

PART 5

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Be Physically Active

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All physical activity has benefits for the body and mind. This section will help you find reasons to be active that go beyond weight management. This section will also help you to:

- Add variety to the physical activity you already enjoy.
- Value different types of activity that have different benefits.
- Make a plan to be more physically active.
- Manage time and other barriers to do physical activity.
- Develop a healthy relationship with your body.
- Appreciate what your body is capable of doing.

Check Your Current Exercise Habits

How would you describe your current exercise habits?

Check (✓) all statements that apply to you. Or, write a statement below that you feel describes your activity level better.

- ☐ I do not engage in additional exercise beyond my daily activities.
- ☐ I exercise 1-3 times per week, for at least 30 minutes at a time.
- ☐ I exercise most days of the week, for at least 30 minutes at a time.
- ☐ I sit most of the day for my job.
- ☐ I am on my feet most of the day for my job.
- ☐ I am very active during most of the day for my job.

What are your favorite ways to be physically active?

Recommendation: Be physically active for at least 2 ½ hours (150 minutes) per week. You can do this for 10, 15, 20, or 30 minutes at a time.

Consult your doctor before beginning an exercise routine if you:

- Have a chronic health problem, such as heart disease or diabetes.
- Have high blood pressure.
- Feel faint or very dizzy when you try to exercise.
- Have an injury or bone or joint problems, such as arthritis, that have been or could become aggravated by exercise.

Find Reasons to Care About Physical Activity

Being physically active helps you manage your weight. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. However, all exercise boosts your metabolism. Exercise builds muscle, the biggest fat burner in the body. Even in a state of rest, muscle burns calories efficiently (you'll still be experiencing the benefits of your morning workout in the afternoon). Losing weight can slow your metabolism, but exercise can balance this effect.



There are many other reasons to be active that may motivate you. Being physically active may help you live out the values you identified in Part 1.

Write 3 of your values here:

1.

2.

3.

Benefits of Physical Activity

1. Read about each benefit.
2. Connect the benefits to your values.
3. Place a star (*) next to the benefits you find most motivating.

Mental Health

Emotional Health

Exercise releases endorphins and increases levels of serotonin and dopamine in the brain. These brain chemicals help create feelings of happiness and euphoria. You may start to feel these benefits after just a few minutes of moderate exercise. This leads to a quick happiness buzz and an overall mood boost!

Stress Management

Norepinephrine is a chemical that can moderate the brain's response to stress. Exercise helps to increase that chemical. Exercise can decrease worry and tension. It also enhances the mind's ability to deal with daily stressors. Managing stress can reduce emotional eating and cravings for sweets and high-fat foods. The calming effect of exercise can last at least four hours after the exercise is over.

View physical activity as a break from your day. Use this time to focus on the present, instead of past or future problems and worries.

Connect to My Values:

Example: Having good emotional health will help me enjoy what I am doing in the moment. Enjoying life's pleasures, such as the beauty of fall colors, is important to me.

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Energy, Learning, and Focus

Improved Energy Levels

Exercise helps transport oxygen and nutrients to your tissues. When your heart and lungs are working more efficiently, you have more energy to work, do daily chores, keep up with active kids, and have fun.

Improved Ability to Learn

Exercise increases production of cells in the brain responsible for memory and learning. Exercise can help with decision-making and higher-level thinking. Exercise also helps increase brain volume and reduce the number and size of age-related holes in the brain. This decreases the risk for dementia and Alzheimer's.

Improved Focus

Exercise that requires hand-eye coordination or quick foot work helps your brain cells grow. These exercises, like tennis or basketball, may improve your concentration skills better than more simple exercises, like riding a stationary bike.

Connect to My Values:

Physical Health

Stronger Muscles and Bones

Muscles let you move, lift, and stretch. When you use your muscles, they get stronger so you can do everything from opening a door to smiling, chewing, and talking! Weight-bearing exercises, in particular, help bones become stronger. This helps prevent osteoporosis and fractures.

Stronger muscles and bones will help you have good posture and keep your joints and body more naturally aligned.

Improved Cardiovascular Health

Heart Strength: Exercise strengthens your heart muscle. This means the heart can pump more blood per stroke and doesn't require as many heartbeats to pump the same amount of blood. This makes your heart more efficient and lessens your risk of having a heart attack or blood clots.

Cholesterol Levels: Exercise boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This helps to keep your blood flowing smoothly, decreasing your risk of cardiovascular disease. The more you exercise, the more your cholesterol levels will improve.

Blood Pressure Control: Hormones that are released during exercise make blood vessels more elastic. This helps lower blood pressure.

Improved Breathing

Exercise improves your body's ability to take in oxygen and transport and use oxygen throughout the body. This helps your muscles get the oxygen they need to be more efficient during exercise. With improved lung function, your ability to exercise longer (stamina) can increase! You'll also be able to think more clearly throughout the day.

Improved Immune System

Exercise improves the circulation of immune cells in your blood that fight off viruses and bacteria. Exercise also helps combat damage done to cells, tissues, and organs.

Exercise and Sleep

Physical activity can help you sleep better. After your body has worked hard, deep sleep is triggered to help your body recover, repair, and get ready for more activity. This natural drive helps you fall asleep and sleep more restfully.

Be active outdoors, when possible. Outdoor physical activity increases exposure to sunlight. This helps to strengthen your body’s circadian rhythm (natural sleep clock). A stronger circadian rhythm helps you feel sleepy when it’s time to rest.

Sleep Helps You Recover from Exercise

Physical activity triggers a cycle of muscle break-down and repair. The repair process depends on sleep. Without enough sleep, repair is limited. This can increase the risk of injury and limit athletic goals (e.g., running or walking farther or lifting more weight).

Severe sleep restriction (less than four hours per night) can cause dramatic increases in your heart rate and blood pressure. This strains your heart. Not only does this limit your ability to exercise, but your risk for heart attack and cardiovascular problems increases.

Timing Exercise with Sleep

Physical activity increases adrenaline in the body. This hormone increases your heart rate and alertness. Plan vigorous exercise at least four to six hours before bedtime. Light exercise and mild activities should end at least two to four hours before bedtime.

My bedtime is:

Last time I should exercise (subtract at least 2 hours):

Reduce Sit-Time

Find ways to move more throughout the day.

- Set an alarm on your watch or phone to get up every hour, if sitting.
- Stretch and walk for a few minutes to get more oxygen flowing through your body.
- Drink water regularly so you need to use the bathroom at least once every few hours.
- Get up to use a drinking fountain.
- Get up during commercial breaks on TV to tidy up a room or dust.
- Walk outside for a few minutes. Take a deep breath of fresh air.
- Have walking meetings with co-workers and friends. Walk and talk.
- Walk to get lunch.

Times of the day I sit for at least an hour:	Way I can reduce sit-time:	When I will try this:
Example: At my desk at work, 3 hours before lunch	Take a 5-minute mid-morning break to walk to a bathroom on another floor.	Tomorrow!

Do Activities You Enjoy

Answer these questions.

What activities have I been good at before?

What activities do I enjoy doing?

What equipment do I have or can I use?

What outcomes do I want to achieve?

What activities am I physically able to do?

Types of Physical Activity

All exercise helps with stress management, heart health, and weight management. The more intense the activity, the more calories you burn. Combine different forms of physical activity to get the most benefit. This guide breaks physical activity into three categories:

1. Cardio Training
2. Resistance Training
3. Stretching & Rehabilitation

Cardio Training

Short for cardiovascular training, “cardio” helps strengthen your heart and other muscles. Cardio also causes the brain to release natural substances, called endorphins, that give you a natural “high.” Aerobic exercise also promotes brain health and challenges your mind.

Cardio training uses large movements that involve multiple muscle groups, such as your legs, buttocks, and abdominals, all at once. Popular aerobic activities are brisk walking, running, cycling, swimming, and low-impact aerobic dancing.



Low-Intensity, Steady-State (LISS) Cardio

Do this type of cardio at a low-to-moderate intensity level. With LISS cardio, you should be breathing at a rate that still allows you to be able to talk to someone. Some examples are walking around your neighborhood or riding a bike at a moderate pace. This type of cardio is most helpful when maintained for 30-45 minutes. Work up to this length of time.

Tips for Common Exercises



Group Exercise Classes (e.g., Zumba®, step, kick-boxing, spin)

- Find a class through your local community center, YMCA, or another fitness center. Many classes are offered in the mornings and evenings and on weekends to accommodate busy work schedules.
- Find an instructor who teaches in a style and tempo you feel comfortable with.
- For your first class, arrive early and let the instructor know it is your first time. They may help you set up your equipment or introduce you to someone else in the class who can help you.
- High-impact aerobics can strain the knees, hips, and ankles. Step aerobics is lower-impact but should still be avoided by anyone with knee problems.
- Modify exercises to a level that you can do comfortably. Ask the instructor for advice.

Walking

- Find a safe place to walk. Your neighborhood, a large shopping mall, or local park may offer safe options. Many fitness centers also have indoor walking tracks or treadmills.
- Hold your head up and keep your back straight.
- Bend your elbows as you swing your arms.
- Take long, easy strides.

Swimming

- Swim in a pool or lake supervised by a lifeguard. If the area is unsupervised, do not swim alone.
- Take lessons to learn to swim safely and to improve your technique.
- Rest frequently and drink water. It can be harder to notice that you are sweating in the pool and becoming dehydrated.
- Wear goggles to protect your eyes.
- Wear a swim cap if you have long hair. This will help keep hair out of your face and reduce drag.
- Rinse off after swimming and use lotion to keep your skin from drying out.



LISS cardio I plan to fit into my schedule this week:

High-Intensity Interval Training (HIIT)

LISS is a good place to start with cardio training. Within a few weeks, start to incorporate HIIT training as well. This type of cardio is much more effective at boosting your metabolism and helping with fat loss.

To do HIIT, alternate between longer periods of low-intensity exercise and shorter bursts of high-intensity exercise. The high-intensity parts should be short, such as walking as fast as you can for 30 seconds, to get your heart rate up. You should feel like you are working at 90% of your maximum effort. Immediately switch to low-intensity exercise, like walking at a medium pace, for a minute or two to bring your heart rate down. Repeat this pattern several times. Work up to 15 to 20 minutes of HIIT. You can also do intervals of 30 seconds of high-intensity exercise and 30 seconds of low-intensity exercise.

HIIT revs up your metabolic furnace and you can burn a lot of calories in a short period of time. This may be more interesting and enjoyable than exercising at the same rate for your entire workout.

You can use the same types of exercises that you enjoy for LISS (like running or biking). Or, you can use other full-body exercises, such as jumping jacks and push-ups. Search “HIIT ideas” online or download an app that provides workouts on a timer.



Plan a HIIT Workout with Popsicle Sticks

1. Get at least a dozen popsicle sticks.
 2. Write one short exercise on each popsicle stick. Write exercises you know how to do and enjoy. Ideas:

– Jumping jacks	– Push-ups
– Lunges	– Bicep curls
– Squats	– Side leg lifts
– Front leg lifts	– Mountain climbers
– Bicycle kicks	– Tricep dips
– Reverse lunges	– Jumping rope (or pretending to)
 3. Put the sticks in a cup or a jar.
 4. Pull out 4 sticks. You will be doing these activities after a short warm up.
 5. Warm up for 5 minutes by briskly walking or doing jumping jacks. Notice that your heart rate is higher.
 6. Set a timer for 15 minutes.
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7. Do the 1st activity as many times as you can in one minute.
 8. Walk for one minute.
 9. Do the 2nd activity as many times as you can for one minute.
 10. Walk for one minute.
 11. Do the 3rd activity as many times as you can for one minute.
 12. Walk for one minute.
 13. Do the 4th activity as many times as you can for one minute.
 14. Walk for one minute.
 15. Repeat steps 7 through 14.

Ideas Using Your Popsicle Sticks

Keep your jar of exercise ideas out where you can see it. Pull a stick:

- When a commercial break comes on TV or the radio.
- In the morning after you wake up.
- While studying or reading and you need a break.
- When you feel anxious or overwhelmed.

Do the activity on the stick for one minute. Or, set a goal to do a certain number of that exercise. For example, 25 jumping jacks. Keep your popsicle sticks fresh! Add new ideas and things you like to do. Remove sticks that you dread pulling.

Resistance Training

Make resistance training part of your exercise routine. Resistance training:

- Builds endurance. Your muscles can work longer before getting tired.
- Builds muscle. Muscle increases your resting metabolism. This means that even when your body is at rest, you are burning more fuel.
- Improves bone density. This helps prevent osteoporosis and fractures.
- Makes your body look more toned.
- Reduces the chance of injury while exercising.

Tips for Resistance Training:

- Use free weights, a stretch band, or your body weight. Use the Dyna® Band and Exercise Guide if you received these with HealthyLife® Weigh.
- Follow guidelines on resistance machines for proper form. Ask a personal trainer to make sure you are doing exercises correctly.
- Work out with a friend. Have someone spot you.
- Warm up with 15 repetitions, using ½ to ¾ of your usual weight.
- Rest your muscles for a day in between workouts. If you want to work out every day, do the upper body one day; the lower body the next.
- Move slowly. Don't jerk the weights up or drop them too fast.
- Breathe out when you are at the hardest part of the exercise. Breathe in when you return to the starting position. Don't hold your breath.
- Work opposing muscles. For example, after you work the front of the arm (biceps), work the back of the arm (triceps).

Examples of Resistance Training:

Knee Push-Up: Rest on your knees and on the palms of your hands, about shoulder width apart. Push up. Keep your body straight from knees to shoulders. Push up and down slowly to the count of 4.

Calf Raises: Stand with your feet about hip distance apart. Rise onto your toes. Hold for 1 count and lower. Try it on the edge of a step and let your heel drop below your toes for a wider range of motion.

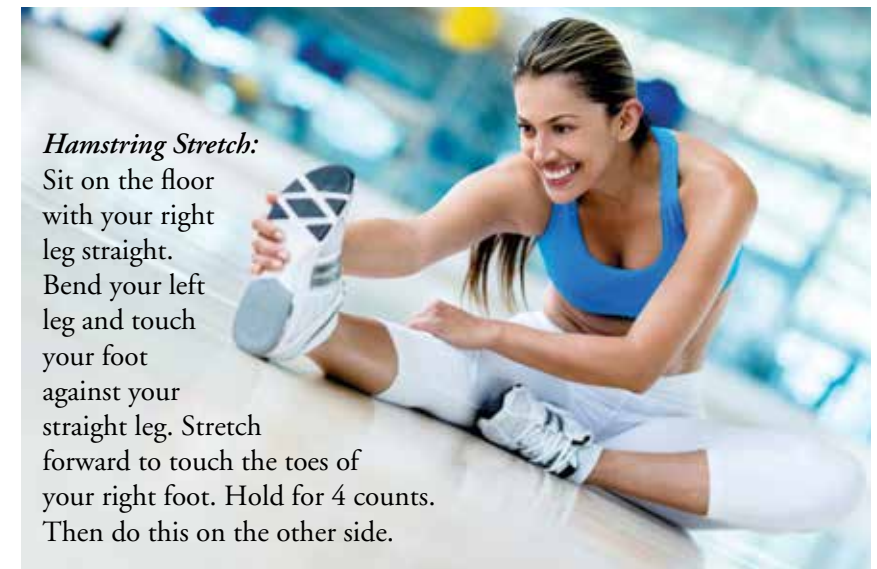
Stretching and Rehabilitation

These exercises make your body more flexible. This helps you prevent injury during exercise and everyday activities. Stretching can also help you relax and is a tool for stress management. Tips:

- Stretch all muscle groups. Induce mild tension (not pain or burn) for 10 to 30 seconds.
- Don't bounce while stretching. Make movements slow and controlled.
- Breathe slowly. Inhale while stretch is released. Exhale when moving into the stretch.
- Stretch after each cardio or resistance training workout.
- Stretch as a stand-alone workout or as a way to wind down at the end of the day.

Examples of Stretching Exercises:

Shoulder Shrug: Shrug your shoulders up toward your head. Then lower them. Repeat 4 times. Slowly circle your shoulders forward 8 times and then backward 8 times.



Hamstring Stretch:
Sit on the floor with your right leg straight. Bend your left leg and touch your foot against your straight leg. Stretch forward to touch the toes of your right foot. Hold for 4 counts. Then do this on the other side.

Yoga

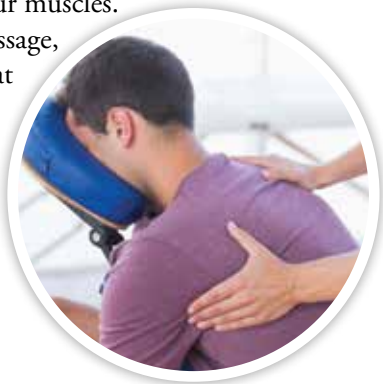
Yoga is excellent for improving flexibility, relaxation, and stress reduction. Find a good instructor who can modify yoga to suit your individual needs. Develop your skills slowly. You can also find free yoga resources online or at your library. Watch YouTube videos or DVDs for demonstrations of movements.



Massage

Massage can be a form of recovery for your muscles. Massage, especially deep compression massage, can help relax tight muscles and knots that have formed between muscle layers. This can help with normal blood flow, keep your muscles flexible, and reduce pain.

A professional massage therapist or a friend can assist you with massage. Or, you can give yourself a massage.



Self-Massage

Use a foam roller, tennis ball, Thera Cane®, or muscle roller stick. These items are fairly inexpensive and can be purchased from major retailers and sporting goods stores. Or, using your fingers is free! Apply pressure to specific parts of your body. Go slowly. If you purchase a self-massage tool, follow package instructions.

Avoid Injury

Learn how to do an exercise before you try it. Watch someone demonstrate it, either in person or in a video. If possible, do the exercise with someone who can correct poor form.

Warm up before moderate or intense exercise. Start slowly. You should gradually start breathing harder and feel your heart rate increasing.

Cool down after moderate or intense exercise. Cool down slowly. Do the activity that you were doing (e.g., walking, biking), but more slowly.



Activity	Possible Cool Down
Brisk walking	Walk around slowly
Swimming	Walk in shallow end of pool
Cycling	Cycle slowly on flat surface or walk
Aerobics	Walk or stretch slowly

Appreciate the Journey

- Know why you are being physically active. This will help get you motivated to start and to keep going.
- 1. **Connect with your interests.** If you enjoy hiking, find a new trail to explore. If you are in a new place, plan a day with lots of walking to learn about your new neighborhood. You may find you can be active for much longer when you have distracting, interesting scenery around you.
 - 2. **Be reflective.** Take time to reflect as part of your workout or your cool-down. Appreciate your abilities and strengths. Express gratitude for those who encourage and guide you.
 - 3. **Have fun.** Find an organized fun run or “Couch to 5k” program in your community. Fun runs often have a theme, like color runs, glow-in-the-dark runs, and obstacle courses. Many can be done as a team. Having a goal that is bigger than the physical activity itself can motivate you, keep you accountable, and keep you moving longer than you may have otherwise!
 - 4. **Connect with others.** Make memories with your friends and family that revolve around being active. Have tough conversations while on a long walk or hike. You may be more likely to find a solution or think more clearly while being active.
 - 5. **Listen to music.** Music can be inspiring and distract you from a tough workout. It can also help you keep up your pace.

List two ways that you can make physical activity meaningful for you.

1.

2.

Set Fitness Goals

- Set your own fitness goals. Other people may have suggestions, but choose a goal that *you* want to go after. Other people’s fitness goals should not interfere with one you set for yourself.
- Write down your goals. This gives them more importance.
 - Your goals should be within reach, but challenging. Make sure your goals are S.M.A.R.T. Does your goal meet the criteria?
 - Know why you are setting each goal. For example, you may be doing this exercise for stress relief or to try something new. Or, you are meeting a friend and want to help them stick to their goal.
 - Review and adjust your goals as needed. It takes practice to know how to set reasonable but challenging goals for yourself.
 - Track your progress and reward yourself for successes.

Fitness Goal	Current Status	Reason for Goal	How It’s Measured
Example: I want to walk a 5k in 3 months.	I can walk for 15 minutes.	I want to show myself that I can make a change.	I will walk across the finish line and earn a medal for participating!

Plan Physical Activity

What do you want to do?

Are you doing this alone? Or, who will you do it with?

Where and when will you do this?

What do you need to wear? What do you need to bring?

Write down your specific goals for this workout. *If planning a HIIT or resistance training session, write down each part of your exercise plan. Bring this with you when you exercise.*

Warm-Up:

Main Activity:

Cool-Down/Stretching:

Tackle Limitations

Think of getting started like riding a bike. You feel the most resistance when you are stopped and trying to start pedaling. Once you get going, the going gets easier. What is stopping you from getting started? Fill in the boxes below that apply.

Mental Concerns
(fears, doubt, low motivation)

Lack of Skills/Knowledge

Equipment/Physical Needs

Other (time, people, etc.)

Injury and Disability



Talk to your doctor or physical therapist about exercises you can do at home, at a gym, or in a pool. While there may be activities you can't do, there are probably many that you can do.

- Focus on what you CAN do.
- Choose low-impact exercises that don't make an injury worse.
- Find a supportive buddy to help motivate you or assist you with exercises.
- Use flotation devices in a pool for support.
- Try new things as you lose weight. You may find some activities easier when you are carrying less weight on your joints.

Manage Your Time

Incorporate more movement into your daily activities. Take the stairs, park farther away from the building, and get up to stretch every hour. Also, plan at least 30 minutes each day, most days of the week, to engage in moderate-to-intense exercise. Add exercise to your daily schedule.

Decrease Time Wasters

If you feel time is a barrier for you, look at how you spend your time now. Keep a time log for a full day. Block off chunks of time when you sleep and are at work or school. Write down how much time you spend getting ready to go places, preparing food, relaxing, doing household chores, watching TV, or browsing social media.

- Decrease time spent watching TV or browsing social media. Set limits for yourself. Record shows so you can skip through commercials.
- Prepare meals ahead of time. Make more than one meal at once.
- Get help from others, especially with household chores and meal preparation.

It may not be practical to make changes in all areas or plan physical activity every day. Start by taking small steps, such as being active on a weekend day or getting up a little earlier one morning to walk around the neighborhood.

Time(s) of my day I could manage time differently:

Time(s) I could exercise this week:

Set Yourself Up for Success

Create a consistent routine for yourself. Reduce the number of excuses you can make. Tips for creating an exercise habit:

- **Seize your moment.** Be aware of when your motivation to exercise is high. You may prefer mornings over evenings. Or, the opposite. Plan to exercise when you are more likely to be physically and mentally on board with it.
- **Get ready ahead of time.** Pack a bag with clothes, shoes, deodorant, hair ties, a water bottle, a small towel, and other supplies you'll need. When exercise comes up on your calendar, all you have to do is grab the bag.
- **Get ready for round 2 ahead of time.** Have several days' worth of workout clothes clean and ready to go. Store workout clothes together so it is easy to re-fill your gym bag. Make it easier to repeat your habit.
- **Commit to repeating your routine.** Join a recreational sports team, sign up for a class, or pay for a personal training package. Even if you are not feeling up to it one day, having it on the schedule may get you there.
- **Be accountable to someone.** Commit to meeting a friend for exercise at a certain time. Get a workout buddy and swap shoes. If you don't show up, they won't be able to work out either! Or, commit to logging your workout on social media or with a friend.
- **Be patient.** It may take time to find an activity you like. It may take even longer to feel like it is a normal part of your day to exercise. Keep going. You'll get there!

How can you set yourself up for success this week?

What Are You Waiting for?

"I will start eating healthier foods when my spouse decides to also change."

This exact scenario may not apply to you. However, perhaps you are also putting off making a change. Complete each statement with excuses you catch yourself making.

I will start a daily exercise routine when...

I will start eating breakfast when...

I will meet my daily recommendation for vegetables when...

I will drink enough water every day when...

REFLECT. What did you write after "when" in the prompts above? Does "I" come first? Or, does another person or thing?

Take Responsibility for Change

Recognize your role in making changes. Other factors may have a role in your ability to do something. However, name something that IS in your power to change. Take control of your goals. Don't wait for someone else to do it for you.

Depending on someone or something else for change:	Actively taking responsibility for change:
I will meet my daily recommendation for vegetables when my kids start liking them more at meals.	I will meet my daily recommendation for vegetables when I swap my afternoon crackers for carrots and try a new vegetable at dinner each week.
I will start a daily exercise routine when summer and warmer temperatures arrive.	I will start a daily exercise routine when I set my alarm for an hour earlier and go for a brisk stroll in the morning before work.
I will drink enough water every day when my office fixes the drinking fountain.	I will drink enough water every day when I fill up my water bottle one more time each day.

Find a statement you wrote that doesn't start with "I."
Re-write this statement to name something within your control.

If you wait for perfect conditions, you'll never get anything done.

Create "If, Then" Plans

Use "If, then" plans to overcome roadblocks. "If, then" plans anticipate a challenge and prepare a response in advance. Create "If, then" statements for each challenge you expect to face. These challenges may be:

- How you expect to feel (e.g., self-conscious).
- Something you do not know how to do.
- Supplies you need (like comfortable shoes).
- A comment from a supporter or a non-supporter.

Practice planning positive, constructive responses to challenges ahead of time.

Examples:

IF I feel self-conscious at the gym, **THEN** I will bring a supportive friend to work out with me.

IF my workout buddy bails on our plans, **THEN** I will go anyway and listen to music while I exercise.

IF I don't meet my goal this week, **THEN** I will look at how I can improve my goal for next week.

Think about challenges you expect with changing your exercise habits.
Plan your response using an "If, then" statement.

IF:

THEN:

IF:

THEN:

Exercise and Eating

Exercise is not a solution for overeating or for eating unhealthy foods. Avoid treating exercise as a way to “make up” for eating more than your body needs. This can lead to feelings of guilt. It can also make exercise feel like a punishment.

We tend to overestimate the calories burned through exercise and underestimate the calories in food. The number of calories burned during exercise also varies from person to person. Factors like age, gender, and physical fitness can increase or decrease the caloric burn. The number in a chart or on a cardio machine monitor may not be accurate for you.

Pre-Workout Eating	Post-Workout Eating
<p>You don't have to eat before working out early in the morning, but it may give you more energy and help your body recover faster.</p> <p>Eat foods low in fat and fiber that can be digested easily. Include small amounts of protein in your pre-workout meals and snacks. This will help reduce muscle soreness. Experiment to find out what works best for you and allows you to feel your best.</p> <p><i>Pre-workout snack ideas (30-60 minutes before exercise):</i></p> <ul style="list-style-type: none"> • Piece of fruit • Low-fat or non-fat yogurt • Trail mix • Whole-wheat toast with banana slices • Smoothie with plain yogurt, frozen berries, and protein powder • Oatmeal with fresh fruit 	<p>Exercise can increase your appetite. Your body wants to replace the calories you burned during exercise. Avoid overeating after exercise.</p> <p>Eat foods rich in protein, fiber, and healthy fats. Drink water to replenish fluids.</p> <p><i>Post-workout snack ideas (within 2 hours of exercise):</i></p> <ul style="list-style-type: none"> • Smoothie with plain yogurt, frozen berries, protein powder and avocado • Banana with peanut butter • Whole-wheat pita with turkey and veggies • Protein bar (choose a bar with fewer than 5g of sugar) • String cheese, apple, and whole grain crackers • Veggie omelet with avocado <p>If you are close to your normal meal time, just have that. Or, if you are not close to your normal meal time, have a small snack.</p>

Eating and Body Image Issues

Develop a healthy relationship with eating and your body image. Paying attention to your eating and exercise habits can be a positive step for your health, but you are also at risk for having a distorted body image, developing unhealthy eating patterns, and becoming preoccupied with food and body image.

Check (✓) the statements you find most apply to your behavior.

Healthy Concern	Food Pre-Occupied/ Disruptive Eating	Eating Disordered
<input type="checkbox"/> I pay attention to what I eat in order to maintain a healthy body. <input type="checkbox"/> I am flexible in my goals for eating well. <input type="checkbox"/> I am not concerned what others think regarding what and how much I eat. <input type="checkbox"/> Food only occupies a small part of my time. <input type="checkbox"/> I balance my pleasure with eating with my concern for a healthy body. <input type="checkbox"/> I feel no guilt or shame with what I eat.	<input type="checkbox"/> It's hard for me to enjoy eating with others. <input type="checkbox"/> I think about food a lot. <input type="checkbox"/> I feel ashamed when I eat more than others or more than what I feel I should be eating. <input type="checkbox"/> I am afraid of gaining weight. <input type="checkbox"/> Eating more than I wanted to makes me feel out of control. <input type="checkbox"/> I feel strong when I can restrict how much I eat.	<input type="checkbox"/> I am afraid to eat in front of others. <input type="checkbox"/> When I eat, I have a hard time controlling the amount of food I eat. <input type="checkbox"/> I regularly stuff myself and then exercise, vomit, or use diet pills or laxatives to get rid of the food or calories. <input type="checkbox"/> I am terrified of gaining weight. <input type="checkbox"/> My friends and family are concerned I am not eating enough.

Which column has the most checked items?

How else would you describe your relationship with food?

How Do You View Your Body?

Check (✓) the statements you feel best describe your attitude toward your body.

Body Ownership, Healthy Body Image	Body Pre-Occupied/ Distorted Body Image	Body Hate/ Disassociation
<input type="checkbox"/> My body is beautiful to me. <input type="checkbox"/> My feelings about my body are not influenced by society's concept of an ideal body shape. <input type="checkbox"/> I know that the significant others in my life will always find me attractive. <input type="checkbox"/> I nourish my body so it has the strength and energy to achieve my physical goals. <input type="checkbox"/> I pay attention to my body and my appearance because it is important to me, but it only occupies a small part of my day.	<input type="checkbox"/> I spend a significant time in front of the mirror viewing my body. <input type="checkbox"/> I spend a significant time comparing my body to others. <input type="checkbox"/> I'd be more attractive if I was thinner, more muscular, etc. <input type="checkbox"/> I have considered changing or have changed my body through surgery so that I can accept myself. <input type="checkbox"/> I wish I could change the way I look.	<input type="checkbox"/> I often feel separated and distant from my body, as if it belongs to someone else. <input type="checkbox"/> I hate my body and I often isolate myself from others. <input type="checkbox"/> I don't see anything positive or even neutral about my body shape and size. <input type="checkbox"/> I don't believe others when they tell me I look OK. <input type="checkbox"/> I hate the way I look in the mirror.

Which column has the most checked items?

How else would you describe your body image?

Move toward viewing your body in a healthy way. Use the healthy body image statements in the left column as affirmations. Repeat these to yourself. Make changing your attitude a goal.

Identify Disordered Eating

Disordered eating can be hard on your body and your mind. Follow the guidelines in this book to develop a realistic, patient approach to managing weight. Be self-kind, not self-critical.

Eating Disorders

If you are concerned that you may have an eating disorder (e.g., anorexia nervosa, bulimia nervosa, or a binge eating disorder), contact your doctor immediately, as these are serious medical conditions. You can also find more information here:

National Eating Disorders Association (NEDA)

www.nationaleatingdisorders.org

Helpline: 800-931-2237

National Institute of Mental Health

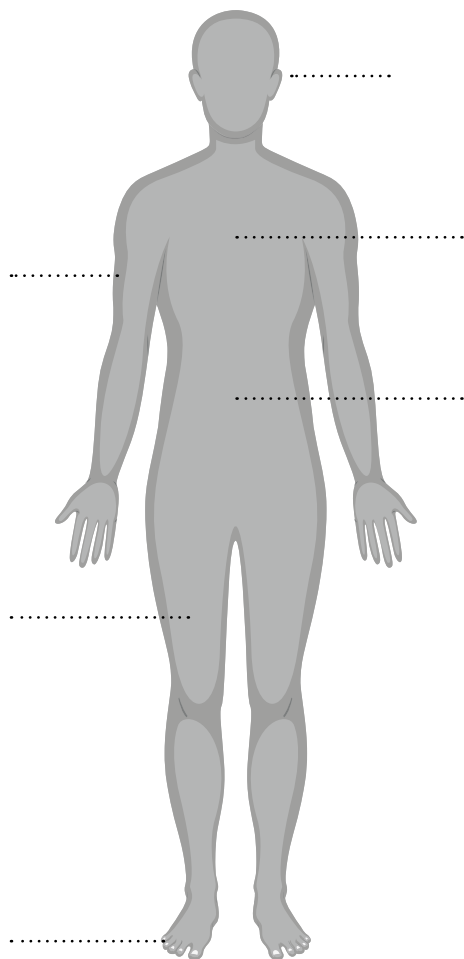
www.nimh.nih.gov/health/topics/eating-disorders/index.shtml



The Amazing Human Body

On each line provided, write something powerful that this part of your body can do or has accomplished.

Examples: My body has given birth to my children. My arms have carried my child/grandchild. My mind has earned a degree. My legs have carried me through a long hike.



Review and Prepare

This section guided you to make physical activity part of your daily life. Most importantly, this section encouraged you to look at why you are being active and how to have a healthy relationship with your body. Answer the following questions.

How have you sat less and moved more this week?

What changes are you making to how you exercise (e.g., adding variety to cardio activities, adding resistance training)?

How are you managing time differently to have more time to be active?

What is something amazing about what your body can do?

The next section will help you manage emotional eating and be more mindful. Make sure you are pacing yourself through this guide. Take time to practice strategies and address unhelpful thoughts.