



Aurora Wellness Center®

Managing Your Weight:

Combining Diet and Exercise for Easy Weight Control

AMERICAN HEART ASSOCIATION: PHYSICAL INACTIVITY IS A MAJOR RISK FACTOR IN THE DEVELOPMENT OF CORONARY ARTERY DISEASE. IT ALSO CONTRIBUTES TO OTHER RISK FACTORS SUCH AS OBESITY, HIGH BLOOD PRESSURE, AND LOWER LEVELS OF HDL CHOLESTEROL.

BENEFITS OF REGULAR PHYSICAL ACTIVITY:

- 1) CALORIC COST- KEEPS WEIGHT UNDER CONTROL
- 2) IMPROVES CARDIOVASCULAR FUNCTIONING- LOWER BLOOD PRESSURE
- 3) IMPROVES CHOLESTEROL PROFILE
- 4) HELPS CONTROL "STRESS HORMONES" SUCH AS INSULIN AND CORTISOL
- 5) REDUCES RESTING HEART RATE
- 6) INCREASES LUNG CAPACITY/ENDURANCE
- 7) IMPROVES THE ABILITY TO FALL ASLEEP AND STAY ASLEEP
- 8) INCREASES LEAN BODY WEIGHT AND REDUCES BODY FAT-POSITIVE IMPACT ON THE RESTING METABOLIC RATE
- 9) INCREASES MUSCLE STRENGTH
- 10) IMPROVES JOINT INTERGRITY- LESS RISK OF INJURY
- 11) INCREASES BONE MINERAL DENSITY- OSTEOPOROSIS
- 12) DELAYS OR PREVENTS THE DEVELOPMENT OF CHRONIC DISEASES

*13) ASSISTS IN DIABETES CONTROL- INCREASES INSULIN SENSITIVITY, EASIER
TRANSPORT OF GLUCOSE INTO CELLS*

14) INCREASES SELF ESTEEM

15) AIDS IN DEPRESSION MANAGEMENT- ENDORPHINES

16) PROVIDES A SOCIAL OUTLET- BUDDY UP

17) ESTABLISHES A POSITIVE EXAMPLE FOR FAMILY

*18) IMPROVES SELF EFFICIENCY- ACTIVITIES OF DAILY LIVING BECOME
EASIER.*

Exercise Guidelines:

Cardiovascular Exercise-

- Should be performed a minimum of 3 days per week for 20-60 minutes each session. If you are new to exercise or have any special medical concerns, start with 5-10 minutes and gradually increase your time.
- Build a warm-up and cool-down into the session: Start with a lower intensity and gradually increase your effort until you are exercising at a challenging level for at least 20 minutes. Do not abruptly stop exercise- slowly decrease your intensity until your breathing rate returns to your pre-exercise level.
- Cross-train to avoid overuse injuries and prevent boredom.
- Examples of cardiovascular exercises include: walking, running, swimming, biking, aerobics classes, and using machines such as the elliptical trainers or stair climbers.

Resistance Training-

- A total body program should be performed a minimum of 2 days per week on non-consecutive days. Muscles need at least 48 hours after resistance training to recover and repair themselves.
- The program should consist of 8-12 exercises and include at least one exercise for each major muscle group (chest, back, shoulders, abdominals, legs, biceps, and triceps).
- Begin with one set of each exercise using a weight that will allow you to complete at least 10 but no more than 15 repetitions of the exercise. As you get stronger, increase to 2 and then 3 sets of each exercise before you increase the weight.
- A 5-10 minute cardiovascular warm-up should be performed before lifting. It is not necessary to stretch beforehand.
- Muscle soreness is a normal and healthy response to physical exertion. Joint pain is not. If you feel any sharp pain that centers on a joint, stop the exercise immediately and consult a Fitness Specialist to ensure that you are using proper exercise form.

Flexibility-

- Never stretch a cold muscle. A 5-10 minute cardiovascular warm-up will increase the blood flow to the muscles (allowing them to become more elastic) as well as increase joint range of motion, reducing the risk of muscle strain.
- Stretches for all major muscle groups should be included. Stretches should be held statically (no bouncing) for 20-30 seconds each.
- The latest research suggests that stretching before exercise is unnecessary and can even be detrimental by decreasing the amount of force a muscle can generate. Save flexibility exercises for the end of your workout session as part of your cool-down.

Nutrition Tips:

- 1) *Keep a food journal for one week. Write down everything that you eat and drink. Count how many servings of fruit/veggies, protein, dairy, grains, and fats/sweets/oils you are getting.*
- 2) *One pound of body fat equals 3500 calories. Cutting out 500 calories a day will lead to a one-pound weight loss per week.*
- 3) *Check your serving sizes. Are your portions realistic?*
- 4) *Don't drink your calories. Eat fruit instead of drinking fruit juice, cut down on sugary drinks and soda.*
- 5) *Be aware of "mindless" eating and eating triggers such as watching TV, eating when you're not hungry because it's "time."*
- 6) *Switch to low fat/sugar versions of as many foods as you can. This is an easy way to cut needless calories from your diet.*
- 7) *Eat until you're satisfied, not full or stuffed.*
- 8) *Eat from salad plates. You will automatically take smaller portions if the plate is smaller but will still feel as if you're eating your regular amounts because the plate will be full.*

Remember- slowly introduce these changes into your daily life. Radical changes will feel too severe and restrictive and won't be permanent. Commit to making one small change a week. These small changes will build on each other and can make a big difference in your health and the quality of your life.

Try to match the Food with the correct calorie amount from the "Calorie Key"

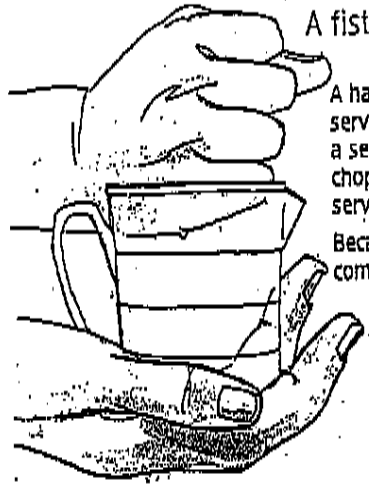
Food	Calories
1 can Miller lite	96
1 Apple	55
1 Cheese Pizza	2389
1 can Regular Mountain Dew	170
1 cubic inch Cheddar Cheese	70
1 Nachos BellGrande	770
1 McDonalds Fries	578
Culvers Grilled Chicken Cashew Salad (w/o dressing)	486
Large Snickers Bar	271
Large Movie Theatre Popcorn (w/o butter)	1283
Subway Turkey Breast Sandwich, ROLD GOLD Classic	590
Style Tiny Twists Pretzels, 1 Banana	59D

Calorie Key

- 2389
- 1283
- 770
- 590
- 570
- 486
- 271
- 170
- 96
- 70
- 55

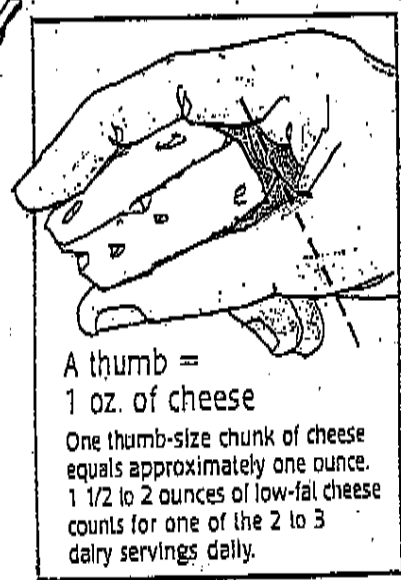
What's a serving?

A fist or cupped hand = 1 cup



A half-cup of cooked cereal, rice or pasta is 1 serving. For raw leafy greens such as lettuce, a serving is a cup. A 1/2 cup of cooked or chopped raw vegetables or fruit equals 1 serving.

Because of variations in hand size, it is best to compare with an actual measuring cup.

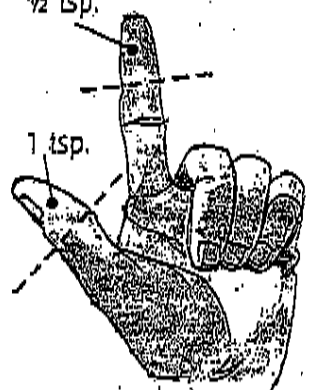


A thumb = 1 oz. of cheese

One thumb-size chunk of cheese equals approximately one ounce. 1 1/2 to 2 ounces of low-fat cheese counts for one of the 2 to 3 dairy servings daily.

1/2 tsp.

1 tsp.



*Your thumb tip = 1 teaspoon

A small portion of peanut butter, butter, mayonnaise, or a swipe of brownie batter are high-in-fat calories. If the amount eaten matches the size of the joint of the thumb, it equals a teaspoon. Three thumb sizes equal a tablespoon. The tip of your index finger is approximately half a teaspoon.



A handful = 1 or 2 ounces of snack food

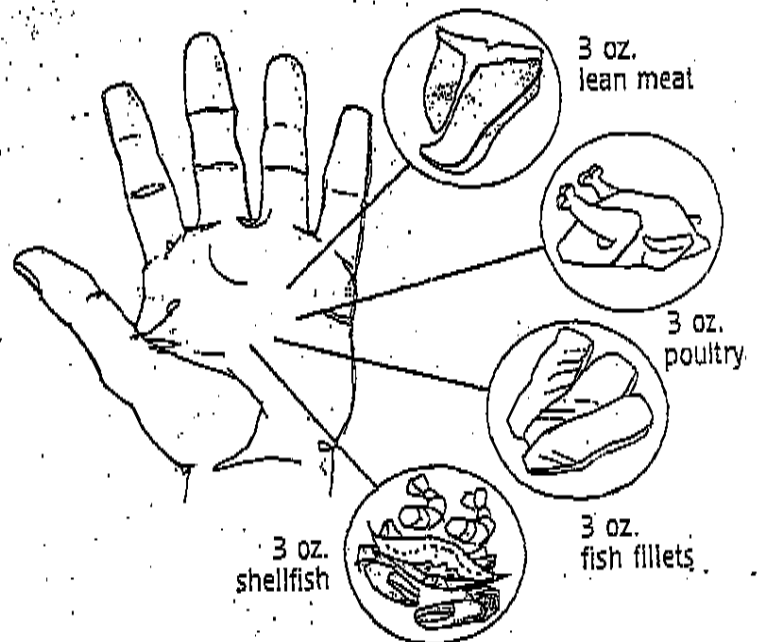
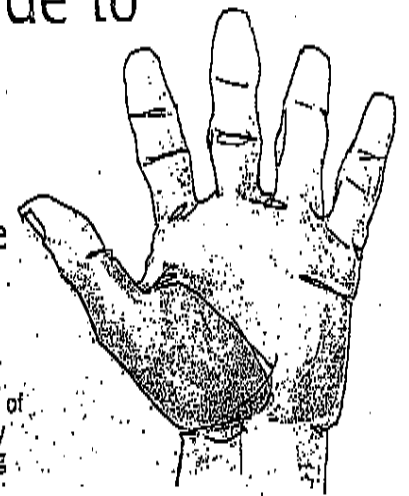
One handful equals one ounce of nuts and small candies. For chips and pretzels, 2 handfuls equal 1 oz.

Hand-y guide to 3 oz. meat portions

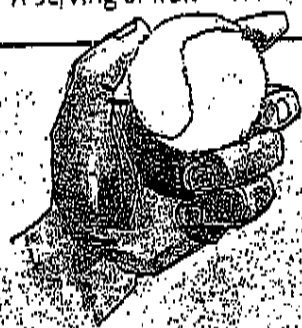
(Double for a single 6-oz. serving.)

Palm = 3 ounces

2 1/2 to 3 oz. compose a serving. Two low-fat servings of meat, fish, shellfish or poultry or a single 6 oz. daily serving is recommended.



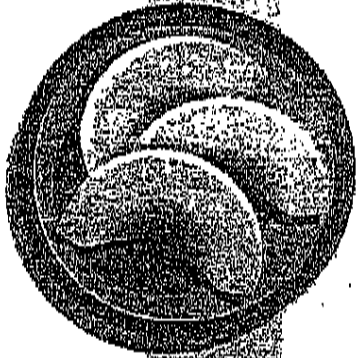
A serving of fruit = A medium size piece = 1 tennis ball



Remember: A serving may differ from a "helping"!!!

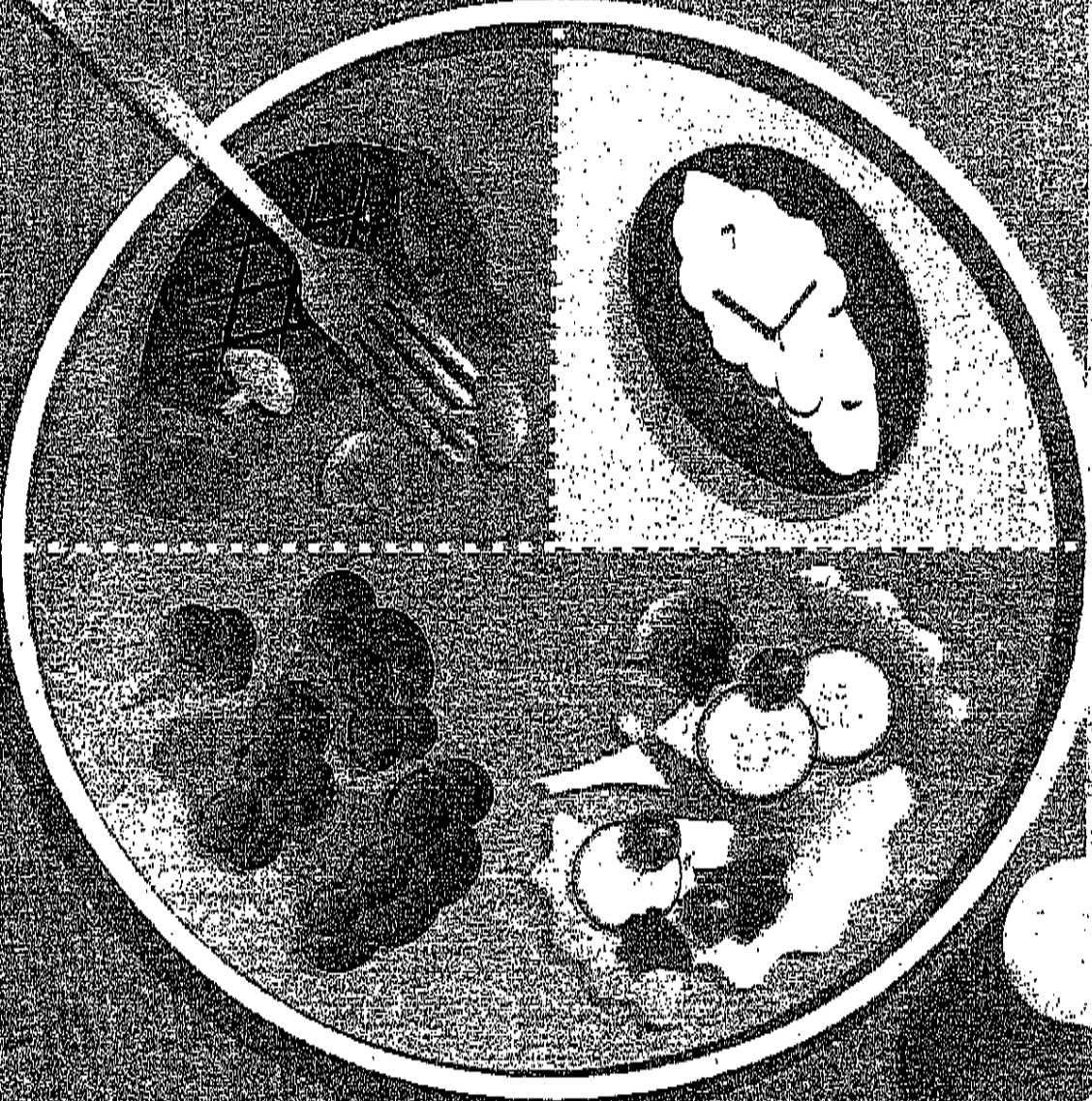
My Plate Planner

Please refer to meal planning guidelines on the back.



My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as carrots, broccoli and salad
 - Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces
 - Fill 1/4 of your plate with a starchy choice such as 1/3 cup rice
 - Add 1 serving of fruit
 - Choose 1 serving of milk
 - Add margarine or oil for preparation or addition at the table
- Add other portions as needed to round out your meal plan
- For breakfast, use the two quarters of the plate and not the other half
- For lunch and dinner, use the whole plate



8-ounce
glass of milk

Free foods

1 2 3 4 5 6 7 8 9

Understanding Food Labels

Why read food labels?

Read food labels to find out more about the foods you eat. For instance, the labels can tell you which foods are:

- Lower in calories
- Lower in sodium (salt)
- Lower in saturated fat and trans fat
- Good sources of fiber, calcium, iron, vitamin A, and vitamin C

A Simple Guide to Reading the Food Label

Start with the serving size:

- Look for the **serving size and number of servings** in the package. All of the numbers on the label are for that serving size.
- You may be used to eating more than what the label says is one serving. Always compare how much you eat to the serving size listed. If you eat two servings, then you must count twice as much in calories, fat, and other nutrients.

Check out these things:

- ① **Total fat grams** – On a 1500-calorie diet, aim for 40-50 grams a day. On a 2000-calorie diet, aim for 55-65 grams a day.
- ② **Saturated (solid) fat** – On a 1500-calorie diet, aim for less than 15 grams a day. On a 2000-calorie diet, aim for less than 20 grams a day.
- ③ **Trans fat** – Keep the amount in your diet as low as you can.
- ④ **Cholesterol** – If you have heart disease, limit cholesterol to less than 200 mg a day. If you do not have heart disease, limit to 300 mg a day.
- ⑤ **Sodium** – Limit to less than 2400 mg a day. High levels of sodium may raise blood pressure.
- ⑥ **Fiber** – Aim for 20 to 35 grams a day.
- ⑦ **Vitamins and minerals** – Check the label for the amount of vitamin A, vitamin C, calcium, and iron. Aim for high amounts of these nutrients whenever you can.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
% Daily Value*			
Total Fat 12g	①	18%	
Saturated Fat 3g	②	15%	
Trans Fat 1.5g	③		
Cholesterol 30mg	④	10%	
Sodium 470mg	⑤	20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g	⑥	0%	
Sugars 5g			
Protein 5g			
Vitamin A		4%	
Vitamin C	⑦	2%	
Calcium		20%	
Iron		4%	

* 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Source: FDA Consumer

Are you allergic to certain foods?

Labels must now state if the product contains protein from foods that many people are allergic to. These foods include milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans. Be sure to look at the list of ingredients on the package.

"% daily values" column

The daily values are for the *entire day*, not for just one meal or snack. This section shows amounts needed each day for a healthy person on a 2000-calorie diet. This may or may not be helpful to you. A dietitian can help if you want to learn more about these daily values.

Food package terms

What do all the terms on food packages mean? Most of the words used to market products must follow guidelines from the Food and Drug Administration (FDA). But other words can mislead you. Here is a list of many common terms and what they mean:

Reduced – Contains 25% less of something (such as fat) or 25% fewer calories than the original product.

Less or fewer – Contains 25% less (such as fat or calories) than another food. (Pretzels have 25% less fat than potato chips.)

Low fat* – 3 grams or less per serving.

Low saturated fat* – 1 gram or less per serving.

Low cholesterol* – 20 mg or less per serving.

Low calorie* – 40 calories or less per serving.

Low sodium* – 140 mg or less per serving.

Very low sodium – 35 mg or less per serving.

Calorie free** – Less than 5 calories per serving.

Sugar free** – Less than 0.5 grams per serving.

Fat free** – Less than 0.5 grams per serving.

Light or Lite – A product that:

- Contains one-third fewer calories than the original; *or*
- Contains half the fat or sodium of the original; *or*
- Describes texture or color, such as "light brown sugar" or "light and fluffy."

Lean – Meat, poultry, or fish that contains less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 mg of cholesterol per serving.

Extra lean – Meat, poultry, or fish that contains less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 mg of cholesterol per serving.

High – Contains 20% or more of the Daily Value of a certain nutrient.

Good source – Contains 10% to 19% of the Daily Value of a certain nutrient.

More – Contains more of a certain nutrient than the original food. You will often see terms such as "fortified," "enriched," "added," "extra," and "plus."

Healthy – Must be low in fat and saturated fat, and contain limited amounts of cholesterol and sodium. If it's a single item food, it must provide at least 10% of one or more of vitamins A or C, iron, calcium, protein, or fiber.

* **Little, few, or low source of** may be used in place of **low** on food packages.

** **Without, no, or zero** may be used in place of **free** on food packages.

For a list of Aurora facilities with a dietitian, please call Aurora Heath Care toll-free at 1-888-863-5502.