

## THINGS YOU CAN DO

- 1. It is time to take your own health seriously..... every day
- 2. You breathe every day, eat every day, now:

it is time to start **exercising every day:**  
**this is not a recommendation, this is a **COMMAND!!!****

- Exercising means that your heart is beating 20 beats per minute faster than your usual heart rate; start slowly (10-14 minutes) then gradually

work up to **60** minutes every day.

- If you can't walk or jog, do any exercise that will raise your heart rate including riding a bike, treadmill, or upper body exercises such as "conducting an orchestra."
- Try a **VARIETY** of exercises over the course of the week so you don't get bored.
- If you find exercise boring, invest in a walkman & play your **favorite music** or go to the library and get **BOOKS ON TAPE**.
- Involve other people at work, in the neighborhood, friends, and relatives. Exercise is "better with a buddy!"
- ***Do it even when you don't feel like it.*** That's when you'll be the most proud of yourself!
- get a **personal trainer THIS WEEK!**
- **No excuses!** The alternatives are disastrous.
- It also helps you lower your cholesterol, stabilize your glucoses, lowers your blood pressure, and gets your heart in better shape.
- Think of **exercise as a drug** that you **you can not live without.**

- 3. Behavior changes/recommendations:

- Plan healthy meals and snacks **ahead** of time. Plan out your grocery shopping in writing.
- Drink a tall (12- 24 ounces) glass of water, sugar free ice tea, crystal light, or diet soda **before** ( **not during** ) **every meal and snack**. No sugar containing liquids (including **ANY** juices or sports drinks) at anytime. It's ok to drink additional non-sugar containing fluids during the meal.
- With the drink, consider a bag of air popped ( not microwaved ) popcorn, or sugar free jello or jello parfait. These fill you up so you don't feel like eating so much.
- Eliminate from your diet (except once a week): bread, noodles, rice, potatoes and corn. **Or: JOIN WEIGHT WATCHERS. Or:** extremely LOW fat & LOW cholesterol nutrition plan with NO fried foods and NO butter. **BOTTOM LINE: dramatic reduction in CALORIES everyday (25-30%).**

- *No eating when you **watch TV** or any “screen time”[computer] (you eat more this way)!*
- *The only food on the kitchen or dining room table should be what is on your plate. No casserole dishes, bread basket, etc. The rest of the food can be put on the stove or counter top. **No seconds**. If you are still hungry, eat more salad with diet dressing.*
- No food should be more than **ONE INCH** above your plate at any meal.
- When you are finished eating, **WALK AWAY** from the table. Agree to talk in another room.
- If possible, let or request that someone else wash the dishes ..... nibbling adds calories.
- You are not allowed to have a snack, watch TV or play on the computer unless you have exercised.
- All eating for the evening (including snacks) is to be finished within 1 hour after dinner is started.
- Do not go through the drive through to order food.
- Try chewing **gum** or sugar free mints from dinner until bedtime.
- No food is allowed in your car or at your desk.
- Write a diary with every single item and amount that enters your mouth.
- Go through the pantry and all food areas and **GET RID of ALL FOODS** in the house that the overweight person should not be eating.
- **There should NOT be a separate area of lousy foods for other family members.**
- Use these same tips when you are **eating out!** *Plan in advance* for holidays and special occasions; ask for a Styrofoam container when the food arrives, not after the meal.
- As of now, you are allowed a **maximum of 60 minutes daily of TV**, video games, or computer time during the week and 2 hours daily on the weekends. This may give you the time to be more active.

4. If you do a great job for 1 month, figure out in advance a non-food prize that would motivate you. Do this every month!

5. Enroll the **whole family and friends** into this program so that they are helping and rooting you on. **Parents should SET THE EXAMPLE for exercising and eating!**

6. It's time to get selfish! When you brush your teeth at bedtime and look at yourself in the mirror, every day the goal is to be able to say: *“I'm proud of myself!”*

7. If you are not able to follow through on these plans, it's probably a good idea to consider seeing a **counselor** to work out some issues and stresses. Family or personal stresses are **NOT** a good enough reason to put your health on the back burner again.

**Good luck!**