

Welcome to the Start Living Well Program!

Congratulations again on making a commitment to healthy living. This class will help you learn more about the variety of topics that influence your well-being and help you begin to make lasting lifestyle changes.

Class Schedule

April 9	Week 1: Getting Started, Goal-setting, Ingredients for Success, The Habit Chain
April 16	Week 2: Nutritional Foundations and Practical Applications
April 23	Week 3: Nutritional Foundations and Practical Applications, cont.
April 30	No Class – Attend the Health & Benefits Fair at the TCC!
May 7	Week 5: Healthy Eating & Weight Strategies
May 14	Week 6: Progress Check-up
May 21	Week 7: Physical Activity – The FITT Principle
May 28	Week 8: Physical Activity: Moving More & Strength Training
June 4	Week 9: Stress-less Living
June 11	Week 10: Sleep, Rest and the Universe
June 18	Week 11: Healthy Heart & Mind
June 25	Week 12: Living in Balance, Time Management and Planning for Success

Program participants will:

- Treat all group members with respect
- Ask questions for clarification
- Respect confidentiality
- Be honest
- Participate actively in the group sessions
- Be prompt for class and coaching sessions
- Not miss a class or coaching session without prior notification
- Complete homework assignments
- Be active not passive
- Practice positive thinking



Class topics are not exclusive, but are scheduled to provide an outline of the types and order of subjects that will be covered.

A note from Employee Wellness ...

Dear Start Living Well Participant,

Congratulations on taking this step toward improving your health! Although your class instructor and coach will be your primary contact, I am here if you have additional questions about the class material or Employee Wellness programming.

I designed this class to give you the foundations of healthy living, while providing you personalized support with a health coach. Keep in mind that you are not expected to learn or practice everything at once. This workbook, your notes and homework will serve as a resource in the future as you continue on your wellness journey.

In the upcoming weeks, as a class you will share your experiences, successes and challenges. You'll receive tremendous support from the group and the opportunity to learn from others who may struggle with similar issues.

I hope that you take full advantage of this series and share what you learn with your family, friends and co-workers.

Enjoy this amazing experience!

Live Well,
Andrea

Andrea Lightfoot, Wellness Program Manager
740-8114 ~ Andrea.Lightfoot@pima.gov

About Your Instructor & Coach

Andrea Curless grew up in the Midwest, where she also started her fitness career with NordicTrack. She has over sixteen years of experience in the area of health and wellness including sport fitness/exercise. Andrea has been working with the Wellness Council of Arizona since June 2004 in worksite health promotions. Andrea has received her Fitness Professional Certificate from Pima College in May 2006 along with an Associates Degree in Liberal Arts and is currently working towards a degree in Sports Science. She also has received certification from Aerobic Fitness Association of America in Personal Training, American Council of Exercise Certificate 2002. Andrea has completed three marathons and has participated in fundraising efforts with The Better than Ever Cancer Team and Team in Training Leukemia Lymphoma Foundation. Andrea enjoys spending time with her husband backpacking in Montana where they are building their dream home for retirement.

Andrea Curless Contact Information

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Living Well Contract

I pledge the following:

- I am a unique individual with distinctive nutritional and lifestyle needs.
- I will work to create my own custom-tailored plan for living well.
- I will make my health goals a top priority.
- I understand that changing habits takes time and I will continue to support myself through the entire process.
- I will make a concerted effort to work towards and maintain my goals.
- I will recruit support from my family, friends and co-workers.
- I commit to improving these areas of my life:
(list several areas)

Signature

Date

Living Well

What does "living well" or "wellness" mean to you?

One definition: *Wellness is a lifestyle shaped by the everyday choices that directly or indirectly affect your personal health.*

Your definition:



Four Essential Ingredients for Success

.VISION: Be realistic and set attainable images. Create a clear picture in your mind of who your "new you" looks and feels like.

.PLANNING: Continue to set short & long-term goals. Set specific objectives under each goal.

.TIME: Learn to set priorities and manage your time. Schedule in the activities you want to do.

.COMMITMENT: Practice something every day, have patience with yourself. Pace yourself by taking small steps and enjoying each small success. Forgive setbacks.



Specific

Measurable

Attainable

Rewarding

Timely

GOAL SETTING

Supporting your goal:

- 1) Write it down
- 2) Develop a support system
- 3) Tell others
- 4) Identify triggers
- 5) Plan for the unexpected

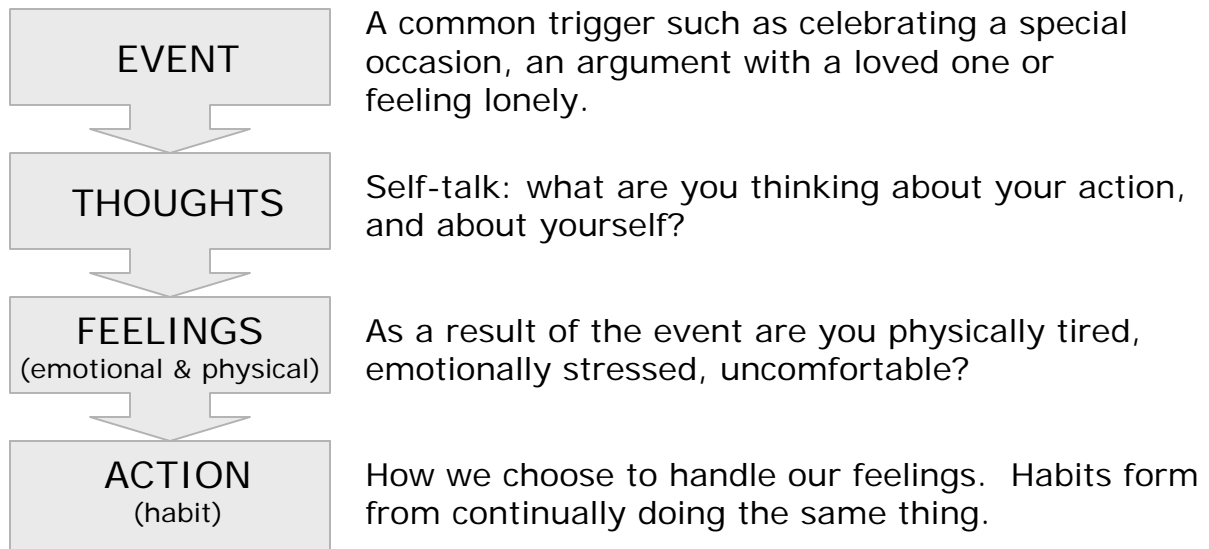


Checking your list:

Schedule regular check-ups to evaluate your goals and celebrate your successes.

Ask yourself what worked and what didn't work. Identify areas where you may need additional support or training.

Changing behaviors and Setting new habits



Keep in mind that you need motivation (you have to want to change), awareness (what is and isn't healthy), knowledge (of yourself and skills) and patience to change your habits. Create new language, images of positive feelings and a new action to be taken.

Quick tips for living well.

- Get up and move throughout the workday.
- Take 1 to 5 minutes to breathe deeply.
- Weigh-in, once per week.
- Laugh!
- Start the day with a positive affirmation.
- Wear sunscreen.
- Don't skip meals.
- Stay hydrated.
- Take a multivitamin.
- Regularly check on any medical conditions that need monitoring. (i.e. checking blood pressure or glucose levels.)
- Floss.
- Eat an apple.
- Take the stairs instead of the elevator.
- Smile – you'll feel better.
- Order half of your restaurant entrée 'to-go'.



Tips from the group or you own tips:

Some quick advice from the Centers for Disease Control & Prevention:

Much of the illness, disability, and death associated with chronic disease is avoidable through known prevention measures. Key measures include practicing a healthy lifestyle (e.g., regular physical activity, healthy eating, and avoiding tobacco use) and the use of early detection practices (e.g., screening for breast, cervical, and colorectal cancers, diabetes and its complications, and depression).

Homework

Guide to Behavior Change for Weight Loss from the National Institutes of Health

Your Weight Is As Important To Us As It Is To You!

Over the past few years it has become clear that weight is an important health issue. Being overweight is a risk factor for health problems such as diabetes, high blood pressure, high cholesterol and triglycerides, arthritis, gall bladder disease, gynecologic problems, some cancers, and even lung problems. Some people who need to lose weight for their health don't recognize it, while others who don't need to lose weight, want to get thinner for cosmetic reasons. We understand that in some ways your weight is different from, for example, your cholesterol level or your blood pressure, because you can't see what these are by looking at someone. Many patients have had health-care providers who approached their weight in a less-than-sensitive or helpful manner. Some patients may have had health-care encounters in which they felt blamed, but not helped. Please be assured that when we bring up your weight, it's because we know that this is an important aspect of your overall health care. We understand, though, that successful weight management is a long-term challenge.

By the same token, we may discuss weight goals that are different from those you select. Weight can affect a person's self-esteem. Excess weight is highly visible and evokes some powerful reactions, however unfairly, from other people and from the people who possess the excess weight. The amount of weight needed to improve your health may be much less than you wish to lose when you consider how you evaluate your weight. If we suggest an initial weight goal that seems too heavy for you, please understand that our major emphasis is on your health and that your health can be greatly improved by a loss of 5-10 percent of your starting weight. That doesn't mean you have to stop there, but it does mean that an initial goal of losing 5-10 percent of your starting weight is both realistic and valuable.

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.

Homework

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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.

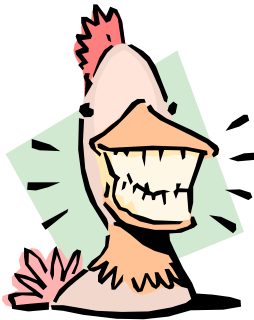
Homework

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 the 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.



What are your thoughts about this topic or what is your reaction to this article?

Homework

It's time to turn concepts into reality.

First, define your **vision** of the "future" you:

I am:

Next, write down when you will take **time for planning** each week:

SMART GOALS FOR THIS WEEK

Remember to be specific and include how you will achieve the goal and how you will measure your success. Decide on 1 to 3 goals, but not more than three.

GOAL #1:

GOAL #2:

GOAL #3:

Homework

What is or may keep you from living as well as you want to be?

Take a few moments to identify a trigger, define what has been happening and how you will change your reaction.

Analyze some current chains.

Now create new language, images of positive feelings and a new action to be taken.

OLD

EVENT:

NEW

THOUGHTS

FEELINGS

(emotional & physical)

ACTION

(habit)

Analyze some current chains.

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Homework

For the next two weeks use these pages, a journal or another piece of paper to record all food and beverages you consume each day. Estimate your portion sizes (a cup, small bowl, few handfuls...) but don't worry about them. For the first week, try to eat as you have been without starting to make changes in your eating habits. You don't need to follow any specific format. In the second week, see if you can begin to make small changes.

Saturday

Sunday

Monday

Homework

Food Log

Tuesday

Wednesday

Thursday

Notes from the week:

Homework

Food Log

Friday

Saturday

Sunday

Monday

Homework

Food Log

Tuesday

Wednesday

Thursday

Notes from the week: