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Welcome

Changes to improve your health can be made at any age. We would like to thank you for taking the first step and joining us at Lifestyle University (LU). At LU we will help you take control of your health!

We know the following help lower your risk of having high blood pressure:

- Eating more fruits and vegetables
- Using less salt
- Not smoking
- Not drinking alcohol in excess
- Losing weight if you are overweight
- Being physically active
- Reducing your stress



We created LU to help you make important lifestyle changes. LU consists of:

- Group classes
- Information on high blood pressure, diet, medication, stress reduction, and physical activity
- A notebook, full of useful tips
- A journal to help you keep up with your daily activities

Your LU teachers and classmates will be with you each step of the way. Your friends and family will also be important in helping you become a healthier you!

Class One

Introductions
Hypertension and Other Chronic Diseases
Dr. Herman's Tips for Reducing Stress
Healthy Eating 101
Introduction to Physical Activity
Introduction/Goals to Pharmacy
Journal Keeping
Wrap up - Talking to Your Physician

Blood Pressure

Oxygen is carried through blood vessels called "arteries" to all parts of the body. Blood pressure is the force of blood pushing against the walls of these arteries - like pressure of water in a garden hose. Blood pressure is made up of two numbers. The top number is called the systolic blood pressure, and the bottom number is called the diastolic blood pressure.

Systolic Blood Pressure -the force in the arteries when the heart is pumping blood.

Diastolic Blood Pressure - the force in the arteries when the heart is resting or between pumps.

If your blood pressure is 120/80, it means that your systolic pressure is 120 and your diastolic pressure is 80.

We use to think your diastolic blood pressure (bottom number) was the number to watch when deciding your risk for damaging organs, such as the brain, heart, and kidneys. Now, we know both numbers are equally important for people under the age of 55. At the age of 55, your systolic blood pressure (top number) becomes more important in showing your risk for organ damage.

If you are 55 or older, your pulse pressure is also important in predicting risk. Your **pulse pressure** is the difference between your systolic and diastolic blood pressure. If your blood pressure is 120/80 mm Hg, your pulse pressure is 40 mm Hg. A pulse pressure greater than 65 mm Hg may be a sign of organ damage and cardiovascular (heart) disease. Aim for a pulse pressure of less than 65 mm Hg.

Hypertension (high blood pressure) is not diagnosed until your blood pressure is elevated on multiple office visits, usually 2-3. It is normal for your blood pressure to change minute to minute, as much as 10-20 points. These changes in blood pressure allow the body to respond to situations such as exercise and emotional stress.

Classification of Blood Pressure (BP)

| | Systolic (mm Hg) | | Diastolic (mm Hg) |
|-----------------------|-------------------------|-----|--------------------------|
| Normal | < 120 | and | < 80 |
| Prehypertensive | 120-139 | or | 80-89 |
| Hypertension, Stage 1 | 140-159 | or | 90-99 |
| Hypertension, Stage 2 | ≥ 160 | or | ≥ 100 |

Examples:

119/94 Systolic BP is normal; Diastolic BP is High

150/70 Systolic BP is High; Diastolic BP is Normal

160/96 Systolic and Diastolic BP are both High

Individuals **without** hypertension should aim for a blood pressure less than 120/80. Individuals **with** hypertension should aim for a blood pressure less than 140/90. Individuals with hypertension **and** a diagnosis of diabetes or renal (kidney) disease are at additional risk for stroke, heart attack, and kidney disease. These individuals should aim for a blood pressure less than 130/80.

If not controlled, high blood pressure can cause damage to blood vessels all over the body. It can cause blood vessels to weaken and widen, forming aneurysms. Aneurysms can bleed and cause death especially if they occur in the brain or the biggest artery in the body, the aorta.

Damage from high blood pressure may take years to occur and many times there are no symptoms. This unknown damage is why hypertension is called the "silent killer". A few people report headaches or feeling very tired when their blood pressure is high. However, the only way to detect high blood pressure is to have it checked by a doctor or nurse frequently.

Hypertension cannot be cured, but it can be controlled.



Risk Factors that Increase Hypertension with Other
Chronic Diseases

The exact cause of hypertension is unknown, and many factors can lead to its development. For example, genetics or family history, lifestyle, and the environment people live in all play a role. Some factors impact hypertension as well as other chronic diseases. These chronic diseases include, but are not limited to, heart disease, diabetes, high cholesterol, obesity, arthritis, and vascular disease. These shared risk factors include:

- Being overweight
- Diets low in fruits and vegetables
- Physical inactivity
- Stress
- Lifestyle Factors
 - *Drinking excessively*
 - *Smoking*
 - *Drugs*
 - *Inadequate Sleep*

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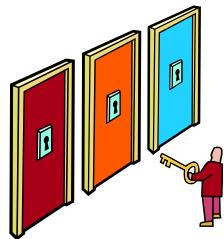
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Although anyone at any age can develop high blood pressure, people who already have a chronic disease are at greater risk for developing hypertension.

LIFESTYLE UNIVERSITY

will help you learn how to
take control of your health -

THE CHOICE IS YOURS!



Diabetes and Hypertension

What is Diabetes?

- It is a condition that changes how the body uses food, especially carbohydrates.

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People without Diabetes

- Each person's body breaks down the carbohydrates they've eaten into a sugar called glucose. Blood takes the sugar to the cells of the body. Insulin is a hormone made by the pancreas. Insulin's job is to move sugar out of the blood into cells. Cells need the sugar to make energy.

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People with Diabetes

- Sometimes the body does not make enough insulin or it does not use the insulin it has. Sugar builds up in the blood instead of going into the body's cells. When sugar builds up in the blood it is called **HYPERGLYCEMIA**.

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- **Hyperglycemia: High Blood Sugar**

- High blood sugar can hurt the body so it is important to stay in the normal range.
- For most people with diabetes, healthy blood sugar levels are:

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| Before Meals | 2 Hours after starting a meal | At Bedtime |
|--------------|-------------------------------|------------|
| 90 - 130 | LESS THAN 180 | 110 - 140 |

* Multiple Readings should be taken.

What is Hemoglobin A1C?

One way to keep track of your blood sugar changes is by checking your blood sugar at home. These tests tell you what your blood sugar level is at that time. What if you want to know how you've done overall? An A1C (also known as glycated hemoglobin or HbA1c) test gives you a picture of your average blood glucose control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working

How It Works

You know from the name that the test measures something called A1C. You may wonder what it has to do with your blood sugar control.

Hemoglobin is found inside red blood cells. Its job is to take oxygen from the lungs to all the cells of the body. Hemoglobin, like all proteins, also joins up with sugars such as glucose.

When diabetes is out of control there is too much sugar in the bloodstream. This extra sugar enters the red blood cells and attaches to hemoglobin. The more sugar in your blood, the more it can attach to hemoglobin. Looking at the amount of A1C in your blood gives you an idea of how high your blood sugar has been for the last 2 or 3 months.

How A1C is Measured

A Normal A1C is 6 or less. If you have diabetes, your goal is to keep it lower than 7. Your A1C is too high if it is above 7.

How Diabetes & Hypertension are Related

Hyperglycemia or having too much sugar in the blood over a long time can hurt other parts of your body, like your heart, blood vessels, eyes, and kidneys. Hurting your heart and blood vessels can increase your risk of a heart attack or stroke. We know from research that people with diabetes are at risk for high blood pressure. Remember, if you have diabetes, your blood pressure should be below 130/80.

Eating healthy helps control blood sugar and lower the risk of complications. The link between diabetes and hypertension is why you need to watch your sodium and fat intake as well as carbohydrates. It may sound hard to control blood pressure **and** blood sugar, but eating the right types and amounts of foods helps you control both! This manual contains the information you need to choose the right foods, right amounts and break some bad habits.

These tips will help you get started:

- **Choose foods with High Fiber**
 - Oat bran, oatmeal, whole-grain breads & cereals, fruits, non- starchy vegetables
 - Choose whole fruits over juices
- **Reduce foods with High Saturated Fat or Cholesterol**
 - Meats, butter, full fat dairy products, eggs, shortening, lard
- **Limit foods with Trans fat**
 - Some margarines, snack foods & commercial baked goods
- **Be physically active**
- **Lose extra weight**
- **Stop smoking!!!**
- **Remember to take your medications as directed**

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What about Carbohydrates?

There are a lot of ways to help you manage the number of carbohydrates you eat. You can use the Rate Your Plate method, the Diabetes Food Pyramid, Carbohydrate Counting, or Exchanges Lists to help you pick healthy foods. The American Diabetes Association recommends personal meal and lifestyle plans for managing diabetes and weight. The most important step in deciding what plan is best for you will be monitoring your blood sugar levels. Insulin, medications (for diabetes and other conditions), exercise and some foods will affect each person differently. As you make changes to your lifestyle, monitor how your blood sugar reacts. Keep track of these changes and discuss them with your doctor.

Rate your Plate

A fast way to make sure you are eating different healthy foods at each meal is to "Rate Your Plate." This method is a great way to practice choosing the right portion sizes. When you sit down for a

meal, draw an imaginary line through the center of your plate. Draw a line to divide one section into two so you have four sections.

- One section (1/4 of your plate) should have grains or starchy foods (rice, pasta, potatoes, corn, or peas)
- One section (1/4 of your plate) should have protein (meat, fish, poultry, or tofu)
- The other 1/2 of your plate, should have non-starchy vegetables (broccoli, carrots, cucumbers, salad, or tomatoes)

"Rating your plate" can help you get starting learning what a healthy plate looks like. Combine this method with carbohydrate counting or exchanges to be sure your insulin and exercise are on target.

For more information, visit the American Diabetes Association's website:
<http://www.diabetes.org/nutrition-and-recipes/nutrition/rate-your-plate.jsp>

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Other Ways to Mange Your Carbohydrates:

Diabetes Food Pyramid

The Diabetes Food Pyramid is divided into 6 groups with the foods that should make up the most of your diet on the bottom. This pyramid is different from the old USDA Food Guide Pyramid because foods are grouped based on carbohydrate and protein content. Portion sizes are also different. This keeps the carbohydrate content in each serving the same.

Example: Potatoes and starchy vegetables are in the same group with grains and beans.

1/3 cup of pasta or rice equals a serving instead of $\frac{1}{2}$ cup

$\frac{1}{2}$ cup of juice is a serving instead of $\frac{3}{4}$ cup



For more information, refer to your *Resource Manual*, call the American Diabetes Association at 1-800-232-3472, option 3, or visit their website: <http://www.diabetes.org/nutrition-and-recipes/nutrition/foodpyramid.jsp>

Carbohydrate Counting

Carbohydrates in foods raise your blood sugar levels the most. Carbohydrates can be found in grains, fruits, vegetables, dairy products, juices, soda, alcohol and sweets. Counting the number of carbohydrates can help you control your blood sugar while giving you more flexibility in your food choices.

Basics:

- 1 serving = 15g of carbohydrate
 - A serving from the bread/starch exchange, fruit group or of starchy vegetables = 15g of carbohydrates
 - A serving from the milk and dairy group = 12g of carbohydrates
 - A serving of non-starchy vegetables = 5g of carbohydrates
- Reading labels can help you find out how many grams of carbohydrates are in packaged foods.
- Servings equal 0-5 grams are not counted. 6-10 grams equals $\frac{1}{2}$ carbohydrate serving, 11-20 gram equals 1 serving.
- General guidelines for amounts of carbohydrate:
 - Women - 30-60g (2-4 servings) per meal
 - Men -45-75g (3-5 servings) per meal
 - Snacks and desserts - 15-30g (1-2 servings)
- These are just guidelines. The amount of carbohydrate you need at each meal should be tailored based on:
 - The number of calories you eat each day (about 60% should be from carbohydrates).
 - The amount of insulin you use. The amount of pre-meal insulin you take needs to match up with the grams of carbohydrates you are eating.
 - Your personal reaction to some foods. If pineapple causes a large rise in your blood sugar, you may need to adjust what a serving size is for you.

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- Timing and amount of exercise. Exercise uses carbohydrates. You need to schedule your meals to cover exercise sessions.

Exchange Lists for Meal Planning

The foods on each list are called exchanges because each item has a similar number of calories, protein, carbohydrate, and fat. Foods from each list can be traded or "exchanged" for any other food on the same list. A dietitian or your doctor can help you decide how much food you should eat at each meal and how to pick foods from each list.

Lists:

Vegetables: Contain 25 calories and 5 grams of carbohydrate.

Example of 1 serving: $\frac{1}{2}$ c cooked vegetables (carrots, broccoli, zucchini)

Fruits: Contain 15 grams of carbohydrate and 60 calories.

Example of 1 serving: 1 small apple, banana, orange, nectarine

Milk*: Contain 90 calories per serving and 12 grams of carbohydrate.

Example of 1 serving: 1 cup milk, fat-free or 1% fat

* If you choose higher fat milk products, the amount of carbohydrates stays the same but the fat and calories go up.

Meat and Meat Substitutes:**

Example of 1 serving: 1 oz turkey breast or chicken breast (skin taken off)

** Items from this list have 0 grams of carbohydrates, but the fat and calories vary depending on what category you choose from.

Starches: Contain 80 calories and 15 grams of carbohydrate per serving.

Example of 1 serving: 1 slice bread (white, pumpernickel, whole wheat, rye)

Fats: Contain 45 calories and 5 grams of fat per serving.

Example of 1 serving: 1 tsp oil (vegetable, corn, canola, olive, etc.)

For more information on *Carbohydrate Counting and Exchanges*, refer to your *Resource Manual* and call the *American Diabetes Association* at 1-800-232-3472, option 3.

Dr. Herman's Tips for Reducing Stress

Do something you enjoy every day.

Find good friends and talk to them often.

Get Moving - Aerobic activity as often as possible.

Listen to your body. Don't stay in stressful situations.

Learn ways to deal with stress

Use relaxation techniques as often as you can.

Only take on activities that are most important to you.

You don't have to do everything.

Be positive.

Choose your battles. Will it matter in 10 years?

Healthy Eating 101

1) Eat a Variety of Fruits and Vegetables.

Why?

- Most fruits and vegetables are naturally low in calories and fat.
- They are high in potassium and magnesium.
- They are high in fiber.



How Much?

- How much a person should eat depends on if you are male or female, your age, activity level, and health goals.
- In general, work towards eating **2-3 cups of vegetables** and **1½-2 cups of fruits** each day.

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What equals "1 cup" of Fruit?

- 1 medium piece of fresh fruit
- ½ cup of dried fruit
- 1 cup of sliced fresh, frozen, or canned fruit
- 1 cup of 100% fruit juice
- 32 grapes, 8 large strawberries or 3 medium (2 large) plums

What equals "1 cup" of Vegetables?

- 1 cup of raw vegetables
- 2 cups of raw leafy greens
- 1 cup of cooked vegetables
- 1 cup of 100% vegetable juice

Fruits, Vegetables and Diabetes

Both fruits and vegetables have carbohydrates. If you have diabetes, you should still eat plenty of fruits and vegetables. Just remember your carbohydrate counting and exchanges. For better control of your blood sugar levels:

- Have a balanced plate. The American Diabetes Association recommends $\frac{1}{4}$ of your plate being a starch, $\frac{1}{4}$ protein, and $\frac{1}{2}$ non-starchy vegetables
- Choose non-starchy vegetables such as squash, asparagus, broccoli, cabbage, kale, carrots, and tomatoes instead of starchy vegetables such as potatoes, corn, peas, and lima beans. Remember non-starchy vegetables still have about 5 grams of carbohydrate per serving.
- Fruits can increase your blood sugar quickly so choose whole fruits over juices and try eating a protein with your fruit (i.e. apples and cheese).
- Instead of a slice of cake or piece of candy, reach for an extra serving of fruit or vegetables.
- Start slow and work up. You don't have to start eating 12 fruits and vegetables tomorrow. Instead, try adding an extra serving of vegetables at supper, have carrot sticks as a snack instead of crackers or fruit for dessert instead of cake.
- If you are having trouble controlling your blood sugar levels while changing your diet, please see the LU instructor who can refer you to a Diabetes Educator.

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2) Eat 2 to 3 servings of Low-Fat Dairy products a day.

Why?

- They are good sources of protein.
- They are high in calcium.
- They have been shown to help lower blood pressure, build stronger bones and may help with weight loss.

What are Low-Fat Dairy products?

- Fat free, skim or 1%
- Milk, yogurt, cheese

What is "1 cup" of Low-Fat Dairy?

- 1 cup of milk
- 1 cup of buttermilk
- 1 cup of yogurt
- 1½ oz of cheese (2% or fat-free)
- 2 cups of cottage cheese
- 1/3 cup shredded cheese



3) Eat between 1,500 and 2,300 mg of sodium a day.

Why?

- The average American eats 3,300 mg of sodium - a lot more than our bodies need.
- Lowering the amount of sodium you eat has been shown to help lower blood pressure

What foods are high in Sodium?

- Salt (1 tsp of salt has 2,300 mg of sodium)
- Soy Sauce
- Baking Soda
- Bouillon
- Canned foods
- Cured and pickled foods (bacon, country ham, dill pickles)
- Condiments (mustard, ketchup, barbecue sauce)
- Convenience foods (pre-packaged meals, ready-to-eat cereals, lunchmeat, chips, frozen dinners)



4) Eat fewer calories, Less Fat and Smaller Portions.

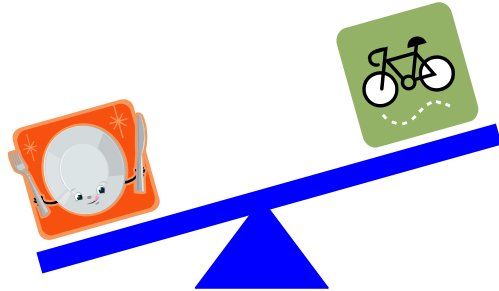
- To lose 1 pound of fat in a week you need to eat 500 fewer calories a day or increase your activity to burn off 500 more calories.
- The American Heart Association says to aim for less than 30% of calories from fat.
- Choose foods with less saturated and *trans* fats. Choose foods with more polyunsaturated and monounsaturated fats.
- "Fat free" and "Low-fat" do not equal calorie free.
- Don't forget about the amount of food you are eating. A larger size means more calories and fat.



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Basic Principal of Weight Loss

Energy In < Energy Out



1 pound of fat = 3500 calories

HEALTHY WEIGHT LOSS = 1-2 pounds per week or 1% of your
body weight

To lose 1 pound a week, you must eat 250 fewer calories a day and
burn off 250 more calories a day.

To lose 2 pounds a week, you must eat 500 fewer calories a day
and burn off 500 more calories a day.

**NO MATTER WHAT THE DIET -
YOU WILL ONLY LOSE WEIGHT IF YOU EAT FEWER
CALORIES THAN YOUR BODY BURNS UP!!**

Deciding if you are at a healthy weight

One risk factor for a lot of chronic diseases is being overweight or obese. Many health professionals use BMI or Body Mass Index to decide if you are at a healthy weight. BMI looks at your weight compared to your height. The next page shows a chart you can use to see if you are at a healthy weight. Athletes and people with a lot of muscle may have high BMIs without increasing their risk for health problems

Body Mass Index Table

| BMI | Normal | | | | | | | | | | Overweight | | | | | | | | | | Obese | | | | | | | | | | Extreme Obesity | | | | | | | | | | | | | | | | | | | | | | | |
|------------------------|-----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------------|-----|-----|-----|-----|-----|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | | | | | | | | | | | | | | | | | | |
| Height (inches) | Body Weight (pounds) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 58 | 91 | 96 | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 148 | 153 | 158 | 162 | 167 | 172 | 177 | 181 | 186 | 191 | 196 | 201 | 205 | 210 | 215 | 220 | 224 | 229 | 234 | 239 | 244 | 248 | 253 | 258 | | | | | | | | | | | | | | | | | | |
| 59 | 94 | 99 | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 173 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 212 | 217 | 222 | 227 | 232 | 237 | 242 | 247 | 252 | 257 | 262 | 267 | | | | | | | | | | | | | | | | | | |
| 60 | 97 | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 174 | 179 | 184 | 189 | 194 | 199 | 204 | 209 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 250 | 255 | 261 | 266 | 271 | 276 | | | | | | | | | | | | | | | | | | |
| 61 | 100 | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 169 | 174 | 180 | 185 | 190 | 195 | 201 | 206 | 211 | 217 | 222 | 227 | 232 | 238 | 243 | 248 | 254 | 259 | 264 | 269 | 275 | 280 | 285 | | | | | | | | | | | | | | | | | | |
| 62 | 104 | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 191 | 196 | 202 | 207 | 213 | 218 | 224 | 229 | 235 | 240 | 246 | 251 | 256 | 262 | 267 | 273 | 278 | 284 | 289 | 295 | | | | | | | | | | | | | | | | | | |
| 63 | 107 | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 180 | 186 | 191 | 197 | 203 | 208 | 214 | 220 | 225 | 231 | 237 | 242 | 248 | 254 | 259 | 265 | 270 | 278 | 282 | 287 | 293 | 299 | 304 | | | | | | | | | | | | | | | | | | |
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| 65 | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 234 | 240 | 246 | 252 | 258 | 264 | 270 | 276 | 282 | 288 | 294 | 300 | 306 | 312 | 318 | 324 | | | | | | | | | | | | | | | | | | |
| 66 | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235 | 241 | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 | 303 | 309 | 315 | 322 | 328 | 334 | | | | | | | | | | | | | | | | | | |
| 67 | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249 | 255 | 261 | 268 | 274 | 280 | 287 | 293 | 299 | 306 | 312 | 319 | 325 | 331 | 338 | 344 | | | | | | | | | | | | | | | | | | |
| 68 | 125 | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256 | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 | 322 | 328 | 335 | 341 | 348 | 354 | | | | | | | | | | | | | | | | | | |
| 69 | 128 | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 263 | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 | 331 | 338 | 345 | 351 | 358 | 365 | | | | | | | | | | | | | | | | | | |
| 70 | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 209 | 216 | 222 | 229 | 236 | 243 | 250 | 257 | 264 | 271 | 278 | 285 | 292 | 299 | 306 | 313 | 320 | 327 | 334 | 341 | 348 | 355 | 362 | 369 | 376 | | | | | | | | | | | | | | | | | | |
| 71 | 136 | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272 | 279 | 286 | 293 | 301 | 308 | 315 | 322 | 329 | 338 | 343 | 351 | 358 | 365 | 372 | 379 | 386 | | | | | | | | | | | | | | | | | | |
| 72 | 140 | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 | 250 | 258 | 265 | 272 | 279 | 287 | 294 | 302 | 309 | 316 | 324 | 331 | 338 | 346 | 353 | 361 | 368 | 375 | 383 | 390 | 397 | | | | | | | | | | | | | | | | | | |
| 73 | 144 | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 242 | 250 | 257 | 265 | 272 | 280 | 288 | 295 | 302 | 310 | 318 | 325 | 333 | 340 | 348 | 355 | 363 | 371 | 378 | 386 | 393 | 401 | 408 | | | | | | | | | | | | | | | | | | |
| 74 | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 256 | 264 | 272 | 280 | 287 | 295 | 303 | 311 | 319 | 326 | 334 | 342 | 350 | 358 | 365 | 373 | 381 | 389 | 396 | 404 | 412 | 420 | | | | | | | | | | | | | | | | | | |
| 75 | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 279 | 287 | 295 | 303 | 311 | 319 | 327 | 335 | 343 | 351 | 359 | 367 | 375 | 383 | 391 | 399 | 407 | 415 | 423 | 431 | | | | | | | | | | | | | | | | | | |
| 76 | 156 | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 254 | 263 | 271 | 279 | 287 | 295 | 304 | 312 | 320 | 328 | 336 | 344 | 353 | 361 | 369 | 377 | 385 | 394 | 402 | 410 | 418 | 426 | 435 | 443 | | | | | | | | | | | | | | | | | | |

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.

Deciding how many calories to eat

a) **Use Your LU Journal**

This is a great way to learn more about your eating habits as well as keep track of calories. Once you know how many calories you are eating now, you can cut out 250-500 calories a day to lose 1-2 pounds a week (while also burning off 250-500 calories a day with physical activity). For unpackaged foods, you can use the following website to look up calorie and nutrition information:

<http://www.nal.usda.gov/fnic/foodcomp/Data/index.html>

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b) **Use MyPyramid.gov**

Put in your age, sex and activity level. MyPyramid will give you a calorie amount as well as how many servings you should eat from each food group. Note - The calories are estimates and usually are either 1800, 2000, 2400. Weight loss is not an option so you will need to subtract 250-500 calories from the total given to help you lose weight.

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c) **Harris Benedict Equation - Age, Height, Weight, Activity Factor**

This is the equation used to establish your baseline calorie needs when you started LU. We will calculate this again for you at the end of LU. You can also use an online calculator. Try this one at the Mayo Clinic's website:

www.mayoclinic.com/health/calorie-calculator/NU00598

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d) **Quick Method**

This is a quick way to keep tabs on your calorie needs as you lose weight.

Weight loss - multiply current weight (in pounds) by 10-12

Maintenance - multiply by 13-15

Calorie counting is not an exact science. **Use a combination of the ways above to figure out about how many calories you should eat each day.** If you are hungry on the calorie plan, add an extra 100-200 calories a day. If you are not losing weight, reduce by 100-200 calories a day.

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Introduction to Physical Activity

Every journey begins with a single step
Chinese Proverb

- The changes we see in our bodies as we age are the same as those seen with bed rest.
 - Loss of muscle and bone
 - Increase in fat and cholesterol
 - Loss of mobility and functional ability
- The Good News - Physical Activity can help!
 - Health - prevent or manage chronic disease
 - Independence - maintain or improve function
 - Longevity - prevent premature death

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Where Do I Start?

Choose an activity you like!

- ⚙️ Walk
 - Swim
 - Bike
- ⚙️ Yard/House work
 - Dance



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- Work towards 30 minutes a day 5 or more days a week. Getting at least 30 min a day of physical activity provides many health benefits. You may need at least 60 min a day for weight loss. Choose 10 to 15-minute sessions or do all of your physical activity at once.
- Work at a moderate intensity
 - Talk Test - Your breathing and heart rate should increase but you are still able to talk

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Start small and work up!

- Start with 2 days and increase gradually
- After you reach at least 5 days, increase how long you are active.
- Finally, increase the intensity - so you stay at a moderate pace.

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Be Well-Rounded

- **Endurance** activities - increase your heart rate and breathing. These activities are the best types of activities for lowering your blood pressure. Examples: Walking, Aerobics, Bike Riding
- **Flexibility** activities (stretches) - help you perform everyday tasks and may help prevent pain or injury.
- **Strength** activities - After age 40, we begin to lose muscle mass. Strength activities build strong bones and muscles, reduce risk of falls, and help us perform everyday tasks.
- **Balance** activities - improve balance, posture, gait and help prevent falls

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Sample Schedule:

Monday - Endurance and Flexibility

Tuesday - Strength and Balance

Wednesday - Endurance and Flexibility

Thursday - Strength and Balance

Friday - Endurance and Flexibility

Saturday - Endurance and Strength

Sunday - Recreational Activity



Be Safe

- √ Talk to your doctor before starting a physical activity program or if you have questions or concerns.
- √ Warm-up for 5 minutes before starting your activity. Try slow walking, climbing stairs, or a slower version of the activity that you plan to do.
- √ Stretch after you have warmed up or at the end of your activity.
- √ Cool-down for at least 5 minutes at the end of your activity. You can do the same thing for cool-down that you did for warm-up.
- √ Drink water before, during and after an activity. Drink more often when sweating a lot or in warmer weather. Drink even if you are not thirsty!
- √ Make sure your shoes:
 - √ Provide support for your feet
 - √ Have good traction
 - √ Fit properly and are comfortable
- √ Clothes should be:
 - √ Breathable and comfortable
 - √ Lightweight in warmer months
 - √ Layered and warm in colder months
- √ Try indoor activities during very hot or very cold weather
- √ With diabetes, monitor your blood glucose before and after exercise. Keep a source of rapidly acting carbohydrate available during exercise.
- √ With osteoporosis, discuss with your doctor stretches that are right for you and how to balance weight bearing with non-weight bearing exercises.



Warning Signs

- √ Stop exercising and see your healthcare provider when you have the following signs:

| | | |
|--|---|--|
| <ul style="list-style-type: none"> ➤ Shortness of breath ➤ Lightheaded ➤ Nausea |  | <ul style="list-style-type: none"> ➤ Dizziness ➤ Muscle cramps ➤ Chest pain |
|--|---|--|

Pharmacy Introduction/Goals

1. Take your medication correctly each day as directed by your doctor.
2. Know why you are taking your medicines and their names.
3. Know the side effects of your medicines.
4. Know when to take your medicine and what to do if you forget to take your medicine.
5. Decrease the risk of your medicines causing reactions:
 - Know the risks
 - Know the symptoms
 - Know the steps to take for prevention

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Class Two

Handling Stress the Healthy Way
Easy Ideas for Better Eating
Make your Day an Active Day
Did You Forget Something Today
Small Group Work - Goal Setting
Wrap up - Talking to Your Physician

Handling Stress the Healthy Way

Stress is what you experience when you believe you cannot cope with a threatening or challenging experience. We all are feeling as if our lives are more stressful than they used to be. Many people think that big events and crises such as retirement or a death in the family are the most stressful things in our lives. While these events can be stressful, we usually gather all of our coping resources and manage these events fairly well. Research findings tell us that it is the chronic daily hassles that cause some of the most damaging stress.

Here are some daily hassles that might cause you stress.

- ⊖❖ ___ Noisy traffic
- ⊖❖ ___ Loud neighbors
- ⊖❖ ___ Rude sales clerks
- ⊖❖ ___ Crowds
- ⊖❖ ___ People who talk in the movie theatre
- ⊖❖ ___ Long lines
- ⊖❖ ___ Crazy drivers
- ⊖❖ ___ Cell phones and beepers in a restaurant
- ⊖❖ ___ Insurance forms

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These daily hassles can really affect your health. Researchers estimate that between 75 and 90% of visits to primary care physicians are for symptoms that are in some way associated with stress. Hypertension is one problem where stress is a component. The reason has to do with what happens in your body when you are stressed.

Here are some of the changes that occur in your body when you are stressed:

- a.❖ _____ Pulse rate goes up
- b.❖ _____ Breathing gets faster
- c.❖ _____ Blood vessels get smaller
- d.❖ _____ Blood pressure goes up
- e.❖ _____ Blood clots faster
- f.❖ _____ Pancreas decreases insulin production
- g.❖ _____ Stomach and intestines stop digesting food
- h.❖ _____ Pupils dilate
- i.❖ _____ Immune function decreases
- j.❖ _____ Feel anxious, jittery, frustrated, angry, and hostile



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Does all this sound strange? It might . . . until you think about why all these changes are happening. What is described above is the stress response. It is also called the fight or flight response. This is natural instinct that everyone has and is necessary to keep us alive and safe.

If someone or something is threatening your life, these changes make it possible for you to defend yourself by fighting or running away. Your pulse, blood pressure and breathing all go up in order to circulate more oxygen so you will have energy to fight. The pancreas, stomach, and intestines stop working so the blood can be shunted to the large muscles in your arms and legs. Your pupils dilate so you can get more light into the eye in order to see exactly what is threatening you. The stress response is a very important action of the body.

However, our society has changed much faster than our bodies have adapted. So, we have this powerful stress response for things that are not life threatening. Daily hassles become triggers to the stress response. And more than that, we keep having the stress response all day long. Feeling stressed all day for weeks and months and years finally takes its toll on the body and we succumb to illness and disease.



Here is a list of symptoms that you might have when you are stressed. Check the ones that apply to you. Just being aware of what you feel like when you are stressed will help you recognize and do something to combat it.



- √ Tightness in the chest
- √ Rapid shallow breathing
- √ Fast pulse
- √ Tension in muscles (shoulders, chest, forehead, back of your neck)
- √ Cold or sweaty hands
- √ Butterflies in your stomach
- √ Diarrhea or constipation
- √ Frequent urination
- √ Dry mouth
- √ Shaky or trembling
- √ Quiver in your voice
- √ Confusion
- √ Memory problems
- √ Trouble problem solving
- √ Irritability
- √ Jittery
- √ Trouble concentrating
- √ Feeling overwhelmed
- √ Anxiety
- √ Depression
- √ Frustration
- √ Insomnia
- √ Waking up early
- √ Changes in eating habits
- √ Fatigue



It sounds like all stress is bad and that is not true. Stress is an important experience in life because it adds a little zest, keeps us on our toes, and challenges us to learn and grow. Stress becomes bad when it controls us instead of us controlling the stress.

All this sounds pretty discouraging because modern life is stressful. But, there is good news! It is easy to manage stress if you develop a stress resistant lifestyle. A stress resistant lifestyle means that you take good care of your body, so it's in the best shape possible to handle stress.

Here are the things you need to do:

- ☞ Eat a nutritious diet with emphasis on fresh fruits and vegetables.
- ☞ Get enough sleep.
- ☞ Do aerobic exercise for 20-30 minutes every day.
- ☞ Reduce or eliminate caffeine intake.

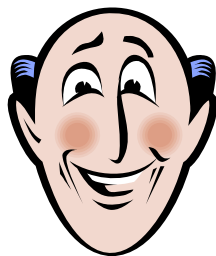
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I bet all the actions on this list sound familiar. They are the same things that you need to do to manage your blood pressure.

Stress resistant thinking is just as important as a stress resistant life style. Some of the things you can do include:

- ☞ Don't worry about the unimportant stuff.
- ☞ Laugh a lot.
- ☞ Have an optimistic outlook.
- ☞ Make and use a social support network.

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Easy Ideas: Eating More Fruits & Vegetables

1. Eat the Rainbow - To get all of the benefits fruits and vegetables have to offer, don't get stuck eating the same food each day.

- RED - Strawberries, watermelon, tomatoes, red peppers
- WHITE - Bananas, apples, onions, turnips
- BLUE/PURPLE - Blueberries, plums, eggplant
- GREEN - Grapes, kiwi, okra, collards
- YELLOW - Pineapple, lemons, squash, corn
- ORANGE - Peaches, cantaloupe, carrots, sweet potatoes

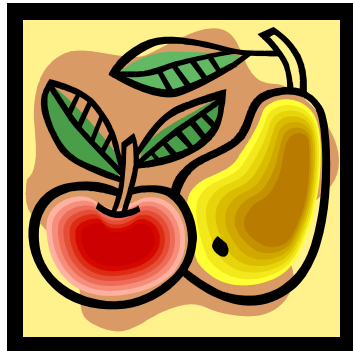
2. Pick whole foods over juice and supplements. Eating the whole food provides more fiber, important nutrient bundles, and less sodium and sugar.

- Eat an orange at breakfast instead of having orange juice.
- Don't peel your apple or leave the peel of your potato behind
- Eat vegetables raw or lightly steamed.

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3. Start Slow and Build Up - Eating more fruits and vegetables is easier than you think.

Breakfast

- Top hot or cold cereal with fresh or dried fruit.
- Mix fruit with your yogurt.
- Add a bowl of fruit to a meal of toast or grits.

Lunch

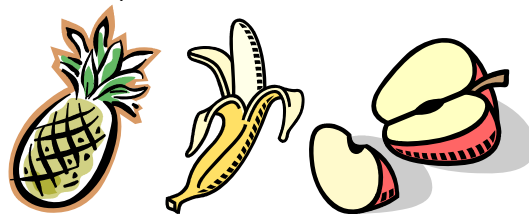
- Add vegetables (spinach, tomato, onion) to sandwiches.
- Choose a tossed salad, carrot sticks, steamed veggies, or fruit instead of chips or fries.
- Center your meal around a vegetable based recipes, vegetable soup, a casserole, stir fry, or stew.

Dinner

- Add an extra vegetable side to dinner or increase your serving size.
- Double the vegetables in your casserole, soup, and pasta recipes.
- Top baked potatoes and pizza with veggies.
- Choose a fruit based dessert - baked apples, fruit and frozen yogurt, low-fat fruit crisp or cobbler.

Snacks

- Keep single servings of fruit and vegetables on hand for quick snacks.
- Make your own fruit filled trail mix.
- Select dried fruits and raw vegetables to go with your crackers or pretzels.



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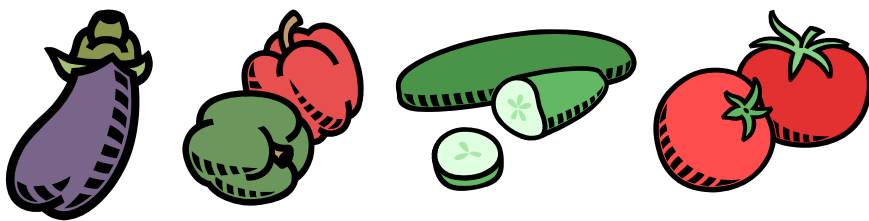
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4. Don't Break the Bank. Eating more fruits and vegetables does not mean you have to spend a lot of money.

- Choose fruits and vegetables that are in season:
 - Winter - oranges, grapefruit, rutabagas, sweet potatoes, greens
 - Spring - asparagus, green beans, sweet peas, rhubarb, okra
 - Summer - berries, peaches, zucchini, summer squash, melons, tomatoes, corn
 - Fall - apples, pears, acorn and butternut squash
- Don't throw it away. Freeze extra peppers, onions and mushrooms for use later.
- Clip coupons for frozen or canned fruits and vegetables. Canned vegetables should be low-sodium and canned fruits should be in their own juice.
- Watch local grocery advertisements.
- If you're not picky, buy the cheapest.
- Shop and share with friends.
- Plant a vegetable garden.
- Look for fresh produce at local Farmer's Markets and produce stands.

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Eating Ideas: Eating More Low-Fat Dairy

- Dairy products are a good source of calcium.
- Eat 2-3 servings of low-fat dairy products each day.
- Choose Low-fat:
 - Skim Milk
 - Fat-free
 - 1%
 - Reduced Fat
 - Low-Fat
- Which Dairy Products?
 - The best sources:
 - Milk
 - Buttermilk
 - Cheese (2% or fat-free)
 - Yogurt
 - Other sources:
 - Cottage Cheese
 - Sour Cream
 - Frozen Yogurt
 - Low-fat Ice Cream
 - Compare Labels
- Other foods high in Calcium:
 - Green Leafy Vegetables (collard greens, turnip greens, broccoli)
 - Fish and edible bones (canned salmon with bones, sardines)
 - Soy milk, soy "dairy" products, Tofu set in calcium
 - Calcium fortified orange juice, bread, cold cereals



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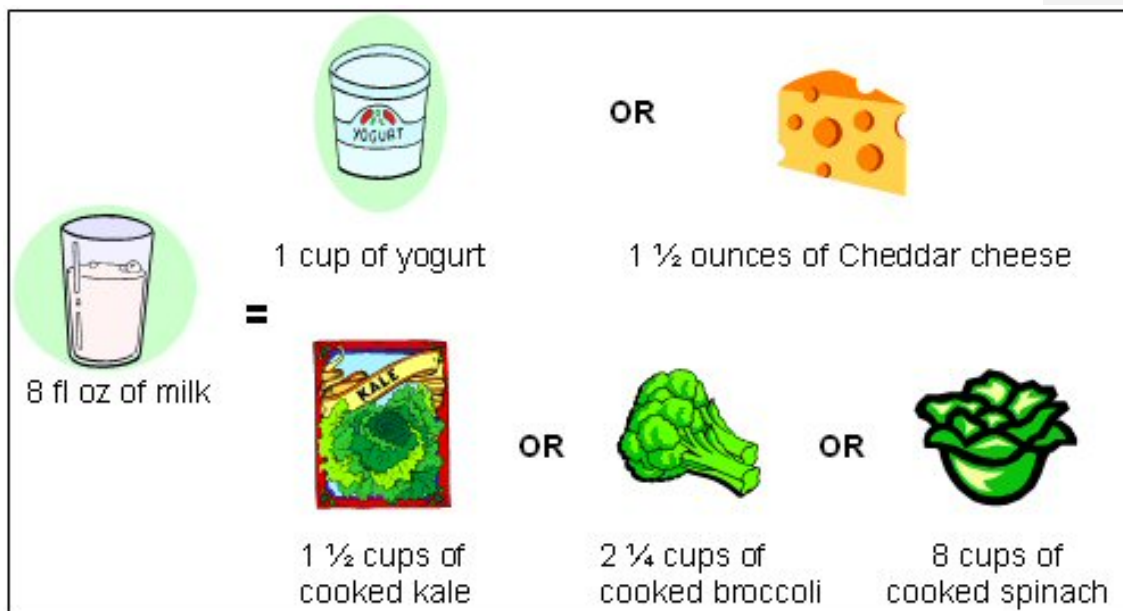
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High Calcium Alternatives to Milk

Milk is not the only food high in calcium. Other dairy products and some green leafy vegetables can give you just as much calcium. These alternatives to milk give you the same amount of calcium as an 8 oz glass of milk.



<http://ods.od.nih.gov/factsheets/calcium.asp#h6>

Easy Ideas: Eating Less Sodium

Instead of salt, use herbs and spices.

- Chicken - Rosemary, sage, thyme
- Fish - lemon pepper, bay leaf
- Vegetables - lemon juice, sesame seeds, dill, thyme
- Other seasonings - garlic, onion, oregano, mint

For more information on using herbs and spices, see "Add a Little Spice (& Herbs) to Your Life" in your Resource Manual.

Don't add salt at the table. Your taste buds will become used to less salty foods. When you think something needs more salt, turn to a lower sodium seasoning.

Choose condiments wisely. Many packaged sauces are high in sodium

- 1 TB Ketchup = 167 mg sodium
- 1 TB Salad Dressings = 174 mg sodium
- 1 Dill Pickle Spear = 385 mg sodium
- $\frac{1}{4}$ cup Bread & Butter Pickles = 286 mg sodium
- $\frac{1}{2}$ cup Chowchow = 646 mg sodium
- 1 TB Barbeque Sauce = 125 mg sodium
- * Treat soy sauce and teriyaki sauces like salt

Choose fresh or frozen vegetables over canned. When using canned items, choose those that are lower in sodium. Rinsing canned vegetables and meats can also help remove sodium.

Avoid cured (bacon and ham), smoked, and processed meats.

Compare labels and look for low-sodium items at the grocery store.

Read the labels of all foods, especially:

- Cold and instant cereals
- Rice, pasta, quick bread (pancake, biscuit) mixes
- Canned soups, dried soup mixes, broth, and bouillon
- Snack foods - Nuts, seeds, pretzels, popcorn, chips
- Frozen dinners

Is Your Day an Active Day?

- Do you take the stairs instead of the elevator/escalator?
- Do you walk or ride a bike when possible?
- Do you clean your house or do yard work regularly?
- Do you play with your grandchildren?
- Do you go to a wellness center or gym?
- Do you take a class like dancing or water aerobics?

**All of these activities count
towards your 30 minutes or more a day.**

Here are some other great and easy ways to be active

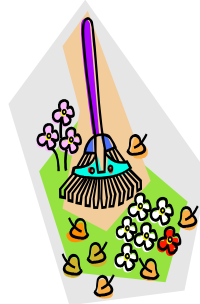
- Join a class or try a home video
 - Gospel Aerobics
 - Tai chi
 - Yoga
 - Dancing



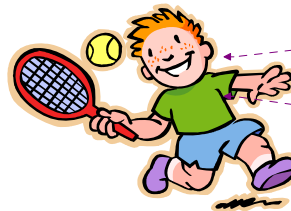
- Make your social time more active
 - Play active games with the grandkids
 - Go for a bike ride
 - Take a walk with friends



- Work out while you work
 - Clean the house
 - Wash your windows
 - Rake the leaves
 - Plant a garden



- Try a new sport
 - Swimming
 - Tennis
 - Golf (make sure you walk!)



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Pedometers: Taking a Step in the Right Direction!

What is a pedometer?

It is small device that counts how many steps you take during the day.



Why should I use a pedometer?

- It is hard to know how active we are during the day. How much did I walk in the grocery store? What would be the difference if I took the stairs instead of the elevator?
- A pedometer tells you how many steps you took during the day.
- You can use one to set goals (10,000 steps per day).
- You can see if you are increasing your steps each day.
- You can see the days you are more active and the days you are less active.

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What should I look for if I want to buy a pedometer?

- A good pedometer costs about \$15.
- It should be light weight and easy to read.
- Simple is better. Pedometers that measure mileage and calories can be less accurate and harder to use.
- The Walk for Life LS2500 and the Digiwalker SW-200 (New Lifestyles) are easy to use and are available for a reasonable price.

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Where can I get a pedometer?

The following places are just a few suggestions on where to buy a pedometer:

Dick's Sporting Goods
www.dickssportinggoods.com
Phone: 1-877-846-9997

The Sports Authority
www.thesportsauthority.com
Phone: 1-888-801-9164

K-Mart
www.kmart.com
Phone: 1-800-63-kmart

New Lifestyles
www.new-lifestyles.com
Phone: 1-888-748-5377

Walk for Life
www.walk4life.com
Phone: 1-888-422-1806

**Physical activity
is for every *BODY!***



Did You Forget Something Today? Remembering Your Meds

Adherence

How closely do you follow the advice of your doctor, pharmacist, or other health care professional?

What can happen if I don't take your advice?

- 1. + Symptoms get worse
- 2. + More health problems
- 3. + More treatment needed (doctor visits, medications, physical therapy)
- 4. + More hospital visits
- 5. + Death

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Important Tips:

- 1. + Take all medication as prescribed
 - i. Take the amount prescribed
 - ii. At the time prescribed
 - iii. For the length of time prescribed (even if you are feeling better)
 - 1. Antibiotics
 - 2. High blood pressure medication
 - 3. Cholesterol medication
- 2. + Look at the expiration date of your medications

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Know the medications you are taking and why you need them.

Talk to your doctor or pharmacist:

- 3. + Discuss your questions or concerns
- 4. + Have your doctor explain directions. Be sure you understand how to take your medication.
- 5. + Ask your doctor about cheaper medications and how to get a Medicare discount card.

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Carry a list of your medications with you:

1. + This is important in case of an emergency.
2. + Prescription, over the counter, herbs, vitamins/minerals.
3. + Write down the name, amount taken, time taken and why it was taken.
4. + Write down any new health problems you have and when they happened.

Do not share medications.

Keep all medications in the container they came in and labeled.

Throw away expired medications.



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4 Steps to Remembering Your Meds

1. Make a Medication Chart

2. Have a Routine

1. Example:

2. Take morning medications right after you wake up

3. Take evening medications around suppertime

3. Use a Pillbox

a. Look for easy open tops

b. If you have morning and evenings medications, look for a box with multiple slots for each day

c. Look for boxes that have alarms

d. Keep your pillbox in a central location

4. Have a Color Code to help you take the correct medicine.

a. Use a different colored dot on the top of each medicine bottle

- o Red = Blood Pressure Medicine
- o Blue = Sleeping Pills
- o Yellow = Arthritis Medication

b. Place the color and time on your medication chart



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CLASS THREE

Relax - Don't Stress
To Supersize or Not to Supersize
Physical Activity - A Habit for Life
One Pharmacy Stop is Better than Two
Small Group Work - Problems and Solutions
Wrap up - Talking to Your Physician

Relax - Don't Stress

You can change the way your body and mind react to stressors by doing relaxation. Relaxation is the process of initiating the relaxation response. The relaxation response is an innate reaction that we all have just like the stress response. The relaxation response is the exact opposite of the stress response, so both cannot exist at the same time. Relaxation is a way of stopping the stress response by bringing on the relaxation responses.

Unfortunately, most of us do not develop an ability to bring on the relaxation response when we need it. So it takes learning and practice.

There are a number of relaxation techniques that you can use including:

- ❖ Progressive Relaxation
- ❖ Autogenic Training
- ❖ Imagery
- ❖ Self hypnosis
- ❖ Benson's Relaxation Response
- ❖ Meditation

They are all very effective but everyone has their own preferences. There are some basic elements that are the same in all these techniques.



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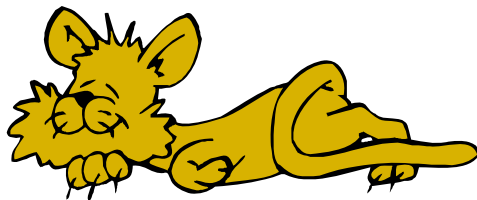
First, they all require a quiet environment and a comfortable place to sit. Notice I did not say a place to lie down. The reason is relaxation and sleep are not the same. If you lie down, there is a tendency to go to sleep.

Second, they all begin with some deep breaths that come from the diaphragm. Diaphragm breathing is the most efficient way to breathe. When you breathe from the diaphragm, the body receives more oxygen and therefore, breathing naturally slows and becomes more effortless and relaxation begins. When your mother told you to take a deep breath and count to ten before you react, she was right.

The diaphragm is a strong thin muscle that separates your chest from your abdomen. When you breathe in, the diaphragm pulls downward and expands your chest cavity from the bottom allowing air to get deep within the lungs. Diaphragm breathing feels unnatural to most of us because we have been taught to stand up straight and suck in our gut! So it takes practice to learn how to breathe this way. Here is a way to get the hang of it.

- ①. Lie on your back on a hard surface like the floor.
- ②. Place one hand on your stomach and one hand on your chest.
- ③. Begin taking deep breaths, don't hyperventilate.
- ④. Focus your attention on your breathing.
- ⑤. The hand on your stomach should rise as you breathe in and fall as you breathe out.
- ⑥. The hand on your chest should not move.

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Third, all the techniques require that you close your eyes. When you close your eyes, the type of waves moving through your brain change. You go into a state that is called reverie and this is the beginning of relaxation.

Fourth, they all require that you are open to new experiences and feelings.

Learning these techniques is just like learning any new skills. You need knowledge and practice. Check with your senior center or hospital. Many of them offer classes on relaxation. There are usually a large number of books that tell you how to do the techniques. In addition, you can buy relaxation tapes. These are helpful because you have an expert guide you through the process. The technique that you choose is based on your personal preference. Here is a quick overview of each technique.



Progressive Relaxation - This technique involves systematically tensing and relaxing 16 muscle groups holding the tension for 5-7 seconds and relaxing for 35-45 seconds.

Autogenic Training - This technique uses your brain to literally talk yourself into the relaxed state. The way you do that is say messages to yourself about your arms and legs being warm and heavy.

Imagery - With this technique, you use your imagination to take yourself to a place where you feel at ease, relaxed, and joyful. Common places are the beach, mountains, and other beautiful parts of nature.

Self-hypnosis - This technique has an element of imagery but it also has a focus on numbers. Counting backwards is a metaphor for becoming deeper relaxed. Self-hypnosis also uses positive messages.

Benson's Relaxation Response - This technique is a non-philosophical type of meditation. You sit in a quiet room with your eyes closed and repeat a word. Benson suggests the word "one."

Meditation - This technique is quite similar to Benson's relaxation response. There are a number of traditions in meditation but they all use focus on a word or thought to cause the relaxation techniques.



Label Reading

① **Serving Size** - At the top or side of the Nutrition Facts panel is the serving size and number of servings in the package. Pay attention to the printed serving size, and compare it to how much you actually eat.

| 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% |
| Cholesterol 30mg | 10% |
| Sodium 660mg | 28% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| 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 value may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| 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 Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4 | |

④ **Daily Values (%DV)**- these percentages tell you whether nutrients in a serving of food contribute a lot or a little to your daily intake. In general 5% DV or less is low for any nutrient, and 20% DV or more is high.

② **Calories/Calories from Fat**- Calories give a measure of the amount of energy one serving is providing. Next to calories, the label shows the number of calories in one serving coming from fat.

③ **Nutrients** - The following nutrients are required to be on the labels, total fat, saturated fat, *trans* fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, protein, vitamins A & C, calcium and iron. Other nutrients must be listed if a claim is made about the nutrient or if it has been added to the food.

Rules of Thumb for Serving Sizes

1 teaspoon = one thumb tip

1 tablespoon = two thumb tips

2 tablespoons = a golf ball

1 ounce of cheese = thumb from tip to base

1.5 ounces of cheese = 4 stacked dice

8 fluid ounces = one clenched fist

$\frac{1}{2}$ cup = one small hand cupped or a tennis ball cut in half

1 cup = two small hands cupped or a tennis ball

3 ounces of meat = the palm of a woman's hand or a deck of cards

1 medium piece of fruit = a baseball

1 medium bagel = a hockey puck

1 small baked potato = a computer mouse or a balled fist



The Key to Staying Active - Make it a Habit

What are some problems you have staying active?

➤1. **Afraid**

- It is not hard if you make small, gradual changes.
- Talk to someone who is active.
- More people die from **not** being active than from being active!

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➤2. **Can't get started back after a sickness or "bad" week**

- Give yourself a break.
- Start back.
- Go slow.

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➤3. **Have a vacation coming up**

- Have an active vacation.
- Take "walking breaks" when traveling.
- Walk to see the sights, shop, or on the beach.
- Wear a pedometer.

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➤4. **Too busy**

- Make your chores and errands activities.
- Put it on your calendar just like a doctor's appointment.
- Make yourself reminders to be active.

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➤5. **The weather is bad**

- Walk at the mall when it rains.
- Walk in the morning or inside when it is hot.
- Find a gym/wellness center before cold weather comes.

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➤6. **I'm bored**

- Try another activity, another time, different days.
- Find a friend.
- Join a group or a class.
- Reward yourself!

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Pharmacy - One Stop is Better Than Two

Polypharmacy - taking more medication than you need.

Major Problems - side effects

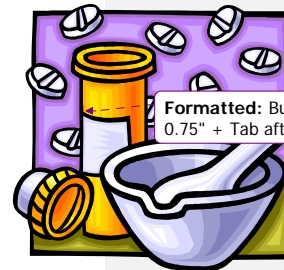
Are you at risk?

- *+ Take more than 4 medications.
- *+ Take non-prescription medications (herbals, supplements, over-the-counter medications).
- *+ Smoke/drink alcohol.
- *+ Use different pharmacies.
- *+ Have more than one doctor.
- *+ Take medications multiple times each day.
- *+ Have trouble opening bottles.
- *+ Have trouble reading the labels.

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Common Symptoms:

- *+ Feeling tired.
- *+ Constipation.
- *+ Loss of appetite.
- *+ Confusion and falling.
- *+ Depression, hallucinations.
- *+ Rashes.



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Ways to prevent

- *+ Always read the labels.
- *+ Use only one pharmacy.
- *+ Learn what medication you take.
- *+ Make a medicine list and take it everywhere especially to your physician visits.
- *+ Always ask a physician/pharmacist before taking a medication that is not prescribed.

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CLASS FOUR

Changing Your Outlook
Cooking for Your Health

- **Bring 1-2 recipes from home to modify in class**

What Your Workout May Be Missing
Small Group Work - Troubles and Successes
Wrap up - Talking to Your Physician

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Change Your Outlook

What you think, believe, and feel is very important to stress management. Stress is a perceptual event. Or said more simply, stress is in the eye of the beholder. If everyone in the class listed their top five stressors, there would be five different lists. We might have a few that were the same but we would also have differences. Because stress is in the eye of the beholder, we think and feel differently about potential stressors. Meaning we can control our thoughts, feelings, and beliefs. We have the power to determine what will be stressful and what will not be stressful.

This means you experience stress because you choose to. I know you are saying "Wait a minute! I didn't choose for that sales clerk to be so nasty to me." You are right, but you choose how to think and feel about the event. One person might say, "How dare that woman speak to me that way! I am going to report her to her supervisor! She's not going to get by with this!" While another person might say, "She seems stressed. She must be having a bad day." The first person got very angry and sought revenge. The second person took it in stride and did not get angry. These two people also had very different consequences from their reaction to the sales clerk. The first person experienced stress and the second person did not.

Most of our reactions (thoughts and feelings) to an event come from habit. Habits are short cuts for life. From living life, we develop memory traces that act almost automatically when we encounter something. Since the reaction is automatic, it saves a lot of work for the brain. We don't have to think about something. We just act. Scientists call this saving cognitive space. One way to manage stress is to replace the almost automatic response with a new more useful set of thoughts and emotions. The process of doing that is listed below.

As you practice the new reaction, it will become the stronger memory trace and replace the old one. As with any new skill, practice is essential!

1. Identify a stressor where thoughts and emotions can be altered.
2. Recognize the negative messages you are currently using in this situation.
3. Create two or three new messages that you will use to deal with the stressors.
4. Write down the new messages and keep them with you.
5. Practice saying the messages to yourself.
6. Use the new messages when you encounter the stressor.
7. Practice, practice, practice! Change takes time.

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The process I just described uses self talk. Self talk is the dialogue that goes on in your own head all the time. Self talk is your created reality. It is much healthier to have positive self talk than negative self talk. Since you create your own reality, you might as well create a positive one.



Here are some specific examples of habits you might want to work on acquiring because they will help manage stress.

- ❖ Reduce saying I can't stand it
- ❖ Quit Awfulizing
- ❖ Stop over generalizing
- ❖ Don't be a mind reader or conclusion jumper
- ❖ Have realistic expectations

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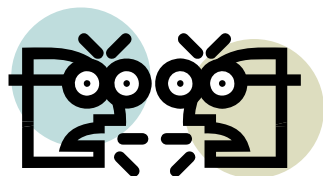
Worrying is the most common source of stress. Most of us can generate a huge worry list and work ourselves into frenzy. I recommend making yourself a worry list. Put as many things as you want on the worry list. Actually write them down so you can see them. But, only worry about the top two items on the list. Isn't it true that most of the things we worry about never come true? And there we have wasted all that time and energy on something that never came true. What is even worse, we deprive ourselves of enjoyment and peace of mind while we were doing all of that worrying.

Anger is often called the most toxic of emotions. So, people who have a lot of anger seem to have poorer health. This is especially true for heart disease. Managing your anger is a very important stress management activity. Like stress, anger has both positive and negative aspects. Anger gets you mobilized to do something. Anger is often the expected response and it gets results. It can also make you feel powerful. But the downside of anger is much worse than any benefit that might come from it. Anger can promote stress related illness and it can damage your relationships with other people. Remember, those supportive relationships are necessary for good health and stress management.



Like any of your thoughts and emotions, anger is a choice that you make. It might be a little harder to change anger because it is such a powerful emotion but it can be changed. One thing that you can do is to:

Create an anger log - In this log you can note the times when you got angry, what you were thinking that caused the anger, and what might have been a better response. You will be able to see the trends in the log that will help you to be sensitive to trigger anger. Once you know your anger producing thoughts, you can modify them using the process described above.



Cooking for Your Health

Add Excitement

- Vary the texture and temperature of foods in your meal
 - Add crunchy cereal to yogurt and fruit
 - Have a spicy stew with a crisp salad

- Play with color
 - End your meal with a bright fruit salad
 - Mix red peppers, yellow squash, broccoli, and onions in a stir fry

- Make a tasty meal
 - Use herbs and spices instead of salt and butter to season foods
 - Start with $\frac{3}{4}$ teaspoon of fresh herbs or $\frac{1}{4}$ teaspoon dried herbs per serving and increase as needed.
 - Try flavored vinegar, lemon, or lime to season instead of oil or meat



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Lower Sodium

- Leave out the salt. Most recipes don't need it.
- You will need salt in recipes with yeast. For those, reduce the salt by half.
- Limit the use of ham and bacon as seasonings. Turkey products are lower in sodium and fat than ham and bacon. Some brands of Liquid Smoke are low in sodium and add a smoked flavor to beans, meats and vegetables.
- Reduce the amount of baking soda used in baked items.



Cut the Fat

- Use lower-fat dairy products (fat free cream cheese and sour cream, part-skim milk cheese).
- Cut fat by 1/3 in recipes. You can't tell the difference!
 - Use a fruit puree, like applesauce, instead of fat in baked goods.
- Cook in nonstick cookware, add a teaspoon of vegetable oil or use a nonstick vegetable spray to stir-fry or brown foods.
- Choose lower fat cuts of meat (chicken breasts, pork tenderloin, select grade beef, lean ground beef).
- Remove the skin on chicken and turkey and trim visible fat from other meats before cooking and eating.
- Grill, broil, poach, roast, or stir-fry instead of deep frying.

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Less Sugar

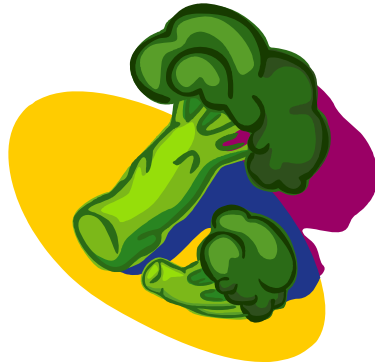
- Cut the sugar by 1/3 in recipes or use sugar substitutes.
- Use cinnamon, nutmeg, vanilla or fruit instead.

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Eat More Veggies

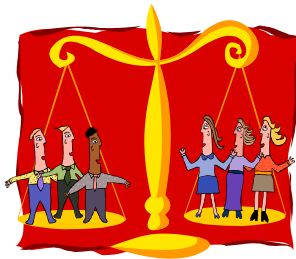
- Cut the amount of meat in mixed dishes (chili, soups, stews, casseroles) by 1/3 and substitute vegetables.
- Use beans in tacos chili, soups, and stews instead of meat.
- Double your usual serving of vegetables or add another vegetable as a side.

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What Your Workout May be Missing: **BALANCE**

- As we begin to lose muscle (age 40 and beyond), our balance is impacted.
- Balance training helps improve posture and walking.
- Balance training also helps reduce the risk and fear of falls.
- Activities can be added to your everyday routine.
- Add balance training to your program 2-3 times a week.



Where Do I Start?

- Daily Activities:
 - Walk heel to toe.
 - Standing on one foot.
- Other Balance activities:
 - Choose 5-10 balance activities to work on 2-3 days a week.
 - Start by holding each pose for 10-15 seconds. Work your way up to holding each pose for 30 seconds.
 - Work up to doing 8-15 repetitions and 2-3 sets of your balance activities.

Be Safe

- Remember to start slow and build up!
- Talk to your doctor before starting or if you have questions or concerns.
- If you have poor balance, ask someone to be there when you do your balance activities.

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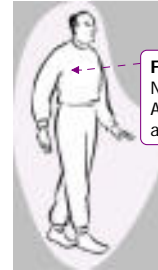
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Example Exercises

Walk Heel-to-Toe

1. Position your heel just in front of the toes of the opposite foot each time you take a step.
2. Your heel and toes should almost touch.
3. Start by standing this way.
4. Work up to walking a straight line. Be sure to choose a path that allows you to hold onto a wall, chair backs, counter or table if needed.

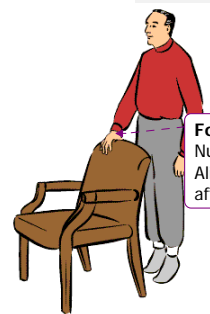


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The following balance activities also help build strength in your lower body:

Ankles

- 1. Stand tall, hold on to a table or chair for balance.
- 2. Slowly stand on tip toes, as high as possible.
- 3. Hold Position (10-30 seconds).
- 4. Slowly lower heels all the way back down.



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Knees

- 1. Stand tall; hold on to a table or chair for balance.
- 2. Slowly bend knee, so your foot lifts up behind you.
- 3. Hold position (10-30 seconds).
- 4. Slowly lower foot all the way back down.
- 5. Repeat with other leg



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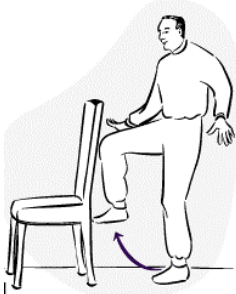
Side-Leg Raise

1. Stand tall, directly behind a table or chair, your feet slightly apart.
2. Hold table for balance.
3. Slowly lift one leg side to side, 6 - 12 inches (don't go past the 8 o'clock position).
4. Hold position (10-30 seconds).
5. Slowly lower your leg.
6. Repeat with other leg.
7. Remember to keep your back and knees straight during the exercise.



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Hips



1. Stand tall; hold on to a table or chair for balance.
2. Slowly bend one knee toward your chest, don't bend your waist or hips.
3. Hold position (10-30 seconds).
4. Slowly lower leg all the way down.
5. Repeat with the other leg.

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To increase difficulty with these exercises:

1. Start with holding onto the chair or table.
2. Use 1 finger on the chair for balance
3. Don't hold onto anything.
4. Close your eyes.

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Exercises adapted from: *Exercise: A Guide from the National Institute on Aging*
<http://weboflife.ksc.nasa.gov/exerciseandaging/toc.html>

What Your Workout May be Missing: FLEXIBILITY

- Flexibility refers to our ability to stretch and move freely.
- As we age we begin to lose our flexibility.
- Less flexibility makes doing everyday activities harder (bending over to get the newspaper or getting out of the car).
- Flexibility activities can help you remain independent.

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Where Do I Start?

- Add stretches after the warm up and cool down parts of your endurance activity.
- Do stretches at least 2-3 days a week.
- Start with 5-10 stretches for the upper and lower body. Choose stretches based on your needs and add others as needed.
- Each stretch should be held for 10 - 30 seconds (10 breaths).
- Repeat each stretch 3-4 times.

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Be Safe

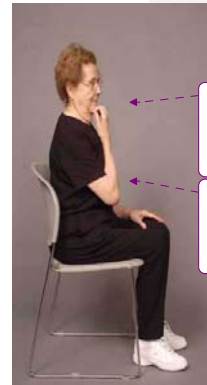
- Check with your doctor before starting a stretching program. Especially if you have had a hip replacement, shoulder or rotator cuff problem or other joint injury.
- Perform each stretch slowly and do not bounce.
- Don't hold your breath during stretches.
- There should be some mild discomfort but no pain.

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Example Exercises

Chin tuck

1. Sit in a chair with your back straight and shoulders pulled back.
2. Gently tuck your chin inward.
3. Apply light pressure with your fingers.
4. You should feel a stretch in the back of your neck.



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Example Exercises continued



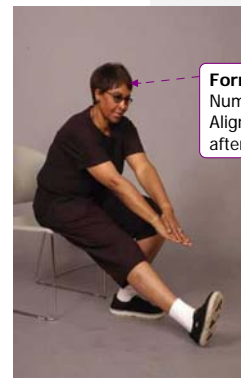
Mid Back Stretch

1. Extend your arms in front of you with elbows straight.
2. Interlock your fingers and gently pull forward, trying to separate your shoulder blades.
3. You should feel a stretch between your shoulder blades.
4. *Don't perform this stretch if it increases shoulder pain.*

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Hamstring Stretch

1. Sit in a chair and extend one leg forward.
2. Keep knee straight.
3. Gently lean forward with hands toward your toes.
4. Repeat on other leg.
5. You should feel a stretch in your hamstrings.
6. Don't perform this stretch if it increases leg pain.



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Calf Stretch

1. Stand with chair or wall to help support.
2. Place the ankle to be stretched behind your body and other leg slightly forward and bent.
3. Keep knee straight and heel flat on side to be stretched.
4. Lean forward to feel the stretch behind your ankle & calf.
5. Repeat on other side



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Exercises and Pictures from:

First Step to Active Health (<http://www.firststepstoactivehealth.com/>)

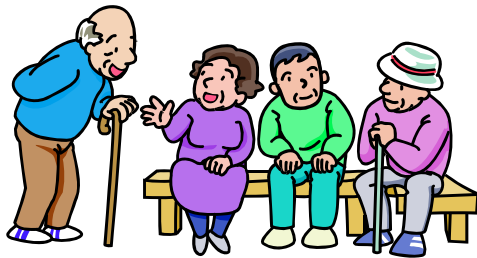
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Class Five

Making Life Less Stressful
Mastering Restaurant Eating
Staying Strong
Small Group Work - Planning Ahead
Wrap up - Talking to Your Physician

Making Life Less Stressful

Modifying your lifestyle is another approach to stress management. You have set your life up as it is now because this is the way you want it. You have the power to change your life so that it is less stressful. You may think that others are controlling you such as family and friends. Of course, they do have influence on you but you are in control of how you run your life. Lifestyle modification requires that you spend some time reflecting on your life. Identify the parts of your life that do not serve you well. Make plans for change. Let me give you some examples of simple changes you can make in your life that might make it less stressful. If you get stressed when you are late for an appointment, leave 10 minutes earlier. If your health habits are not positive, pick one area and make plans to start a physical activity program, eat healthy or get enough sleep. These health habits are pretty easy to incorporate into your life and they will make such a positive difference in the way you feel.



Here are some actions that you can take to reduce stress.

1. Get Hug Therapy - We need at least four hugs a day to survive, eight hugs to feel OK, and twelve hugs to tackle the world. "Hugs" can come from many different sources and they can take many different forms. They can be bear hugs, smiles, compliments, or kind words or thoughts. It also feels good to give hug therapy.
2. Pray - You don't need to go through life feeling alone. Prayer can be a great source of comfort and strength.
3. Practice a hobby - If you have one, use it; if you don't currently have one, then it's time you did. A hobby can immerse you in an activity of your choice that provides you with a sense of accomplishment and pleasure.



4. Find a pet - Countless studies have demonstrated that caring for, talking to, holding, and stroking a pet can help reduce stress.
5. Get a massage - Physical touch can feel wonderful when you are tense, and having someone help you relax can feel supportive.
6. Enjoy nature - Taking a walk outside, working in your garden or simply sitting in the sunshine can all help to reduce your stress.



Mastering Restaurant Eating

Don't be afraid to ask:

- How things are cooked
- If an item can be changed
- For a healthier side or substitution
- To have more vegetables
- If nutrition information is available

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Watch your portions: Restaurant portions can be double the recommended serving size.

- Ask for a take home container to come with your meal
- Share a meal with a friend
- Go for the smaller sized option
- Ask for a child's plate

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Soup and salad?

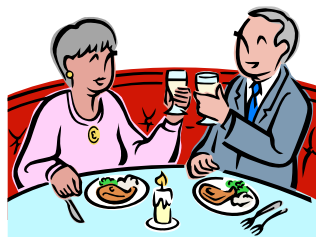
- Broth and tomato based soups tend to be high in sodium
- Cream soups, chowders, and some fruit soups can be high in fat
- Ask for salad dressings on the side and limit yourself to one soup spoon full
- Caesar salads are usually high in fat, cholesterol and sodium
- Cheese, eggs, meat, guacamole, and croutons add fat and calories

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Pick a lower fat entrée:

- London broil, grilled chicken breast, baked or broiled fish are examples of lower fat options
- Filet mignon, prime rib, veal or chicken parmigiana, anything fried or with a cream sauce will be higher in fat.
- Look for "lite" and "heart healthy" options

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Choose your sides wisely:

- Limit French fries, potato chips, onion rings, mayo based salads
- Try baked potatoes, boiled new potatoes, steamed vegetables, rice or fruit instead
- Ask that no butter, margarine, salt or cream be used

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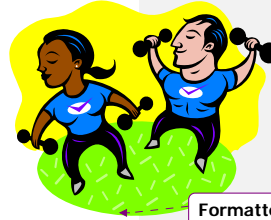
Toppers:

- If you are unsure of a sauce or condiment, ask for it on the side
- Ask for fresh tomatoes, cucumber and lettuce on sandwiches
- Add the vinegar but leave off the oil on subs
- High sodium toppers include olives, pickles, and sauerkraut
- Use ketchup, mustard, and mayonnaise in small amounts

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Staying Strong



- Exercises that increase strength help build strong bones and muscles.
- Strong bones and muscles help with osteoporosis and prevent falls.
- More muscle helps burn calories and can help you lose weight.
- To build strength you do not have to lift weights at the gym. You can use your own body or common items around the house (soup cans or water bottles). You can also use light weights or resistance bands for home exercise.

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Where Do I Start?

- Start with 2-3 activities for each area of the body (upper, lower, core).
- Do strength activities 2-3 days a week.
- Start with 8-10 repetitions and build up to 15 repetitions.
- Start with 1 set and build up to 2-3 sets.
- Use a weight that makes you a little tired at the last repetition. You can also choose a weight based on the Exertion Scale (level 12-14).

Be Safe

- Talk to your doctor before starting a program.
 - Start light and build up. As the exercise gets easier:
 1. Increase repetitions
 2. Increase sets
 3. Increase weight.
 - **DO NOT HOLD YOUR BREATH.** Breathe out when tightening muscles and breathe in when relaxing. Take a breath between repetitions.
 - Rest 2 minutes between strength activities.
 - Use smooth, slow movements.
- Soreness is natural after doing new activities. If the soreness lasts over 2-3 days, talk to you doctor.

Rate your exertion level

6 No exertion at all

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8 Extremely light

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9 Very Light

10

11 Light

12

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13 Somewhat hard

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14

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15 Hard (heavy)

16

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17 Very hard

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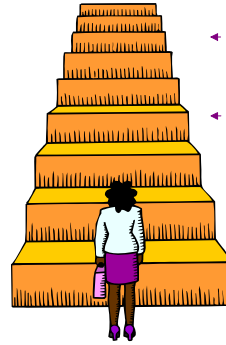
From: First Steps to Active Health <http://www.firststeptoactivehealth.com>

RPE reprinted with permission from G. Borg, 1998, Borg's Perceived Exertion and Pain Scales, Champaign, IL: Human Kinetics, 47.

Example Exercises

Climbing Stairs

1. Climbing up stairs can help you build the strength in your legs.
2. To make this harder, you can hold light weights while climbing stairs.



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Side-Leg Raise

8. Stand tall, directly behind a table or chair, your feet slightly apart.
9. Hold table for balance.
10. Slowly lift one leg side to side, 6 - 12 inches (don't go past the 8 o'clock position).
11. Hold position (10-30 seconds).
12. Slowly lower your leg.
13. Repeat with other leg.
14. Remember to keep your back and knees straight during the exercise.



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Chair Dips

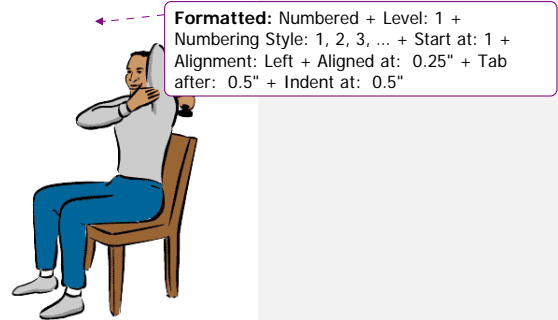
1. This exercise can be done without weights.
2. Sit in a chair with armrest.
3. Press your palms down on the armrests (breathe in).
4. Lift yourself off the chair seat (breathe out).
5. Hold (breathe in and out).
6. Return to the seated position and repeat (breathe in).

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Overhead Curls

1. Sit in chair, near front edge.
2. Feet flat on floor; keep feet even with shoulders.
3. Raise one arm straight toward ceiling.
4. Support this arm, below elbow, with other hand.
5. Bend raised arm at elbow, bringing hand weight toward s shoulder.
6. Slowly re-straighten arm toward ceiling.
7. Hold position.
8. Slowly bend arm toward shoulder again.



Arm Curls

1. You can do this exercise standing or seated.
2. Hold a weight in each hand, palms forward, arms down (breathe in).
3. Bend your elbow to bring the weight to the front of your shoulder (breathe out).
4. Lower weights (breathe in).



Class Six

Graduation
Rotations with Experts