

Get Fit for Life

Tool Kit for Program Coordinators

Prepared by



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities
Dennis Levinson, Atlantic County Executive Atlantic County Board of Chosen Freeholders, James Curcio, Chairman

Chapter 1

Program Coordinator's Guide

The Get Fit for Life Program is a four week program designed to motivate participants to build a healthy lifestyle by challenging them to improve their: nutrition, physical activity, stress levels, and weight. The program is a two part challenge which allows participants to become involved with either or both of the health challenges.

Part 1: Five-a-Day, Five-a-Week Challenge

Participants are challenged to eat five servings of fruits and vegetables per day, participate in a minimum of 30 minutes of physical activity per day, five days per week, and do five activities per week that reduce ones stress level. Participants will join the challenge in teams of 4 – 8, depending on total size of your group. Teams will complete and turn in, weekly logs. At the beginning of each week, all participants will receive a new packet of health information. (all samples are included in the toolkit index)

This toolkit will provide you with the information and materials to implement the program. This toolkit should be used as a model and guide in developing your own program specific to your location. The procedures are not set in stone. Adapt the program to fit your needs!

Follow these simple steps to start your program:

1. Determine a month you would like to run the program. You may want to consider one of the “health” months, for example: September is National Cholesterol Month and 5 A Day Week. November and December are good holiday months to push healthy alternatives for parties and dinners. Give yourself at least one month of planning before the program starts.
2. Review program guidelines and adjust as necessary for your organization. Consider when to begin registration, where, the start and end date, etc.
3. Develop an educational message plan that introduces the program and promotes participation.

Details to decide are:

- a) media outlets (bulletin boards, flyers, paystubs, etc.)
- b) message content (date, time, contacts, etc.)
- c) staff assistance in program operation (promotion, monitoring)
- d) printing & duplication (# of employees, paper, timeframe)

4. Consider incentive prizes that can be given weekly and/or as a grand prize. Prizes may be tangible items such as pens, cups, magnets, t-shirts, caps, fruits or vegetables, etc. Intangible prizes can be time off, parking spaces, notice in newsletters, points in a larger challenge.
5. Advertise and promote the program at least two weeks before the start date. Confirm printing and duplication, prizes, registration sheet, and staff help.
6. Start the program by handing out the first week log sheets for participants to track their activities. Maintain a Participant Tracking Tool for weekly check in purposes.
7. At the end of the first week, gather the log sheets, check for full completion, handout prize and next week's log sheet. Continue this for each week. At the end of the last week, hand out the program evaluation. (There can be an extra prize for the return of the evaluation)
8. At the end date, review the Participant Tracking Tool for participants who have completed all days. Put those names into a drawing pot for the grand prize. Award grand prizes and advertise winners.
9. Review evaluations and note for future program planning.

Part 2: Slimathon Challenge

Participants are challenged to identify their personal ideal weight, set an individual weight loss goal and then compete in teams for the highest percentage of weight loss based on individualized body mass indexes. Teams will “weigh-in” with the program leader to track progress on a weekly basis. Each week the teams will receive a packet of health information.

This toolkit will also provide you with the information and materials to implement the Slimathon Challenge. The same guidelines apply to both “Challenges”, so use this toolkit as a model and guide in developing your own program specific to your location. The procedures are not set in stone. Adapt the program to fit your needs!

Follow these simple steps to start your program:

1. Determine a month you would like to run the program. Remember that you can run the “Challenges” separately or offer both at the same time. Give yourself at least one month of planning before the program starts.
2. Review program guidelines and adjust as necessary for your organization. Consider when to begin registration, where, the start and end date, etc.

3. Develop an educational message plan that introduces the program and promotes participation.
Details to decide are:
 - a) media outlets (bulletin boards, flyers, paystubs, etc.)
 - b) message content (date, time, contacts, etc.)
 - c) staff assistance in program operation (promotion, monitoring)
 - d) printing & duplication (# of employees, paper, timeframe)
4. Consider incentive prizes that can be given weekly and/or as a grand prize. Prizes may be tangible items such as pens, cups, magnets, t-shirts, caps, fruits or vegetables, etc. Intangible prizes can be time off, parking spaces, notice in newsletters, points in a larger challenge.
5. Advertise and promote the program at least two weeks before the start date. Confirm printing and duplication, prizes, registration sheet, and staff help.
6. Start the program by weighing all participants and handing out the first week information packet. Weigh-in sheets will be kept for each participating team. Weigh-ins and all individual weight information should be kept by the Challenge leader and be **strictly confidential**. The "Challenge" leader will maintain a Participant Tracking Tool for weekly weigh-in purposes.
7. At the end of the first week, conduct a weekly weigh-in and hand out all week 2 information. Continue this for each week. At the end of the last week, hand out the program evaluation. (There can be an extra prize for the return of the evaluation)
8. At the end date, review the Participant Tracking Tool for participants who have completed all weigh-ins. Put those names into a drawing pot for the grand prize. Award grand prizes and advertise winners.
9. Review evaluations and note for future program planning.

Get Fit for Life

An Employee Wellness Initiative
Developed by the
Atlantic County Division of Public Health



Atlantic County
Division of Public Health

Can You Relate?

- **65% of Atlantic County residents are overweight or obese**
- **35% of Atlantic County residents say they have not exercised at all in the past month**
- **Over 75% of Americans do not eat five servings of fruits and vegetables each day**
- **50% of Atlantic County residents say they are currently trying to lose weight**
- **80% of Americans say their jobs are highly stressful**



A Simple Solution

Get Fit
for
Life



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Program Goals

- **Promote overall wellness and build a healthy lifestyle**
- **Set and achieve personal goals**
- **Provide ongoing education and support**
- **Work together to embrace healthy living, mutual support and shared goals**
- **Win great prizes (a healthy body, more energy and cash!)**



Program Overview

- **Building a Healthy Lifestyle with Five-a-Day, Five-a-Week**

You are challenged to...

- Eat five servings of fruits and vegetables each day
- Accumulate at least 30 minutes of exercise five days each week
- Do five stress-reducing activities each week

- **Lose Weight the Healthy Way with the Slim-a-thon**

You are challenged to...

- Identify your personal ideal weight
- Set an individual weight loss goal
- Compete in teams for highest percentage of weight lost



Program Details

You will...

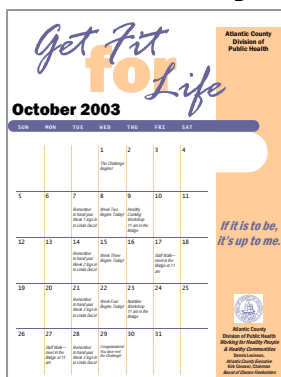
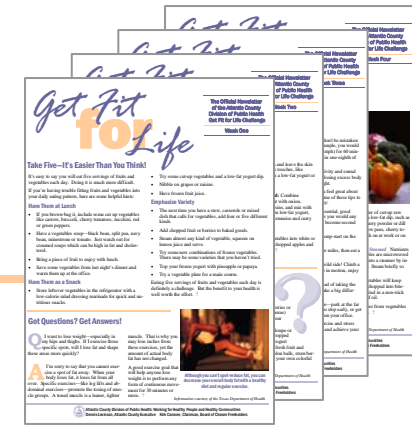
- **Choose to participate in the Five-a-Day Program, the Slim-a-thon Program or both**
- **Register in teams of four for the six-week challenge**
- **Receive a personal or group health consultation**
- **Complete weekly logs or weigh-ins for six weeks**
- **Receive weekly information packets, newsletters and contest updates**
- **Take part in group fitness sessions and workshops**



Program Support

You will receive...

- A Participant Packet outlining each program
- A weekly tracking sheet (for Five-a-Day participants)
- A calendar of group fitness sessions and workshops
- Weekly newsletters and wellness tips



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And the Winner is...



- **The Five-a-Day team that has accumulated the highest point total (determined by weekly logs)**
- **The Slim-a-thon team that has the highest percentage of weight loss**



Let the Challenge Begin!

- Be sure to register your team with your Get Fit for Life Leader by .
- Complete the Challenge and create a new you – beginning on .

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Questions and Comments



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Quick, Easy Tips to 5 A Day

What's a Serving?

What counts towards 5 A Day? All varieties of fruits and vegetables - fresh, frozen, canned, dried and 100 percent juice. A serving size is smaller than many people think.

The following are examples of servings:

- One medium-sized fruit (ex. apple, orange, banana, pear)
- 1/2 cup of raw, cooked, canned or frozen fruits or vegetables
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup cut-up fruit
- 1/2 cup cooked or canned legumes (beans and peas)
- 1 cup of raw, leafy vegetables (ex. lettuce, spinach)
- 1/4 cup dried fruit (ex. raisins, apricots, mango)

Be creative when eating your five servings of fruits and vegetables every day. And remember, 5 A Day is a minimum...5-9 is even better.

“Get Fit for Life” Leader Responsibilities

(Approx. 1 ½ hrs. per week)

1. Be responsible for overseeing the “Get Fit for Life” program in your designated area:
 - a. Attend one hour leader training
 - b. Recruit participants
 - c. Schedule and oversee weekly weigh-ins and distribute weekly weight loss information
 - d. Collect “5-a-Day” worksheets on a weekly basis and distribute weekly newsletters and information to all participants

2. BE ENTHUSIATIC!! – Be discreet – Help motivate people to get involved and stay involved. Above all don’t reveal people’s weights to anyone, even team members.

Get Fit for Life

Feel better today.

Stay healthy for tomorrow.

Here's how: The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future. The science-based advice of the *Dietary Guidelines for Americans*, 2005 in this booklet highlights how to:

- Make smart choices from every food group.
- Find your balance between food and physical activity.
- Get the most nutrition out of your calories.

You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to be healthy. You may not be getting enough physical activity to stay fit and burn those extra calories. This booklet is a starting point for finding your way to a healthier you.

Eating right and being physically active aren't just a "diet" or a "program"—they are keys to a healthy lifestyle. With healthful habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life.

The sooner you start, the better for you, your family, and your future.

Make smart choices from every food group.

The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars

DON'T GIVE IN WHEN YOU EAT OUT AND ARE ON THE GO

It's important to make smart food choices and watch portion sizes wherever you are—at the grocery store, at work, in your favorite restaurant, or running errands. Try these tips:

- At the store, plan ahead by buying a variety of nutrient-rich foods for meals and snacks throughout the week.
 - When grabbing lunch, have a sandwich on whole-grain bread and choose low-fat/fat-free milk, water, or other drinks without added sugars.
 - In a restaurant, opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
 - On a long commute or shopping trip, pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts—to help you avoid impulsive, less healthful snack choices.
-

Mix up your choices within each food group.

- **Focus on fruits.** Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and 1/4 cup of dried apricots or peaches).
- **Vary your veggies.** Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweetpotatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.
- **Get your calcium-rich foods.** Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.
- **Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.
- **Go lean with protein.** Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Find your balance between food and physical activity.

Becoming a healthier you isn't just about eating healthy—it's also about physical activity. Regular physical activity is important for your overall health and fitness. It also helps you

control body weight by balancing the calories you take in as food with the calories you expend each day.

- Be physically active for at least 30 minutes most days of the week.
- Increasing the intensity or the amount of time that you are physically active can have even greater health benefits and may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.
- Children and teenagers should be physically active for 60 minutes every day, or most every day.

CONSIDER THIS:

If you eat 100 more food calories a day than you burn, you'll gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity.

Get the most nutrition out of your calories.

There is a right number of calories for you to eat each day. This number depends on your age, activity level, and whether you're trying to gain, maintain, or lose weight.* You could use up the entire amount on a few high-calorie items, but chances are you won't get the full range of vitamins and nutrients your body needs to be healthy.

Choose the most nutritionally rich foods you can from each food group each day—those packed with vitamins, minerals, fiber, and other nutrients but lower in calories. Pick foods like fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products more often.

*** 2,000 calories is the value used as a general reference on the food label.**

NUTRITION: To know the facts...

Most packaged foods have a Nutrition Facts label. For a healthier you, use this tool to make smart food choices quickly and easily. Try these tips:

- Keep these low: saturated fats, trans fats, cholesterol, and sodium.
- Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
- Use the % Daily Value (DV) column when possible: 5% DV or less is low, 20% DV or more is high.

Check servings and calories. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.

Make your calories count. Look at the calories on the label and compare them with what nutrients you are also getting to decide whether the food is worth eating. When one serving of a single food item has over 400 calories per serving, it is high in calories.

Don't sugarcoat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

Know your fats. Look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.

Reduce sodium (salt), increase potassium. Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the saltshaker. Also look for foods high in potassium, which counteracts some of sodium's effects on blood pressure.

Play it safe with food.

Know how to prepare, handle, and store food safely to keep you and your family safe:

- Clean hands, food-contact surfaces, fruits, and vegetables. To avoid spreading bacteria to other foods, meat and poultry should *not* be washed or rinsed.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.
- Cook meat, poultry, and fish to safe internal temperatures to kill microorganisms.
- Chill perishable foods promptly and thaw foods properly.

Document based on the “Dietary Guidelines for Americans” by the US Dept. of Human Services and the US Dept. of Agriculture



Slimathon Participant Guide

Welcome to the Get Fit for Life Slimathon Challenge!

During the next four weeks you and your team will be learning about healthy food choices and physical activities that can help you lose weight and live a happier, healthier life.

The focus of the Slimathon is to help you achieve a healthy weight. The program coordinator, _____, will help you determine your ideal, healthy weight by computing your height, weight and body type. Your goal should be to get closer to this ideal weight by making healthy food and exercise choices.

By working in a team, you will be able to encourage, support and assist your co-workers and compete to see which team achieves the highest percentage of weight lost.

Throughout the next six weeks, your team will participate in weekly weigh-ins, receive important information to help you achieve a healthy lifestyle and plenty of tips for losing weight and getting fit. Remember, your weight information will be strictly confidential.

Be sure to follow the Slimathon Guidelines on the back of this page.



Slimathon Guidelines

1. Get together a team of four employees and sign up
2. Pick up your registration packet from your Get Fit for Life Leader.
3. Have your team complete the first weekly weigh-in. (Remember, weight information will be strictly confidential.)
4. Complete your team's weekly weigh-in by visiting your leader on the designated day for your area.
5. The team that has achieved the highest percentage of weight lost will be our Get Fit for Life Champions.

There it is! Simple, healthy, and life changing! See if you can meet the Get Fit for Life Slimathon Challenge!

If your team has any questions about the Get Fit for Life Challenge see your Get Fit for Life Leader, _____.





Take the 5 A Day Challenge!

Are you ready to take the "5 A Day Challenge?" Use this chart to track your intake of fruits and vegetable over the next seven days and see if you can achieve the "5 A Day" goal of eating 5 to 9 servings of fruits and vegetables every day!

What's my goal?

Children ages 2 to 6 years, sedentary women, sedentary adults over age 65	5 servings per day	<ul style="list-style-type: none"> o 1 medium piece of fruit o ½ cup canned or fresh-cut fruit, in its own juice o ¼ dried fruit o 6 ounces 100% fruit or vegetable juice o ½ cup raw or cooked vegetables o 1 cup leafy greens
Children ages 7 to 12 years, teen girls, active women, most men	7 servings per day	
Teen boys, active men	9 servings per day	

What's a serving?

Strive for 5!	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Serving 1							
Serving 2							
Serving 3							
Serving 4							
Serving 5							
Serving 6							
Serving 7							
Serving 8							
Serving 9							
TOTAL							

Five-a-Day Log

Name: _____

Team Name: _____

Week: 1 2 3 4 5 6 7 8 (circle the week this log corresponds with)



Write down the combination of five fruits and vegetables that you eat each day this week. **BE SPECIFIC!**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5

Write down the number of **STEPS** walked each day. If you walk more than once a day provide a total in the bottom row. Use the conversion chart to determine “steps” walked.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



Weekly Walking Log for 5-A-Day Challenge

Week - 1 2 3 4 5 6 7 8 (Please circle to indicate which week of the challenge this log is for)

Name _____

Team _____

Day	# of Steps	# of Steps	Total for the Day
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Remember to count steps – use conversion chart if needed. The two columns are provided in case you walk more than once a day. Please total your steps for each day.			

Get Fit for Life

The Official Newsletter
of the Atlantic County
Division of Public Health
Get Fit for Life Challenge

Week One

Take Five—It's Easier Than You Think!

It's easy to say you will eat five servings of fruits and vegetables each day. Doing it is much more difficult.

If you're having trouble fitting fruits and vegetables into your daily eating pattern, here are some helpful hints:

Have Them at Lunch

- If you brown-bag it, include some cut up vegetables like carrots, broccoli, cherry tomatoes, zucchini, red or green peppers.
- Have a vegetables soup—black bean, split pea, navy bean, minestrone or tomato. Just watch out for creamed soups which can be high in fat and cholesterol.
- Bring a piece of fruit to enjoy with lunch.
- Save some vegetables from last night's dinner and warm them up at the office.

Have Them as a Snack

- Store leftover vegetables in the refrigerator with a low-calorie salad dressing marinade for quick and nutritious snacks.

- Try some cut-up vegetables and a low-fat yogurt dip.
- Nibble on grapes or raisins.
- Have frozen fruit juice.

Emphasize Variety

- The next time you have a stew, casserole or mixed dish that calls for vegetables, add four or five different kinds.
- Add chopped fruit or berries to baked goods.
- Steam almost any kind of vegetable, squeeze on lemon juice and serve.
- Try some new combinations of frozen vegetables. There may be some varieties that you haven't tried.
- Top your frozen yogurt with pineapple or papaya.
- Try a vegetable plate for a main course.

Eating five servings of fruits and vegetables each day is definitely a challenge. But the benefit to your health is well worth the effort. ?

Got Questions? Get Answers!

Q I want to lose weight—especially in my hips and thighs. If I exercise those specific spots, will I lose fat and shape these areas more quickly?

A I'm sorry to say that you cannot exercise a spot of fat away. When your body loses fat, it loses fat from all over. Specific exercises—like leg lifts and abdominal exercises—promote the toning of muscle groups. A toned muscle is a leaner, tighter

muscle. That is why you may lose inches from these exercises, yet the amount of actual body fat has not changed.

A good exercise goal that will help anyone lose weight is to perform any form of continuous movement for 30 minutes or more. ?



Although you can't spot-reduce fat, you can decrease your overall body fat with a healthy diet and regular exercise.

Information courtesy of the Texas Department of Health



25 Easy Tips to Get Moving...at Work

It's easy to increase your physical activity — even at work. Try these simple tips to help you get moving.

1. Take several 5-10-minute walks during the day.
2. Choose the farthest entrance to your building.
3. Host “walking meetings.”
4. Walk to a restroom, soda machine or copy machine on a different floor.
5. Take the long way when walking to meetings.
6. Walk a few laps on your floor during breaks.
7. Walk during your lunch break.
8. Walk to a colleague's office rather than sending an email.
9. Take 5-minute walking breaks from your computer.
10. Park farther away.
11. Always have water with you. You will take extra steps every time you fill up your water bottle.
12. Take the stairs rather than the elevator.
13. Start a walking club with your co-workers.
14. Walk while using a speakerphone.
15. Step up your chores. Get steps in while doing daily chores.
16. Bring your own lunch. You'll have time to walk more at mealtime.
17. Avoid sitting at the computer for too long. Protect your back with a 5-minute walk each hour you are on the computer.
18. Discuss things with co-workers face to face. Getting a quorum takes steps!
19. Offer to be the one to pick up a package or deliver an order personally.
20. Stuck on the phone? Stand up while you talk.
21. Ask a co-worker to walk with you during a break time or at lunch.
22. Think of a reason to talk to the boss. Bring your good ideas in person.
23. Need ideas for a new project? Walk around and talk to people. You will get steps and build better working relationships.
24. Walk with a purpose. You will tend to walk a little faster.
25. Sitting on breaks? Move instead. You'll feel better and work better too.

Start the Day Right—Morning Exercise will Help You Feel and Look Great

No one likes the annoying buzz of an alarm clock first thing in the morning. Although it may mean waking a few minutes earlier, morning is the best time to exercise for many reasons.

- Exercising in the morning means you will have completed your workout before other things take priority, or you run out of time and motivation at the end of the day.
- When you workout in the morning, you only have to take one shower a day. You won't have to get dressed, undressed, and dressed again or redo your hair and make-up.
- You will feel better—even if your sleep was limited. Exercise gives you an added energy boost. You can also burn more calories by exercising before you eat a large meal.

If you're going to exercise in the morning, it's very important to begin

with a slow, gradual warm up period. Your muscles are generally a little tighter and need to be loosened after a night's sleep.



Mornings are a great time to focus on exercise and jumpstart your workout.

A lower intensity exercise (walking, easy bike pedaling, swimming, etc.) followed by a stretching routine will prepare you for your exercise and prevent injury and soreness.

If you can't imagine yourself exercising first thing in the morning, try some alternative measures to increase your activity in the morning. But remember to schedule your exercise routine for a later time in the day.

Try some of these easy alternatives to increase your morning activity level:

- Park your car far from the building at work and walk the extra distance.
- Walk up steps, preferably one flight or more.
- Walk around the building during breaks or stroll through the neighborhood.

Start your day by exercising and experience the difference it makes in your energy level throughout the day!



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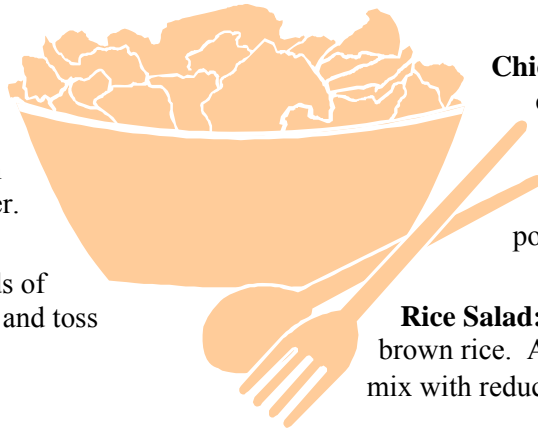
Week Two

Salad Improvement Days are Here!

Tired of the same old tossed greens dripping with fatty dressing? Or another creamed cole slaw? Here are some great ideas for low-fat, fiber-rich and easy-to-make salads you can try at home:

Pasta Salad: Try a pasta salad that's more vegetable than pasta; top it with reduced-calorie dressing or oil and vinegar with a dash of oregano, basil and black pepper.

Bean Salad: Add some new kinds of beans to your favorite bean salad and toss with reduced-calorie dressing.



Potato Salad: Try new or red potatoes and leave the skin on; add color and flavor with vegetable touches, like grated carrot or green pepper; toss with a low-fat yogurt or reduced-calorie mayonnaise dressing.

Chicken or Turkey Salad: Combine chicken or turkey meat with onion, celery, grapes, or raisins, and mix with a dressing made from low-fat yogurt, reduced-calorie mayonnaise and curry powder.

Rice Salad: Mix a variety of vegetables into white or brown rice. Add some raisins and chopped apples and mix with reduced-calorie dressing. ♦

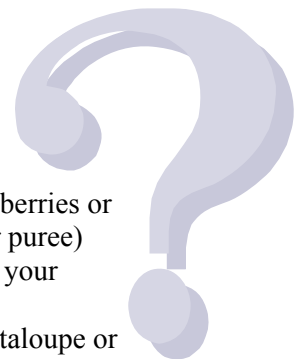
Got Questions? Get Answers!

Q My goal is to help my family eat five servings of fruits and vegetables each day and limit the amount of fat we eat. My kids love sweets and it's hard not to give them a dessert after dinner. Do you have any suggestions for healthy foods they will enjoy?

A If you've got a sweet tooth, limiting fat and increasing fruits and vegetables may seem like a hard task. Fruit can be a great solution to help meet those sweet cravings and enjoy a healthy snack. Here are some simple tips:

- Use fruit as a topping on cereal, non-fat yogurt or low-fat cottage cheese

- Enjoy angel food cake topped with strawberries or blueberries
- Try lemon ice topped with strawberries or blueberries (either whole fruit or puree)
- Eat frozen fruit bars: try making your own with fruit juice
- Serve half of a small melon (cantaloupe or honeydew) filled with berries and topped with fresh lemon juice or non-fat yogurt
- Make fruit kabobs with chunks of fresh fruit and served on a skewer (try grapes, melon balls, strawberries, kiwi and bananas or make up your own colorful and refreshing creations) ♦



Information courtesy of the Texas Department of Health



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities
Atlantic County Executive, Dennis Levinson Board of Chosen Freeholders, James Curcio, Chairman

Easy Exercise Tips

Every day people start exercise programs without knowing the basics. What is the correct way to exercise? What exercises should I do? What exercises should I avoid?

The following list suggests helpful tips and exercises to avoid. Some of them may surprise you. But these “Dos” and “Don’ts” of exercise are important if you want to prevent an injury.

- **Do** exercise every day in some small way. Set aside a special time, the same time each day, so that some activity becomes part of your daily routine. Use a chart to log your exercise progress and reward yourself for consistency (exercising every day for two weeks) or for reaching a certain goal. Be sure your reward is not centered around a high calorie food!
- **Do** follow the fitness format of a warm-up, work-out, and cool down.
- **Do** replace fluids as you exercise. It is a good idea to drink a glass of water 15 minutes before exercising and carry a water bottle with you during your workout.
- **Do** remember to have fun! Exercise with a friend, play music, enjoy the outdoors.
- **Don’t** push yourself beyond what feels comfortable. And don’t compete with the exercising pace of a friend. Know your own abilities and limits.
- **Don’t** bounce when you stretch. Bouncing tends to tear muscle tissue and cause soreness. The best way to perform a stretching exercise is through a slow steady stretch, holding the position for a few seconds.
- **Don’t** do deep knee bends or squats past 90 degrees (don’t lower your hips below the knees).



This will help you avoid over stressing the muscle and ligaments of the lower back.

- **Don’t** do any movements where your arm or leg joints are locked (such as standing toe touches). Keep your arms and legs slightly flexed and able to move even while performing a stretch.
- **Don’t** take your neck for granted! Avoid full head circles (yes-no head movements) which tilt the head too far back, abdominal crunches that jerk the head forward while curling up, or the shoulder stand. These exercises could pinch the nerves at the base of the spine, compress the spinal disks or reduce the blood flow to the brain which may cause dizziness.
- **Don’t** be fooled and injured by hard-core abdominal exercises. For example, the traditional full sit-up could put excessive pressure on the lower back. A recommended way is a shoulder-lift off the floor, arms crossed in the front over the chest - not pulling with your hands behind your neck. Your knees should always be bent, your lower back flat on the floor. Lift your shoulders and tighten your abdominal muscles only.
 - **Don’t** do double leg lifts or even single leg lifts with your legs straight (keep your knees flexed).
 - **Don’t** allow your lower back to arch off the floor unsupported.
 - **Don’t** believe the myths that working out hard is the best way to get results. Injury may be your only reward. Pain is not gain in the lifelong fitness game.
 - **Don’t** get discouraged! Fitness can be improved at any age and any stage of .ill-repair.!

Take things slowly and give yourself a realistic time frame for noticing improvement. You can do it, but not overnight! ♦

Adapted from HealthNet New Mexico Foundation



Get Fit for Life

The Official Newsletter
of the Atlantic County
Division of Public Health
Get Fit for Life Challenge

Week Three

Striving for Balance

Eating a variety of healthy foods is important, but it's only half of the story to achieve long-term success with weight loss.

The other part of the equation depends on regular physical activity. Physical fitness is to your body what fine tuning is to a car engine. It allows you to reach your potential and maintain it.



Just like a gymnast,
a healthy lifestyle requires
careful balance.

There are a lot of good reasons for most people to increase their physical activity. But many Americans can't seem to find the time or just plain aren't willing to try. That's hard to believe when you look at some of the benefits:

- **Exercise often helps control your appetite.** Physical activity does not necessarily increase your appetite. In fact, regular exercise often has the opposite effect.

- **Exercise keeps your whole body healthy.** Exercise helps maintain a healthy heart and lungs, muscle strength, endurance and flexibility.

- **Exercise burns up calories,** but don't be mistaken about how many calories. For example, you would have to walk moderately fast (3.5 mph) for 60 minutes to burn off the calories (300) in one-eighth of an apple pie.

The combination of regular physical activity and sound nutrition is the only proven method for losing excess body fat and maintaining a healthy body weight.

This winning combination will help you feel great about yourself—you'll like the results! Try some of these tips to increase your activity throughout the day:

- Think of physical activity as an essential, good habit. Schedule it into your day as you would any other important task. Soon it will become second nature, like brushing your teeth.
- Exercise in the morning to get a jump-start on the day
- For a true power lunch, walk a few miles, then eat a low-fat lunch.
- Take a walk, hike, or ride on the wild side! Climb a hill or hike outdoors. Once you're in motion, enjoy the fresh air and scenery.
- Walk up and down the stairs instead of taking the elevators. The extra effort can make a big difference!
- Add a short walk to your commute—park at the far end of the parking lot, get off a bus stop early, or get dropped off a few blocks away from your office.

By focusing on balancing nutrition, exercise and stress relief you can build a healthier lifestyle and achieve your fitness goals. ♦

Information courtesy of the Texas Department of Health



On the Road Again—Eating Five While You Travel

When you're on the road - whether for business or pleasure - it's sometimes hard to eat five or more servings of fruits and vegetables daily. But, with a little planning, it is possible to enjoy the fruit and vegetable choices you have when you're at home.

Here are some simple ideas to help maintain your healthy lifestyle.

Flying

Pack a fruit or vegetable snack to enjoy instead of the peanuts served and other travelers will envy you.

Restaurants

- Look for a restaurant that has a salad bar with a wide selection of high-fiber foods (kidney beans, broccoli, carrots, spinach, fruit). Remember to use only a small amount of low-fat dressing and watch out for high-fat items (bacon, cheese, potato salad with mayonnaise, pasta salad loaded with high-fat salad dressing).
- When ordering a prepared salad, ask for low-fat dressing on the side, so you can control the amount you use.
- Order an extra vegetable.
- When you order a baked potato, ask for margarine and topping on the side or try low-fat plain yogurt or salsa.
- Ask for no butter or sauce on your vegetables.



Whatever road you take, wherever you may go, it is possible to maintain your healthy lifestyle as you travel.

On The Road

You're driving along and a snack attack happens. What are your options?

- Stop at a fast food restaurant. Many now serve juice and some have salad bars or baked potatoes.
- Stop by a supermarket and pick up some fruit or a quick salad from the salad bar.
- Stop at a convenience store or deli for fruit; they'll certainly have 100 percent fruit juice.

You Can Take It With You

Pack some of these for your next car, train, or plane trip: peaches, zucchini sticks, plums, raisins, grapes, dried fruit, bananas, cherry tomatoes, apples or carrot sticks.

Fitting In Fast Food

On occasion, fast foods can fit into a healthy diet. Here's some tips to help you select healthy foods when eating fast.

- Choose broiled or grilled items. Avoid fried or crispy items.
 - To balance your meal, add a salad with low-fat or fat-free dressing.
 - Skip the large fries. A large order of fries can add as much as 22 grams of fat and 450 calories.
 - Ask for low-fat or fat-free options such as hot sauce, ketchup or mustard. Extra tomatoes, lettuce and onion are good choices also. Cheese, mayonnaise, regular salad dressings and creamy dipping sauces can add a lot of fat and calories.
- Take along a piece of fruit like a banana or orange. Adding fruit to your meal can fill you up and help you achieve your Five-a-Day goal.

Wherever you are headed, a little thought and preparation can help you maintain your healthy lifestyle stay fit for life. ♦



Get Fit for Life

The Official Newsletter
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Week Four

All About Vegetables

Fruits and Vegetables for Big Health Benefits

Most experts suggest we increase the amount of vegetables and fruits we eat each day. They make this recommendation because vegetables and fruits are excellent food choices that are:

- low in fat
- good sources of fiber
- rich in many of the vitamins and minerals we need for good health
- good sources of other compounds that may reduce the risks of some types of cancer

Translating this recommendation into breakfast, lunch and dinner means having five or more servings of fruits and vegetables each day.

What is a Serving?

It can be difficult to determine how much food equals one serving. Keep these handy guidelines in mind when planning your meals.

One Serving of Vegetables = 1 cup raw leafy greens
½ cup other vegetables, cooked or chopped raw; ¾ cup 100% juice

One Serving of Fruit = 1 medium piece of fruit;
½ cup chopped, cooked, or canned fruit; ¾ cup 100% juice

Getting the Most out of Vegetables

When vegetables are boiled in water, some of the nutrients are lost. Here are some simple ways to maximize the nutritional value of your vegetables.



- **Serve Vegetables Raw** Try a platter of cut-up raw vegetables or a tossed salad with a low-fat dip, such as plain low-fat yogurt mixed with curry powder or dill with dinner. Take along some snow peas, cherry tomatoes, or cut-up zucchini to snack on at work or on the road.
- **Serve Vegetables Microwaved or Steamed** Nutrients aren't lost as readily when vegetables are microwaved or steamed. Turn your saucepan into a steamer by inserting an inexpensive metal rack. Steam briefly so vegetables stay crunchy.
- **Serve Vegetables Stir-Fried** Vegetables will keep most of their nutrients if they are chopped into bite-size pieces and immediately stir-fried in a non-stick skillet with only a small amount of oil.
- **Save the Skin** You'll get more fiber from vegetables (and fruits) if you can eat the skin. ♦

Information courtesy of the Texas Department of Health



Atlantic County Division of Public Health: Working for Healthy People and Healthy Communities
Atlantic County Executive, Dennis Levinson Board of Chosen Freeholders, James Curcio, Chairman

Brave Beginnings to Get You Exercising

Getting Started

Don't try to make up for the last five days of inactivity during your first day of exercise! Begin slowly, gradually increase the time you exercise. Allow your body to adjust to the new active you! Remember to get your doctor's OK before you begin, especially if you're over 35.

Exercise Regularly

A warm-up will help prevent muscle soreness and injury. It will also prepare your body's most important muscle, the heart, for exercise. Although a minimum of 30 minutes of continuous movement is recommended for cardiovascular improvement, beginners may not be able to exercise that long. Your cool-down should gradually slow down your exercise pace, allowing your heart rate to return to normal. Your cool-down should also include some stretching to promote flexibility.

Be Careful

Injuries are avoidable! The majority of fitness injuries are caused by overuse and abuse. Remember, pain is not the name of the game.

Look for Results

Benefits of regular exercise can include: improved physical condition and physical appearance, lower risk for high blood pressure and cardiovascular disease, weight loss (when combined with wise eating habits) and a more positive mental outlook.

Action Steps

Consider the following questions to jump-start your fitness program and increase your level of physical activity. Write down your answers and talk them over with a team member.

1. What activities do you enjoy?

2. What new fitness activities have you always wanted to try? A new sport? A new hobby? Are you willing to give this activity a try?

3. What time of day have you been exercising? Is this the best time for you? How can you arrange your schedule to accommodate your new fitness goals?



Relaxation Ideas for the 5-a-Day Challenge

Eight Ways to Beat Stress

By Bobbie Lieberman

What is relaxation? The mystics say it is to completely "lose yourself" or to "be in flow" in your activity, so that all internal "chatter" is stilled. Modern-day researchers have linked relaxation to a marked slowing of brain waves accompanied by clarity that is called "the awakened mind."

But how do we achieve this admirable state, and how can we maintain it over time? Let's explore some of the ways that you can quiet your mind, melt away stress and approach relaxation of the body, mind and spirit:

Spend some time in the silence every day. In our high-tech world, we are surrounded by and immersed in information—streaming in via television, e-mail, voice mail, fax machines and pagers. Information overload can become a detriment to your health, knocking you off balance and creating a sort of artificial dependence upon these stimulations. So make time for yourself, and take a break from the info-stream every day.

Reconnecting with stillness is an important component of health. Every day, devote a little time to take yourself out of the "busyness" game. First, eliminate all forms of intrusion. Then close your eyes, breathe deeply and let your thoughts float downstream like a log carried by the river. You can practice meditation or relax in a hot bath with aromatherapy. When a thought comes up, just watch it float away.

Don't buy into the cultural definition of "news." Andrew Weil, M.D., recommends taking a voluntary "news blackout" on a regular basis—stop reading the newspaper and watching television for one day, a week or longer. A constant supply of "bad news" isn't healthy for our bodies—our cells are designed to take in joy, not disaster!

Pursue your passion. Activities that absorb you completely will slow your brain waves and put you into that "zone" in which internal chatter is stilled. It could be bird-watching, cooking, hiking, biking or riding, painting, writing, sewing, gardening, photography, working with animals. Physical movement is important—it opens the chest, lifts your mood, curbs food cravings and lowers blood pressure. You'll also sleep better at night.

Practice the "Relaxation Response." Herbert Benson, M.D., Harvard researcher and author of *The Relaxation Response* and *Timeless Healing*, says, "Faith quiets the mind like no other form of belief." Here's the technique: Repeat a simple, neutral word such as "one" for several minutes. Then close your eyes, breathe in through your nose and out through your mouth, as you say your word or phrase silently as you exhale. When stray thoughts come by, gently release them and continue repeating your phrase. Do this deep breathing exercise for 10 to 15 minutes each day.

Treat yourself to a massage or other type of bodywork. Doing so on a regular basis can help to lower your heart rate and blood pressure and promote muscle relaxation and emotional release. According to Stephen Sinatra, M.D., author of *Heart Sense for Women*, "It's not uncommon for the release of long-held sadness to occur as a result of bodywork."

Let the tears flow. Crying can be very therapeutic. According to Sinatra, "Crying is one of the most cleansing experiences you can go through." Here's why: Deep sobs open the chest and diaphragm, releasing bound-up energy. This helps to free your heart of muscular tension. A good cry also enhances oxygen delivery to the cells and stimulates release of specific neurochemicals in the brain that promote relaxation.

Laugh. Rent a classic comedy film, or tune in to "Nick at Nite" or the Comedy Channel. Rent a tape of your favorite comedian. Read some of those Internet joke lists that you've been archiving to "read later." Dig out your old "Far Side" cartoon collections. Clip a cartoon and post it on the refrigerator or fax it to a friend, to double the effect.



Seven Tips for Stress Management and Self-Care for Women

"Each player must accept the cards life deals him or her. But once they are in hand, he or she alone must decide how to play the cards in order to win the game".

-Voltaire

Where to start:

It seems like it comes almost naturally for women to take care of others before they take care of themselves. But then, what happens to us? We get sick physically, emotionally or spiritually. Our symptoms look like fatigue, irritability, resentment, depression, anxiety, a sense of always feeling rushed, unsatisfied and unhappy. We begin to feel that things are out of control, we have no time for ourselves and we feel like stress is running our lives.

What we can do :

1. Realize that if we don't take charge and make changes, nothing will get better.
2. Look at your daily calendar and note the categories where you spend your time: e.g.: job, children or other family responsibilities, housework, commuting, husband, healthy activities or time for yourself. Notice which areas dominate and which are suffering. Daily tasks can always be readjusted to make room for something that is more important. Decide that your self-care is important.
3. Rate how you make choices in the following areas as good, fair or poor :
 - o rest
 - o nutrition
 - o exercise
 - o self-regenerating activities
 - o sleep

How can you make better choices for the areas you want to improve?

"Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you."

- Carl Sandburg

4. Make a list of 5 things that brings you joy in life; now add 5 more
5. Put this list next to your calendar & schedule at least 2 of these activities daily.
6. Write down what, if anything, might prevent you from starting to make these changes. Look at that word or phrase; decide if you want to give it the power to make you unhealthy, unhappy or stressed.
7. If you have decided to take charge of your life and your stress, what will be your first change? When will you start? Mark it on your calendar. What can you do today?

"At any moment I could start being a better person - but which moment should I choose?" - Ashleigh Brilliant, Potshots No. 1521

Behaviors That Will Help You Lose Weight and Maintain It

Set The Right Goals

Setting the right goals is an important first step. Most people trying to lose weight focus on just that one goal: weight loss. However, the most productive areas to focus on are the dietary and exercise changes that will lead to that long-term weight change. Successful weight managers are those who select two or three goals at a time that they are willing to take on, that meet the following criteria of useful goals:

Effective goals are 1) specific; 2) attainable; and 3) forgiving (less than perfect). "Exercise more" is a commendable ideal, but it's not specific. "Walk five miles everyday" is specific and measurable, but is it attainable if you're just starting out? "Walk 30 minutes every day" is more attainable, but what happens if you're held up at work one day and there's a thunderstorm during your walking time another day? "Walk 30 minutes, five days each week" is specific, attainable, and forgiving. In short, a great goal!

Nothing Succeeds Like Success

Shaping is a behavioral technique in which you select a series of short-term goals that get closer and closer to the ultimate goal (e. g., an initial reduction of fat intake from 40% of calories to 35% of calories, and later to 30%). It is based on the concept that "nothing succeeds like success." Shaping uses two important behavioral principles: 1) consecutive goals that move you ahead in small steps are the best way to reach a distant point; and 2) consecutive rewards keep the overall effort invigorated.

Success (But Not With Food)

Rewards that you control can be used to encourage attainment of behavioral goals, especially those that have been difficult to reach. An effective reward is something that is desirable, timely, and contingent on meeting your goal. The rewards you administer may be tangible (e. g., a movie or music CD or a payment toward buying a more costly item) or intangible (e. g., an afternoon off from work or just an hour of quiet time away from family). Numerous small rewards, delivered for meeting smaller goals, are more effective than bigger rewards, requiring a long, difficult effort.

Balance Your (Food) Checkbook

Self-monitoring refers to observing and recording some aspect of your behavior, such as calorie intake, servings of fruits and vegetables, exercise sessions, medication usage, etc., or an outcome of these behaviors, such as weight. Self-monitoring of a behavior can be used at times when you're not sure how you're doing, and at times when you want the behavior to improve. Self-monitoring of a behavior usually changes the behavior in the desired direction and can produce "real-time" records for review by you and your health care provider. For example, keeping a record of your exercise can let you and your provider know quickly how you're doing, and when the record shows that your exercise is increasing, you'll be encouraged to keep it up. Some patients find that specific self-monitoring forms make it easier, while others prefer to use their own recording system.

While you may or may not wish to weigh yourself frequently while losing weight, regular monitoring of your weight will be essential to help you maintain your lower weight. When keeping a record of your weight, a graph may be more informative than a list of your weights. When weighing yourself and keeping a weight graph or table, however, remember that one day's diet and exercise patterns won't have a measurable effect on your fat weight the next day. Today's weight is not a true measure of how well you followed your program yesterday, because your body's water weight will change much more from day to day than will your fat weight, and water changes are often the result of things that have nothing to do with your weight-management efforts.

Avoid A Chain Reaction

Stimulus (cue) control involves learning what social or environmental cues seem to encourage undesired eating, and then changing those cues. For example, you may learn from reflection or from self-monitoring records that you're more likely to overeat while watching television, or whenever treats are on display by the office coffee pot, or when around a certain friend. You might then try to sever the association of eating with the cue (don't eat while watching television), avoid or eliminate the cue (leave coffee room immediately after pouring coffee), or change the circumstances surrounding the cue (plan to meet with friend in non-food settings). In general, visible and accessible food items are often cues for unplanned eating.

Get The (Fullness) Message

Changing the way you go about eating can make it easier to eat less without feeling deprived. It takes 15 or more minutes for your brain to get the message you've been fed. Slowing the rate of eating can allow satiety (fullness) signals to begin to develop by the end of the meal. Eating lots of vegetables can also make you feel fuller. Another trick is to use smaller plates so that moderate portions do not appear meager. Changing your eating schedule, or setting one, can be helpful, especially if you tend to skip, or delay, meals and overeat later.



Behaviors That Will Help You Lose Weight and Maintain It

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PLATEAUS AND OTHER FRUSTRATIONS

As we enter the half way point of our Slimathon Weight Loss Competition, initial enthusiasm has waned. Stick-to-itness has given way to slippage. The beginning rapid weight loss has been halted and the scales show no decline.

Perhaps you have hit what is called, a plateau. The theory behind this is that your body, in pursuit of stability, wants to maintain body weight within a given range. When you threaten to go outside of this range (ie. weight loss) your body will hold steady and maintain weight despite continued calorie reduction. The only way to combat this phenomenon is by perseverance until a new, lower weight range can be established.

For others, perhaps you are experiencing the dieter's drone, you are just tired of this! It is at this point that your "team" can be particularly effective. Together you can rekindle the enthusiasm. Perhaps you might "contract" with each other to emphasize continued commitment through the end.

Some have indicated frustration with having shown no weight loss despite diligent efforts. First, applaud yourself for your improved eating habits. Then, explore the possibility that your changes, while they may be healthier, may not necessarily be conducive to weight loss. Yes, raisins are better than cookies, but raisins are high in calories. Calories count.

If you find yourself particularly frustrated, give yourself a break (suggested for a particular occasion or weekend). Move away from the confines associated with dieting, just don't go wild; such a slip could make your past efforts for naught.

Reflect on your changes. Consumption of less than you might have otherwise consumed is applaudable. A one pound weight loss this week seems meager, but given 6 months, that adds up to 26 pounds.

Most importantly, continue to enjoy your efforts and you will be better able to extend your efforts over a period of time..... a lifetime!



Beat Overeating Triggers

From Cooking Light Magazine

Emotions can drive you to overeat. So, too, can other triggers. Learn how to spot them, and you'll learn how to beat them.

- **Dim lighting:** The dimmer the lighting, the higher the likelihood of overindulgence, says a study from the University of California at Irvine. Why? "Brighter lighting forces you to be more aware of what you're eating," says Joe Kasof, Ph.D., lead study author. **Beat it by:** Sitting outdoors or near windows, using brighter bulbs in your lamps, adding lighting to eating areas, or moving to a brighter room.
- **Distractions:** In another study, when women who normally watched what they ate listened to a taped detective story, they consumed more calories. Researchers suspect the story interfered with the women's focus on keeping calories in check. **Beat it by:** Clearing all distractions; let the enjoyment of the meal provide your focus.
- **Low energy:** "When your energy's low, you may look for food to pick you up," says Robert E. Thayer, Ph.D., professor of psychology at California State University at Long Beach. Unfortunately, most people reach for calorie-laden treats instead of an apple or banana. **Beat it by:** Identifying your low-energy times of day and substituting other activities for eating. Take a 10-minute walk or a water-cooler chat break. --Karen Asp

This article appeared in similar form in the November 2002 issue of Cooking Light magazine.

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Healthy Eating: Calorie-Trimmed Snack and Beverage Recipes

FROTHY APPLE COOLER / 59 calories per serving

1 1/2 cups apple juice, chilled
1/4 cup nonfat dry milk powder
1/4 teaspoon ground cinnamon
3 ice cubes

In blender container combine apple juice, milk powder, cinnamon and ice cubes. Cover and blend till smooth. Serve immediately. Makes 4 servings.

BANANA MILK SHAKE / 95 calories per serving

1 medium-large banana
1 cup skim milk
1/2 teaspoon vanilla

Peel banana; cut into 1-inch pieces. Wrap in foil and freeze. In blender container combine all ingredients and blend. Makes 2 servings.

OVEN FRIES / 145 calories per serving

2 medium potatoes
Non-stick vegetable spray coating

Bake potatoes in a 400 degree oven for 15 minutes. Remove and cool slightly. Cut each potato lengthwise into 8 sticks. Place on baking sheet sprayed with non-stick coating. Bake in 400 degree for 25-30 minutes or until golden brown. Makes 2 servings.

LOW-CAL SOUR CREAM / 13 calories per serving

1 1/2 cup low-fat cottage cheese
1/2 cup buttermilk
1 tablespoon lemon juice

Combine all ingredients in blender; cover and blend till smooth and creamy. Makes 1 3/4 cups or 28 one-tablespoon servings.



BANANA ORANGE YOGURT POPS / 115 calories per serving

2 egg whites
2 tablespoons sugar
1 ripe medium banana, mashed
2 8 oz. cartons orange yogurt (or any flavor)
6 wooden sticks

In a bowl, beat egg white till soft peaks form, gradually add the sugar, beating till stiff peaks form. Fold the egg white mixture and banana into the yogurt. Divide mixture among six 5-oz. paper drink cups and insert wooden stick in each. Freeze till firm. To serve, peel off the paper cups. Makes 6 servings.

LOW-CAL POTATO CHIPS / 73 calories per serving

2 medium potatoes
Non-stick vegetable spray coating

Scrub potatoes; do not peel. On slicing blade of hand-vegetable grater or food processor; cut potatoes into very thin slices. Place in ice water. Drain. Blot dry with paper towels. Place slices in a single layer on baking sheet sprayed with non-stick coating. Bake in 350 degree oven turning once. (If necessary, remove chips that are done and bake others a few minutes longer). Makes 4 servings.

CARROT BALL / 40 calories each

3 oz. Neufchatel cheese, softened
1/2 cup shredded cheddar cheese
1 teaspoon honey
1 cup finely shredded carrot
1/3 to 1/2 cup grape nuts cereal
2 tablespoons finely snipped parsley

In medium mixer bowl, beat cheese and honey together until blended. Stir in carrots. Cover and chill 30 minutes. Shape into 14 one-inch balls; cover and chill. Just before serving, roll balls in mixture of cereal and parsley, pressing the cereal mixture into cheese to coat.



Simple Tips to Cut Calories

Calorie content is influenced by portion sizes and the way the food is prepared. Here are some tips to help you cut calories.

- Watch portion sizes. For example, cutting meat portions from six ounces to three ounces can reduce calories from 440 to 220. Cutting orange juice servings from two cups to one, saves 100 calories. It's important to weigh and measure to keep portions under control.
- Cut down on high fat foods such as butter, margarine, salad dressings, fried foods, fatty meats, cream sauces, gravies and whipped dessert toppings. For example, just eliminating one pat of butter or margarine daily can result in 3 ½ pounds of weight loss in one year's time. You can also cut the calories in half by baking or broiling chicken instead of frying it.
- Cut down on sugary foods such as candies, soft drinks and other sugar-sweetened beverages, jams, jellies, syrups, pies, cakes and pastries. If you cut out three rounded teaspoons of sugar from your coffee or tea daily, at 32 calories per rounded teaspoon, you could save 96 calories a day or 35,040 calories a year!
- Change from whole milk to skim or low fat milk. Whole milk has 160 calories per serving, low fat milk (1%) has 100 calories per serving and skim milk has 85 calories per serving. Be sure to limit the use of other whole milk products (mostly cheese and ice cream).
- Cut down or eliminate alcoholic drinks. Omitting a 12 oz. can of beer, even only once a week, can result in a weight loss of 2 ½ pounds each year.
- Select cooking methods to help cut calories. Cook food with little or no added fat and avoid deep-fat fried foods. For meat and poultry, trim off visible fats; either boil or roast on a rack. If braised or stewed, drain meat to remove fat. For fish – broil or bake. For vegetables – steam, bake or boil or stir-fry in a small amount of vegetable oil.
- Count your nibbles and drinks taken throughout the day and during social events as part of your daily caloric allotment.



Small Steps to a Healthy Family Lifestyle

From U.S. Department of Health & Human Services

Childhood Obesity Basics

We are bombarded every day with conflicting information about our health. Is it better to eat a low-carb diet or a balanced diet? Should we be physically active three times a week or five times a week? And how can we be expected to follow any of these recommendations when we're always so busy?

It's no wonder that many of us throw up our hands and give up. But if we want to live long and fulfilling lives, it's essential that we learn the real facts about health, nutrition, and physical activity.

Luckily, the real facts are pretty straightforward. All you really need to know about a healthy lifestyle is:

- Eat a healthy diet that includes fruits, vegetables, and whole grain products -- and be sure to control portion sizes.
- Get physically active at least five times a week, for thirty minutes or more.
- Avoid tobacco and illegal drugs altogether. Sounds simple, right? Well, if it were that easy, we'd all be effortlessly fit and healthy.

Today's lifestyle doesn't allow much room for health. And that's where Small Steps comes in. We know that it's impossible for many people to make dramatic lifestyle changes. Instead, we want to help you learn ways that you can change small things about your life and see big results.

Check out these 100 Small Steps to see what you can do to change your family's life.

1. Walk to work.
2. Use fat free milk over whole milk. (As long as your child is at least 2 years old)
3. Do sit-ups in front of the TV.
4. Walk during lunch hour.
5. Drink water before a meal.
6. Eat leaner red meat & poultry.
7. Eat half your dessert.
8. Walk instead of driving whenever you can.
9. Take family walk after dinner.
10. Skate to work instead of driving.
11. Avoid food portions larger than your fist.
12. Mow lawn with push mower.
(Remember that the AAP says that children younger than 12 years should not use walk-behind mowers.)
13. Increase the fiber in your diet.
14. Walk to your place of worship instead of driving.
15. Walk kids to school.
16. Get a dog and walk it.

17. Join an exercise group.
18. Drink diet soda.
(If your kids must drink soda and are already drinking enough milk.)
19. Replace Sunday drive with Sunday walk.
20. Do yard work.
21. Eat off smaller plates.
22. Get off a stop early and walk.
23. Don't eat late at night.
24. Skip seconds.
25. Work around the house.
26. Skip buffets.
27. Grill, steam or bake instead of frying.
28. Bicycle to the store instead of driving.
29. Take dog to the park.
30. Ask your doctor about taking a multi-vitamin.
31. Go for a half-hour walk instead of watching TV.
32. Use vegetable oils over solid fats.
33. More carrots, less cake.
34. Fetch the newspaper yourself.
35. Sit up straight at work.
36. Wash the car by hand.
37. Don't skip meals.
38. Eat more celery sticks.
39. Run when running errands.
40. Pace the sidelines at kids' athletic games.
41. Take wheels off luggage.
42. Choose an activity that fits into your daily life.
43. Park further from the store and walk.
44. Ask a friend to exercise with you.
45. Make time in your day for physical activity.

46. Exercise with a video if the weather is bad.
47. Bike to the barbershop or beauty salon instead of driving.
48. Keep to a regular eating schedule.
49. If you find it difficult to be active after work, try it before work.
50. Take a walk or do desk exercises instead of a cigarette or coffee break.
51. Perform gardening or home repair activities.
52. Avoid laborsaving devices.
53. Take small trips on foot to get your body moving.
54. Play with your kids 30 minutes a day.
55. Dance to music.
56. Keep a pair of comfortable walking or running shoes in your car and office.
57. Make a Saturday morning walk a group habit.
58. Walk briskly in the mall.
59. Choose activities you enjoy & you'll be more likely to stick with them.
60. Stretch before bed to give you more energy when you wake.
61. Take the long way to the water cooler.
62. Explore new physical activities.
63. Vary your activities, for interest and to broaden the range of benefits.
64. Reward and acknowledge your efforts.
65. Choose fruit for dessert.
66. Consume alcoholic beverages in moderation, if at all. (Adults only, of course)
67. Take stairs instead of the escalator.
68. Conduct an inventory of your meal/snack and physical activity patterns.
69. Share an entree with a friend.
70. Grill fruits or vegetables.
71. Eat before grocery shopping.
72. Choose a checkout line without a candy display.
73. Make a grocery list before you shop.
74. Buy 100% fruit juices over soda and sugary drinks.
(But stick to the AAP limit of 4-6 ounces for younger kids.)

75. Swim with your kids.
76. Flavor foods with herbs, spices, and other low fat seasonings.
77. Remove skin from poultry before cooking to lower fat content.
78. Eat before you get too hungry.
79. Don't skip breakfast.
80. Stop eating when you are full.
81. Snack on fruits and vegetables.
82. Top your favorite cereal with apples or bananas.
83. Try brown rice or whole-wheat pasta.
84. Include several servings of whole grain food daily.
85. When eating out, choose a small or medium portion.
86. If main dishes are too big, choose an appetizer or a side dish instead.
87. Ask for salad dressing "on the side."
88. Don't take seconds.
89. Try your burger with just lettuce, tomato and onion.
90. Try a green salad instead of fries.
91. Bake or broil fish.
92. Walk instead of sitting around.
93. Eat sweet foods in small amounts.
94. Take your dog on longer walks.
95. Drink lots of water.
96. Cut back on added fats or oils in cooking or spreads.
97. Walk the beach instead of sunbathing.
98. Walk to a co-worker's desk instead of emailing or calling them.
99. Carry your groceries instead of pushing a cart.
100. Use a snow shovel instead of a snow blower.

Stretch Your Way to Great Health

Stretching exercises are simple ways to increase your fitness level and prevent injury. The following stretches can be done almost anytime, anywhere. In between regular exercise sessions, try these stretches as part of your daily exercise routine.

- While sitting at your desk (or at home), do side bends by reaching down to the floor with your right hand and then your left. Do several repetitions several times during the day. This is not only a good waist exercise; it also helps relieve the tension of sitting all day.
- At your desk, while watching TV or anytime you are sitting: hold your legs straight out in front of you, count to ten with pointed feet, then ten with feet flexed. Do this several times during the day. Try this stretch while holding in your abdominal muscles.
- Anytime you are sitting or standing, squeeze your buttocks for a count of ten then release. Do several repetitions. This is a great exercise for firming up those muscles.
- Try starting your day with a few minutes of stretching exercises. Put your arms straight up over your head and stretch with right arm reaching toward the ceiling. Repeat with your left arm. Do ten repetitions on each side. Bend at waist and reach towards floor with little bounces ten times. Then stretch out to each side (ten times each). It won't work up a sweat, but will help give you a little extra energy and stretch muscles that are tight from sleeping.



Tips for Healthy Eating

Why we eat can be as important as what and how much we eat. Many people eat more from habit, to relieve stress and because of social customs than to meet their body's need for nourishment. Realizing why you eat and knowing that ALL calories count can go a long way in helping you develop a healthier eating pattern.

Behavior modification is a common sense approach to dieting. It teaches you to recognize your own problem areas and replace them with other forms of behavior.

Consider these helpful hints:

- Eat more slowly. Put less food on your fork or spoon. Chew it deliberately for far longer than you normally would. Put your eating utensil down between bites. The more slowly you eat, the less likely you'll be to gobble down a second serving before your body has had a chance to tell you it was filled up by the first.
- If you're still hungry after you've finished your first serving, wait at least twenty minutes before you reach for seconds. It takes that long for your body to realize that you are full.
- Go grocery shopping after you've eaten a satisfying meal. If you shop when you're hungry, you are more likely to select fattening food. Shop from a list that you prepared when you were not hungry.
- At meals, eat your favorite things first. You'll be more likely to stop eating when you've had enough, rather than after you've cleaned your plate.
- Don't weigh yourself more than once a week while you are trying to lose weight. Losing fat takes time, and you may get discouraged if you don't see daily progress on the scale.
- Don't let an occasional indulgence be an excuse for going completely overboard. If you've "blown" your diet by eating a brownie, there is no reason to make the damage worse by eating ten.
- Drink a glass of water before meals and sip water between bites of your meal. This will help fill you up without overloading you with calories.
- Limit the areas where you eat. Eat all your meals in the kitchen and/or dining room.
- Use smaller plates. By limiting the size of the plate, you also limit the amount of food you consume at one sitting.
- Make exercise an integral part of your daily routine. Try substituting a brisk walk for a snack if you're bored or depressed.
- Remember, successful weight control is a daily habit. Practicing good nutrition and daily physical activity are lifestyle changes that will enhance your overall health for years to come.



Top 10 Stick-to-It Tips

When you want to give up your diet, give these ideas a try instead

By [Leanna Skarnulis](#)

WebMD Weight Loss Clinic

It's an inevitable part of any weight loss program: From time to time, you'll fall off the wagon. The key to getting back on, experts say, is to acquire the skills and self-knowledge that will enable you to recover after a relapse.

Here are 10 tips to help you get back on track.

1. Have a vision of success. "The mind is such a strong tool. Use it to achieve what you want," says Katherine Tallmadge, MA, RD, author of *Diet Simple*. For example, she suggests, visualize yourself dancing at an upcoming celebration in a fabulous black dress. Then, apply that vision every day to help you stay motivated.

2. Remind yourself what's at stake. When successful dieter Herb Ketteler is tempted to abandon his healthy eating and exercise plan, he tells himself that his health is worth the extra effort. "It's not healthy to keep gaining and losing tremendous amounts of weight," says Ketteler. "This has to be forever."

3. Control your environment. Successful losers don't rely on willpower, Tallmadge says. "Have healthy foods in the refrigerator so you're less likely to stop and grab something greasy on the way home from work." Even if your family isn't dieting, you can still keep tempting foods out of your kitchen, Tallmadge says: "If the family wants desserts, they can go to the ice cream shop for one serving."

4. Don't let yourself get too hungry. Tallmadge says the biggest cause of overeating is undereating. "People go too long without eating, then pig out when they're ravenously hungry," she says. "Including planned snacks in your routine is a great way to prevent binges."

5. Know what makes you vulnerable to overeating. "After midnight, I fall apart," Ketteler confesses. How does he avoid late-

night temptation? "I go to bed." For another person, temptation might come in the late afternoon, at the office vending machine, or when at a party or social event. The key is to know where your problem areas are and have a plan for dealing with them.

6. Beware restaurant overeating. At restaurants, rich foods and supersized portions can sway even the most determined dieter. Especially if you eat out often, look at it as a chance to practice good portion control. "There isn't a law that says you have to order an entrée every time you eat out," says Tallmadge. Pay attention to your appetite, and order a dinner salad or appetizer instead of a main dish. Or take half home in a doggie bag.

7. Plan indulgences. Rigid diets don't work, says Tallmadge, who has a weight-loss counseling practice in Washington, D.C. "I teach people how to slip and bounce back. Include treats each week without feeling guilty. Have a brownie every Friday."

8. Forgive yourself. Dieter Mary Mihaly says she never refers to indulgences as slips. "When I spent two weeks in Morocco, I enjoyed the culture and cuisine. It wasn't a slip. When I indulge over the holidays, I call it enjoying the holidays."

9. Have a cheering section. Having to account to someone else gives you a reason to hang in there when you can't muster determination from within. It doesn't matter where the support comes from -- a spouse, friend, co-worker, online "buddy," or whoever.

10. Remember that you have to keep working at it. "Two-thirds of our population is overweight, which means it's not natural to be slim and fit," says Tallmadge. "We don't walk two miles to work and back and forage for food every day, or live at a spa. It's easy to see thin people and think how lucky they are, but if they're over 30 or even 20, they're working at it."

Originally Published June 24, 2005.
Medically updated July 28, 2006.

SOURCE: WebMD Weight Loss Clinic feature, What to Do When You Want to Give Up Your Diet, by Leanna Skarnuliis.

Get Fit for Life

Walk yourself slimmer.

Set a realistic goal.

Only you know what you want, so it is important to take the time to work out exactly what it is that you want and how you can actually achieve it.

Getting thinner and fitter doesn't happen over night but it will happen if you commit yourself to a walking plan. A walking plan that will take you up to 6 months to get into as a habit, so be patient and try not to jump on the scales after every walk, (weigh yourself weekly if you must!). Remember you need to combine walking with a healthy eating lifestyle to achieve the maximum benefit.

When to walk

Find a time when to walk that suits your lifestyle and commitments

First thing in the morning

Walk during your lunchtimes or after work

Walk in the afternoon or evening to relax the mind after a hard day at work whether in the office or at home.

Find the time that best suits you and **stick** to it.

Starting to Walk

If you are not active now, start slowly.

Build up from 5 minutes a day in the first week to 8 mins in the following week. Then the next week 11 mins etc. until you can walk for an hour and feel comfortable.

If you are reasonably active, start with 30 mins walking, every other day again building up to an hour. Walking one mile can burn up 100cals of energy, more if you are overweight.

Remember to walk with your chin up and your shoulders slightly back and swing your arms as you walk.

Develop your own program

If you don't enjoy your walks you won't stay on your program so it is very important that you really **Enjoy your walking** – do what suits you – look at nature, think, daydream, or listen to audio books, walk a dog, walk with a friend, join a walking group etc.

Get into the habit of walking. Make it a normal part of your day and when you are not walking think about how much you will enjoy yourself on your next walk. Remember to stop any negative thoughts by immediately replacing them with thoughts of your pleasantest walk.

Ideally walk for 30-60 mins for at least 3 times a week. Brisk walking at a moderate pace for 30 – 60 mins burns up stored fat instead of sugars, which helps to build muscle to speed up your metabolism and to maintain a healthy weight level.

Keep a diary of your walks – where you went, how long you walked for and/or how many steps.

Don't forget to reward yourself.

Benefits of Walking

It helps you control your weight

It gives you more energy

It makes you feel good (try it and see for yourself)

It helps you to relax

It helps you to sleep better

It exercises your heart and lungs.

So start walking today!

Get Moving, Get Fit!

No matter what the initial cause of obesity, most experts agree that physical activity plays an important role in determining if, and to what degree, a person will become obese. Physical activity works in several ways to influence weight gain or weight loss:

Physical activity increases the number of calories burned.

- The heavier the body, the more energy burned. Given the same level of overeating, the active person will gain less weight than the sedentary one.
- Activity tends to suppress appetite. Studies suggest that people who are moderately active eat less than people who are sedentary. At vigorous levels of exercise, people do eat more but not enough to gain excess weight.
- Exercise encourages the development of muscle which is more active metabolically than fat.
- Vigorous exercise results in a rise in metabolic rate that lasts some hours after exercise itself has ceased.

Average Calories Burned Per Minute

Sports & Hobbies		Daily Activities		Around the House		Do it Yourself	
Playing pool	3.0	Resting in bed	1.2	Machine sewing	1.5	Carrying tools	3.6
Horseback riding	3.0	Kneeling	1.4	Sweeping floors	1.7	Chopping wood	4.9
Bowling	3.5	Sitting	1.4	Peeking vegetables	1.9	Pushing Wheelbarrow	5.2
Dancing	4.0	Sitting, reading	1.4	Washing clothes	2.9	Stacking wood	6.1
Cycling	4.0	Standing	1.6	Stirring, mixing foods	3.0	Shoveling	6.3
Ping Pong	4.8	Sitting, eating	2.1	Bringing in laundry	3.2	Sawing wood	6.9
Golfing	5.5	Squatting	2.2	Making beds	3.7	Drilling	7.0
Tennis	6.0	Standing, light Activity	2.8	Scrubbing floors	3.7		
Football	7.5	Standing, showering	2.9	Ironing clothes	4.2		
Rowing	8.0	Walking at 3.1 mph	3.5	Hanging laundry			
Basketball	7.5	Walking, upstairs	6.3	Mopping floors	5.3		
Rowing	8.0			Shaking carpets	6.4		
Swimming	9.5						



Calculating Your Caloric Needs

1. To calculate how many calories you need to eat each day, multiply your goal weight by one of these factors:

	Women	Men
Under 45 years of age:	10 calories	11 calories
Over 45 years of age:	9 calories	10 calories

Example: for a woman of more than 45 years old:

$$\begin{array}{r} 125 \text{ lbs.} \\ \times 9 \text{ calories/lb.} \\ \hline 1125 \text{ calories} \end{array}$$

This figure is called your *basal metabolism rate*.

2. Multiply this figure by one of the factors below to calculate how many calories you need based on your usual activity level.

Moderate activity	0.5
Sedentary activity	0.3

Example: $1125 \times 0.5 = 563$ calories

3. Add this figure to the calories needed for your *basal metabolism rate* (number found in step one).

Example:

$$\begin{array}{r} 1125 \text{ calories for basal metabolism} \\ + 563 \text{ calories for activity} \\ \hline 1688 \text{ total calories} \end{array}$$

This makes a total of 1688 calories a day to maintain a weight of 125 lbs.

4. To lose one pound a week, subtract 500 calories a day. To gain one pound a week, add 750 calories.

5. In general, daily calorie intake should not go below these levels:

- 1600 calories per day for men
- 1200 calories per day for women
- 1800 calories per day for teenage boys
- 1400 calories per day for teenage girls

*Looking for an easier way to calculate your caloric needs?
Try the Calorie Intake Calculator on the other side of this page.*

CALORIE INTAKE CALCULATOR

This chart can be used as a quick approximation of calorie needs for people with moderate activity levels.

Present Weight in Pounds	Present Daily Intake (Estimated number of calories it takes to maintain your present body weight)	Recommended Daily Calorie Intake to Lose One Pound Per Week (500 calories less than current daily intake)	Recommended Daily Calorie Intake to Lose Two Pounds Per Week (1,000 calories less than current daily intake)
250	3750	3250	2750
245	3675	3175	2675
240	3600	3100	2600
235	3525	3025	2525
230	3450	2950	2450
225	3375	2875	2375
220	3300	2800	2300
215	3225	2725	2225
210	3150	2650	2150
205	3075	2575	2075
200	3000	2500	2000
195	2925	2425	1925
190	2850	2350	1850
185	2775	2275	1775
180	2700	2200	1700
175	2625	2125	1625
170	2550	2050	1550
165	2475	1975	1475
160	2400	1900	1400
155	2325	1825	1325
150	2250	1750	1250
145	2175	1675	1175
140	2100	1600	1100
135	2025	1525	1025
130	1950	1450	1000
125	1875	1375	1000

NOTE: Generally, calories intakes below 100-1200 a day are not recommended because of the difficulty in meeting nutrimental needs. A vitamin/mineral supplement may be indicated at these low levels of intake which are often necessary to induce weight loss in older and disabled adults.
