

Get Healthier Cards: Introduction (side 1 of 2)

1. This is a Leader Card (see top right corner). As a group, select one or more group leaders to read this card out loud. Give them this Leader Card and have them start reading:

Leader Start Reading Here: Leader instructions are in red, do not read them out loud. Read the rest of this card to your group.

2. **Introduce yourself:** Introduce yourself, then have each group member introduce themselves.

- a. Name b. Why do you think this program is important for workers? c. One fact about yourself

3. **The Purpose of this Program:** Both unions and companies realize that a healthy worker is safer, more productive, doesn't get sick as much and works more years. In an effort to reach this goal, we have created Get Healthier, 12-week program for construction workers in the U.S. This program is designed to teach you life skills to help you stay healthy throughout your life. It discusses:

- Healthy Habits
- Basic Nutrition
- Calories

- Snacks
- Liquids
- Exercise

- Strength Training
- Flexibility
- Sleep

- Stress
- Sugar



4. **Prevention:** Prevention is the best and easiest way of staying healthy. Each year, however, people suffer from completely preventable chronic illnesses and diseases. In the long run, these can cause severe health problems that can cause you to retire sooner and spend less time doing things you enjoy. These cards will teach you prevention skills that you will be able to use in your workplace, home and anywhere else.

Here are some facts:

- Overweight and obesity contribute to: heart disease, diabetes, cancer and more. They are the 5th leading cause of death worldwide.
- Heart disease and stroke are 1st and 3rd leading causes of death in the US.
- Tobacco causes cancer, heart disease, lung disease, birth complications and more. It causes almost 400,000 deaths each year in the US.

Not only that, but chronic illnesses can drain you of energy and make you more likely to get sick from *other* illnesses because of a weakened immune system. This can:

- Limit the time you spend with family and friends, and it can make the time you do spend with them less enjoyable.
- Limit the amount of time you spend on your hobbies.
- Cause you to be less productive both at work and at home.

DISCUSS: Have at least 2 or 3 group members talk. What are some other things that you can think of? Why is preventing chronic illnesses important to YOU?

Get Healthier Cards: Introduction (side 2 of 2)

Copyright © 2018 OHSU

5. The Structure of this Program

As a group, you will work together each week to learn about different health topics through...

- a. The Get Healthier information cards and your group discussions of each topic. Each week your group will select a different “leader” to read the weekly card. If someone does not feel comfortable reading the card, you can select several leaders for the week. This group leader will use the **Leader Card** and the rest of the group members will use the **Member card**. Everybody should participate in the discussions.
- b. Take home activities. You will record your weekly activities on a Weekly Tracking Sheet and return it for a \$20 gift card.

6. As a team member you should...

- a. Listen and participate actively in the discussions.
- b. Follow along and fill in any missing information.
- c. *Have good listening and speaking body language.*

7. As a team leader you should...

- a. Read the Leader Instructions Card to yourself, then read the rest of the card to your group.
- b. Give your group enough time to discuss. You should **encourage everyone to participate**.
- c. **Guide and adjust the conversation** however you feel is best.
- d. Read slowly and clearly.

8. Participation: Being able to have discussions with your group will help you better understand the information in these cards. It is an important part of this program. Feel free to discuss all of the ideas *in these cards* even if you are not prompted to do so.

Here are some ways you can better participate in a discussion:

A. OBSERVE how other people participate and learn from them. Ask yourself: *What kinds of things do they talk about? How do they start participating? How do they ask questions?*

B. LISTEN to what other people are saying. It is okay to disagree with their ideas, but be respectful.

“I see your point, but...”

C. ADD to an idea. For every example given, ask a different member of your group to **complete the idea**.

-Tell your group whether you agree or disagree with an idea.

“This card says that, ‘Prevention is the best and easiest way of staying healthy.’ I (agree/disagree) with this because....”

-Ask someone in your group to explain more about their comment or idea.

“You said that you want to avoid getting diabetes. Can you explain more about....”

-Ask your group something.

“It’s hard making time to exercise. How do you guys...”

-Give your group an example of something you are talking about.

“When I am healthier, my job feels...”

9. Oregon Health & Science University (OHSU): The OHSU members will mostly be observers, and will only participate in the discussion if there are questions about the cards.

10. Funding: This program is funded by the National Institute for Occupational Safety and Health (NIOSH). Your participation is greatly appreciated.

11. Pick a different team leader to guide the rest of the discussion this week. Give them the Leader Card for week 1. The rest of the group members should have the Member Card for week 1. Leader, please begin reading the week 1 card.



These cards are yours to keep - take them home for your family to help you ‘get healthier’.

Get Healthier (side 1 of 2)

LEADER CARD - 1

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. How much do you know? Allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.

- ✓ The 3 leading causes of death in the US in 2010 were heart disease, cancer and stroke. These diseases are all [preventable](#).
- ✓ You should eat at least 5 servings of fruits and vegetables each day. This could lower your risk of a stroke by [30%](#).
- ✓ True or False: Having a healthier life can lower current and future health care costs (this could mean billions of dollars for the U.S.). [True](#)
- ✓ Eating healthy, exercising, not smoking and drinking alcohol in moderation can add up [14](#) years onto your life.

DISCUSS: Did any of this surprise you? Have at least half of your group talk.

3. Below are some basic healthy habits

Eat a healthy, balanced diet



Drink few sugary drinks



Exercise regularly



Sleep 7-8 hours a night



4. DISCUSS: What healthy habits do you practice already? Which habits could you improve upon? Allow enough time for your group to discuss. Have at least half of your group talk.

YOU have the biggest role in improving your health and **YOU** are the one that benefits the most when your health improves.

5. GROUP ACTIVITY: What is 'healthy' and 'not healthy' about Alex's lifestyle?

Alex is a landscaper who is very active every day. Still, he gets sick a lot more often than his coworkers and struggles with high blood pressure. Alex walks about 2 miles to work every day from his home. He enjoys his job where he spends time outside, but sometimes the work environment can be stressful. On stressful days, he often takes a smoke break. On a regular day, Alex snacks on an apple. He frequently buys lunch at the nearby burger restaurant. He usually buys a cheeseburger, large fries and a large soda. Walking home, he usually stops at the market and buys a pastry. For dinner, he often orders either a pizza or Chinese take out since he doesn't like to cook. He eats dinner while watching TV for 4 hours in order to relax. He makes sure to stop eating by 7pm each night so he can get 8 hours of good quality sleep.

2. How can healthy habits benefit you? Allow enough time for your group to discuss before giving them the ideas in blue. Have at least half of your group talk.

- ✓ [Longer life](#)
- ✓ [More energy](#)
- ✓ [Lower risk of disease](#)
- ✓ [Less muscle and joint pains](#)
- ✓ [Happier family](#)
- ✓ [More confidence](#)
- ✓ [Look even better](#)



Get Healthier (side 2 of 2)

6. What is healthy and not healthy about Alex's lifestyle? Allow enough time for your group to discuss and write down before you give them the answers in blue. Have at least half of your group talk.

Healthier: He walks to work; he is active at work; eats an apple for a snack; stops eating at 7pm; sleeps 8 hours a night.

Less healthy: Eats foods with a lot of calories and fat; eats while watching TV; watches a lot of TV; he smokes



7. How can Alex change some of his unhealthy habits? Allow enough time for your group to discuss and write down before giving them some ideas in blue. Have at least half of your group talk. Some ideas are:

- ✓ Quit smoking and find healthier ways to relieve stress (talking to a friend; going on a walk). Smoking causes lung cancer, emphysema and heart disease. Smoking is also associated with a higher risk of blindness, Alzheimer's and more
- ✓ Pack his own lunch, perhaps the night before
- ✓ If eating out: choose smaller portion sizes; choose healthier options (such as veggie pizza with a salad)
- ✓ Select healthier snacks (veggies, fruit)
- ✓ Not eat while watching TV
- ✓ Reduce his TV time (go walking after dinner; listen to music)

Small health changes can make big differences in the quality of your life.



8. Setting clear health goals can help you make better choices. Goals can improve and maintain your overall health no matter where you are with your health. When setting goals: Read through, allowing your group time to fill in the blanks (blue).

- a. **Be as specific as possible:** When exactly will you fit in a walk into your day? Waking up 30 minutes earlier on work days? Walking your dog after work?
- b. **Measure your goal:** How far will you walk? How long will you walk for? Thirty minutes? To the park and back? Two miles?
- c. **Be realistic:** Set goals that you know you are capable of doing. You might not yet be able to walk 5 miles, but maybe you can walk 2 miles.
- d. **Set deadlines:** Set both short and long-term deadlines to keep you motivated. How much will you walk this week? One mile? How much do you want to be walking in 6 months? Five miles?
- e. **Adjust your goal:** If you are easily reaching your goals, challenge yourself with a harder goal. If you are having trouble reaching your goal, set easier goals for yourself. Is 1 mile too much to walk? Try walking half a mile. Is 1 mile too little? Try walking 1.5 miles.

DISCUSS: When you set goals for yourself, do you do these things already? What is most helpful to you when setting goals? Allow enough time for your group to discuss. Have at least half of your group talk.

Group Activity: As a group, pick three health goals you all have in common. For each goal, go through the previous steps together. Allow enough time for your group to discuss. Have at least half of your group talk.

9. Take-Home Activity: 1) Set one or two reachable health goals for yourself. For example: getting 7 hours of sleep every night, getting 30 minutes of exercise at least 4 times a week, limiting unhealthy foods to the weekend, etc. We will revisit this at the end of this program. 2) In addition, you have been given a pedometer for you to record your movement throughout the day **at work and at home**. A goal of 10,000 steps per day is common. This is about 5 miles. Wear your pedometer 4 days next week and record your step average. To do this, sum up your step total for these 4 days, then divide this number by 4. 3) Finally, ask two people (1 in this program, 1 not in this program) to be your support system for this health program. Each week, you will share and discuss with them your health goals, weekly take-home activities and anything else that might come up. Write your responses on this week's Take-Home Activity Tracking Sheet.

These Cards are yours to keep - take them home for your family to help you 'get healthier'

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. REFLECTION: How did last week's activity go? What goals did you set for yourself? What healthy, and what less healthy routines do you have? What are you willing to change or improve? Were you able to find a support system to help you reach your health goals? How was it using the pedometer? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.



2. The importance of sleep: Good quality sleep is necessary for your overall health and quality of life. It greatly affects how you look, feel and perform every day. In fact, getting about 7-8 hours of good quality sleep each night could be just as [important](#) as eating a healthy diet and exercising regularly. By making sure you get enough sleep each night, you can maintain good: muscle [growth](#), memory, hunger [control](#), emotional [balance](#), energy, and much more! Getting enough good quality sleep could be the [easiest](#) thing you can do to improve your overall health.

3. Lack of sleep: The quality of your sleep (deep and uninterrupted vs light and interrupted) and the quantity (total hours) can be greatly affected by many things, including: health problems, medications, [sugar](#), caffeine, nicotine, [alcohol](#), problems at work, deadlines, schedule changes, family responsibilities, drinking too much water before going to bed, aging and more.

4. Side effects of lack of sleep: When you do not get enough good quality sleep, you feel tired the next morning and it is hard for you to get up. Even if you are unaware of it, not getting enough sleep on a regular basis can negatively affect your overall health in the following ways:

- **Metabolism:** you will feel hungrier during the day and your body will store [fat](#) more easily. This could cause you to gain weight even if you have not changed anything else in your diet or exercise routine. It could also make it much harder to lose weight.



- **Energy:** you will feel tired and have [less](#) energy. This will reduce your quality of life, making ordinary things less enjoyable. It also makes you more likely to be involved in a car accident.
- **Memory:** you will think slower and not as [clearly](#). This will make you [less](#) productive during the day, making easy everyday tasks harder and more time consuming.
- **Emotions:** you will increase your risk of depression and [stress](#). You will also be [less](#) motivated to do the things you need to do.
- **Immune system:** you will weaken your immune system. This will increase your risk of many [diseases](#) including heart disease, diabetes, Alzheimer's, and much more. You are also more likely to [get](#) sick and [stay](#) sick longer.

Make it easier for yourself and sleep some more!

5. DISCUSS: Ask your group one question at a time. Allow enough time for your group to discuss. Have at least half of your group talk. a) Which of these do you most feel when you are sleep deprived? b) Why don't you get enough sleep at times? c) Are there things you could do (such as prepare your lunch the night before) to increase your sleep quantity and quality? d) When you are tired, how does this affect your daily routine?

Sleep (side 2 of 2)



6. Have a sleep routine: You cannot always control the things that affect your sleep (for example stress), but you *can* help your body relax. By having a nightly sleep routine, you can get your body ready to go to sleep. Here are some tips:

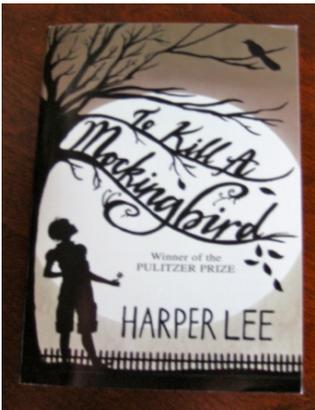
- Have a regular sleep schedule. Your body will get used to it and it will be [easier](#) to fall and stay asleep.
- Make your room quiet, cool and comfortable.
- Make sure that there is as [little](#) light and noise in your room as possible.
- Your bed should only be used for sleeping and relaxation. Avoid watching TV or using other electronics in bed so that your body knows that it is time to [rest](#).

- Avoid large meals, alcohol and caffeine right before bedtime. They can reduce the [quality](#) of your sleep. Think about how you feel the morning after a night of drinking or a night of tossing and turning.
- Exercise regularly. A little exercise at least 3 hours before bedtime can help relax you so that you get a deeper, less [interrupted](#) sleep.

DISCUSS: Allow enough time for your group to discuss. Have at least half of your group talk. What are some other ways you could set a bedtime routine to help you get a better night's rest?

7. Group Activity: As a group, come up with a sleep routine that each of you could use to **get** a better night's rest.

Allow enough time for your group to discuss. Have at least half of your group talk. Some ideas are: Shut off all electronic devices (including your TV, computer, etc.) and stop exercising 1 hour before going to bed to calm your mind down; dim the lights in your home an hour before to allow your body to relax and fall asleep; avoid napping after 3pm and limit them to 20-30 minutes to make sure it does not affect your sleep that night; avoid thinking about stressors in your life, tell yourself you will have time to think about them tomorrow; take some melatonin if you can't fall asleep; go to bed and wake up at similar times every day (Even on the weekends!) to allow your body's internal clock to set up a wake and sleep rhythm.



8. If you wake up in the middle of the night and cannot fall back asleep within 20 minutes, try to relax by doing one of more of the following exercises:

- Get up and do something calming like reading, light stretching or listening to music. Keep the lights dim and avoid electronic screens of any kind ([TV, tablet, phone](#)).
- Keep a pen and notepad near your bed so you can write down your [thoughts](#). This can help your mind relax.
- Do a quiet, meditative activity in bed such as visualizing yourself in a [relaxed](#) state.

DISCUSS: Allow enough time for your group to discuss. Encourage everyone to participate. Are there other things you do to help yourself fall back asleep?



9. Take-Home Activity: 1) This week your goal is to get 4 nights of 7-8 hours of good quality sleep. Select 2 sleeping habits to help you get a good night's sleep. Remember: The time you go to sleep is not when you get into bed, but the approximate time that you *actually* fall asleep. 2) Wear your pedometer 4 days this week and record your step average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous week.

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week’s Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week’s activity go? Were you able to get 4 nights of 7-8 hours of good quality sleep? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.
2. **Calories give your body energy during the day and at night. You take in calories, or energy, from most things you eat and drink.**
3. **How much do you know? Read one question at a time and allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.**
 - a. How do we gain weight? If we eat or drink more calories than we burn, we gain weight.
 - b. How do we control our weight? By burning as many calories as we take in by eating and drinking, we can control our weight.
 - c. True or false? Good *quality* food (fresh, natural) can be just as important for your health as limiting the *quantity* of food you eat. True
4. **GROUP ACTIVITY:** Daniel is a construction worker who has a typically active lifestyle. For breakfast, he eats a banana, a couple of fried eggs and 8 ounces of orange juice before he leaves for work. A few hours after he gets to work, he goes to the store nearby and grabs a donut and a cup of coffee with one packet of sugar. For lunch, he buys a chicken burrito and a 12 oz. Pepsi from a food cart. Before the end of his work day, Daniel eats a small bag of chips. For dinner, Daniel has a salad, a plate of rice, meat, sour cream and buttered bread, and two 12 oz. beers. Later that night he eats a slice of cake and two scoops of ice cream. Daniel weighs 195lbs. and *burns* about 2,350 calories each day. On this day, however, he ate about 3,700 calories. He ate 1,350 calories *more* than he burned.

How did this happen? How could he have reduced the number of calories he ate and drank on this day? Allow enough time for your group to discuss. Have at least half of your group talk. Some ideas are: He could have replaced some of his sides (chips, buttered bread) with vegetables; he could have cut down on his portions (less beer, soda, rice, dessert). **Many of his calories came from his dessert and sugary drinks (soda and beer).**

5. **Guess how many calories are in these typical breakfast foods. Allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.**



- 2 fried eggs and 2 bacon pieces - 550 calories
- 1 burrito (2 eggs, beans, tomato, tortilla) – 500 calories
- 1 bowl of oatmeal (with milk, sugar, butter) - 375 calories
- 1 large muffin - 700 calories
- 8oz of low-fat yogurt with fruit - 190 calories
- 1 sausage and egg muffin – 440 calories



6. **These snacks all have about 200 calories.**

Less Healthy Choices

- 1.3oz chocolate
- 20 potato chips
- 1 small donut

More Healthy Choices

- 3 hard boiled eggs
- 2 cups chicken breast
- 2 large apples

DISCUSS: Allow enough time for your group to discuss. Have at least half of your group talk. **Which of these foods are more filling? Healthier foods are often larger in volume and more filling.**

What are some healthy breakfast foods you can think of?

Calories (side 2 of 2)

7. Guess how many calories are in each of the following Fast Food items. **Allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.**

Burgers:

- Quarter pound hamburger with cheese - [740 calories](#)
- Angus mushroom and Swiss cheeseburger - [770 calories](#)
- Grilled chicken sandwich - [350 calories](#)

Drinks:

- Thick chocolate shake (32oz) - [1,150 calories](#)
- Thick chocolate shake (16oz) - [580 calories](#)
- Large soda(16oz) - [310 calories](#)
- Plain black coffee or tea - [5 calories](#)



Fries:

- Small - [230 calories](#)
- Medium - [380 calories](#)
- Large - [500 calories](#)



A Meal: Lunch of an angus mushroom and Swiss cheeseburger, large fries, and a thick chocolate shake (32oz) - [2,420 calories](#)

8. **DISCUSS:** How many calories should the average adult male consume daily? [2,400 Calories](#). What about the average adult female? [1,800 Calories](#). How many miles would a 160lb person have to run to burn off this meal? [20](#) Did any of this surprise you? Why?

9. How many calories do you think are in this healthier meal of a turkey, cheese & veggie sandwich; a small bag of carrots; and a 6oz low-fat yogurt? [470 calories](#)



10. **GROUP ACTIVITY:** Your Resting Metabolic Rate (RMR) can be a good estimate of the amount of calories you burn while resting all day. *Men's RMR is their weight (in pounds) times 11. Women's RMR is their weight times 9.* It differs for men and women because men have more muscle, which burns more calories.

CALCULATE YOUR RMR: _____

Allow enough time for your group to calculate their RMR.

In reality, however, you burn more calories than this, depending on how much physical activity you do during the day. Doing construction work, you typically burn an extra 200 calories per day. Add this to your RMR to estimate how many calories you burn during a work day (This does not include any additional exercise outside of work that you may do.). For example, if you are a male who weighs 195 pounds, you burn about: $(195\text{lbs} \times 11) + 200 = 2,345$ calories per day.

You burn about: Your RMR + 200 = _____ calories each day just doing construction work. Think about your this value when you are working on your weekly assignment.

11. Over time, how many calories you would need to cut from your diet to lose 1 pound? [3,500 calories](#)

12. **Food portion sizes:** Limiting your portion sizes is an effective way to lower the number of calories you eat. When reading food labels, remember that the nutritional values (such as calories, fat, protein, etc.) are for ONE serving size. If you eat more one serving size, multiply all of the nutritional values accordingly. For example, if cereal has a serving size of half a cup and you eat 1 cup of cereal, you have eaten 2 servings of half a cup. Thus, multiply the calories, fat, protein, etc. on the nutritional label by 2 to see how much you have *actually* eaten.

DISCUSS: **Allow enough time for your group to discuss. Have at least half of your group talk.** What are some foods that you can easily limit your portion sizes with? What are some foods that are harder for you to limit your portion sizes with? What are some ways that you could better control your portion sizes?

13. **Take-Home Activity:** 1) Track your calorie intake for 4 days. Make at least one of these days a Saturday or a Sunday. Break down meals into their basic ingredients. For example, a sandwich would be: 2 slices of bread, 1 slice of cheese, 1 oz. of turkey, 1tbsp of mayo and tomato. 2) Wear your pedometer 4 days this week and record the average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

Liquids and Calories (side 1 of 2)

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? What did you find out after tracking your calorie intake for 4 days? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.
2. **Calories in drinks:** Like foods, liquids have calories that can greatly increase the number of calories you eat each day. By limiting the amount of high calorie drinks you consume each day, you may be able to easily cut hundreds of calories each day.

3. **Choose these healthy, low-calorie drinks:** Read one question at a time and allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.

- **Water** is the healthiest drink for you. Still, most people do not drink enough water. You should be drinking 5-7 16oz glasses of water daily or even more, depending on your health, how active you are and where you live. Water makes up 70% of your body, making it your body's primary component. It is involved in every bodily function including getting rid of toxins through sweat and urine, taking nutrients to your entire body, fighting hunger, keeping your skin clear, preventing constipation, and much more.
- **Teas** have antioxidants that offer many benefits including arthritis relief, reducing memory problems, burning fat, reducing stress, and more.
- **Coffee** in moderation (2-4 cups of plain coffee) can keep you alert. Just be careful and watch how many calories you add in milk and sugar! Avoid caffeine if you are extra sensitive to it or if you are feeling anxious that day - it can worsen your anxiety.

DISCUSS: Allow enough time for your group to discuss. Have at least half of your group talk. What are some other types of low calorie drinks that you consume?



4. **Avoid or limit these unhealthy, high-calorie drinks:** Read one question at a time and allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.

- **100% Fruit Juice** can help you eat more fruit, but most is high in sugar, so limit how much you drink to 1/2 a cup (this is equal to 1 fruit serving). Whole fruit is always better because it has more fiber and is more filling.
- **Soda** should be limited as much as possible. There are no nutrients in soda. In general, sweetened drinks are high in calories, yet they do not keep you full. This can cause you to eat more throughout the day and gain weight.
- **Alcohol** can harm your entire body including your brain, heart, liver, pancreas and immune system. It is also very high in sugar and calories so watching how much you drink is important. Darker liquors and mixed drinks are the highest high in sugar and calories.

What are some ways to cut calories from your liquids? Allow enough time for your group discussion. Some ideas are:

- When you order a drink ask for: fat-free instead of whole milk to reduce the fat and calories; order the smallest drink available; don't use extra flavorings –they are all sugar; don't use whipped cream – it is very high in fat. It is usually better to order more basic coffee drinks like black coffee, which are lower in calories, sugar and fat.
- Dilute juices in water or mineral water
- Avoid keeping sugary drinks at home
- Make water more flavorful by adding slices of cucumber, lemon, etc.
- **What other ideas do you have?**

Liquids and Calories (side 2 of 2)

5. GROUP ACTIVITY: Guess how many calories are in each drink listed below. Then guess how long a 155 lb. person walking at a normal, 20-minutes per mile pace would have to walk to burn off these calories. Keep in mind that calories burned will vary by weight and sex. **Allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.**

- 1) Sports drink (16oz) - 150 calories. This person would have to walk for 45 minutes to burn this off.
- 2) Blended vanilla coffee drink (16oz)- 430 calories. This person would have to walk for 125 minutes to burn this off.
- 3) Soda Can (12oz) - 150 calories. This person would have to walk for 45 minutes to burn this off.
- 4) Plain coffee (12oz) - 5 calories. This person would have to walk for 1 minute to burn this off.
- 5) 100% Orange Juice (16oz) - 210 calories. This person would have to walk for 60 minutes to burn this off.
- 6) Light Beer (12oz) - 150 calories. This person would have to walk for 45 minutes to burn this off. This varies. Beers that are darker in color or have high alcohol contents have more sugar and calories. This person would have to walk longer if they drank a darker or stronger beer.

DISCUSS: Allow enough time for your group to discuss. Have at least half of your group talk.

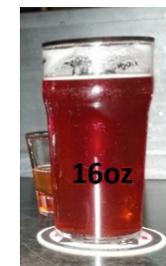
Did any of these surprise you? Why?

What beverages do you most drink? How many calories does this add up to? How could you reduce some of these calories?

Do you typically consume energy drinks? Are there better alternatives?

6. Replacing high calorie with low calorie drinks can cut a lot of calories from your diet. See the chart below for some examples.

Time	Substitution	Calories Cut
Morning	Instead of drinking a 16oz café latte with whole milk (265 calories), drink a 12oz, fat-free café latte (<u>125</u> calories)	<u>140</u>
Noon	Instead of drinking a 20oz soda (227 calories), drink mineral water with a splash of juice (<u>15</u> calories)	<u>212</u>
Afternoon	Instead of drinking a 16oz sweetened ice tea (180 calories), drink an unsweetened ice tea (<u>0</u> calories)	<u>180</u>
Evening	Instead of drinking a 16oz orange juice (210 calories), drink hot tea (<u>0</u> calories)	<u>210</u>
If you did all of these things, you would cut <u>742</u> calories!		



7. Take-Home Activity: 1) Set a goal to drink 5 or more 16oz glasses of water per day. Replace a high calorie beverage that you regularly drink with a healthier, lower calorie drink for 3 days. Record how many calories this saved you over the week. 2) Wear your pedometer 4 days this week and record the average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? Were you able to drink at least 5 glasses of water a day? What high calorie beverages did you replace? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

2. **Healthy Foods** Allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.

A balanced diet includes what nutrients?

- **Fruits & vegetables:** at least 5 servings
- **Carbohydrates (carbs):** 4-8 servings
- **Protein:** 3-7 servings
- **Fat:** 3-5 servings
- **Water:** 5-7 16oz glasses
- **Sugar:** less than 2 tablespoons for females and 3 tablespoons for males
- **Sodium:** less than 1 teaspoon



What foods have 1 serving of healthy complex carbohydrates? Some ideas are: 1 slice of 100% whole grain bread, 1 cup of whole grain pasta, ½ a banana, 1 small apple, ½ cup cooked beans, 1 cup of milk, 1 cup of vegetable soup

What foods have 1 serving of healthy proteins?
1 egg, ½ cup cooked beans, 2 Tbsp. peanuts, 3oz meat



What are healthy fats? Mostly unsaturated fats

What foods have 1 serving of healthy fats? 1tsp olive oil, 2tbsp nuts, ½ avocado



Eat all your nutrients in their most natural forms. Whole foods have much more overall nutrition than processed foods or supplements. An orange, for example, is overall more nutritious than a vitamin C supplement.

Read through, allowing your group time to fill in the blanks. Different fruits and vegetable have different health benefits so it is important to eat a variety in your daily diet. They can help prevent chronic illnesses like heart disease and diabetes, lower your risk of cancer, and strengthen your immune system. One way to get the most benefit is to select fruits and vegetable with a variety of colors. Those with deeper colors typically have more nutrients, vitamins, minerals and antioxidants. Think broccoli, blackberries, spinach, carrots, tomatoes, etc.

3. Less Healthy Foods



What foods should you not eat to **avoid** less healthy carbs? those with simple sugars (e.g. white bread or pasta, sweetened breads)

What proteins should you eat in **moderation**? High-fat meat (e.g. bacon, pork) and dairy (cheese, cream), processed meats (e.g. deli meats)



What fats should you avoid or eat in **moderation**? saturated animal fats (e.g. butter, cheese)

What sugary foods should you **avoid**? All of them. Especially sweetened: soda, coffee, tea, energy drinks, condiments (jam, syrup) and breads (pastries)



What foods are typically high in sodium? Processed foods, salty condiments

4. **GROUP ACTIVITY:** Allow enough time for your group to discuss. It is easy to put together a healthy, affordable and well-balanced meal. Just remember to select: **at least 1 vegetable, 1 lean protein and 1 complex carb.** Avoid adding sugar or too much salt. With your group, develop 3 affordable, well-balanced meals that you could easily prepare in 30 minutes or less.

Basic Nutrition (side 2 of 2)

Copyright © 2018 OHSU

Nutrition Facts	
Serving size 2 Tbsp. (30g)	
Servings per container about 15	
Amount per serving	
Calories 60	Calories from fat 50
% Daily Value	
Total fat 6g	9%
Saturated fat 4g	19%
Trans. fat 0g	
Cholesterol 25mg	8%
Sodium 15mg	1%
Total carbohydrate 1g	0%
Dietary fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 0%
LIST OF INGREDIENTES: rice, oil, high fructose corn syrup, salt	

5. Reading a food's nutrition label: After **each** definition, discuss with your team about **where** this information is found on the example to the left and **what** its value is. Read through, allowing your group time to discuss and fill in the blanks.

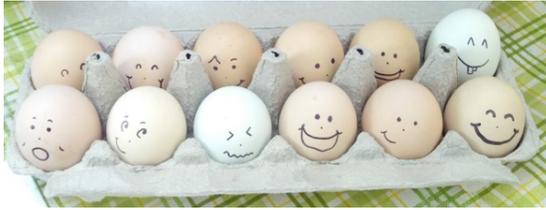
- A. Ingredients:** The ingredients used to make this food in order of those that are most used to those that are least used. Look for ingredients you recognize like whole grains or nuts listed first. Sugars should be listed last or not at all. Avoid foods with ingredients you do not recognize or cannot pronounce like soy lecithin or monosodium glutamate - chances are they are not good for you. (In the example, the ingredients are: rice, oil, high fructose corn syrup, salt)
- B. Serving Size:** All the values that follow (i.e. calories, fat, protein) are for this serving size (not the entire food container). If you eat more than one serving, adjust the calories, fat, protein, etc. What is considered one serving in the example to the left? (in the example, 1 serving is 2Tbsp. There are 15 servings total.)
- C. Calories:** The energy that eating ONE SERVING will give you. Look for low calorie foods, and limit high calorie foods. (in the example, 1 serving has 60 calories)
- D. Calories from Fat and Total Fat (grams):** Limit fatty foods. Look for foods that have a low fat to calories ratio. Avoid foods with trans or saturated fats – they increase your cholesterol levels and raise your risk of having a heart attack. (in the example, 1 serving has 50 calories from fat, 6g of fat, 4g of saturated fat and 0g of trans fat)
- E. % Daily Value (% DV):** The percentage of the recommended daily amounts of nutrients this food has. The percent is based on someone who needs to eat 2,000 calories a day. (each value varies, but in the example, total fat is 9% of the total daily fat you should eat)

- F. Cholesterol:** Cholesterol is needed and found naturally in your body. Too much cholesterol, however, makes blood flow difficult and puts you at risk of having a heart attack. Limit your cholesterol intake to less than 300 mg a day. (the example has 25mg of cholesterol)
- G. Sodium:** Too much sodium increases your blood pressure and risk of having a stroke or heart attack. Choose "low-sodium" foods. Limit your intake to less than 2,300mg (1tsp) a day or less if you are over 50, have darker skin, high blood pressure, diabetes or kidney disease. (the example has 15mg of sodium).
- H. Carbohydrates:** Look for foods with complex carbohydrates listed in the Ingredients list like whole grains and vegetables. Avoid simple carbohydrates like glucose and corn syrup which quickly get stored as fat. (the example has 1g of carbohydrates)
- I. Fiber:** Fiber improves digestion, cholesterol levels, sugar levels and prevents constipation. Eat 22-34g daily of fiber primarily through vegetables. (the example has 0g of fiber)
- J. Sugar:** *Natural* and *added* sugars are listed together. *Added* sugars are often "hidden" in foods, but can be found in the *ingredients list*. They have no nutrients and cause inflammation, weight gain, tooth decay and more. (the example has 1g of sugar)
- K. Protein:** Protein keeps your bones, skin, blood, muscles and every other other part of your body healthy. Women should eat at least 46g, and men should eat at least 56g a day. (the example has 1g of protein)
- L. Vitamins and Minerals:** Vitamins and minerals reduce your risk of some diseases. Choose foods that have high values. (the example has 4% vitamin A, 0% vitamin C, 4% Calcium, 0% Iron)

DISCUSS: Have at least half of your group talk. What do you think of all of these values in the example? Are they good or bad?

- 6. Take-Home Activity: 1)** Read the nutrition labels of the 5 foods you eat most. Are these foods healthy? Find healthier foods to replace less healthy foods. **2)** Wear your pedometer 4 days this week and record the average. **3)** Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. **4)** Try to continue practicing the activities from the previous weeks.

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week’s Take-Home Activity. You will receive a \$20 gift card for each completed activity.



1. REFLECTION: How did last week’s activity go? What did you find out when you read the nutrition labels of the 5 foods you consume most? Was it what you expected? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

2. Don’t eat snacks? If you feel that your main meals are enough and do not snack, think about how you could add some of the healthy snack options described below to your main meals. Think especially about dessert.

3. Avoid late-night eating. Foods eaten late at night are not properly digested by your body and are more easily stored as fat, causing you to gain weight. This is especially important if you are eating unhealthy, sugary, fatty foods (for example, chips, soda or candy). They can add a lot of unnecessary calories to your diet and they also do not keep you full for very long, causing you to eat more.

4. Healthy Snacks: If you snack during the day, think about replacing some of your less healthy snacks with some of the healthier options described below. Snacking on healthy foods can be a good way to reduce hunger in between meals and avoid overeating later in the day. Selecting healthy options for snacks like fruits and vegetables can help you maintain stable blood sugar and energy levels. You also provide your body with essential nutrients it needs to work and feel good. All without ruining your appetite later on. Remember to eat mindfully and avoid multitasking (for example watching TV, driving to work, munching excessively while you cook, etc.) to avoid overeating. Choose snacks high in water, protein and fiber. Limit your portion sizes to less than 250 calories. Here are some options:

- ❖ **Fruits and vegetables:** They can prevent or lower your risk of illnesses such as heart disease, cancer and diabetes. Having them as a snack can be a good way to easily eat at least 5 per day. Remember to select fruits and vegetable with a variety of colors to get the most benefit.
- ❖ **Whole grains:** They are high in fiber and complex carbohydrates that digest slowly and keep you full longer. This helps you maintain stable blood sugar levels.
- ❖ **Nuts and seeds:** They are high in protein and healthy fats that help keep you full longer. They are very high in calories, however, so limit your portions!
- ❖ **Low-fat, unsweetened dairy products:** They are high in protein, calcium, and other nutrients. Some cheeses and yogurts also have healthy bacteria that can help keep your digestive system healthy. Choose low sodium and low-fat (or “light”) dairy options to reduce your salt, fat and calorie intake. Choose plain, unflavored milks and yogurts to avoid added sugars. Most flavored options like chocolate milk or fruit yogurt are loaded with sugar.



DISCUSS: Allow enough time for your group to discuss. Have at least half of your group talk. Do you already snack on some of these healthier food options? How could you add more of these healthier options into your snacking and/or late night eating?

Snacks (side 2 of 2)

Copyright © 2018 OHSU

5. DISCUSS: What are some examples of healthy snacks you could take to work with you? What is healthy about these? **Allow enough time for your group to discuss before giving them some ideas in blue. Have at least half of your group talk.** Some ideas are: Fruit, plain low-fat yogurt with apple, baby carrots, string cheese, 2 tablespoons of nuts, protein smoothie, seeds, peanuts



7. GROUP ACTIVITY: Have at least half of your group talk.

- ❖ Talk about your snacking habits with your group. Give an example of a typical, not so healthy snack you tend to eat. Then choose a healthier (high water, protein, fiber and/or low-calorie) snack you would be willing to eat as a replacement.
- ❖ What healthy snacks do you like? How could you eat more of these? **Some ideas are: only take healthy snacks to work; have healthier snacks at home; eat something healthy such as a salad before going out.**

6. Guess which of these foods have the highest and lowest calorie, fat, carb, protein and fiber values: 2oz Snickers bar, small bag of potato chips, ½ cup vanilla ice cream, 1 boiled egg, 6oz plain non-fat yogurt, 2oz peanuts. Fill in the table below. Afterwards, talk with your group which of these you think are the most and least healthy foods. **Allow enough time for your group to discuss before giving them the answers in blue.**

	Highest in...	Lowest in...
Calories	2oz peanuts (326 Cal) 2oz Snickers Bar (296 Cal)	1 boiled egg (78 Cal) 6oz plain non-fat yogurt (100 Cal)
Fat	2oz peanuts (252 fat cal) 2oz Snickers Bar (148 fat cal)	6oz non-fat yogurt (0 fat cal) 1 boiled egg (45 fat cal)
Carbs	2oz Snickers Bar (35g)	1 boiled egg (1g)
Protein	2oz peanuts (14g) 6oz plain non-fat yogurt (9g)	½ cup vanilla ice cream (2g) Small bag of potato chips (2g)
Fiber	2oz peanuts (5g)	½ cup vanilla ice cream (0g) Small bag of potato chips (0g)

8. Snacks on-the-go: Sometimes there is no time to prepare healthy foods at home. What are some healthy snacks you could buy at any grocery store during a break at work? **Allow enough time for your group to discuss. Have at least half of your group talk.** Some ideas are: String cheese (low-fat if available), nuts, fruit, mineral water (instead of a sweetened beverage), a hard boiled egg...

9. Cravings: Sometimes people eat because they have cravings and *not* because they are actually hungry. This is a very unhealthy habit that can add many unnecessary pounds to your waistline through too much fat, sugar, sodium and chemicals. Eating a Snickers Bar every day after work, for example, can add 77,000 calories (or 22 pounds) to your waistline over a year! Instead, try: **Allowing your group time to discuss and fill in the blanks.**

- ❖ Have a healthy diet: A clean and healthy diet naturally reduces cravings. Don't buy or keep junk food in your home or work place.
- ❖ Drink more water: Drinking water can make you feel full.
- ❖ Take a walk: A short 15 minute walk can help reduce cravings.
- ❖ Sleep more: Lack of sleep can cause you to overeate during the day.

10. Take-Home Activity: 1) For 4 days this week, replace one of your typical, less healthy snacks with a healthier food. In addition, add an *extra* serving of fruits and/or vegetables to one of your meals. For example, if you already have fruits and vegetables with your dinner, then add a serving to your breakfast. 2) Wear your pedometer 4 days this week and record the average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

Sugar (side 1 of 2)

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week’s Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. REFLECTION: How did last week’s activity go? What healthier snacks or foods did you choose? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

2. How much added sugar does the average American eat each day? 355 calories (the equivalent of 22 sugar cubes). This is far too much! Where do most of these calories come from? Juices, sodas, energy and sports drinks

Remember: Though some of these foods may have more nutrition than processed white sugar, these are all similarly HIGH IN SUGAR: honey, agave nectar, brown sugar, juice concentrate, and more. Limiting how much of these you eat is important.



3. Sugar is an “Empty Calorie”: Sugar is known as an “empty calorie” because it does not have any nutrients like other carbohydrates. In fact, processing sugar takes both energy and nutrients away from your body. Sugar also causes you to have energy “spikes” and “crashes”, which can make your body store more fat.

4. Eat Natural sugar: Most, if not all, of your sugar should come from natural carbohydrate sources such as vegetables, fruits and dairy. These foods have more overall nutrition like more protein and fiber than plain sugar and keep you full longer.

5. The table on the right has some natural sources of sugar. Guess how many grams of sugar (or sugar cube equivalent) each of these foods has. Allow enough time for your group to discuss. Have at least half of your group talk.

DISCUSS: Which foods have the lowest and highest sugar contents? Did any of these surprise you?

Food	Grams of Sugar	Sugar Cubes
8oz 1% Milk	13 grams	3 sugar cubes
6oz Plain Yogurt	6 grams	1.5 sugar cubes
1 Apple	23 grams	6 sugar cubes
10 Strawberries	7 grams	1.5 sugar cubes
1 Tomato	3 grams	1 sugar cubes
1 Stalk Celery	1 grams	1/3 sugar cube

6. Added sugars: Hidden additional sugars and unhealthy fats are often added together in order to increase a processed food’s shelf life, flavor, texture, volume and more. This results in a food that is much higher in sugar and calories, but low in nutrients. In large amounts (more than 100 calories or 25 g for females and 150 calories or 37 g for males per day), sugar can cause:

- Inflammation, which increases your risk of many long-term diseases, especially heart disease, Alzheimer’s, cancers, type 2 diabetes, and much more.
- Poor nutrition from low-nutrient, sugar-filled foods that replace healthy meals.
- Weight gain from the added sugar calories.
- Higher cholesterol and fat levels which increase your risk of a heart attack.
- Tooth decay from sugar-loving mouth bacteria.



Sugar (side 2 of 2)

7. Added sugar is everywhere and, it is hard to [avoid](#) unless you are on the lookout for it. Since both natural and added sugars are included in the **nutritional label** of a food, you need to read the **ingredients list** to really know whether that food has *added* sugars. If you see any of these ingredients listed, it means that extra sugar has been added to that food. [Avoid](#) or [limit](#) foods with: cane juice or syrup, fruit juice concentrate, high fructose corn syrup, malt syrup, honey, molasses – anything that is sweet. Ingredients ending in “-ose” such as: **fructose**, **glucose**, or **dextrose** are also sugars.

8. **Group Activity:** Ask your group one question a time. Have at least half of your group talk. a) How many grams of sugar are in the apple sauce below? [22g](#) b) Is this high or low? [high for only 113g of food](#) c) Is all of this sugar natural (from apples)? [No, high fructose corn syrup is the second ingredient](#) d) Repeat these steps for the flavored yogurt label below. a) 22g b)high c) No, there is added sugar and fructose

APPLE SAUCE			
Nutrition Facts	Amount/Serving		INGREDIENTS:
Serving Size	Total Fat 0g	Total Carb. 24g	
1 Container (113g)	Saturated Fat 0g	Dietary Fiber 1g	
Servings 6	Trans Fat 0g	Soluble Fiber 1g	CORN SYRUP, WATER, ASCORBIC ACID (VIT. C).
Calories 90	Cholesterol 0mg	Insoluble Fiber 0g	
Fat Calories 0	Sodium 0mg	Sugars 22g	
	Potassium 70mg	Protein 0g	
	Vit. A 0% • Vit. C 20% • Iron 0% • Calcium 0%		

STRAWBERRY YOGURT			
Nutrition Facts	Amount/Serving		INGREDIENTS:
Serving Size	Total Fat 0g	Total Carb. 24g	
1 Container (170g)	Saturated Fat 0g	Dietary Fiber 1g	
Calories 90	Trans Fat 0g	Soluble Fiber 0g	FRUCTOSE, MILK PROTEIN CONCENTRATE
Fat Cal 0	Cholesterol 0mg	Insoluble Fiber 0g	
Fat Calories 0	Sodium 0mg	Sugars 22g	
	Potassium 70mg	Protein 0g	
	Vit. A 0% • Vit. C 20% • Iron 0% • Calcium 0%		

You should be doing this same exercise of reading the food label and ingredients list for every food you purchase! It will get easier and faster with practice. It is the only way to know what you are *really* eating.

9. Over a year, how do these foods compare in sugar and calories?

Read through, allowing your group time to discuss and fill in the blanks.

	10 Strawberries	1 Cookie
1 Serving	7g sugar 47 calories	18g sugar 210 calories
365 Servings (1 year)	2,555g total sugar 17,155 total calories	6,570g total sugar 76,650 total calories

You can eat almost [60,000](#) fewer calories (17 pounds in body weight), a lot less sugar, and many more nutrients each year by choosing to eat a serving of strawberries instead of a cookie. It all adds up! **What are some examples of substitutions you could do?**

10. Here are some tips to reduce added-sugars in your diet:

- Substitute [water](#) or other calorie-free, unsweetened drinks for sweetened sodas, energy drinks, blended coffee drinks, etc.
- If you drink juice, limit yourself to 4oz (1/2 cup) and make sure it is [100%](#) juice. It’s always better to eat the whole fruit, however.
- Replace sweetened (“frosted”, “honey”) morning cereals with [plain](#) cereals. These often also have more whole grains, protein and fiber.
- Use “reduced-sugar” sweeteners like syrups and jams. Also, watch out for added sugars in [condiments](#) like ketchup and dressing.
- Replace all or part of a dessert with fresh [fruits](#).
- Snack on vegetables, fruits and low-fat, plain (unsweetened) dairy products instead of candy, pastries, etc.
- **What other advice or ideas do you have?**

11. **WEEKLY ASSIGNMENT:** 1) By limiting the amount of sugar you eat, you can reduce your calorie intake and improve your nutrition. Additionally, you can “cleanse” your taste palate and begin to taste the natural sweetness of foods without having to add additional sugar. For 3 days this week, reduce your *added* sugar intake by replacing sweetened foods with less or non-sweetened foods. This includes natural sweeteners like honey, agave nectar, molasses, etc. This does *not* include natural sugars found in fruits, vegetables and dairy. If you would like an extra challenge, add a 4th day of *zero* added sugar. 2) Wear your pedometer 4 days this week and record your step average. 3) Share and discuss with your support system this week’s take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week’s Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week’s Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week’s activity go? How did you reduce the sugar in your diet? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

2. Cardiovascular exercise should raise your heart rate and make you sweat. Keep in mind that movement is not necessarily exercise. Activities like walking around your house or standing are beneficial for your body and can burn many calories, but they do not raise your heart rate enough for you to receive the good cardiovascular (heart) benefits of exercise. Exercise has many benefits for everyone. Even in low intensities, exercise can help you... Read through, allowing your group time to fill in the blanks (blue).

- **Improve your overall health**, increasing your chances of living longer and lowering your risk of disease. Illnesses like diabetes, heart disease, cancer, high blood pressure, high cholesterol, seasonal colds, flus, and more can all be prevented or reduced with regular exercise. In fact, just 15 minutes a day of exercise can reduce your risk of death and lengthen your life expectancy by about 3 years.
- **Increase your metabolic rate**, helping your body better use nutrients to keep you healthy. It can also help you naturally lose weight.
- **Gain energy** and fight fatigue without excess sleep or the use of caffeine or sugar. For example, replace a coffee break at work with a 10 minute walk or stretching session.
- **Naturally reduce stress**, helping you to think and sleep better.
- **Improve your self-esteem** because you look and feel better.
- **Strengthen your bones and muscles**, helping them work better and lowering your chances of injury on the job or at home.
- **Have fun!** It can be a fun and healthy way to spend time with your family and friends. At work, instead of taking an entire hour eating lunch, spend 30 minutes of it going on a walk with a coworker.
- **Meet new people** who share your interests.



DISCUSS: Why do you enjoy exercising? Allow enough time for your group to discuss. Have at least half of your group talk.

3. Each week you should get at least 150 minutes of moderate aerobic activity such as a brisk walk, swimming or washing your car. As an alternative, each week you should get at least 75 minutes of vigorous aerobic activity such as running or biking at a fast pace.

4. Remember:

- ❖ **The hardest part is starting!** Once you begin a workout routine that works with your schedule, it will be much easier to continue to exercise. In addition, you will see the benefits of exercising and be motivated to continue with your healthy routine.
- ❖ **During hot weather, exercise in the morning or evening** to avoid dehydration.
- ❖ **Take breaks when you need to.** If you stick to a regular exercise plan, you will soon improve your strength and endurance!

5. About how many calories would a 160lb person burn in a year in TOTAL doing the following activities? IT ALL ADDS UP! Allow enough time for your group to discuss before you give them the answers in blue. Have at least half of your group talk.

❖ Walking 3 miles, 3 times per week
35,000 calories = 10 lbs.

❖ Biking 6 miles, 3 times per week
45,000 calories = 13 lbs.

❖ Cleaning the house for 1 hour once a week
9,000 calories = 3 lbs.

Cardiovascular Exercise (side 2 of 2)

Copyright © 2018 OHSU

6. Below are some physical activities to help you burn 200 calories. These values vary by weight, age, sex and your environment. Adults who are heavier, younger, males and live in a cold environment burn more calories. **Allow enough time for your group to discuss before giving them the answers underlined in blue.**

Construction work	<u>35</u> minutes
Walking at a fast pace	<u>40</u> minutes
Washing a car	<u>30</u> minutes
Mowing the lawn	<u>30</u> minutes
Basketball or Soccer	<u>20</u> minutes
Cycling at 13mph	<u>20</u> minutes
Cleaning the house	<u>60</u> minutes
Weight lifting	<u>50</u> minutes
Stretching	<u>75</u> minutes

Did any of these surprise you? Why? Have at least half of your group talk.



7. Inactivity: Your body benefits from and NEEDS exercise to work its best. Take inactivity just as seriously as you would other addictions such as smoking, drinking, overeating, etc. In fact, a lack of exercise could be the cause of many common health problems such as: chronic fatigue, obesity, high blood pressure, high blood sugar, excess waist fat, abnormal cholesterol levels, a higher risk of death from cancer and cardiovascular disease, and much more. Remember: exercise is necessary to keep you healthy. You could avoid many diseases in the future by simply going on a walk.

8. Scheduling Exercise: Exercising is vital for your health and it is important enough to make time for it. Schedule regular exercise into your weekly calendar to avoid overcommitting yourself to other activities like grocery shopping or a doctor appointment. Having a regular exercise schedule will help you remember and get in the habit of following through with your exercise routine. Using an electronic calendar on your phone or computer can be useful for scheduling because you can schedule exercise over an extended period of time and add reminders.

9. Starting out: When starting to exercise, it is important to start out with easier activities because you don't want to burn yourself out by doing too much physical activity at once. As you feel comfortable, add more intense activities. For example, if you want to be able to jog 5 miles 3 times a week, start with a 2 mile fast paced walk 3 times a week. Once you are comfortable with that, pick up the pace.

10. DISCUSS: Read one question at a time and allow enough time for your group to discuss. Have at least half of your group talk.

- What activities outside of work do you already do? How do you add them into your day?**
- What is an activity you could easily add to your schedule? What is stopping you from adding this activity? What would make it easier for you to add in this activity? Waking up 20 minutes earlier? Packing a lunch the night before?**
- When could you add more physical activity to your day? Walking part of the way to work? Going on a walk during half of your lunch time?**



11. Take-Home Activity: 1) Look at your weekly calendar and schedule in **at least 30 minutes** of exercise 4 days this week. This could even be a fast paced walk. Remember: "Exercise" should raise your heart rate and make you sweat. You should pick activities that you know that you can continue to do in the future. Also, calculate the amount of calories burned doing each activity using the exercise and calorie sheet provided to you or another resource. 2) Wear your pedometer 4 days this week and record the step average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous week.

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week’s Take-Home Activity. You will receive a \$20 gift card for each completed activity.

- 1. REFLECTION:** How did last week’s activity go? Were you able to schedule in at least 30 minutes of physical activity 4 days last week? What activities did you do? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.
- 2. Read through, allowing your group time to fill in the blanks.** Strength training can decrease your body fat, increase your muscle mass, strengthens your bones, and help you naturally burn more calories throughout the day. Most importantly, strength training reduces your risk of injuring yourself while performing everyday tasks. It is important to work out every muscle group in your body because many different muscles work together to perform any one movement. Lifting at work, for example, can work your arms, legs, core and back. Thus, it is important to strengthen all of these muscles.

For each statement, mark whether it’s “true” or “false”. Have at least half of your group talk.

- a. You start losing muscle mass around the age of 65. False. Muscle mass loss begins at age 25, though it is more noticeable at age 65. Use it or lose it!
- b. Strength training has to be hard to be effective. False. Strength training does not have to be strenuous.
- c. You have to do strength training on a regular basis for at least an hour in order to see results. False. Doing 20-30 minutes of strength training 2-3 times a week can be enough to see results within a few weeks!
- d. Each week, you should try to focus on your arms & shoulders, chest, back, core, and legs. True
- e. Specialized weight training equipment works best when exercising. False. Along with specialized weight training equipment, you can use your own body as well as many household objects to help you complete your strength training exercises 2-3 times per week.

3. Examples of strength exercises that cover different muscle areas:



Food Cans or a **Gallon Jug** – Use these as a dumbbell to do bicep curls, triceps extensions, chest bench presses, etc.

A Chair – Use for triceps dips: Start with your legs straight out in front of you and lift your upper body straight up with your arms using the edge of a sturdy chair. Slowly lower your body down until your arms make a 90° angle. Raise yourself up again and repeat.



Stairs – Use for calf raises: Stand on the edge of a step with the front of your foot and raise yourself onto your toes as high as you can. Then lower your heels as low as you can and repeat.



A Wall – Use for wall sits: Stand with your back flat against the wall and bend your knees to a 90° angle. Hold this position for one minute to help strengthen your quadriceps and gluteus Maximus.



Mat – use it to do a “Superman”: Lie on your stomach with your arms and legs fully extended in front of you. Raise your chest, arms and legs off the ground at the same time, and hold for 10 seconds to strengthen your hamstrings, gluteus Maximus, back, trapezius, and shoulders.

DISCUSS: What other exercises do you know of that you could easily do at home? Have at least half of your group talk.

Strength Training (side 2 of 2)

4. Back Health: Many people deal with back pain. Strength training is one of the best ways to help protect your spine and back from future injuries. The spine consists of vertebrae, muscles and ligaments that make it possible for you to sit up straight. **Read one question at a time and allow enough time for your group to discuss before giving them the answers in blue. Have at least half of your group talk.**

- a. What are the functions of the spine? **It protects the spinal cord, supports the body, and allows for a wide range of movement**
- b. Where on your body are your core muscles? **Your pelvis, lower back, hips and abdomen**
- c. What are the effects of poor posture over time? **Back pain which stresses the spine and can cause chronic discomfort**
- d. What should you do (or not do) when lifting an object? **Have the object close to your body, bend your knees (not your waist) to pick up and put down the object, tighten your stomach muscles to pick up and put down the object, do NOT bend forward, avoid any twisting motions**



Mat – Core strength is important for the health and safety of your back. It can reduce pain and your risk of injuries due to stress in that area. Crunches and push-ups help strengthen your **abs, chest, shoulders and back**. With push ups, keep your whole body in line (don't sink your back!) through the entire motion. Stretching can also reduce your risk of injury.

5. Strength training tips:

- a. Reps and sets:** Choose weights that allow you to do 12 “repetitions” of an exercise (this will be 1 “set”). You should be tired after each set (12 repetitions), but not exhausted. Do not use weights that are *too* heavy, you could injure yourself. Rest for 30 seconds between each set.
- b. Group exercises:** For a faster workout, do one exercise while you are taking a break from another. For example, do 1 set of biceps curls followed directly by 1 set of triceps extensions.
- c. Divide your workout:** Work different muscle groups on different days. For example, work your lower body on one day and your upper body on a different day.

6. GROUP ACTIVITY: As a group, create a workout routine to work each muscle area of the body. You can use exercises that were not included in this card. Discuss your past experiences with exercise routines, what worked and what didn't work. **Give group time to discuss at least one exercise for each muscle group. Have team members demonstrate each exercise. Encourage participation. Make sure everyone has completed their exercise routine before moving on.**

ARMS & SHOULDERS	Exercise: _____	Repetitions: _____	Sets: _____
CHEST	Exercise: _____	Repetitions: _____	Sets: _____
BACK	Exercise: _____	Repetitions: _____	Sets: _____
CORE	Exercise: _____	Repetitions: _____	Sets: _____
LEGS	Exercise: _____	Repetitions: _____	Sets: _____

7. Take-Home Activity: 1) Look at your weekly calendar and schedule in 2 strength training session this week. Focus on all of the major muscle groups: arms & shoulders, chest, back, core, and legs. If you are not sure where to start, use the routine you created as a group. **You can** do 3 sets of 12 reps for each exercise. 2) Wear your pedometer 4 days this week and record the average. 3) Discuss with your support system this week's take-home activities. (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

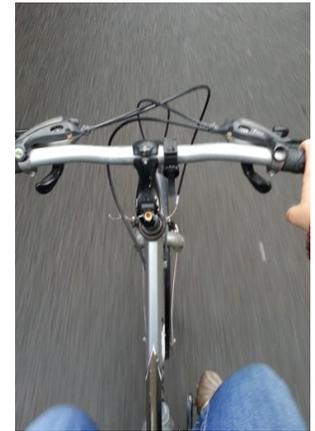
LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. REFLECTION: How did last week's activity go? Were you able to do strength training 2 times last week? What did you do? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

2. Flexibility is essential for your body: Flexibility in your joints and muscles is important for your body's overall physical well being. In fact, flexibility is just as important for your body as cardiovascular and strength exercise. Flexibility helps your body perform daily activities like: stepping in and out of a vehicle, climbing stairs, standing up, walking, picking up objects off of the floor, cooking, and much more. Flexibility reduces your risk of injury while performing daily activities and speeds up your recovery time if you are injured. More specifically, flexibility helps with:

- **Coordinated Movement**, helping you do daily activities with muscle control. Some examples are: vacuuming, bending over and shaking someone's hand.
- **Blood circulation**, allowing your body to stay healthy and protected against illnesses such as diabetes and arthritis.
- **Good posture** when you are standing, sitting and lying down. It helps your body distribute its weight so that there is not too much weight in some places such as your lower back. This reduces the fatigue and strain on your ligaments, muscles and bones.
- **Muscle endurance, power and metabolism.**

3. Stretching and moving your body regularly is a good way to maintain flexibility. Flexibility can help reduce tension throughout your body. It is important for everybody (not just athletes) to stretch on a regular basis in order to maintain their body's flexibility and reduce risk of injury. In fact, if you do not exercise regularly you actually have a higher risk of injuring yourself because your body is not used to dealing with different movements.



4. Keeping your flexibility through stretches and exercises becomes even more important as you age because your muscles, bones and joints naturally begin to lose their strength and flexibility. This could mean...

- Limited and slower body movements, slowing you down and making it harder for you to avoid accidents.
- Loss of muscle coordination, making detailed activities like cooking or unlocking your door harder.
- Loss of muscle power, requiring you to get more help from others.
- Lowered muscle metabolism, making it harder for you to build and keep muscle. This also slows down your metabolism.
- A higher risk of injury while performing daily tasks like bending over or walking.

What would these things mean for your personal life? What about your work life? Allow enough time for your group to discuss. Encourage everyone to participate.



Flexibility (side 2 of 2)

Copyright © 2018 OHSU

5. So how much should you stretch? In general, this depends on how active you are. Highly active people need to be very flexible in order to perform without getting injured. Most people, however, need a level of flexibility that is [less](#) extreme.

- **Always begin with a short 5-10 minute warm up** to help your blood flow throughout your body. This should be any exercise that requires you to breathe a [little](#) harder than normal such as a fast paced walk, swimming or cycling.
- **A 10 minute stretching session 1-3 times a week** is a good start. Stretch every major muscle groups including your **arms, shoulders, neck, back, thighs, calves and ankles**. Hold each stretch for [15-30](#) seconds and breath normally (do not hold your breath). Be gentle with your body. You should feel some tension, but it should not be painful. Stretch the areas of your body that receive the most stress, well...[more](#)! For example, if your job requires you to pick up and lift objects, spend more time stretching your back, arms and legs.

6. Below are some stretches you can do to maintain your flexibility and avoid injuring yourself.



Chest Stretch



Triceps Stretch



Back Stretch



Quad Stretch



Hip Flexor Stretch



Gluteus Stretch



Calf Stretch

7. Group Activity: As a group, talk about the areas of your body that regularly receive the most stress at work. What stretches could you do to help with this? Are there stretches that you could easily do at work during a break? Use the examples above or come up with your own. **Allow enough time for your group to discuss. Encourage everyone to participate.**

8. WEEKLY ASSIGNMENT: 1) Look at your calendar and schedule in at least two 15 minute sessions to stretch this week (5 minutes of warming up and 10 minutes of stretching). Do a full body stretch, paying special attention to the muscles you use most while at work. 2) Wear your pedometer 4 days this week and record your step average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. REFLECTION: How did last week's activity go? Were you able to stretch during the week? What areas of your body did you focus on and what did you do exactly? Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

2. What is stress? Stress is your body's normal response to the many daily demands of life. Stress can come from outside sources such as your: relationships, work, due dates, bills and more. Stress can also come from internal sources such as your: health, emotions, poor sleep and more. When you are stressed your:

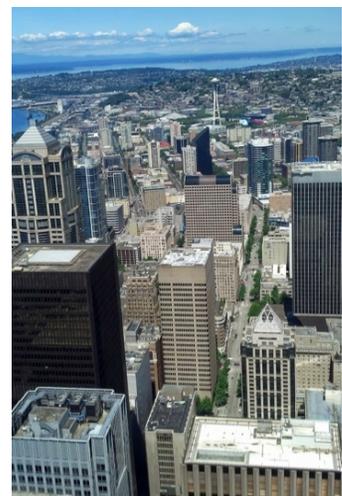
- Blood pressure [rises](#)
- Heart rate [rises](#)
- Alertness [rises](#)
- Digestion system [slows down](#)
- Immune system [weakens](#)

3. Too much stress: While low levels of stress can keep you safe and on task, having too much stress can harm your [mind](#) and [body](#). Parts of your body that are especially affected by stress include your: brain and nerves, muscles and joints, heart, stomach, pancreas, intestines and reproductive system.

Even in the short-run, stress can lead to: fatigue, headaches, sleep problems, stomachaches, anxiety, lack of motivation, depression, substance abuse, over or under eating and more. All because of stress!

Long periods of stress can add up and [increase](#) your risk for many health problems including: obesity, [heart disease](#), Alzheimer's disease, diabetes, chronic depression, digestion problems, asthma and much more.

4. DISCUSS: Allow enough time for your group to discuss. Encourage everyone to participate. What are some sources of stress for you? How do they affect your life? What are some of your reactions to stress?



5. Stress Management: While you cannot always control outside stresses, you *can* control how you [respond](#) to stresses *internally*. Learning how to manage your stress is very beneficial for your health. It can also help you...

- Have a clearer mind
- Better understand what somebody else is saying
- Communicate clearer
- Work more effectively

6. How well do you manage stress? Think about the following questions and circle the answer that is most true for you. Discuss your responses with your group. Allow enough time for your group to select their answers and discuss. Encourage everyone to participate.

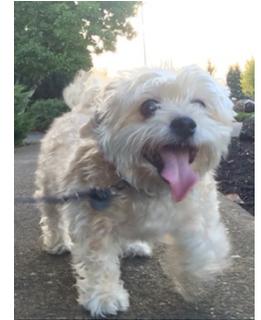
- Can you easily calm yourself down when you are upset? Yes or No
- Can you let go of your anger? Yes or No
- Do you have family or friends you can talk to about your worries that make you feel better? Yes or No
- After a long day, can you relax at home? Yes or No
- Can you focus on the present and forget about the past or future when you need to? Yes or No
- Can you tell when others are upset? Yes or No



Stress (side 2 of 2)

7. Stress management tips

- The 1st step is [deciding](#) to make a change in how you deal with stress.
- The 2nd step is figuring out what is [causing your stress](#).
- The 3rd step is taking [action](#)! Find an activity to help lower that stress by focusing on the present rather than the past or future. Some things you can do are...
 - a. Increase your [physical](#) activity – get off the bus 1 stop earlier; park farther from an entrance; take the stairs; walk your dog daily
 - b. Stop and [relax](#) – schedule a few minutes each day to stop whatever you are doing and relax. Ask yourself how you are doing and feeling. You can do this on your daily commute to work (just turn the radio off) or during a break at work.
 - c. Express your [feelings](#) - talk to a friend, write in a notepad
 - d. Stay [healthy](#) - get plenty of sleep; eat a good diet (a diet rich in healthy fats and proteins helps stabilize blood sugar); [limit](#) tobacco, alcohol and caffeine
- Some things you should AVOID doing when you are stressed are:
 - a. Avoid caffeine – coffee and energy drinks can make it difficult for you to [relax](#).
 - b. Avoid overthinking and over worrying – stressing out will not improve the situation. In fact, it will only make it harder for you to see the [complete](#) situation.
 - c. Avoid stress eating –your body cannot digest foods as well when you are stressed. This could lead to easy [weight gain](#) and inflammation.
 - d. Avoid blaming other people or things – stress cannot always be avoided. What matters is how how you [manage](#) it.



DISCUSS: Encourage everyone to participate. Are there other ways of managing stress that work for you?



8. What are the most important things to look for in a relaxation technique?

Making sure it is [healthy](#), that it works well for [you](#) and practical enough that you practice it [regularly](#).

9. Group Activity: Allow enough time for your group to discuss. As a group, come up with 3 stressors all or most of you have in common. Go through the steps of stress management and decide what would work best for you. You can include the ideas listed above or come up with your own.

10. How stressful a situation is is largely determined by...

- Your sense of control and [confidence](#).
- Your [attitude](#).
- Your [acceptance](#) of the situation.
- Your [awareness](#) of the situation.

What do all of these have in common? You and your mindset! You have control over all of these things, which is the best part. By changing the way you approach and react to stressful situations, you can help your body and mind deal with stress in a safer, healthier way.

11. Weekly Assignment: 1) This week, think about the top 5 stressors in your life. Record them along with their sources (what it is that causes that stress), their effect on your body and your plan of action to help you manage that stress. Try using various different stress management techniques. 2) Wear your pedometer 4 days this week and record your step average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

LEADER INSTRUCTIONS: Leader instructions for you are in red, do not read them out loud. Read to your group everything else on this card starting with #1, then #2, and so on. Give your group enough time to talk about the information on this card as you read through it. Encourage everyone to participate by asking questions like: What does everyone else think? Does anyone have any other ideas? This leader card has information that is missing on the member cards – it is in blue. Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? Were you able to identify the top stressors in your life and their sources? Share your experiences with your group. Allow enough time for your group to discuss (about 5 minutes). Have at least half of your group talk.

2. Looking back, we had talked about how your body needs *all* of the following to feel and work its best:

Read through, allowing your group time to discuss and fill in the blanks.



❖ **Prevention – Making healthy choices on a regular basis is the best and easiest way of staying healthy.**

❖ **Exercise, Strength Training and Flexibility –** They have many benefits including: increasing your metabolism, strengthening your muscles and bones, reducing your chances of injury, naturally reducing stress and much more.

❖ **Nutrients –** Take them in the healthiest forms. Eat natural foods and avoid or limit processed foods. Reading food labels is a good way to see whether a packaged food is healthy.

❖ **Limited processed foods –** It is very easy to eat excess calories, sugar, salt and fat from fast foods, sweets and flavored liquids. By replacing some of these foods with healthier choices like water, fruits and vegetables, you can easily reduce your daily intake of calories, sugar, salt and fat as well as increase your nutrients.

❖ **Limited added sugar –** Avoid or limit the amount of added sugar you eat. Sugar is found naturally in some foods like fruits and dairy. Large amounts, however, are also added to processed foods to preserve them or add flavor. Reading the ingredients *list* of a packaged food the only way to know if sugar has been added to that food.

❖ **Good quality sleep –** Your body needs 7-8 hours of good quality sleep each night. Beside helping your body feel and work its best during the day, sleep helps: repair muscle, improve memory, regulate hunger, balance your hormones and much more. Sleeping enough could be the easiest and best thing you could do to be healthy.

❖ **Stress management –** Stress is a normal part of everyday life, but it can harm your body and mind if you do not manage it correctly. Finding a stress-management technique that works for you is important, as it can lower your chances of developing long-term health problems such as heart disease, Alzheimer's, depression and much more.

3. **Aging:** Unhealthy aging that can occur when **you** do not take care of **your** body. Unhealthy aging can mean: less flexibility and strength, poor heart health, a weak immunity, hormone imbalance, vision problems, a lack of energy, etc. After 65 years of age, having poor health can limit your ability to take care of yourself. Basic daily tasks like getting dressed, using the bathroom, walking and feeding yourself can become difficult.

4. REMEMBER: YOU have the biggest role in improving your health, and YOU are the one that benefits the most when your health improves.



5. **Questions:** Read **one question at a time** and allow enough time for your group to discuss.

- ❖ Have you changed any health habits during this program? Will you be able to maintain these changes after the program is over?
- ❖ What are some other health improvements you want to make in the near future? How will you do this?



6. Sustainability: As you continue to improve your health by making lifestyle changes, being able to [keep](#) these changes as part of your *new* [lifestyle](#) will be just as important. Don't be disappointed if you do not see immediate changes in the way you feel or look. Changes will occur slowly and stay for a [long](#) time – which is the most important thing. It's true, healthy people live longer lives and feel better overall. So stay motivated! Remember: The hardest part is starting! Once you start a new healthy routine, all you have to do is keep going!

The best way to maintain a healthier lifestyle is to regularly think about your [goals](#) and why they are important to you. Be [specific](#)! Looking at your lifestyle and making sure you are making healthy choices should become natural to you. For example, you should always be asking yourself: Am I reading food labels? Am I eating clean, fresh, natural foods? Am I limiting my portion sizes? Am I limiting sweet foods? Am I exercising enough?

DISCUSS: Allow enough time for your group to discuss. Have at least half of your group talk.

- ❖ How do you determine whether you are living a healthy lifestyle or not?
- ❖ What motivates *you* to continue making healthy lifestyle choices?

7. How to keeping Motivated: Sometimes, reaching a health goal can be hard. Below are some ways to keep yourself motivated.

- Have a clear and [detailed](#) plan** of your goal and how you plan to reach it. For example, setting caloric limits per meal, setting an exercise time and duration, setting a bedtime...Ask yourself: How much time, money or other resources will this require? What are my short and long-term goals? Write it all down!
- Have a [support](#) system** (your partner, friend, parents, support group etc.) you can talk to about your goals and barriers. It can help if they share the same goals as you.
- Have a positive mindset and [attitude](#).** Look at any barriers as experience that will help you improve your goal's plan. Ask yourself: What barriers do I think I might have in achieving this goal? How will I overcome this?
- Think about your [excuses](#)** and how they are holding you back. Imagine what your life will look like if you continue to do nothing. How will this make you feel?
- Completely visualize achieving your goal.** What will it be like? Imagine yourself in the future. What will you be eating? How will you be exercising? How will you feel?

8. Group Activity: As a group think about 3 barriers to achieving your goals that the majority of you share. Go through the different ways of keeping motivated, and talk about how you would do this in real life. Be as specific as possible! Allow enough time for your group to discuss. Have at least half of your group talk.



9. Take-Home Activity: 1) Thinking about your health, what are 3 things you could still improve? Set short and long-term goals. Think about how exactly you will accomplish these goals (Make a plan of action!) and why they are important to you. 2) Invite someone to join you in at least one of these goals (for example, someone who will go on a walk with you or remind you to stop eating after a certain time). 3) Wear your pedometer 4 days this week and record your step average. 4) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 5) Try to continue practicing the activities from the previous weeks.

Get Healthier Cards: Introduction (side 1 of 2)

1. This is a Member Card (see top right corner). As a group, select one or more group leaders to read this card out loud. Give them the Leader Card and have them start reading:

2. Introduce yourself:

- a. Name b. Why do you think this program is important for workers? c. One fact about yourself

3. The Purpose of this Program: Both unions and companies realize that a healthy worker is safer, more productive, doesn't get sick as much and works more years. In an effort to reach this goal, we have created Get Healthier, 12-week program for construction workers in the U.S. This program is designed to teach you life skills to help you stay healthy throughout your life. It discusses:

- Healthy Habits
- Basic Nutrition
- Calories



- Snacks
- Liquids
- Exercise



- Strength Training
- Flexibility
- Sleep



- Stress
- Sugar



4. Prevention: Prevention is the best and easiest way of staying healthy. Each year, however, people suffer from completely preventable chronic illnesses and diseases. In the long run, these can cause severe health problems that can cause you to retire sooner and spend less time doing things you enjoy. These cards will teach you prevention skills that you will be able to use in your workplace, home and anywhere else.

Here are some facts:

- Overweight and obesity contribute to: heart disease, diabetes, cancer and more. They are the 5th leading cause of death worldwide.
- Heart disease and stroke are 1st and 3rd leading causes of death in the US.
- Tobacco causes cancer, heart disease, lung disease, birth complications and more. It causes almost 400,000 deaths each year in the US.

Not only that, but chronic illnesses can drain you of energy and make you more likely to get sick from *other* illnesses because of a weakened immune system. This can:

- Limit the time you spend with family and friends, and it can make the time you do spend with them less enjoyable.
- Limit the amount of time you spend on your hobbies.
- Cause you to be less productive both at work and at home.

DISCUSS: What are some other things that you can think of? Why is preventing chronic illnesses important to YOU?

Get Healthier Cards: Introduction (side 2 of 2)

Copyright © 2018 OHSU

5. The Structure of this Program

As a group, you will work together each week to learn about different health topics through...

- a. The Get Healthier information cards and your discussions of the topics. Each week your group will select a different “leader” to read the information on the card. If someone does not feel comfortable reading the card, you can select several leaders for the week. This group leader will use **Leader Card** and the rest of the group members will use the **Member card**. Everybody should participating in the discussions.
- b. Take home activities. You will record your weekly activities on a Weekly Tracking Sheet and return it for a \$20 gift card.

6. As a team member you should...

- a. Listen and participate actively in the discussions.
- b. Follow along and fill in any missing information.
- c. *Have good listening and speaking body language.*

7. As a team leader you should...

- a. Read the Leader Instructions Card to yourself, *then* read the entire Get Healthier card to your group.
- b. Give your group enough time to discuss. You should **encourage everyone to participate**.
- c. **Guide and adjust the conversation** however you feel is best.
- d. Read slowly and clearly.

8. Participation: Being able to have discussions with your group will help you better understand the information in these cards. It is an important part of this program. Feel free to discuss all of the ideas *in these cards* even if you are not prompted to do so.

Here are some ways you can better participate in a discussion:

A. OBSERVE how other people participate and learn from them. Ask yourself: *What kinds of things do they talk about? How do they start participating? How do they ask questions?*

B. LISTEN to what other people are saying. It is okay to disagree with their ideas, but be respectful.

“I see your point, but...”

C. ADD to an idea. _

-Tell your group whether you agree or disagree with an idea.

“This card says that, ‘Prevention is the best and easiest way of staying healthy.’ I (agree/disagree) with this because....”

-Ask someone in your group to explain more about their comment or idea.

“You said that you want to avoid getting diabetes. Can you explain....”

-Ask your group about something you are not sure about.

“It’s hard making time to exercise. How do you guys...”

-Give your group an example of something you are talking about.

“When I am healthier, my job feels...”

9. Oregon Health & Science University (OHSU): The OHSU members will mostly be observers, and will only participate in the discussion if there are questions about the cards.

10. Funding: This program is funded by the National Institute for Occupational Safety and Health (NIOSH). Your participation is greatly appreciated.

11. Pick a different team leader to guide the discussion this week. Give them the Leader Card for week 1. The rest of the group members should have the Member Card for week 1. Leader, please begin reading the week 1 card.



These cards are yours to keep - take them home for your family to help you ‘get healthier’

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. How much do you know?

- ✓ The 3 leading causes of death in the US in 2010 were heart disease, cancer and stroke. These diseases are all *(fill in)*_____.
- ✓ You should eat at least 5 servings of fruits and vegetables each day. This could lower your risk of stroke by _____%.
- ✓ True or False: having a healthier life can lower current and future health care costs (this could mean billions of dollars for the US) _____
- ✓ Eating healthy, exercising, not smoking and drinking alcohol in moderation can add up to _____ years onto your life.

2. How can healthy habits benefit you?

(fill in) _____



Did any of this surprise you?

3. Below are some basic healthy habits

Eat a healthy, balanced diet



Drink few sugary drinks



Exercise regularly



Sleep 7-8 hours a night



4. DISCUSS: What healthy habits do you practice already? Which habits could you improve upon? _____

YOU have the biggest role in improving your health and YOU are the one that benefits the most when your health improves.

5. GROUP ACTIVITY: What is 'healthy' and 'not healthy' about Alex's lifestyle?

Alex is a landscaper who is very active every day. Still, he gets sick a lot more often than his coworkers and struggles with high blood pressure. Alex walks about 2 miles to work every day from his home. He enjoys his job where he spends time outside, but sometimes the work environment can be stressful. On stressful days, he often takes a smoke break. On a regular day, Alex snacks on an apple. He frequently buys lunch at the nearby burger restaurant. He usually buys a cheeseburger, large fries, and a large soda. Walking home, he usually stops at the market and buys a pastry. For dinner, he often orders either a pizza or Chinese take out since he doesn't like to cook. He eats dinner while watching TV for 4 hours in order to relax. He makes sure to stop eating by 7pm each night so he can get 8 hours of good quality sleep.

Get Healthier (side 2 of 2)

6. What is healthy and not healthy about Alex's lifestyle? (Write down your answers, and any good answers your team says.)

Healthy: _____

Not healthy: _____



7. How can Alex change some of his unhealthy habits?

- ✓ _____
- ✓ _____
- ✓ _____
- ✓ _____

Small health changes can
make
big differences in the
quality of your life.



8. Setting clear health goals can help you make better choices. Goals can improve and maintain your overall health no matter where you are with your health. When setting goals:

- a. **Be as specific possible:** When _____ will you fit in a walk into your day? Waking up 30 minutes earlier on work days? Walking your dog after work?
- b. **Measure your goal:** How far will you walk? How _____ will you walk for? Thirty minutes? To the park and back? Two miles?
- c. **Be realistic:** Set goals that you know you are _____ of doing. You might not yet be able to walk 5 miles, but maybe you can walk 2 miles.
- d. **Set deadlines:** Set both _____ and _____-term deadlines to keep you motivated. How much will you walk this week? One mile? How much do you want to be walking in 6 months? Five miles?
- e. **Adjust your goal:** If you are easily reaching your goals, challenge yourself with a _____ goal. If you are having trouble reaching your goal, set _____ goals for yourself. Is 1 mile too much to walk? Try walking half a mile. Is 1 mile too little? Try walking 1.5 miles.

DISCUSS: When you set goals for yourself, do you do these things already? What is most helpful to you when setting goals? Allow enough time for your group to discuss. Have at least half of your group talk.

Group Activity: As a group, pick three health goals you all have in common. For each goal, go through the previous steps together.

9. Take-Home Activity: 1) Set one or two reachable health goals for yourself. For example: getting 7 hours of sleep every night, getting 30 minutes of exercise at least 4 times a week, limiting unhealthy foods to the weekend, etc. We will revisit this at the end of this program. 2) In addition, you have been given a pedometer for you to record your movement throughout the day. A goal of 10,000 steps per day is common. This is about 5 miles. Wear your pedometer 4 days next week and record your step average. To do this, sum up your step total for these 4 days, then divide this number by 4. 3) Finally, ask two people (1 in this program, 1 not in this program) to be your support system for this health program. Each week, you will share and discuss with them your health goals, weekly take-home activities and anything else that might come up. Write your responses on this week's Take-Home Activity Tracking Sheet.

These Cards are yours to keep - take them home for your family to help you 'get healthier'

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. REFLECTION: How did last week's activity go? What goals did you set for yourself? What healthy, and what less healthy routines do you have? What are you willing to change or improve? Were you able to find a support system to help you reach your health goals? How was it using the pedometer? Share your experiences with your group



2. The importance of sleep: Good quality sleep is necessary for your overall health and quality of life. It greatly affects how you look, feel and perform every day. In fact, getting about 7-8 hours of good quality sleep each night could be just as *(fill in)* _____ as eating a healthy diet and exercising regularly. By making sure you get enough sleep each night, you can maintain good: muscle _____, memory, hunger _____, emotional _____, energy, and much more! Getting enough good quality sleep could be the _____ thing you can do to improve your overall health.

3. Lack of sleep: The quality of your sleep (deep and uninterrupted vs light and interrupted) and the quantity (total hours) can be greatly affected by many things, including: health problems, medications, _____, caffeine, nicotine, _____, problems at work, deadlines, schedule changes, family responsibilities, drinking too much water before going to bed, aging and more.

4. Side effects of lack of sleep: When you do not get enough good quality sleep, you feel tired the next morning and it is hard for you to get up. Even if you are unaware of it, not getting enough sleep on a regular basis can negatively affect your overall health in the following ways:

- **Metabolism:** you will feel hungrier during the day and your body will store _____ more easily. This could cause you to gain weight even if you have not changed anything else in your diet or exercise routine. It could also make it much harder to lose weight.



- **Energy:** you will feel tired and have _____ energy. This will reduce your quality of life, making ordinary things less enjoyable. It also makes you more likely to be involved in a car accident.
- **Memory:** you will think slower and not as _____. This will make you _____ productive during the day, making easy everyday tasks harder and more time consuming.
- **Emotions:** you will increase your risk of depression and _____. You will also be _____ motivated to do the things you need to do.
- **Immune system:** you will weaken your immune system. This will increase your risk of many _____ including heart disease, diabetes, Alzheimer's, and much more. You are also more likely to _____ sick and _____ sick longer.

Make it easier for yourself and sleep some more!

5. DISCUSS: a) Which of these do you most feel when you are sleep deprived? b) Why don't you get enough sleep at times? c) Are there things you could do (such as prepare your lunch the night before) to increase your sleep quantity and quality? d) When you are tired, how does this affect your daily routine?

Sleep (side 2 of 2)

Copyright © 2018 OHSU



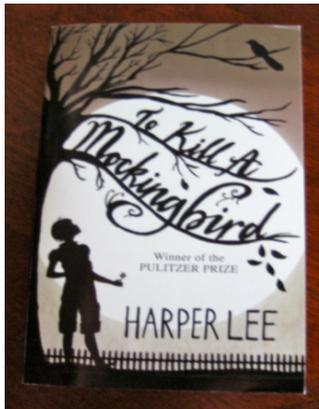
6. Have a sleep routine: You cannot always control the things that affect your sleep (for example stress), but you *can* help your body relax. By having a nightly sleep routine, you can get your body ready to go to sleep. Here are some tips:

- Have a regular sleep schedule. Your body will get used to it and it will be _____ to fall and stay asleep.
- Make your room quiet, cool and comfortable.
- Make sure that there is as much light and noise _____ of your room as possible.
- Your bed should only be used for sleeping and relaxation. Avoid watching TV or using other electronics in bed so that your body knows that it is time to _____.

- Avoid large meals, alcohol and caffeine right before bedtime. They can reduce the _____ of your sleep. Think about how you feel the morning after a night of drinking or a night of tossing and turning.
- Exercise regularly. A little exercise at least 3 hours before bedtime can help relax you so that you get a deeper, less _____ sleep.

DISCUSS: What are some other ways you could set a bedtime routine to help you get a better night's rest?

7. Group Activity: As a group, come up with a sleep routine that each of you could use to a better night's rest.



8. If you wake up in the middle of the night and cannot fall back asleep within 20 minutes, try to relax by doing one of more of the following:

- Get up and do something calming like reading, light stretching or listening to music. Keep the lights dim and avoid electronic screens of any kind (_____, _____, _____).
- Keep a pen and notepad near your bed so you can write down your _____. This can help your mind relax.
- Do a quiet meditative activity in bed such as visualizing yourself in a _____ state.

DISCUSS: Are there other things you do to help yourself fall back asleep?



9. Take-Home Activity: 1) This week your goal is to get 4 nights of 7-8 hours of good quality sleep. Select 2 sleeping habits to help you get a good night's sleep. Remember: The time you go to sleep is not when you get into bed, but the approximate time that you *actually* fall asleep. 2) Wear your pedometer 4 days this week and record your step average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous week.

Calories (side 1 of 2)

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? Were you able to get 4 nights of 7-8 hours of good quality sleep? Share your experiences with your group.

2. **Calories give your body energy during the day and at night. You take in calories, or energy, from most things you eat and drink.**

3. **How much do you know?**

- a. How do we gain weight? (*fill in*) _____
- b. How do we control our weight? _____
- c. True or false? Good *quality* food (fresh, natural) can be just as important for your health as limiting the *quantity* of food you eat. _____

4. **GROUP ACTIVITY:** Daniel is a construction worker who has a typically active lifestyle. For breakfast, he eats a banana, a couple of fried eggs and 8 ounces of orange juice before he leaves for work. A few hours after he gets to work, he goes to the store nearby and grabs a donut and a cup of coffee with one packet of sugar. For lunch, he buys a chicken burrito and a 12 oz. Pepsi from a food cart. Before the end of his work day, Daniel eats a small bag of chips. For dinner, Daniel has a salad, a plate of rice, meat, sour cream and buttered bread, and two 12 oz. beers. Later that night he eats a slice of cake and two scoops of ice cream. Daniel weights 195lbs. and *burns* about 2,350 calories each day. On this day, however, he ate about 3,700 calories. He ate 1,350 calories *more* than he burned.

How did this happen? How could he have reduced the number of calories he ate and drank on this day?



5. **Guess how many calories are in these typical breakfast foods.**

- 2 fried eggs and 2 bacon pieces _____
- 1 burrito (2 eggs, beans, tomato, tortilla) _____
- 1 bowl of oatmeal (with milk, sugar, butter) _____
- 1 large muffin _____
- 8oz low-fat yogurt with fruit _____
- 1 sausage and egg muffin _____

What are some healthy breakfast foods you can think of?

6. **These snacks all have about 200 calories.**

Less Healthy Choices

- 1.3oz chocolate
- 20 potato chips
- 1 small donut

More Healthy Choices

- 3 hard boiled eggs
- 2 cups chicken breast
- 2 large apples

DISCUSS: Which of these foods are more filling?

Calories (side 2 of 2)

7. Guess how many calories are in each of the following Fast Food items.

Burgers:

Quarter pound hamburger with cheese _____

Angus mushroom and Swiss cheeseburger _____

Grilled chicken sandwich _____



Fries:

Small _____

Medium _____

Large _____



Drinks:

Thick chocolate shake (32oz) _____

Thick chocolate shake (16oz) _____

Large soda(16oz) _____

Plain black coffee or tea _____



A Meal: Lunch of an angus mushroom and Swiss cheeseburger, large fries, and an extra thick chocolate shake (32oz) - _____

8. **DISCUSS:** How many calories should the average adult male consume daily? _____ What about the average female? _____ How many miles would a 160lb person have to run to burn off this meal? _____ Did any of this surprise you? Why?

9. How many calories do you think are in this healthier meal of a turkey, cheese & veggie sandwich; a small bag of carrots; and a 6oz low-fat yogurt? _____



10. **GROUP ACTIVITY:** Your Resting Metabolic Rate (RMR) can be a good estimate of the amount of calories you burn while resting all day. *Men's RMR is their weight (in pounds) times 11. Women's RMR is their weight times 9.* It differs for men and women because men have more muscle, which burns more calories.

CALCULATE YOUR RMR: _____

In reality, however, you burn more calories than this, depending on how much physical activity you do during the day. Doing construction work, you typically burn an extra 200 calories per day. Add this to your RMR to estimate how many calories you burn during a work day (This does not include any additional exercise outside of work that you may do.). For example, if you are a male who weighs 195 pounds, you burn about: $(195 \text{ lbs} \times 11) + 200 = 2,345$ calories per day.

You burn about: Your RMR + 200 = _____ calories each day just doing construction work. Think about your this value when you are working on your weekly assignment.

11. Over time, how many calories you would need to cut from your diet to lose 1 pound? _____

12. **Food portion sizes:** Limiting your portion sizes is an effective way to lower the number of calories you eat. When reading food labels, remember that the nutritional values (such as calories, fat, protein, etc.) are for ONE serving size. If you eat more than one serving size, multiply all of the nutritional values accordingly. For example, if cereal has a serving size of half a cup and you eat 1 cup of cereal, you have eaten 2 servings of half a cup. Thus, multiply the calories, fat, protein, etc. on the nutritional label by 2 to see how much you have *actually* eaten.

DISCUSS: What are some foods that you can easily limit your portion sizes with? What are some foods that are harder for you to limit your portion sizes with? What are some ways that you could better control your portion sizes?

13. **Take-Home Activity: 1)** Track your calorie intake for 4 days. Make at least one of these days a Saturday or a Sunday. Break down meals into their basic ingredients. For example, a sandwich would be: 2 slices of bread, 1 slice of cheese, 1 oz. of turkey, 1tbsp of mayo and tomato. 2) Wear your pedometer 4 days this week and record the average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? Were you able to track your calorie intake for 4 days? Share your experiences with your group.

2. **Calories in drinks:** Like foods, liquids have calories that can greatly increase you're the number of calories you eat each day. By limiting the amount of high calorie drinks you consume each day, you may be able to easily cut hundreds of calories each day.

3. **Choose these healthy, low-calorie drinks:**

- **Water** is the healthiest drink for you. Still, most people (*fill in*) _____ drink enough water. You should be drinking _____ 16oz glasses of water daily or even more, depending on your health, how active you are and where you live. Water makes up 70% of your body, making it your body's _____ component. It is involved in _____ bodily function including getting rid of toxins through sweat and urine, taking nutrients to your entire body, fighting hunger, keeping your skin clear, preventing constipation, and much more.
- **Teas** have antioxidants that offer many _____ including arthritis relief, reducing memory problems, burning fat, reducing stress, and more.
- **Coffee** in moderation (_____ cups of plain coffee) can keep you alert. Just be careful and watch how many calories you add in _____ and _____! Avoid caffeine if you are extra sensitive to it or if you are feeling anxious that day - it can worsen your anxiety.

DISCUSS: What are some other types of low calorie drinks that you consume? _____



4. **Avoid these unhealthy, high-calorie drinks:**

- **100% Fruit Juice** can help you eat more fruit, but most is high in _____, so limit how much you drink to ____ cup (this is equal to 1 fruit serving). Whole fruit is always better because it has more fiber and is more filling.
- **Soda** should be limited as much as possible. There are _____ nutrients in soda. In general, sweetened drinks are high in _____, yet they do not keep you full. This can cause you to eat more throughout the day and gain weight.
- **Alcohol** can _____ your entire body including your brain, heart, liver, pancreas and immune system. It is also very high in sugar and _____ so watching how much you drink is important. Darker liquors and mixed drinks are the highest high in sugar and calories.

What are some ways to cut calories from your liquid intake?

- When you order a drink ask for: _____ instead of whole milk to reduce the fat and calories; order the smallest drink available; don't use extra flavorings—they are all _____; don't use whipped cream—it is very high in fat. It is usually better to order more basic coffee drinks like _____ coffee, which are lower in calories, sugar and fat.
- Dilute juices in _____ or mineral water.
- Avoid keeping sugary drinks at _____.
- Make water more flavorful by adding slices of cucumber, lemon, etc.
- **What other ideas do you have?**

Liquids and Calories (side 2 of 2)

5. GROUP ACTIVITY: Guess how many calories are in each drink listed below. Then guess how long a 155 lb. person walking at a normal, 20-minutes per mile pace would have to walk to burn off these calories. Keep in mind that calories burned will vary by weight and sex.

- 1) Sports drink (16oz) - _____ calories. This person would have to walk for _____ minutes to burn this off.
- 2) Blended vanilla coffee drink (16oz)- _____ calories. This person would have to walk for _____ minutes to burn this off.
- 3) Soda Can (12oz) - _____ calories. This person would have to walk for _____ minutes to burn this off.
- 4) Plain coffee (12oz) - _____ calories. This person would have to walk for _____ minute to burn this off.
- 5) 100% Orange Juice (16oz) - _____ calories. This person would have to walk for _____ minutes to burn this off.
- 6) Light Beer (12oz) - _____ calories. This person would have to walk for _____ minutes to burn this off. This varies. Beers that are darker in color or have high alcohol contents have more sugar and calories. This person would have to walk _____ if they drank a darker or stronger beer.

DISCUSS:

Did any of these surprise you? Why?

What beverages do you most drink? How many calories does this add up to? How could you reduce some of these calories?

Do you typically consume energy drinks? Are there better alternatives?

6. Replacing high calorie with low calorie drinks can cut a lot of calories from your diet. See the chart below for some examples.

Time	Substitution	Calories Cut
Morning	Instead of drinking a 16oz café latte with whole milk (265 calories), drink a 12oz, fat-free café latte (_____ calories)	
Noon	Instead of drinking a 20oz soda (227 calories), drink mineral water with a splash of juice (_____ calories)	
Afternoon	Instead of drinking a 16oz sweetened ice tea (180 calories), drink an unsweetened ice tea (_____ calories)	
Evening	Instead of drinking a 16oz orange juice (210 calories), drink hot tea (_____ calories)	
If you did all of these things, you would cut _____ calories!		



7. Take-Home Activity: 1) Set a goal to drink 5 or more 16oz glasses of water per day. Replace a high calorie beverage that you regularly drink with a healthier, lower calorie drink for 3 days. Record how many calories this saved you over the week. 2) Wear your pedometer 4 days this week and record the average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

These Cards are yours to keep - take them home for your family to help you 'get healthier'

Basic Nutrition (side 1 of 2)

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? Were you able to drink at least 5 glasses of water a day? What high calorie beverages did you replace? Share your experiences with your group.

2. Healthy Foods

A **balanced diet** includes what nutrients?

- Fruits & vegetables: at least (*fill in*) _____ servings
- Carbohydrates (carbs): _____ servings
- Protein: _____ servings
- Fat: _____ servings
- Water: _____ 16oz glasses
- Sugar: less than _____ tablespoons for females and _____ tablespoons for males
- Sodium: less than _____ teaspoon



What foods that have 1 serving of healthy complex carbohydrates?

What foods that have 1 serving of healthy proteins?

What are healthy fats?

What are that have 1 serving of healthy fats?



Eat all your nutrients in their most natural forms. Whole foods have much more *overall* nutrition than processed foods or supplements. An orange, for example, is *overall* more nutritious than a vitamin C supplement.



Different fruits and vegetable have different health benefits so it is important to eat a _____ in your daily diet. They can help prevent chronic illnesses like heart disease and diabetes; lower your risk of cancer; and strengthen your immune system. One way to get the most benefit is to select fruits and vegetable with a variety of _____. Those with _____ colors typically have higher amounts of nutrients, vitamins, minerals and antioxidants. Think broccoli, blackberries, spinach, carrots, tomatoes, etc.

3. Less Healthy Foods



What foods should you not eat to **avoid** less healthy carbs?

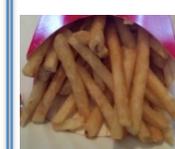
What proteins should you eat in **moderation**?



What fats should you avoid or eat in **moderation**?



What sugary foods should you **avoid**?



What foods are typically high in sodium?

4. GROUP ACTIVITY: It is easy to put together a healthy, affordable and well-balanced meal. Just remember to select: **at least 1 vegetable, 1 lean protein and 1 complex carb.** Avoid adding sugar or too much salt. With your group, develop 3 affordable, well-balanced meals that you could easily prepare in 30 minutes or less.

Basic Nutrition (side 2 of 2)

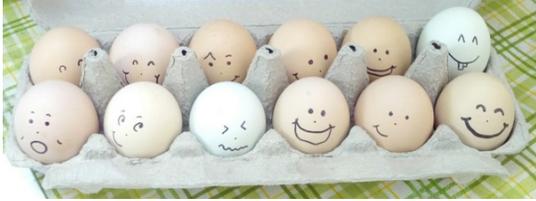
Nutrition Facts	
Serving size 2 Tbsp. (30g)	
Servings per container about 15	
Amount per serving	
Calories 60	Calories from fat 50
% Daily Value	
Total fat 6g	9%
Saturated fat 4g	19%
Trans. fat 0g	
Cholesterol 25mg	8%
Sodium 15mg	1%
Total carbohydrate 1g	0%
Dietary fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 0%
LIST OF INGREDIENTES: rice, oil, high fructose corn syrup, salt	

- 5. Reading a food's nutrition label: After each definition, discuss with your team about *where* this information is found on the example to the left and *what* its value is.**
- A. Ingredients:** The ingredients used to make this food in order of those that are most used to those that are least used. Look for ingredients you recognize like whole grains or nuts listed _____. Sugars should be listed last or not at all. Avoid foods with ingredients you do not recognize or cannot pronounce like soy lecithin or monosodium glutamate - chances are they are _____ good for you.
 - B. Serving Size:** All the values that follow (i.e. calories, fat, protein) are for this serving size (_____ the entire food container). If you eat more than one serving, adjust the calories, fat, protein, etc. What is considered one serving in the example to the left?
 - C. Calories:** The energy that eating ONE SERVING will give you. Look for low calorie foods, and limit _____ calorie foods.
 - D. Calories from Fat and Total Fat (grams):** Limit fatty foods. Look for foods that have a low fat to calories ratio. Avoid foods with trans or saturated fats – they increase your _____ levels and raise your risk of having a heart attack.
 - E. % Daily Value (% DV):** The percentage of the recommended daily amounts of nutrients this food has. The percent is based on someone who needs to eat _____ calories a day.
 - F. Cholesterol:** Cholesterol is needed and found naturally in your body. Too much cholesterol, however, makes blood flow difficult and puts you at risk of having a _____. Limit your cholesterol intake to less than 300 mg a day.
 - G. Sodium:** Too much sodium increases your blood pressure and risk of having a stroke or heart attack. Choose “_____ -sodium” foods. Limit your intake to less than 2,300mg (1tsp) a day or less if you are over 50, have darker skin, high blood pressure, diabetes or kidney disease.
 - H. Carbohydrates:** Look for foods with complex carbohydrates listed in the Ingredients list like _____ grains and vegetables. Avoid simple carbohydrates like glucose and _____ syrup which quickly get stored as fat.
 - I. Fiber:** Fiber improves digestion, cholesterol levels, sugar levels and prevents constipation. Eat 22-34g daily, of fiber primarily through _____.
 - J. Sugar:** *Natural* and *added* sugars are listed together in grams. *Added* sugars are often “hidden” in foods, but can be found in the *ingredients list*. They have _____ nutrients and cause inflammation, weight gain, tooth decay and more.
 - K. Protein:** Protein keeps your bones, skin, blood, _____ and every other other part of your body healthy. Women should eat at least 46g, and men should eat at least 56g a day.
 - L. Vitamins and Minerals:** Vitamins and minerals reduce your risk of some diseases. Choose foods that have _____ values.

DISCUSS: What do you think of all of these values in the example? Are they good or bad?

6. Take-Home Activity: 1) Read the nutrition labels of the 5 foods you eat most. Are these foods healthy? Find healthier foods to replace less healthy foods. **2)** Wear your pedometer 4 days this week and record the average. **3)** Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. **4)** Try to continue practicing the activities from the previous weeks.

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.



1. REFLECTION: How did last week's activity go? What did you find out when you read the nutrition labels of the 5 foods you consume most? Was it what you expected? Share your experiences with your group.

2. Don't eat snacks? If you feel that your main meals are enough and do not snack, think about how you could add some of the healthy snack options described below to your main meals. Think especially about dessert.

3. Avoid late-night eating. Foods eaten late at night are not properly digested by your body and are more easily stored as *(fill in)* _____, causing you to gain weight. This is especially important if you are eating unhealthy, sugary, fatty foods (for example, chips, soda or candy). They can add a lot of unnecessary calories to your diet and they also do not keep you full for very long, causing you to eat more.

4. Healthy Snacks: If you snack during the day, think about replacing some of your less healthy snacks with some of the healthier options described below. Snacking on healthy foods can be a good way to reduce hunger in between meals and avoid overeating later in the day. Selecting healthy options for snacks like _____ and _____ can help you maintain stable blood sugar and energy levels. You also provide your body with essential nutrients it needs to work and feel good. All without ruining your appetite later on. Remember to eat mindfully and avoid multitasking (for example watching TV, driving to work, munching excessively while you cook, etc.) to avoid overeating. Choose snacks high in water, _____ and _____. Limit your portion sizes to less than 250 calories. Here are some options:

- ❖ **Fruits and vegetables:** They can prevent or lower your risk of illnesses such as heart disease, cancer and diabetes. Having them as a snack can be a good way to easily eat at least _____ per day. Remember to select fruits and vegetable with a variety of _____ to get the most benefit.
- ❖ **Whole grains:** They are high in _____ and _____ carbohydrates that digest slowly and keep you full longer. This helps you maintain stable blood sugar levels.
- ❖ **Nuts and seeds:** They are high in _____ and _____ fats that help keep you full longer. They are very high in calories, however, so limit your portions!
- ❖ **Low-fat, unsweetened dairy products:** They are high in _____, _____, and other nutrients. Some cheeses and yogurts also have healthy bacteria that can help keep your digestive system healthy. Choose low sodium and low-fat (or "light") dairy options to reduce your salt, fat and calorie intake. Choose plain, unflavored milks and yogurts to avoid added sugars. Most flavored options like chocolate milk or fruit yogurt are loaded with sugar.



DISCUSS: Do you already snack on some of these healthier food options? How could you add more of these healthier options into your snacking and/or late night eating?

Snacks (side 2 of 2)

5. DISCUSS: What are some examples of healthy snacks you could take to work with you? What is healthy about these?



7. GROUP ACTIVITY:

- ❖ Talk about your snacking habits with your group. Give an example of a typical, not so healthy snack you tend to eat. Then choose a healthier (high water, protein, fiber and/or low-calorie) snack you would be willing to eat as a replacement.
- ❖ What healthy snacks do you like? How could you eat more of these?

6. Guess which which of these foods have the highest and lowest calorie, fat, carb, protein and fiber values: 2oz Snickers bar, small bag of potato chips, ½ cup vanilla ice cream, 1 boiled egg, 6oz plain non-fat yogurt, 2oz peanuts. Fill in the table below. Afterwards, talk with your group which of these you think are the most and least healthy foods.

	Highest in...	Lowest in...
Calories	_____ (326 Cal)	_____ (78 Cal)
	_____ (296 Cal)	_____ (100 Cal)
Fat	_____ (252 fat cal)	_____ (0 fat cal)
	_____ (148 fat cal)	_____ (48 fat cal)
Carbs	_____ (35g)	_____ (1 g)
Protein	_____ (14g)	_____ (2g)
	_____ (9g)	_____ (2g)
Fiber	_____ (5g)	_____ (0g)
		_____ (0g)

8. Snacks on-the-go: Sometimes there is no time to prepare healthy foods at home. What are some healthy snacks you could buy at any grocery store during a break at work? _____

9. Cravings: Sometimes people eat because they have cravings and *not* because they are actually hungry. This is a very unhealthy habit that can add many unnecessary pounds to your waistline through too much fat, sugar, sodium and chemicals. Eating a Snickers Bar every day after work, for example, can add 77,000 calories (or 22 pounds) to your waistline over a year! Instead, try:

- ❖ Have a healthy diet: A clean and healthy diet naturally reduces cravings. Don't buy or keep _____ food in your home or work place.
- ❖ Drink more water: Drinking water can make you feel full.
- ❖ Take a walk: A short 15 minute walk can help reduce _____.
- ❖ Sleep more: Lack of sleep can cause you to _____ during the day.

10. Take-Home Activity: 1) For four out of the next seven days, replace one of your typical, less healthy snacks with a healthier food. In addition, add an extra serving of fruits and vegetables to one of your meals. For example, if you already have fruits and vegetables with breakfast, then add a serving to your lunch or dinner. 2) Wear your pedometer 4 days this week and record the average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

Sugar (side 1 of 2)

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. REFLECTION: How did last week's activity go? What healthier snacks or foods did you choose? Share your experiences with your group.

2. How much added sugar does the average American eat each day? (fill in)

Where do most of these calories come from?

Remember: sugar is sugar. Though some of these foods may have more nutrients than processed white sugar, they are all similarly HIGH IN SUGAR: honey, agave nectar, brown sugar, juice concentrate, and more.

3. Sugar is an "Empty Calorie": Sugar is known as an "empty calorie" because it does not have any _____ like other carbohydrates. In fact, processing sugar takes both energy and nutrients *away* from your body. Sugar also causes you to have energy "spikes" and "crashes", which can make your body store more fat.

4. Eat Natural sugar: Most, if not all, of your sugar should come from natural carbohydrate sources such as vegetables, fruits and dairy. These foods have more overall nutrition like more protein and fiber than plain sugar and keep you _____ longer.



5. The table on the right has some natural sources of sugar. Guess how many grams of sugar (or sugar cube equivalent) each of these foods has.

DISCUSS: Which foods have the lowest and highest sugar contents? Did any of these surprise you?

Food	Grams of Sugar	Sugar Cubes
8oz 1% Milk	_____	3 sugar cubes
6oz Plain Yogurt	_____	1.5 sugar cubes
1 Apple	_____	6 sugar cubes
10 Strawberries	_____	1.5 sugar cubes
1 Tomato	_____	1 sugar cubes
1 Stalk Celery	_____	1/3 sugar cube

6. Added sugars: Hidden additional sugars and unhealthy fats are often added _____ in order to increase a processed food's shelf life, flavor, texture, volume and more. This results in a food that is much higher in sugar and _____, but low in _____. In large amounts (more than 100 calories or 25 g for females and 150 calories or 37 g for males *per day*), sugar can cause:

- **Inflammation, which increases your risk of many long-term _____, especially heart disease, Alzheimer's, cancers, type 2 diabetes, and much more.**
- **Poor nutrition** from low-nutrient, sugar-filled foods that replace _____ meals.
- **Weight gain** from the added sugar _____.
- **Higher cholesterol and fat levels** which increase your risk of a _____.
- **Tooth decay** from sugar-loving mouth _____.



Sugar (side 2 of 2)

7. Added sugar is everywhere and, it is hard to _____ unless you are on the lookout for it. Since both natural and added sugars are included in the **nutritional label** of a food, you need to read the **ingredients list** to really know whether that food has *added* sugars. If you see any of these ingredients listed, it means that extra sugar has been added to that food. _____ or _____ foods with: cane juice or syrup, fruit juice concentrate, high fructose corn syrup, malt syrup, honey, molasses – anything that is sweet. Ingredients ending in “-ose” such as: **fructose**, **glucose**, or **dextrose** are also sugars.

8. **Group Activity:** a) How many grams of sugar are in the apple sauce below? b) Is this high or low? c) Is all of this sugar natural (from apples)? d) Repeat these steps for the flavored yogurt label below.

APPLE SAUCE			INGREDIENTS:
Nutrition Facts	Amount/Serving		
Serving Size	Total Fat 0g	Total Carb. 24g	APPLES, HIGH FRUCTOSE CORN SYRUP, WATER, ASCORBIC ACID (VIT. C).
1 Container (113g)	Saturated Fat 0g	Dietary Fiber 1g	
	Trans Fat 0g	Soluble Fiber 1g	
	Cholesterol 0mg	Insoluble Fiber 0g	
Servings 6	Sodium 0mg	Sugars 22g	
Calories 90	Potassium 70mg	Protein 0g	
Fat Calories 0	Vit. A 0% • Vit. C 20% • Iron 0% • Calcium 0%		

STRAWBERRY YOGURT			INGREDIENTS:
Nutrition Facts	Amount/Serving		
Serving Size	Total Fat 0g	Total Carb. 24g	NON FAT MILK, WATER, STRAWBERRIES, SUGAR, FRUCTOSE, MILK PROTEIN CONCENTRATE
1 Container (170g)	Saturated Fat 0g	Dietary Fiber 1g	
	Trans Fat 0g	Soluble Fiber 1g	
	Cholesterol 0mg	Insoluble Fiber 0g	
Calories 90	Sodium 0mg	Sugars 22g	
Fat Cal 0	Potassium 70mg	Protein 0g	
Fat Calories 0	Vit. A 0% • Vit. C 20% • Iron 0% • Calcium 0%		

You should be doing this same exercise of looking at the food label and ingredients list for every food you purchase! It will get easier and faster after a while. It is the only way to know what you are *really* eating.

9. Over a year, how do these foods compare in sugar and calories?

	10 Strawberries	1 Cookie
1 Serving	7g sugar 47 calories	_____g sugar _____ calories
365 Servings (1 year)	2,555g total sugar 17,155 total calories	_____g total sugar _____ total calories

You can eat almost _____ fewer calories (17 pounds in body weight), a lot less sugar, and many more nutrients each year by choosing to eat a serving of strawberries instead of a cookie. It all adds up! **What are some examples of substitutions you could do?**

10. Here are some tips to reduce added-sugars in your diet:

- Substitute _____ or other calorie-free, unsweetened drinks for sweetened sodas, energy drinks, blended coffee drinks, etc.
- If you drink juice, limit yourself to 4oz (1/2 cup) and make sure it is _____% juice. It's always better to eat the whole fruit, however.
- Replace sweetened (“frosted”, “honey”) morning cereals with _____ cereals. These often also have more whole grains, protein and fiber.
- Use “reduced-sugar” sweeteners like syrups and jams. Also, watch out for added sugars in _____ like ketchup and dressing.
- Replace all or part of a dessert with fresh _____.
- Snack on vegetables, fruits and low-fat, plain (unsweetened) dairy products instead of candy, pastries, etc.
- **What other advice or ideas do you have?**

11. **WEEKLY ASSIGNMENT:** 1) By limiting the amount of sugar you eat, you can reduce your calorie intake and improve your nutrition. Additionally, you can “cleanse” your taste palate and begin to taste the natural sweetness of foods without having to add additional sugar. For 3 days this week, reduce your *added* sugar intake by replacing sweetened foods with less or non-sweetened foods. This includes natural sweeteners like honey, agave nectar, molasses, etc. This does *not* include natural sugars found in fruits, vegetables and dairy. If you would like an extra challenge, add a 4th day of *zero* added sugar. 2) Wear your pedometer 4 days this week and record your step average. 3) Share and discuss with your support system this week’s take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week’s Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

Cardiovascular Exercise (side 1 of 2)

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? How did you reduce your sugar intake? Share your experiences with your group.

2. Cardiovascular exercise should **raise** your heart rate and make you sweat. Keep in mind that movement is not necessarily exercise. Activities like walking around your house or standing are beneficial for your body and can burn many calories, but they do not **raise** your heart rate enough for you to receive the good cardiovascular (heart) benefits of exercise. Exercise has many benefits for (fill in) _____. Even in low intensities, exercise can help you...

- **Improve your overall health**, increasing your chances of living _____ and lowering your risk of disease. Illnesses like diabetes, heart disease, cancer, high blood pressure, high cholesterol, seasonal colds, flus, and more can all be prevented or _____ with regular exercise. In fact, just 15 minutes a day of exercise can reduce your risk of death and lengthen your life expectancy by about _____ years.
- **Increase your metabolic rate**, helping your body better use nutrients to keep you healthy. It can also help you naturally _____.
- **Gain energy** and fight fatigue without excess sleep or the use of caffeine or _____. For example, replace a coffee break at work with a 10 minute walk or stretching session.
- **Naturally reduce stress**, helping you to think and sleep _____.
- **Improve your self-esteem** because you look and _____ better.
- **Strengthen your bones and muscles**, helping them work better and lowering your chances of _____ on the job or at home.
- **Have fun!** It can be a fun and healthy way to _____ with your family and friends. At work, instead of taking an entire hour eating lunch, spend 30 minutes of it going on a walk with a coworker.
- **Meet new people** who share your _____.



DISCUSS: Why do you enjoy exercising?

3. You should get at **least 150 minutes** of _____ aerobic activity such as a brisk walk, swimming or washing your car every week. As an alternative, you should get at **least 75 of** _____ aerobic activity such as running or biking at a fast pace every week.

4. Remember:

- ❖ **The hardest part is starting!** Once you begin a workout routine that works with your schedule, it will be much easier to _____ to exercise. In addition, you will see the benefits of exercising and be motivated to *continue* with your healthy routine.
- ❖ **During hot weather, exercise in the morning or evening** to avoid _____.
- ❖ **Take breaks when you need to.** If you stick to a regular exercise plan, you will soon improve your strength and _____!

5. About how many calories would a 160lb person burn in a year in **TOTAL** doing the following activities? **IT ALL ADDS UP!**

❖ Walking 3 miles, 3 times per week
_____ calories = _____ lbs.

❖ Biking 6 miles, 3 times per week
_____ calories = _____ lbs.

❖ Cleaning the house for 1 hour once a week
_____ calories = _____ lbs.

Cardiovascular Exercise (side 2 of 2)

6. Below are some physical activities to help you burn 200 calories. These values vary by weight, age, sex and your environment. Adults who are heavier, younger, males and live in a cold environment burn more calories.

Construction work	_____	minutes
Walking at a fast pace	_____	minutes
Washing the car	_____	minutes
Mowing the lawn	_____	minutes
Basketball or Soccer	_____	minutes
Hiking	_____	minutes
Bicycling 13mph	_____	minutes
Cleaning the house	_____	minutes
Weight lifting	_____	minutes
Stretching	_____	minutes

Did any of these surprise you? Why?



7. Inactivity: Your body benefits from and NEEDS exercise to work its best. Take inactivity just as seriously as you would other _____ such as smoking, drinking, overeating, etc. In fact, a lack of exercise could be the cause of many _____ health problems such as: chronic fatigue, obesity, high blood pressure, high blood sugar, excess waist fat, abnormal cholesterol levels, a higher risk of death from cancer and cardiovascular disease, and much more. Remember: exercise is _____ to keep you healthy. You could avoid many diseases in the future by simply going on a walk.

8. Scheduling Exercise: Exercising is vital for your health and it is important enough to make time for it. Schedule regular exercise into your weekly calendar to avoid overcommitting yourself to other activities like grocery shopping or a doctor appointment. Having a _____ exercise schedule will help you remember and get in the habit of following through with your exercise routine. Using an electronic calendar on your phone or computer can be useful for scheduling because you can schedule exercise over an extended period of time and add reminders.

9. Starting out: When starting to exercise, it is important to start out with easier activities because you don't want to burn yourself out by doing too much physical activity at once. As you feel comfortable, add more _____ activities. For example, if you want to be able to jog 5 miles 3 times a week, start with a 2 mile fast paced walk 3 times a week. Once you are comfortable with that, pick up the pace.



10. DISCUSS:

- What activities outside of work do you already do? How do you add them into your day?
- What is an activity you could easily add to your schedule? What is stopping you from adding this activity? What would make it easier for you to add in this activity? Waking up 20 minutes earlier? Packing a lunch the night before?
- When could you add more physical activity to your day? Before or after work by walking part of the way to work? Going on a walk during half of your lunch time?

11. Take-Home Activity: 1) Look at your weekly calendar and schedule in **at least 30 minutes** of exercise 4 days this week. This could even be a fast paced walk. Remember: "Exercise" should raise your heart rate and make you sweat. You should pick activities that you know that you can continue to do in the future. Also, calculate the amount of calories burned doing each activity using the exercise and calorie sheet provided to you or another resource. 2) Wear your pedometer 4 days this week and record the step average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous week.

These Cards are yours to keep - take them home for your family to help you 'get healthier'

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? Were you able to schedule in at least 30 minutes of physical activity 4 days last week? What activities did you do? Share your experiences with your group.

2. Strength training can (fill in) _____ your body fat, _____ muscle mass, _____ your bones, and help you naturally burn _____ calories throughout the day. Most importantly, strength training reduces your risk of _____ yourself while performing everyday tasks. It is important to work out every muscle group in your body because many different muscles work together to perform any one movement. Lifting at work, for example, can work your arms, legs, core and back. Thus, it is important to strengthen all of these muscles.

For each statement, mark whether it's "true" or "false".

- a. You start losing muscle mass around the age of 65. _____
- b. Strength training has to be hard to be effective. _____
- c. You have to do strength training on a regular basis for at least an hour in order to see results. _____
- d. Each week, you should try to focus on your arms & shoulders, chest, back, core, and legs. _____
- e. Specialized weight training equipment works best when exercising. _____

3. Examples of strength exercises that cover different muscle areas:



Food Cans or a **Gallon Jug** – Use these as a dumbbell to do _____ curls, _____ extensions, _____ bench presses, etc.

A Chair – Use for _____ dips: Start with your legs straight out in front of you and lift your upper body straight up with your arms using the edge of a sturdy chair. Slowly lower your body down until your arms make a 90° angle. Raise yourself up again and repeat.



Stairs – Use for _____ raises: Stand on the edge of a step with the front of your foot and raise yourself onto your toes as high as you can. Then lower your heels as low as you can and repeat.



A Wall – Use for **wall sits**: Stand with your back flat against the wall and bend your knees to a 90° angle. Hold this position for one minute to help strengthen your _____ and _____.



Mat – use it to do a "Superman": Lie on your stomach with your arms and legs fully extended in front of you. Raise your chest, arms and legs off the ground at the same time, and hold for 10 seconds to strengthen your _____, _____, _____, _____, and _____.

DISCUSS: What other exercises do you know of that you could easily do at home?

Strength Training (side 2 of 2)

4. Back Health: Many people deal with back pain. Strength training is one of the best ways to help protect your spine and back from future injuries. The spine consists of vertebrae, muscles, and ligaments that allow you to sit up straight.

- a. What are the functions of the spine? _____
- b. Where on your body are your core muscles? _____
- c. What are the effects of poor posture over time? _____
- d. What should you do or not do when lifting an object? _____



Mat – Core strength is important for the health and safety of your back. It can reduce pain and your risk of injuries due to stress in that area. Crunches and push-ups help strengthen your _____, _____, _____ and _____. With push ups, keep your whole body in line (don't sink your back!) through the entire motion. Stretching can also reduce your risk of injury.

5. Strength training tips:

- a. Reps and sets:** Choose weights that allow you to do 12 “repetitions” of an exercise (this will be 1 “set”). You should be tired after each set (12 repetitions), but not exhausted. Do not use weights that are *too* heavy, you could injure yourself. Rest for 30 seconds in between each set.
- b. Group exercises:** For a faster workout, do one exercise while you are taking a break from another. For example, do 1 set of biceps curls followed directly by 1 set of triceps extensions.
- c. Divide your workout:** Work different muscle groups on different days. For example, work your lower body on one day and your upper body on a different day.

6. GROUP ACTIVITY: As a group, create a workout routine to work each muscle area of the body. Don't be afraid to use exercises that were not included in this card. Discuss your past experiences with exercise routines, what worked and what didn't work.

ARMS & SHOULDERS	Exercise: _____	Repetitions: _____	Sets: _____
CHEST	Exercise: _____	Repetitions: _____	Sets: _____
BACK	Exercise: _____	Repetitions: _____	Sets: _____
CORE	Exercise: _____	Repetitions: _____	Sets: _____
LEGS	Exercise: _____	Repetitions: _____	Sets: _____

7. Take-Home Activity: 1) Look at your weekly calendar and schedule in 2 strength training session this week. Focus on all of the major muscle groups: arms & shoulders, chest, back, core, and legs. If you are not sure where to start, use the routine you created as a group. **You can** do 3 sets of 12 reps for each exercise. 2) Wear your pedometer 4 days this week and record the average. 3) Discuss with your support system this week's take-home activities. (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

These Cards are yours to keep - take them home for your family to help you 'get healthier'

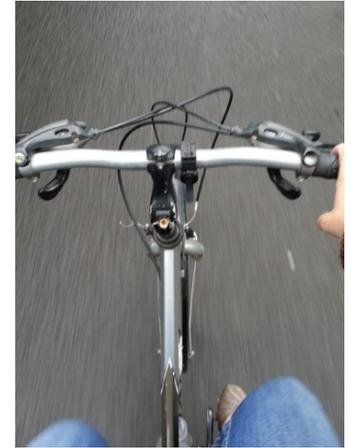
Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. REFLECTION: How did last week's activity go? Were you able to do strength training 3 times last week? What did you do? Share your experiences with your group.

2. Flexibility is essential for your body: Flexibility in your joints and muscles is important for your body's overall physical well being. In fact, flexibility is *(fill in)* _____ important for your body as cardiovascular and strength exercise. Flexibility helps your body perform daily activities like: stepping in and out of a vehicle, climbing stairs, standing up, walking, picking up objects off of the floor, cooking, and much more. Flexibility reduces your risk of injury while performing daily activities and speeds up your recovery time if you are injured. More specifically, flexibility helps with:

- **Coordinated Movement**, helping you do daily activities with _____ control. Some examples are: vacuuming, bending over and shaking someone's hand.
- **Blood circulation**, allowing your body to stay _____ and protected against illnesses such as diabetes and arthritis.
- **Good posture** when you are standing, sitting and lying down. It helps your body distribute its _____ so that there is not too much weight in some places such as your lower back. This reduces the fatigue and _____ on your ligaments, muscles and bones.
- **Muscle endurance, power and metabolism.**

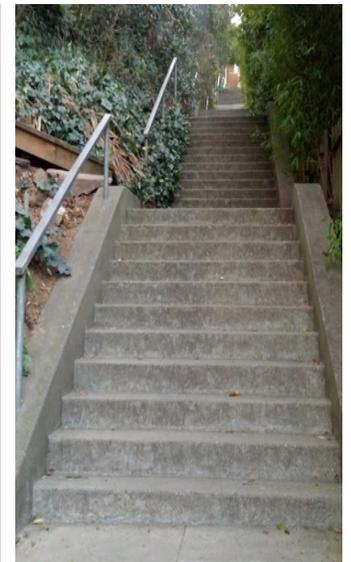
3. Stretching and moving your body regularly is a good way to maintain flexibility. Flexibility can help reduce tension throughout your body. It is important for _____ (not just athletes) to stretch on a regular basis in order to maintain their body's flexibility and reduce risk of injury. In fact, if you do not exercise regularly you actually have a _____ risk of injuring yourself because your body is not used to dealing with different movements.



4. Keeping your flexibility through stretches and exercises becomes even more important as you age because your muscles, bones and joints _____ begin to lose their strength and flexibility. This could mean...

- Fewer and slower body _____, slowing you down and making it harder for you to avoid accidents.
- Loss of muscle _____, making detailed activities like cooking or unlocking your door harder.
- Loss of muscle _____, requiring you to get more help from others.
- Lowered muscle _____, making it harder for you to build and keep muscle. This also slows down your metabolism.
- A higher risk of _____ while performing daily tasks like bending over or walking.

What would these things mean for your personal life? What about your work life?



Flexibility (side 2 of 2)

5. So how much should you stretch? In general, this depends on how active you are. Highly active people need to be very flexible in order to perform without getting injured. Most people, however, need a level of flexibility that is _____ extreme.

- **Always begin with a short _____ minute warm up** to help your blood flow throughout your body. This should be any exercise that requires you to breath a _____ harder than normal such as a fast paced walk, swimming or cycling.
- **A _____ minute stretching session 1-3 times a week** is a good start. Stretch every major muscle groups including your **arms, shoulders, neck, back, thighs, calves and ankles**. Hold each stretch for _____ seconds and breath normally (do not hold your breath). Be gentle with your body. You should feel some tension, but it should not be painful. Stretch the areas of your body that receive the most stress, well... _____ !
For example, if your job requires you to pick up and lift objects, spend more time stretching your back, arms and legs.

6. Below are some stretches you can do to maintain your flexibility and avoid injuring yourself.



Chest Stretch



Triceps Stretch



Back Stretch



Quad Stretch



Hip Flexor Stretch



Gluteus Stretch



Calf Stretch

7. Group Activity: As a group, talk about the areas of your body that regularly receive the most stress at work. What stretches could you do to help with this? Are there stretches that you could easily do at work during a break? Use the examples above or come up with your own.

8. WEEKLY ASSIGNMENT: 1) Look at your calendar and schedule in at least two 15 minute sessions to stretch this week (5 minutes of warming up and 10 minutes of stretching). Do a full body stretch, paying special attention to the muscles you use most while at work. 2) Wear your pedometer 4 days this week and record your step average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. REFLECTION: How did last week's activity go? Were you able to stretch during the week? What areas of your body did you focus on and what did you do exactly?

2. What is stress? Stress is your body's normal response to the many daily demands of modern life. Stress can come from outside sources such as your: relationships, work, due dates, bills, and more. Stress can also come from internal sources such as your: health, emotions, poor sleep, and more. When you are stressed your:

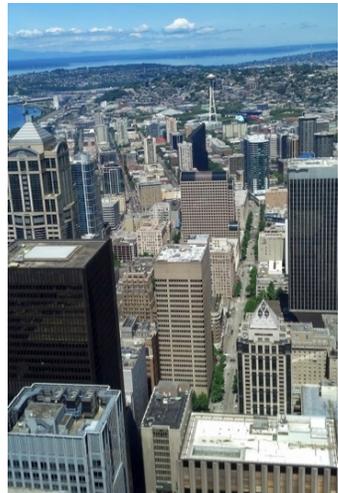
- Blood pressure (*fill in*) _____
- Alertness _____
- Immune system _____
- Heart rate _____
- Digestion system _____

3. Too much stress: While low levels of stress can keep you safe and on task, having too much stress can harm your _____ and _____. Parts of your body that are especially affected by stress include your: brain and nerves, muscles and joints, heart, stomach, pancreas, intestines and reproductive system.

Even in the short-run, stress can lead to: fatigue, headaches, sleep problems, stomachaches, anxiety, lack of motivation, depression, substance abuse, over or under eating, and more. All because of stress!

Long periods of stress can add up and _____ your risk for many health problems including: obesity, _____, Alzheimer's disease, diabetes, chronic depression, digestion problems, asthma and much more.

4. DISCUSS: What are some sources of stress for you? How do they affect your life? What are some of *your* reactions to stress?



5. Stress Management: While you cannot always control outside stresses, you *can* control how you _____ to stresses *internally*. Learning how to manage your stress is very beneficial for your health. It can also help you...

- Have a clearer mind
- Better understand what somebody else is saying
- Communicate clearer
- Work more effectively

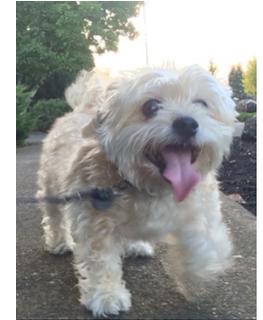
6. How well do you manage stress? Think about the following questions and circle the answer that is most true for you. Discuss your responses with your group.

- Can you easily calm yourself down when you are upset? Yes or No
- Can you let go of your anger? Yes or No
- Do you have family or friends you can talk to about your worries that make you feel better? Yes or No
- After a long day, can you relax at home? Yes or No
- Can you focus on the present and forget about the past or future when you need to? Yes or No
- Can you tell when others are upset? Yes or No

Stress (side 2 of 2)

7. Stress management tips

- The 1st step is _____ to make a change in how you deal with stress.
- The 2nd step is figuring out what is _____ your stress.
- The 3rd step is taking _____! Find an activity to help lower that stress by focusing on the present rather than the past or future. Some things you can do are...
 - a. Increase your _____ activity – get off the bus 1 stop earlier; park farther from an entrance; take the stairs; walk your dog daily
 - b. Stop and _____ – schedule a few minutes each day to stop whatever you are doing and relax. Ask yourself how you are doing and feeling. You can do this on your daily commute to work (just turn the radio off) or during a break at work.
 - c. Express your _____ - talk to a friend, write in a notepad
 - d. Stay healthy - get plenty of _____; eat a good _____ (a diet rich in healthy fats and proteins helps stabilize blood sugar); _____ tobacco, alcohol and caffeine
- Some things you should AVOID doing when you are stressed are:
 - a. Avoid caffeine – coffee and energy drinks can make it difficult for you to _____.
 - b. Avoid overthinking and over worrying – stressing out will not improve the situation. In fact, it will only make it harder for you to see the _____ situation.
 - c. Avoid stress eating – your body cannot digest foods as well when you are stressed. This could lead to easy _____ and inflammation.
 - d. Avoid blaming other people or things – stress cannot always be avoided. What matters is how how you _____ it.



DISCUSS: Are there other ways of managing stress that work for you?



8. What are the most important things to look for in a relaxation technique?

Making sure it is _____, that it works well for _____ and practical enough that you practice it _____.

9. Group Activity: As a group, come up with 3 stressors all or most of you have in common. Go through the steps of stress management and decide what would work best for you as a group and individually. You can include the ideas listed above or come up with your own.

10. How stressful a situation is is largely determined by...

- Your sense of control and _____.
- Your _____.
- Your _____ of the situation.
- Your _____ of the situation.

What do all of these have in common? You and your _____! You have control over all of these things, which is the best part. By changing the way you approach and react to stressful situations, you can help your body and mind deal with stress in a safer, healthier way.

11. Weekly Assignment: 1) This week, think about the top 5 stressors in your life. Record them along with their sources (what it is that causes that stress), their effect on your body and your plan of action to help you manage that stress. Try using various different stress management techniques. 2) Wear your pedometer 4 days this week and record your step average. 3) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 4) Try to continue practicing the activities from the previous weeks.

Read and fill in this Get Healthier Card. Then complete this week's Take-Home Activity. You will receive a \$20 gift card for each completed activity.

1. **REFLECTION:** How did last week's activity go? Were you able to identify the top stressors in your life and their sources? Share your experiences with your group.



2. Looking back, we had talked about how your body needs *all* of the following to feel and work its best:

❖ **Prevention – Making healthy choices on a regular basis is the (fill in) _____ and easiest way of staying healthy.**

❖ **Exercise, Strength Training and Flexibility** – They have many benefits including: increasing your metabolism, strengthening your muscles and bones, reducing your chances of _____, naturally reducing stress and much more.

❖ **Nutrients** – Take them in the healthiest forms. Eat _____ foods and avoid or limit processed foods. Reading food labels is a good way to see whether a packaged food is healthy.

❖ **Limited processed foods** – It is very easy to eat excess _____, sugar, salt and fat from fast foods, sweets and flavored liquids. By replacing some of these foods with healthier choices like water, fruits and vegetables, you can easily reduce your daily intake of calories, sugar, salt and fat as well as increase your nutrients.

❖ **Limited added sugar** – Avoid or limit the amount of added sugar you eat. Sugar is found naturally in some foods like fruits and dairy. Large amounts, however, are also added to _____ foods to preserve them or add flavor. Reading the ingredients *list* of a packaged food the only way to know if sugar has been added to that food.

❖ **Good quality sleep** – Your body _____ 7-8 hours of good quality sleep each night. Besides helping your body feel and work its best during the day, sleep helps: repair muscle, improve memory, regulate hunger, balance your hormones and much more. Sleeping enough could be the easiest and best thing you could do to be healthy.

❖ **Stress management** – Stress is a normal part of everyday life, but it can harm your body and mind if you do not _____ it correctly. Finding a stress-management technique that works for you is important, as it can lower your chances of developing long-term health problems such as heart disease, Alzheimer's, depression and much more.

3. **Aging:** Unhealthy aging that can occur when you do not take care of your body. Unhealthy aging can mean: less flexibility and strength, poor heart health, a weak immunity, hormone imbalance, vision problems, a lack of energy, etc. After 65 years of age, having poor health can limit your ability to take care of _____. Basic _____ tasks like getting dressed, using the bathroom, walking, and feeding yourself can become difficult.



4. REMEMBER: YOU have the biggest role in improving your health, and YOU are the one that benefits the most when your health improves.

5. **Questions:**

- ❖ Have you changed any health habits during this program? Will you be able to maintain these changes after the program is over?
- ❖ What are some other health improvements you want to make in the near future? How will you do this?

Moving Forward (side 2 of 2)

Copyright © 2018 OHSU



6. Sustainability: As you continue to improve your health by making lifestyle changes, being able to _____ these changes as part of your *new* _____ will be just as important. Don't be disappointed if you do not see immediate changes in the way you feel or look. Changes will occur slowly and stay for a _____ time – which is the most important thing. It's true, healthy people live longer lives and feel better overall. So stay motivated! Remember: The hardest part is starting! Once you start a new healthy routine, all you have to do is keep going!

The best way to maintain a healthier lifestyle is to regularly think about your _____ and why they are important to you. Be _____! Looking at your lifestyle and making sure you are making healthy choices should become natural to you. For example, you should always be asking yourself: Am I reading food labels? Am I eating clean, fresh, natural foods? Am I limiting my portion sizes? Am I limiting sweet foods? Am I exercising enough?

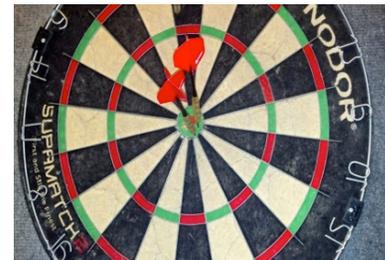
DISCUSS:

- ❖ How do you determine whether you are living a healthy lifestyle or not?
- ❖ What motivates *you* to continue making healthy lifestyle choices?

7. How to keeping Motivated: Sometimes, reaching a health goal can be hard. Below are some ways to keep yourself motivated.

- Have a clear and _____ plan** of your goal and how you plan to reach it. For example, setting caloric limits per meal, setting an exercise time and duration, setting a bedtime...Ask yourself: How much time, money or other resources will this require? What are my short and long-term goals? Write it all down!
- Have a _____ system** (your partner, friend, parents, support group etc.) you can talk to about your goals and barriers. It can help if they share the same goals as you.
- Have a positive mindset and _____.** Look at any barriers as experience that will help you improve your goal's plan. Ask yourself: What barriers do I think I might have in achieving this goal? How will I overcome this?
- Think about your _____** and how they are holding you back. Imagine what your life will look like if you continue to do nothing. How will this make you feel?
- Completely visualize achieving your goal.** What will it be like? Imagine yourself in the future. What will you be eating? How will you be exercising? How will you feel?

8. Group Activity: As a group think about **3 barriers to achieving your goals that the majority of you share. Go through the different ways of keeping motivated, and talk about how you would do this in real life. Be as specific as possible!**



9. Take-Home Activity: 1) Thinking about your health, what are 3 things you could still improve? Set short and long-term goals. Think about how exactly you will accomplish these goals (Make a plan of action!) and why they are important to you. 2) Invite someone to join you in at least one of these goals (for example, someone who will go on a walk with you or remind you to stop eating after a certain time). 3) Wear your pedometer 4 days this week and record your step average. 4) Share and discuss with your support system this week's take-home activities and anything else that might come up (e.g. goals reached, questions, concerns). Write your responses on this week's Take-Home Activity Tracking Sheet. 5) Try to continue practicing the activities from the previous weeks.