



THE POWER OF PROBLEM SOLVING

Session Objectives

- *Discuss various approaches to problem solving.*
- *Explain the five-step problem solving model.*
- *Practice the five-step problem solving model using a real-life example.*

PROBLEM SOLVING APPROACHES

Whether we realize it or not, we are constantly solving problems throughout each day. When one road is blocked, we find another one that is open. Some problems are simple and easy to overcome, others are more complicated.

Example: You go to the store for your favorite brand of bread and the brand you like is not available. You can: 1) wait and purchase it at the next visit, 2) consider an alternative or, 3) go to another store.

All of this depends upon how important the brand is to you and how much effort you are willing to put into it to get it. A more complex problem might be dealing with a weight regain – this problem requires a little more thought and planning.

People approach problems in a variety of different ways and those approaches may vary depending on the size of the problem, the circumstances, and the urgency. A positive mindset can make finding a solution less stressful. Taking a rational, systematic approach is usually more effective than jumping on your first impulse or avoiding the problem in hopes that it will go away.

As you reflect on the changes that you made to your eating and exercise habits over the past six months, you probably identified several problems to solve or barriers to overcome to continue to move toward your goals. Some of the issues had solutions that were easy for you to develop and move through, others presented bigger challenges and were more difficult to overcome, still others are problems you are still trying to work through.

THE FIVE-STEP PROBLEM SOLVING MODEL

Take a moment to identify an example of each:

I thought _____ would be hard for me, but it was actually pretty easy.

_____ was a lot more challenging for me, but after a few (or several) tries, I think I have overcome that problem.

_____ is a more difficult problem which I am still working on.

Confronting difficult problems with a rational and systematic approach can be an effective tool for finding solutions. To do this, you should focus on:

- 1) *Thinking through what the problem is.*
- 2) *Coming up with different solutions.*
- 3) *Choosing one that might work.*
- 4) *Trying again if that solution fails.*

This type of problem solving can be broken down into five steps. We will consider the example below as we go through each step.

Example of a Problem: Kathy's walks

Kathy works from home and usually enjoys walking around her neighborhood for exercise. However, since the weather has gotten warmer, she gets hot and dizzy when walking during her normal time at noon. She prefers to walk at noon because it is after she finishes her morning conference calls but before her children get home from school. Unfortunately, Kathy now finds herself skipping her walks more often and walking less each week.

STEP 1 – PRACTICE A POSITIVE MINDSET

Sometimes problems can be accompanied by strong emotions like sadness, anger, frustration and negative self-talk. Taking a step back and a deep breath before confronting a problem can help prevent an impulsive reaction. Developing a positive mindset is the first step in creating a long-term, workable solution to the problem.

Identify the emotions first – ask yourself what am I feeling? Frustrated, mad, hopeless?

Dealing with the emotions can help clarify the problem:

- Why am I so frustrated?
- Why does this make me mad?
- Why does this upset me so much?

It might be that the real problem is something different than what you have first identified.

An example of a surface level problem would be if you came home from work and felt like eating everything in sight. Maybe you think you are hungry and so bringing an extra snack for late afternoon would be a solution.

Or, maybe you are eating in response to frustration that your spouse is not helping around the house enough – this problem might have underlying issues that would require different solutions. Figure out what is going on – then deal with those emotions before you focus on the problem.

Practicing a positive mind set requires patience and perseverance, and it leads to an open acceptance of the problems you experience.

Example: Kathy takes a positive mindset to her problem

Kathy is discouraged about walking less but is determined to get back on track. In the past she has been able to make time to walk outdoors, but lately it has been a struggle. Kathy knows she'll be able to start walking again since she has done it before, so she begins to think about how she can make it a habit again.

TIPS

1. **NORMALIZE** Problems happen everyday for everyone. Try not to beat yourself up – consider how you might approach a friend who has this problem. Talk to yourself the same way you would talk to them.
2. **FIND YOUR CONFIDENCE** Remember challenges you faced before and remind yourself how you got through them. If the problem seems too big, break it down into smaller pieces and solve those pieces individually, one at a time. It may be that some pieces of the problem don't have ideal solutions, but others are easier to manage – work on those.
3. **IDENTIFY AND ACKNOWLEDGE PROBLEMS AS THEY HAPPEN.** For example, if you are off track on your nutrition and exercise plans and you know you have gained weight, don't avoid the scale because continued denial/avoidance may lead to bigger problems.
4. **MAKE THE DECISION TO APPROACH THE PROBLEM WITH A POSITIVE MINDSET.** A negative mindset creates two problems, the original problem and the negative feelings. A positive mindset reduces stress, allows for greater creativity, and builds problem solving skills.

STEP 2 – DEFINE THE PROBLEM

Defining the problem:

- What is it?
- Why is it a problem?
- When did it start?
- Where does it happen?
- How did it get to this point?

Examine all aspects of the problem in order to start to formulate an effective solution. The more detail the better.

As you define the problem, consider that many of the problems we encounter during our day can be solved by a quick assessment of what the problem is and an adaptation involving taking a different action or changing your environment so that it will no longer be a problem. Another approach is simply changing how we respond to a situation so that it is less stressful by putting it into perspective. This is the most useful approach when the situation can't be changed.

It is also important to separate facts from assumptions. Assumptions are often based on our expectations. We may assume something when we don't have all the facts. For example, we might assume that our host will be disappointed in us if we don't eat the dessert they made. The reality is they probably won't notice or care. They may even be very supportive of your effort to forgo dessert if you give them a chance. Don't assume that it will be a problem.

Example: Kathy identifies the problem

Kathy knows that poor weather could happen anytime, so she thinks about her problem as an opportunity to come up with new ideas for when walking outside is not possible. However, even when weather is good, she tends to skip her walks. She realizes that she has been putting other people's needs ahead of her own, so she needs to prioritize this time for herself.

STEP 3 – BRAINSTORM SOLUTIONS IN 3 STEPS

1. Think up as many possible solutions to the problem as you can. Do some homework such as asking others how they approach the problem. The more solutions you can write down the better.
2. Reserve judgement and write down EVERYTHING that comes to mind. Don't stop to judge ideas as good or bad. Beware of the "but" syndrome. If you say "but" after an idea that is a clue that you are judging.
3. Refine the possibilities. Once you have a list of possible solutions review them and ask yourself if any can be combined or tweaked? Can those solutions be turned into SMART goals?

Example: Kathy brainstorms solutions

- Walk early in the morning.
- Walk in evening with the children.
- Change location of walking to the indoor mall.
- Dress in lighter clothing and bring a water bottle.
- Join gym during hotter time of the year.
- Buy a treadmill.
- Use an exercise DVD.

STEP 4 – MAKE YOUR DECISION

Once you have refined and combined your possible solutions, determine which one is the best. Think about maximizing the positive effects and minimizing the negative effects of the solution by answering these questions.

How likely is it that:

1. Each solution will be effective?
2. You have the ability, support, and resources to follow through on each solution?

How will this solution affect you and others? Think about positive and negative effects like time, money and impact on others (emotional, practical etc.).

After you analyze your answers and compare all the solutions, choose the one that feels like the best option to try. If none of the choices seem good, you may need to go back and refine the problem or come up with more possible solutions or pick the solution you feel the best about and simply get started making changes!

Example: Kathy judges the solutions and makes decisions

- Walk early in the morning, but there is no one to watch the children.
- Walk in evening with children, but she may not get to go at the pace that she likes.
- The mall could work as an alternative location, she often goes there to run errands anyway.
- Dress lighter and bring a water bottle, but she already tried dressing lighter, it is still too hot for her.
- Joining a gym and buying a treadmill are not financially feasible at this time.
- Using an exercise DVD could be an option as well when she doesn't have time to go to the mall.

STEP 5 – FOLLOW THROUGH ON YOUR DECISION

1. Carry out the solution – give it a try (or a few tries).
2. Evaluate the results. Is it working? If not, why not? Be as specific as possible. Instead of asking, “was the solution helpful?” define the outcome and connect it to the problem.

IF YOUR SOLUTION WORKED - CELEBRATE!

1. Acknowledge your own hard work in overcoming the problem.
2. Share your success with a friend or group member.
3. Reward yourself for figuring it out!

If your solution did not work, try again until you find one that does. Keep in mind that any attempt at solving a problem, even if it is not successful, brings you one step closer to the right answer for you.

1. Try one of the other solutions you developed.
2. Go back through the problem-solving steps and try to create more possibilities based on what you learned.
3. Tweak the current solution to make it work better for you.
4. Ask for support when you need help.

Example: Kathy puts her solutions into action. Kathy found two alternatives that may work; she tries both out the next week.

- Walking with her kids turned out to be chaotic and did not relax her like walks usually do.
- The mall worked out great and there were other walkers there at the same time which she liked. She will go with this option until the weather cools down.
- Kathy also found a walking exercise DVD as a backup plan in case driving to the mall is not possible.

ACTIVITY

Problem Solving

Think of a problem that you are currently facing or that you've faced recently that has gotten in the way of your healthy lifestyle goals.

STEP 1 – A POSITIVE MINDSET

Review the situation that you have recently faced. What was your initial reaction? How can you think of your problem in a positive way?

STEP 2 – DEFINE THE PROBLEM

Describe your problem situation in detail. Why is it a problem? How does it interfere with you reaching your goals?

Ask yourself: What situations are causing this problem? Are there certain people or an environment contributing to the problem? Are certain thoughts or feelings that you are having contributing to the problem?

STEP 3 - THINK OF A SOLUTION

What is the problem-solving goal? List as many solutions as you can. Think about what solutions will address the problem based on what is contributing to the problem.

Tip - Remember to keep your problems' definition in mind.

Solution 1: _____

Solution 2: _____

Solution 3: _____

Solution 4: _____

Solution 5: _____

STEP 4 - EVALUATING DECISIONS

Look back at your list of problem solutions. Use the rating table to evaluate your possibilities and decide which is the best choice.

First, decide how likely it is that each solution will work, that you can overcome obstacles, and that you can carry out the solution. Use this rating scale:

- 0 = not likely
- 1 = somewhat likely
- 2 = very likely

Next, judge each solution's effects on yourself and others. Think about time and effort, as well as physical and emotional effects. Use this rating scale:

- 0 = mostly negative effects
- 1 = about equal number of positive and negative effects
- 2 = mostly positive effects

Then, add up the numbers and find the total score for each possible solution.

Possible Solutions	How likely is it that...			Effects on...		Total Score
	It will work	You can overcome obstacles	You can carry out solutions	You	Family and Friends	

STEP 5 – MAKE DECISIONS AND EVALUATE OUTCOMES

Choose the solution that would best solve the problem. The choice with the highest score is the best choice!

NOW PUT IT INTO ACTION!

As you put your solution into action, ask yourself:

- *When will I do this?*
- *How long will it take for me to see some results?*
- *How will I know it is no longer a problem?*
- *How will I reward myself for solving the problem?*
- *What is my backup plan?*

If your first solution doesn't work, that doesn't mean you have failed. It means you are moving further along to a solution. Knowing what doesn't work for you puts you a step closer to finding out what will. It is all part of the process.

Remember – problems come in all sorts of shapes and sizes.

Some problems are simple and easy to solve, other problems are more complicated and may require breaking down into several small issues and trying several different solutions. No matter what, ignoring problems will not make them go away. The best place to start is right where you are, and the best time to start is now!

MONTHLY GOALS

Every week, set new goals for yourself in each of the following categories:

- 1. Weigh.** Weigh yourself at least once per week, if not daily. Talk to your coach to develop a plan to prevent regain if your weight fluctuates outside its normal range (typically 2-3 pounds).
- 2. Track.** Track your foods to know if you are staying within your calorie goal. If you decide to try tracking less than daily, work with your coach to develop a modified plan for monitoring what you eat. Additionally, closely monitor your weight trajectory and if your weight goes up greater than 3lbs., resume daily tracking.
- 3. Move.** Set and track step and planned physical activity goals every week. Daily cardio is recommended; add strength training if desired.
- 4. Plan.** Follow a healthy eating lifestyle such as the Make and Measure Meal plan.
 - a. Three planned meals per day focusing on lean proteins and whole grains.
 - b. Eat a minimum of 5 cups of fruits and vegetables per day.
 - c. Limit sugar and fat, and avoid caloric beverages.
 - d. Set meal planning goals. See examples below.

Sample Meal Planning Goals:

- *This week I will plan a meal using a new recipe.*
- *I will use my meal planning sheet for the entire week.*
- *I will cook a large meal and split it into meals to freeze for weeknights.*
- *I will only purchase lean proteins at the grocery store this week.*

MONTHLY GOAL TRACKING

Instructions:

Check-Out with Week #1 goals, then enter new goals at the beginning of each new week. Next month, Check-In with your week 4 or 5 values along with your Monthly Reflections on the next page.

NUTRITION GOALS

Week	Fruits & Vegetables		Lean Proteins		Meal Planning Goal	
	Goal	Actual	Goal	Actual	Goal	Met? Y/N
1						
2						
3						
4						
5						

EXERCISE GOALS

Week	Physical Activity Minutes		Steps		Strength Training Sessions	
	Goal	Actual	Goal	Actual	Goal	Actual
1						
2						
3						
4						
5						

MONTHLY REFLECTIONS

1. Challenges this month:

2. Wins this month:

3. How did your goals change over the past month? Why?



THE IMPORTANCE OF SLEEP

Session Objectives

- *Examine how sleep influences food choices and weight.*
- *Describe how sleep impacts overall health.*
- *List strategies to enhance sleep health.*

OVERVIEW

We spend about 1/3 of our lives sleeping. This time is critical for recovery and supports cardiovascular, neurologic, metabolic, and other life functions. Our bodies and brains spend this time recovering and repairing from the day during this time.

THE IMPACT OF SLEEP ON HEALTH

Insufficient sleep can lead to decreased immune function and increased likelihood of getting sick as well as slower tissue healing after injuries. There is a circular relationship between pain modulation and sleep. Pain can lead to poor sleep, but poor sleep can also impair our body's ability to modulate or regulate pain.

Insufficient sleep can have a negative impact on cardiovascular health placing stress on our hearts, and it can contribute to reduced metabolic and endocrine functions that may lead to obesity and diabetes. Additionally, sleep has a significant impact on cognitive function and our ability to think, learn and store memories. Finally, there is a significant relationship between poor sleep and mood disorders like depression and anxiety.

How does sleep impact you personally?

THE IMPACT OF SLEEP ON FOOD CHOICES

Insufficient sleep can lead to increased caloric intake in the form of snacks, meal size and night time eating. It can also lead to poor food choices, such as fast foods, sugar, and fats, and lower intake of fruits and vegetables. This is related to the impact sleep has on our hunger hormones.

Insufficient sleep leads to:

- Increased ghrelin which is the hormone that stimulates hunger.
- Decreased leptin which is the hormone that reduces appetite.

The opposite is also true in that food choices and timing of eating impact sleep quality and also body weight. Eating late into the evening or into the night disrupts our circadian rhythms (biological clock) and thus our ability to sleep well. Establishing regular eating periods, for instance 8:00 AM to 6:00 PM, to align with our circadian rhythms can help regulate sleep patterns. Regular meal times and the elimination of evening/night eating can make a big difference in sleep quality. Studies have shown significant increases in sleep satisfaction for people who restrict daily eating duration to a 10-hour window.



PROMOTING SLEEP HEALTH

Aligning our circadian rhythm to external time cues such as natural light and dark cycles can strengthen our sleep drive. Also, becoming more physically active and mentally stimulated can increase our sleep quality and health. Another important factor for good sleep is the reduction of stress and “pre-sleep arousal” meaning avoiding things such as exciting reading, late night exercise, or electronic screens.

There are several habits you can develop to improve your sleep health. These habits are often referred to as sleep hygiene. Much like good nutrition and physical activity, these habits take time and training to incorporate into our routines.

ACTIVITY

What does the term sleep hygiene mean?

What are examples of good sleep hygiene practices?

TIPS FOR IMPROVING SLEEP HYGIENE

- Maintain a regular wake and bed time. Try to stay within a 1 hour window.
- Go to bed when you are sleepy enough to fall asleep within 15 minutes.
- Limit exposure to light late in the day. Keep sleep time as dark as possible and get sunlight or artificial light exposure during the day.
- Increasing physical activity helps promote more restorative sleep, greater sleep time, improved sleep quality, and decreases the time it takes to fall asleep.
- Exercise is good no matter the time of day, however, vigorous exercise 1 hour before bedtime may impact your ability to sleep. Lighter activity should not impact your ability to fall asleep.
- Meditation and yoga may improve sleep quality.
- Avoid or eliminate naps. If you do nap, limit to no more than 30 minutes or less and as early in the day as possible. Rest time without sleep can also be very beneficial. It is best to rest someplace other than your bed.
- Control your sleep environment. Your bed is for sleeping, not watching TV or looking at screens.
- Get up out of bed if you are unable to sleep for what feels like 15-20 minutes. Go to a different room and do a mildly pleasant distracting activity like listening to quiet music or an audiobook. Have a plan in place for where you will go and what you will do in case you cannot sleep.

IMPROVE SLEEP

BY CREATING NEW HABITS

Creating a regular bedtime routine can help train our brains to know it is time for sleep. Routines should be short and consistent and done every night. This might include:

- A warm bath or shower
- Reading
- Relaxation techniques
- Journaling can also help clear your mind for sleep, whether it is about the worries of the day, things you are grateful for or a list of tasks for tomorrow
- Deep breathing
- Progressive muscle relaxation
- Mental imagery
- Staying off screens for 1-2 hours before bedtime. Screens like computers and phones emit blue light which can disrupt melatonin production.

Activity: What are some sleep habits you could incorporate?

1. _____

2. _____

3. _____

OTHER IDEAS FOR IMPROVING SLEEP

- Avoid caffeine at least 4 hours before bed.
- Talk to your doctor about medications you are taking; some medications may help or harm sleep.
- No nicotine.
- No alcohol. It can make you fall asleep quicker but disrupts sleep patterns leading to worse sleep quality.
- Avoid large meals/spicy foods right before bed, but don't go to bed hungry.
- Avoid excessive liquid intake 2-3 hours before bed.
- Make sure the room is cool and dark even a little light can impact melatonin production.
- Limit noise or use a fan or white noise machine to mask noises.

TRY AN APP!

- Try “Insight Timer” for mindful meditations.
- “Insomnia Coach” for guides for insomnia.
- “Mindfulness Coach”
- “Breathe to Relax” for deep breathing exercises.

IF YOU STILL NEED HELP

Talk to your doctor to see if you may have a sleep disorder like sleep apnea. A very large number of sleep issues go undiagnosed.

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RESISTANCE TRAINING

Session Objectives

- *Describe the benefits of resistance training.*
- *Discuss a plan to start and progress a resistance training routine.*
- *Illustrate how resistance training fits into a physical activity routine.*
- *Describe how to do resistance training safely.*

RESISTANCE TRAINING *DEFINED*

Resistance training is exercise in which an individual opposes a force so great that they cannot complete more than 25 consecutive repetitions for a given motion. For example, picking up a dumbbell and pressing it overhead repeatedly, becoming fatigued somewhere between the 5th and 25th repetition is a resistance training exercise.

RESISTANCE TRAINING FOR WEIGHT MANAGEMENT

Our metabolisms slow as we age. Our bodies do not reproduce cells at the same rate when we are adults as we do in our teens. The majority of this 'slowing' of the metabolism is because of a loss of lean tissue, such as muscle and bone, from lack of use and poor nutrition. In our 20's and beyond, we lose an average of 1% of our bone density and muscle per year. However, resistance training can be used to help preserve bone and muscle mass and maintain a healthy weight.

What are some things you've heard about resistance training?

What has your experience been with resistance training?

COMMON MYTHS

Let's begin this session by tackling two of the most common resistance training myths.

Myth #1: “Convert Fat Into Muscle”

Fat does not turn into muscle. When we lose weight, we lose fat and muscle. Likewise, when we gain weight, we gain fat and muscle. If a person eats a healthy diet and exercises while losing weight, they can tip that ratio towards losing more fat than muscle.

Myth #2: “If I lift weights, I will get bulky”

Only a small percentage of the population possess the genetics to easily build big muscles. If these individuals lift for 90 minutes per day using a professionally designed resistance training routine, eat an extremely high protein diet, eat an excess of calories, get 8 hours of sleep nightly, and manage their stress well, they will get bulky. For the other 99% of us lifting weight simply makes us strong, helps us to manage body weight, improves our ability to physically function well, and allows us to look fit.

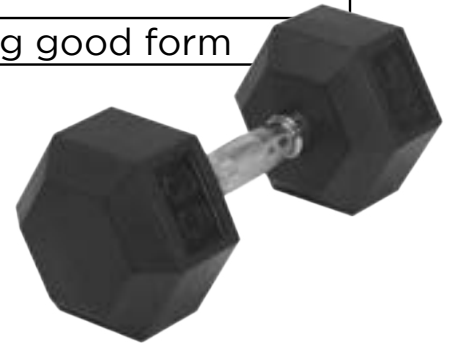
Throughout this program we have set goals focused on cardiorespiratory training such as walking, biking, swimming, etc. This approach allows for a gradual progression of intensity and makes room for a greater focus on nutrition and other habits early on. As a person moves closer to a healthy body weight, it becomes more important to incorporate resistance training to preserve and build muscle mass.

What resistance training exercises do you do now? In the past?

FINDING THE RIGHT INTENSITY

Below is a numeric rating system that is used to describe the intensity level for exercise.

EXERTION LEVELS FOR RESISTANCE TRAINING	
1 - 3	Very Light effort
4 - 5	Light effort
6	Moderate effort
7	Could do 3 more repetitions
8	Could do 2 more repetitions
9	Could do 1 more repetition
10	Could not complete 1 more repetition using good form



EXERTION LEVEL FOR CARDIORESPIRATORY TRAINING

This scale is based on estimated maximum heart rate.

Heart Rate Zone	Effort Level	How Hard it feels	Talk Test
Zone 1 50 to 60% max HR	Very easy	5 out of 10	Can Sing
Zone 2 60 to 70% max HR	Easy	6 out of 10	Comfortable to talk
Zone 3 70 to 80% max HR	Medium	7 out of 10	Can talk, but breathing heavily
Zone 4 80 to 90% max HR	Hard	8 out of 10	Too hard to talk
Zone 5 90 to 100% max HR	Very Hard	9-10 out of 10	Unable to talk

**Your maximum heart rate (HR) = 220 - age (in years).*

BUILDING YOUR RESISTANCE EXERCISE ROUTINE

There are 4 basic motions of the body that we can consider as the foundation for building strength. Each of these motions should be completed for 2 or more sets of 10 repetitions, 2 to 3 days per week, on non-consecutive days. You can add additional exercises to the routine, but you should not neglect these 4 basic motions.

The pictures below show one example of an exercise you could use for each of the fundamental motions.

UPPER BODY PUSH E.G. PUSH-UP



UPPER BACK PULL E.G. PULL-UP



OVERHEAD PRESS E.G. SHOULDER PRESS



LEG PRESS E.G. SQUAT



ADDITIONAL EXERCISES

In addition to these 4 fundamental motions, there are numerous exercises you can add for greater benefit and increased variety. Below are just a few examples.

When adding new exercises, keep it balanced. For example, you would not want to add in 3 additional biceps exercises, 1 triceps exercise, and no abdominal exercise. Consider adding 1 new exercise every other day. This week you could add an abdominal exercise, next time it could be a lower back exercise, and maybe a calf exercise the next.



Triceps extension



Biceps curl



Dumbbell lunge



Shoulder lateral raise



Abdominal side bend



Front leg lifts



Side leg lifts



Rear leg lifts



Calf raises



Lower back extension



Upper back pullover

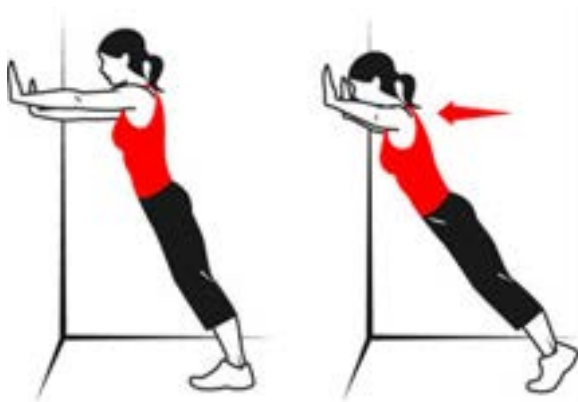


Chest fly

ADDITIONAL CONSIDERATIONS

When adding new exercises, aim for an **intensity** level of 6 on the last repetition and increase this **intensity** by no more than 1 level from week to week.

With some exercises, it may be difficult to reach your 10-repetition goal. If an exercise such as push-ups, cause you to feel fatigued in just a few repetitions, switch to modified push-ups on a counter or wall. Modifications exist for most exercises. Consult your coach or other professional for modifications.



Wall Push-Ups



Weighted Good-Morning

If you find an exercise to be too easy, you can often add a weighted vest, ankle weights, dumbbells, or bands to the exercise to make them more difficult. Consult your coach for additional modification ideas.

ADDING VARIETY

You have a lot of options when it comes to adding variety to the basic routine mentioned so far. While working under the supervision of a certified exercise professional is ideal, for many this is not practical. Luckily there are a lot of instructional videos available locally and online. Before purchasing videos or subscriptions be sure to check out the large library of free resources on platforms such as YouTube and mobile fitness apps. To ensure safety, choose videos from reputable instruction organizations such as HASfit, BodyRockTV, POPSUGAR Fitness, MadFit, SilverSneakers, Jessica Smith, or yes2next.

A BALANCED PHYSICAL ACTIVITY ROUTINE

Before planning out physical activity for the week, review the following recommendations.

- Steps: Get at least 10,000 steps daily.
 - Increasing by 500 per week if under 10,000 steps.
- Cardio: Aim for 150 minutes or more per week for general health or 225 minutes per week for weight loss.
 - 20 minutes more than the week prior if currently below these values.
 - Cardio should be done most if not all days of the week.
- Warmup and Cooldown: Before engaging in a moderate paced activity, and upon the conclusion, do a light intensity activity for 3-5 minutes for the warmup and cooldown.
- Resistance Training: Do two or more sets of resistance training, every 2 to 3 days, for each muscle group.

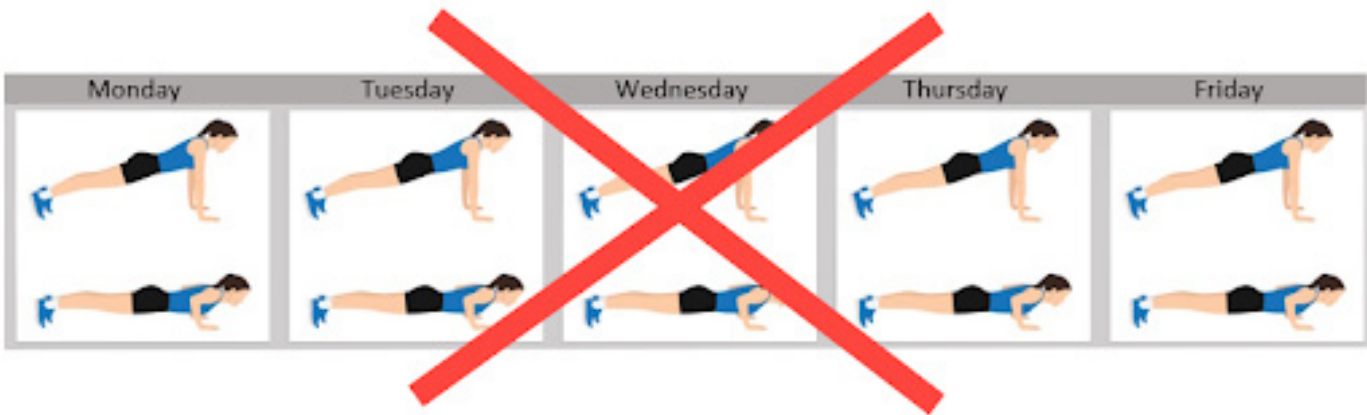
Remember to add variety to your routine to make sure you're exercising your whole body.

The following is an example of how this routine could fit into a week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10K Steps Cardio Resistance	10K Steps Cardio	10K Steps Cardio Resistance	10K Steps Cardio	10K Steps Cardio Resistance	10K Steps Cardio	10K Steps

REST TIME

When doing higher intensity activities, rest time can be just as important as work time. Try not to exercise the same muscle on consecutive days. As the illustration below shows, we should not exercise the chest Monday through Friday.



We could however vary the muscles used from day to day. For example, a person could exercise the chest on Monday, Wednesday, and Friday and the upper back on Tuesday, Thursday, and Saturday.

Lower intensity activities such as walking do not require as much rest and therefore can be done on consecutive days.



IS RESISTANCE TRAINING RIGHT FOR YOU?

Resistance training is recommended for kids and adults of all ages.

Without resistance training, we can lose strength, muscle, and bone density. These losses are accelerated with age, as we experience stage of life changes such as menopause, and when we suffer illness or experience medical treatments.

Having stronger muscles and bones reduces the risk of injury. Daily life is more enjoyable and easier when you feel strong.

CARDIO VS. RESISTANCE TRAINING

Cardio exercises create strong lungs and a strong heart while resistance training builds strong bones, joints, ligaments, tendons, and muscles. The primary outcome of these two different types of exercise impact different parts of the body, which is why we need both to maintain our health. Doing a little of each has a greater benefit than doing a lot of one.

How could being stronger help you? How has it helped you in the past?

“I’m too busy for resistance training”

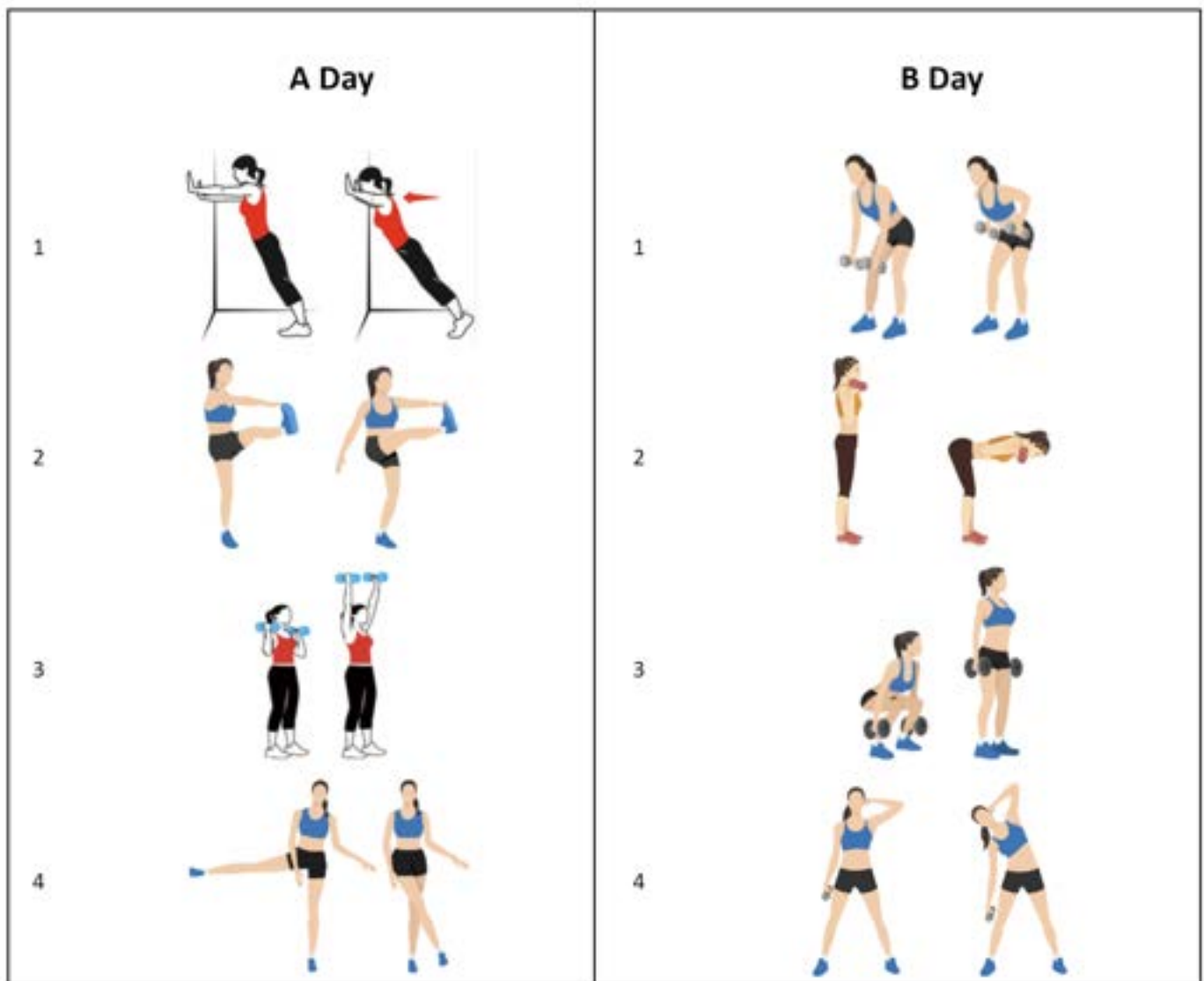
A workout does not have to be an hour at the gym! The perfect workout for right now could be a 5-minute workout. If you’re tight on time, the routine on the next page is your perfect plan until you have time to expand the routine. Complete “A” day one day and “B” the next so that you are doing a strength training routine 6 days per week. Complete 10 repetitions per set and increase the repetitions or weight from week to week where possible. Move straight through the exercises with minimal or no rest between sets and repeat.

10 REPS AND SAFETY

The recommended range for repetitions is between 5 and 25 for most adults. If you are only physically able to do 5 repetitions that means the weight is too heavy. If you are able to do 25, this means the weight is light. Heavy weights build more strength and lighter weights build more endurance so 10 is a nice middle ground. As you become comfortable with a 10-repetition routine and would like to try a different repetition range, it is recommended to go lighter for more repetitions as opposed to heavier with fewer repetitions.

If you had only 5 minutes for a workout, what could you do?

A 5-MINUTE RESISTANCE TRAINING ROUTINE



WHAT WILL YOUR EXERCISE SCHEDULE LOOK LIKE IN THE COMING WEEKS?

Create a plan for success below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CARDIO							
STEPS							
RESISTANCE TRAINING							

OTHER SAFETY TIPS WHEN EXERCISING

- Consult with your doctor before starting any exercise routine.
- Perform your resistance exercises on a stable surface with sure footing unless you are currently incorporating balance training into your routine. In this case start with balance activities you can do easily and then progress to more difficult ones week to week.
- Only increase the intensity level of your exercise slightly from week to week. Increase by no more than 1 level on the Exertion for Resistance Training scale each week.
- If you miss your resistance training workout for 4 days or more, do not start back at the same intensity level you were doing before you missed. Start several levels lighter on the Perceived Exertion for Resistance Training scale and progress gradually.
- When adding a different type of exercise to your routine, perform the exercise for a short duration at a light intensity and then increase slightly from session to session.
- Reaching a level 10 on the Exertion Level for Resistance Training scale is reserved for highly experienced lifters with advanced goals. Most individuals should never exceed a level 9.
- Lifting a weight you can control is essential. The difficult part of the motion should be smoothly accomplished with a 2 second movement. The easier portion of the motion should be completed over a 3 second duration.



“If exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

—DR. ROBERT BUTLER

MONTHLY GOALS

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2. Wins this month:

3. How did your goals change over the past month? Why?



SELF ACCEPTANCE

Session Objectives

- *Define self-acceptance and the role it plays in helping us reach our health goals.*
- *Recognize the value of objectively identifying our strengths and areas for improvement without comparing ourselves to others.*
- *Practice techniques for improving self-acceptance.*

SELF-*ACCEPTANCE*

Self-acceptance has to do with the messages we give ourselves every day – both positive and negative. We tend to judge ourselves harshly and even brush off praise as something that we don't deserve. With practice we can learn to judge our circumstances and our actions more objectively, allowing us to focus on positive thoughts that move us forward instead of negative thoughts that hold us back.

Negative and positive thoughts and beliefs – whether true or not – may stem from messages received from others (e.g. parents, teachers, coworkers, or children). They may also stem from internal messages we give ourselves based on how we think we should look, feel, or act. The first step in creating better self-acceptance is removing harsh judgements from our thoughts and not comparing ourselves to others.

Simply put, acceptance is acknowledging our own reality without judgement, insecurity, fear, or anger.

ACTIVITY: *To better understand your own self-acceptance, answer the following questions:*

What messages have you given yourself in the past about your weight, your ability to lose weight, or your ability/desire to exercise?

What messages have you received from others about these things (whether true or not)? Include both positive and negative messages.

How can comparing yourself to another person be helpful?

How can comparing yourself to another person be harmful? Has judgement, insecurity, fear, or anger contributed to your beliefs about yourself?

THE POWER OF SELF-TALK

Negative self-talk is like having a mean coach while positive self-talk is like having a helpful coach and these two coaches work to shape us into the person we assume we should be. The helpful coach is creative, nurturing, and skillful, with tremendous potential to mold us into the best version of ourselves. We created this coach through our positive experiences in life. The other coach is a bully that corrects and judges us harshly. This coach feels that if they let up, we will not do well. We created this coach from negative experiences in life. A mean coach lowers energy levels, erodes self-esteem, and causes failure to thrive. A mean coach can push a player to success, but the player will hate the process and eventually quit.

When it comes to eating habits or physical activity:

1. When is your internal coach mean? What messages have you gotten from that coach?

2. When is your internal coach helpful? What messages have you gotten from that coach?

WHAT IS ACCEPTANCE?

Acceptance is not giving up on change. Acceptance is daily work to remove the focus on judgment, anger, and defeat, and place that focus on what is helpful and the plan for progress.

Judgement:

Being mad at yourself for missing a workout.

VS

Acceptance:

Acknowledging that this was a really busy day but you can work out tomorrow.

When you recognize a judgment, ask yourself if this judgment sounds like it is coming from the mean coach or the helpful coach. A common practice many people use is to ask themselves, “Is this thought helpful?”

Without acceptance, the goal will always be just out of reach

Without acceptance the house is never nice enough, no job pays enough, and the grass will never be green enough. Getting through the day with the energy we need and a clothing size we like sounds wonderful, but without acceptance we continually move the goalpost. After weight loss we often focus on the next thing we are dissatisfied with. Daily acceptance makes the process easier and increases the likelihood of success.

5 STRATEGIES TO IMPROVE SELF-ACCEPTANCE

Change is hard! We need all the positive energy we can find in order to make a plan and take action. This takes confidence, courage, and a strong sense of self-worth. To grow these qualities, we will focus on creating positive thoughts and correcting negative thoughts using 5 strategies.

STRATEGY 1:
FOCUS ON THE BEST NEXT STEP FOR YOU

STRATEGY 2:
PRACTICE DAILY AFFIRMATIONS

STRATEGY 3:
TELL YOURSELF TRUTHS & CORRECT FALSEHOODS

STRATEGY 4:
LET GO OF NEGATIVE STORIES

STRATEGY 5:
PRACTICE HEALTHY COMMUNICATION

STRATEGY 1:

FOCUS ON THE BEST NEXT STEP FOR YOU

The “best next step” for one person might be completely different than it is for another person. This is where not comparing ourselves to others is key. Meal planning a week at a time may be the best next step for one person, but another person may not have any recipes, does not know what food to buy, or does not have food storage containers. So meal prepping so much at once may not be the right step, right now. Instead their best next step should be a smaller, more achievable goal that will set them up for success such as picking out 3 easy recipes to start with.

What health goal are you currently focused on?

What is the ONE best next step for reaching that goal.

STRATEGY 1:

FOCUS ON THE BEST NEXT STEP FOR YOU

Case Scenario: Sebastian was never a fan of gym class in school. After college he felt his sedentary lifestyle would harm his health, so he forced himself to go to the gym daily after work. He struggled a lot in the first six months but pushed through. He now goes three times weekly and says it's a habit but feels stressed on gym days. It's possible that Sebastian would feel better about physical activity if he chose activities he enjoys doing.

Case Scenario: Patrice was never a fan of gym class in school. After college she felt her sedentary lifestyle would harm her health. She decided to buy an activity tracking watch and get up from her desk for a two-minute walk when the move alert vibrated each hour. A month later she got a dog and took him for walks daily. In the fall she found a few exercise videos she liked online. In the winter she would bundle up and walk for 15 minutes a few times weekly after work. In the spring she signed up for a dance class at the community center, and the following year she realized she really enjoyed pedaling the recumbent bike while watching her favorite shows at the gym. She feels she rewrote her school-age experiences in gym class, reintroduced herself to physical activity in the way of her choosing, and progressed in a way she enjoyed. She looks forward to going to the gym and is excited to see what activity she will jump to next.

STRATEGY 2: PRACTICE DAILY AFFIRMATIONS

A daily affirmation is a short statement you tell yourself several times daily. Repeating one or more affirmations can have a positive effect on our mood and thoughts. Feel free to practice with one or more of the following affirmations while you work to create ones that have special meaning to you.

- *I do not have to be perfect to make progress.*
- *I can get back on track right now.*
- *The challenges I have taken on so far have made me stronger.*
- *A little bit of physical activity is better than none.*
- *Everyone has good and bad days.*
- *It doesn't matter what my pace is as long as I keep moving forward.*

My daily affirmation for this week is:

STRATEGY 3: TELL YOURSELF TRUTHS & CORRECT FALSEHOODS

Many of the common untrue things we tell ourselves can be grouped together in “categories of thought” referred to as ANTs, Automatic Negative Thoughts. As you read through the following, reflect on a time you have had similar thoughts.

“All or Nothing”

False: *There is no point in trying if I won’t be able to continue.*

True: *Some is better than none so even though I can’t walk for an hour today, I can walk for 15 minutes.*

“Over Generalizing”

False: *I have never done well with nutrition.*

True: *I have sometimes done well, and I am capable of making changes.*

“Thinking Your Feelings”

False: *I feel like I have to work twice as hard as others to get half the progress.*

True: *My efforts produce a benefit and comparing myself to others isn’t helpful.*

“Should-ing”

False: *I want a cheeseburger and fries, but I should have a salad.*

True: *The word “should” creates judgment and guilt. I could have a cheeseburger and I could have a salad.*

“Labeling”

False: *I am not a motivated person.*

True: *I am in the habit of working hard on somethings and less hard on others and I can change habits.*

Fortune-telling

False: *I just lost my job. This is no time to diet.*

True: *Healthy eating might be more difficult right now, but I can take that one day at a time.*

Blame

False: *My spouse buys unhealthy food so I exceed my calorie goal.*

True: *Others do not have control over my actions. I can make my own choices today.*

One automatic negative thought I have had about myself is:

The truth I can tell myself is:

STRATEGY 4: LET GO OF NEGATIVE STORIES

We continuously take what information we have and make guesses to fill in the gap. Imagine you walk into a movie theater and take a seat. Instantly the person two seats away stands up and walks away. Immediately we may jump to conclusions about why the person is moving. To tackle any negative story-telling, we can ask ourselves a few helpful questions.

- *What do I actually know about the situation?*
- *What are the other possible explanations for the situation?*
- *Even if the worst case scenario is true, how much does this actually matter?*
- *How big of an issue would this be a year from now?*

STRATEGY 5: PRACTICE HEALTHY COMMUNICATION

Speaking with a friend, mentor, or counselor can be very valuable when we are trying to solve a problem. Some people may feel that they are burdening others with their problems or that their problem isn't big enough to warrant counseling services. However, everyone deserves someone to listen and offer help.

In the event that you don't feel comfortable with talking with a friend or family member, or you are seeking professional input, many employers have EAPs (Employee Assistance Programs) that offer anonymous services at no charge. Check with your Primary Care Provider, health insurance provider, employer, church leader, or RETOOL coach for more information.



PRACTICING SELF-ACCEPTANCE

If you tend to judge yourself harshly, focus on using these 5 strategies for self-acceptance. Try to take action on 1 item daily. This action does not have to be large, and often the frequent smaller actions lead to greater success. Thirty seconds of affirmations, identifying and correcting one automatic negative thought, having awareness of when you are creating a negative story, or calling a friend all lead to positive self-acceptance.

What are some actions you can take to follow that strategy this week?

*“Start where you are.
Use what you have.
Do what you can.”*

- ARTHUR ASHE



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Sample Meal Planning Goals:

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GUT HEALTH

Session Objectives

- *Describe how the gut impacts weight and overall health.*
- *Identify signs of a healthy and unhealthy gut.*
- *Discuss various approaches to improving gut health.*

OVERVIEW OF *GUT HEALTH*

Researchers are finding that our gut may have a large impact on the dietary decisions we make and may play a key role in weight loss.

Terms to Know	
Gut Microbiota (aka Gut Microbiome or Gut Flora)	<i>Microorganisms, including bacteria, that live inside the digestive tract.</i>
Probiotics	<i>Live microorganisms that provide health benefits when consumed, AKA “good bacteria”.</i>
Prebiotics	<i>A nondigestible food ingredient that promotes the growth of beneficial microorganisms (probiotics) in the intestines.</i>

What have you heard about gut health?

THE IMPORTANCE OF *GUT HEALTH*

Your lower digestive system, or your “gut”, is where the food you eat is broken down and the nutrients from that food are absorbed by the body. Inside your gut, there is a community of tiny living organisms. This is called the gut microbiota or the gut microbiome.

These organisms include bacteria, both good and bad. The more beneficial bacteria you have in your gut, the healthier your gut is. An unhealthy gut microbiota is associated with obesity. A healthy gut leads to better digestion and absorption of nutrients, which helps prevent nutrient deficiencies. This is especially important while losing weight.

Not only does healthy gut bacteria support a healthy bodyweight, a healthy composition of bacteria in your gut plays a role in fighting infections and supporting a strong immune system. An imbalance of gut bacteria may lead to chronic diseases including inflammatory bowel disease, type 2 diabetes, colorectal cancer, and cardiovascular disease.



WHAT IMPACTS OUR GUT HEALTH?

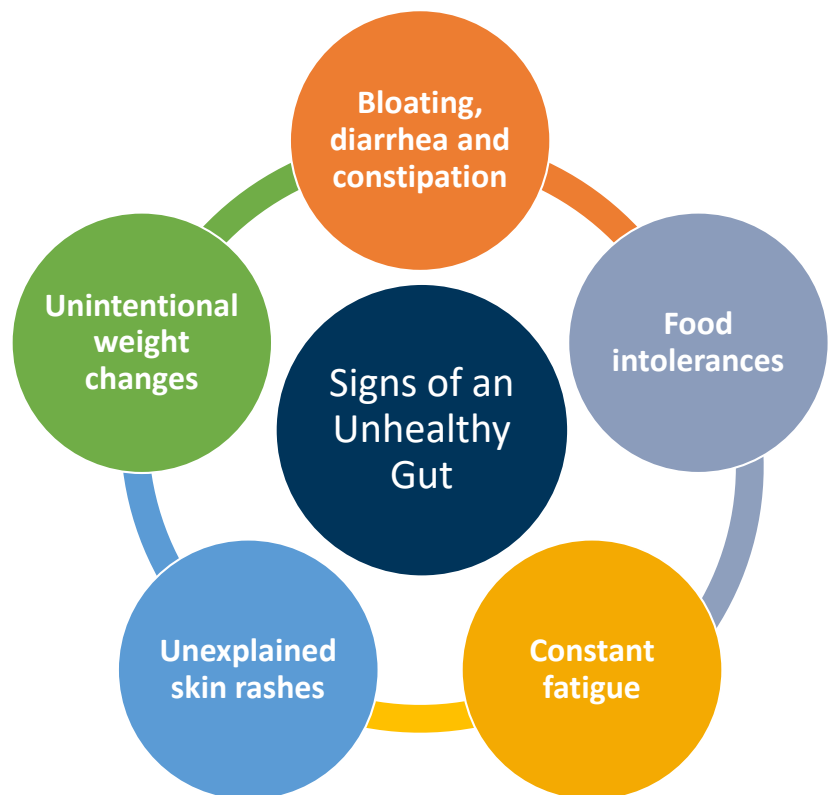
What and how much you eat can directly impact your gut microbiome. A diet that consists of highly processed and fried foods, and that lacks fiber and other nutrients can be damaging to your gut. Dietary fiber is not only important for weight management, but also essential for a healthy digestive system. A lack of fiber can lead to less beneficial bacteria in your gut. In addition to food, other factors may impact the gut microbiome including smoking, alcohol, and frequent use of antibiotics.



Signs of an Unhealthy Gut

To understand the status of your gut health, it is important to know what to look for. Some red flags that may indicate your gut is not in the best shape include:

- Digestive issues such as bloating, diarrhea, and constipation
- Food intolerances
- Constant fatigue
- Unexplained skin rashes
- Unintentional weight changes



What changes could you make to support/improve your gut health?

Recommendations to Improve your Gut Health	
Slow Down When Eating	<i>Chewing your food thoroughly helps improve digestion. Give yourself enough time to eat without rushing or taking large bites of food.</i>
Eat High Fiber Foods & Prebiotics Every Day	<i>Fiber promotes a healthy digestive system by regulating bowel movements. High fiber foods include whole grains, beans, lentils, fruits, and vegetables. Prebiotics are a certain type of fiber that nurture/feed probiotics. Foods that contain prebiotics include artichokes, garlic, onions, and bananas.</i>
Include Foods with Probiotics	<i>Probiotics are known as the “good bacteria”. Foods rich in probiotics include yogurt, kefir, sauerkraut, kimchi, miso, and tempeh.</i>
Limit Highly Processed Foods and Fast Food	<i>Fast food and processed foods like chips, crackers, cereal, and candy contain lots of preservatives and artificial ingredients that are linked to an imbalance of good and bad gut bacteria. Choose more fresh, whole foods over highly processed foods.</i>
Limit Artificial Sweeteners & Sugar Alcohols	<i>Artificial sweeteners are used in many low calorie and sugar-free foods so people can enjoy sweet-tasting treats without all the added sugar. However, these ingredients can cause digestive upset, including bloating and constipation.</i>
Manage Stress	<i>Chronic stress can impact digestive activity, and potentially alter the composition of your gut microbiota. To avoid the negative effects of stress, take some time to regularly engage in your favorite stress-relieving activities.</i>
Avoid “Detoxes” and “Cleanses”	<i>There are many different diets, teas, juices, and other beverages that are marketed to remove toxins from your body and lead to weight loss. These diets/products are not scientifically proven to be effective and they may cause more harm than good. Juice cleanses lack fiber and other nutrients and can cause digestive symptoms such as bloating, abdominal cramping, and nausea. Some products can have a laxative effect, which can lead to dehydration, electrolyte imbalance, and losing too many nutrients.</i>

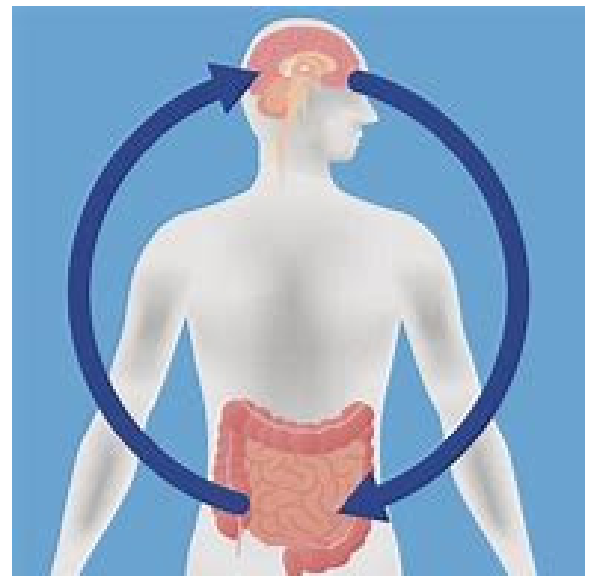


THE GUT-BRAIN CONNECTION

In the last decade, it has been discovered that the gut and nervous systems are linked via the “gut-brain axis”. This is a communication network between your brain and your digestive system.

Through your nervous systems, the bacteria in your gut can send signals to your brain and your brain can send signals to your gut. As mentioned earlier, stress can impact your gut. High levels of stress and anxiety can cause stomach pain, nausea, and other gastrointestinal symptoms.

The gut microbiota also plays a role in hormonal balance. There have been clinical trials that have shown that the composition of the gut microbiota in those with mood disorders and depression is different compared to healthy controls. This suggests that a bacterial imbalance in the gut might contribute to depression. In some studies, the use of probiotics has shown to improve symptoms of depression and anxiety.



SUPPLEMENTS

The number of supplements for gut health on the market has significantly grown over the past few years. Probiotic supplements contain different combinations of probiotic strains, or species. This varies by brand, which means not all products are created the same. Different probiotic strains have different effects on the gut and on overall health, so not every probiotic supplement is beneficial to everyone.

There are certain strains of probiotics (such as *Lactobacillus* and *Bifidobacterium*) that have been proven to improve certain gastrointestinal symptoms, such as bloating, diarrhea, and constipation. However, it is still not clear which probiotics are most helpful, what the appropriate dose is, or who is most likely to benefit. If you regularly consume probiotic-rich foods such as yogurt, kefir, or sauerkraut, you most likely do not need to take a daily probiotic supplement.

Similar to probiotic supplements, fiber supplements are made from different types of fiber such as inulin, psyllium, and lignan. They may be helpful for regulating bowel movements for some individuals. Although certain fiber supplements may be necessary for short term use to improve digestive issues, it is always best to focus on a high fiber diet, which includes whole grains, legumes, fruits, and vegetables.

Note: Always talk with your doctor first before taking any supplements.

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2. Wins this month:

3. How did your goals change over the past month? Why?

PAYING IT FORWARD

Session Objectives

- *Describe the support you received from others during your RETOOL journey.*
- *Identify various types of support you may be able to provide to others.*
- *Define your role in supporting others based on your relationship to them and their readiness for change.*

PAYING IT *FORWARD*

Getting healthier and losing weight can motivate us to try to help other people become healthier too. You might find yourself in a good position to support someone who is interested in improving their health or losing weight.

Helping, supporting, and teaching others makes us stronger by reinforcing our own habits and beliefs. A healthy balance comes from not pushing our own agendas or offering unsolicited advice. As we learned from our parents and teachers, ***“actions speak louder than words.”***

There is a strong correlation between successful weight loss maintenance and supporting others in their own health improvement journey.

What type of support have you received from family and friends since joining RETOOL?

GROUND RULES FOR PROVIDING SUPPORT

Throughout this session, we discuss how to provide support to the people around you. However, it's important to remember that everyone moves at their own pace, and forcing change doesn't work. Here are some simple ground rules to consider before offering support to anyone.

Remember...

- Always ask for permission first.
- Information doesn't always lead to change.
- Timing matters.
- Be more curious than informative. Listen more than you talk.
- Figure out why *they* want to change because it is more important than why *you* think they need to change.
- Be okay with small steps. Even considering changing is progress!
- Change takes time. Leave the door open if someone isn't ready.
- Know your boundaries and limitations; suggest outside help if needed.

SUPPORTING FRIENDS AND FAMILY

How much and what type of support you provide likely depends on how close you are to the person you are supporting. For example, you may be able to be more open, honest, and direct with close family members and friends, than coworkers or acquaintances.

When providing support to those closest to you, it's easy to become more invested in their success. Their success may feel like your own success, and a lack of progress could lead you to feeling impatient or even resentful. In some cases, relationships can suffer if there are mismatched values, readiness, or confidence around healthy lifestyle choices.

Patience is critical as everyone moves at their own pace. Even if they are not ready to make changes right away, you should let them know that you are still there to support them.

What are ways you could provide support to a family member or friend?

TYPES OF SUPPORT

There are many types of support that you can provide to others. Sometimes just the offer of support is enough to make someone feel better and prepare them to take action when the time is right. An example of a supportive statement might be:

"I see you care about your health and would like to make changes. I'm here for you and will support you in any way that is helpful."

EMOTIONAL SUPPORT

Emotional support is being there for someone and offering empathy, showing concern, and giving encouragement in a warm and non-judgmental way. It is about creating a trusting environment and bonding with someone. This kind of support also involves supporting their choices and decisions, and being there for them even if those decisions don't work out. True emotional support is lasting. Note the difference between these two statements:

Judgmental:

It sounds like your plan to exercise at the end of the day didn't work.

vs.

Nonjudgmental:

What plan might work out for you tomorrow? How can I help?

APPRAISAL AND COMPANIONSHIP

If someone is going through a difficult situation, you can provide support by focusing on their abilities and build them up by reminding them of their value and accomplishments.

“It sounds really challenging to navigate that situation. I’ve seen you in tough situations before and I know you’ll do well. How can I help?”

Offering companionship can help someone build confidence and provide a sense of belonging.

Example:

Invite someone to go for a walk or share a healthy meal.

INFORMATIONAL SUPPORT

Informational support means providing useful information, options, ideas, suggestions, or guidance. It is important to make sure the person wants the information you are providing.

Use informational support sparingly. Unwanted advice or solutions can be overwhelming and lead to resistance.

PRACTICAL, TANGIBLE, SERVICE, INSTRUMENTAL SUPPORT

Practical, direct, and instrumental support involves helping someone with a specific task or meeting a physical need.

Example:

Offering to babysit so a parent can go to the gym is an example of concrete support.

OTHER IDEAS FOR OFFERING PRACTICAL SUPPORT

- *Serve healthy foods.*
- *Choose healthy restaurants.*
- *Choose social activities and outings that don't involve food or alcohol.*
- *Be an exercise buddy.*
- *Engage in fun activity challenges and competitions.*
- *Plan events that involve being active like hiking or dancing.*
- *Schedule walking meetings or get togethers.*
- *Share healthy food or recipes.*
- *Involve your whole family.*
- *Be a community advocate.*

KNOWLEDGE IS NOT ALWAYS ENOUGH

Someone's reasons for doing things, or avoiding them, can be complicated. They may already know that they're making unhealthy choices, in which case, providing information won't be helpful. Instead, we may need to help them understand the **WHY** behind their current behavior, and help them identify their **WHY** for making a change.

Example:

Donuts are high in calories and fat and have virtually no nutritious value, but that knowledge alone is not always enough to make us walk away from them.

Talk together about reasons why they chose the donut:

- *They're hungry.*
- *Donuts are delicious.*
- *Their coworkers are enjoying time together eating donuts.*
- *They don't want to start their project yet, so they'll have a donut instead.*
- *They don't want them to go to waste.*



Then brainstorm reasons why they might NOT choose the donut:

- *They know that empty calories do not align with their health goals.*
- *They would rather spend their calories on more nutritious and filling foods.*
- *They know that once they start eating sugar it is difficult for them to stop.*
- *They know that eating greasy donuts makes them feel sick after.*

WILLPOWER VS. WHY POWER

We have all thought about how we should be able to change our behaviors through sheer willpower. By now you know that willpower alone is not enough to change deeply ingrained habits. Motivation for change has to come from deeper within, and that is where we identify our ***WHY POWER***. Our choices are more easily sustained when they are aligned with our values and beliefs.

THINK ABOUT YOUR OWN WHY POWER

Think back to why you joined the RETOOL Study. What did you think weight loss would help you with? Why do you make healthy choices now?

If someone you're supporting is struggling with motivation, it may be helpful to have them reflect on their own "WHYs".

ACTIVITY

Ask a person you would like to support about a change they want to make, then ask them to put **BECAUSE** at the end of the sentence and complete it. This activity can help people clarify their motivations and make the intended changes more meaningful.

Example:

*I would really like to lose weight **because** I want to be able to keep up with my grandchildren.*

Remember, you do not have to have all the answers. Just being a supportive listener can have a positive impact on someone who is working on a change.

SUMMARY OF TIPS FOR PROVIDING SUPPORT

- **Listen** and **don't judge** or automatically offer advice. Instead, seek clarification and make sure you understand why they are concerned.
- Share your own experiences with patience and humility, including both ups and downs. **Be willing to be vulnerable.**
- Avoid “shoulds” (“you should try this diet”). Instead, **be curious** about what they have already thought about or tried.
- If the person stumbles, **don't assume** you know why. Talk with them and ask how you can help next time.
- Ask them if they would like to **brainstorm solutions** with you. If they say no, **respect that choice** and let them know you will be available if they change their mind.
- **Congratulate them** for wanting to focus on their health.
- **Don't add pressure.** If they decide not to make changes right now, let them know you will be there when the time is right.
- **Focus on the process** of getting healthy, not the outcome of losing weight.
- **Be accepting** of their choices. Everyone is on a different journey.

MONTHLY GOALS

Every week, set new goals for yourself in each of the following categories:

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- 3. Move.** Set and track step and planned physical activity goals every week. Daily cardio is recommended; add strength training if desired.
- 4. Plan.** Follow a healthy eating lifestyle such as the Make and Measure Meal plan.
 - a. Three planned meals per day focusing on lean proteins and whole grains.
 - b. Eat a minimum of 5 cups of fruits and vegetables per day.
 - c. Limit sugar and fat, and avoid caloric beverages.
 - d. Set meal planning goals. See examples below.

Sample Meal Planning Goals:

- *This week I will plan a meal using a new recipe.*
- *I will use my meal planning sheet for the entire week.*
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EXERCISE GOALS

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MONTHLY REFLECTIONS

1. Challenges this month:

2. Wins this month:

3. How did your goals change over the past month? Why?



INTENTIONAL EATING: A MINDFUL APPROACH TO FOOD

Session Objectives

- *Redefine how we think about 'good' and 'bad' foods.*
- *Review how our bodies process hunger.*
- *Discuss different approaches to eating, such as mindful eating.*

REFRAMING *FOOD*

Society tells us that certain foods are ‘good’ and certain foods are ‘bad’ – and in turn we sometimes label ourselves as being good or being bad when we eat these foods. The reality is food is just food and it loses its power over us when we remove these descriptors. Removing morality from our foods can help remove emotions tied to eating. So instead of focusing on eating ‘good’ or ‘bad’ foods, we can focus on changing our mindset around food to be based around the reasons we eat.

How has your relationship with food changed in the past year?



Steps to Reframe Our Feelings About Food

Stop labeling food! Most foods are too complex to be categorized as ‘good’ or ‘bad’

By labeling a food as ‘bad’ it can become a temptation since it is considered forbidden or off-limits. Then, if eaten, it can lead to feelings of guilt, frustration, resentment, and failure.

Conversely, labeling a food as ‘good’ might allow a person to take more liberties with how they eat the rest of the day.

I can have a bigger piece of cake because I had carrots with my dinner.

It's OK to use extra ranch because the celery I'm eating it with is healthy.

This pie is healthy because it has fruit in it.

Think of food as nourishment and fuel for our bodies

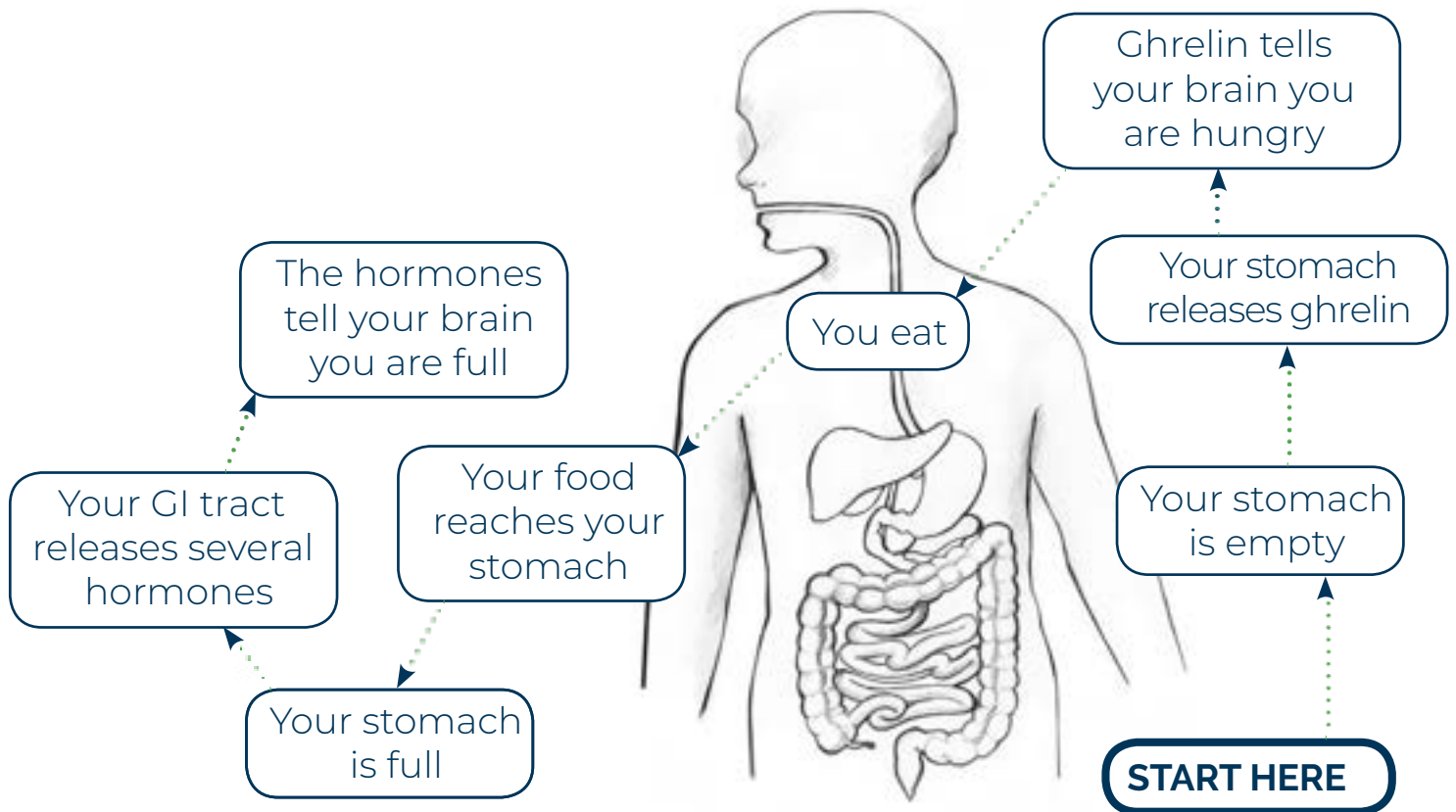
We need food to survive and we need healthy food to thrive. It is all about balance and making sure we are getting in all the nutrients we need before adding anything that won't be helpful to us.

Appreciate the value food adds to our social and family connections. Sharing food is part of bonding and showing love. Tying judgement to the food can ruin these special times, make us not want to participate, or leave us feeling left out or deprived. Focus on the meaning of the event over the consumption of the food. Make the food secondary.

It is OK to enjoy food! All foods can be incorporated into healthy eating habits with balance and moderation. One technique we can use to make sure we're practicing healthy eating is called mindful eating.

HOW DO YOU KNOW WHEN YOU'RE FULL?

The image below shows how your stomach and brain communicate to regulate the feeling of hunger.



MINDFUL EATING

Have you ever heard the terms “mindfulness” or “being mindful”? Mindfulness is the practice of paying attention to what you are experiencing in a certain way. It involves...

- Deliberately paying attention to what you are seeing, hearing, thinking, or feeling.
- Being in the present moment, or keeping your attention on the current moment not the future or past.
- Accepting what you are experiencing without judging or labeling the experiences as “good” or “bad”.



DISCUSSION QUESTION



When was the last time you took time to slow down and truly enjoy your food with little distraction? How did you know you were “being mindful” with your food?

The main idea behind mindful eating is to slow down, fully observe your food, and enjoy food without distraction. Let's break down each of these parts:

SLOW DOWN

- Slowing down brings more awareness to how much you are eating.
- It allows the satiety signal, or the “I’m full” signal, to travel from your stomach to your brain. This takes up to 20 minutes.
- This provides a sense of self-control and allows you to enjoy eating.

FULLY OBSERVE YOUR FOOD - USE ALL OF YOUR SENSES!

- Mindful eating does not just involve taste but also sight, sound, smell, and touch.

ENJOY YOUR FOOD WITHOUT DISTRACTION

- You are more likely to eat mindlessly when you are distracted.
- Distracted or mindless eating leads to being less aware of your food choices and underestimating how much you’re eating. For example, have you ever sat down in front of the TV with a full bag of chips, and suddenly the bag is empty?
- When you are distracted, you are also less likely to pay attention to your natural hunger and satiety signals.

Mindful Eating Exercise

1. Grab a piece of food that you can hold in your hand (e.g., a raisin, a slice of fruit, a small candy).

- Feel its weight in your hand.
- Touch it with your fingers.
- Examine the texture and color.

2. Slowly raise the food towards your nose. Do not bite the food yet.

- Pay attention to when you first smell the scent of the food.
 - *Do you feel the back of your mouth beginning to generate saliva?*
 - *Do you feel a tingling sensation at the back of your mouth?*
 - *Is your mouth filling with saliva at the thought of what it will be like to taste the food?*

3. Now, take a bite of the food and chew slowly.

- Can you make yourself aware of the sensations that are created on your tongue as you chew the food?
- Do you enjoy the sweetness of the food?
- What does the flavor taste like to you?

4. Take your time chewing the piece of food and notice how it feels when you swallow it.

Try this exercise next time you are eating a meal until you are full or finish your food, and reflect on how you felt while eating.

USING MINDFUL EATING IN YOUR OWN LIFE

Mindful Eating helps us gain control over our eating habits by making eating more intentional. So how can you apply it to your life?

- Practice mindful eating principles to help you decide if you're hungry.
 - *You may be seeking out food for reasons other than being hungry such as cravings, boredom, comfort, or stress. Mindful eating can help us determine if we're eating because of hunger or something else.*
- Mindful eating can help improve snacking behaviors.
 - *By making eating intentional, you can regain control over mindless or distracted snacking.*
 - *Slowing down eating helps control how much we eat.*
 - *It takes times for your stomach to signal to your brain that you're full. Mindful eating can be used to slow down eating and give your body time to turn off its hunger impulses.*
- Mindful eating enhances enjoyment of food.



*"It's never too late to
change old habits."*

-FLORENCE GRIFFITH JOYNER

MONTHLY GOALS

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EXERCISE IS MEDICINE

Session Objectives

- *Identify health benefits of exercise.*
- *Identify how exercise can improve certain health conditions.*
- *Discuss what types of exercise are useful for various health conditions.*

EXERCISE *IS MEDICINE*

Throughout the program we've focused on how exercise can be used for weight management when paired with a healthy diet. Exercise is an essential component of a healthy lifestyle. Even outside of improving strength, endurance, balance, and cardio health, exercise can offer other benefits to your mind and body that you might not be aware of.



DISCUSSION QUESTION

How does exercise make you feel?



We often default to using medications to treat illnesses and injury. When used correctly, exercise can be as effective as medication for preventing or managing certain conditions. Getting the right amount of exercise can improve conditions such as type II diabetes, some heart conditions, osteoporosis, arthritis, depression, anxiety, and hormone function.

Note: Always consult with a doctor before starting an exercise routine.

Exercise Recommendations for Disease Prevention and Treatment

These standard guidelines highlight the **minimum** amount of activity most people need each week to start receiving **meaningful health benefits**, but any exercise can be helpful. For weight loss, more physical activity may be needed.

ACSM & CDC GENERAL RECOMMENDATIONS



150 minutes
of moderate-intensity aerobic activity every week

2X per week
Muscle-strengthening activities on 2 or more days a week that work all major muscle groups



ACSM - the American College of Sports Medicine

CDC - the Center for Disease Control and Prevention

DOMINATE *DIABETES*

Let's start with defining what diabetes is....

- Diabetes is a condition in which the body cannot control blood glucose levels, either due to insufficient insulin production (type 1 diabetes) or tissues not responding to insulin produced (type 2 diabetes).
- Your body needs sugar (glucose) for energy. Sugar gets into your cells through insulin. Insulin is the body's major hormone that controls blood glucose levels. Higher blood glucose means more insulin is needed to remove the sugar from blood, but if your body is trying to produce too much insulin, your pancreas wears out and stops producing insulin. If your body stops responding to insulin, (becomes insulin resistant) then you can no longer effectively regulate your blood glucose.
 - *Exercise improves your body's use of insulin and makes insulin more effective.*
 - *Even one session of aerobic activity can improve blood glucose and insulin action for 24 hours or longer!*

How does it work?

- Exercise stimulates your body to remove glucose from your blood.
 - *Your body uses saved and stored glucose in the muscles and blood to fuel the exercise.*
 - *After exercise, your body converts glucose in the blood to glycogen to resupply fuel supplies in your muscles and liver.*
- Exercise builds your muscle cells.
 - *More muscle means more space for the excess sugar and insulin to store glucose (as glycogen) in muscle rather than storing it as fat.*

When lowering blood sugar through exercise, insulin gets better at using glucose and insulin resistance decreases.

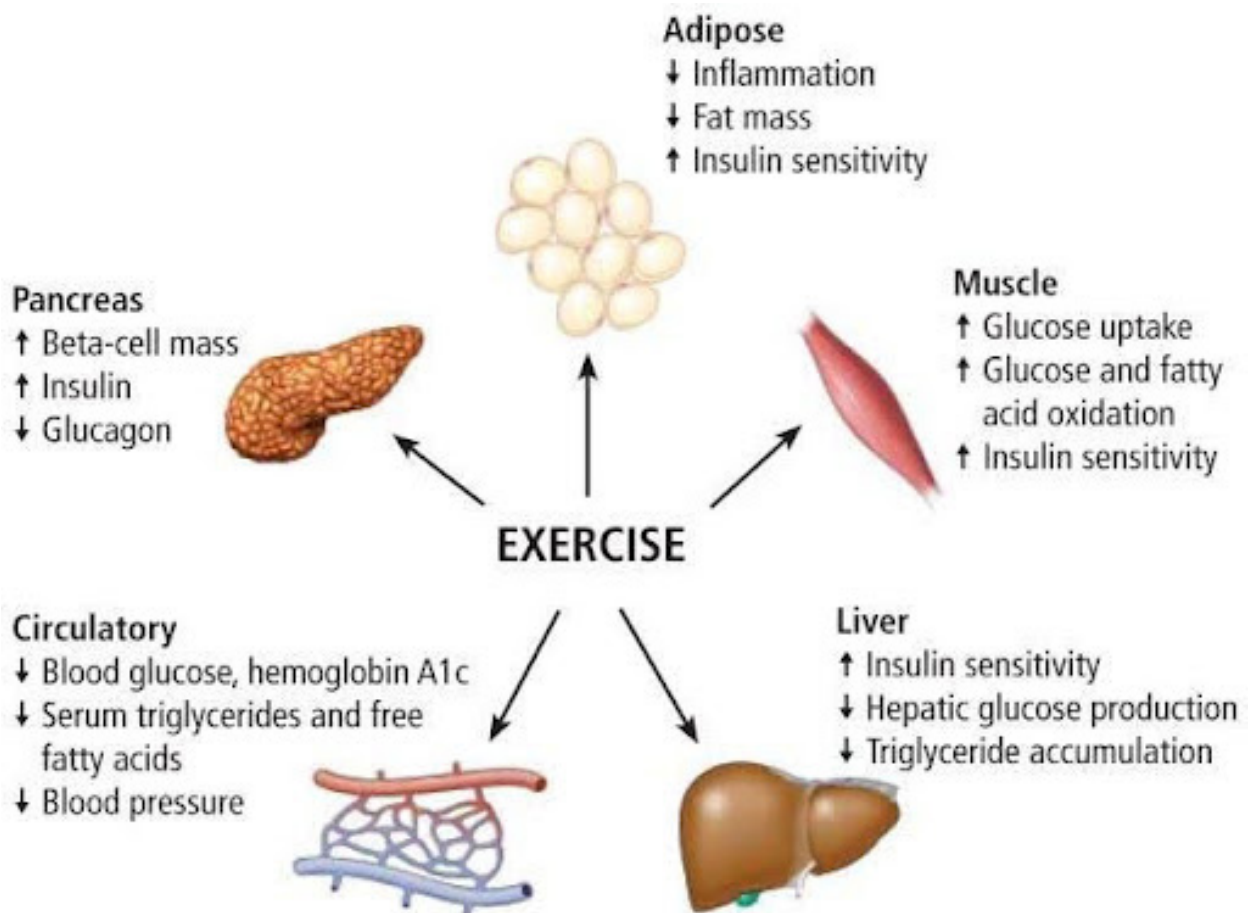
WHAT EXERCISE SHOULD YOU FOCUS ON TO PREVENT/IMPROVE TYPE II DIABETES?

**Refer to ACSM and CDC exercise guidelines in beginning of this chapter for the recommended exercise dose*

For optimal health outcomes aerobic and resistance training should both be performed in a single exercise session. High Intense Interval Training (HIIT) is useful and effective for people with type 2 diabetes.

For more information about interval training, review Session 17 (page 272) of the RETOOL Weight Management Part 1: Weight Loss Manual.

Exercise's Influence on The Body and Insulin



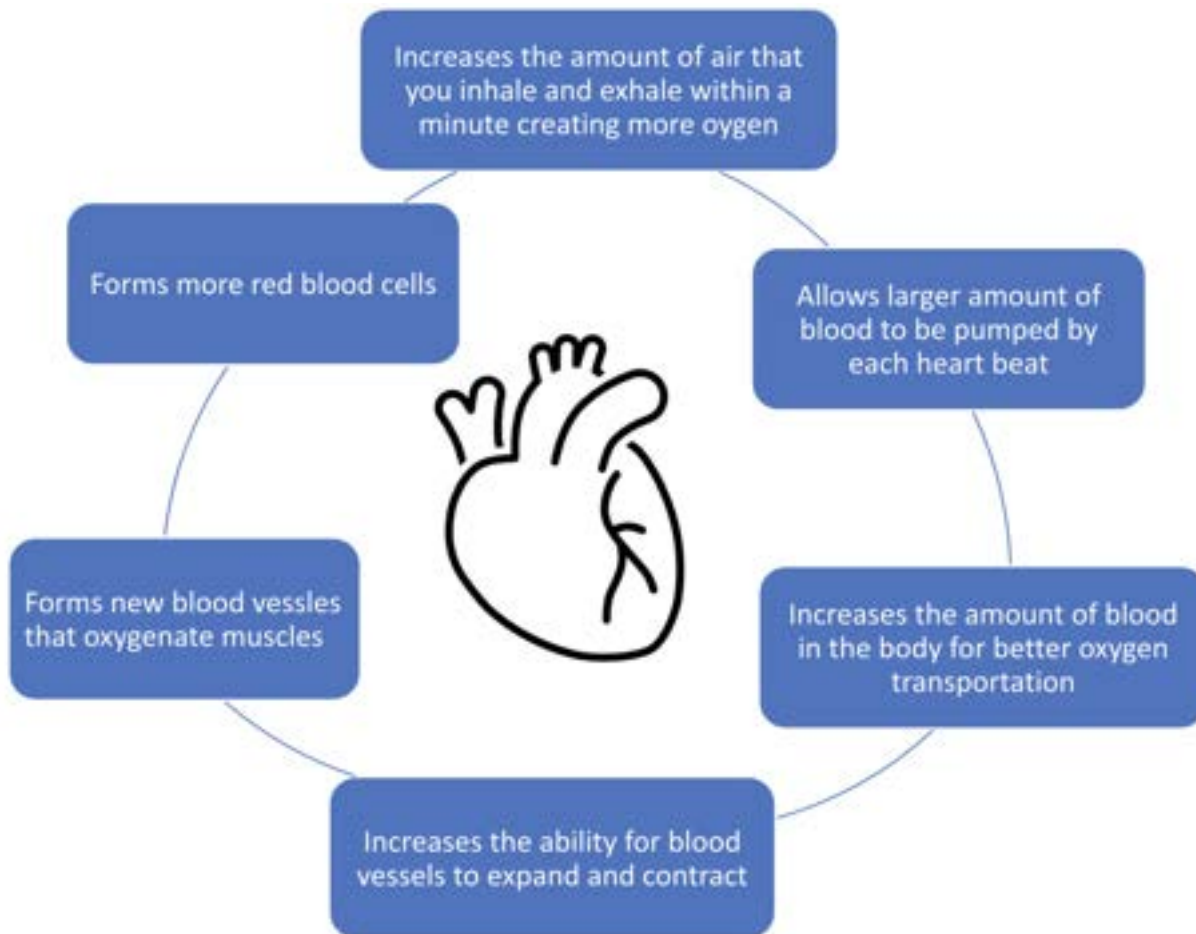
BUILDING A *HEARTY HEART WITH EXERCISE*

A healthy lifestyle plays an important role in maintaining cardiovascular (heart) health. Both diet and exercise are at the top of the list of essential components to a healthy heart.

Exercise makes the heart stronger, Literally! The heart is a big muscle that needs exercise just like any other muscle. When your heart grows stronger so does its ability to pump blood to your body!



EXERCISE IS MEDICINE FOR THE HEART! HERE IS HOW IT WORKS, EXERCISE...



How much exercise should I do to improve heart health?

- The American Heart Association recommends that adults looking to improve heart health and prevent heart disease should perform **at least 150 minutes of moderate intensity or 75 minutes of vigorous aerobic activity**, (or a combination of both) spread throughout the week.
- Generally, **aerobic exercise is best** since it keeps your heart working harder for longer.
- For more benefit to overall health, strength training can be added at least twice weekly.

MOVING TO MANAGE

ARTHRITIS AND OSTEOPOROSIS

ARTHRITIS

Arthritis is inflammation in the joints. While the definition of arthritis is simple, dealing with it can be very difficult. Additionally, there are a few types of arthritis such as gout, rheumatoid, osteo, psoriatic, and others which may need to be treated differently.

What causes arthritis?

Arthritis can develop for a lot of reasons. Some common causes include:

- Age
- Obesity
- Family history
- Sex - women are more likely to develop arthritis
- Inactivity
- Overuse
- Injury
- Infection
- Autoimmune disease

Exercise could help manage your arthritis

Exercise can't reverse arthritis, but being regularly active can help prevent loss in range of motion, and decrease the stiffness and pain in affected areas. While medication is a common treatment for arthritis, it is important to know that medication may just be masking the symptoms. Therefore, it's important to stay active even if your arthritis is managed by medications.

What Exercises Can Help Manage Arthritis?

The ACSM and CDC recommend people with arthritis focus on the following activities:

- *Moderate activity at least **3 days per week for at least 30 minutes of low-impact exercise**. Swimming, walking, cycling or using an elliptical machine are good choices.*
- ***Strength training 2 days a week** to build muscles which will support and protect joints.*
- ***Balance training** to improve stability and prevents falls.*
- ***Range of motion exercises** to lessen stiffness and move joints through a full range of motion.*

OSTEOPOROSIS

Osteoporosis is a health condition that weakens bones, making them fragile and more likely to break. Arthritis and osteoporosis have similar effects on your joints, muscles, and bones. Some things that can increase the risk of developing osteoporosis include, aging, family history, smoking and alcohol consumption, and a sedentary lifestyle.

How Can Exercise Help Manage Osteoporosis

Osteoporosis is usually treated with medication that slows or stops bone loss. While exercise can't replace lost bone density, it can help prevent further bone loss. Here's how:

- *Exercise makes bones stronger just like it does muscles.*
- *When you exercise, your bone adapts by building more bone and making it denser. This lowers the risk of fractures.*
- *Exercise can prevent or slow bone loss, help maintain muscle mass to preserve and strengthen surrounding bone, and decrease the risk of falling.*

IMPORTANT CONSIDERATION

Exercise is just one part of treating and preventing arthritis and osteoporosis. A balanced, calcium-rich diet, adequate Vitamin D, and a healthy lifestyle (including avoiding excessive alcohol and nicotine) are also key ingredients for lifelong bone and joint health.

What Exercises Can Help Manage Osteoporosis?

Weight Bearing Endurance Exercise

This is any activity you do on your feet that works your bones and muscles against gravity such as:

- *Stair stepper/stair climbing*
- *Walking*
- *Dancing*
- *Elliptical training machines*

Strength Training Exercise

Focus on doing either strength training 3 to 5 times per week with low weight bearing endurance activities, or resistance exercise 2 to 3 times per week for 30 to 60 minutes per day, or a combination of the two. You can also add balance and flexibility exercises. Some types of strength training you can focus on include:

- *Lifting weights*
- *Using your body weight*
- *Using elastic exercise bands*
- *Using weight machines*

Refer to Chapter 3 Resistance Training for more detailed recommendations.

Other exercises to consider:

Yoga provides significant flexibility and balance training to help prevent falls, which helps prevent bone breaks.

Non-weight-bearing exercises, such as swimming, cycling, and chair exercises do not significantly increase bone density but are excellent choices to strengthen muscles as well as the heart and lungs.

PUMP UP *YOUR BRAIN*



People who are physically active have a lower risk of developing Alzheimer's and dementia. In fact, in the U.S., physical inactivity is at the top of the list for modifiable risk factors for Alzheimer's disease and dementia. This is because exercise boosts proteins in the brain which protect against cognitive decline and helps prevent dementia.

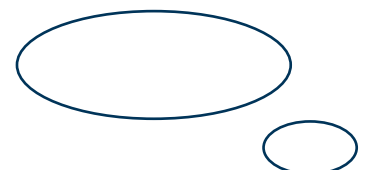
Best exercise for your brain health

Aerobic exercise seems to have the most beneficial effects on brain health and cognitive function. Variety is important as well, so a combination of aerobic and resistance training may have even more benefit to brain health.

**Refer to ACSM and CDC exercise guidelines in beginning of chapter*

Did you know?

All activity can be beneficial, even among people who don't meet the minimum guidelines. One clinical study found that increasing light physical activity and getting 7,500 steps or more per day was associated with improved brain health.



Working out with Depression and Anxiety?

Exercise has the effect of lowering anxiety and making you feel calmer. Moderate to vigorous activity improves feelings of well-being and symptoms of depression and anxiety.

Exercise can improve mental health by...

- Releasing feel-good endorphins which improve your sense of well-being and mood, lowers pain, and relieves stress and anxiety.
- Supporting nerve cell growth in the hippocampus, and improving nerve cell connections, which helps relieve depression.
- Improving your confidence and self-esteem.
- Improving cognitive function for increased ability for learning and decision making.
- Helping to prevent degenerative diseases such as dementia and Alzheimer's.

What are the best exercises for improving mental health?

Both **aerobic** and **strength training** exercises help with anxiety and depression. Here are some general guidelines that may help you find the right exercise to help manage depression or anxiety:

- Set small daily goals and aim for daily consistency rather than perfect workouts. It's better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon.
- Exercising consistently helps create habits and routines.
- Being active a few times per day is more important than intensity or duration. It helps you build habits and establish a routine.
- Focusing on activities you can do with others can contribute to mental health as well!
- Remember, the best exercise is the one that you like doing!

Aging Doesn't Have to Mean Loss of Function

Exercise can help us maintain a functional and independent lifestyle as we age. Regular exercise helps reduce health problems, which improves quality of life, and increase life expectancy.

Sex Hormones and Aging:

Hormonal shifts that come with age can affect overall muscle mass, bone mass, sexual function, and mental function. Exercise can be a powerful tool for reducing the symptoms of menopause and andropause.

- *Men experience andropause, which lowers the production of testosterone (major male sex hormone) and other hormones.*
- *Women experience menopause, which lowers the production of estrogen (major female sex hormone) and other hormones.*
- *The hormonal change from menopause alters fat distribution in women. Before menopause, fat tends to mainly store in the buttocks and thighs but after menopause, women become more prone to storing fat in the abdomen.*
- *For both andropause and menopause, strength and aerobic training can help reduce the impact of these hormonal shifts.*

It is NEVER too late to start, continue, or restart exercising.

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RECOGNIZING FAD DIETS

Session Objectives

- *Redefine what a 'diet' is.*
- *Review the RETOOL healthy eating principles.*
- *Review RETOOL's suggested nutrition recommendations plans.*
- *Discuss Fad diets and their pitfalls.*
- *Identify characteristics of unhealthy diet plans.*



DISCUSSION QUESTION

What does the word 'diet' mean to you?



Diets are often thought to be a temporary adjustment to lose weight. Being “on a diet” is often viewed as negative or restrictive. However, the real definition of diet is “the kinds of food that a person typically eats”.

When focusing on losing or maintaining your weight, don’t think about your diet plan as a temporary way of eating. Instead consider how you can sustain more healthy patterns of eating.

Review of RETOOL’s Healthy Eating Principles

- *Aim for 2+ cups fruit and 3+ cups veggies per day.*
- *Focus on lean proteins and complex carbs every meal.*
- *Focus on fiber - 38 grams per day for males, 25 grams per day for females.*
- *Limit red, high fat meat.*
- *Limit saturated fat.*
- *Limit salt.*
- *Limit simple sugar and added sugars.*

Diets that focus on developing healthy eating lifestyles

DASH - DIETARY APPROACHES TO STOP HYPERTENSION

- *The DASH diet is used to on improve heart health by eating foods that are rich in potassium, calcium, magnesium, fiber, and protein, while limiting red meat, saturated fat, and salt.*
- *Focus is on eating low fat dairy, fruit, vegetables, and whole grains.*

MEDITERRANEAN DIET

- *A diet plan that is based on eating traditional foods from countries around the Mediterranean Sea (e.g. Greece, Italy).*
- *Major focus is on eating plant-based foods like whole grains, vegetables, fruits, nuts, and seeds while using olive oil as the primary fat source. Proteins like seafood, dairy, and poultry are used in moderation, while red meats and deserts are used sparingly.*

MIND (MEDITERRANEAN-DASH) DIET

- *The MIND diet focuses on keeping our brains healthy and sharp.*
- *Dietary components are a mix of the DASH and Mediterranean diet with a large emphasis on whole grains, vegetables, leafy greens, nuts, beans, berries, poultry, and fish; while limiting sweets, red meat, cheese, fried foods, and butter.*



DISCUSSION QUESTION

What are the “Fad” diets you’ve heard of?



FAD DIETS

Not all diets are designed to be healthy or sustainable. ‘Fad diets’ are eating plans that are marketed to sell weight loss and can sound like a new short-cut or discovery in weight loss. Fad diets often make large promises of fast weight loss, but the reality is they are designed for short-term weight loss and aren’t sustainable over longer periods. Not only are these diet plans difficult to keep up over the long term, but they can also be dangerous and lead to malnutrition.



DISCUSSION QUESTION

*What’s the most extreme diet plan you have tried before?
What did you learn from it?*



FAD DIET *RED FLAGS*

Red Flags	Why you should be skeptical	Examples
Buzz word marketing	Claims that seem too good to be true often are. Healthy and sustainable weight loss is done over a period of time not overnight.	<i>"No exercise required!"</i> <i>"Lose weight fast!"</i> <i>"Lose 10 pounds in 5 days!"</i> <i>"Detox/Cleanses"</i> <i>"Melts fat away"</i>
Eliminating one or more food category	Carbohydrates, protein, fat, water, vitamins, and minerals are all essential for a healthy diet. Eliminating food groups can decrease your intake of important nutrients that your body needs.	<i>Diet plans that forbid certain food groups (e.g. Atkins, Keto, Paleo, South Beach)</i> <i>Diet plans that restrict you to a single food (The cabbage/grapefruit diet)</i>
Overselling the benefits of a particular food	Cleanses and detoxes are marketed as a way to "remove harmful toxins" and "promote weight loss". There is no clinical data to support their benefits.	<i>Liver detox</i> <i>Colon cleanse</i> <i>Juice cleanses</i> <i>Detox diets</i>
Diet plans that claims you don't need to exercise to improve health	There are many health-related benefits to exercise, including burning calories. Eliminating exercise is not beneficial for your body or health.	<i>Optavia Diet</i>
Very low calorie diets	It is not recommended to consume less than 1200 calories per day, unless supervised by a physician. These sort of diets can lead to poor nutrition, inadequate nutrients, and metabolic depression.	<i>Optifast</i> <i>Protein-Sparing Modified Diet</i> <i>Stewardess Diet</i>

SPOTTING *FALSE CLAIMS*



Everywhere you look there are nutrition recommendations: commercials, magazines, the radio, the news, even entire TV shows dedicated to delivering health-related information! Media, influencers, and enthusiasts may twist or misrepresent nutrition information, which can be very confusing and even dangerous!

HOW TO SPOT A FALSE CLAIM:

READ THE INFORMATION CLOSELY

Research is an ongoing process, so be suspicious of products or programs that use words such as “miracle” or “break-through” or programs that promote drastic weight loss.

QUESTION PROGRAMS OFFERING “SIMPLE SOLUTIONS”

The human body is complicated, and there is a reason why we need a variety of nutrients as well as regular physical activity. Overall diet quality and an active lifestyle are the foundations of health- not one single supplement, food, nutrient (e.g. protein, calcium), or one type of activity.

LOOK AT THE BIG PICTURE

You may see the media report that certain diet plans or products work because they were “clinically proven.” However, most of these reports do not give a complete picture of the research or testing that was done.



DISCUSSION QUESTION

How have you spotted false claims?



RELIABLE WEBSITES:

Reviewing reliable and credible sources will give you accurate health information that is supported by research. The following websites are great examples of where to find nutrition-related information:

- *Academy of Nutrition and Dietetics*
www.Eatright.org
- *USDA's MyPlate plate model and nutrition information*
www.Myplate.gov
- *My Net Diary*
www.mynetdiary.com
- *National Heart, Lung, and Blood Institute*
www.nhlbi.nih.gov/health/educational/lose_wt/eat/index.htm
- *Mayo Clinic*
www.mayoclinic.org

*“Looking after my health
today gives me a better
hope for tomorrow.”*

- ANNE WILSON SCHAEF



MONTHLY GOALS

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	Goal	Actual	Goal	Actual	Goal	Met? Y/N
1						
2						
3						
4						
5						

EXERCISE GOALS

Week	Physical Activity Minutes		Steps		Strength Training Sessions	
	Goal	Actual	Goal	Actual	Goal	Actual
1						
2						
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4						
5						

MONTHLY REFLECTIONS

1. Challenges this month:

2. Wins this month:

3. How did your goals change over the past month? Why?

EXERCISE AND RESILIENCE

Session Objectives

- *Describe resilience.*
- *Describe how exercise contributes to resilience.*
- *Develop strategies for building resilience and confidence when faced with challenges.*

WHAT IS RESILIENCE?

Resilience is the ability to bounce back when faced with setbacks and challenges. People who are resilient tend to adapt and recover quickly. They generally maintain a positive mindset and they have the confidence that comes from successfully solving problems and overcoming challenges along the way.

Why is Resilience Important in Weight Management?

We all experience setbacks when it comes to weight loss. Perhaps we gain a few pounds without realizing it or stall out on our exercise routine. Setbacks are normal and they tend to happen when something more pressing takes priority. Going on vacation, changing jobs, moving to a different town, illness and family emergencies are all examples of things that can throw us off course. When people are able to get back on track more easily they tend to have built up resilience over time.

You may have noticed that there are people who, at certain times of life, face many challenges and always seem to bounce back quickly, and then there are others who become discouraged and overwhelmed by even the smallest setbacks. The difference is not usually about the problem that threw them off course, but rather how they respond and recover.

When people respond with resilience, they tend to:

Be adaptable

They know that there is more than one way to approach a problem and they are willing to try different strategies until they find what works. They also know that just because something used to work for them doesn't mean it will always be the right solution because circumstances change.

Be curious

Rather than becoming emotional or discouraged, they approach problems with optimism, open-mindedness, and the willingness to try new ideas.

Have confidence

They know they have the skills and ability to recover from even the most difficult setbacks.

Be non-judgmental

They do not judge or blame themselves nor compare themselves to others.

Be patient

They understand that finding the right solution may take time.



DISCUSSION QUESTION



How is your response to gaining a few pounds different now than it would have been before you were part of RETOOL?

HOW EXERCISE BUILDS RESILIENCE

Exercise has a positive impact that goes beyond just the physical benefits of losing weight or building muscle. Exercise improves physical strength, endurance, muscle mass, mental strength, depression, and anxiety, stress, and focus. All of these contribute to resilience.

Common reasons people give for not exercising are that they don't have time or that they are too tired. But exercise actually increases energy, motivates us to achieve things in other areas of our lives, and creates a positive sense of well-being.

The energy and confidence we gain from exercising can empower us to handle setbacks and challenges. It makes us more resilient!

Think of a recent time when you dreaded heading out for an exercise session but felt a thousand times better after you finished. What motivated you to push through the dread?

Resilience is Built Through Small Successes Over Time

Setbacks are a normal part of life. Sometimes things just don't go as expected or we don't get the results we want. Resilient people avoid blaming and shaming themselves. Instead, they take the time to learn from the situation by asking:

- *What happened?*
- *What could I have done differently?*
- *What is in my control and what is not?*
- *What options do I have for next time?*
- *What is the best way to get back on track?*

Resilient people see setbacks not as ultimate failures, but opportunities from which they can learn and grow.



DISCUSSION QUESTION

How did your RETOOL group help you overcome a challenge?



TIPS FOR MANAGING SETBACKS

Take one step at a time. Break the problem down into small, manageable steps. For example, if you got off track with your exercise routine due to a change in your work schedule, consider resuming exercise slowly. This might mean exercising only 15 minutes per day to start vs. immediately trying to get back to where you were before the interruption.

Focus on past success. Consider where you have been previously and how far you have come. Remind yourself of your past victories and the fact that you have all the skills and tools you need to get back on track.

Take care of yourself. It is difficult to deal with a setback in one area of life if another area is already compromised. Pay attention to basic needs. Sleep, exercise, nutritious food, intellectual stimulation, and emotional connections are examples of basic needs that, if neglected, can lessen our resilience.

Ask for help, support, and accountability. Part of being resilient is knowing when and how to ask for help. Even if you can solve a problem on your own, having someone to help keep you accountable can help keep you strong!



*“It’s your reaction to adversity,
not adversity itself that
determines how your life’s story
will develop.”*

-DIETER F. UCHTDORF

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MICRONUTRIENTS, PHYTOCHEMICALS, and FUNCTIONAL FOODS

Session Objectives

- *Review the importance and sources of different vitamins and minerals.*
- *Discuss how some fruits and vegetables can help prevent disease.*
- *Discuss dietary supplements and nutraceuticals.*

THE IMPORTANCE OF VITAMINS & MINERALS

Vitamins and minerals are essential for keeping our bodies healthy.

But many American diets provide inadequate amounts of calcium, potassium, vitamin D, fiber, vitamin B12, folate, and iron. The RETOOL program aims to improve your overall diet quality.

Lack of nutrients in the American diet



- *High in fat*
- *Not lean protein*
- *Low vitamin/mineral value*



- *Brown Rice and Broccoli provide fiber, B vitamins, vitamin C, vitamin E, vitamin K, potassium, manganese, iron.*
- *Chicken breast provides lean protein*

The role of common nutrients and what to eat to get more of them!

Nutrient	What it does	Found In...
Vitamin A Beta-Carotene	Helps maintain good eyesight. Helps your body to fight infections.	<i>Sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, and Chinese cabbage</i>
Folate (Vitamin B9)	Helps produce red blood cells Reduces risk of heart disease. Protects against brain or spinal cord defects in babies during pregnancy.	<i>Black eyed peas, cooked spinach, great northern beans, and asparagus</i>
Other B vitamins	Helps fight infection Maintains healthy vision Keeps skin healthy by fighting off toxins. Strengthens bones and teeth.	<i>Leafy green vegetables, animal proteins, milk, eggs, seeds, and whole grains</i>
Vitamin C	Helps with wound healing and to keep teeth and gums healthy Helps to support your immune system. Works as a powerful antioxidant.	<i>Red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussel sprouts, oranges, mangoes, tomato juice, and cauliflower.</i>
Vitamin D	Essential for bone health Influences immune cell function Maintains nervous system function. Regulates levels of calcium and phosphorus.	<i>Salmon, trout, herring, sardines, canned tuna, egg yolk, milk, mushrooms, low-fat yogurt, low-fat cheese, beef liver and being outside (sunlight)</i>
Vitamin E	Helps dilates blood vessels and prevents clots. Protects cells from damage from toxins. Maintains muscle function Reduces risk of cancer, heart disease and Alzheimer's.	<i>Vegetable oils, avocados, seeds and nuts, spinach, broccoli, whole grains, salmon</i>
Vitamin K	Helps in wound healing. Creates strong bones. Helps protect against heart disease. Regulates blood clotting.	<i>Dark leafy vegetables, beef liver, pork chops, chicken, green beans kiwi, cheeses, avocado</i>

Nutrient	What it does	Found In...
Calcium	<p>Needed for healthy bone growth.</p> <p>Improves muscle function.</p> <p>Helps achieve healthy blood pressure.</p> <p>Aids in hormone secretion.</p> <p>Helps maintain strong teeth.</p> <p>Decrease risk of osteoporosis.</p>	<p><i>Yogurt, milk, cottage cheese, ricotta cheese, cheddar cheese, dark leafy greens. Tofu, sardines, soy milk, black beans, salmon, almond milk, almonds, chia/sesame seeds</i></p>
Magnesium	<p>Regulates enzyme activity.</p> <p>Maintains and regulates energy production.</p> <p>Helps builds protein and new cells.</p> <p>Necessary to maintain cell life.</p>	<p><i>Beans, seeds, nuts, green leafy vegetables, whole grains, salmon</i></p>
Iron	<p>Helps transport oxygen in blood.</p> <p>Improves immune function.</p> <p>Provides energy.</p> <p>Improves brain function.</p> <p>Improves ability to concentrate.</p>	<p><i>Beef, liver, chicken, clams, turkey, shrimp, tuna, dates, raisins, figs, broccoli, dark leafy vegetables, potatoes, seeds and nuts, wheats, oats, and enriched bread/pasta</i></p>
Zinc	<p>Reduces risk of cancer.</p> <p>Improves immune system.</p> <p>Improves memory.</p>	<p><i>Red meats, poultry, shrimp, beans, lentils, nuts, and whole grains, spinach, avocados</i></p>
Potassium	<p>Required for normal cell function.</p> <p>Maintaining intercellular fluid volume.</p> <p>Helps lower blood pressure.</p> <p>Promotes muscle function.</p>	<p><i>Bananas, white beans, potatoes, beets, legumes, seafood, leafy greens, dairy, tomatoes</i></p>
Omega-3	<p>Reduces triglyceride levels.</p> <p>Reduces inflammation.</p> <p>Promotes immune system.</p> <p>Reduces risk of heart disease.</p> <p>Improves eye and brain function.</p>	<p><i>Mackerel, salmon, herring, tuna, anchovies, sardines, swordfish, flaxseed, chia seeds, walnuts</i></p>

AN APPLE A DAY...

Did you know that, in addition to providing vitamins, minerals, and fiber, fruits and vegetables may help prevent diseases. This is because fruits and vegetables carry phytonutrients, also called phytochemicals or antioxidants, which are compounds produced by plants that provide health benefits to the body. Different phytonutrients provide different benefits so it's important to eat a variety of them. One strategy to get lots of phytonutrients is to eat lots of differently colored fruits and vegetables. Similarly, colored fruits and vegetables tend to provide the same phytonutrients so it's important to eat a mixture of colors to mix up the phytonutrients you receive.



Here are some examples of how differently colored fruits and vegetables can help improve your health.

Color	Foods	Phytonutrients	Health Benefit
Dark Red/ Blue/Purple	Eggplant (especially the skin), blueberries, blackberries, plums, and prunes	<i>Anthocyanins</i>	<i>Improves blood vessel health.</i>
Red	Strawberries, tomatoes, watermelon, red onions, red peppers, cranberries	<i>Carotenoid, lycopene</i>	<i>Protects against prostate cancer and heart and lung disease.</i>
Orange/ Yellow	Carrots, sweet potatoes, oranges, bananas, pumpkin, mango, corn, peaches	<i>Beta Cryptothaxin Beta-carotene</i>	<i>May prevent heart disease. Supports eye health and immune system.</i>
Green	Leafy greens, avocados, asparagus, broccoli, kiwi, brussels sprouts	<i>Sulforaphane, isocyanates, and indoles</i>	<i>Inhibits carcinogens and blocks cancer.</i>

How does it work?

- *Some nutrients in fruits and vegetables act as antioxidants, which protect our cells from free radicals.*
- *Free radicals are substances that form naturally in the body because of normal body processes. They can cause damage to cells that may lead to heart disease, cancer, and weaker immune systems.*
- *Antioxidants attach to free radicals and change them into substances that won't cause damage to the body. They also help repair damage that has already been done.*



DISCUSSION QUESTION

What colors do you frequently eat? Which colors do you think would be good to eat more of?



Other tips about eating fruits and vegetables for disease prevention:

- *Frozen fruits and vegetables are fine! Most frozen produce is just as nutritious as the fresh versions.*
- *Canned fruits and vegetables are also great options. They contain the same or even higher amounts of nutrients as fresh or frozen produce. Look for “low sodium”, “no salt added”, “no added sugar”, and “packed in 100% fruit juice or water” options.*
- *Eat the skins. Most of the phytonutrients are stored in the skin so make sure you’re not peeling your apples.*
- *In general, the deeper the color the more nutrients it contains.*

Fruits and vegetables aren’t the only foods that can help prevent diseases. Here are some other examples:

Foods	Health Benefit
Fatty Fish <i>Salmon, mackerel, tuna, and sardines</i>	<i>These provide Omega-3 fatty acids which benefit heart health.</i>
Nuts and Seeds	<i>Flaxseed is also high in Omega-3 and may help protect against some types of cancer.</i>
Teas	<i>Green tea may benefit brain function and health while preventing some types of cancer.</i>

SUPPLEMENTS & NUTRACEUTICALS

(NUTRIENT-PHARMACEUTICALS)

For the most part, most dietary supplements aren't needed if you maintain a healthy diet, however, if you are struggling to get a well-balanced diet you may consider adding in daily vitamins and minerals such as vitamin D, calcium, or a general multivitamin. Additionally, you could add a "Nutraceuticals" supplement. Nutraceuticals are made from food sources to provide the health benefits from those foods in pill form. Some common nutraceuticals include....

- *Fish oil pills*
- *Super Greens powder*
- *Calcium tablets*

While supplements can be beneficial, it is important to get most of your nutrients from your diet.



“If you keep good food in your fridge, you will eat good food.”

– ERRICK MCADAMS

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PLANNING FOR THE FUTURE

Session Objectives

- *Reflect on your accomplishments during the RETOOL program.*
- *Describe the skills you have developed for weight management.*
- *Set short and long-term goals around weight maintenance.*

REFLECTIONS

Now that you have successfully completed the 18-month RETOOL program it is time to reflect on your progress and consider how you will continue to move forward on your health journey. We hope that you will utilize the skills you learned in the program to build on your current success and continue to achieve your health related goals.

What are the three most important things you learned from participating in RETOOL?

1.

2.

3.

KEYS TO MAINTAINING WEIGHT LOSS

Maintaining a healthy weight is something most of us will want to pay attention to for the rest of our lives. Many of the skills you have developed and practiced for many months are now habits and come naturally. There may be other skills that you still want to establish and practice. During RETOOL, we developed a **toolbox** of strategies for weight management. Using these strategies will help ensure your continued success:

TOOLS FOR STAYING ACCOUNTABLE TO YOURSELF

Regular weighing

Monitoring your weight by weighing yourself on a regular basis is the most important tool you have to keep your weight in check. Pounds tend to slip on when we aren't paying attention, so regular weighing allows us to make quick course corrections and stay off the big fluctuation rollercoaster.

Tracking Your Food Intake

Some of you find that tracking is extremely helpful and are planning to continue. Others may not feel the need to continue. If you do not want to track every day, but know that tracking is something that helps you, consider a modified tracking schedule where you only track a few days a week, or commit to resuming tracking if your weight starts creeping up.

Your premium subscription to MyNetDiary will expire at the end of the study, but the free version has all of the same food tracking features. The free version does not connect to your Fitbit, but you can always enter those numbers into MyNetDiary manually. You also have the option of purchasing your own paid subscription or using a different calorie tracking app.

Eating good, nutritious food!

Focusing on fruits and vegetables, lean protein, and high-fiber carbohydrates is the simplest way to maintain weight. If a large percentage of your diet is comprised of healthy foods, then occasional treats will not derail you. Remember, the easiest way to avoid low quality foods is to keep them out of the house.

Staying Active

Frequent, regular exercise is not only important for weight management but also for overall physical and mental health. A well-rounded exercise plan includes cardio, strength training, and frequently moving throughout the day.

Creating External Support and Accountability

While we will no longer have formal RETOOL group meetings, some of you may choose to create your own accountability groups or find some accountability buddies. Remember, the RETOOL program was also designed to include your primary care provider so that you could continue to seek care and support from someone who knows your health and weight history.

What have you already done or what ideas do you have for creating support and accountability for yourself?

Remember that weight fluctuations are normal. Paying attention to small weight gains and dealing with those gains immediately is the best way to avoid getting back on the wild weight gain/weight loss rollercoaster. What are three things you plan to do if you start to regain weight?

1. _____
2. _____
3. _____

Compare your current self to your pre-RETOOL self:

What has changed about the way you eat?

What has changed about the way you move your body?

What has changed about the messages you give yourself around body weight?

What is a compliment you can give yourself now that you have successfully completed the program?

WORKSHEET

1. What skills and tools will I continue to use from RETOOL?

2. What goals around weight loss, weight maintenance, nutrition, or physical activity am I still trying to meet?

Short-Term:

Long-Term:

3. What supports do I have for maintaining a healthy lifestyle changes I have made?

4. What are my current challenges?

5. What is one step I can take this week to work on one of those challenges?

6. What advice do I have for future participants?

CONGRATULATIONS on completing the RETOOL Program!

You should be proud of all you have accomplished. We hope you continue down this healthier lifestyle.

Your contribution to this research study has made a difference. We hope this study will have a lasting impact on resources for weight management across rural Kansas, and we thank you for participating!