for a few weeks. When you are used to that, move to 1% lowfat milk. Switch to fat-free milk when you are ready.

Lost the habit of drinking milk?
 To get the calcium advantage of dairy, try yogurt, frozen yogurt, and fat-reduced cheeses. Sneak nonfat, dry milk into meat loaf or low fat cream soup.

Don't drink milk?
 High-calcium foods are too important to leave out. Select tofu, soy milk or calcium-fortified orange juice.

Milk bothers you?
 Try yogurt with active cultures, aged cheese, Lactaid® milk products, or use lactase enzyme tablets or drops. Ask your physician about calcium supplements.

MEAT, POULTRY, FISH, DRY BEANS, EGGS, & NUTS GROUP

Think of meat as the side dish, with the vegetables and grains as the main course. If your portions are typically 6, 8, or even 10 ounces, you may not be immediately satisfied with 3 ounce servings. Cut back gradually to get used to smaller portions. Also remember, you can save up servings and have one bigger portion of meat at one meal of the day.

1. Eat more vegetarian protein meals, using dried beans, peas, and lentils in place of meat. Flavor with lean ham or low fat smoked turkey sausage instead of bacon or salt pork.
2. Trim away all the visible fat from meats and remove skin.
3. Cutting off the edge fat from meat may not be enough. The thin streaks of white within the meat – marbling – is fat, much of which stays in the meat when it is cooked. “Select” or “good” grades of beef, veal and lamb have the least marbled fat. Next lowest is “choice” cuts. Prime grades of beef are the fattiest.
4. Certain cuts of meat are leaner than others:
 - Cuts of beef with round or loin in the name are the leanest.
 - Loin or leg cuts of pork or lamb are the leanest.
 - Roasts and chops of tenderloin, center loin, and ham are leanest.
5. Although nuts are high in calories they contain beneficial fats called monounsaturated fat. Some nuts such as walnuts help reduce cholesterol.

CALORIE ALERT	
Prime rib	Fried chicken
Club steak	Rib Steak/roast
Spare ribs	Short ribs
Burgers	Chitterlings
Pork rinds	Nuts
Nut butters	Seeds
Sausage	Hot dog
Cold cuts	Luncheon meats

LEAN BEEF CUTS		
Steaks	Roasts	Miscellaneous
Flank	Chuck arm pot roast	Corned beef round
Round, all cuts	Chuck roast (round bone)	Dried or chipped beef
Sirloin, all cuts	Heel of round	Extra lean ground beef (90% lean)*
Tenderloin, all cuts	Rump roast	Stew meat (lean, well-trimmed)
	Sirloin tip	Tripe

**Percent lean refers to the weight of the meat, not the percent of calories from nonfat sources.*

1. For ground beef, choose 90% lean, 10% fat. Ground chicken or turkey meat is usually no more than 7% fat. This is found in the fresh meat case. Most frozen ground turkey includes skin and is 15% fat or more.
2. Fake it! A veggie burger has about half the calories and one quarter the fat of a hamburger made with extra lean ground beef. In addition, veggie versions are usually high in fiber and provide no cholesterol. Look for soy or bean-based veggie burgers and dress them up with sliced onions, tomatoes, greens and spicy mustard!
3. For chicken, both light and dark meat is a lean choice if the skin has been removed. Almost all fish and shell fish—unless fried or packed in oil—are low in fat and calories.
4. Choose low fat cooking methods—broil, poach, steam, grill, braise, roast on a rack—instead of frying. Marinate in lemon juice, broth, nonfat yogurt, or tomato juice instead of oil.

WHAT ABOUT BEANS?

Dry beans and peas (legumes) fit into two different food groups. Legumes can count either as a meat alternate or as a starchy vegetable. Because they are high in protein and high in many of the vitamins and minerals provided by meats, they serve as meat alternates. But like starchy vegetables, dry beans and peas are high in carbohydrates and fiber and low in fat. These versatile vegetables are good in salads, soups, side dishes, even dips for snacks. You can cook them yourself or buy them already cooked and canned. Try kidney beans, black beans, pinto beans, chick-peas, split peas, and lentils.

FATS, OILS, SWEETS, & ALCOHOL

Consider these options when trying to cut calories.

1. Look for butter alternatives which contain no trans fats.
2. Use butter flavor granules to season vegetables, rice, and lowfat “cream” sauces.
3. Measure out your salad dressing. Add to your salad and toss lightly but thoroughly to evenly coat the greens. You may be surprised how far one tablespoon of dressing can go.

Remember, although the calories don't add up as fast as ones from fat, you still need to go light on sweets, jams, jellies, and syrups.

Choose Your Liquids Wisely

Beverages can sneak a lot of extra calories into your daily diet. A cappuccino in the morning, a soda in the afternoon, a couple of beers watching the game on TV can go unnoticed, but your body is counting those calories.

SOFT DRINKS

A 12-ounce cola, for example, supplies about 150 calories from almost 10 teaspoons of sugar.

1. Switch to diet soft drinks or flavored seltzers, mineral water, or club soda with lime. This can save you hundreds of calories a day. Your taste buds can adjust if you give them a chance.
2. To help yourself make the switch from the syrupy sweet stuff, start by mixing diet and regular soft drinks and serving over ice. Gradually increase the proportion of diet drink.

CALORIE ALERT

Beware of flavored waters. Depending on how they are flavored, they can have a few or a lot of calories.

COFFEE & TEA

Although plain, black coffee and tea have negligible calories, it is what is mixed with them that may not be so harmless. Be especially careful of fruit flavored iced teas, lattes, cappuccinos, Coolattas[®] and other gourmet drinks.

1. Order your java drinks with skim milk and no whipped cream.
2. Consider these sweet indulgences as dessert and budget for the calories accordingly.

Beverage	Made With	Calories
12-ounce latte	Whole milk	180 - 220
	Skim milk	105 - 140
12-ounce cappuccino	Whole milk	125 - 150
	Skim milk	70
9-1/2-ounce Frappuccino [®]		190
9-ounce Mocha Blast [®]		180

Depending on how many cups of coffee you drink, what you put in your coffee can add a lot of calories.

Sweetener	Amount	Calories
Creamer, nondairy, liquid	1 Tbsp	20
Creamer, liquid, flavored	1 Tbsp	40
Creamer, nondairy, powder	1 tsp	11
Nonfat dry milk powder	1 tsp	5
Cream, half and half	1 Tbsp	20
Cream, light (coffee cream)	1 Tbsp	29
Milk, evaporated, whole	1 Tbsp	21
Milk, whole	1 Tbsp	10
Milk, skim	1 Tbsp	5
Sugar	1 tsp	15
Flavored syrup	2 Tbsp	80

SPORTS DRINKS

Sports drink may hit the spot after a vigorous workout, but don't ignore the calories—125 to 175 calories in a 20-ounce bottle. Consider skipping a sports drink or other sugar-added beverages if you've exercised less than one hour. Stick with water only.

Be especially cautious of protein powders and muscle gainers. At 200 to 300 calories a serving, you could gain a lot more than muscle!

ALCOHOL

If you are trying to lose weight, limit your intake of alcohol. One drink is 12 oz of regular beer, 5 oz of wine, or 1 ½ oz of distilled liquor. Each drink contains about 150 calories.

The calories from alcoholic drinks can add up quickly. Drinking two beers a day would provide an extra 2100 calories a week. Watch out for wine or liquor coolers; they can pack in over 200 calories in a 12-ounce bottle.

1. Try light beer (100 calories) or nonalcoholic beer (60 calories).
2. Make wine spritzers by adding club soda to half a glass of wine.

Alcohol also stimulates the brain's appetite center by increasing the flow of gastric juices, making you feel hungrier than you really are. Alcohol also takes away willpower, making it even easier to succumb to the munchies.

Food Labels

Use labels on food products to compare the nutritional content of similar foods and make substitutions to balance your energy and nutrient intake over the day and week.

The Nutrition Facts Panel on a food label tells you:

- Servings per Container.** A way to help you adjust your actual intake.
- The Serving Size.** Serving sizes on product labels may not match Pyramid servings or how much you actually eat. Read carefully. The serving size on the label of soda pop, for example, is 8 fl oz., although the bottle holds 20 ounces. A 2 -oz. bag of chips contains two 1 -ounce servings, while a 1.5 oz. bag is one serving.
- Amount Per Serving.** Another way to help you adjust the nutrient values to reflect your actual intake.
- Calories from Fat.** Try to limit foods to those containing 30% or fewer calories from fat. 46% of this food item’s calories come from fat.
- Total Fat, Saturated Fat, Cholesterol, Sodium.** High amounts of dietary fat, cholesterol and sodium can increase the risk of heart disease and stroke.
- Total Carbohydrates, Dietary Fiber, Sugars, Protein, Vitamin A, Vitamin C, Calcium, and Iron.** Your goal is to consume a variety of foods that add up to at least 100 percent per day. Note that “sugars” on the label includes both added and naturally-occurring sugars.

- Percent Daily Values** give you a general idea of how much one serving contributes to a 2000 Calorie diet. Use them to see if the food provides a little or a lot of particular nutrients.

Nutrition Facts			
1. Servings Per Container 4			
2. Serving Size 1/2 cup (114g)			
3&4. Amount Per Serving			
Calories 260		Calories from Fat 120	
		% Daily Value*	
5. Total Fat 13 g			20%
Saturated Fat 5 g			25%
Trans Fat 0g			
Cholesterol 30 g			10%
Sodium 660 mg			28%
6. Total Carbohydrates 31 g			10%
Dietary Fiber 0 g			0%
Sugars 5 g			
Protein 5 g			10%
Vitamin A 4%		Iron	4%
Calcium 15%		Vitamin C	2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	3000mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
• Fat 9	• Carbohydrate 4	• Protein 4	

Strategic Shoppin

Make a list and stick to it.

Shop on a full stomach to avoid impulsive buying of foods not on your list.

Shop without the kids if you can help it.

Buy foods as close as possible to the way Mother Nature makes them.

Read labels and compare products.

Concentrate on calorie and fat content.

Go through the no candy check-out aisle.

Buy some foods already portion-controlled: baking potatoes, pork chops instead of a roast, fudgsicles or popsicles, cereal in serving size boxes. If you must have snack foods, buy them in single-serve packages.

Food Is Better Than Pills, But...

The lower your calorie intake the harder it is to get all the vitamins and minerals you need from your diet. Eating a wide variety of foods from all the food groups on the Pyramid will help you get the vitamins and minerals you need. However, if you eat less than 1600 calories per day, you would probably benefit from taking a daily vitamin and mineral supplement.

Choose a supplement that contains no more than 100% of the daily value (DV) for any nutrient. Avoid supplements of single vitamins or minerals unless recommended by your healthcare provider. Too much of some

A multivitamin can not correct a reckless lifestyle of poor diet, inactivity and smoking.

nutrients can cause nutrient imbalances.

Eating Out

Eating out is popular and no longer saved for special occasions. Even at home, we are often eating take out. Restaurant meals do not have to be diet disasters. Apply the same principals of the Pyramid and food choice guidelines you follow at home.

1. Plan what you will order before you get there. Then stick to your guns when ordering.
2. Don't give in to "just this once won't hurt" thinking, unless it truly is a rare occasion.
3. Ask that foods you do not want, such as fries or chips, be left off your plate.
4. Ask for condiments, such as butter, mayonnaise, salad dressings, and gravies and sauces to be served on the side so you can use just a little, if any.
5. Order fish, skinless poultry, veal, or lean cuts of beef, such as filet, top sirloin, flank, London broil, or shish kabob.
6. Order items broiled without butter, grilled, blackened, baked, steamed, or poached.
7. Ask that sandwich breads and buns not be buttered.
8. If you don't see what you want, ask. It may be available but not on the menu
9. Drink water, tea, a diet drink, club soda or coffee as a beverage.
10. Start off the meal with gazpacho, vegetable minestrone, consommé' or other broth-based soup or a salad with lowfat dressing.
11. Move the bread basket, popcorn, or chips from in front of you or ask to have it removed from the table.
12. Ask for lemon or cocktail sauce instead of melted butter for seafood.
13. Request salsa, pico de gallo, mustard, honey-mustard dressing, lemon, flavored vinegars, or barbecue sauce to get low-calorie flavor.
14. For dessert, ask for fresh fruit, fruit ice, sorbet, lowfat frozen yogurt, or angel food cake.
15. Substitute: Instead of french fries, ask for a baked potato or steamed vegetables.

CALORIE ALERT

Garlic bread
 Cheese breadsticks
 Cream or cheese soups
 Croissant or biscuit sandwiches
 Stuffed or twice baked potatoes
 Cheese potatoes
 Remoulade sauce
 Alfredo sauce
Anything fried or cooked:
 Au Gratin Escalloped
 En croute Creamed

SALAD BARS

Salads are generally regarded as low in fat and calories and high in nutrition, but this is not always true. Many traditional salad bar offerings are prepared or served with high-fat dressings, or include few nutrient-rich ingredients to make them worth the calories. Making wise choices can ensure you assemble a salad that won't weigh you down.

1. Load up on lettuce greens (the darker green, the better), cucumbers, radishes, carrots, green pepper, onions, beets, mushrooms, bean sprouts, cauliflower, tomatoes, beans, peas, broccoli.
2. Go easy on the dressings. Avoid thick, creamy salad dressings. If you don't like the fat-free dressing, try mixing it half and half with the regular. Try French with plain vinegar, or low-cal Italian with Ranch or Bleu cheese.
3. Be stingy with croutons, cheese toppings, chopped eggs, seeds, nuts, olives, avocado, bacon bits, and chow mein noodles.
4. Go easy on prepared salads – pasta, potato, coleslaw, chicken or tuna salad, and marinated vegetables.
5. Go for salads made with vinaigrette, such as three-bean or corn salad instead salads with a creamy dressing. Or, put the prepared salad over fresh vegetables and lettuce and use it as the dressing.
6. Making it a meal? For protein, add small amounts of diced ham, poultry, beans (such as kidney and garbanzo), crabmeat (real or imitation), and cheese.

COURTING QUICK EATS

Whether it's from the drive through or the food court, most quick service food is high in grease and calories and low in fiber and important nutrients. But, it doesn't have to be off limits. With care, you can fit fast food into your eating plan. By making trade-offs, you can balance your fast food meal with the rest of your day.

Most single hamburgers are 300-350 calories with 10-15 grams of fat and are easy to fit into a weight control program. Just count them in your food group servings. Beware of extra large servings, like the double whopper with cheese, has 1010 calories and 67 grams of fat and certainly blows a big chunk of your calorie quota.

General Tactics

- Go for the small, regular, or junior size. Beware of "big," "deluxe," "super," or "grand."
- Avoid fried food. Just because it's chicken or fish doesn't mean it's low calorie. Almost all breaded and fried chicken or fish sandwiches are higher in fat and calories than most single hamburgers.
- Remove the skin from rotisserie chicken.
- If you're craving fries, order a small size and share them.
- Order without the mayonnaise, sauces and cheese. You'll save hundreds of calories. Ask for honey-mustard, sweet and sour, or barbecue sauce, or ketchup and mustard to moisten and liven up the flavor.
- Count calories from drinks. Most large beverages range from 32 to 64 oz. or 300-600 calories. Who really needs 64 ounces of soda anyway? Drink lowfat or skim milk, a diet soft drink, unsweetened iced tea, or water.
- Consider a small shake as an occasional dessert or treat.
- Need a sweet ending?
- Get a fruit salad or bring your own fresh fruit for dessert.
- Have a small lowfat frozen yogurt or ice milk as a serving from the milk group.
- Stop for a frozen fruit juice bar or popsicle on the way home.

Subs and Sandwiches

Thicken your sandwich with vegetables, such as peppers, tomatoes, sprouts, cucumbers, shredded carrot, or onion.

Decline the olive oil blend.

Steer clear of hot dogs. Even the small ones have at least 343 calories.

Limit dressings and condiments.

Eat your sandwich “open face”, eliminating one slice of bread or half of the roll.

Pizza

Order single slices for built-in portion control.

Get rid of meat toppings and extra cheese. Order the vegetable toppings. Gotta have meat? Get the Canadian bacon or ham instead of sausage or pepperoni.

Have one or two slices and fill in with a garden salad with low fat dressing and a diet drink.

Asian

Avoid deep-fried foods – like wontons, most meats in sweet and sour dishes, and tempura – or dishes cooked in coconut milk. Stir-fried foods are a better option; steamed foods are your best.

Ask that dishes be stir-fried in minimal oil.

Select dishes that contain a lot of vegetables or add a portion of steamed vegetables to your entree.

Eat just one cup of the entree along with one cup of steamed rice. Share with a friend or take the rest home.

STRATEGIES FOR SPECIAL OCCASIONS

When you are going to an event where you know food will be the focus, consider these helpful tips:

1. Don't starve yourself that day. Eat a small snack before leaving to prevent being ravenous. Try an apple, carrot sticks, slice of bread or a glass of skim milk.
2. Plan your eating strategy before you show up. Plan ahead. Save up some calories. A couple hundred calories saved each day from Monday through Friday can help you afford an occasional party night. However, don't plan on going wild and then making up for it afterwards. Very few people actually pull this off successfully.
3. Enjoy the conversations, rather than focusing on the food offerings.
4. Split a dinner with your dining companion.
5. Distance yourself from the food as much as possible. Make your calories count. Indulge in only the foods you truly love. At a buffet, look over the whole table before deciding which three to five foods to pick. Serve yourself small portions and eat slowly.
6. If you're the one hosting the event, give away any leftovers.
7. Use a small plate and fill half with fresh vegetables. You can always go back for seconds.

If for some reason you deviate from your plan and overdo it, don't be too hard on yourself. One big meal or one big day won't set you way back. Make up for it during the next few days and plan how you can do better the next time.

Some events truly are special and warrant a few indulgences, but if special events happen often, each one shouldn't be an excuse to overeat.

DON'T SKIP

Skipping meals may seem like a good way to control calories, but studies show that people who don't eat breakfast or lunch tend to overeat later in the day. It becomes harder to resist tempting foods- and to stop at reasonable portions- if you go five hours or more without eating.

Eating frequent, small meals can raise your metabolism, keep blood sugar and energy levels high, and keep hunger in line. And some research suggests that five or six small meals a day may minimize the storage of body fat. This doesn't mean eating lots of food — just spread your calories over the day, eating small amounts more often. Try eating something every four hours or so.

Not a breakfast eater?

Gradually build up your breakfast. A piece of fruit or toast or glass of juice can ease you into the habit. Once you start eating breakfast, you may find that you eat less at night and are actually hungry for breakfast.

ADDITIONAL STRATEGIES TO TAME HUNGER

1. Include a source of protein (beans, fish, meat, or dairy) in each meal to delay the return of hunger.
2. Take advantage of the filling properties of high-fiber foods (whole grains, vegetables, fruits, beans).

Summing Up the Strategies

1. Eat regular meals.
2. Eat more fruits and vegetables – a minimum of five servings a day – and whole grains.
3. Cut down on fried foods, full-fat dairy products, and high fat meats.
4. Have more meatless meals.
5. Keep portion sizes small to moderate.
6. Choose low-calorie beverages and limit alcohol.
7. Choose a variety of foods from each of the five food groups and allow for an occasional treat.

How might the Pyramid look on your plate?

Divide your plate into four sections (if you're trying to lose weight, make it a small plate). Fill three sections with vegetables, fruits and grains and the fourth with a lower fat choice from the meat group. You can have the fruit for dessert or save it for snack.

DAILY EATING PLANS.

Now that you have estimated your daily calorie needs, considered food and beverage choices, portion sizes, food pyramid guidelines, and general eating tactics and strategies it is time to put together some daily eating plans. The following forms will help you with this.

Diet Myth:

Nighttime calories are more fattening.

Fact:

Throughout the day, your body adds up energy in and energy out. If there is an energy surplus, no matter whether the extra calories came from breakfast or a bedtime snack, the extra calories will be stored as fat. It still comes down to total calories. However, for many people, overeating occurs at night, when fatigue, the accumulated stresses of the day, and the effects of missed meals wear down their resolve.

Diet Myth:

You shouldn't eat after 6pm.

Fact:

While eating meals later at night can be difficult to digest because metabolism slows as you sleep, there is no set time after which you should not have a meal.



Daily Eating Plan

Instructions: To plan your daily meals you must first calculate your daily calorie level (use the Calorie Burning Goal you computed on Page 2-2); and then determine the number of servings for each food group (Use the Eating Plan on page 2-6 for this activity.) The section “Food Choices Throughout the Pyramid” on page 2-15 also provides serving size guidelines and samples of foods for each group.

Date/Day: _____

Daily Calorie Level: _____

Fruits: # Daily Servings: _____

Meal	Food & Beverage Item(s)	# Servings
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____
Snack	_____	_____
Total		_____

Vegetables: # Daily Servings: _____

Meal	Food & Beverage Item(s)	# Servings
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____
Snack	_____	_____
Total		_____

Grains: # Daily Servings _____

Meal	Food & Beverage Item(s)	# Servings
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____
Snack	_____	_____
Total		_____

Meat-Fish-Poultry: # Daily Servings _____

Meal	Food & Beverage Item(s)	# Servings
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____
Snack	_____	_____
Total		_____

Dairy: # Servings Daily: _____

Meal	Food & Beverage Item(s)	# Servings
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____
Snack	_____	_____
Total	_____	_____

Seeds-Nuts-Legumes: # Servings Daily _____

Meal	Food & Beverage Item(s)	# Servings
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____
Total	_____	_____

Fats & Oils: # Servings Daily _____

Meal	Food & Beverage Item(s)	# Servings
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Dinner	_____	_____
Snack	_____	_____
Total	_____	_____

Extras: # Servings Daily _____

Meal	Food & Beverage Item(s)	# Servings
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____
Total	_____	_____

3. THE EXERCISE ADVANTAGE

KEY CONCEPT

Physical activity and exercise are key components of successful and long-term weight management.

OBJECTIVES:

1. Recognize the benefits of exercise as it relates to weight control.
2. Understand the effects of aerobic, strength, and flexibility exercise on body composition and appearance.
3. Design an effective exercise program using the FITT formula that creates a deficit of 1750 calories per week.

How Does Your Activity Level Rate?

Do you participate in sustained, aerobic activity for 30 minutes or more at least five times a week?

Do you engage in any strength training exercises?

Do you stretch your muscles daily?

Do you walk just to get more exercise in the day?

Do you usually find “a reason” NOT to exercise?

Do you spend more than two hours a day watching TV or using a home computer?

Do you jump in the car to drive short distances when you could walk instead?

Has it been over a month since you played a game or sport for fun?

Do you think exercise is punishment?

Do you have any injuries or other conditions that limit your physical activity?

No Longer a Secret

If there's a magic potion for weight control, it's exercise. One of the few proven predictors of successful weight maintenance is regular exercise and physical activity. Exercise is particularly effective in reducing abdominal fat, the region of fat most related to increased risk of chronic disease. In addition, regular physical activity itself significantly reduces the risks of a long list of medical conditions, ranging from heart disease and high blood pressure to cancer and osteoporosis.

Role of Exercise in Weight Control

Exercise burns calories.

Exercise preserves or builds muscle—the more muscle you have, the more calories you burn even at rest.

Regular exercise increases your body's capacity to burn fat.

Exercise regulates your appetite.

Exercise diffuses stress and enhances mood, helping to keep stress eating under control.

Exercise reduces symptoms of PMS in women.

Exercise makes you look better, feel better, perform better, and sleep better.

Exercise is essential for most people to prevent weight gain or regain.

Ingredients for Success

The major goals of exercise for body fat loss and body shaping are to burn calories and develop muscle. You should include both aerobic and strength training exercises in your weight management program – aerobic exercise for calorie burning and strength training exercises for muscle building and increasing metabolism. The added bonus is improved fitness; and a fit body burns fat better—a win-win situation!

CALORIE BURNING EXERCISES

Active aerobic exercises are the best calorie burners. You burn more calories in a shorter time with aerobic activities. Aerobic exercise is any moderate to vigorous activity that uses large muscle groups in a rhythmic manner and that can be performed nonstop for at least 20 minutes. This type of exercise also strengthens the heart and oxygen delivery systems of the body. Hence, the term “cardiovascular” is often used to describe aerobic activities.

Many vigorous sport and recreational activities are not truly aerobic in nature because they are not continuous (see chart below). But, if they are performed with minimal rest periods, and sufficient intensity within the target heart rate range they can provide almost the same calorie burning and fitness benefits as aerobic exercise.

Although it requires regular aerobic exercise to lose body fat, any extra movement helps burn calories. Look for ways you can add physical activity to your lifestyle: bike or walk to work, park the car farther from your destination, take the stairs rather than the elevator, etc.

Aerobic Activities

Brisk walking*
Jogging
Running
Cycling
Stair stepping
Rope skipping
In-Line skating
Elliptical training
Swimming
Cross Country Skiing
Cardio kickboxing

*Good activity to start with if you haven't been active lately.



Not Quite Aerobic Activities

Dancing	Hiking
Downhill skiing	Racquetball
Basketball	Soccer
Calisthenics	Tennis
Circuit training	Volleyball

Lifestyle Activities

Walking	Horseback riding
Car washing	Badminton
Climbing stairs	Table tennis
Shoveling snow	Water skiing
Gardening	House cleaning
Lawn care	Frisbee

MUSCLE CONDITIONING EXERCISES

Strength training exercises are also critical to achieving body fat loss because increasing muscle mass elevates your metabolism. Muscle is more metabolically active than fat which means that individuals with a higher proportion of muscle to fat expend more calories than an individual with less muscle mass, even at rest. Therefore, building and maintaining adequate muscle mass is one of the keys to effective weight management. In addition, strength training exercises protect muscles and joints against injuries and make it easier to do any physical task.

Muscle conditioning exercises include calisthenics and strength training exercises, such as weight lifting or resistance training. Some aerobic exercises and sport activities also contribute to muscle fitness. However, for all-around muscle conditioning and body shaping, strength training exercises are the best choices.

If you're a woman, don't worry that you'll end up "bulking up" if you lift weights. Women lack sufficient amounts of testosterone to build big, bulky muscles. Even men won't get large muscles unless they specifically work very hard at it. But adding a little muscle in the right places can do a lot to balance body composition.

FLEXIBILITY EXERCISES

Stretching exercises can improve your posture, helping you look taller and leaner. Stretching reduces muscle soreness which may result from other aspects of your exercise program and protects muscles and joints against possible injuries. Stretching also promotes physical and mental relaxation. Although most fitness programs use athletic stretches, don't disregard the flexibility benefits of yoga, Pilates and tai chi.

Calorie Burning Goals

It was mentioned in Chapter 2 that a safe and effective weight loss program should reduce calorie intake by 1750 calories a week or about 250 calories per day. The other half of the equation is to increase physical activity to burn an additional 1750 calories per week. This combined 3500-calorie deficit will generate about one pound of true body fat loss per week.

For most people a realistic goal will include 4-5 days of physical activity per week. This creates a good balance between the frequency of days and the length of time necessary to burn sufficient calories. *If you are not in the habit of physical activity you should start with a reduced calorie-burning goal and work up to your target.*

**Recommended
Weekly Goal:
Expend 1750
Calories**

<p>4 Days of exercise per week = 435 calories per day 5 Days of exercise per week = 350 calories per day</p>
--

CALCULATING CALORIE BURNING

To determine how many calories are burned for a selected activity over a specific period of time use this formula and the following table. Be sure to subtract rest and stop times.

CALORIES BURNED = Activity x Body Weight x Minutes

Example: A 160 lbs. person does moderate walking (4 mph) for 60 minutes (non-stop):

Calories burned = .037 x 160 lbs. x 60 min. =355 Calories

<i>Activity</i>	<i>Cal/Min.</i>	<i>Body Wt.</i>	<i>Time (min.)</i>	<i>Total Calories</i>
Aerobics Class (moderate)	.046			
Aerobics Class (vigorous)	.062			
Basketball (half court)	.045			
Basketball (full court)	.071			
Cycling (moderate)	.049			
Cycling (vigorous)	.071			
Elliptical Exercise (moderate)	.049			
Elliptical Exercise (vigorous)	.070			
Frisbee, ultimate	.078			
Golf (riding cart)	minimal			
Hiking (moderate)	.051			
Hiking (vigorous)	.073			
Interval Circuit Training	.062			
Jogging/Running (moderate)	.060			
Jogging/Running (vigorous)	.104			
Karate/Combat Martial Arts	.075			
Racquetball (moderate singles)	.049			
Racquetball(skilled singles)	.078			
Rock Climbing	.033			
Skiing (cross-country)	.104			
Skating, ice, roller, in-line	.085			
Swimming	.075			
Tennis (doubles)	.045			
Tennis (skilled singles)	.071			
Walking	.035			
Washing the Car	.035			
Weight Training- moderate	.058			
Weight Training- vigorous	.067			

Source: Fit and Well (2009). *Calculations are approximate.*

Prescription for Success

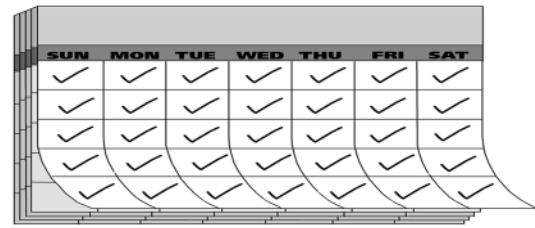
Experts have created the **FITT Formula** to help you put together an effective yet safe exercise program. There are actually different FITT formulas for the different types of exercise. The exercise formulas that work for you depend on your level of fitness, the types of activities you like to do, and how much time you can devote to exercise.

When losing body fat is your primary goal of exercise, the FITT formulas are:

		Aerobic	Strength Training	Stretching
F	Frequency How often you should exercise.	4-5 times per week	2-5 times per week with at least one day of rest in between exercises for the same muscle group	3-7 days a week. Stretch when muscles are warm, such as after a warm-up, a workout, or a hot shower.
I	Intensity How hard you exercise or your level of effort. How much weight you can lift.	Moderate to vigorous but not exhausting. Usually measured by your heart rate or rating of perceived exertion – how hard you feel you are working (see next page).	Weight that can be lifted with good form 8-12 times. Heavy weights and low reps (2-6) build strength; light weights and high reps (15-20) build endurance.	Gradually stretch until you feel a gentle pull, not pain.
		Start at a moderately low level of intensity and duration.	Do not increase weight and repetitions at the same time.	Move into a stretch slowly. Exhale on the stretch
T	Time How long you should exercise or perform an activity.	Build up to a total of 30-60 minutes (not counting warm up and cool down). Start with 15-20 minutes. Can be met with multiple 10-15 minute sessions, if necessary.	1-2 sets (series of repetitions) of 8 to 10 exercises of the major muscle groups – arms, shoulders, chest, back, stomach, hips, and legs.	Hold each stretch 10-60 seconds, while breathing normally. Stretch all major muscle groups. Strive for equal flexibility on both sides of your body.
		On days you can't complete an entire workout, do whatever you can, even if it's only 10-15 min.		
T	Type Which activity you will perform.	Various	Various	Various

FREQUENCY

The more often you exercise, the greater the total weekly energy expenditure. Try to accumulate 30 to 60 minutes of moderate physical activity, which includes lifestyle activities, almost every day of the week.



INTENSITY

The higher the intensity level, the more calories you burn in a given period of time. You want to work hard enough to get your heart rate up and work up a sweat, but not so hard you get hurt or end up stopping before you’ve burned enough calories. Your goal should be at least 250-450 calories per exercise session, depending on how many days a week. Below are different ways to measure intensity when an accurate count of calories burned can not be determined.

MEASURING INTENSITY

Target Heart Rate

One way to ensure you are exercising at an effective and safe intensity is to monitor your heart rate and stay in your target heart rate range. Your target heart rate range is 60 to 85% of your estimated maximum heart rate. Exercise at greater than 85% maximum heart rate is recommended only for conditioned, regular exercisers. **Your maximum heart rate is roughly 220 minus your age.**

Note: Some high blood pressure medicines lower the maximum heart rate and the target range. Check with your doctor.

Target Heart Rate Range (60 - 85%)

Age	Beats per min.	beats per 10 sec.
20 years	120-170	20-28
25 years	117-166	20-28
30 years	114-162	19-27
35 years	111-157	19-26
40 years	108-153	18-26
45 years	105-149	18-25
50 years	102-145	17-24
55 years	99-140	17-23

To check if you are exercising within your target heart rate range:

1. Before stopping exercise, locate a pulse point. To measure the pulse on the neck, place the tips of your first two fingers just to the side of the Adam’s apple, in the soft hollow area. Another convenient pulse spot is the inside of your wrist just below the base of your thumb.
2. Press gently until the pulse is located. Stop exercising and immediately count the beats for 10 seconds. Multiply this number by six to get beats per minute. Quickly resume exercise or start your cool down routine.
3. If your pulse falls within your target range, you’re doing fine. If it’s below your target range, exercise a little harder next time. If you’re above your target range, exercise a little easier.

Aim for the lower end of your target range during the first few months of your exercise program. As you get in better shape, gradually build up to the higher region of your range. Exercise at 80% to 85% of maximum heart rate is typically recommended only for those with good to superior levels of fitness.

Rate Your Level of Exertion

Self Rating

How you feel during exercise is just as important as your heart rate. Exercise at an intensity you can keep up for at least 30 minutes. With the right level of intensity—regardless of your heart rate—you should be breathing heavier but not gasping for air. You should be able to talk in short sentences but not be able to carry on a lengthy conversation. If you don't feel recovered within 10 minutes after stopping exercise, you may be pushing yourself too hard. As your fitness level improves, you'll be able to exercise at a higher intensity and burn more calories with what seems like the same level of effort.

Exercise researchers have developed **Rating of Perceived Exertion (RPE)** scales to target and monitor intensity of exercise. Perceived exertion refers to how hard you feel you are working based on a variety of physical sensations—muscle aches and pains, how hard you are breathing, how tired you feel, etc. Pick the number that most closely corresponds to your overall sensation of exertion, using the adjectives, such as “light” and “somewhat hard” that accompany the numbers to help you.

6	Nothing at all
7	Extremely Light
8	
9	Very Light
10	
11	Light
12	
13	Somewhat Hard
14	
15	Hard/Heavy
16	
17	Very Hard
18	
19	Extremely Hard
20	

If you are new to exercise, returning after a period of inactivity or starting a new kind of exercise, you may wish to monitor exercise intensity with both heart rate and RPE. Over time, you'll find the RPE that matches your target heart rate and eventually you'll be able to monitor exercise intensity primarily with RPE, occasionally taking heart rate to be sure you're on target.

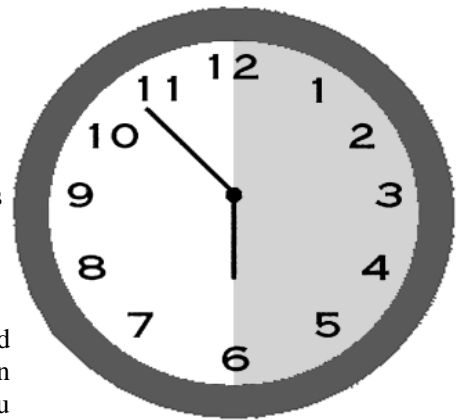
TIME

Another way to burn more calories is to increase the time spent on your activity. Generally, longer exercise duration can offset lower, more comfortable exercise intensity. As you get fit, you can exercise comfortably and safely for longer and longer periods.

For many people, slower but longer exercise is an easier exercise prescription to stick with. However, if you can't fit in the extra time, strive to increase your fitness level so you can tolerate higher-intensity, shorter-duration exercise.

TYPE

Try to vary the types of activities and exercises you do from day to day to add some variety and prevent boredom. This will also work your muscles and joints in different ways, which reduces your chances for overuse injury. Pick activities you enjoy most and are more likely to stick with.



Phases of Exercise

A safe and effective workout, whether aerobic or strength training, consists of three phases. Each workout should begin with a warm-up and end with a cool-down. This reduces strain on the heart and helps to prevent injuries.

Warm-Up: This prepares your body for the stress of exercise. The warm-up should include exercise motions that will mimic the movement done during the training period. Static Stretching (holding a stretch in place) in the warm-up is not required and not recommended unless you have an injury that requires special attention.

Stimulus or Training Period: This is the time period (minimum 20 minutes) when you perform aerobic exercise within your training heart rate range or do activities to improve muscular strength and endurance.

Cool Down: This is the warm up in reverse. Slow down your motions and reduce your intensity for about 10 minutes before you completely stop. You are cooled down when your heart rate is about 100 beats per minute or less and your skin is dry and cool to the touch. *After* your cool-down, stretch the muscles you just worked to avoid soreness and tightness.

Avoid an Overdose

Begin slowly and progress gradually. You will likely get discouraged because of sore muscles or injury from working out too vigorously or from stepping up the pace or weight too quickly. If you haven't been exercising, start with low to moderate level activities such as walking for 15 to 20 minutes at a time. Don't increase more than one component – frequency, intensity, or duration – during the same week. Give your body time to adjust to each, new level. Include stretching before and after your exercise to help avoid injury.

Cross Train. Vary the exercises activities you engage in from day to day and week to week. Doing one activity consistently can lead to boredom and overuse injuries.

Rest. Particularly for those who exercise strenuously, the body needs at least one day of rest each week. During that crucial rest day, muscle fibers have an opportunity to completely rebuild and prepare for the next workout. Eliminating that rest day could hinder your fitness progress.

Learn Proper Form and Technique. This is especially important for weight training and stretching. If possible, consult with a qualified athletic trainer or ask your unit Health Promotion Coordinator if they can assist you. Seek out someone certified by a reputable organization, such as the American College of Sports Medicine, the American Council on Exercise, or the National Strength and Conditioning Association. Not only can you learn safe and proper ways to exercise, but you can learn how to get the most out of your work-outs in the time you have. Reliable and instructive books, video cassettes, and tapes can be purchased at almost any book or exercise equipment store or loaned from many libraries.

Don't push an injury. Listen to your body. If you feel pain, stop. Pushing through the pain can lead to big problems later which can take you out of commission for a long time.

Myths That Just Won't Go Away:

MYTH: FAT BURNING EXERCISE

It has been widely promoted that to lose body fat through exercise, slower and longer is better. This notion is based on the fact that a higher percentage of fat compared to carbohydrate is burned for fuel during lower intensity exercise. But this is only half of the story. Higher intensity exercise burns more total calories and just as many, if not slightly more, fat calories. The total number of calories burned is more important to body fat loss than the fuel you're burning.

All physical activity helps burn fat. A calorie deficit, whether created by diet, exercise, or a combination of both, will result in body fat loss. If you want to burn calories to lose body fat, your objective should be to burn the greatest number of calories possible within the time frame you have to exercise.

Distance is essential for burning the most total calories. Adjust your exercise intensity to a level that will let you go the distance. If you exceed your fitness capacity by going too fast, you'll tire and stop before you go far enough and you won't look forward to doing it again. If you're already fit, you can take advantage of higher-intensity exercise to cover the distance and burn the calories in a shorter period of time.

If you're already fairly fit, but can't keep up the desired pace for the entire distance (or would like to add variety to your exercise program), try a modification of the interval training done by endurance athletes. Interval training involves short bouts of higher intensity exercise followed by periods of recovery. In the interval sessions, the high intensity phase should feel hard and challenging, not exhausting, while the recovery phase should feel fairly light to somewhat hard. If you're a walker, you might alternate walking at your regular pace for two minutes with a light jog for one minute. Once you feel breathless and uncomfortable, slow back down a comfortable pace. When you feel fully recovered, you can speed up again. You can try alternating hills then back to flat land while walking, biking, or running. To avoid injury and maintain your interest alternate interval training days with days of rest, more moderately-paced exercise, or a different type of exercise. Keep this up and you soon will be comfortable at a faster pace throughout your entire workout.

MYTH: SPOT REDUCING

Spot reducing is not possible. When you burn more calories than you take in, fat is removed from stores throughout the body, not just from the area being exercised. The amount you lose in any given area depends on how much is there in the first place. Callisthenic or weight lifting exercise can help tone underlying muscle, helping the area look firmer and slimmer, but the changes are due to muscle development rather than fat loss.

Attempting to “spot reduce” in a certain area can lead to muscle imbalances and increase your risk of injury. It’s best to engage in an exercise program that strengthens your entire core (abdominals and back) and works your upper and lower body equally. Doing so will help you to achieve a body type that is strong, balanced and injury risk free.

MYTH: EXERCISE MAKES YOU HUNGRY SO IT’S NOT WORTH IT

Regular exercise can actually reduce hunger and will help control your appetite. Often times, feelings of thirst and hunger are confused in the brain. As a general rule, after a moderate workout the body requires re-hydration, not refueling in the form of food. Try drinking a large glass of water after exercising and see if that satisfies any cravings you might be feeling. If you are still experiencing hunger after re-hydrating, eat a healthy snack or meal.

After a very intense or prolonged, vigorous exercise session, the body’s carbohydrate stores will be depleted. This drop in blood sugar triggers your appetite. Consuming a sports drink during or immediately after intense exercise will help prevent an uncontrolled appetite. Be sure to satisfy your appetite with high carbohydrate foods – fruits, vegetables, and grains.

Design Your FITT Plan

Now it is your turn to put together a weekly physical activity plan. The following forms will help you develop the specific activities you want to include. *You can find additional forms in Appendix E to help you track your daily and weekly progress.* While the most complete exercise program includes all three components - Aerobic, Strength Training and Stretching- aerobic and strength training are the most effective calorie-burning activities. It is recommended you start with an aerobic activity plan.

AEROBIC ACTIVITY PLAN

Activity Factor	Low Volume (May not be sufficient for weight loss*)	Medium Volume	High Volume (Ideal for weight loss*)
Frequency (days/week)	3	4-5	5
Intensity (%MHR) or	55-65%	65-80%	70-90%
Time (min/workout)	10-30 min.	30-60 min.	60 or more min.
Type (aerobic activity)	Walk, Swim, Jog, Cycle, Climb, Dance	Walk, Swim, Jog Cycle, Climb, Dance	Walk, Swim, Jog, Cycle, Climb, Dance

**According to the Surgeon General's Guidelines for Physical Activity.*

1. Current Fitness Level (low, average, high) _____
2. Exercise Days (circle): Mon. Tues. Wed. Thurs. Fri. Sat. Sun.
3. Calories expended per workout (use the calorie-burning chart on page 3-4.) _____
4. Intensity: Target Heart Rate (THR) Zone (use formula below) _____
5. 10-Second THR Zone (divide THR by 6) _____
6. Exercise Time (minutes) _____
7. Type of Activities _____

EXERCISE HEART RATE FORMULA:

220- Age _____ = Max Heart Rate (MHR) _____

MHR _____ x low intensity of range (%) = _____ low end of range

MHR _____ x high intensity of range (%) = _____ high end of range

STRENGTH TRAINING PLAN

<i>Training Factor</i>	Low Volume	Medium Volume	High Volume
Frequency	2 days/week	3-4 days/week	4-5 days/week
Intensity			
Endurance	40%	40 - 50 %	40 - 60 %
Strength	80%	80 - 90 %	80 - 95 %
Both	60%	60 - 70 %	60 - 80 %
Time			
Endurance	1 – 2 sets 15 - 20 reps	3 sets 15 - 20 reps	3 - 5 sets 15 - 20 reps
Strength	2 – 6 reps	2 - 6 reps	2 - 6 reps
Both	8 - 12 reps	8 - 12 reps	8 - 12 reps
Type 8-10 exercises that work the major muscle groups	Calisthenics Free weights, machines, resistance tubing	Calisthenics, Free weights, machines, resistance tubing	Free weights, machines

STRETCHING PLAN

<i>Training Factor</i>	Low Volume	Medium Volume	High Volume
Frequency (days/week)	3 (Additionally with all cardio/strength workouts)	4-5 (Additionally with all cardio/strength workouts)	6-7 (Additionally with all cardio/strength workouts)
Intensity	Full extension to point of mild tension	Full extension to point of mild tension	Full extension to point of mild tension
Time	Hold 10-30 seconds	Hold 10-30 seconds	Hold 10-30 seconds
Type	Static Include all major muscle groups.	Static Include all major muscle groups.	Static Include all major muscle groups.

4. MAKING IT A HABIT

Now that you know what to do to achieve a performance body weight, you need to learn how to make these eating and exercise patterns part of your day-to-day life. Lifestyle behavior change requires a lifelong commitment, an understanding of your eating and exercise habits, and a willingness to change them when necessary.

KEY CONCEPT:

Behavioral change techniques are essential tools for achieving and maintaining a Performance Body Weight.

OBJECTIVES:

1. Understand why behavior changes must become lifestyle changes to achieve successful weight control.
2. Know how to effectively use food and exercise logs to identify problem behaviors and monitor progress.
3. Recognize what triggers exist in your routine that cause you to eat.
4. Implement at least four effective behavioral change strategies.
5. Identify examples of social support.
6. Practice weight control “survival skills.”

Think About it

Many of our habits were developed during our childhood. Try this: Clasp your hands together. It feels comfortable doesn't it? Notice which thumb is on top? Clasp your hands together again, but this time do it so your other thumb is on top. Feels uncomfortable, doesn't it? You have been clasping your hands together in one preferred way since you were born. It's comfortable. It's a habit—automatic and performed without much thought.

How does this apply to weight management? The way you eat, your food choices, your daily activities, are in many ways governed by habit. They are comfortable, often automatic, ways of living. Unfortunately for many, those habits are fattening. If you're going to permanently control your body weight, you're going to have to develop some new habits and get rid of the ones that have been impeding your weight management success.

It takes some time and thought to change a habit. The more you think about it and the more you practice it, the more likely a new behavior will become a new habit. Weight management skills are practiced over and over so they will be performed automatically. If you repeat the steps and use the tools and tips presented in this manual often enough, they will become second nature to you.

Mission Planning

When planning your weight management program, don't be tempted to change too much too soon. Complex skills such as weight management are best learned step-by-step. Begin by breaking your big goals into smaller steps, such as what you hope to accomplish this month, this week, or even just today. Select no more than two or three behaviors at a time. Practice them until they comfortably fit into your lifestyle and then work on additional behaviors.

1. Plan what you will do, not what you won't do.
2. Plan when you are going to do your aerobic, strength training, and stretching exercises. Plan for specific days and times—with a backup if possible.
3. Plan your meals and snacks ahead of time. Don't leave your eating habits to chance.
4. Personalize your plan. Make it work for you
5. Don't plan on being perfect. What matters is what you do most of the time. Do what you think you should do 80% of the time; do what you want to do the other 20% of the time.
6. Think about potential obstacles in your day that might prevent you from exercising. Plan strategies to overcome those obstacles before they derail you. .

You Can Change Those Habits

- Know what you are doing now.
- Know how you should do it differently.
- Do it differently often enough to make it comfortable, automatic—a new habit.

Record Keeping

The only way to control your habits is to be aware of them. The best way to do this is to keep records. Research shows that people who keep records—also called journals, diaries, or logs—are more successful at weight control than those who don't.

Records help you recognize the goals you are achieving, even when you don't see changes on the scale or tape measure. Each day or week, you can look back and either reward your efforts or decide how you can do better. You can use charts like those in the examples below or your own record keeping system.

FOR EXAMPLE

Food Record					
Time	Food/Beverage and Amount	Where Consumed	Doing What	Mood/ Hunger/ Fullness	Did You Exercise?

Aerobic Exercise Log					
Date	Type of Exercise	Distance	Duration	Heart Rate	Intensity Rating

Strength Training Log				
Date	Exercise/ Lift	Sets	Reps	Weight

EXERCISE LOG

Each time you exercise, record it in an exercise log. An exercise log gives you an instant sense of accomplishment. Items to record might include time and distance, weight lifted and number of repetitions, how hard the workout felt, and heart rate. *See Chapter 3 and Appendix E for additional record forms.*

FOOD RECORDS

Record every morsel of food or drink that passes your lips. Besides what and how much (be honest), also write down the time, where you are, and what you are doing. You can also record your mood and describe your hunger each time you eat. Keep a daily record for at least two weeks. Review your food record to see how your diet compares with your Pyramid serving goals. If you have access to a calorie guide, it's also helpful to add up how many calories you are eating. Be sure to include hidden calorie sources—such as mayo on sandwiches. *See Appendix D for additional records & assessments.*

Don't fall into the trap of keeping track of only "good days" or underestimating the amount of food you eat. You need to see the not-so-good day on paper to know how it is impacting your effort.

Observing your eating habits can:

1. Increase awareness of what, how much, and when you eat.
2. Help you think twice before indulging in a high-calorie snack when you're not really hungry.
3. Help you see how easily unnecessary calories add up.
4. Let you discover problem patterns, such as eating between dinner and bedtime or snacking frequently.
5. Help you identify the emotions, situations, and stresses that contribute to unhealthy eating patterns.
6. Reveal splurges that are happening more often than you think.

Triggers to Eat

There are a variety of triggers that can make you want to eat when you are not truly hungry. Use your food records to identify your eating triggers so you can learn how to stop the chain reactions.

1. **SOCIAL** Do other people affect your eating habits? Do you eat or drink just because everybody else is? Are you often urged to eat by someone else?
2. **EMOTIONAL** Do you eat or eat more because you are bored, angry, stressed, nervous, worried, feeling sorry for yourself, lonely or even happy and excited? (For others, these same emotions may block hunger signals, causing them to eat less in times of emotional upheaval.) Do you eat to put off some unpleasant task?
3. **SITUATIONAL** Do you overeat on social occasions, when celebrating special events, or when eating out? Do you automatically go for a snack when a TV commercial comes on? Do you get an uncontrolled urge to eat when you see or smell food?
4. **PHYSICAL** Do you overeat when you are tired, have a headache, had too much caffeine, or are ravenous?

Behavioral Strategies

DON'T GO TO EXTREMES

To be successful at weight control, you need to learn to eat when physically hungry, not in response to food cues or environmental triggers. You also need to stop eating before you've had more than you should.

Try rating your feelings of hunger and fullness, using the scale on the right, before and after you eat. Your goal is to avoid either end of the scale. Eat only until pleasantly satisfied, not stuffed. Eating regular, planned meals and snacks and not skipping meals will help keep you in the middle.

Learn to tell the difference between hunger and thirst. You may feel hungry when you are really only thirsty. As a good rule of thumb, at your first pang of hunger drink a glass of water. If you still experience hunger pangs after the water, then it is time to eat.

Rate Your Hunger

10	painfully stuffed; ready to explode
9	so full you're starting to hurt
8	very full
7	starting to feel uncomfortable
6	pleasantly satisfied
5	not hungry, but not full
4	first signs of hunger
3	strong signals to eat
2	very hungry, grouchy, tired
1	ravenous, lightheaded, trembling

SLOW DOWN

It takes about 20 minutes for the "I'm full" signal to get to your brain. If you eat fast, you are more likely to overeat because you don't give yourself time to realize you have had enough. Make meals last at least 15 minutes. Wait at least 5 minutes before going back for seconds; you may decide you're not really that hungry.



1. Eat slowly; chew food thoroughly or drink water between bites.
2. Swallow before putting the next bite of food in your mouth. Lay down your utensil between bites.
3. Cut food up into small pieces.
4. Relax and enjoy the meal.
5. Do not do anything else while eating, such as watching TV.

See Appendix D for additional eating behavior assessments and food logs.

HANDLING STRESS

Stress is a common trigger for emotional eating. Learning how to deal with stress without turning to food will help you remain focused on weight management plan. The key is to find alternative outlets for your emotions and avoid food environments when you are experiencing heightened stress and emotion. Satisfy the real need, whether boredom, frustration, anxiety, fatigue, desire to procrastinate, etc.

1. If you are tired, take a nap or take a walk.
2. If you are angry, take positive steps to resolve conflict.
3. If you are bored, find an activity that is stimulating, yet healthy.
4. If you are depressed, do something positive for yourself. Get professional help if needed.
5. Develop skills in time management, communication, conflict resolution, and stress management.

Emotional Outlets

Exercise is a great method for defusing anger, relieving depression, and reducing tension. Relaxation techniques, meditation or yoga also can help you handle the pounding of daily stress. Other outlets and distractions to help you avoid eating when you're not really hungry include:

Listening to music

Dancing

Reading

Hiking

Shopping

Going to a library

Working in the garden

Engaging in a hobby

Taking a shower or bath

Phoning a friend

Writing a letter

Writing in a diary

Going to the movies or a play

Doing volunteer work

Laughing- listen to anything funny

Imagining a favorite place or get away

Playing a board or computer game

Playing a musical instrument

DON'T BE AMBUSHED BY FOOD CUES

1. Cook and serve just enough food for the meal. Store any planned leftovers before the meal is served.
2. Do not put serving bowls on the table. Serve food in allotted portions from the stove or counter.
3. Put food on a small plate so you have to serve yourself small portions and what you have looks like more.
4. Do not keep high-calorie foods around. If this isn't possible, keep them covered and concealed.
5. Practice leaving food on your plate, so you get used to seeing food and not eating it.
6. Get up from the table as soon as you have finished what you planned to eat.

ESTABLISH A PERIMETER AND DEFEND IT

1. Restrict where you will eat to one or two locations. Do not eat in front of the TV, in bed, on the couch, in the car, at the movies, or other places that can become triggers to eating when you are not hungry.
2. Only eat sitting down.
3. Do nothing else while eating (such as watching TV or reading the newspaper) that would distract you from what and how much you're eating.
4. As often as you can, only eat at preplanned meal and snack times.

SET YOURSELF UP

Make it almost impossible not to do the right thing. Planning is essential. Much of a lack of willpower is lack of planning.

1. Keep healthy snacks readily available. Store them up front in the refrigerator or cupboards. Buy washed and pre-cut vegetables and fresh fruit salad. Keep an apple or orange in your desk.
2. Keep your exercise gear ready by the door or in your car.
3. Empty your pockets or wallet. Carrying money you don't need for necessities means spending it in vending machines, at the bakery or coffee shop, etc.
4. Have a back-up exercise plan for bad weather days.

CONQUER CRAVINGS

Wait It Out. Most cravings go away in 10-15 minutes. If a strong food craving hits, set a timer, keep yourself busy and wait it out. If you let the urge pass, the next time it comes along it will be weaker. When waiting out the urge, do something that can't be done while eating, for example, clean the bathroom, wash the car, brush your teeth, knit, or exercise. See the emotional outlets on the previous page for more ideas of things to do.

Take Charge. You are stronger than food. You don't have to eat it.

Be Creative. Try to satisfy urges with a less damaging food. When your craving is for a certain type of food, such as crunchy, salty, or sweet, satisfy it with a creative alternative. Looking for crunch? Try rice cakes, carrot sticks, or a pickle. Craving salt? Pretzels are perfect. Craving something sweet? If fruit just won't do, try a fat-free pudding snack, frozen juice bar, marshmallows, or graham crackers. Whatever you choose, limit it to a single serving.

Fit It In. All foods can fit. If your craving turns into an obsession, is it because you've banished a favorite food from your diet? This never works for long. Don't avoid a food so long that you gorge on it when you finally have some. Eat a small portion, on occasion, and savor every mouthful.

Reward Yourself

Frequent rewards can keep you motivated. Reward yourself for achieving short-term goals, losing or not gaining weight, or dealing with a difficult situation without eating. Find non-food ways to reward yourself for all of life's accomplishments.

Reward Ideas: Recognize that improving appearance and fitness are rewards in themselves.

new CD	cologne or aftershave	picture frame
new video	night at the movies	massage
hardcover book	new tool	manicure or pedicure
favorite magazine	car accessories	facial
new clothes a size smaller	sports gear	new hair cut
new belt	camera accessories	bouquet of flowers

DEAL WITH THE FOOD PUSHERS

Learn how to decline offers for food. Saying no will reinforce your commitment to yourself to stay on your plan.

1. Politely but firmly refuse.
2. Say its okay for you to eat differently than others.
3. Say "Thank you but that's one of my weaknesses".
4. Say you aren't hungry.
5. Admit you don't really want the calories.
6. Identify in advance situations likely to pressure you to eat and practice saying no.
7. Assure them you know they care for you and they don't have to feed you to prove it.
8. Say you already ate.

More Tactics

Be specific with your goals. It's hard to accomplish a goal if you can't define it. For example, "I'll walk for 20 minutes at lunchtime 5 days this week." Instead of vowing to eat fewer high-fat foods, make your goal "I'll eat a piece of fruit instead of a candy bar for my afternoon snack at least 4 days this week."

Cut back gradually. If you are used to having 3 doughnuts at a sitting, cut out one at a time. If you are used to watching 4 hours of TV at night, cut back one hour at a time.

Build up gradually. If you're not used to having 3 or 4 servings of vegetables a day, each week, add one serving a day. If you're just starting to exercise, begin with 15-20 minutes a session and add 5 minutes to your sessions each week.

Talk to yourself, but watch what you say. Positive self-talk sets you up for success. Believe that nothing will stop you. Don't include absolutes –must, always, never – in your tactics. Get rid of the word "should," too. If you don't tell yourself you will, you won't.

Visualize body composition and fitness goals. The long-term rewards of reaching your goals can outweigh a few minutes of indulgence. Picture yourself at your goal, feeling confident, proud, and with more energy.

Develop a support system. A network could include anyone from family and friends to church groups, formal groups, or professionals, including doctors, dietitians, psychologists, and fitness experts. Also look for opportunities to support others. Discuss your program and goals with your family and friends. Their encouragement and understanding are important sources of support that can help you keep going.

Keep your hands busy. If you nibble while watching TV, find something to keep your hands occupied during that time.

Develop new or rediscover enjoyable pastimes, hobbies, and skills to add interest to your life and take the place of eating.

Go a different way, so you don't walk by the vending machine or drive by the bakery or burger joint. In the dining facility, detour the fast-food line or dessert tray.

Look for opportunities to be physically active. The more you do, the more you feel like doing.

Take a brisk walk instead of a doughnut break.

Get adequate rest. Adequate rest improves attitude, posture, and appearance. Lack of rest and sleep can weaken resistance and will power.

Brush your teeth or suck on a sugar-free breath mint after a meal or snack to signal your brain you are not going to eat anymore. This gets rid of the taste of food, which could trigger you to eat more, and ruins the taste of anything you eat or drink for a short time afterwards.

Make a contract or bet. Give a friend or spouse \$20. If you do not achieve a specified goal within a certain time frame (be realistic), they get to keep the money. If you achieve the goal, they give the money back.

KEEP THE EXERCISE HABIT

Schedule your exercise. Make an appointment with yourself and keep it. Don't make excuses, make the time.

Make exercise a part of your routine, like brushing your teeth or getting dressed. Try to schedule your exercise for the same time each day.

Find a workout partner. Enlist the support of an exercise buddy – one with ability and goals close to yours. A partner can motivate you to exercise when you otherwise might slack off. Make an appointment with your partner so you can't skip out.

Track your progress. Keep track of your daily achievements. Record how many laps you swim or how many pushups you do each day.

Choose activities that fit into your present lifestyle. Look for sports, activities, exercise partners, and programs that you will enjoy.

Compete against yourself. Jog a little faster than you did last week or bench press a few more pounds. Strive to be just a little better each time.

Remember, you won't just feel better after a workout, you'll feel better about yourself.

Sticking With It

GIVE IT A CHANCE

Don't give up too soon. When a strategy or plan doesn't work for you, don't give up. Try something different. Look for small changes that can add up to a lot. Expect that some adjustments may be difficult at first. Be patient. It takes time and repeated practice to form new habits.

Try all of the strategies. Don't just pick and choose the parts of a program that are easy. You may find that not all the techniques or tools presented in this manual work for you. Give them all a good effort, then sort out the ones that work from those that don't. Continue to use the strategies that work until they become habit.

Retrain your taste buds. If you give your taste buds a chance to adjust, they will. Don't let the word "can't" sabotage your options. If you don't immediately like certain types of foods, keep trying and find at least a few you can eat. To make the taste transition easier, gradually switch, for example, from regular to fat free versions of foods or from regular soft drinks to diet. As you gradually cut down on fatty and sugary foods, you'll begin to desire them less and less.

RIDE OUT THE PLATEAUS

Don't get discouraged. Plateaus are inevitable and there are many reasons why they happen. In most cases, you just need to change your plan for a brief period of time (two to four weeks), and the weight will start to come off again. If you've been jogging the same route, try adding some hills. If you've been eating cereal for breakfast every day, try fruit and oatmeal. Remember, it takes fewer calories to maintain a lighter body. As you lose weight, you need to cut back a little on your calorie intake or exercise a little more to maintain the same rate of weight loss.

Get off the Plateau

- | | |
|---|---|
| •Wait it out. | •Take a week off from exercise. |
| •Take your focus off weight change. Look at other measures of progress. | •Change the kind of exercise you do. If you have been walking, try cycling or swimming. |
| •Increase the time you exercise. | •Carefully keep food records, weighing or measuring foods and beverages, to make sure you're not taking in more calories than you think. |
| •Add an extra exercise session to your week. | •Add a little fat. Sometimes adding just a little additional fat, like 1 tablespoon of peanut butter, can jump start your metabolism again. |
| •Add or increase strength training exercises. | |
| •Increase the intensity of your workouts, if your fitness level permits, to the higher end of your range. | |

ONE STEP AT A TIME

Focus on the progress you have made, whether you have made it through one meal, one day, or one week. Don't dwell on how far you have to go.

Avoid these Quick Fixes:	Steer clear of these claims:	
Skipping meals	Fast	Easy weight loss
Laxatives or diuretics	Miracle or revolutionary	New discovery
Purging (vomiting)	Secret formula	Enzymatic process
Excessive exercise	Cure	Balances hormones
Specific food combinations		
Rigid menus		

WHEN IT'S TWO STEPS FORWARD – ONE STEP BACK

Nobody's perfect. Temporary backslides are bound to happen. Don't let guilt set in and don't abandon your goals. Figure out how to prevent the situation the next time and get back on track as soon as you can. The longer you delay, the harder it is to pick up where you left off.

MAINTAIN, DON'T GAIN!

During times of major stress, whether physical or mental, it's usually best to try to keep your weight stable rather than try to lose. Don't try to lose weight, for example, during the holidays or when quitting smoking. If you keep your weight the same during these times, you're successful.

Staying Where You Want to Be

Weight control is a lifetime process. Although you probably can be a little less strict maintaining your weight loss, you need to be careful not to return to your old habits that put on the extra fat. Be particularly alert when situations change or major life events occur.

Recognize new high-risk situations and immediately implement strategies to avoid them or deal with them. Continue to keep your exercise logs and food records, at least from time to time.

Events That Can Challenge Eating Plans

Getting married	Sea duty
New baby	TAD
Getting divorced	Illness or injury
Family separation	Death in the family
Holidays	Quitting smoking
Deployment	Moving

ANTICIPATE AN ENERGY IMBALANCE

There are certain predictable times, such as during the holiday season, while traveling and away from your regular routine or when you are injured—when it's especially easy to gain weight. Learn to anticipate events that interfere with your exercise schedule or make it easy to eat too much. Plan how to keep yourself in overall energy balance where the calories you are taking in do not exceed the calories you are burning during activity. Review the strategies in this manual to plan your defense. Be flexible and creative.

On the Injured List— If an injury prevents your usual exercise routine, try a different form of exercise. For example, if you typically run, try cycling or swimming. If exercise is impossible, cut your calorie intake until your activity level returns to normal.

Follow the Leader

Commit to losing weight. Then, try to adopt the following methods of success:

Keep up a high level of physical activity (equal to ~4 miles a day).

Weigh yourself once a week.

Count calories or control fat intake.

Eat smaller portions.

Limit certain types of foods.

Plan meals in advance.

Write down everything you eat.

WINNERS AT THE LOSING GAME

There is a national registry of individuals who have successfully lost at least 30 pounds and kept it off for an average of 5-1/2 years. Many had been overweight since childhood and had a family history of obesity. Information from this registry and other research programs reveals some common factors that make these people successful when others have failed. Follow these behaviors in the box to the left and you too can succeed.

Nip any weight rebound in the bud. *Set a three pound weight gain limit.* As soon as you are over this limit, be stricter with your eating and exercise plan.

Once you lose weight, get rid of the clothes that are too large. Don't allow yourself to go back to your old sizes.

Don't try to use only exercise for weight control. Without keeping a handle on your calorie intake, it's easy to exceed the calorie advantage of exercise.

Behavior Change Plan

Discussion: In order to be successful with your weight management plan it is important to turn your plan into specific behaviors that can be tracked and evaluated each week. Behaviors are actions that can be observed and measured by asking yourself *what, when, how much, how often, etc.*

Objective: To identify weekly behaviors that will help support the development of a successful weight management lifestyle. Food behavior, stress management, and physical activities are the three primary areas of focus. *You can use the FITT guidelines in Chapter 3 to develop your physical activity plan.*

WEEKLY WEIGHT MANAGEMENT BEHAVIOR PLAN

Week of _____

1. Food Behavior Objective

What is the intended behavior?

How often will it be done?

When/where will it be done?

What new skill or information will be obtained?

What support is needed to perform the behavior?

Weekly Summary: What percent (%) of the behavior was accomplished: _____

2. Stress Management Objective

What is the intended behavior?

What is the intended outcome?

When/where will it be performed?

What new skill or information will be obtained?

What support is needed to perform the behavior?

Weekly Summary: What percent (%) of the behavior was accomplished: _____?

Conclusion

Here are some key areas to review as you continue to develop your healthy living plan.

Observation

- Observe your food and exercise habits with food and exercise logs.
- Take note of opportunities where you can maximize adherence to your exercise and nutrition program.

Remove Triggers and Increase Access to Healthy Options

- Place tempting foods out of sight in places difficult to access.
- Keep healthy foods within easy reach.

Obstacles and Arrangements

- Overcome obstacles that prevent you from consistently exercising.
- Use obstacles to prevent yourself from overeating.
- Change where you sit when you eat to disrupt old eating patterns.
- Rearrange the food in your pantry and refrigerator, putting healthier items within easy reach.

Always plan ahead.

- Follow a plan that encourages you to make permanent and healthy lifestyle changes.
- Be aware of any potential obstacles and develop a plan to overcome them.
- Avoid routes that lead to conflict, such as walking by the vending machine or going to a party famished.

Developing healthy eating and exercise habits takes time. Every person is unique in their needs. Use the parts of this manual that work best for you.

5. GAINING WEIGHT: A PERFORMANCE EDGE

Weight gain can be just as hard and take as much dedicated effort as weight loss does for others. *To gain weight you need to tip the energy balance equation by eating more calories than you use.*

EXERCISE REQUIRED

Most people need to gain muscle, not fat. To build muscle, you need strength training as a regular part of your exercise routine. Without exercise, the weight you gain will be mostly fat. However, if you have very low body fat (less than 3% for men or 10% for women) increasing your body fat could be beneficial.

Lifting weights or using resistance machines helps you gain weight as muscle. If you want to gain muscle mass in certain parts of the body, you must exercise those areas. As you get stronger, you need to progressively increase the weight being lifted to continue to gain strength and muscle mass. There are hundreds of different strength training exercises and training techniques available. Seek out the help of your Unit Health Promotion Coordinator, Regional Health Promotion Manager, a local strength coach or trainer, or consult a credible book or website specific to resistance training.

FILL UP THE TANK

Calories Adding muscle takes additional energy, both to build the muscle and do the required strength training exercises. To calculate your daily caloric need with exercise go to the worksheet on page 2-2 and then add an additional 500 calories per day. If possible, have your body fat composition checked monthly to ensure your weight gain is muscle and not fat.

Carbohydrate The bulk of calories consumed should come from carbohydrates, such as breads, pasta, cereals, and starchy vegetables. You need adequate carbohydrate to fuel your workouts and give your body the energy to build new muscle tissue.

Protein You do need more protein when gaining muscle, but not as much as most people think. The recommendation is .75-0.9 grams of protein per pound of body weight per day if you are doing resistance training. For example a 150 lb person needs about 115- 135 grams of protein daily. It doesn't take much to obtain your daily protein requirement. See the charts at the right for guidelines and suggestions.

GENERAL TIPS

1. Eat at least 4 times a day. Always have a healthy snack handy.
2. Increase your number of food servings. See pages 2-7 and 2-8 for guidance on food servings and portion sizes.
3. Drink enough to replace fluids lost through exercise. Your weight before and after your workout should be approximately the same. If you've lost a pound or more during a workout, it's most likely water weight. To replace one pound, drink 16 ounces of water.
4. Add heart-healthy fats if you have very low body fat such as those contained in cold water fish and oils that are liquid at room temperature.
5. Keep food and exercise logs to help you see why you may be having a hard time gaining weight.
6. Don't over-exercise or you'll end up burning more calories than you consume.
7. The key to weight gain is slow and steady. It takes time for protein deposition to occur in muscles. Bulk up too fast and you put on more fat than muscle.

People with chronic illness, or those who have begun to lose weight without explanation, should consult a physician before embarking on a program to gain weight.

Examples of Protein Sources

Food Item/ Serving	Protein/ serving
Pumpkin seeds (1oz)	9 g
Peanut butter (2tbls)	9 g
Tuna w. water (6oz)	19 g
Chicken Breast (4oz)	19.5 g
Beans (1/2 cup)	6.5 g
1% milk (8oz)	9 g
Non-fat yogurt (8oz)	11 g
Non-fat cottage cheese (1/2 cup)	14 g

Calorie Dense Foods to Put On Your Menu:

- Starchy vegetables, such as winter squash, corn, peas, sweet potatoes
- Fruit juice
- Fruit smoothie drinks
- Dried beans and peas, such as in chili or split pea soup
- Granola and muesli
- Yogurt with fresh fruit
- Raisins and other dried fruits
- Nuts and peanut butter
- Sports bars with high protein
- Instant breakfast powder

APPENDIX A: ADDITIONAL RESOURCES

No single manual can address each person's individual needs and challenges. There are many valuable resources available that can help you. If possible, work with registered dietitians, fitness professionals, and behavioral specialists to design a program specific for you. Lifetime weight management cannot be a "one size fits all" approach. If professional resources are not available, seek out additional information on the Internet, at the library or bookstore, or by contacting professional organizations. Following are some resources to help you on your information quest.

THE INTERNET

Surfing the Internet can provide you with loads of information about nutrition, exercise, and weight control. Use the list of web addresses below to visit some of the more credible information sources. Be aware that starting at a good site doesn't guarantee you won't stray into questionable territory. Be sure the information is not an advertisement disguised as health education. One clue that the information is credible is that the website subscribes to HON code principles. These are a set of principles, created by Health on the Net Foundation, to be used as guidelines to help unify the quality of medical and health information available on the World Wide Web. Be careful of on-line support groups and chat rooms, even those sponsored by credible organizations. Although they can be good for moral support and helpful hints, the information passed along is not scrutinized and is often inaccurate.

Suggested Web Sites

Calorie King: www.calorieking.com

A food awareness website that provides effective tools to take charge of your eating and exercise habits, including a searchable database of foods you eat and the nutrients they provide.

Centers for Disease Control: www.cdc.gov

A government website which hosts information related to disease prevention and treatment.

Eating Well: <http://www.eatingwell.com/recipes/>

A searchable website of healthy eating and cooking recipes. Includes recipes makeovers, eating on the go and healthy entertaining tips.

FitDay: www.FitDay.com

A free online diet journal and exercise tracking tool to assist with weight loss and fitness goals.

Fruits and Veggies: More Matters: <http://www.fruitsandveggiesmorematters.org/>

A resource website sponsored by the Centers for Disease Control to support the Fruits and Veggies: More Matters health initiative. Website tools include recipes and cooking tips for incorporating more fruits and vegetables into your daily diet.

HealthFinder: <http://www.healthfinder.gov/>

A government website dedicated to providing reliable information on a variety of health-related topics.

Military Personal Fitness Test Preparation: www.military.com/fitness-center/military-fitness/pt-workouts/archive

This site provides fitness training tips and programs to assist individuals with passing military tests and standards.

MyPyramid Tracker: www.mypyramidtracker.gov

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.

Navy Environmental Health Center: www-nehc.med.navy.mil

Visit the Health Promotion Directorate on this website for information on an assortment of health promotion programs available to Coast Guard members through the Navy.

Nutrition Data: www.nutritiondata.com

Provides detailed nutrition information, plus unique analysis tools that tell you more about how foods affect your health and make it easier to choose healthy foods. Analyze your own recipes and make custom food labels.

The Nutrition Source: <http://www.hsph.harvard.edu/nutritionsource/>

The Nutrition Source is a Web site maintained by the Department of Nutrition at the Harvard School of Public Health designed to help individuals navigate through the extensive amount of information about food and nutrition that exists on the internet.

SparkPeople: www.sparkpeople.com

Free website offering personalized diet and exercise plans, calorie counters and exercise trackers, fitness demonstrations and videos and over 10,000 articles, recipes and tips.

COAST GUARD PUBLICATIONS

U.S. Coast Guard COMDINST M6200.1 (series), The Health Promotion Manual

U.S. Coast Guard COMDINST M1020.8 (series), Weight and Body Fat Standards for Coast Guard Personnel

APPENDIX B: FREQUENTLY ASKED QUESTIONS

Why do I always gain the weight back?

There is overwhelming evidence that humans have a constant weight range that they naturally maintain, and therefore, always return to. This is known as the set-point theory. It acts much in the same way that the human body returns to its own temperature level following illness.

Numerous studies have been conducted which support this theory. The most notable study involved "starved" volunteers who were given free access to food and allowed to eat ravenously until their weight returned to pre-diet level. The study showed that at that point appetite and calorie intake leveled off to pre-diet amounts. In another study, normal weight volunteers were deliberately placed on a diet to increase weight by 25 percent. They were then allowed to eat whatever they wanted. With no attempts to control their weight, they returned to their pre-diet weight levels.

It is this set-point that explains why dieters return to pre-diet weight once they stop restricting food intake. People may have different set-points throughout their lifetime, perhaps 125 pounds in their 20's, and 150 pounds in their 40's, etc. It is believed many factors contribute to determining one's set-point. Factors such as metabolism and the number of fat cells may work together to "set" a level of weight that is normal for that person.

If all this sounds a little depressing, don't despair. It is believed that set-point can be changed by exercise. Exercise acts to increase resting metabolic rate, which means even when just sitting around, the body burns more calories. **The best predictor for who will lose weight and keep it off is people who make a lifelong commitment to regular exercise.**

Is size and weight hereditary?

As the saying goes, "the apple doesn't fall far from the tree" is somewhat accurate when it comes to body type. The tendency to be overweight runs in families. Body type and fat distribution are to some degree a product of your genes. Since family members share environments as well as genes, it has been difficult to determine just how much influence heredity has on obesity.

Don't be discouraged if one or both your parents are overweight. Although it may be more challenging, this does not mean you cannot control your weight by diet and exercise. We inherit lifestyle habits as well as genes; and lifestyle behaviors are *changeable*.

Is it true that upper body fat is more dangerous than lower body fat?

Yes. Research shows that a person's risk of developing heart disease and diabetes is greatly increased when fat is distributed above the waist, or in the abdominal area. Males tend to gain weight in the abdomen, which places them at greater risk. Females tend to gain weight in the hips, buttocks and thighs which is not associated with increased health risks.

Sometimes this is called the "apple" or the "pear" shape of the body. The apple shape is not exclusively male. The hormonal changes of menopause tend to cause a shift of weight from the hips to the waist.

I want to stop smoking, but I'm afraid I'll put on even more weight. What should I do?

Occasionally people who quit smoking experience a slight increase in weight. This weight gain is usually temporary and many people will start to lose the weight they gained as they adjust to being a non-smoker. It is possible to quit smoking and not gain weight if you develop a plan of action for adjusting to the decrease in metabolism and increase in appetite that is often associated with the early weeks of ending tobacco use.

Smoking is a greater risk factor for disease and death than being overweight, and therefore quitting should always be encouraged despite the small amount of weight gain. Once you have adjusted to your tobacco-free behavior, you can focus your efforts on healthy diet, exercise, and behavior change techniques.

Does liposuction have a role in treating obesity or reducing body fat measurements?

By definition, liposuction is removal of fat under negative pressure, applied by means of a hollow suction tube tunneled through the subcutaneous fat by multiple small incisions.

Liposuction **is not** a treatment for obesity! The ideal candidate for liposuction is young and in good general health, with normal body weight and good skin tone.

While liposuction is available to active duty members at some naval hospitals, such cosmetic surgery is extremely restricted. In general, liposuction is limited to individuals who have localized areas of fat despite meeting height/weight standards. While liposuction may reduce waist and hip measurements somewhat, it is unlikely that a liposuction procedure would change a member's measurements from out of Coast Guard standards to within Coast Guard standards. Active Duty members are reminded that they should refer to the medical manual and seek command approval before electing to have cosmetic surgery.

I've been trying to lose weight for so long and nothing seems to work. What am I doing wrong?

When what you're doing isn't working, it is time to reevaluate your weight loss strategies. Keep a food and exercise log. Write down everything that you eat after you eat it, **not** at the end of the day. Be sure to record your beverages. Hundreds of calories can be hidden in juices, sodas, and alcohol. Studies have shown that overweight people tend to *underestimate* food intake, and *overestimate* exercise.

Check with your doctor to rule out medical causes as your problem with weight loss.

How is your meal spacing? Make sure you eat something low in fat within three hours of getting out of bed, and eat two more meals at 3-5 hour intervals after you get up. Routinely going without food for long periods of time can trick your body into believing food is scarce, and body fat stores must be conserved. We can easily handle a 12 to 14-hour fast when we are asleep.

Review your exercise log. Do you **consistently** follow your exercise plan? Remember, exercising only 3 days a week will **maintain** your current fitness. You need at least 4-5 days per week to optimize your fat-burning potential. How long are your exercise sessions? To burn body fat, you need aerobic exercise that works the large muscle groups, such as the thighs and buttocks. A longer duration and lower intensity workout may decrease the risk of injury and burn more calories. When exercising, periodically check your heart rate to ensure that is within your target heart rate range.

I am going through menopause. Is this preventing me from losing weight?

People tend to gain weight as they age. This is due to a number of factors including loss of muscle mass which slows metabolism, change in fat distribution and often a decrease in physical activity. Other hormonal changes that take place during menopause can also contribute to weight gain. A well-balanced, low-fat diet combined with regular exercise will allow you to manage these changes as you age. If you feel you are experiencing abnormal weight gain during menopause, consult a doctor for advice.

I've heard a lot in the media recently about weight loss pills. Can these help me lose weight?

There are several medications on the market which claim to help lose weight. While some are safe and effective, others carry very potentially dangerous side effects, some of which take years to develop. It is best to attempt your weight loss efforts through proper diet and exercise. As with any supplement or weight loss product it is always to discuss it first with your physician to ensure what you're taking is both safe and effective.

What is meant by a "Low Fat" food?

A "low-fat" food, is something that contains 3 grams of fat or less per serving. Low-fat milk (or 2 percent milk) contains 5 grams of fat per serving. At the present time, milk is exempt from food labeling laws. That may change soon as the Food and Drug Administration (FDA) is proposing eliminating the standards of identity for low fat and skim milk products. Under the proposal, milk products containing 1.5 % to 2 % milk fat could no longer use the term "low-fat", but instead could be called "reduced-fat milk". Milk containing 1 % milk fat could be labeled "low-fat milk" (it contains 1.5 grams of fat per serving).

What is meant by a "Low Carb" food and can it help with weight loss?

While "good" carbohydrates like whole grains, legumes, veggies and fruits usually should not be excluded from a diet to save calories, "empty" carbs like refined grains and sugars provide little nutritional value except calories. Elimination of these "empty" carbs is an effective way to reduce unnecessary calories. However, "low carb" foods are not always healthy or low calorie. Manufacturers may replace carbohydrates with fats, and many reduce carbs by only a few grams. Evaluate the food label on a "low carb" product compared to the regular version, looking at total calories, fat, fiber and other ingredients to know whether it is truly an improvement.

APPENDIX C: HEALTHY COOKING & SHOPPING TIPS**Low-Calorie, Lower Fat Substitutions**

Higher-Fat Foods	Lower-Fat Foods
Dairy Products	
<input type="checkbox"/> Evaporated whole milk <input type="checkbox"/> Whole milk <input type="checkbox"/> Ice cream <input type="checkbox"/> Whipping cream <input type="checkbox"/> Sour cream <input type="checkbox"/> Cream cheese <input type="checkbox"/> Cheese (cheddar, Swiss, jack) <input type="checkbox"/> American cheese <input type="checkbox"/> Regular (4%) cottage cheese <input type="checkbox"/> Whole milk mozzarella cheese <input type="checkbox"/> Whole milk ricotta cheese <input type="checkbox"/> Coffee cream (1/2 and 1/2) or nondairy creamer (liquid, powder)	<input type="checkbox"/> Evaporated fat-free (skim) or reduced-fat (2%) milk <input type="checkbox"/> Low-fat (1%), reduced-fat (2%), or fat-free (skim) milk <input type="checkbox"/> Sorbet, sherbet, low fat or fat-free frozen yogurt, or ice <input type="checkbox"/> Imitation whipped cream (made with fat-free [skim] milk) <input type="checkbox"/> Plain low-fat yogurt <input type="checkbox"/> Neufchatel or "light" cream cheese or fat-free cream cheese <input type="checkbox"/> Reduced-calorie cheese, low-calorie processed cheeses, etc. <input type="checkbox"/> Fat-free cheese <input type="checkbox"/> Fat-free American cheese or other types of fat-free cheeses <input type="checkbox"/> Low-fat (1%) or reduced-fat (2%) cottage cheese <input type="checkbox"/> Part-skim milk, low-moisture mozzarella cheese <input type="checkbox"/> Part-skim milk ricotta cheese <input type="checkbox"/> Low-fat (1%) or reduced-fat (2%) milk or non-fat dry milk powder
Cereals, Grains, and Pastas	
<input type="checkbox"/> Ramen noodles <input type="checkbox"/> Pasta with white sauce (alfredo) <input type="checkbox"/> Pasta with cheese sauce <input type="checkbox"/> Granola	<input type="checkbox"/> Rice or noodles (spaghetti, macaroni, etc.) <input type="checkbox"/> Pasta with red sauce (marinara) <input type="checkbox"/> Pasta with vegetables (primavera) <input type="checkbox"/> Bran flakes, crispy rice, etc. <input type="checkbox"/> Cooked grits or oatmeal <input type="checkbox"/> Reduced-fat granola
Meat, Fish and Poultry	
<input type="checkbox"/> Coldcuts or lunch meats (bologna, salami, liverwurst, etc.) <input type="checkbox"/> Hot dogs (regular) <input type="checkbox"/> Bacon or sausage <input type="checkbox"/> Regular ground beef <input type="checkbox"/> Chicken or turkey with skin, duck, or goose <input type="checkbox"/> Oil-packed tuna <input type="checkbox"/> Beef (chuck, rib, brisket) <input type="checkbox"/> Pork (spareribs, untrimmed loin) <input type="checkbox"/> Frozen breaded fish or fried fish (homemade or commercial) <input type="checkbox"/> Whole eggs <input type="checkbox"/> Frozen TV dinners (containing more than 13 grams of fat per serving) <input type="checkbox"/> Chorizo sausage	<input type="checkbox"/> Low-fat coldcuts (95 to 97% fat-free lunch meats, low-fat pressed meats) <input type="checkbox"/> Lower-fat hot dogs <input type="checkbox"/> Canadian bacon or lean ham <input type="checkbox"/> Extra lean ground beef such as ground round or ground turkey (read labels) <input type="checkbox"/> Chicken or turkey without skin (white meat) <input type="checkbox"/> Water-packed tuna (rinse to reduce sodium content) <input type="checkbox"/> Beef (round, loin) (trimmed of external fat) (choose select) <input type="checkbox"/> Pork tenderloin or trimmed, lean smoked ham <input type="checkbox"/> Fish or shellfish, unbreaded (fresh, frozen, canned in water) <input type="checkbox"/> Egg whites or egg substitutes <input type="checkbox"/> Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium) <input type="checkbox"/> Turkey sausage, drained well (read label) <input type="checkbox"/> Vegetarian sausage (made with tofu)

Higher-Fat Foods	Lower-Fat Foods
Baked Goods	
<input type="checkbox"/> Croissants, brioches, etc. <input type="checkbox"/> Donuts, sweet rolls, muffins, scones, or pastries <input type="checkbox"/> Party crackers <input type="checkbox"/> Cake (pound, chocolate, yellow) <input type="checkbox"/> Cookies	<input type="checkbox"/> Hard french rolls or soft brown 'n serve rolls <input type="checkbox"/> English muffins, bagels, reduced-fat or fat-free muffins or scones <input type="checkbox"/> Low-fat crackers (choose lower in sodium) <input type="checkbox"/> Saltine or soda crackers (choose lower in sodium) <input type="checkbox"/> Cake (angel food, white, gingerbread) <input type="checkbox"/> Reduced-fat or fat-free cookies (graham crackers, ginger snaps, fig bars) (compare calorie level)
Snacks and Sweets	
<input type="checkbox"/> Nuts <input type="checkbox"/> Ice cream, e.g., cones or bars <input type="checkbox"/> Custards or puddings (made with whole milk)	<input type="checkbox"/> Popcorn (air-popped or light microwave), fruits, vegetables <input type="checkbox"/> Frozen yogurt, frozen fruit or chocolate pudding bars <input type="checkbox"/> Puddings (made with skim milk)
Fats, Oils, and Salad Dressings	
<input type="checkbox"/> Regular margarine or butter <input type="checkbox"/> Regular mayonnaise <input type="checkbox"/> Regular salad dressings <input type="checkbox"/> Butter or margarine on toast or bread <input type="checkbox"/> Oils, shortening, or lard	<input type="checkbox"/> Light spread margarines, diet margarine, or whipped butter, tub or squeeze bottle <input type="checkbox"/> Light or diet mayonnaise or mustard <input type="checkbox"/> Reduced-calorie or fat-free salad dressings, lemon juice, or plain, herb flavored, or wine vinegar <input type="checkbox"/> Jelly, jam, or honey on bread or toast <input type="checkbox"/> Nonstick cooking spray for stir-frying or sautéing <input type="checkbox"/> As a substitute for oil or butter, use applesauce or prune puree in baked goods
Miscellaneous	
<input type="checkbox"/> Canned cream soups <input type="checkbox"/> Canned beans and franks <input type="checkbox"/> Gravy (homemade with fat and/or milk) <input type="checkbox"/> Fudge sauce <input type="checkbox"/> Avocado on sandwiches <input type="checkbox"/> Guacamole dip or refried beans with lard	<input type="checkbox"/> Canned broth-based soups <input type="checkbox"/> Canned baked beans in tomato sauce <input type="checkbox"/> Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk <input type="checkbox"/> Chocolate syrup <input type="checkbox"/> Cucumber slices or lettuce leaves <input type="checkbox"/> Salsa

Source: Department of Health and Human Services, 2008

Sample Low-fat Cooking Methods

1. Use non-stick pots and pans. This enables you to use little or no added fat.
2. Steam or sauté vegetables.
3. Use a light coat of a vegetable oil spray. Choose olive or canola oils instead of using leftover bacon grease, lard, vegetable fat, etc.
4. Experiment with nonfat liquids, such as Worcestershire Sauce, chicken broth or tomato juice.
5. Poach poultry and fish.
6. Trim off all visible fat from meat and remove the skin from chicken.
7. Broil or bake meats, poultry, and fish instead of frying them.
8. For stewing or soups, cook the meat ahead of time, let cool and skim off the accumulated fat before you add other ingredients.
9. Eat more fish, white poultry and veal; avoid cuts of high-fat (marbled) red meat.
10. Use water-packed tuna and salmon rather than oil-packed fish.
11. Make gravies with fat-free broth, skim milk and cornstarch.
12. Prepare vegetables with seasonings or lemon juice rather than fat-containing sauces.
13. Use fat-free broth to cook vegetables instead of sautéing them.
14. Serve foods simply, without added sauces.
15. Reduce fat in recipes by 1/2 without affecting the final product.
16. Select fresh fruit as substitutes for sweet desserts.



My Shopping List

Make a shopping list. Include the items you need for your menus and any low-calorie basics you need to restock in your kitchen.

Dairy Case

- Fat-free (skim) or low-fat (1%) milk
- Low-fat or reduced fat cottage cheese
- Fat-free cottage cheese
- Low-fat or reduced fat cheeses
- Fat-free or low-fat yogurt
- Light or diet margarine (tub, squeeze, or spray)
- Fat-free or reduced fat sour cream
- Fat-free cream cheese
- Eggs/egg substitute

Breads, Muffins, and Rolls

- Bread, bagels, or pita bread
- English muffins
- Yeast breads (whole wheat, rye, pumpernickel, multi-grain, or raisin)
- Corn tortillas (not fried)
- Low-fat flour tortillas
- Fat-free biscuit mix
- Rice crackers
- Challah

Cereals, Crackers, Rice, Noodles, and Pasta

- Plain cereal, dry or cooked
- Saltines, soda crackers (low-sodium or unsalted tops)
- Graham crackers
- Other low-fat crackers
- Rice (brown, white, etc.)
- Pasta (noodles, spaghetti)
- Bulgur, couscous, or kasha
- Potato mixes (made without fat)
- Wheat mixes
- Tabouli grain salad
- Hominy
- Polenta
- Polvillo
- Hominy grits
- Quinoa
- Millet
- Aramanth
- Oatmeal

Vegetables

Fresh Vegetables:

- Broccoli
- Peas
- Corn
- Cauliflower
- Squash
- Green beans
- Green leafy vegetables
- Spinach
- Lettuce
- Cabbage
- Artichokes
- Cucumber
- Asparagus
- Mushrooms
- Carrots or celery
- Onions
- Potatoes
- Tomatoes
- Green peppers
- Chilies

Canned Vegetables

(low-sodium or no-salt-added):

- Canned tomatoes
- Tomato sauce or pasta
- Other canned vegetables
- Canned vegetable soup

Frozen Vegetables:

(without added fats):

- Broccoli
- Spinach
- Mixed medley, etc.

Exotic Fresh Vegetables

- Okra
- Eggplant
- Grape leaves
- Mustard greens
- Kale
- Leeks
- Bamboo shoots
- Chinese celery
- Bok choy
- Napa cabbage
- Seaweed
- Rhubarb

Meat Case

- White meat chicken and turkey (skin off)
- Fish (not battered)
- Beef, round or sirloin
- Extra lean ground beef such as ground round
- Pork tenderloin
- 95% fat-free lunch meats or low-fat deli meats

Meat Equivalents:

- Tofu (or bean curd)
- Beans (see bean list)
- Eggs/egg substitutes (see dairy list)

Fruit (fresh, canned, and frozen)

Fresh Fruit:

- Apples
- Bananas
- Peaches
- Oranges
- Pears
- Grapes
- Grapefruit
- Apricots
- Dried Fruits
- Cherries
- Plums
- Melons
- Lemons
- Limes
- Plantains
- Mangoes

Exotic Fresh Fruit:

- Kiwi
- Olives
- Figs
- Quinces
- Currants
- Persimmons
- Pomegranates
- Papaya
- Zapote
- Guava
- Starfruit
- Litchi nuts
- Winter melons

Shopping List, cont'd**Fruit (in juice or water):**

- Canned pineapple
- Applesauce
- Other canned fruits (mixed or plain)

Frozen Fruits (without added sugar):

- Blueberries
- Raspberries
- 100% fruit juice

Dried Fruit:

- Raisins/dried fruit (these tend to be higher in calories than fresh fruit)

Beans and Legumes (if canned, no-salt-added)

- Lentils
- Black beans
- Red beans (kidney beans)
- Navy beans
- Black beans
- Pinto beans
- Black-eyed peas
- Fava beans
- Italian white beans
- Great white northern beans
- Chickpeas (garbanzo beans)
- Dried beans, peas, and lentils (without flavoring packets)

Baking Items

- Flour
- Sugar
- Imitation butter (flakes or buds)
- Non-stick cooking spray
- Canned evaporated milk— fat-free (skim) or reduced fat (2%)
- Non-fat dry milk powder
- Cocoa powder, unsweetened
- Baking powder
- Baking soda
- Cornstarch
- Unflavored gelatin
- Gelatin, any flavor (reduced calorie)
- Pudding mixes (reduced calorie)
- Angel food cake mix

Frozen Foods

- Fish fillets—unbreaded
- Egg substitute
- 100 percent fruit juices (no sugar added)
- Fruits (no sugar added)
- Vegetables (plain)

Condiments, Sauces, Seasonings, and Spreads

- Fat-free or low-fat salad dressings
- Mustard (Dijon, etc.)
- Catsup
- Barbecue sauce
- Jam, jelly, or honey
- Spices
- Flavored vinegars
- Hoisin sauce and plum sauce
- Salsa or picante sauce
- Canned green chilies
- Soy sauce (low-sodium)
- Bouillon cubes/granules (low-sodium)

Beverages

- No-calorie drink mixes
- Reduced calorie juices
- Unsweetened iced tea
- Carbonated water
- Water

Nuts and Seeds

- Almonds, unsalted
- Mixed nuts, unsalted
- Peanuts, unsalted
- Walnuts
- Sesame seeds
- Pumpkin seeds, unsalted
- Sunflower seeds, unsalted
- Cashews, unsalted
- Pecans, unsalted

Fats and Oils

- Soft (tub) margarine
- Mayonnaise, low-fat
- Canola oil
- Corn oil
- Olive oil
- Safflower oil

Source: Department of Health and Human Services, 2008

APPENDIX D: FOOD BEHAVIOR ASSESSMENT FORMS

ASSESSMENT OF EATING HABITS

Answer the following statements as they TYPICALLY apply to you.

Yes/No

1. Have set daily meal times.	
2. Don't eat at the desk or work area.	
3. Take at least 15 minutes per meal.	
4. Don't skip meals.	
5. Don't snack between meals.	
6. Chew food slowly.	
7. Eat home meals only at the dining table.	
8. Don't eat in the kitchen.	
9. Don't do other activities (TV, reading, driving, etc.) while eating.	
10. <i>Rarely</i> eat lying down.	
11. Eat about the same amount whether alone or with others.	
12. Stress doesn't affect the amount of food I eat.	
13. Moods don't affect what, when, or how much I eat.	
14. <i>Rarely</i> take second helpings.	
15. Feel okay about leaving some food on my plate.	
16. <i>Rarely</i> add high-calorie (fats or sugar) condiments, sauces, or dressings- i.e. jam, butter, salad dressing, gravy, mayonnaise, etc.	
17. <i>Rarely</i> eat dessert.	
18. Drink 6-8 glasses of fluids daily (excluding coffee, soft drinks, and alcoholic beverages).	
19. Eat fruits and vegetables daily.	
20. <i>Rarely</i> eat high-fat fast foods (hamburgers, fries, pizza, tacos, milkshakes, BBQ, etc.)	

Interpretation: A NO answer to any of these questions signifies a need to modify your eating habits.

FOOD TRIGGERS RECORD

The Food Record is an effective way to determine associations between the foods you eat and your moods. Keep a complete daily record for stressful days as well as "typical" days. Be sure to record ALL the situations during the day when you ate food or drank beverages. Note your mood when you first start eating. Sometimes we don't have the words to describe our moods. Here is a sample list of words that describe emotions: anxious, calm, happy, nervous, angry, excited, guilty, sad, bored, funny, lighthearted, and serious. Hunger: 0 = not hungry, 5 = very hungry

Quantity	Description	Time	Where	With Whom? Alone?	Activity	Mood	Hunger Level (1-5)
1 bag	Potato Chips	2:00	At desk	Alone	Reading Emails	Bored	3

ARE YOU A COMPULSIVE OVEREATER?

The following assessment will help you determine whether you have control over your eating habits.

1. ____ Do you go on binges for no apparent reason?
2. ____ Do you eat when you're not hungry?
3. ____ Do you have feelings of guilt and remorse after overeating?
4. ____ Do you give too much time and thought to food?
5. ____ Do you look forward with pleasure and anticipation to the moments when you can eat alone?
6. ____ Do you plan secret eating binges ahead of time?
7. ____ Do you eat sensibly in front of others and later splurge on high fat foods when you're alone?
8. ____ Is your weight affecting the way you live your life?
9. ____ Have you tried to diet for a week - or longer- only to fall short of your goal?
10. ____ Do you resent the advice of others who tell you to "use a little will power" to stop overeating?
11. ____ Have you continued to assert that you can diet "on my own" whenever you wish, despite evidence to the contrary?
12. ____ Do you crave to eat at a definite time, day or night, other than meal times?
13. ____ Do you eat to escape from worries or troubles?
14. ____ Has your physician ever treated you for overweight?
15. ____ Does your food obsession make you or others unhappy?

Interpretation: A YES response to three or more of the questions can point to a potential problem with compulsive overeating. You should consider a consultation with CG Employee Assistance Program (EAP) counselor 800-222-0364.

Source: Overeaters Anonymous

DO YOU FEEL SOCIAL PRESSURE TO EAT?

This assessment can help you determine how well you cope with social influences on your eating habits. Rate yourself on each of the following statements on how much you agree or disagree with each one.

1= Never; 2= Sometimes; 3= Usually; 4= Almost Always; 5= Always.

My Score

1. It's not right to say no when someone is just trying to be nice to me.	
2. It's often hard for me to speak up for what I need or want.	
3. I'd rather put my own needs second than hurt someone else's feelings.	
4. It isn't fair to want others to help me in my weight-management efforts.	
5. I shouldn't involve others in my problems.	
6. I need to drink or order a big entrée at a restaurant in order to make others feel comfortable.	
7. When someone else is paying for it, I feel I may as well take advantage.	
8. Guests who are invited to dinner expect to be treated to fancy (i.e. "high calorie") meals.	
9. A good host or hostess fixes special meals for company, and this involves a "rich" entrée and a sweet dessert.	
10. When invited to dinner, I should show my appreciation by eating well.	
11. Calling ahead to inquire about the menu or making special requests of a hostess is making a nuisance of myself.	
12. Other people depend on me, and their needs come first.	
13. When someone tries to pressure me, I resist, even if what they want me to do is a good idea.	
14. When someone I care about doesn't want me to change, I feel I should do as they ask.	
15. I like the attention and sympathy I get from having a weight problem.	
16. I can't resist food at parties or celebrations.	
17. When I see others eating, I just can't resist getting something to eat too.	
18. It isn't polite to refuse food when someone has prepared it especially for me.	

Total Score _____

Interpretation:

18-36: *Low Pressure Quotient.* Your beliefs are strong enough to help you resist social influences.

37-53: *Moderate Pressure Quotient.* Some of your beliefs make it difficult for you to cope with social pressures. Identify which beliefs keep you stuck, and change your way of thinking on these.

54-90: *High Pressure Quotient.* Much of your belief system makes it harder for you to cope with social influences. You need to challenge your beliefs and make changes about the way you think about them.

WHAT TRIGGERS YOUR EATING?

Take this short test and you will understand some of the factors that influence your eating habits. Score yourself on each statement to what degree the situation is likely to prompt you to start eating. Answer every question. 5= Always; 4= Almost Always; 3= Usually; 2= Sometimes; 1= Never

	<i>My Score</i>
A. Arguing or being in conflict with someone.	
B. Making excuses to myself about why it's okay to eat.	
C. Eating is a source of relaxation for me.	
D. Feeling angry about a situation	
E. When I have run out of my favorite food I find that I'm uncomfortable until I replace it.	
F. I eat certain foods automatically without being aware of it.	
G. I eat to stimulate me, to perk myself up.	
H. Worrying triggers my need for food.	
I. A strong desire to eat even though I've just eaten or feel "full."	
J. When I feel uncomfortable or upset about something, I eat.	
K. Experience fatigue or being over-tired.	
L. Watching television, reading or doing some other activity while I'm eating.	
M. Experience trembling, headache, or light-headedness associated with not eating.	
N. Criticizing myself for being overweight or unable to control my eating.	
O. I want to eat most when I'm comfortable and relaxed.	
P. When I feel "blue" or want to take my mind off cares or worries, I eat.	
Q. I get a real gnawing hunger when I haven't had my favorite food for a while.	
R. Eat without paying much attention to the amount or the taste of the food.	
S. Being with others when they are eating, regardless of when I last ate.	
T. Eat when I experience physical discomfort or pain.	
U. Feeling inadequate around others.	

Scoring:

Add up your scores for each set of letters:

A + S + U = _____ B + H + N = _____ C + G + D = _____

D + J + P = _____ E + I + Q = _____ F + L + R = _____

K + T + M = _____

Transfer the scores to the table on the next page.

Influencing Factors

FACTOR YOUR SCORE
1. SOCIAL (A+S+U)_____
2. THINKING (B+H+N)_____
3. PLEASURE (C+G+D)_____
4. EMOTIONAL (D+J+P)_____
5. PSYCHOLOGICAL (E+I+Q)_____
6. HABIT (F+L+R)_____
7. PHYSICAL (K+T+M)_____

Your scores will be between 3 and 15 for each of the factors. Any score above 10 is high.

Interpretation The seven factors describe different ways of experiencing and managing feelings, stressors, or situations. *Stimulation* represents the positive feelings people get from eating. Four factors- *Social, Psychological, Emotional, and Physiological*- decrease negative feelings by reducing a state of physical discomfort or emotional tension. The sixth factor- *Thinking/Rationalizing*- is a pattern of filtering or interpreting events. It influences your emotional or psychological state. The seventh factor- *Habit*- takes place in the absence of feeling or thinking- purely an automatic response to a familiar situation.

A score of 11 or more on any factor indicates that this is an important influence on your eating behavior. The higher the score, the more important is your consideration of how it affects your relationship to food.

In order to make healthy changes in your eating behavior you may have to get along without the gratification and tension reduction food has given you. More important, you will have to find more acceptable and healthier ways of experiencing satisfaction or a reduction in tension or discomfort. In either case, you need to know just what it is you are getting out of your current eating behavior before you can decide to make healthy changes.

Understanding the Factors that Trigger Your Eating

Social Interpersonal situations- work relations, meetings, family, social gatherings, etc. - can be a source for discomfort, tension, conflict, or feelings of inadequacy. If you score high in this factor you may not be handling certain social interactions to your satisfaction. Eating may be your method of reducing the tension or discomfort associated with a particular social situation. Improving your social skills through communication classes, assertiveness and conflict resolution training, or marriage and family counseling can help reduce tension and discomfort in social situations.

- Thinking/
Rationalizing** Your beliefs and attitudes influence how you feel and react to situations. Beliefs may be developed unconsciously and act as predictors to events. Before an act or a feeling is experienced it exists first as a thought. Attitudes and beliefs form your self-image, sense of competence, ability to handle stressful situations, your relationship to food, etc. Changing the belief can change the feelings and behavior. Positive affirmations and goal setting will help.
- Pleasure/
Stimulation** It is not always easy to determine whether you use food to get pleasure or to keep from feeling bad. Those who do get real stimulation out of eating often find that an honest consideration of the unhealthy effects of their habit is enough to help them modify their use of food. They substitute more appropriate activities that fit the situation- exercise, social events, creative activities, supportive relationships, music, etc.
- Emotional** Many people use food as a sponge to absorb negative feelings in moments of stress or discomfort, and on occasion it may work. Food is sometimes used as a tranquilizer. When things are going well this kind of food user may find it easy to control their eating, but will be tempted again in times of stress. Again, exercise, relaxation, social outlets, creative activities, etc. may serve as more useful, longer lasting, and healthier substitutes.
- Psychological** *Craving* or psychological dependence on food is a more intensified development of tension reducing, emotional crutches, or need for pleasure/stimulation. For this person, the preoccupation with food is almost constant. Even when they have just finished eating they are already thinking of the next food they want to eat. Changing eating habits is difficult for this kind of person. For the craving or dependent eater seeing a physician or a counselor, or enrolling in a structured behavior change program is probably necessary to provide the essential skills or motivation to change.
- Habit** This kind of food user is no longer getting much satisfaction from eating. They just eat without even realizing what they're doing. There is little awareness of the quantity or frequency of eating. For this person, change requires breaking the patterns that have been built up. Keeping a food log is one way to help recognize and break these patterns. Cutting down or reducing the frequency may be effective once there is an increased awareness of the habit. Slowing down and becoming aware of each piece of food is another strategy.
- Physical** Some people have learned to respond to certain physiological conditions- fatigue, pain, muscle tension, headache, etc. - by eating. It is not always easy to determine whether the physical condition is a response to actual hunger. Eating at regularly set times and paying attention to the quantity and quality of the food are key ways of modifying your behavior. In other situations it is important to recognize your "stimulus-response" pattern. In this way the physical "stimulus" (i.e., pain, discomfort) can be used as a trigger to remind you to activate a pre-planned behavior- relaxation, exercise, etc. - rather than the "learned" response.

APPENDIX D to COMDTPUB P6200.3A

ASSESS YOUR BODY IMAGE

Using the following scale, score yourself on each statement.

1= Never; 2= Sometimes; 3= Usually; 4= Almost Always; 5= Always

My Score

1. I dislike seeing myself in mirrors.	
2. When I shop for clothing I am more aware of my weight problem and consequently I find shopping for clothes unpleasant.	
3. I'm ashamed to be seen in public.	
4. I prefer to avoid engaging in sports or public exercise because of my appearance.	
5. I feel embarrassed by my body in the presence of someone of the opposite sex.	
6. I think my body is ugly.	
7. I feel that other people think my body is unattractive.	
8. I feel that my family or friends are embarrassed to be seen with me.	
9. I compare myself with other people to see if they are heavier than I am.	
10. I find it difficult to enjoy non-physical activities involving other people because I'm self-conscious about my appearance.	
11. Feeling guilty about my weight problem preoccupies my thinking.	
12. My thoughts about my body and physical appearance are negative and self-critical.	

TOTAL SCORE _____

Interpretation:

12-15 Points: Positive Body Image.

16-24 Points: Need to develop a healthier body image.

25-60 Points: Unhealthy body image.

PLANNING NEW EATING BEHAVIORS

The following is a list of positive food behaviors. Check the ones you wish to incorporate into your new food behavior plan.

- Start each day with breakfast
- Eat three regular, planned meals
- Eat meals at scheduled times
- Eliminate between meal snacks
- Choose small, planned snacks
- Plan a menu for each meal
- Practice focused-eating
- Ask for low-cal and/or fat-free substitutes
- Keep problem food out of sight
- Don't sample food during meal preparation
- Don't eat anything after the evening meal
- Measure food portions
- Leave some food on my plate
- Take at least 20 minutes to eat each meal
- Skip seconds
- Use smaller dishes
- Put utensils down between bites
- Let someone else scrape plates
- Sit down while eating
- Don't do anything else while eating
- Share a single serving- especially a high calorie dish
- Put leftovers away immediately

Planning New Eating Behaviors (continued)

Don't get snacks for others

Don't eat in the car

Select restaurants with varied menus, including "healthy heart" selections

Avoid the following restaurants/chains: _____

Eat only in "designated eating areas" at home and at work

Low-calorie "Snack substitutes" will be: _____

Shop only from a prepared list

Order skim milk or diet soft drinks or low-calorie beverages when eating out

Open food packages only when ready to use

Ask others- family, friends, co-workers- not to offer food

Ask someone else to do the grocery shopping

Don't shop when hungry

Cut up fruits & vegetables for snacks

Plan meals the day before or at the beginning of the week

Take low-calorie snacks to work

Eat one bite at a time

Stay out of the kitchen between meals and after the evening meal

When eating out, share entrees, desserts, sauces, and dressings

When there is an urge to eat, wait at least five minutes

Avoid these trouble spots in the supermarket: _____

Other: _____

Other: _____

Other: _____

APPENDIX E: PHYSICAL ACTIVITY LOGS

Cardio Training Log		Name:				
Date	Aerobic Activity	Minutes	Distance	Perceived Exertion Level	Heart Rate	CALORIES BURNED

APPENDIX E to COMDTPUB P6200.3A

STRENGTH TRAINING LOG														
Name				Unit:						Phone:				
Instructor/Staff Validation														
Exercise	Date													
	Weight													
	Sets													
	Reps													
	Weight													
	Sets													
	Reps													
	Weight													
	Sets													
	Reps													
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	Sets													
	Reps													
	Weight													
	Sets													
	Reps													

FLEXIBILITY LOG								
Exercise	Area Stretched	M	T	W	T	F	S	Su
1. Head turns & tilts	Neck, upper back							
2. Towel stretch	Triceps, shoulders, chest							
3. Across the body	Shoulders, upper back							
4. Upper back	Upper back							
5. Lateral stretch	Oblique, latissimus dorsi							
6. Step stretch	Hips, quads							
7. Side lunge	Inner thighs, hips, calves							
8. Sole stretch	Abductors, inner thighs, hips							
9. Trunk rotation	Trunk, outer thigh, hips, lower back							
10. Alternative leg	Hamstring, hip, knees, ankle, buttocks							
11. Modified hurdler	Hamstring, lower back							
12. Lower legs	Calf, soleus, Achilles tendon							

Instructions:

1. Warm up the muscles with any mild activity that slightly increases heart rate
 2. Move slowly and gradually into the stretch
 3. Take the stretch *slightly* beyond the point of mild tension
 4. Hold static stretches for a minimum of 10-30 seconds, increasing to 60 seconds.
 5. Exhale during the stretch
 6. Isolate and stretch one muscle group at a time
 7. Stretch *without* bouncing
 8. While stretching hold onto the muscle either above or below the joint.
- Add additional stretches specific to the sport or activity