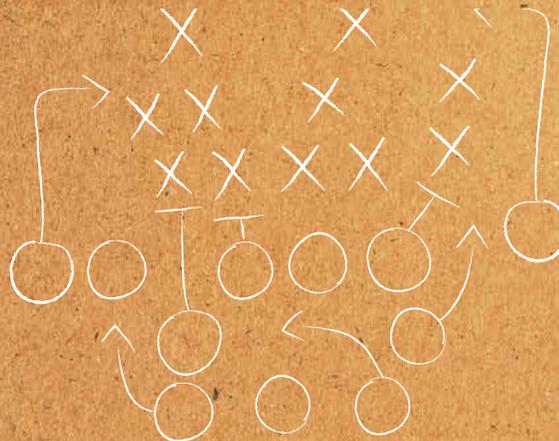




Weight Management Playbook

Ready, set, go! We'll help you begin training for a healthier life with healthy eating, a personal fitness plan and a positive attitude.





- 1 Reach a healthier weight
- 2 Have more energy
- 3 Stick to my exercise plan

Welcome to the team!

We're ready to help you start training for a healthier life. Reaching your ideal weight can take time and practice. Don't worry, we'll help you find a good pace.

Managing your weight is important for your long-term quality of life. Studies show maintaining a healthy weight can help prevent many serious illnesses including diabetes, arthritis, cancer and depression.* Use this playbook to focus on 3 important areas for positive, life-long changes to health: **fitness, nutrition and well-being**. Now get out there and enjoy yourself!

Do you want to be more active?

Increasing fitness and exercise, even in small amounts, can improve your emotional health. Check out our [fitness](#) section to start you on the right track.

Looking for ways to eat better?

Make healthy foods and better nutrition a part of your daily life. Our [nutrition](#) section can guide the way.

Are you searching for ways to create more balance in your life, improve your well-being and increase your happiness?

Put yourself on the positive path to health with tips from our [well-being](#) section.

Fitness

The play by play on getting active

Getting prepped

You may be getting in shape for the first time, or maybe you're making changes to your current workout. To make a fitness plan that's right for you, identify your goals and think about your lifestyle.

- What are your main goals? You may want to write them down.
- Is there anything standing in the way of achieving your goals (health, job, responsibilities, emotional issues)?

Your fitness routine has to fit in your daily life and the demands on your time – otherwise it may be hard to keep up over time. Create a fitness plan that will:

- Fit in with your lifestyle and responsibilities.
- Be fun.
- Relieve stress – not cause it!
- Be something you can stick with.



If your office has a gym, think about working out before or after work, or during lunch. You can also walk outside during your break or ride your bicycle to work. If you're doing shift work, try to exercise when you wake up. It can take up to 6 hours for your body temperature to drop after exercise, and falling body temperatures help us sleep.*

Can you get up early and do a fitness DVD before your kids wake up, or can you do yoga once they go to bed?

It can be hard to work out regularly when you have busy kids or babies with irregular sleep schedules. But the time you spend on fitness is an investment in your future health.

* WebMD website: *Exercise Helps You Sleep* (accessed August 2015); webmd.com.

Fitness

Kick-off better health with these moves¹

Quick drills

Don't have an hour to spend at the gym each day? There are lots of other ways to squeeze in fitness. Experts recommend at least 150 minutes of moderate exercise each week to maintain a healthy weight, reduce your risk of chronic disease and keep your body strong.² That's less than half an hour each day!

It's ok to break up your workouts.

"Short bouts of cardio over the course of the day are just as beneficial as one long segment."

Lani Muelrath Fitness expert and author of *Fit Quickies*

Break it up

Take a brisk 10-minute walk at least 3 times a day. You can walk in the morning, during your breaks or in the evening. If you work in an office, these quick walks can give you energy and make you even more productive!

Take a TV timeout

Get up during TV commercials to dance or march in place. This is a perfect time to do lunges, pushups or squats! Even if you use a digital video recorder (DVR), pause at the commercial breaks and do 10 pushups, 10 squats and 10 lunges – then fast forward!

Move with your kids

Walk your children to school or the bus stop, or take a bike ride together. Play tag, head to the playground, go swimming or host an indoor family dance party. Put on a fun, energizing playlist and get moving to better health.

Walk as you talk

When you're on the phone, pace around the house or walk around your work area in the office.

Leave the car behind

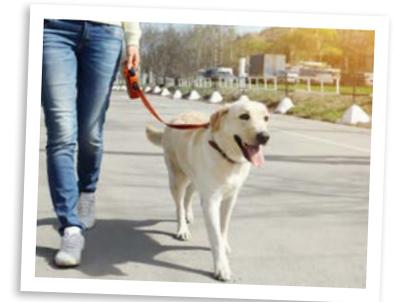
When you have time and don't have a lot to carry, run errands to the store, bank or post office on foot or bicycle.

Partner with your pet

Enjoy time for a long walk with your dog.

Circle the mall or grocery store

Make a big loop inside the mall or grocery store before you shop. This is especially helpful when the weather is bad.



¹ Be sure to check with your doctor before beginning any exercise program.

² Centers for Disease Control and Prevention website: *How much physical activity do adults need?* (accessed July 2015): cdc.gov.

Fitness

Ready to go?
Here's a walking plan to get you started.

Four weeks to better fitness

The winning strategy for losing weight is to make gradual changes that become part of your permanent lifestyle, including exercising, cardio and strength training, and diet changes. To give you a jump start on these positive health changes, try this easy walking routine.

But first, make sure you choose the right gear and clothing. Wear moisture-wicking fabrics made especially for exercising, and invest in a good pair of walking shoes. If you plan to walk after dark, wear bright colors or reflective clothing.

When you walk at night, make sure to follow a well-lit route and let someone know where you're going. Keep your music very low or consider leaving your earbuds behind. Always trust your instincts - if you feel uneasy about walking in a certain area, don't do it.



Week 1

Goal: Start with just 3 days of walking

Monday: Walk 20 to 30 min
Tuesday: Rest
Wednesday: Walk 20 to 30 min
Thursday: Rest
Friday: Walk 20 to 30 min
Saturday: Rest
Sunday: Rest



Week 2

Goal: Add more days and more time each day

Monday: Walk 30 to 40 min
Tuesday: Walk 30 to 40 min
Wednesday: Walk 30 to 40 min
Thursday: Walk 30 to 40 min
Friday: Walk 30 to 40 min
Saturday: Walk 30 to 40 min
Sunday: Rest



Fitness

Week 3

Goal: Add more time each day

- Monday:** Walk 45 minutes to 1 hour
- Tuesday:** Walk 45 minutes to 1 hour
- Wednesday:** Walk 45 minutes to 1 hour
- Thursday:** Walk 45 minutes to 1 hour
- Friday:** Walk 45 minutes to 1 hour
- Saturday:** Walk 45 minutes to 1 hour
- Sunday:** Rest



Week 4

Goal: Add intervals on 3 days

- Monday:** Walk 1 hour
- Tuesday:** Walk 1 hour with intervals
- Wednesday:** Walk 1 hour
- Thursday:** Walk 1 hour with intervals
- Friday:** Walk 1 hour
- Saturday:** Walk 1 hour with intervals
- Sunday:** Rest



Add intervals: Walk quickly or jog for 2 minutes, then walk normally for 2 minutes.

For faster results: Add strength moves 2 to 3 days a week. Follow the “Exercises to tone your body” and “20-minute circuit training” workouts!

Track your progress with a fitness app or this [printable workout log](#).

Fitness

Exercises to tone your body

Strength training builds your muscles to help you perform everyday tasks like climbing steps and carrying heavy items. Toning your arms, abdominals and legs doesn't require a lot of equipment or time. Use these body-weight moves to train anywhere!

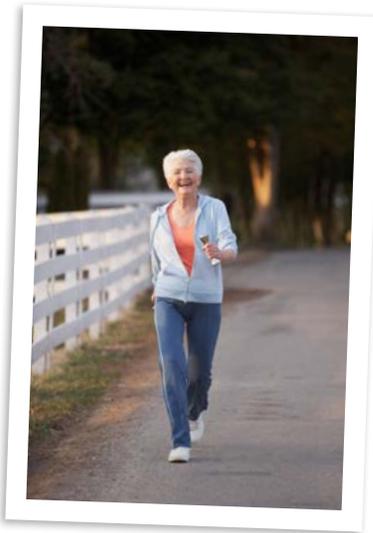
Here are two solid game plans to make you stronger:

Beginners

Just starting? Shape up with 3 simple moves.

Warm up

Make sure to get your body ready by taking a brisk walk or marching in place for about 5 minutes before you start. Swing your arms while you walk or march to get the blood flowing.



Wall push-up

Works your chest and triceps

1. Stand 3 feet away from the wall with your feet slightly apart. Put your hands on the wall with your pointer fingers and thumbs of your opposite hands touching.
2. Bend your elbows and lower yourself toward the wall until your nose almost touches it. Straighten your elbows and push yourself back up slowly until you're standing straight. Do this 10 to 15 times.

Squat

Works your lower body

1. Stand tall with your feet shoulder-width apart and your arms straight out in front of you.
2. Bend your knees and push your hips back to lower your body until your thighs are parallel to the floor (or as far as you can go). Be careful not to round your back or extend your knees past your toes.
3. Straighten your knees and push yourself back up slowly until you're standing straight. Do this 10 to 15 times.

Fitness

Plank

Works your abdominals, back and shoulders

1. Start in push-up position on the floor with your arms straight and your body in a line from head to ankles. Tighten your abdominals and hold up to a minute. As you get stronger, increase your hold time by 15-second increments. Lower your body to the floor.
2. Make it easier by bending your elbows and lowering yourself onto your forearms. Tighten your abdominals and hold for up to a minute.

Try to do 3 sets of each move 3 times a week. If you want to make it more competitive, start a challenge with your friends and family. Copy and paste these moves into an email and let the fun begin! Compete against each other for several weeks, adding additional reps to your pushups and squats, and lengthen the time you hold your plank.



Advanced

Ready for more? Pick up the pace with this high-intensity workout.

When you're strapped for time, try this high-intensity, 20-minute workout. Before you start, make sure to warm up your muscles with a quick 5-minute walk or march in place.

20-minute circuit training

Full-body: 15 minutes

Do 10 reps of each exercise, jog in place for 30 seconds and repeat.

Mountain climbers

Get into push-up position, keeping your body in a straight line from head to ankles. Raise your right knee to your chest and back down. Repeat with your left leg. Do 10 reps each leg (20 total).

Fitness



Push-ups

Get into push-up position with your hands slightly wider than your shoulders. Balance on your knees, if you need to modify. Bend your arms and lower your body until your chest reaches the floor. Pause, then push up.



Squats

Stand with your feet shoulder-width apart. Bend your knees as deeply as you can, dropping your hips and backside toward the floor. Make sure to keep your back flat and your spine neutral. Your knees should not extend past your toes.



Lunges

Stand with your feet shoulder-width apart and your hands on your hips. Step forward with your right foot and lower your body until your right knee is bent 90 degrees. Squeeze your gluteus muscle (glute) on the leg extended behind you as you lunge. Pause, then stand up and repeat with left leg.

Let the music move you

A recent study showed that people who exercised to personalized, up-tempo music playlists did up to 70% more weekly exercise.* This means music could be the key to a longer workout! So turn on your favorite playlist or check out our [Pandora station](#) and rock on.



Core: 5 minutes

Do each exercise for 30 seconds, rest for 15 seconds and repeat.

Crunches

Lie on your back with your feet on the floor and your hands touching each side of your head. Be careful to not pull on your neck. Tighten your core muscles and lift your upper body off the floor about four inches. Pause, lie back and repeat.

Plank

Get into push-up position with your body in a straight line from head to ankles. Bend your elbows and lower yourself onto your forearms. Tighten your core muscles and hold.

* The UNC website: *New music strategy shows 70 percent increase in exercise adherence* (accessed July 2015): uhn.ca.

Fitness

Build your strength*

Strength training is important. It can make it easier to lift and carry things in your daily life and help manage your weight, and also can improve bone density, lean muscle mass and connective tissue strength.

Don't worry - women won't get bulky, just strong! Women don't produce enough testosterone, the hormone needed to make muscles big.

Tips for doing it right.

Do small bursts of strength training every day, whether it's pushups, pull-ups, lunges, squats or planks. Try to fit in **2 total body workouts each week, with about 8 to 12 reps for 2 to 3 sets of each exercise.** Do an Internet search on "compound exercises" or "multi-joint exercises" — these are resistance exercises to work several muscle groups at once.

Control the weight.

It is important to perform each weight-training exercise in a controlled manner. Lower the weight slowly to keep working the same muscles as when you are lifting. To control your speed of movement, try using a 1-2-3 count. The up phase (concentric or lifting) is finished slowly as you count to 1, and the down phase (eccentric or lowering) is finished to a slow count to 2 and 3.

Breathe.

Ideally, you should exhale when the weight is being raised and inhale when the weight is being lowered. Don't hold your breath.

Go to failure.

Muscle changes occur when you perform an exercise to your body's maximum strength, called "muscle failure." When a muscle is overloaded, its fibers are broken down then rebuilt stronger - meaning you gain muscle strength!

Push yourself. Going to failure is challenging, but you'll get stronger faster. Select a weight that allows you to make between 8 and 12 repetitions before you fail, but make sure you can still complete the last rep with good form.

Don't sacrifice form or proper movement patterns to lift a heavier weight. As you get stronger, you can increase the weight or reps.



Fitness

Progress slowly.

Don't expect miracles immediately. It takes time for your body and brain to work together, and for muscles to change their shape. After you do an exercise several times, your brain and body start to create movement patterns that make it easier to do each exercise.

Vary your workouts.

Workouts can get stale and your fitness gains may level off. These plateaus are normal. Don't be discouraged — try different exercises and vary the number of repetitions, the weight or resistance, and the amount of rest between sets. Get outside if you're used to going to the gym. Take a class if you work out on your own. Even a small change of scenery can be motivating.



Add on.

Creating your own home gym doesn't have to cost a lot or take a lot of space. You can add equipment to your collection and continue to build your home training center. For example, get a medicine ball, a Bosu® ball or free weights. Research workouts you can do at home with very little equipment. Greatist.com has many easy workouts you can do anywhere.

Do something.

When it comes to strength training — and exercise in general — doing anything is better than being sedentary. You don't have to join a gym to enjoy the benefits. You can do it pretty much anywhere.

Rest.

Remember that strength training is changing your body. These exercises are causing tiny tears in your muscles, which will heal and become stronger. You should take 24-48 hours to rest and heal between workouts. Don't overdo it. Listen to your body: Sore muscles are OK but pain isn't.

Fitness

Keep up your momentum

Staying with a fitness program can be hard, but making permanent changes can improve your overall quality of life for the long term. Here are a few tips for staying with it:

Pair up

Working out with a friend can make it easier. You'll have time to catch up, someone to keep you accountable and help you share costs — many personal trainers offer discounts for group sessions.

Start small

Set realistic goals that work with your schedule and include activities you enjoy. You can lengthen and intensify your workouts 1 week at a time.



Have a plan

Structure your fitness plan so you can see what it takes to reach your goal. Make a workout schedule and put it in your calendar.

Track your progress

Keeping track of how many pounds you've lost or steps you've taken can help you stay motivated and accountable. Use a fitness app to help you track calories, workouts and more. Check out apps from Nike, Map My Run, My Fitness Pal and Strava (if you are a bicyclist), and fitness trackers from companies like Fitbit or Garmin. If you prefer to print one out, use this [printable workout log](#). There are plenty of options to help you track your movements and progress!

See the change

Take before, during and after pictures to watch how your body changes. You may be very motivated to see how your hard work pays off! Remember, for muscles to be visible, you need to tone while also reducing body fat. You can achieve this with a combination of weight training, regular cardio exercise and sticking with a healthy eating plan so you're refueling your muscles!

Give it at least a month

According to personal trainer Maisha Hudson, a lot of people give up after only 2 or 3 weeks because they don't see results. Her advice is to stick with it for at least 1 to 2 months — this will give your body time to adjust and you'll start to see positive changes.

Fitness

Change it up

Mixing up your workout will keep it fresh

- If you're tired of cardio machines, try a spinning or Zumba® class.
- Work up a sweat with a group instead of working out on your own.
- If you're tired of running, try swimming.
- Go easy on your joints while getting your heart pumping.
- If you're tired of weight-training machines, try body-weight exercises.
- Get stronger using your own body weight to push and pull your muscles.



Take your training on the road

Riding your bicycle is a terrific way to work your muscles and improve your overall health. Visit the [Pedal to Health website](#) for great information and resources to get you started. You'll find maps, general biking info, tips for buying a bike and special offers on bicycle gear.



Fitness

Yoga: a workout for your mind, body and spirit

Yoga is great for everyone. This form of exercise can improve your flexibility, muscle tone, endurance and posture. It also can help you calm your mind and focus through deep breathing. Yoga has been proven to work on lowering blood pressure and improving overall well-being.*
Namaste!

Buying your own yoga mat can be a great investment. Many cost as little as \$15 and will help you keep from slipping on the floor. Plus, you'll be able to keep it cleaner than a shared mat.



Basic poses for any level

Warrior pose

Step 1 foot forward and bend your front knee. Turn your back foot to a 90-degree angle. Stretch your arms in front and behind you, palms down, and face forward.



Triangle

Straighten your front leg and bend at the hip, resting your hand on your shin. Reach your other arm high to the sky and gently turn your head to gaze at it. You'll feel a stretch in your legs and hips. Repeat triangle pose on the other side to stretch your other leg.



Tree pose

Start with your feet together, rooted to the ground, and slowly raise 1 foot. Rest it on your calf or thigh. Your hands go from prayer position, straight up, above your shoulders. Repeat on the other leg.



Downward dog

Start on your hands and knees (like a table). Move your hands slightly forward with your fingers spread apart. Curl your toes and lift your knees off the floor to create an upside-down "V." Your feet should be hip-distance apart, knees slightly bent.



Nutrition

The play by play on healthy eating

Simple kitchen makeover

Stock up on good foods to help you prepare winning meals.

Cooking your own meals can help you eat better, stay healthy and save money! Print this [shopping guide](#) to help you plan nutritious lunches, especially during the busy work week.



Take the kitchen challenge!

Next time you shop, add a healthy food you haven't tried. Choose from vegetables like kale, grains like quinoa and protein like lean ground turkey.

Check off this grocery list

- Frozen fruits and veggies:** When produce is out of season, frozen fruits and veggies are a great substitute. Choose frozen veggies not packaged in creamy sauces. Season with fresh herbs and spices. And frozen fruit is great for making a quick smoothie.
- Whole grain, rice and pasta:** Whole grain foods are higher in fiber and vitamins. Look for the words "100% whole grain" or "100% whole wheat" as the first ingredients in the product.
- Healthy cereal:** Many cereals are high in sugar and low in fiber. Choose cereals with less than six grams of sugar and at least 3 grams of fiber. Try to avoid cereals with butylated hydroxytoluene (BHT), a preservative.
- Low-sodium beans:** Beans are a good source of protein. Add them to soups, salads and pasta. Choose beans with no added salt and rinse to remove extra sodium.
- Wild salmon:** Salmon has plenty of omega-3 fats, which benefit the heart and reduce inflammation.* Use in a salad or broil with herbs and lemon slices for a healthy dinner.
- Natural nut butters:** Spreads like peanut butter or almond butter are good sources of healthy fat. The ingredient list should only include nuts and salt, no added sugars or oils. One serving is 2 tablespoons.

* The National Institutes of Health website: *7 Things to Know About Omega-3 Fatty Acids* (accessed July 2015): nccih.nih.gov/health/tips/omega.

Nutrition

Build a team of seasonal fruits and veggies

With farmer's markets springing up across the country, it's easier to find the best seasonal, fresh produce. Here are the stars:



Artichokes

Low in calories and high in fiber; they also have potassium. *Steam them whole and serve with a light balsamic dressing.*



Asparagus

This vegetable is full of iron and B vitamins and makes a great soup. *Just put some in the food processor with a little vegetable broth, process until creamy and enjoy. It's also great when grilled with herbs and spices.*



Blackberries

These berries are packed with antioxidants. *Use them to make a delicious smoothie: Blend a cup of blackberries, a peach, ½ cup nonfat Greek yogurt and ½ cup ice.*



Garlic

Help your immune system with allicin, a compound in garlic that's known for its antibacterial powers. *Use it to season dishes of all types, from veggies to meats.*



Herbs and spices

Skip the salt and add flavor with herbs and spices. Many offer health benefits like protecting against cancer and memory problems. Turmeric is a great example of a spice which has a large number of health benefits, including helping with conditions like arthritis.¹



Radishes

These root vegetables have crunch! One cup of sliced radishes has less than 20 calories but 30% of your daily vitamin C needs. *Pair them with creamy hummus.*



Sweet cherries

These are bursting with flavor, and a cup only has 100 calories! They make a great dessert. Cherries are also packed full of anthocyanins, which help prevent heart disease and possibly even diabetes.²

1 WebMD website: *Find a Vitamin or Supplement* (accessed August 2015): webmd.com.

2 WebMD website: *Cherries May Help Fight Diabetes* (accessed August 2015): webmd.com.

Nutrition

More winning foods to nourish your body

Get the nutrients you need by eating a variety of the healthiest, natural foods. Here are some of the biggest winners:



Apples

Help clear away LDL, or “bad” cholesterol, by eating 1 a day.

Put sliced Granny Smith apples on a salad.



Bananas

Get some potassium to keep your blood pressure steady.

Top your cereal with banana slices.



Beans

Look for low-sodium beans for a dose of protein and heart-healthy fiber.

Use black beans for burritos, kidney beans for chili or lentils for soup.



Blueberries

Protect your brain with antioxidants.

Mix blueberries into low-fat Greek yogurt.



Broccoli and cauliflower

Protect yourself from cancer with cruciferous vegetables.

Steam broccoli and cauliflower for a side dish, or use in a stir-fry.



Bulgur, quinoa or farro

Improve blood sugar levels with these whole grain all-stars.

Add to soups and stews, or simmer with vegetables in broth. Eat for breakfast with fresh fruit for a healthier cereal or porridge.



Lean meat

Get protein and B vitamins from meats that are lower in saturated fat, like skinless chicken breast, turkey or lean pork.

Use skinless chicken breasts in soups, salads and sandwiches.

Which foods are better than others?

- [Choose a rainbow of fruits and veggies](#)
- [Get the most out of your fresh foods](#)



Nutrition

The big 3: major nutrients in your diet*

Test your food savvy! Match each term with the correct description.

Answers:

Proteins: Often called the body's building blocks, they're used to build and repair tissue.

Carbohydrates: These are the body's main source of energy. There are two types: simple and complex.

Fats: These give energy and help you feel satisfied after eating. There are different categories – some are healthier than others.

Know your carbs

Simple carbohydrates (carbs) are found in foods like sugar, candy and soft drinks. Complex carbs are found in foods like pastas, breads, cereals and some starchy vegetables.



Nutrition

Know your fats

There are both healthy and unhealthy fats. Oils, shortening, butter and margarine are types of fats. Mayonnaise, salad dressings and sour cream can be high in fat. Foods from animal sources and certain foods like seeds, nuts, avocado and coconut also contain fat.

Monosaturated fats

These include canola oil, olive oil, peanut oil and safflower oil. They are found in avocados, peanut butter, and some nuts and seeds.

Polyunsaturated fats

Some of these fats are corn oil, soybean oil and flaxseed oil. They are also found in fatty fish, walnuts and some seeds.

Saturated fats

These fats are found in red meat, milk products including butter and palm and coconut oils. Regular cheese, pizza and grain-based and dairy desserts are common sources of saturated fat in our meals. These fats can be unhealthy and should be limited.

Trans fats (or trans fatty acids)

Processed trans fats are found in stick margarine and vegetable shortening. These fats are often used in store-bought baked goods and fried foods at some fast-food restaurants. Avoid these when possible.

Protein power

Your body uses extra protein for energy. Good sources of protein are seafood, lean meat, poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds. Protein is also found in dairy products. Protein from plant sources tends to be lower in fat and cholesterol and provides fiber and other health-promoting nutrients.

Portion control is in your hands

Did you know you can estimate a serving size of food with the palm of your hand?



An open palm

3 ounces or 1 serving of chicken, turkey or fish



A closed fist

1 cup or 1 serving of casseroles or stews such as chili with beans, salads, milk and cooked vegetables



An cupped palm

1 ounce or 1 serving of trail mix or cheese (1 slice)



A half fist

½ cup or 1 serving of starchy vegetables, dried beans, fruit or fruit juice, rice or noodles and cereal



The tip of a thumb

1 tablespoon or 1 serving of salad dressing or cream cheese



The tip of a finger

1 teaspoon or 1 serving of margarine, butter, mayonnaise or oil

Nutrition

Secret strategies for healthier eating

Plan ahead.

When you get hungry, you might reach for whatever is easy. Plan healthy options, like bringing your lunch to work, or making grab-and-go snacks to have on hand.

Choose small.

Sometimes it's hard to measure portion sizes. Play it safe by using a small plate or bowl, which will limit the amount of food you can pile on.

Take your time.

Eat half of what's on your plate, then take a 15- to 20-minute break to digest. This gives your body time to recognize if you're full. It takes about 20 minutes for your brain to send the signal to your stomach.



Limit added fats.

Think before you add foods full of fat such as oil, salad dressing and cheese. You'll cut back on calories.

Go easy on alcohol.

Our bodies don't convert alcohol into useful energy very quickly, so cutting down alcohol can keep down weight. Try a skinny (low-calorie) cocktail, a glass of wine or a light beer. Avoid sugary drinks and heavy beers.

Avoid empty calories.

Some foods are high in calories, but low in nutrition. Soda and processed foods (like packaged cakes and cookies) can be the biggest offenders. Skip the sweets and have a nutrient-dense snack, switch to water and add lemon, mint or berries for natural sweetness.

Split the dessert.

When you're out for dinner, desserts can be oversized. Order 1 and share with everyone at the table.

Go to bed early.

Most overeating happens in the evening, so going to bed an hour early can help prevent late-night snacking.

Nutrition

Lighten up your lunch

Make your own nutritious lunch ahead of time:

Eat better!

- When you make your own lunch with nutrient-dense ingredients, you're less likely to eat in a restaurant, where foods are often high in fat and sodium. You'll be sure to know exactly what you're eating!

Make it fun!

- Make lunches ahead of time with the entire family – create an assembly line so everyone can choose from healthy ingredients.
- Start a salad (or healthy meal) club with your friends or co-workers. Get together weekly and share good food.

Save time and money!

- Buy in bulk so you have fresh ingredients ready to prepare for the week. This will help you avoid eating out and make it easy to grab and go!

Lunch recipe

Turkey avocado lunch wrap

- 1 medium whole grain tortilla
- 4 ounces of sliced low-sodium turkey breast
- $\frac{3}{4}$ cup raw spinach
- $\frac{1}{2}$ small cucumber, thinly sliced
- $\frac{1}{4}$ cup crumbled Feta cheese
- 3 to 4 thin avocado slices

Layer all ingredients in the tortilla and roll.
Slice in half length-wise and wrap it up!



Nutrition

Snack smarter

Put healthy snacks on the roster

Snacking is an important way to make sure your body gets the nutrients it needs.* The best snacks include protein for nourishment and some carbs for energy.



The winners



The runners up



The losers



Vegetables: Carrots, broccoli and bell peppers are [full of nutrients](#). Pair with hummus or a yogurt dip.

Low-fat Greek yogurt: This snack is full of protein, calcium and probiotics to help digestion. Add flavor with dried fruit or honey.

Fruit: Curb your sweet tooth with grapes, apples, oranges and berries. [These treats have lots of vitamins and antioxidants](#). Throw some grapes in the freezer for an easy, tasty snack.

Popcorn: It's a whole-grain food! Use a hot-air popper and add a sprinkle of salt. Several prepackaged brands are also low in calories (try about 40 or less per cup) and made with non-genetically modified corn and simple ingredients like salt and a bit of oil.

Nuts: Almonds, cashews, pistachios and other nuts are full of protein and good fats. But they can be high in calories, so limit your serving to 1 ounce, which is a small handful (about 20 almonds, for example).

Dried fruit: This snack is full of fiber, but also high in sugar. Limit your portion to less than ¼ cup. **Dark chocolate:** Delicious and full of heart-healthy antioxidants. But watch the calories — limit yourself to one ounce of 60 to 70 percent dark cocoa.

Whole grain chips: Whole grains are good, but can be fried. Choose baked options or opt for air popped popcorn.

Dark chocolate: Delicious and full of heart-healthy antioxidants. But watch the calories — limit yourself to one ounce of 60 to 70 percent dark cocoa.

Granola: Packaged granola can be full of sugar and calories.

Smoothies: Store-bought smoothies can have too much sugar. Make them at home with fresh or frozen fruit, low-fat milk and/or yogurt.

Cracker sandwiches: These processed snacks can be full of calories, fat and sodium. Make your own with low-fat cheese and whole-grain crackers.

Junk food: Sweet and salty foods are not only high in calories, they often have added chemicals, food coloring and preservatives. Read the ingredients of any foods you buy and eat these foods sparingly.

* The American Heart Association website: *Healthy Snacking* (accessed July 2015): heart.org

Nutrition

Foods to fight stress

These foods may help improve your mood:¹

- Whole-grain breads and pastas contain complex carbohydrates which can help stabilize your blood sugar.
- Oranges are packed with vitamin C, which can curb levels of stress hormones.
- Spinach has a lot of magnesium to fight fatigue.
- Pistachios are full of healthy fats to fight heart disease and lower inflammation.
- Crunchy vegetables can help release jaw tension to help you relax.



Training to gain

Healthy ways to add pounds when you're underweight

While a lot of people are focused on losing weight, some people are looking to gain weight. If you're someone who wants to add pounds to your body, follow these tips for healthy weight gain:²

Eat more frequently.

When you're underweight, you may feel full faster. Eat five to six smaller meals during the day rather than 2 or 3 large meals.

Choose nutrient-rich foods.

Try dried fruit, peanut butter, smoothies, nuts (walnuts or almonds), healthy whole grains, foods high in healthy fats including avocados and olive oil.

Try smoothies and shakes.

Don't fill up on diet soda, coffee and other drinks with few calories and little nutritional value. Instead, drink smoothies or healthy shakes made with milk and fresh or frozen juice, and sprinkle in some ground flaxseed.



¹ WebMD website: *Foods That Help Tame Stress* (accessed July 2015): webmd.com.

² Mayo Clinic website: *What's a Good Way to Gain Weight if You're Underweight?* (accessed July 2015): mayoclinic.org.

Nutrition

Watch when you drink.

If you find that drinking fluids before a meal ruins your appetite, drink higher-calorie beverages with a meal or snack. For others, drinking 30 minutes after a meal may work.

Top it off.

Add extras to your dishes for more calories such as cheese in casseroles and scrambled eggs, and fat-free dried milk in soups and stews.

Have an occasional treat.

Even when you're underweight, be mindful of excess sugar and fat. An occasional sugar snack is OK but most treats should be healthy and provide nutrients in addition to calories. Bran muffins, yogurt and granola bars are good choices.

Exercise.

Exercise, especially strength training, can help you gain weight by building up your muscles. Exercise also may stimulate your appetite.



Are you or someone you know struggling with an eating disorder?

An eating disorder can be serious, even life-threatening. There are many ways to find help. Start by seeing your doctor or a mental health professional. They can recommend eating disorder specialists, including dietitians and psychologists.

Eating disorders can include bulimia, anorexia, binge eating and more. Some of the treatments include:

- Individual, group or family psychotherapy
- Medical care and monitoring
- Nutritional counseling
- Medications (for example, antidepressants)

For immediate help, call the Customer Service phone number on the back of your member card.



Nutrition

Training for 2? Good foods for expecting moms.

Eating the right foods when you're pregnant is important for your baby's health. Most women should gain somewhere between 25 and 35 pounds during pregnancy. If a woman does not gain enough weight, there may be health problems for the mother and baby.¹ Make sure to fill your meals with these nutrient-rich foods:²

- Whole grains and cereals are full of fiber and enriched with iron.
- Beans are a good source of protein, iron, folate, calcium and zinc.
- Salmon is a good source of omega-3 fatty acids, which are good for your baby's eyes and brain.
- Eggs have protein and more than a dozen vitamins and minerals.
- Berries are packed with vitamin C, potassium, folate and fiber.
- Low-fat yogurt is a great source of calcium and protein.

Want more information on good prenatal health? Join our Future Moms program and get lots of information on prenatal health, answers to your pregnancy questions, advice on making good choices and help you have a safe delivery and a healthy child.



Call the Member Services number on your ID card to enroll in Future Moms — best of all, it's at no cost to you!

1 National Institutes of Health website: *When You Need to Gain More Weight in Pregnancy?* (accessed July 2015): nlm.nih.gov/medlineplus/ency/patientinstructions/000617.htm.

2 WebMD website: *6 Must-Eat Foods For Pregnancy* (accessed July 2015): webmd.com

Well-being

The play by play for a healthy lifestyle

Training tips for top-notch performance

- **Start with a protein breakfast:** Eating protein in the morning will help tame cravings for high-calorie snacks. Keep a few easy-to-grab, high-protein foods on hand, so you can start the day right even when crunched for time.
- **Set a strict bedtime:** A regular bedtime will help you get the sleep you need to be at your best.
- **Take the 10,000-step challenge:** The American Heart Association recommends taking this many steps each day to keep your heart and body healthy. Invest in a fitness tracker if you don't have one, they help you stay accountable and motivated.
- **Keep healthy foods in sight:** Put fresh fruit and cut vegetables at close hand so it's easy to make good eating choices.



Training slips you may be making

You have a plan to manage your weight and improve your lifestyle, and you've stuck to it. But what if you aren't seeing the progress you want? Make sure you aren't making these weight loss mistakes:

Comparing results.

Some people may take longer to lose weight, even when following the same plan. Make sure your goals fit your needs and focus on your own progress.

Cutting out all fats.

Healthy fats like nuts and avocados can help you lose weight by keeping you feeling satisfied. The key to success is portion control - keep your serving sizes small.

Getting thirsty.

Drink water! Your mind can mistake thirst for hunger, so you'll end up eating more. Staying hydrated also helps your metabolism.

Well-being

Drinking your calories.

Coffee drinks, cocktails and juice may have more calories than you realize. Make sure to pay attention to what's in your glass.

Counting too much on exercise.

Exercise alone doesn't mean you can eat whatever you want. A balance of good nutrition, fitness and stress management will bring you better long-term results.

Eating diet foods.

Eating regular, healthy food is the best way to make lasting lifestyle changes. Don't follow a crash diet or eat foods that are only for a diet. Fuel up on nutrient dense-foods like fruit and vegetables, lean proteins and some healthy fats.

For example, choose an apple over an apple-flavored cereal bar. You'll eat less calories, get more nutrients and lose more weight!



Breathe! You've got this.

What if you could make yourself relax whenever you wanted? What if you could react to a stressful situation with calm? A technique called "mindfulness" may have the power to help.

What is it?

"Mindfulness means paying attention in a particular way: on purpose and in the present moment," according to Jon Kabat-Zinn, executive director of the Center for Mindfulness at the University of Massachusetts.

But how can paying special attention to that annoying driver who cut you off in traffic help you feel calmer?



"The more you try to force something to be different than it is, the more you're going to be unhappy," says Elana Rosenbaum, a psychotherapist at the University of Massachusetts. Instead of reacting with anger, the key is to observe the situation and understand how it makes you feel, without judging yourself.

Well-being

Calming down is good for your whole being

While it may sound like doing nothing, research shows mindfulness actually does a lot.

"People who have participated in mindfulness programs report feeling calmer, less physically tense, sleeping better, and having a greater sense of optimism and satisfaction with life."

Susan Evans

Professor of psychology
at Weill Cornell Medical
Center in New York

Other studies show that mindfulness may help lower levels of stress and anxiety and reduce stress-related health problems.*



How do you do it?

So what does it take to be mindful? Regular practice. Practice mindfulness every day, if even for a few minutes.

1. Find a comfortable seat. Rest your hands on your thighs and feet flat on the floor.
2. Breathe in slowly through your nose, then breathe out. Focus your attention on your breath as you breathe in and breathe out.
3. Whenever your mind wanders away from your breathing, just gently bring it back. Keep thinking about your breathing.



Well-being

Change your attitude in seconds

The next time traffic, a coffee spill, your family or something else starts to get you worked up, remember this mindfulness tip from Elana Rosenbaum:

Stop

Take a breath, and tune in to yourself and your breathing

Open up, and observe what is happening and what you're feeling

Proceed

Remember, you're in charge.



Teamwork matters

Reaching out to others can make it easier to meet your weight goals

Surround yourself with positive people

Whether you're trying to lose or gain weight, make sure you have a supportive group of people in your life. Don't let others keep you from doing what's healthiest for you, your body and your overall long-term quality of life. If your family or friends aren't giving you the support you need, join a gym, take a class or join a group on meetup.com to find people with similar interests.

Helping others can help you, too

Research shows that people who volunteer have lower levels of depression and feel greater satisfaction.*

"Volunteering gives people a sense of higher purpose and self-worth."

Eva Kahana
Professor of sociology at
Case Western Reserve University



Well-being

To start, pick a cause that matters to you. Here are just a few ideas:

- Help organize a food or clothing drive.
- Coach kids at a community center.
- Volunteer at a nearby hospital or clinic.
- Tutor or mentor local students.
- Spend time with nursing home residents.
- Pick up trash or plant trees at a park.
- Walk dogs at the animal shelter.
- Create care packages for soldiers.



Not ready to make a giant leap?

Take a small step by writing down your habits and goals.

What if you know you want a healthier life, but you're not ready to make a big change? That's OK. There are still small steps you can take to get started. Spend some time thinking about your habits, what you might want to change, and how you'd do that. You also can think about why you want to make those changes. Will you be healthier? Happier?

If you want to manage your weight

Write a list of the benefits that come with a healthy weight.

If you want to improve your exercise habits

Write a list of negative thoughts you have about exercise and some positive thoughts to replace them.

If you want to manage your stress

Write a list of healthy activities you enjoy doing.

If you want to improve your eating habits

Write a list of what you eat in one day to become aware of your eating habits.

Well-being

Winning moves to beat the blues

Simple tips to stay well and feel happier.

Feeling blue can show up in different ways. You may feel sad, lack energy or be easily overwhelmed by life's everyday stresses. There are a few things you can do to help keep the blues away:

Eat for your brain.

The first step is to cut out highly processed foods in favor of whole ones. Eat more fatty fish (such as wild salmon and mackerel) and dark leafy greens (such as spinach and kale) These stress-busting foods have mood-boosting nutrients.

Keep moving.

Physical activity can release feel-good chemicals in your brain. Even simple exercises like walking or gardening may help prevent depression.*

Sleep to reboot.

Stop texting, checking emails or watching late-night television. Choose a quiet, soothing activity like reading before bed. This will help your mind wind down so you get a better night's sleep.

Take work breaks.

You can't control how much work you have, but you can keep it from taking over your life.

Take a break and step away from work. Each day, spend time writing five things you are thankful for, says Richard Pond, Jr., a psychologist at the University of Kentucky. Pause for gratitude. Being thankful may actually improve positive feelings and protect against negative ones.



Well-being

If you snooze, you won't lose*

Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life and safety. It may also help you keep your weight down. Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin).

Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes.

Beginning the journey to a better you

We're excited you're using this playbook to help you live your best life. Now's the time to take care of yourself and focus on making changes that can help you feel better for the long-term. We hope this guide lets you discover the benefits of good nutrition, exercise and positive emotional health and helps you find right pace to maintain these changes for your journey ahead.



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