

ARMY MOVE!

Readiness thru Health

Army Move is a part of the
Ultimate Warrior Program



Digital Training Tools (Handouts) & Worksheets for Online Participants

ARMY GOAL STANDARD FOR WEIGHT MANAGEMENT

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What is **ARMY Move! Online?**

ARMY *Move* Online is a world-wide accessible program designed help you to lose weight, keep it off, and improve your health. It is a part of the Ultimate Warrior Program

Program Features:

- » Emphasis on health and wellness through good nutrition and physical activity for long term behavior change
- » Lifetime and lifestyle focus
- » Participant-centered
- » Individually tailored to meet your needs
- » Regular follow-up and support

Internet Access Allows:

- » Participation from home & work
- » Convenient 24/7 support
- » No Parking problems
- » No Fuel or travel cost
- » Anonymous participation
- » Instant access
- » Safety of deployed Soldiers and requires no travel

All that's required is internet access, and a computer with Speakers. A microphone and printer are optional.

Module 1

Welcome to Army *MOVE!*

- » Army *MOVE!* Digital Training Tools:
 - (M05) 10 Health Gains From a 10% Weight Loss
 - (S10) Change Your Thinking About Food, Exercise and Yourself
 - (S02) Set Your Weight Loss Goals
 - (P19) When to Stop Exercising
 - (S03) A Guide to Using Your Pedometer
 - (P28) Wheelchair Odometers
 - (S08) Food Diary and Physical Activity and Pedometer/Odometer Diary

- » Army *MOVE!* Worksheet:
 - (GW01) Why I have joined the Army *MOVE!* Program

10 Health Gains from a 10% Weight Loss

10. Lowers the risk of developing gallstones and having gallbladder disease.
9. Lowers the risk of sleep apnea, a serious breathing difficulty during sleep.
8. Lowers the risk of congestive heart failure. Excess weight puts stress on the heart and lungs.
7. Reduces the risks of some types of cancer. A healthy weight and a healthy diet with plenty of vegetables, fruits, and whole grains are great ways to reduce your risk of developing certain cancers.
6. Puts less stress on your bones and joints, especially the knees.
5. Lowers the risks of heart disease, heart attacks, and stroke.
4. Reduces the risk of developing diabetes and helps control blood sugar levels if you are already diabetic.
3. Reduces blood pressure. Even a small weight loss can help to lower high blood pressure.
2. Improves your ability to move and do activities. Losing weight makes every step and breath easier.
1. The # 1 reason to lose weight is ...
You will feel better! Set a goal to lose 10% and 'Go For It'!

Change Your Thinking about Food, Exercise, and Yourself

What you think drives what you do. You can change your thinking. Here are some tips:

- » Make a firm decision to get serious.
- » Make your weight management program one of your top priorities.
- » Realize that you have control over your weight.
- » Eating and other lifestyle behaviors have been learned; therefore, they can be replaced or changed.
- » Think positively!
- » Tell yourself you're worth the effort!
- » Think about exercise and physical fitness as increasing your energy, vitality and well-being.
- » Think of eating and physical activity as needing a balance. You have the power to tip the scales.
- » Think about weight management as a life-long effort and a way to be good to yourself.

Set Your Weight Loss Goals

Putting goals on paper helps keep you on track. You can revise or add to your goals at any time.

1. *Set a goal for weight loss.*

Start with a goal of no more than 10% of your current weight.

I currently weigh _____ pounds.

My initial goal is to lose _____ pounds.

Example: If you weigh 250 pounds, your goal might be to lose 25 pounds, or you could decide to make 10 pound goals. When you lose 10 pounds, set a new 10 pound goal. Choose a realistic, achievable goal.

2. *Decide on 1 or 2 food/beverage choice changes.*

What can you do to take in fewer calories and less fat?

Example:

"I will have low-fat milk with my cereal every day this week."

Write them down:

1. _____

2. _____

3. *Decide on 1 or 2 ways to increase your activity level.*

Make them simple and realistic. As your fitness improves, add to these goals. Example: "I will take the stairs to the second floor at work this week." Write them down:

1. _____

2. _____

4. *Weigh yourself at least once a week.*

Signature: _____

Date: _____

When to Stop Exercising

Physical activity is usually safe. Stop exercising right away if you have any of these symptoms:

- » Pain, tightness, pressure, or discomfort in your chest, neck, shoulder, arm, back, or jaw
- » Severe shortness of breath
- » Cold sweats
- » Severe nausea or vomiting
- » Muscle cramps
- » Sudden weakness or changes in feeling in your arms and/or legs
- » Trouble swallowing, talking, or seeing
- » Severe headache, dizziness, or lightheadedness
- » Joint pain

If symptoms don't go away after a few minutes, call 911 or go to the nearest emergency room. If the symptoms go away but return each time you exercise, see your primary care provider.

A Guide to Using Your Pedometer

How do I wear my pedometer?

- » Place your pedometer on the waistband of your clothing or belt.
- » Place it close to the midline of your thigh directly over your knee. Make sure it is straight and not at an angle.
- » Do not get the pedometer wet.

Getting Started:

- » Wear your pedometer from morning until night every day for one week.
- » Record your steps at the end of each day.
- » At the end of the week, total your steps and divide by the number of days recorded. This will give you a daily average.
- » You don't need to increase your activity level the first week. Simply observe how many steps you take.

Increasing Your Steps:

- » Each week try to increase your steps by 500 steps per day. For example, if you average 3000 steps per day, set a goal to increase to 3500 steps per day the next week and 4000 steps per day the week after that.
- » Set realistic goals.
- » Create a walking path or route that will allow you to reach your goal. You can walk a single loop, walk a shorter loop multiple times, or walk out one direction for a certain number of minutes and then return by the same path.
- » Record your step count results each day on your Activity/Pedometer Log.

Suggestions for Increasing Steps:

- » Take the stairs instead of the elevator.
- » Park farther away and walk.
- » Get off the bus a few blocks before your stop.
- » Step in place during television commercials.
- » Walk your dog.
- » Mow your lawn.
- » Vacuum your carpet.
- » Take a 10 minute walk after dinner.
- » Walk instead of driving your car short distances.
- » Take the long way when walking to meetings.
- » Take short 10 minute walks during lunch and breaks at work.
- » Find a walking partner so you can motivate each other.
- » Plan active weekends (long walks, hiking, going to the park).

Limitations to using a pedometer:

- » Pedometers do not reliably measure:
 - Side-to-side activities.
 - Activities at very slow walking speeds.
 - Activities such as cycling, swimming, some types of dancing, basketball, and tennis.
- » Be careful not to accidentally reset your pedometer during the day. This could happen if you put pressure on the reset button.
 - 1 mile = 2000-2400 average steps
 - 10 minutes of moderate paced walking (3MPH) = 1200 steps. Leisurely Cycling = 100 average steps/minute of activity
 - Raking the garden for 30 minutes = 3000 steps

Wheelchair Odometers

Monitoring your physical activity with a wheelchair odometer is useful for setting your personal physical activity goals. Similar to pedometers used by walkers, an odometer measures the distance covered while manually pushing yourself in a wheelchair.

Installation Tips:

- » Basic digital odometers designed for bicycles can be used on wheelchairs.
- » Select a “wired” as opposed to a “wireless” model. The battery will last longer.
- » Follow the general instructions for bicycle mounting, but adapt them as necessary for your chair. For example, mount the sensor attached to the wire on the frame under the seat and run the wire along the frame to the front uprights where the display can be mounted and accessed. Most bicycle shops can help with mounting if you have difficulty.
- » Before first use, all odometers should be calibrated to tire size. Follow the instructions that come with the odometer to do this. The standard wheelchair tire diameter is 24 inches. Measure your tires to be sure you enter the correct size into the odometer.

Using the Odometer to Track Physical Activity Progress:

- » Use the odometer every day for a week.
- » At the end of each day, record your mileage covered.
- » At the end of the week, total your mileage and divide by the number of days recorded. This will give you a daily average.
- » You don't need to increase your activity level this first week. Simply observe how much distance you cover.
- » Each week try to increase your mileage by $\frac{1}{4}$ to $\frac{1}{2}$ mile per day. For example, if you average 2 miles per day, set a goal to increase to $2\frac{1}{2}$ miles per day the next week and 3 miles per day the week after that.
- » Set realistic goals.
- » Record your mileage covered each day on your Activity Log.
- » 5 miles pushed in a wheelchair is approximately equal to 10,000 steps per day walking and is a great long-term goal to work towards.

Food Diary

Weight :

Date:

| Day | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| My Goal for Today Write down all food & drink consumed. Also write the following: -Time you eat -Amount consumed -What triggered the eating (Eating Triggers: triggers can be mood related. Happy, content, bored, depressed, neutral, tired, anxious, angry, sad, lonely, stressed, worried, excited, etc. or events like eating out, having a bad day, fight with spouse, getting good news, getting a raise) -Hunger level before eating and again after eating Hunger/Fullness Key: 1 = starving, weak, lightheaded, dizzy 5 = neutral – not hungry or full 10 = uncomfortably full or “sick” | | | | | | | |
| Goal Met | Yes or No |

Physical Activity and Pedometer/Odometer Diary

Weight :

Date:

| Day | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| My activity goal for today | | | | | | | |
| Physical activity I did today | | | | | | | |
| Minutes of activity | | | | | | | |
| Pedometer steps or odometer distance | | | | | | | |
| Goal Met | Yes or No |

Why I have joined the **ARMY MOVE!** Program Worksheet

I have joined the ARMY *MOVE!* group sessions because:

As a result of coming to the group sessions I hope to:

Changing my eating habits and becoming more active will help me to:

Module 2

Stepping Out With My Pedometer

- » Army *MOVE!* Digital Training Tools:
 - (P15) Walk
 - (S03) A Guide to Using Your Pedometer (located in Module 1)
 - (P28) Wheelchair Odometers (located in Module 1)
 - (P30) Sample Stretches
 - (P04) Why Warm-Up, Cool-Down and Stretch?
 - (S08) Food Diary and Physical Activity and Pedometer/Odometer Diary (located in Module 1)

Walk

Walking is a great way to be more physically active. It's free, fun, and you can do it almost anywhere.

Here are 6 reasons to get up and walk:

1. Regular walking burns calories, which in addition to a healthy diet can help you to manage your weight.
2. More than half the body's muscles are designed for walking; it is a natural movement that is almost injury-free.
3. Regular brisk walking has many health benefits.
4. Brisk walking is an aerobic activity. It makes your heart, lungs, and muscles stronger.
5. Walking refreshes the mind, reduces fatigue, increases energy, and improves sleep.
6. Walking can be a great time for sharing and socializing with friends and family.

Getting started:

- » A little walking everyday is better than an occasional weekend bout of activity. Start with short walks and build from there.
- » Consider using a pedometer to measure the number of steps you walk.
- » Warm-up before and cool-down after activity (see ARMY *MOVE!* DTT P04 in the pocket guide).
- » Choose routes that are interesting, safe and convenient. Avoid heavy traffic, loose dogs, and rough ground. Remember hills are more difficult.
- » Walking with others can help motivate you.
- » Be safe. Take a friend when it is dark outside. Tell someone where you are going, and bring a cell phone if you can.

- » When it is very hot, walk during the coolest hours, choose a shady route, and walk a little slower.
- » When it is cold, avoid icy surfaces.
- » Dress in loose, comfortable clothing. In cold weather, dress in layers and wear mittens and a hat.
- » Wear comfortable, appropriate shoes.

Sample Stretches

Achilles Stretch:

Stand a little away from a wall or other structure and lean on it with your hands on your hips. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in. Hold the stretch for 10-30 seconds. Do not bounce. Repeat 3-5 times. Now, stretch the other leg.



Inner thigh stretch:

Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and sink your hips down towards the floor. This stretches your left inner thigh. Hold for 10-30 seconds. Repeat 3-5 times. Now, stretch the other thigh.



Front thigh stretch:

Standing close to a wall or a chair, place one hand on the wall and with the other hand reach back and slowly pull your foot up to touch your buttocks. Hold for 10-30 seconds. Relax back to your starting position. Repeat 3-5 times. Now, stretch the other leg.

**Front shoulder stretch:**

Bend your elbows 90 degrees and raise your arms upwards until they are slightly lower than shoulder level. Pull your elbows backward and try to touch your shoulder blades together behind your back. Hold for 10-20 seconds. Repeat 3-5 times.



Arm and side stretch:

From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 10-30 seconds. Repeat 3-5 times. Now, stretch the other side.



Why Warm-Up, Cool-Down and Stretch?

You can help prevent injury and reduce muscle soreness if you warm-up before and cool-down after physical activity. Warming-up prepares your muscles and heart for activity. Cooling-down slows your heart rate gradually and helps prepare your muscles for the next time you're active.

Warm-up: Warm-ups take 5 to 15 minutes.

- » Do your planned activity, such as walking, but at a lower intensity (slower pace) for a brief time. This may mean walking slowly for a few minutes before speeding up.
- » Do a few minutes of mild stretching if you plan to do something more vigorous than walking.
- » Cool-down: Cool-downs take 5 to 15 minutes.
- » To cool-down, continue your activity but slow down the pace for a brief time.
- » Do a few minutes of mild stretching for all activities including walking.

Stretch:

Stretching is important for a good warm-up and cool-down and is one of the best ways to prevent and avoid muscle soreness, cramps and injury.

Here are some helpful tips on how to stretch properly:

- » Do a short warm-up before stretching such as walking.
- » Stretch in both directions (i.e., if you stretch to the left don't forget to stretch to the right).
- » Avoid fast, jerky movements. Stretch slowly and smoothly.

- » Stretch to a point where you place a mild- but not painful-stretch on the muscles. When you repeat the stretch, you should be able to stretch a little further without pain.
- » Hold each stretch for 10-30 seconds. **Do Not Bounce.**
- » Repeat each stretch 3-5 times.
- » Breathe slowly in and out. Do not hold your breath.
- » Relax, enjoy, and feel good about yourself.
- » Stretch often, if possible every day.

Important: Never stretch if you have severe pain. If a stretch causes much pain, stop doing it, or do it more gently. Listen to your body!

Module 3

What's in Your Food?

- » Army *MOVE!* Digital Training Tools:
 - (S06) Making Healthy Food Choices
 - (N01) All Foods Can Fit

Making Healthy Food Choices

Focus on fruits

- » Eat a variety of fruit every day.
- » Fruit can be fresh, frozen, canned, or dried.
- » Too much fruit juice can add lots of unnecessary sugar to your diet. Limit fruit juice to one serving per day.
- » One serving of fruit equals 1 medium piece of fruit, ½ cup cut fruit, ¼ cup dried fruit, or ¾ cup 100% juice.

Vary your veggies

- » Eat more dark green veggies, such as broccoli and kale.
- » Eat more orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash.
- » Eat more beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.
- » One serving of veggies equals 1 cup raw leafy greens; ½ cup chopped, cooked or raw vegetables; or ½ cup 100% vegetable juice.

Get calcium-rich foods

- » Every day, get 3 cups of lowfat or fat-free milk – or an equivalent amount of low-fat yogurt (1 cup yogurt) and/or low-fat cheese (1 ½ ounces of cheese equals 1 cup of milk).
- » If you don't or can't drink milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

Make at least half your grains “whole grains”

- » Eat at least 3 ounces of whole grains every day.
- » One ounce is 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta.
- » Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.

Go lean with protein

- » Choose lean meats and poultry.
- » Bake, broil or grill meat, poultry and fish.
- » Vary your protein choices – with fish, beans, peas, nuts, and seeds.
- » One serving of meat, poultry or seafood is 2-3 ounces, about the size of a deck of cards. For beans or peas, ½ cup is a serving, and for nuts and seeds, ¼ cup is a serving.

Know the limits on fats, salt, sugars, and alcohol

- » Read the Nutrition Facts label on foods.
- » Look for foods low in saturated fats and trans fats.
- » Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners like sucrose or high fructose corn-syrup).
- » Limit alcohol. It just adds empty calories.
- » All foods can be enjoyed in moderation once you know the limits.

All Foods Can Fit

There are no good and bad foods. All foods can fit.
No foods are off limits.

Moderation

Eat until you are satisfied, not stuffed. Watch out for extra helpings, splurging, and “all you can eat” places.

Balance

To manage your weight, balance what you eat and drink with how active you are. You should also balance foods higher in calories, fat, and sugar with choices that are lower in calories, fat, and sugar.

Variety

Choose a wide variety of foods: vegetables, fruits, whole grains, meats, poultry, seafood, eggs, beans, peas, nuts, seeds, and dairy. This helps you to get all the nutrients (vitamins, minerals, etc.) that you need. Use the following tips:

- » **Vary the color** – aim for more than one color on your plate
- » **Vary the flavor** – sour, sweet, bitter and salty
- » **Vary the texture** – crunchy, soft, smooth.

Take time to enjoy what you eat!

Module 4

Fit for Life

- » Army *MOVE!* Digital Training Tools:
 - (P24) Types of Physical Activities
 - (P01) Barriers To Physical Activity
 - (P02) Benefits of Regular Physical Activity
 - (P26) Physical Activity Pyramid
- » Army *MOVE!* Worksheet:
 - (GW02) My Physical Activity Worksheet

Types of Physical Activity

Lifestyle Physical Activities

- » Walk or ride bicycle for transportation instead of car or bus.
- » Take the stairs instead of the elevator.
- » Park at the far end of the parking lot, and walk to your destination.
- » Mow the grass, and rake the leaves.
- » Get off the bus one stop early, and walk the rest of the way.
- » Walk every hole if you play golf.
- » Dance at every opportunity you have.
- » Walk the dog, if you don't have one, borrow someone else's.
- » Do some extra laps when you are shopping at the mall.
- » Chop or split wood.
- » Wash your car.
- » Vacuum often.
- » Get up to change the TV channel.
- » March in place during TV commercials.
- » Walk upstairs every time you have something to carry up, instead of waiting for a pile.
- » Walk down the hall to talk to a coworker instead of picking up the telephone or sending an email.
- » Stretch while watching TV.
- » Stand up while you're talking on the telephone.

Programmed Physical Activity

Aerobic

- » Walking
- » Jogging
- » Stair climbing
- » Swimming**
- » Water walking*
- » Water aerobics*
- » Gardening
- » Dancing-any type
- » Aerobic classes
- » Bicycling**
- » Roller or ice skating
- » Snow skiing
- » Chair exercises**
- » Machines
 - Treadmill
 - Stair climber
 - Stationary bike**
 - Row machine**
 - Ski machine*
 - Elliptical trainer*
- » Sports
 - Basketball
 - Tennis
 - Golf
 - Touch Football
 - Ultimate Frisbee
 - Soccer

* = low-impact activities

**= non-weight bearing activities

Flexibility

- » Stretching
- » Yoga
- » Tai Chi

Strength

- » Free weights (dumbbells)
- » Elastic bands
- » Circuit machines
- » Pilates
- » Conditioning exercises
- » Medicine balls

Barriers to Physical Activity

Ever feel like something always gets in the way of doing physical activity?

Here is a list of the more common barriers to physical activity along with ideas on how to overcome them.

Do you feel self-conscious about your weight and being seen by others?

Being physically active makes you feel healthy and good about yourself almost immediately. Once you feel good, it's easy not to worry so much about how you look. You'll be surprised how supportive people will be.

Have you had little practice or a bad experience with physical activity in the past?

Start slowly with something that you might like. If you joined a gym before and hated it, then try something totally different like walking with a friend or taking dance classes.

Not in the mood to exercise or have little motivation?

When you exercise your mood almost always improves. Once you start moving you usually become motivated to do more because it makes you feel so good. Next time you're not in the mood, try some physical activity and you'll be amazed!

Does the hot and/or cold weather stop you from being physically active?

You don't have to exercise outdoors. There are lots of activities you can do inside. You could walk the mall; get an exercise tape from the local library; use items around the house for strength training such as canned foods; join the local YMCA or other health facility; or put on some music and dance.

Do you have difficulty finding the time to be more physically active?

Every bit of activity helps. Spreading exercise over the day in several 10-minute bouts works just as well as exercising all at once. Add physical activity to other daily routines (for example: walk to the store, take the stairs, park farther away and walk, exercise at your desk or while watching TV).

Aren't physical activities expensive?

There are lots of physical activities you can do at little or no cost. (Examples: walking, using household items for weights, working in the yard, free or low-cost community events.)

Think physical activity will make your pain worse?

In most cases, regular physical activity reduces pain over time.

Are you afraid of getting hurt?

Learn how to warm up and cool down to prevent injury. Choose activities that have minimal risk such as walking. Consult your doctor if pain is severe or persistent.

Feel like you have no support?

Ask for help from family and friends. Find a physical activity buddy.

Does stress get in the way of physical activity?

This does not have to stop you from being physically active. Get help. Ask your primary care provider.

Benefits of Regular Physical Activity

- » Helps you manage your weight
- » Reduces your risk of coronary heart disease
- » Reduces your risk of stroke
- » Decreases blood pressure
- » Reduces your risk of colon cancer
- » Helps prevent and control diabetes
- » May decrease “bad” (LDL) cholesterol and raise “good” (HDL) cholesterol
- » Helps you sleep better
- » Strengthens bones and helps prevent injury
- » Increases muscular strength and endurance
- » Increases flexibility and range of motion
- » Improves your mood
- » Helps with stress and depression
- » Improves self-esteem
- » Makes you feel better

Physical Activity Pyramid

Less

Watching TV, sitting at the computer, sitting for more than 30 minutes at a time



Some

Leisure Activities
Golf, softball, housework,
leisurely walking

Flexibility and
Strength
Stretching, yoga,
pushups,
weight lifting



Plenty

Aerobic Exercise
Brisk walking,
bicycling, swimming,
jogging, Aerobics
classes

Recreational
(30+ minutes)
Soccer, basketball,
tennis, Martial arts,
dancing, hiking

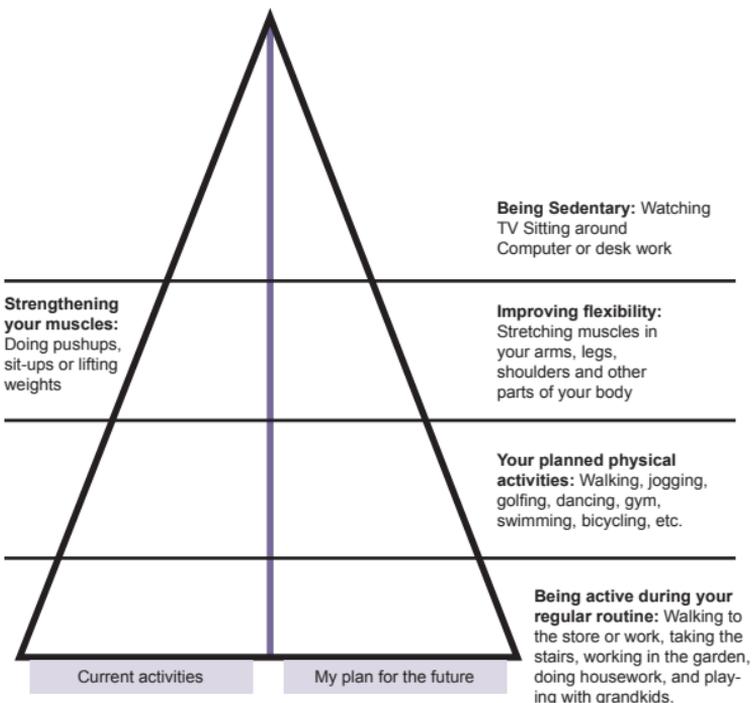


Everyday

As much as possible walk to the store, work in your garden, park your car farther away, make extra steps in your day, walk the dog, take the stairs instead of the elevator, bike or walk to work or to the gym, carry the groceries, wash the car.

My Physical Activity Worksheet

1. Look at the pyramid below. On the left side of each shelf, write the amount of time you currently spend (each day) doing various activities.
2. On the right hand side of each shelf, write the amount of time you plan to spend on these activities in the future.
3. On the right side of the top shelf, write which activities you plan to spend less time doing.



Module 5

Trim the Fat

- » Army *MOVE!* Digital Training Tools:
 - (N08) Fat Out... Flavor In
 - (N09) What Are The Types of Fat?
 - (N15) Sodium
 - (B01) Old Habits Die Hard

- » Army *MOVE!* Worksheets:
 - (GW03) My High Fat Foods
 - (GW04) My Plan to Trim the Fat

Fat Out..... Flavor In

A little fat goes a long way. One teaspoon of butter or oil has 5 grams of fat and about 45 calories. Check out these tips to cut fat and add flavor:

- » When eating out, ask for the topping or sauce to be put on the side. Ask for lower fat options like salsa, mustard, or ketchup.
- » With salads, choose fat free/reduced fat dressings, flavored vinegar, or lemon juice. Ask for the dressing to be served on the side.
- » Pick lean cuts of meats, poultry, and seafood. Trim away any fat or skin.
- » Cook foods without adding fat. Use nonstick cooking spray instead of butter, margarine, or oil when grilling, frying, or sautéing. Use non-stick cookware. You can sauté in a small amount of broth. If you do add fat, use a small amount of olive or canola oil.
- » Choose to bake, roast, grill, steam, poach, or pan sauté instead of frying. If roasting or baking in the oven, use a rack to raise the food up off the bottom of the pan to allow the fat to drip away.
- » Instead of using ham hock or fatback to season vegetables, use lean ham or broth to get the meat flavor.
- » Use napkins or paper towels to blot out extra fat from foods. This helps with pizza or fried foods.
- » Taste your food before spreading on butter or margarine. Choose another topping. Try using fruit butter or low sugar spreadable fruit on toast.

The Army *MOVE!* handouts, “Spice It Up” and “Recipe Smart Substitutions”, will give you more ideas on how to cut fat and add flavor.

What Are The Types Of Fat?

Limiting your fat intake is key to losing weight. Healthy eating includes small amounts of fats, but some fats are much healthier than others. Eating monounsaturated or polyunsaturated fats instead of saturated or trans fats may help improve your blood cholesterol.

» Good Fats

- **Monounsaturated:** Canola, olive, nut and peanut oils (use these fats for cooking); peanuts; nuts; avocado; olives
- **Polyunsaturated:** Most vegetable oils (corn, cottonseed, flaxseed, safflower, sesame, soybean, sunflower), nuts, seeds, peanuts, fish

» Bad Fats

- **Saturated:** Animal sources such as meat, poultry, butter, lard, whole and reduced fat dairy products; tropical oils – coconut, palm and palm kernel. Saturated fats are solid at room temperature.
- **Hydrogenated:** Many fats used in processed foods, snack foods, stick margarine, vegetable shortening; Read the ingredients list for shortening, “partially hydrogenated vegetable oil” (A liquid vegetable oil is changed to a solid fat by a chemical process.) *May be labeled as *trans* fat.

Sodium

What is sodium? It is a mineral found naturally in food.

Why do we need it? Our bodies need sodium to maintain fluid balance, control blood pressure, keep our nerves working, and help our muscles relax.

How much do we need?

- » 500 milligrams (mg) of sodium ($\frac{1}{4}$ teaspoon of salt) per day
- » 1 teaspoon of salt has 2,000 mg of sodium
- » Keep your sodium below 2,300 mg ($1 \frac{1}{8}$ teaspoon of salt) per day

How can you control your sodium intake?

- » Read the Nutrition Facts Label to look for sodium.
- » Food that is pre-packaged or processed (food that comes in cans, boxes, or packages) is higher in sodium. Try to buy foods lower in sodium or that have “No Added Salt”.
- » Try to avoid adding salt while cooking and at the table.
- » Always taste your food before adding salt.
- » Season your food with herbs, spices, salt-free seasoning, vinegar, or lemon juice instead of salt.

Some people are very sensitive to sodium; their blood pressure may go up with added salt and salty foods. These individuals should be careful not to have too much sodium.

Old Habits Die Hard

You can bury bad habits. Replace old bad habits with new, healthy habits. Here are some tips:

- » **Become aware of your actions.** When you realize what you are doing, you can change it.
- » **Keep a record** of what you want to change. If you write it down, you are more likely to change it. If your new plan does not work, try something else.
- » **Avoid situations that trigger bad habits**, such as eating in front of the TV.
- » **Post reminders about healthy habits** where you will notice them...on the refrigerator, on the table, in your car, on the bed, wherever.
- » **Practice makes permanent.**

My Plan to Trim the Fat Worksheet

- » Write down your top 5 high fat foods
- » Complete the table
- » Circle one food and one of the three ways to eat less fat from that food
- » Make this a goal for the next week

| My top 5 high-fat foods | Choose one of the three ways to trim the fat for each of your high fat foods | | |
|-------------------------|--|--|-------------------------------|
| | I will eat this food less often: (Set a limit) | I will eat less of this food: (Set an amount) | I will eat this food instead: |
| | | | |
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Module 6

Play it Safe

- » Army *MOVE!* Digital Training Tools:
 - (P19) When to Stop Exercising (located in Module 1)
 - (S07) F.I.T.T
 - (P08) How Hard Should I Exercise
 - (P12) Making a Good Fit! Shoes For Active Feet
 - (P14) Physical Activity and Your Safety
 - (P17) Tips For Cold Weather Physical Activity
 - (P18) Warm Weather Exercise Guidelines
 - (S08) Food Diary and Physical Activity and Pedometer/Odometer Diary (located in Module 1)

F.I.T.T – Frequency, Intensity, Time, and Type of Activity

When you put all that effort into increasing physical activity you want results. By following the FITT idea you can be sure that you are working towards managing your weight and improving your health.

| | |
|---|--|
| <p>Frequency How often you are active</p> | <ul style="list-style-type: none"> • Increase frequency slowly. • Build to being active 5 or more days of the week. |
| <p>Intensity How hard your heart and muscles are working during activity</p> | <ul style="list-style-type: none"> • Be active at a moderate intensity similar to a brisk walk. • Be active at a rate that allows for talking. • Slow down if you have trouble breathing or feel you can't catch your breath. |
| <p>Time How long you are active</p> | <ul style="list-style-type: none"> • Try to stay active for at least 10 minutes without stopping. • Aim for at least 30 minutes of activity throughout the day. • Set a goal for the week based on total minutes of physical activity. • Increase the length of time you are active before increasing the intensity of the activity. |
| <p>Type of activity</p> | <ul style="list-style-type: none"> • Unless you have been instructed otherwise, do aerobic activities (these make your heart beat faster – walk briskly, bike, swim, dance). • Use large muscle groups (such as legs and arms). • Always warm-up, cool-down and stretch. • Try to also include strength and flexibility activities. |

How Hard Should I Exercise?

Increasing physical activity improves health and fitness. It is also a key to success with weight management. What is easy for one person is hard for another. Listen to your body. You are the best judge of how hard you should exercise. Start slowly with easy activities and build to those that are harder. Here are some terms you are likely to hear.

Moderate-Intensity Physical Activity

- » This is how hard you need to exercise for health benefits.
- » Physical activities that make you breathe a little harder and make you sweat lightly.
- » Activities you feel you could do for up to 45 minutes. This does not mean that you have to do the activity for this long – just that you feel you could.
- » Examples might be brisk walking, slow cycling, dancing, and hard house/yard work.

Vigorous-Intensity Physical Activity

- » Physical activities that make you breathe hard, make your heart beat fast, and make you sweat.
- » Examples include running, aerobics classes, swimming laps and racquet sports.

Use the following “Talk Test” or the “Borg Scale” to help you decide if you are exercising at the right intensity:

Talk Test: If you are exercising at a moderate intensity, you should be able to carry on a conversation comfortably while still exercising. If you cannot carry on a conversation comfortably, you are exercising at a vigorous intensity. If you are just starting to exercise, begin with moderate-intensity activities.

Borg Scale: Use this scale to rate how hard you are exercising. Aerobic activities, like walking and cycling should be done at level 13 (somewhat hard). Strength activities, like lifting dumbbells and pushups should be done at levels 15-17 (hard to very hard). You can gradually make activities harder as you become more fit. Activities that used to be hard will become easier over time and earn a lower score compared to when you first started. For example, slow walking on level ground may be a level 13 effort for you in the beginning. As your fitness improves, it may take brisk walking up a slight hill to get to that same level 13 effort.

The Borg Category Rating Scale

Less Effort

6

7 very, very light

8

9 very, light

10

11 fairly light

12 Aerobic Training Zone

13 somewhat hard

14

15 hard

16 Strength Training Zone

17 very hard

18

19 very, very hard

20

Maximum Effort

Making a Good Fit! Shoes for Active Feet

Whatever the activity, wearing the right kind of shoe is very important for your comfort and safety. Here are some helpful tips:

- » Shop around for various styles and brands. Ask the salesperson to assist you in choosing the shoe best suited for your specific activity.
- » When trying on new shoes, wear the kind of socks you will wear when you are active. Wear cotton socks or athletic socks. Discard worn out socks to prevent blisters.
- » Your feet swell slightly during activity. So, when shopping for new shoes, go right after you have been active.
- » Try new shoes on and walk around. They should feel comfortable right away.
- » There should be one thumb's width of space between your longest toe and the end of the shoe.
- » The heel should not pinch or slip when you walk.
- » The shoes should bend easily at the ball of your feet just behind your toes.
- » After exercising look at your feet to be sure you do not have any sores, cuts, or blisters. Tell your primary care provider about any cuts, sores, or blisters that don't heal.
- » Replace shoes when soles (bottom) are worn or slick. You can replace just the shoe inserts (inside cushions) when worn, if the rest of the shoe is in good shape.

Physical Activity and Your Safety

If you are diabetic or have heart or lung disease, check with your primary care team before beginning a physical activity program.

General safety tips:

- » Carry identification, emergency contact information and illness information.
- » Drink water before, during and after exercise.
- » Let someone know where you are going and how long you'll be gone.
- » Carry a cell phone if you have one.
- » Prepare for the weather.
- » Wear comfortable, good fitting socks and shoes suitable for physical activity.
- » Dress to be seen. Wear bright colored clothing. In poor light, wear safety reflective materials designed for improving your visibility to drivers.
- » Use a familiar route.
- » Be active in public places.
- » Avoid isolated trails, paths and poorly lit areas.
- » When approaching another walker or jogger from behind, give a verbal warning before passing them.

Tips for Cold Weather Physical Activity

Cold weather doesn't have to slow you down. To stay safe in the cold, keep the following in mind:

Dress Properly

The layered look

- » Start with a synthetic material like polypropylene against your skin. This will draw the sweat away from your body and dry quickly.
- » The second layer should be wool or cotton to soak up moisture.
- » The third layer should be chosen for its ability to keep the cold air and rain out, if necessary -- something lightweight and artificial, such as Gore -Tex® material.

Don't lose your head

- » You can lose a tremendous amount of heat through your uncovered head, so always wear a hat or cap.
- » Your feet get cold first. Insulate them with warm socks and keep them dry.
- » Choose mittens over gloves because the fingers can warm each other.

Drink Up - You can become dehydrated in the cold

- » Drink before you feel thirsty. By the time you feel thirsty, you're already dehydrated.
- » Water is easily available, inexpensive, and exactly what your body needs.
- » Drink water before you go out and bring some with you.

Don't Overdo It

- » Cold is a stress on the body. So is exercise. Together they may be too much. Start slowly and don't overdo it.

Warm Weather Exercise Guidelines

You should take extra care when exercising in warm weather. The following tips will keep you safe in the heat:

- » Exercise in the early morning or after the sun sets. Avoid mid-day.
- » Take frequent rest and water breaks.
- » Drink water before you feel thirsty. By the time you feel thirsty, you are already dehydrated. This is especially true as you get older.
- » Avoid beverages with alcohol and caffeine because these can cause dehydration.
- » Drink fluids before, during, and after exercise.
- » Choose water or a low calorie sports drink.
- » Wear light, loose fitting clothing, made of breathable fabric in light colors.
- » Reduce speed or distance as needed.
- » Exercise indoors during ozone alerts, extreme heat, and very high humidity.
- » Listen to your body...stop if you feel chest pain, are short of breath, dizzy, lightheaded, weak, very fatigued, nauseated, or if your heart is pounding.

Module 7

Tip the Balance

- » **Army *MOVE!* Digital Training Tools:**
 - (S01) The Basics of Weight Control
 - (N10) How to Read A Food Label
 - (N21) Serving Sizes
 - (N12) Healthy Plate
 - (B17) Irrational Ideas About Eating
 - (B15) Hungry All the Time

- » **Army *MOVE!* Worksheet:**
 - (GW05) Rate Your Plate

The Basics of Weight Control

Your weight is controlled by a number of things, including family history, what you eat and drink (energy intake), and the energy you use to live and be active (energy output).

To lose weight you need to:

- » Eat and drink fewer calories
- » Become more physically active
- » For best results, do both

The food you eat and the beverages you drink provide energy and nutrients. The basic required nutrients are: water, carbohydrate, protein, fat, dietary fiber, vitamins, and minerals. Three of these nutrients (carbohydrate, protein and fat) along with alcohol provide energy in the form of calories. When you take in more calories than you use, you gain weight.

Most of the calories you do not use are stored as body fat. This is true regardless of whether this energy came from fat, carbohydrate, protein or alcohol. You can use more calories by being more active.

You can manage your weight by keeping a balance between what you eat and drink and how active you are.

How to Read a Food Label

Reading the label will help you make smart food choices and get the most nutrition out of calories in order to reach your goals!

| Nutrition Facts | | |
|---|---------------------|-----------------------------|
| Serving Size 1 cup (228g) | | |
| Servings Per Container 2 | | |
| Amount Per Serving | | |
| Calories 260 Calories from Fat 120 | | |
| % Daily Value | | |
| Total Fat 13g | 20% | |
| Saturated Fat 5g | 25% | |
| Trans Fat 0g | | |
| Cholesterol 30mg | 10% | |
| Sodium 660mg | 28% | |
| Total Carbohydrate 31g | 10% | |
| Dietary Fiber 4g | 4% | |
| Sugars 5g | | |
| Protein 5g | | |
| Vitamin A 4% | Vitamin C 2% | |
| Calcium 15% | Iron 4% | |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2000 2500 | | |
| Total Fat | Less than 65g | 80g |
| Sat Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrates | 300g | 375g |
| Dietary Fiber | 25g | 25g |
| Calories per gram: | | |
| Fat | 9 | Carbohydrate 4 Protein 4 |

Serving Size

We are used to saying "portion" or "helping" when we talk about how much we eat. "Serving size" is a more official or standard amount used for food labels. The nutrition facts given on a food label are based on the serving size.

Servings Per Container

Be sure to look at the number of servings in the package. Small packages may appear to be one serving. Often, they contain more. Snack food items are a good example. If you eat the whole package, then you must multiply the nutrition values by the number of servings in the package.

Nutrition Numbers

Compare the number for Calories from Fat to Total Calories. You want your total fat calories to be no more than 1/3 of your total calories for the day.

If the number of the grams (g) of Saturated Fat is close to the number given for Total Fat, that food or beverage may not be the best choice. Look for choices low in Trans Fat.

Look for choices that have at least 1 gram of fiber. Aim for 20-35 grams of fiber per day.

Compare the number of grams (g) of Sugars to the number given for Total Carbohydrate. Unless this food has natural sugar, like that in fruit or milk, these sugars are added sugars. You want to limit added sugars.

Percent Daily Values (DV)

The Percent Daily Value gives a marker for the recommended nutrition needs based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie/nutrient needs. Tip - 5% DV or less is low, 20% or more is high. You will not find a % DV for Trans Fat, Sugars, or Protein.

| | |
|--|-------------------------------|
| | Limit these nutrients |
| | Get enough of these nutrients |

Serving Sizes

Use familiar objects to judge a single serving size.

| | |
|-------------------------------------|--|
| ½ cup vegetable | Computer mouse |
| ½ cup cooked pasta | |
| ½ cup of beans | |
| 1 small baked potato | |
| 1 medium piece of fruit | Tennis ball |
| 1 cup of raw vegetables | Baseball or your fist |
| 1 cup dry cereal | |
| 1 cup of lowfat yogurt or milk | |
| 1 small bagel | Hockey puck |
| 1 small (4-4 ½ inch) pancake | CD |
| 2 ounces of cheese | 2 Pair of dice |
| 2-3 ounces of meat, poultry or fish | Deck of cards or the palm of your hand |

Healthy Plate



- » Fill $\frac{1}{2}$ or more of your plate with vegetables.
- » Drink low or no-calorie beverages.
- » Fill $\frac{1}{4}$ of your plate with 2-3 oz of lean meat, poultry or fish
- » Fill $\frac{1}{4}$ of your plate with healthy starches, beans or fruit.

Why build a healthy plate?

- » Vegetables, fruits, whole grains and beans are low in calories, and full of fiber, vitamins and minerals. Filling $\frac{3}{4}$ of your plate with these foods may reduce your risk of cancer and heart disease and help you to lose weight.
- » Choose lean meats and skinless poultry since they are low in saturated fat and calories. Limit portions of meat to 2-3 oz, or the size of a deck of cards, to meet your protein needs.

Irrational Ideas About Eating

There are many myths about eating and food. Sometimes, these strongly held beliefs get in the way of changing your eating.

Here are a few myths:

1. I **MUST** eat everything on my plate.
2. I **MUST** eat when it is time for breakfast, lunch, or dinner.
3. I **MUST** eat a big dinner in the evening.
4. I **MUST** have 3 meals a day.
5. I **MUST** eat until I am very full or else I will not be OK.
6. I **MUST** have something to eat to feel better emotionally.
7. I **MUST** eat it all quickly or I will starve.
8. I **MUST** have meat at every meal, or at least every day!
"Where's the BEEF?"
9. I **MUST** eat when others are eating.
10. I **MUST** eat the food that somebody has fixed for me or else they will think I don't like them anymore.

Hungry All The Time?

Many people overeat because they feel hungry so often.

Here are some tips on managing your hunger:

- » Real hunger comes on slowly, not all of a sudden. Pay attention to your body and learn your signs of true hunger.
- » A sudden craving to eat is often psychological. You can deal with it by distracting yourself. Find something else to do or think about besides eating. Take a short walk or talk with a friend.
- » Cravings often don't last that long. Try to wait out a craving.
- » If the craving doesn't go away, have just a little bit and savor it. For example: Let a Hershey's Kiss melt in your mouth rather than eating a whole candy bar.
- » Spread out your food over the day by eating 5-6 small healthy, balanced meals or snacks. You may be less likely to overeat at the next meal.
- » Eat filling, high fiber foods such as vegetables, high fiber cereals, whole grain breads, and fruit.
- » Eat S-L-O-W-L-Y !!! Actually taste what you eat.

Rate Your Plate Worksheet



Draw all the food you ate at your last dinner in the plate above. Be as accurate as you can. For example, if your meat took up half the plate, use half the plate to draw the meat.

Module 8

If at First You Don't Succeed... Plan

- » **Army *MOVE!* Digital Training Tools:**
 - (B20) Lose Weight by Planning Ahead
 - (N05) Eating at Home
 - (N06) Eating Well On A Budget
 - (N07) Fast Food Alternatives
 - (N25) Restaurant Tips
 - (P23) Activities to Fit Your Lifestyle

- » **Army *MOVE!* Worksheets:**
 - (GW07) Planning Ahead Worksheet
 - (GW06) Physical Activity Recall Worksheet

Lose Weight By... Planning Ahead!!!

- » Set your physical activity and eating goals in advance.
- » Plan your menu for the week.
- » Go to the grocery store with a list. Stick to the list!
- » Eat before going to the grocery store.
- » Fix your plate in the kitchen and bring it to the table to eat. Leave the serving bowls in the kitchen.
- » Plan to drink plenty of low calorie fluids with your meals and throughout the day.
- » Choose restaurants with healthy options.
- » Don't go to a social event on an empty stomach.
- » Pack a healthy meal and/or snacks for work or travel.
- » Make time for physical activity. Ten-minute blocks make a difference.
- » Plan a physical activity that you are likely to enjoy.
- » Look for a physical activity class or group you can join.
- » Find out about and join in local physical activity events in your community.
- » Consider activities you can do throughout the day ... take the stairs, park farther away, walk to the store, or clean your home.

Eating at Home

- » Take charge. Plan for healthy meals and snacks.
- » Never eat out of boxes, cartons, or bags unless they are single-serving packages.
- » Put food on a plate or in a bowl. Then, you can see how much you are eating.
- » Use smaller plates, bowls, or glasses.
- » Be careful of tasting or nibbling while you cook.
- » Sit at the table to eat.
- » Fix your plate in the kitchen and bring it to the table to eat. Leave the serving bowls, pots, or containers in the kitchen so you won't be tempted to eat more.
- » Let leftovers be **leftovers**.
- » Eating while watching television, working on the computer, or talking on the phone may cause you to overeat.
- » Take time to relax and enjoy your food! You can find pleasure from both preparing and eating.

Eating Well on a Budget

Healthy eating does not have to be expensive. Here are some tips for keeping your calories and budget in balance:

- » Plan your weekly menu in advance. Make a grocery list and stick to it.
- » Check out the weekly ads for the supermarkets with the best sales.
- » Clip coupons. Choose only ones that you will use and are a real cost-saver.
- » Try not to shop when you are hungry.
- » Compare store and generic brands for the best buy.
- » Take advantage of sales. Cook in bulk and freeze or use leftovers for future meals.
- » Stretch costly meals (like meat dishes) by adding lots of vegetables.
- » Read food labels to get the best nutrition and the most value for your money.
- » Choose fresh fruit and vegetables that are in season. Visit your local farmers market for produce.
- » Fruit and vegetables are canned or frozen at the peak of freshness. Choose fruit that is frozen, unsweetened or canned in its own juice.
- » Beans, peas, eggs, canned tuna (packed in water) and peanut butter are good sources of protein and good buys.
- » Grow your own vegetables, fruit or herbs.

Fast-Food Alternatives

| Instead of these: | Choose these: |
|--|---|
| French fries or curly fries Potato wedges Hash browns or tater tots Onion rings | Baked potato Salads with fat free or lowfat dressing Fresh fruit |
| Large hamburgers with all the 'fixins' Cheeseburgers Hotdogs or sausages Bologna, pastrami Fried meat sandwich Pork barbecue sandwich with slaw Chicken, tuna or egg salad sandwiches | Turkey, roast beef or lean ham sandwich Grilled chicken sandwich Chicken tacos |
| Fried chicken Breaded chicken strips Fried chicken wings | Grilled, roasted or smoked poultry (white meat, no skin) |
| Fried fish sandwich Fried fish nuggets Fried clam strips | Broiled seafood platter Boiled shrimp |
| Sundaes, Banana splits Cakes Brownies Pies | Soft serve ice cream cone Lowfat frozen yogurt |
| Regular soda Whole milk Sweet tea Fruit punch, lemonade | Water Diet soda and unsweetened tea Lowfat or fat free milk 100% juice |

Tips for ordering

- » Leave off the cheese and hold the mayo
- » Don't super-size
- » Say "No" to "Would you like fries with that?"
- » Choose baked, broiled, or grilled options rather than fried

Restaurant Tips

- » Choose restaurants you know will have healthy options. Many restaurants have websites. Check out menus in advance.
- » You don't have to eat it all – ask for part of your meal to be packaged to go.

Food preparation

- » Don't be afraid to ask how items are prepared.
- » Ask for lowfat cooking spray or little or no butter or oil to be used.
- » Look for choices that are roasted, poached, steamed, baked, and grilled rather than sautéed, deep fried, or pan fried. If it is sautéed, ask for wine or lemon juice to be used. If you do eat fried foods, remove any breading and skin.
- » Ask for sauces on the side.

Appetizers – Choose Soup or Salad

- » Choose clear broth soups or tomato-based soups.
- » Avoid cream-based choices such as a bisque, chowder or cheese soup.
- » Avoid salads that contain fried foods. Ask for poultry, meat, or seafood to be grilled.
- » Ask for fat free or lowfat dressing. Always ask for the dressing to be put on the side, not tossed in the salad. Try vinegar or lemon juice on your salad.
- » Leave off extras like croutons, cheese, egg, nuts, fried noodle strips, etc.

Entrée

- » When choosing vegetarian choices, avoid cheese, cream, etc.
- » Select skinless poultry, preferably white meat, and lean cuts of beef and pork such as tenderloin, London broil or filet mignon. Avoid ribs, prime rib, and other marbled meats.

Sides

- » Choose colorful vegetables.
- » Skip the creamed vegetables or those that have cheese.
- » Be adventurous. Try something new instead of the old stand-by of French fries.
- » Choose fresh fruit or a tossed salad over potato salad, coleslaw, macaroni salad, etc.

Beverages

- » Drink plenty of water or low calorie sugar-free beverages with your meal.
- » Consider lowfat or skim milk.

Dessert

- » Order fresh fruit.
- » Choose a small bowl of lowfat ice cream, sorbet, sherbet, gelatin or a piece of angel food cake.
- » If you order dessert, split it with someone else.

Bread

- » If bread is too tempting for you, ask your server not to bring the basket to your table.
- » Limit bread to 1-2 slices per meal. Choose baked bread, rolls, and saltine crackers instead of croissants, biscuits, and cornbread.
- » Leave off butter or margarine. For toast, ask for it 'dry'.

**Eat slowly. Take plenty of time to savor the food's flavor.
Enjoy yourself!**

Activities to Fit Your Lifestyle

Exercise does not have to be planned. Think of all the ways you can be active during your day.

- » Walk or ride a bike for transportation.
- » Take the stairs instead of the elevator.
- » Park at the far end of the parking lot and walk.
- » Get off the bus one stop early and walk the rest of the way.
- » Walk your dog, or borrow someone else's dog.
- » Take a brisk walk while you are shopping at the mall.
- » Walk to your mailbox.
- » Mow the grass. Rake the leaves. Weed the garden.
- » Dance whenever you can.
- » Wash your car.
- » Vacuum or sweep the floor often.
- » Get up to change the TV channel, don't use the remote.
- » March in place during TV commercials.
- » Stretch or do chair exercises while watching TV.
- » Stand up and step in place while using the phone.
- » Walk down the hall to talk to a coworker instead of using the phone or sending an email.
- » On work breaks, take a 5-10 minute walk.
- » If you play golf, walk every hole.

Planning Ahead Worksheet

List 5 ways you can plan ahead to help reach your weight loss goals:

1.

2.

3.

4.

5.

Identify a healthy weekly reward for achieving these goals:

Module 9

You are the Boss!

- » Army *MOVE!* Digital Training Tools:
 - (B34) Eating With Others
 - (B24) Control Yourself!

- » Army *MOVE!* Worksheet:
 - (GW08) Changing The Things Around You Worksheet

Eating With Others

Eating healthy with others can sometimes be difficult. Here are some tips:

- » Concentrate on the conversation and the company of the people you are with. Tell yourself that you are there because of the company, not just the food.
- » Take your time eating your food. Enjoy the TASTE, and savor every bite.
- » Put your fork down in between every bite.
- » Spend more time talking than eating.
- » Drink lots of water or another calorie-free beverage with your meal.
- » Let others know you are eating healthier. Ask for their support.
- » Try eating a small healthy snack before dining with other people so that you are not tempted to overeat.
- » Always remember that you have ultimate control over what you eat.

Control Yourself!

You CAN learn to control your urges to overeat. Here are some suggestions:

- » Plan ahead, have a solution ready for difficult situations.
- » Distract yourself - immediately find something else to do.
- » Take a BIG drink of water, diet soda, tea, or other calorie-free beverage.
- » Put something in your mouth like gum, a Tic Tac® mint, toothpick, straw, cinnamon stick, etc.
- » Do some exercise - make yourself move!
- » LEAVE! - just get away from the situation.
- » Call someone to get some support and encouragement.
- » Learn how to relax yourself. Take a few slow, deep breaths. Tighten your muscles for a moment, and then let go.
- » Come up with a “guiding thought” which will make you stop. Say it to yourself over and over and over again.
- » Dream up some pleasant imagery of yourself being healthier, proud, more energetic, and happy.
- » Think hard about all the benefits you have already gotten from losing weight.
- » Pop yourself on the wrist with a rubber band. Gives you something else to think about!

Changing the Things around You Worksheet

| Things in my home that trigger me to overeat or be less active | I could fix this problem by: |
|--|------------------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

| Foods in my home that are not part of a healthy diet |
|--|
| |
| |
| |
| |
| |
| |

Module 10

Oops, I Did It Again! Coping with Slips

- » Army *MOVE!* Digital Training Tool:
 - (B29) Take Control of Your Thoughts, Feelings and Behavior

- » Army *MOVE!* Worksheet:
 - (GW09) My Problem Solving Worksheet

Take Control of Your Thoughts, Feelings and Behavior

Your thoughts drive your feelings and actions. In most situations or events, if your thoughts are negative, your feelings will be negative, and you may act negatively.

When you catch yourself feeling bad (stressed, angry, hurt, frightened, anxious, sad, depressed, etc.), stop right then and ask yourself what is behind these feelings:

1. What have I been thinking or telling myself?
For example: "I will never be able to lose weight."
2. Is this thought sensible, realistic, or am I making something out of nothing? Is there real evidence for thinking this way? For example: "Is it really true that I can never lose weight?"
3. Is it helpful or healthy for me to be thinking this way? For example: "Is it helpful for me to think, I can never lose weight?"
4. What positive thoughts can I use to replace my negative thinking? For example: "The ARMY MOVE! healthcare team will help me to lose weight."

My Problem Solving Worksheet

1. Describe the problem in detail:

2. Write down the chain of events leading up to the problem and brainstorm options by considering what else you could have done at each event.

| Chain of events | My options |
|-----------------|------------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |

3. Which option would you have picked to break the chain and why?

Module 11

Keep it Going

- » Army *MOVE!* Digital Training Tools:
 - (B06) Yes! You Can Keep That Weight Off!
 - (M02) Handling Weight Plateaus
 - (B19) Dealing With Boredom

- » Army *MOVE!* Worksheets:
 - (GW01) Why I am Going to Army MOVE! (located in Module 1)
 - (GW10) Progress Review Worksheet

Yes! You Can Keep That Weight Off!

You have been managing your weight successfully for a long time. GREAT!!

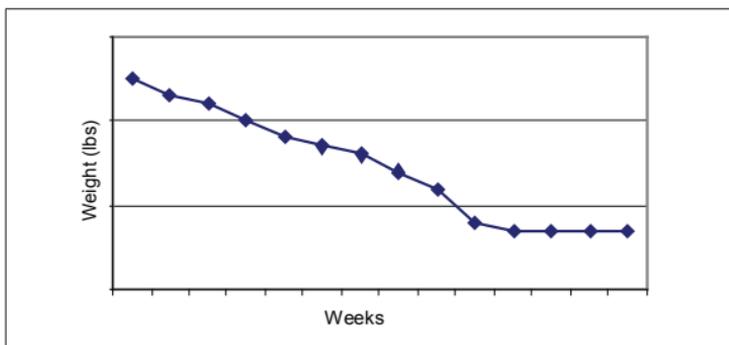
Here are some tips to help you keep going:

- » Now that you know what works for you – keep it up!
- » Write down all the reasons you wanted to lose extra weight in the first place. Look at these carefully, and think about how far you have come.
- » Take credit for your success and hard work. Continue to reward yourself often!
- » Plan for people, places, and events that might trip you up.
- » Keep your thinking POSITIVE.
- » Maintain your network of family and friends to provide encouragement and support. Let them know how much their ongoing support is helping you.
- » Plan ways in advance for you to deal with difficult situations.
- » Find new ways to cope with stress.
- » If you do “slip-up”, get right back with your program. Give yourself lots of praise for doing that.

Handling Weight Plateaus

When losing weight, it is common to have plateaus or times when you can't seem to lose any more weight. Research suggests that our bodies will try to maintain a specific weight or "set-point". This set-point can make getting over a plateau difficult.

| My Weight Log (lbs) | | | |
|---------------------|-----|---------|------------|
| Week 1 | 285 | Week 8 | 274 |
| Week 2 | 283 | Week 9 | 268 |
| Week 3 | 282 | Week 10 | 267 |
| Week 4 | 280 | Week 11 | 267 |
| Week 5 | 278 | Week 12 | 267 |
| Week 6 | 277 | Week 13 | 267 |
| Week 7 | 276 | Week 14 | 267 |



Here are tips that can help with managing plateaus and resetting your set-point:

- » Plateaus are often temporary. Stay with your program and you should start losing again.
- » Try increasing your physical activity. Adding a few additional minutes or a different kind of physical activity to what you are already doing can get you going again.
- » If you haven't been writing down what you eat for a while, start again. You may discover that extra calories have crept into your diet plan.
- » Plateaus make you feel like giving up. Remember how hard you have already worked and how far you have come. Don't lose ground, and push a little harder to keep moving past the plateau.

Dealing With Boredom

Boredom can often lead to overeating. Here are tips:

Get Active

- » Go for a walk.
- » Put on some fun music and dance.
- » Put on an exercise tape and move!
- » Walk the dog.
- » Mow your lawn.
- » Occupy your mind.
- » Read a good book.
- » Do a crossword puzzle.
- » Call an old friend for a chat.
- » Learn something new.
- » Take up a hobby.
- » Do something you have always wanted to do.
- » Take a community class.

Progress Review Worksheet

What changes have you made to be more active?

What changes have you made to make healthy food choices?

Have you been reaching your weekly food and activity goals?

Yes No

If not, what will you do to improve your progress?

Module 12

Army *Move...ing* Forward

- » Army *MOVE!* Digital Training Tools:
 - (S08) Food Diary and Physical Activity and Pedometer/Odometer Diary (located in Module 1)

- » Army *MOVE!* Worksheets:
 - Progress Review Worksheet (located in Module 11)

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Army Move is a part of the
Ultimate Warrior Program

For more information about Army MOVE!
visit: <https://www.us.army.mil/suite/page/248187>



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