

## Healthy weight skills for success

Certain behavioral skills have been shown to be consistently helpful when managing weight. You will not likely be able to jump in and consistently start doing these right away. That is why repetitive practice in applying these skills is important. Throughout the next few weeks, we will be going deeper into these and other topics to help you modify your behavior and find sustainable ways to manage your weight.

### Fruits and Veggies

Eat 5 servings of fruits and veggies each day with 35 servings per week. Fruits and vegetables are nutrient dense, meaning they are low in calories and high in fiber and micronutrients. A diet high in fruits and vegetables will help you stay fuller as you manager or lose weight.

### Portion Sizes

Using **Meal Replacements** (or pre-portioned meals) for 1-2 meals per day. Meal replacements may be shakes, bars, prepackaged frozen entrees, or your own pre-portioned meals that you have prepared at home. They help simplify your options and are already at an appropriate serving size. Look for products that are around 400 calories and have 15-30 grams of protein.

### Exercise

Exercise for at least 150 minutes per a week with the goal of expending at least 2,000 calories through physical activity and exercise each week. Physical activity is an important component of any weight management program. Exercise is planned physical activity in your day and has numerous other health benefits including preventing chronic diseases, increasing circulation, helping control appetite, and promoting sleep among many others.

### Tracking

Track your food intake and exercise. Tracking your food intake can helps you stay accountable to how much you are eating exercising. It also helps you build awareness on how much you eat, why you tend to eat (emotions, social gatherings, hunger, seeing food, etc.).

### Changing Behaviors

Completing weekly “skill boosters.” Weekly skill boosters are designed to help you master these and other habits while discovering some areas that may be holding you back from achieving your weight management goals. Each week will encourage you to take another small step forward to a healthier you.

## My Weight Management Plan

To succeed in managing your weight loss and creating a life of positive behaviors, it is best to have a plan that is realistic, specific, and measurable. Answer the six questions below with your Then choose three action steps you will take today to move toward your goals. Keep this with you and read it often. Remember, a good goal may be to start with trying to lose 5 percent.

**Why is it important for you to manage your weight? How will you, your family, and your community benefit? List your top 3 positive reasons:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**How many total pounds will you lose to achieve the above benefits?**

- a) Weight loss (in lbs.) \_\_\_\_\_
- b) Maintain weight lost with long-term lifestyle changes \_\_\_\_\_
- c) Other \_\_\_\_\_

**What specific milestones will you reach to get to your goals? How many pounds to lose or maintain? (A weight loss of 1-2 lbs. per week is recommended for healthy weight loss)**

I will weigh/ lose \_\_\_\_\_ by \_\_\_\_\_ (1-month date).

I will weigh/ lose \_\_\_\_\_ by \_\_\_\_\_ (3-month date).

I will weigh/ lose \_\_\_\_\_ by \_\_\_\_\_ (6-month date).

**Write down 3 specific behavior steps you will take to reach your goals.**

(Ex: I will walk 10 minutes 5 days per week.)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**How will you measure and track your progress?**

- a) Ways to measure: \_\_\_\_\_
- b) Ways to track: \_\_\_\_\_

**Who will support you and how?**

- a) Who: \_\_\_\_\_
- b) How: \_\_\_\_\_

# Setting health goals

## Creating your plan - Goal setting

Having the drive to work towards a goal is vital, but properly setting your goals to get there is just as important. Setting SMART goals means identifying your ideas, focusing your efforts and using your time more efficiently. When setting your goals, using the SMART principle can help make sure your goals are clear and concise, helping your goals become a success.

### SMART goal setting principle

<b>Specific</b>	Be clear about what you want to accomplish
<b>Measurable</b>	Determine “how much” or “how many” to know when you achieved your goal
<b>Attainable</b>	Ensure goal is achievable and within reason
<b>Relevant</b>	Does this specific goal align with your long-term goals?
<b>Time based</b>	Set realistic length of time to accomplish

### Tips when setting goals

1. Take your time. Start with small and simple goals that are specific to help build your confidence.
2. Focus on a specific goal for 1-2 weeks before changing.
3. As you build confidence, make your goals more challenging.
4. Make sure your goals are still achievable and engaging to keep you energized.

### Setting your own goals

Now that you have learned more about the SMART principle, let's practice setting your goals. Remember, setting a goal like, “Go to the gym,” or “Exercise more,” are not SMART enough. Here are some examples:

- Make half your dinner plate vegetables, 5 days per week
- Walk the neighborhood before work Monday, Wednesday and Friday for 20 minutes
- Go to bed at 10 p.m. each day this week, including weekends

Now it's your turn! Think about what you want to accomplish and practice setting your goals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Are these goals?  Specific  Measurable  Attainable  Relevant  Time-Based

To schedule an appointment, call **866-808-6005**  
or visit [members.eversidehealth.com](https://members.eversidehealth.com)



Create your plan and set your goals for this week

What SMART goal would you like to work on for the next week?

- 1. \_\_\_\_\_
2. \_\_\_\_\_

Are these goals? [ ] Specific [ ] Measurable [ ] Attainable [ ] Relevant [ ] Time-Based

What is your motivation to stick with your goal?

Track your progress each day this week.

Table with 7 columns: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday. Each column has a green header and a grey body cell.

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