

MY ROUTE TO HEALTH



YOUR "ROAD MAP"

TO NUTRITION, EXERCISE AND
HEALTHY HABITS!





YOUR ROUTE TO HEALTH!

POPULATION: YOU!

CONGRATULATIONS!

Just by reading this book you are on your way to making positive changes to improve your health. Your ROUTE is your way to a healthier you. Plan small steps to improving your health by:

- * Setting Goals
- * Creating a 4-Week Calendar
- * Making Good Food Choices
- * Setting a Plan for Getting Active
- * Focusing on Your Health
- * Using Healthy Habits

This Book belongs to:

Date I started my Journey:

This book will help you make some changes so you will feel better inside and out! You are on the right route, so keep up your journey!

DISCLAIMER. This book provides general information about various nutrition, exercise and health-related issues. This information is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified health care practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

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MY ROUTE TO HEALTH SECTIONS



4 WEEK PLAN/ CALENDAR

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GOALS

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MY JOURNAL

PAGE 7



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WELCOME!



You have stepped in the right direction to get on track with your overall health. Your “Route to Health” will provide direction and tools to help with goal setting, tracking your progress on a calendar for four weeks, encouraging tips to get active, redirecting your focus on your health and giving you a road map for daily healthy habits. Making small changes in your life can go a long way. Remember, this book is just a guideline to help you get started on your “Route to Health,” but make sure to use it in a way that will help you stay on course with your goals. Always talk to your doctor before starting any exercise or activity program, or before making changes to your diet. Listen to your doctor’s advice regarding exercise and nutrition. Your doctor can consider any health conditions while you take your “Route to Health.”

Some of the Reasons Why
You May Want to Take a New

ROUTE TO HEALTH

I WANT A
STRONG BODY

I WANT TO BE AND
FEEL HEALTHIER

I WANT TO
LIVE LONGER & FEEL
BETTER

I WANT TO
HAVE MORE
ENERGY

I WANT TO BE
ACTIVE WITH
MY FAMILY

I WANT TO BE IN MORE
CONTROL OF WHAT I
EAT & HOW MUCH

I WANT TO
BE ABLE TO
ACHIEVE A
GOAL I SET FOR
MYSELF

I WANT TO
LOOK GREAT IN
MY FAVORITE
CLOTHES

I WANT TO SEE HEALTHY
RESULTS FOR MYSELF

I WANT TO
LIVE THE BEST
HEALTHY LIFE
I CAN

I WANT
A MORE
HEALTHY
LIFESTYLE

I WANT TO
LOSE WEIGHT



Flip this page out for a calendar!

GOALS



This section is designed to remind you of the goals you establish after you read the following sections in the book. Once you have read about nutrition, shopping, exercise and healthy habits, establishing your goals and then putting them into action will get you to the point of feeling healthier and living a more healthy life style. It's okay to leave this blank until you have read through each section. Take time to make real goals for each topic... because this route is all about you!

I want to feel more healthy about myself because _____

I will achieve more health by doing _____

I want to eat more healthy because _____

I will make sure I eat healthy by doing _____

It is important to me to stay active and exercise because _____

I will stay on my exercise plan by doing _____

I will stay on a 4 week plan for good habits because _____

I will stay on my 4 week habits by doing _____

I want to lose weight because _____

I will stay focused on my weight loss by doing _____

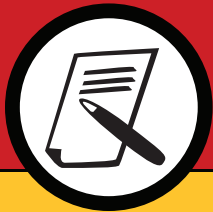
**GET MOVIN'
FOR YOUR
HEART AND
FOR YOU!**

YOU CAN DO IT!

**CHOOSE
YOUR HEALTH
FOR THE
ONES YOU
LOVE!**

**SHOW YOUR
"HEALTHY
STYLE" BY
LIVING A
BETTER LIFE!**

**A HEALTHIER LIFE IS
AHEAD FOR YOU!**



MY JOURNAL



7



Write a few sentences on how you are feeling about your new healthy changes and starting your ROUTE TO HEALTH.

It's a great day to get started on YOUR ROUTE TO HEALTH!

DAY
1

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

Lunch

--	--

Snacks

--	--

CALORIES

--

DAY
2

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

Lunch

--	--

Snacks

--	--

CALORIES

--


**DAY
3**

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--

**DAY
4**

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--

**DAY
5**

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--



DAY
6

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

Dinner

TOTAL

Lunch

Snacks

CALORIES

DAY
7

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

Dinner

TOTAL

Lunch

Snacks

CALORIES

DAY
8

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

Dinner

TOTAL

Lunch

Snacks

CALORIES

DAY
9

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES

DAY
10

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES

DAY
11

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES



DAY
12

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--

DAY
13

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--

DAY
14

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--



DAY
15

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--

DAY
16

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--

DAY
17

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

--

Lunch

--	--

Snacks

--	--

CALORIES

--



DAY
18

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES

DAY
19

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES

DAY
20

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES



DAY
21

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

Dinner

TOTAL

Lunch

Snacks

CALORIES

DAY
22

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

Dinner

TOTAL

Lunch

Snacks

CALORIES

DAY
23

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

Dinner

TOTAL

Lunch

Snacks

CALORIES



DAY
24

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES

DAY
25

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES

DAY
26

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

 /

Dinner

 /

TOTAL

Lunch

 /

Snacks

 /

CALORIES



DAY
27

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

Lunch

--	--

Snacks

--	--

CALORIES

--

DAY
28

How do you feel today?

(circle one)



How do you feel about your diet today?

(circle one)



How do you feel about exercise today?

(circle one)



What happened today that was great?

What happened today that was difficult?

If so, why was it difficult?

FOOD YOU ATE/CALORIES

Breakfast

--	--

Dinner

--	--

TOTAL

Lunch

--	--

Snacks

--	--

CALORIES

--

Write a few sentences on how you are feeling about your new healthy changes and starting your ROUTE TO HEALTH.



HEALTHY EATING

TAKE A BITE OUT OF LIVING A BETTER LIFE FOR YOURSELF!

Let's face it, eating healthy isn't easy. With busy schedules it is hard to make the best choices for our bodies. The one thing your body does know is when it is getting a healthy and balanced diet. When you eat better, you feel better. Think of it like this... what if you filled your car's gas tank with water instead of gasoline? It wouldn't run quite right. Same with your body. When you don't give it the nutrition it needs, it doesn't run quite right either.

In this section we are going to look at healthy food choices that will help your body undertake its journey with as much energy as possible.



Q: WHY HEALTHY EATING?

A: Because it helps your overall health and gives you energy!

NUTRITION: The processes by which an animal or plant takes in and makes use of food substances.

CHOOSE MY PLATE



LET'S EAT FOR THE HEALTH OF IT

Fruits Proteins Dairy
Vegetables Grains

**FRUITS** *Focus on fruits.*

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

VEGETABLES *Vary your veggies.*

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

PROTEINS *Go lean with protein.*

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

GRAINS *Make at least half your grains whole.*

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

DAIRY *Get your calcium-rich foods.*

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.

HEALTHY EATING CONSISTS OF A BALANCED DIET.

HERE ARE SOME HEALTHY EXAMPLES FROM EACH FOOD GROUP:



Vegetables

FOOD FOR THOUGHT: Make sure to eat more fresh vegetables that are dark green!

BROCCOLI, SPINACH, DARK LEAFY GREENS. CARROTS, SWEET POTATOES, BEANS, PEAS



Fruits

FOOD FOR THOUGHT: Eat a wide variety of fruits that are fresh, frozen or canned-with light syrup!

GRAPES, BANANAS, PEACHES, STRAWBERRIES, APPLES, ORANGES. WATERMELONS



Milk/Dairy

FOOD FOR THOUGHT: It is best to choose fat free or low fat items most of the time!

LOW FAT MILK, 2% MILK, LOW FAT MOZZARELLA CHEESE, LOW FAT YOGURT



Grains

FOOD FOR THOUGHT: When choosing grains, it's better to eat multigrain or wheat instead of white bread or foods made from white flour.

WHOLE WHEAT TORTILLAS, WHOLE WHEAT BREAD, MULTIGRAIN CEREAL, BROWN RICE, ENRICHED PASTA, FULLY COOKED OATMEAL





SOME FOOD CHOICES ARE BETTER THAN OTHERS ON YOUR ROUTE TO HEALTH



Meat & Eggs

FOOD FOR THOUGHT: When you eat meat as a protein source it is important to choose a lean version.

CHICKEN, FISH, TURKEY, LEAN HAM,
BOILED EGGS, LEAN BEEF, LEAN
PORK, LEAN VEAL



Liquids

FOOD FOR THOUGHT: Liquids are essential for your body, but make sure they are fueling it with nutrition and not filling it with empty calories

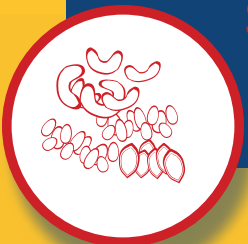
FAT-FREE MILK, 1% LOW-FAT MILK,
WATER, DIET SODA, UNSWEETENED
ICE TEA, DIET ICE TEA,
SUGAR FREE LEMONADE



Nuts & Seeds

FOOD FOR THOUGHT: Nuts and seeds are all natural and full of fiber. They pack a lot of nutrition in a small package.

ALMONDS, PEANUTS, CASHEWS,
HAZELNUTS, PISTACHIOS, WALNUTS,
PUMPKIN SEEDS, SESAME SEEDS,
SUNFLOWER SEEDS



Beans & Peas

FOOD FOR THOUGHT: High in nutrients, beans and peas can be classified as vegetables and proteins. They are excellent sources for dietary fiber.

BEAN BURGERS, BLACK BEANS,
BLACK-EYED PEAS, CHICKPEAS, NAVY
BEANS, SPLIT PEAS, PINTO BEANS



"Divide & Conquer Your Plate!"

Tuna canned in water.
Baked, broiled, steamed or grilled fish and shellfish.
Chicken and turkey without the skin-broiled, baked or grilled.
Trimmed and lean beef and pork.

Egg whites, egg substitutes are the best choice.
Omelettes, boiled or poached eggs.
Kidney beans, split peas, red beans, navy beans, lentils and tofu.
Chicken and turkey without the skin- broiled, baked or grilled.

For meat, 3 ounces is about the size of a deck of playing cards.
1 ounce is the same as 1 egg or 1 tablespoon of peanut butter.

Whole wheat and multigrain are your best choice instead of white bread.
Whole wheat or multigrain sandwich bread, english muffins, crackers, tortillas, pasta or buns.

Steel cut oatmeal and brown rice are your best options.
In your recipes that call for white flour, try substituting whole wheat flour.

1 ounce equals about 1 slice of bread, 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta.

WEBSITES FOR MORE HEALTHY EATING INFO:
www.startsmartforyourhealth.com
www.choosemyplate.gov

WHAT IS HEALTHY TO PART OF YOUR DIET

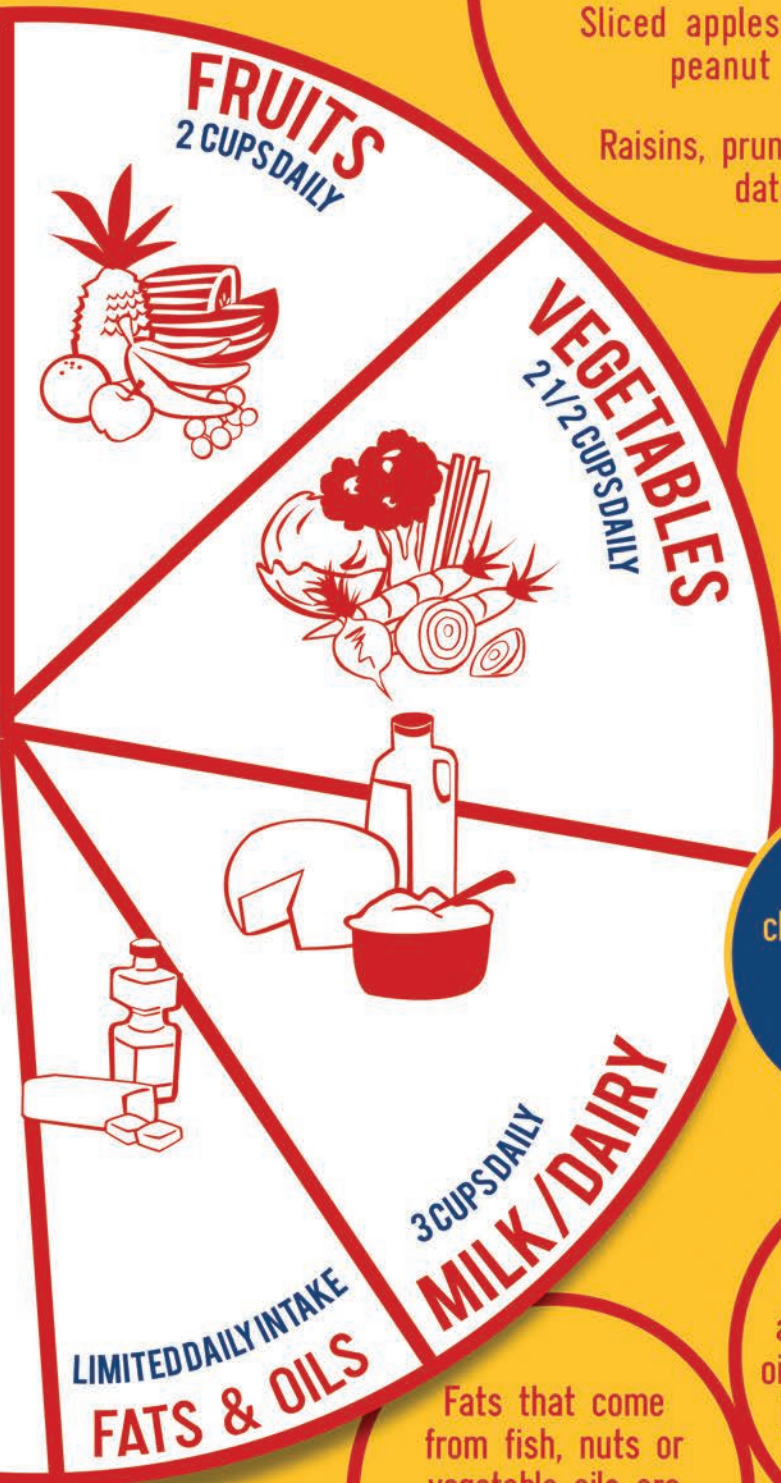
MEATS, EGGS, BEANS & FISH
5 1/2 OUNCES DAILY



GRAINS
6 OUNCES DAILY



EAT FROM EACH DIVIDED PLATE?



Fresh fruit, frozen or canned in natural juice with no sugar.

Fruit salad topped with low fat yogurt.

Sliced apples and low fat peanut butter.

Raisins, prunes, figs and dates.

Baked, steamed, raw broiled or boiled green beans, peas, celery, broccoli, asparagus, spinach, brussels sprouts, cauliflower, zucchini and carrots.

Baked, boiled, grilled potatoes and sweet potatoes.

Fresh, frozen and canned vegetables steamed or boiled without added sauces, fat, oils or butter.

Spinach, romaine or bib lettuce make a great salad if you add carrots, onions, cucumber, tomatoes, mushrooms, green/yellow/red peppers and celery.

1.5 ounces of cheese is the same thing as 1 cup of milk.

Fat free or low fat milk, yogurt or cottage cheese or half and half.

Cooking with small amounts of vegetable oil is better than using butter or shortening.

Fats that come from fish, nuts or vegetable oils are the best choice.

Q: WHAT ABOUT WATER?

A: IT'S ALL ABOUT WATER!

Just the facts...about H₂O!

- * Water flushes out the bad stuff in your body called toxins
- * Water helps carry nutrients from food and vitamins to your body's cells
- * Water helps the moisture and health of your ears, nose, throat and skin

THREE GOOD RULES ABOUT WATER:

- 1) Remember "8 x 8." Eight ounces of water, eight times a day. Sounds like a lot, but here's an easy way to tackle the 8 x 8: Drink a glass of water... when you wake up... mid morning... with lunch (2 glasses)... afternoon... dinner (2 glasses)... mid evening/before bedtime.
- 2) Drink enough so you rarely feel thirsty
- 3) If you exercise, it's important to put the water you sweat out back into your body. Make sure to drink before, during and after exercise to stay hydrated!



**YOUR BODY IS
60% WATER!**



**NOT SO HEALTHY
LIQUIDS...**

GO with H₂O over these choices:

Sweetened ice tea
Fruit punch
Powdered sugary drink mixes
Sugary sodas

MILK & DAIRY

- ☐ fat free or low fat milk
- ☐ low fat yogurt
- ☐ low fat cheese
- ☐ cottage cheese
- ☐ margarine

BREADS & GRAINS

- ☐ whole wheat bread
- ☐ whole wheat english muffins
- ☐ corn tortillas
- ☐ whole wheat tortillas
- ☐ multigrain cereal
- ☐ brown rice
- ☐ enriched pasta

MEATS & BEANS

- ☐ white meat chicken (no skin)
- ☐ white meat turkey
- ☐ lean beef
- ☐ pinto beans
- ☐ navy beans
- ☐ black beans
- ☐ fish
- ☐ eggs

FRUITS

- ☐ bananas
- ☐ grapes
- ☐ oranges
- ☐ pears
- ☐ peaches
- ☐ strawberries
- ☐ apples
- ☐ canned fruit in light syrup
- ☐ watermelon
- ☐ cherries

VEGETABLES

- ☐ carrots
- ☐ broccoli
- ☐ spinach
- ☐ lettuce
- ☐ tomatoes
- ☐ green beans
- ☐ canned or frozen vegetables (no salt)
- ☐ collard greens
- ☐ celery
- ☐ peppers
- ☐ onions
- ☐ mushrooms
- ☐ cucumbers

FATS, OILS & SAUCES

- ☐ salsa
- ☐ low or non fat salad dressing
- ☐ mustard
- ☐ vegetable oil
- ☐ vinegar

OTHER ITEMS

OTHER ITEMS

MILK & DAIRY

- ☐ fat free or low fat milk
- ☐ low fat yogurt
- ☐ low fat cheese
- ☐ cottage cheese
- ☐ margarine

BREADS & GRAINS

- ☐ whole wheat bread
- ☐ whole wheat english muffins
- ☐ corn tortillas
- ☐ whole wheat tortillas
- ☐ multigrain cereal
- ☐ brown rice
- ☐ enriched pasta

MEATS & BEANS

- ☐ white meat chicken (no skin)
- ☐ white meat turkey
- ☐ lean beef
- ☐ pinto beans
- ☐ navy beans
- ☐ black beans
- ☐ fish
- ☐ eggs

FRUITS

- ☐ bananas
- ☐ grapes
- ☐ oranges
- ☐ pears
- ☐ peaches
- ☐ strawberries
- ☐ apples
- ☐ canned fruit in light syrup
- ☐ watermelon
- ☐ cherries

VEGETABLES

- ☐ carrots
- ☐ broccoli
- ☐ spinach
- ☐ lettuce
- ☐ tomatoes
- ☐ green beans
- ☐ canned or frozen vegetables (no salt)
- ☐ collard greens
- ☐ celery
- ☐ peppers
- ☐ onions
- ☐ mushrooms
- ☐ cucumbers

FATS, OILS & SAUCES

- ☐ salsa
- ☐ low or non fat salad dressing
- ☐ mustard
- ☐ vegetable oil
- ☐ vinegar

WEEK 2
OTHER ITEMS

OTHER ITEMS

MILK & DAIRY

- ☐ fat free or low fat milk
- ☐ low fat yogurt
- ☐ low fat cheese
- ☐ cottage cheese
- ☐ margarine

BREADS & GRAINS

- ☐ whole wheat bread
- ☐ whole wheat english muffins
- ☐ corn tortillas
- ☐ whole wheat tortillas
- ☐ multigrain cereal
- ☐ brown rice
- ☐ enriched pasta

MEATS & BEANS

- ☐ white meat chicken (no skin)
- ☐ white meat turkey
- ☐ lean beef
- ☐ pinto beans
- ☐ navy beans
- ☐ black beans
- ☐ fish
- ☐ eggs

FRUITS

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- ☐ strawberries
- ☐ apples
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- ☐ green beans
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- ☐ collard greens
- ☐ celery
- ☐ peppers
- ☐ onions
- ☐ mushrooms
- ☐ cucumbers

FATS, OILS & SAUCES

- ☐ salsa
- ☐ low or non fat salad dressing
- ☐ mustard
- ☐ vegetable oil
- ☐ vinegar

WEEK 3

OTHER ITEMS

OTHER ITEMS

MILK & DAIRY

- ☐ fat free or low fat milk
- ☐ low fat yogurt
- ☐ low fat cheese
- ☐ cottage cheese
- ☐ margarine

BREADS & GRAINS

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- ☐ whole wheat english muffins
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- ☐ whole wheat tortillas
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- ☐ onions
- ☐ mushrooms
- ☐ cucumbers

FATS, OILS & SAUCES

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- ☐ low or non fat salad dressing
- ☐ mustard
- ☐ vegetable oil
- ☐ vinegar

OTHER ITEMS

OTHER ITEMS

HEALTHY EATING HABITS

to Keep You on the Road to Success

EATING OUT: In your efforts to lose weight and get healthy, you can still eat out and enjoy yourself. It's all about making simple choices that will keep you on your ROUTE TO HEALTH.

- Order foods on the menu that are steamed, baked or broiled instead of fried.
- Avoid cream sauces and gravy and try to pick out items that are a healthy addition to your diet.
- Ask your server to bring a carryout box when he delivers your meal, then immediately put half of your meal into the box so you aren't tempted to eat it all.
- While you wait for your food, drink a full eight ounce glass of water. It's good for you and will fill you up a bit before your meal.
- Skip the dessert cart, but if you just can't pass up something sweet, order a sorbet or strawberries. If you do order dessert, get a few forks and share the treat with your friends.
- Portion control ALERT! Be careful at places with all-you-can-eat buffets. It's difficult to resist the temptation of overeating and making multiple trips.

CRAVINGS: This one simple word can get you off track on your ROUTE TO HEALTH. Do you practically hear the donuts, chocolate or pizza calling your name? Everything in moderation is good, so these cravings can be tamed by doing a few simple things.

- Try to use your "craving foods" as a reward after a week of eating healthy and exercise.
- When you are craving something like a chocolate bar, try breaking off a 1/4 of it and stick the rest in a bag in the freezer.



EXERCISE

Not only makes you healthy
but makes you feel better!

Let's face it: exercise can be difficult to squeeze into your already busy schedule. But did you know that you don't have to run a marathon every day to get healthy? Exercise is a great way to relieve stress, brighten your mood, train your heart and make you feel like you're doing something great for yourself.

The health experts at www.ChooseMyPlate.gov recommend at least 30 minutes of activity three to five days per week. However, 30 minutes a day is even better for you. If you don't have 30 minutes to do your exercises, then do 15 minutes in the morning and 15 minutes at night. Getting moving-- whenever you can and however you can--is what counts.

If you are trying to prevent weight gain, most people need about 60 minutes of physical activity on most days. To keep off lost pounds, many people need 60-90 minutes of physical activity!



FAST FACTS FOR YOUR

ROUTE TO HEALTH



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Why in the world would I want to exercise? Of course the easy path is to sit on the couch and watch a movie, but getting your body moving has so many benefits. When physical activity is part of your daily life, it will change the way you feel overall and improve your self image.

DAILY EXERCISE HELPS...

- Control your weight
- Reduce your risk of heart disease
- Reduce your risk of type 2 diabetes
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your balance and coordination
- Improve your mental health and mood
- Improve your ability to do daily activities
- Increase your chances of living longer



You should get a proper fitness assessment before starting any exercise program. This book does not constitute medical advice and the author and publisher cannot be held liable for any loss, injury or inconvenience sustained by anyone using this book or the information contained in it.

HOW TO GET YOUR BODY MOVING:



Everyone has a routine. We sleep, we eat, we work, take care of our children and our homes. All of that requires planning and scheduling time. Exercise is no different. Pick a specific time of day that works for you to get your body moving. If you aren't a morning person, DON'T try to convince yourself that you're getting up at 5 a.m. to work out before you go to work. Take your athletic shoes to work or school and enjoy a brisk walk around your building or in a nearby park during lunch time. If early evenings work better for you, stop by a local mall after work, put on your athletic shoes and walk in a place that is both safe and climate controlled. Do you have a friend that wants to become healthy

too? Never underestimate the power of a workout buddy. He or she can keep you moving when you don't feel like it. A fun conversation on a long walk with a partner makes that workout time fly by. What about the health of your kids and pets? They all love to get outside. Walking your kids allows you to spend quality time with them and get exercise at the same time. While you're walking with them, you could start a tradition by sharing the best thing that happened to you that day and what you're excited about for tomorrow. Every step you take is a step in the right direction for your health.

Q. WHY EXERCISE?

A. Because it works your most important muscle, your **HEART**, makes you feel better and releases endorphins!

AEROBIC EXERCISE: physical exercise that intends to improve the oxygen system.

GET YOUR BODY KICK-STARTED & EXERCISE!

1) Mow the lawn with a push mower. You'll get some fresh air and exercise.

2) Rent an exercise video from the library and get your body moving.

3) Do some housecleaning. Get some exercise and get organized at the same time!

4) Take the stairs in a building instead of the elevator to get your heart pumping!



5) Get outside and go to the park and take a long walk.

6) Think about riding a bike to work and get in your daily exercise.



7) During your lunch hour, eat a light lunch and walk for the remaining time.

8) When going to a store, park your car at the furthest spot and get a brisk walk.

9) Join a recreational softball, baseball, soccer, tennis or basketball league.

10) Take your pet for a walk and get both of you heart healthy.



WEBSITES FOR MORE
EXERCISE INFO:

www.startsmartforyourhealth.com

www.ChooseMyPlate.gov

EXERCISES for your ROUTE to HEALTH



SOUP CAN CURLS

Put soup cans in each hand, elbows touching rib cage, palms facing up. Slowly curl your forearms up to your shoulders and back down. Repeat.

SEATED CHAIR BENDS



Put a chair up against a stationary wall. With your back to the chair, stand with feet 12" apart. Place your hands on your waist and sit down slowly, then stand up. Repeat.



CHAIR LEG LIFTS

Sit in a chair with legs 6" apart. Slowly lift your leg until it is straight. Bend it back down. Alternate legs. Repeat.

WALL PUSH UPS



Stand arm length distance from a wall. Put your hands on the wall at shoulder height 12" apart. Slowly bend elbows and use your weight against your arms. Push your arms straight. Repeat.



SOUP CAN SHOULDER SHRUGS

With soup cans in each hand, extend straight arms out 8-12" from your body. Move both shoulders up and down. Repeat.

STOP**ALWAYS CONSULT YOUR PHYSICIAN OR MEDICAL PROFESSIONAL BEFORE BEGINNING ANY EXERCISE PROGRAM.**

Stand behind the back of a chair. Keep legs together while raising up on the balls of your feet and then back down. Repeat.

CHAIR CALF RAISES

Stand behind the back of a chair with legs 6" apart. Slowly lift your calf upwards towards your buttocks and then place it back down. Alternate legs. Repeat.

**CHAIR HAMSTRING RAISES**

Put soup cans in each hand. Raise arms, with elbows bent at shoulder level. Extend arms, until straightened, above head. Slowly, bring them back down to shoulder level. Repeat.

SOUP CAN SHOULDER PRESSES

Balance yourself on a chair and place hands on legs with feet 6" apart. Slowly bring your leg, with knee bent, out to the side and back down. Alternate legs. Repeat.

**CHAIR SIDE KICKS**

Stand with legs 12" apart. With soup cans in both hands, start with them by your side. With arms straight, slowly extend arms up and behind your back and bring them back down. Repeat.

SOUP CAN BACK STRETCH

GET READY!



IN THIS BOOK YOU WILL FIND USEFUL
INFORMATION ON THE FOLLOWING:



4 Week Goals



Healthy Mind/Body



Healthy Eating



4 Week Journal



Exercise



28 Day Calendar



CREATED BY MICHELLE BAIN
DESIGN BY SAM WASHBURN



Because Where's It @?
Media cares about the
environment, this book was
printed on recycled paper.

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