

PART 1

Connect to Your Values

Welcome to a fresh start. Yes, that's now! Perhaps you have tried to lose weight before, to varying degrees of success. Perhaps this is the first time you have tried to manage your weight. Maybe you aren't even sure if you want to change yet. During Part 1 of HealthyLife® Weigh, you will learn more about yourself and what you will be doing throughout the program. Activities in this section will help you:

- Identify healthy habits you already have.
- Assess your starting point for this journey.
- Learn why managing weight is important.
- Find out your healthy weight range.
- Identify values that guide your everyday life.
- Commit to actions that support your values.

Part 1 will not include any specific changes to your diet or exercise habits. This first part will start you on the road to creating healthy habits.

Track Your Daily Food Intake and Physical Activity

Use the HealthyLife® Weigh Eating & Exercise Tracker™ throughout this program. It will help you monitor and better understand your habits.

Before making changes to your eating and exercise habits, complete the Eating & Exercise Tracker™ for one week (7 days). Do the activities in Part 1 during this week while you are tracking your eating and exercise.

How to Use the HealthyLife® Weigh Eating & Exercise Tracker™

Tracking Tips

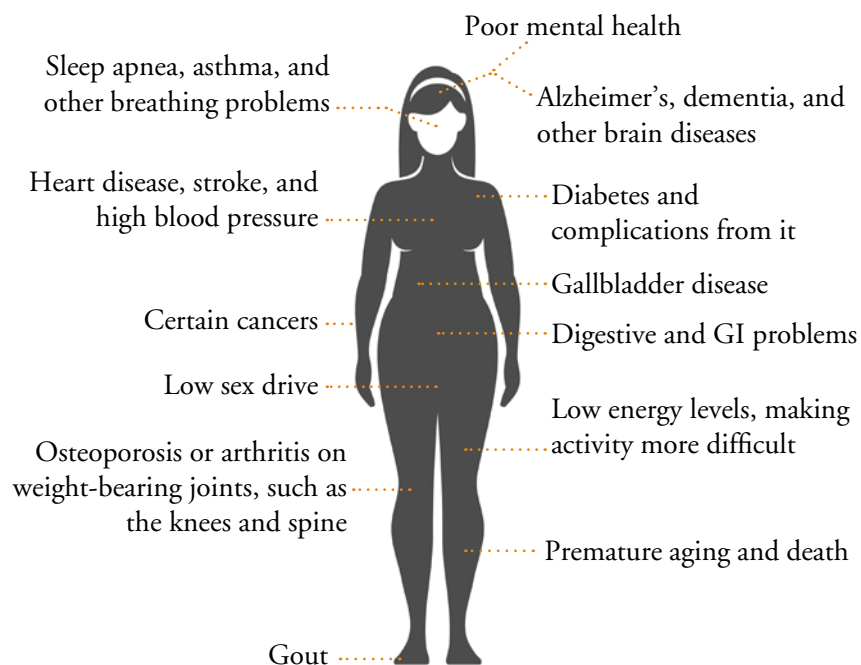
- Log every day. This will keep your efforts at the front of your mind.
- Log before or after you eat. Logging before you eat can help you plan. This guide will talk more about meal planning in Part 3.
- Be honest with your portions and the extras you add to your food (e.g., sauces, dressings, cheese).
- Reflect on your mood and energy throughout the day. What you eat and drink can affect how you feel. And, how you feel can affect what you eat and drink.

*The first step towards getting somewhere is to decide
that you are not going to stay where you are.*

— Author Unknown

Maintaining a Healthy Weight is Important

Maintaining a healthy weight helps you enjoy good health and feel better! Carrying too much or too little weight, relative to your height, puts you at risk for certain weight-related health conditions, including:

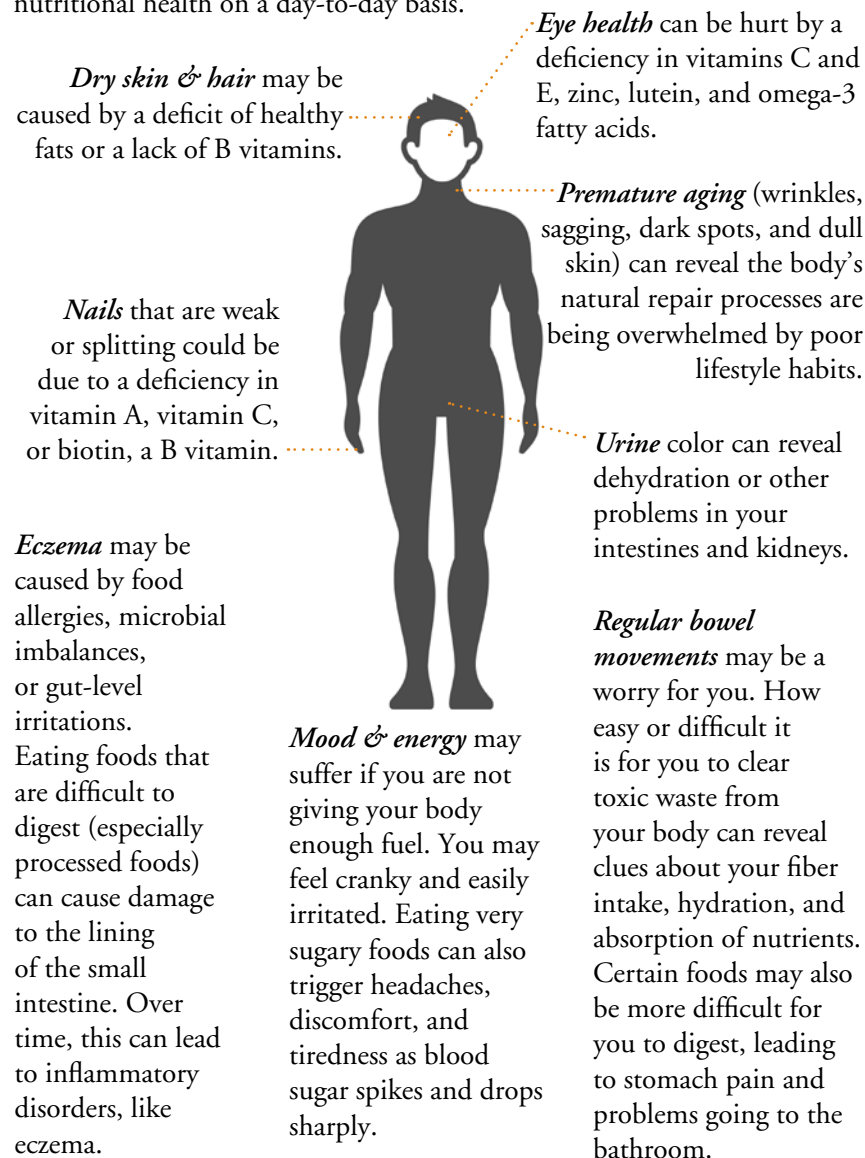


Working towards a healthy weight can help you lower your risk for developing the problems listed above. If you already have a health condition, losing weight may help you manage it better or may reduce the need for some medication. Even a small amount of weight loss can improve your health. Losing 5% of your weight may lower your chance of developing heart disease.

Achieving a personal goal also helps you feel good about yourself. You may have more energy to enjoy your favorite activities.

Healthy Body Clues

As you explore the pros and cons of making changes, consider how eating and exercise habits affect your body on a daily basis. These can provide clues to how your system is working. A serious nutrition deficiency can only be determined by your doctor, but there are ways to assess your nutritional health on a day-to-day basis.



Mood & energy may suffer if you are not giving your body enough fuel. You may feel cranky and easily irritated. Eating very sugary foods can also trigger headaches, discomfort, and tiredness as blood sugar spikes and drops sharply.

Benefits to healthy eating and exercise go beyond reducing long-term health risks. What you put in your body affects how you look and feel right now!

Use the information on the previous page to list a few benefits that mean the most to you:

Causes of Weight Gain

In general, taking in more calories than you use up causes weight gain. It's like using a credit card to pay for things and not being able to pay the balance in full each month. When this happens, you have to pay extra money in interest. With excess calories, the "interest" is in the form of body fat. The more it collects, the harder it is to get it off. This guide will help you to tip the scales in your favor.

Eating large portions both at home and at restaurants and not being active enough are major reasons people gain weight and why they do not keep lost weight off. Demands of work and life, hormone imbalances, and illness can all make managing weight more difficult. Other factors that can affect a person's ability to lose and/or gain weight include:

- ***Weight cycling or repeated weight loss.*** This may slow the body's metabolic rate, making it easier to gain weight. A drastic reduction in calorie intake signals the body to think it is starving. The body's natural defense against starvation is to conserve energy. It does so by slowing down and preserving fat. Weight gain in the form of fat makes it more difficult to lose in the future. Extra fat cells created by weight gain never go away. With weight loss, they get smaller, but they don't disappear.
- ***Stress, anxiety, and depression.*** High levels of cortisol, a stress hormone, can trigger fat storage and make it harder to pursue stress-relieving, healthy behaviors like exercise.
- ***Shortage of sleep.*** Not getting enough sleep may change the body's metabolism, making it harder to lose weight. Also, less sleep leads to less energy to exercise and craving more sweets for a "pick-me-up." It also means more time for snacking.
- ***Medications.*** Corticosteroids, blood pressure medicines, and antidepressants can contribute to weight gain. Hormone medications, such as insulin, birth control pills, and hormone therapy, can also cause weight gain.
- ***Genetics or inherited family traits.*** These may make it easier for some people to store excess energy as fat. Also, the ability to release stored energy from fat may be low or inhibited. People with this tendency have trouble getting stored energy from their fat cells, causing them to eat more.

Survey Your Starting Point

Complete the survey below. This survey looks at the “big picture” – your overall goals, current habits, strengths, weaknesses, support system, and other factors that influence behavior. Each question has a purpose. Complete all sections. This is one of many opportunities in this guide for self-discovery and reflection.

Be honest with yourself. If you are working with a coach, answers to these questions may help your coach tailor the program to your needs. If you are using HealthyLife® Weigh on your own, the prompts throughout the guide will help you “coach” yourself!

My Current Habits Survey

Today's Date:

My Height:

My Current Weight:

Have you been told to lose weight for health reasons?

Yes

No

Check (✓) medical conditions that apply to you:

- | | | |
|--|--|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Heart attack | <input type="checkbox"/> High blood sugar |
| <input type="checkbox"/> Stroke | <input type="checkbox"/> Cancer | <input type="checkbox"/> Chronic back pain |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Asthma | <input type="checkbox"/> Sleep apnea |

REMEMBER: The guidelines in HealthyLife® Weigh do not take the place of medical advice. If you are managing a chronic health condition or taking medication, it is important to let your doctor know of any changes you are making to your diet and exercise habits.

Indicate how strongly you agree or disagree with the following statements. If how you feel varies, select how you feel on most days.

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
My current weight puts me at higher risk for health problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the benefits of a well-balanced diet.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the benefits of making regular physical exercise a part of my daily lifestyle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am confident in my ability to reach my physical activity goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am confident in my ability to improve my eating habits.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat for emotional reasons (stress, boredom, joy, etc.) several times a week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Making changes to my health is a priority for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choices I make daily affect my health risks in the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am confident in my ability to improve how I manage stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have control over the direction my life is taking.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is not wise to plan too far ahead because many things turn out to be a matter of luck anyway.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I make plans or set goals, I am almost certain that I can make them work and achieve my goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PART 1: *Connect to Your Values*

Identify the habits you have already adopted, those you are in the process of changing, and those you do not intend to change right now.

	I have no interest in doing this at this time	I am thinking about doing this in the next few months	I plan to do this sometime in the next month	I began doing this within the past 6 months	I have been doing this for 6+ months
Exercise five times per week for 30 minutes at a moderate intensity.*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take the stairs or park a little farther away.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat five servings of fruits & vegetables daily.**	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choose foods high in fiber (such as whole grains, oatmeal, beans, & lentils).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Limit added sugars to fewer than 25 grams (6 tsp.) per day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep healthy food options in my kitchen and limit unhealthy options.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choose restaurants that offer healthy menu options.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Moderate intensity exercise includes brisk walking, active gardening/yard work, or any activity that raises your heart rate.

**A serving of fruits and vegetables equals one small piece of fruit (about the size of a baseball), ½ cup cooked vegetables, or 1 cup of raw vegetables.

Check (✓) which cooking skills you feel confident doing:

- | | | |
|---|---|---|
| <input type="checkbox"/> Cooking on the stove | <input type="checkbox"/> Cooking in the microwave | <input type="checkbox"/> Cooking in the oven |
| <input type="checkbox"/> Chopping vegetables | <input type="checkbox"/> Boiling water | <input type="checkbox"/> Opening a can |
| <input type="checkbox"/> Using the toaster | <input type="checkbox"/> Using a blender | <input type="checkbox"/> Using measuring utensils |
| <input type="checkbox"/> Following a recipe | <input type="checkbox"/> Using a food scale | <input type="checkbox"/> Using a toaster oven |
| <input type="checkbox"/> Cooking on the grill | <input type="checkbox"/> Freezing leftovers | <input type="checkbox"/> Modifying a recipe |

What cooking skills do you want to learn or improve?

This guide gives some tips to prepare foods. For more recipes, tips, and demonstrations, consider taking a cooking class, watch videos online, or watch cooking shows on TV.

What are your favorite ways to prepare food?

In this guide, you will learn healthy ways to prepare foods. You don't have to completely change how you like to prepare food. Often, a small step can make a big difference—and be just as convenient!

Stages of Change

This guide does not assume you are ready to change. Or, you may be ready to make certain changes but not others. Other changes you may not have even thought of yet! The tools and strategies in this guide are designed to help you move forward through the stages of change. Using the diagram below, consider which stage you are at.



Identify Your Values

Understanding your values can help you see what motivates you. Having a clear set of values will also help you select the best tools and strategies later in this guide.

Values are personal qualities and ways of living. They help you see who you are and who you want to be. When you act in a way that aligns with your values, you show yourself and/or others what is important to you and who you are.

Using the list below, check (✓) which values are important to you now. If one of your values isn't listed, add it at the bottom.

- | | |
|---|--|
| <input type="checkbox"/> Self-respect | <input type="checkbox"/> Sense of accomplishment |
| <input type="checkbox"/> Spirituality | <input type="checkbox"/> Having loving relationships |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Self-control |
| <input type="checkbox"/> A simple life | <input type="checkbox"/> Personal responsibility |
| <input type="checkbox"/> Self-fulfillment | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Sense of belonging | <input type="checkbox"/> Being practical |
| <input type="checkbox"/> Self-care | <input type="checkbox"/> Having self-compassion |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Trying new things |
| <input type="checkbox"/> Being creative | <input type="checkbox"/> Being wise |
| <input type="checkbox"/> Enjoying life's pleasures | <input type="checkbox"/> Being loving and caring |
| <input type="checkbox"/> Being authentic | <input type="checkbox"/> Being self-sufficient |
| <input type="checkbox"/> Being curious | <input type="checkbox"/> Feeling my best |
| <input type="checkbox"/> Engaging fully/being mindful | <input type="checkbox"/> Being in charge |
| <input type="checkbox"/> Being loyal | <input type="checkbox"/> Planning for the future |
| <input type="checkbox"/> Being competitive | <input type="checkbox"/> Connecting with nature |
| <input type="checkbox"/> Being helpful | <input type="checkbox"/> Enjoying stimulating activities |
| <input type="checkbox"/> Being a positive role model | <input type="checkbox"/> Influencing others |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

What Values Do You Display?

Imagine you are “sponsored” by your values. These values are displayed on a shirt like a NASCAR® driver has logos painted on a race car. You walk into a store that sells shirts with values written across the front. You try on a shirt that says “Feeling My Best” and stand in front of a mirror. How does it feel to have this value on display for others to see? Does this value fit you? Your values are personal. Don’t pick a value just because you think someone else wants you to be that way.

Answer the Following Questions:

From the values you identified, which three values are most important to you?

1.

2.

3.

What are you doing now that displays these values?

What do you need to change in order to live these values more often?

Connect Attitude to Your Values

Look for ways to align your attitudes with your values. How will managing your weight display your values? Consider these two approaches:

VIEW A: Reducing how much soda I drink is going to be terrible. I want to drink whatever I feel like, whenever I want.

VIEW B: I value connecting with my family, being a good role model for my kids, and being adventurous. Reducing how much soda I drink may be a challenge, but I really want to manage my weight so I can keep up with my kids. I want to be a role model for making changes. I also want to take a hiking trip and not have to sit out because I’m too out of shape.

How you frame a challenge matters. Try it out.

List one excuse you’ve given for not managing your weight:

Choose one or two of the values you identified. I value:

Managing my weight may be a challenge, but I want to try so I can:

Practice Self-Compassion

Having self-compassion is a value that is central to the theme of this guide. Self-compassion means being kind and caring to yourself, both physically and mentally.

What are three unkind things I say to myself?

1.

2.

3.

Read these phrases out loud now. How do you feel hearing these things?

Imagine your words hanging in the air around you like a cloud. Observe them floating there. Even though you may have negative feelings toward yourself now, you can counter these with new, positive thoughts and feelings.

Say three kind things to yourself. Write them here.

1.

2.

3.

Read these phrases out loud now. How do you feel hearing these things? Try to make this simple exercise a daily habit.

Do you find it easier to say unkind things to yourself versus kind things? For many people, this is the case. It can be challenging to be a friend to yourself. By deciding to lose weight and make changes to your lifestyle that promote good health, you are treating your body as a good friend. Keep negative thoughts in the past.

Weight Management is a Lifestyle

Getting to a healthy weight is not a final stop on the train. Make changes to your environment that make sense for you. Choose foods and activities that you like. If you don't like kale, put that on a list to try another time. The wonderful thing about weight management is that there are SO many ways to be active and SO many healthy foods to choose from.

Note: Managing weight won't fix problems in every area of your life. Happiness won't come with a number on the scale. Relationships won't suddenly be easier. Your job stressors won't go away. However, as you face challenges and make changes to your habits, you may find your self-awareness and self-confidence grows. You CAN accomplish things you want and live a life in line with your inner compass. As you learn how to communicate and manage stress better, you may find it easier to navigate challenges in other areas of your life too.

If you catch yourself saying, "I'll be happy when I lose 50 lbs," kick that idea to the curb. Many benefits of managing weight come with the process!

Tools and strategies across many lifestyle areas will help make weight management seem like a natural part of your daily life. Check (✓) those you are looking forward to learning about!

- | | |
|--|--|
| <input type="checkbox"/> Cooking skills | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Meal planning | <input type="checkbox"/> Communication skills |
| <input type="checkbox"/> Quality sleep | <input type="checkbox"/> Budgeting |
| <input type="checkbox"/> Stress management | <input type="checkbox"/> Time management |
| <input type="checkbox"/> Mindfulness | <input type="checkbox"/> Building social support |

.....
"Beware of destination addiction: the idea that happiness is in the next place, the next job, or even with the next partner. Until you give up the idea that happiness is somewhere else, it will never be where you are."

— Robert Holden
.....

Balance of Choice

Learn what is pulling you toward your goal and what is holding you back. All thoughts and feelings are valid. Is your goal more important to you than the challenges to achieve it? Are you pursuing this goal just because someone said you “should” do it? Complete the chart below as best as you can. If you think of something later, come back to this to add another point to one of the boxes.

	Benefits – “Pros”	Costs—“Cons”
	Example: I will have more energy.	Example: I won't be able to have sweets as often as I do now.
Making a change		
Not changing	Example: I can keep all of my current habits.	Example: I could keep putting on more weight.

What is My Healthy Weight?

Ways to Measure Weight

There are several ways to determine your healthy body weight. While weight is not the only way to determine health, aim to weigh within a healthy range to reduce health risks. Three measures can help determine your weight-related health status:

1. Body Mass Index (BMI)
2. Waist-to-Hip Ratio
3. Risk Factors for Health Problems

Body Mass Index

- Find your height in the left column under “Height.” Move across to find your weight in the row next to your height.
- The number at the top of the column where your height and weight meet is your BMI. Write your BMI here: _____

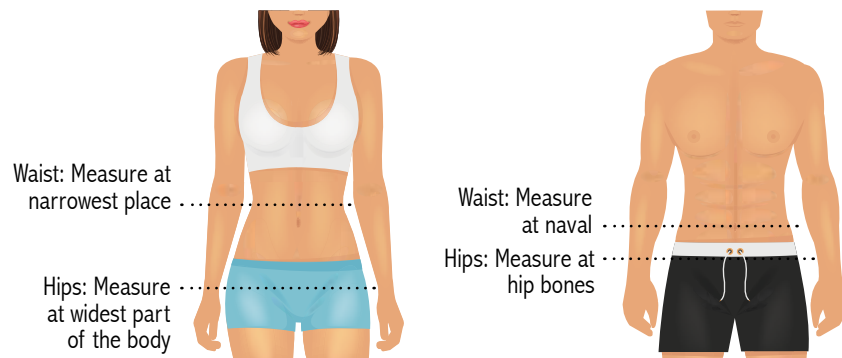
	Normal					Overweight					Obese						
BMI	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36+
Height	Body Weight (pounds)					Body Weight (pounds)					Body Weight (pounds)						
4' 10"	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172+
4' 11"	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178+
5' 0"	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184+
5' 1"	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190+
5' 2"	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196+
5' 3"	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203+
5' 4"	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209+
5' 5"	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216+
5' 6"	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223+
5' 7"	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230+
5' 8"	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236+
5' 9"	136	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243+
5' 10"	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250+
5' 11"	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257+
6'	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265+
6' 1"	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272+
6' 2"	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280+
6' 3"	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287+
6' 4"	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295+

You can also find your BMI using the BMI calculator at www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm.

Waist-to-Hip Ratio

Excess abdominal fat puts you at greater risk for heart disease, high blood pressure, and type 2 diabetes than excess fat in the hips and thighs. One way to tell if you have excess abdominal fat is to compare your waist measurement to your hip measurement.

- 1) Stand relaxed with your feet together (avoid pulling in your stomach).
- 2) Waist measurement: Place a measuring tape around your waist near your belly button (men) or the smallest part of your waist (women).
- 3) Hip measurement: Place a measuring tape around the widest part of the hips (women) or at the hip bones (men). The largest area is usually around your buttocks, just below your pelvic bones.



My Waist Measurement:

My Hip Measurement:

Risk Factor	Target	Problematic
Waist Circumference	Men: Less than 40" Women: Less than 35"	Men: 40" or greater Women: 35" or greater

- 4) Using a calculator, calculate:

Waist measurement ÷ Hip measurement =

Risk Factor	Target	Problematic
Waist-to-Hip Ratio	Men: Less than 0.9 Women: Less than 0.85	Men: 0.9 or greater Women: 0.85 or greater

Risk Factors for Health Problems

You may be putting yourself at higher risk if you have a BMI of 30 or greater. If your BMI is between 25 and 29 and you have two or more risk factors listed below, you may also be at risk.

Risk Factor	Target	Problematic
BMI	19-24.9	25+ Overweight 30+ Obese
High blood pressure	Less than 120/80	Higher than 120/80
Blood lipid levels that increase your individual risk for disease	Discuss with your doctor	Discuss with your doctor
Waist Circumference	Men: Less than 40" Women: Less than 35"	Men: 40" or greater Women: 35" or greater
Waist-to-Hip Ratio	Men: Less than 0.9 Women: Less than 0.85	Men: 0.9 or greater Women: 0.85 or greater
Physical Inactivity	150 minutes of moderate to intense exercise every week	Sedentary lifestyle/less than 150 minutes of moderate to intense exercise every week
Smoking/Tobacco Use	Zero tobacco use	Any tobacco use
High Blood Glucose (sugar)	Less than 100 mg/DL from a fasting blood test	100 mg/DL or higher from a fasting blood test
Family History	Your risk for health problems is higher if your father or brother had heart disease before age 55, or your mother or sister had it before age 65.	

Set a Weight Loss Goal

My current weight: _____

My BMI: _____

Long-term weight loss goal

For my height, a weight of _____ lbs. would put me within a healthy BMI range. After subtracting this weight from my current weight, I know I need to lose _____ lbs. (See BMI chart for an estimate of your healthy weight range.)

Short-term weight loss goal

My current weight (_____) x 0.10 (10%) = _____
To lose 10% of my current weight, I would need to lose _____ lbs.

A gradual weight loss of 1 to 2 pounds a week may be healthy. However, weight loss does not occur at a constant rate. Losing weight too quickly can be stressful for your system and can make it easier to re-gain lost weight. Also, losing weight very quickly, as well as repeated bouts of losing and gaining weight, increases the risks of gallstones.

When should I weigh myself?

There is no perfect answer. In general, you should weigh yourself without clothes at the same time of day (e.g., in the morning when you first wake up). Weigh yourself once a week to get a good idea about what direction your weight is going.

You can also assess how your clothes fit, especially structured clothes like jeans or suit jackets. Even when overall weight is unchanged, your body composition may have improved. Lean body mass, especially muscle, takes up less space than fat tissue. Building lean body mass and reducing fat mass is important to overall health and will help you manage your weight over time.

Review and Prepare

Getting ready to make a change is important. The next part will continue this process and guide you in taking steps toward a healthier you. Follow along with the activities at your own pace. They are designed to help you move forward.

Answer the following questions to finish Part 1:

Name one value you could wear on your shirt today.

What actions are you taking that line up with this value?

By choosing to manage your weight, list three of your values that you are putting into action.

Do you need to talk to your doctor about making changes to your diet and exercise habits?

You may have a chronic health condition, take medication, or have concerns about your health. If so, talk to your doctor before making any changes to your diet and exercise habits.

☐ No ☐ Yes! I plan to set up an appointment on _____ (date).

Are you ready for another week of self-discovery, learning new skills, and living out your values?