

## THINGS YOU CAN DO

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

it is time to start exercising every day

- Exercising means that your heart is beating 20 beats per minute faster than your usual heart rate; start slowly (10-14 minutes) then gradually *work up to 45 minutes every day.*
- If you can't walk or jog, do any exercise that will raise your heart rate including riding a bike, treadmill, or upper body exercises such as "conducting an orchestra."
- Try a **VARIETY** of exercises over the course of the week so you don't get bored.
- If you find exercise **boring**, invest in a walkman & play your **favorite music** or go to the library and get **BOOKS ON TAPE.**
- Involve other people at work, in the neighborhood, friends, and relatives. Exercise is "better with a buddy!"
- **Do it even when you don't feel like it.** That's when you'll be the most proud of yourself!
- **no excuses!** The alternatives are disastrous.
- It also helps you lower your cholesterol, stabilize your glucoses, lowers your blood pressure, and gets your heart in better shape.
- Think of **exercise as a drug** that you **you can not live without.**

3. Behavior changes/recommendations:

- Drink a tall (12- 24 ounces) glass of water, sugar free ice tea, crystal light, or diet soda **before** ( **not during** ) **every meal and snack.** No sugar containing liquids (including **ANY** juices or sports drinks) at anytime.
- With the drink, consider a bag of air popped ( not microwaved ) popcorn, or sugar free jello or jello parfait. These fill you up so you don't feel like eating so much.
- Eliminate from your diet (except once a week): bread, noodles, rice, potatoes and corn.
- **No eating is allowed when you watch TV** (you eat more this way), even snacks!
- Maximum of one piece of bread per meal.
- The only food on the kitchen or dining room table should be what is on your plate. No casserole dishes, bread basket, etc. The rest of the food can be put on the stove. No seconds. If you are still hungry, eat more salad with diet dressing.
- When you are finished eating, **WALK AWAY** from the table. Agree to talk in another room.
- Let or request that someone else wash the dishes ..... nibbling adds calories.
- You are not allowed to have a snack, watch TV or play on the computer unless you have exercised.
- All eating for the evening (including snacks) is to be finished within 1 hour after dinner is started.
- No food is allowed in your car or at your desk.
- Write a diary with every single item and amount that enters your mouth.
- Go through the pantry and all food areas and **GET RID of ALL FOODS** in the house that the overweight person should not be eating. There should NOT be a separate area of lousy foods for other family members.
- Use these same tips when you are **eating out!** *Plan in advance* for holidays and special occasions.
- **Eat nothing after dinner!** Try chewing gum or sugar free mints (i.e. velamints) from dinner until bedtime.
- As of now, you are allowed a **maximum of 30 minutes daily of TV**, video games, or computer time during the week and 1 hour daily on the weekends. This may give you the time to be more active.

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

5. Enroll the **whole family and friends** into this program so that they are helping and rooting you on!

6. If you are not able to follow through on these plans, it's probably a good idea to consider seeing a **counselor** to work out some issues and stresses.

*Good luck!*