Healthy Habits for Life!

Your guide to eating smart and moving more

Healthy weight = feeling Good + looking Good

Part of being healthy is getting to and staying at a healthy weight. We're not talking about being model skinny either!

We're simply talking about how you can get to a weight that reduces your risk for diseases, like diabetes, in the future.

You'll also find that being at a healthy weight gives you more energy, improves your mood and helps you tackle those day-to-day challenges.

Have you tried to eat better or be more active? Most women have. Sometimes it is hard to do because we are surrounded by unhealthy choices and we try to make big changes all at once. Making small changes is easier and they add up to a healthier you in no time at all!

This booklet offers ideas for small changes to help you eat better and move more so you can get to a healthy weight.

A woman is never too out-of-shape or overweight to make healthy changes.

Celebrate yourself

Before you start any journey it's a good idea to know where you are going. But before you hit the road, take the time to celebrate yourself. Focusing on the positive and loving yourself can be great motivation, and it just feels good!

Name some things that you love about yourself.

What makes you feel beautiful?

Why do you want to be at a healthy weight?

Great! Now let's get started...

Is your weight healthy?

If you know how tall you are and how much you weigh, you can learn your body mass index (BMI). BMI is a number that health care professionals use to let you know if you are at a healthy weight. Having a BMI that is too low or too high can put you at a higher risk for many health problems, regardless of how you look and feel.

BMI is usually a number from 18-40. You can use the table below to find your BMI.

1. Look in the column on the left and find your height.
2. Look at the numbers in the top row and find one that is closest to how much you weigh.
3. Draw a line across the table from your height and draw a line down from your weight. It will meet at a number that is your BMI.
4. See the next page to learn if you are at a healthy weight.

	WEIGHT IN POUNDS														
HEIGHT	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240
4'9"	22	24	26	28	30	33	35	37	39	41					
5'0"	20	21	23	25	27	29	31	33	35	37	39				
5'1"	19	21	23	25	27	28	30	32	34	36	38	40			
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40		
5'3"	18	19	21	23	25	27	28	30	32	34	36	37	39		
5'4"	18	19	21	22	24	26	28	29	31	33	34	36	38	40	
5'5"		18	20	22	23	25	27	28	30	32	33	35	37	38	40
5'6"		18	19	21	23	24	26	27	29	31	32	34	36	37	39
5'7"		17	19	20	22	24	25	27	28	30	31	33	35	36	38
5'8"			18	20	21	23	24	26	27	29	30	32	34	35	37
5'9"			18	19	21	22	24	25	27	28	30	31	33	34	36
5'10"			17	19	20	22	23	24	26	27	29	30	32	33	35
5'11"				18	20	21	22	24	25	27	28	29	31	32	34
6'0"				18	19	20	22	23	24	26	27	29	30	31	33

About your BMI

If your BMI is:

Under 19: Underweight - Add some pounds.

You may have bone loss, low iron or no monthly periods. You may get sick often or feel sad and tired. Getting pregnant while underweight can also be risky and lead to health problems for both mom and baby. Ask your health care provider about what you can do to put on weight.

19–24: Healthy Weight - Congratulations!

Keep up the good work by eating smart and moving more. The tips in this booklet can help keep you going strong. Check your BMI at least once a year to make sure you stay on the right track.

25–29: Overweight - Let's get started!

You are more likely to develop diabetes and high blood pressure. Getting pregnant while overweight can increase health risks for both mom and baby, such as premature birth and certain types of birth defects. The good news is you can improve your health by losing as little as 10 to 20 pounds. Follow the tips in this booklet to help you move toward a healthier weight.

30+: Obese - Ready to make a change?

You may have diabetes, heart disease or high blood pressure and are at a higher risk for stroke and certain types of cancer. Getting pregnant while obese can increase health risks for both mom and baby, such as premature birth and certain types of birth defects. Follow the tips in this booklet. Making small changes over time will add up fast and move you toward a healthier weight.

Setting Goals

There are many ways to set goals to reach a healthy weight. See the ideas below. Choose one that works for you.

Weight Goals

Check the green area of the BMI chart and choose a final destination weight goal based on your height. For example, if you are 5 feet 4 inches and weigh 180 pounds, a healthy weight for you is between 110 pounds and 145 pounds

What is your final destination weight goal? _____

Now let's get real and break this down into weight goals to reach along the journey. The good news is each pound lost will move you toward a healthier weight and will lead to health benefits for you in the long run.

Weight goal #1 _____ Actual pounds lost _____ Date _____

Weight goal #2 _____ Actual pounds lost _____ Date _____

Weight goal #3 _____ Actual pounds lost _____ Date _____

OR

Clothing Goals

Don't have a scale but have a favorite piece of clothing that is now too tight? No problem. Let a pair of pants, skirt or dress be your guide as you make changes to move toward a healthy weight.

Clothing item:_____ Does it fit? ❑ Yes ❑ No Date _____

Clothing item:_____ Does it fit? ❑ Yes ❑ No Date _____

Clothing item:_____ Does it fit? ❑ Yes ❑ No Date _____

If you do not reach a goal, don't get discouraged. Make your goal smaller and try again!

Healthy habits for a healthy life!

If your BMI is 25 or greater and you've decided you want to lose weight, then you will need to make healthier food choices or move more or both! Many women want to lose extra weight fast. But if you make small changes over time (losing about 1 to 2 pounds per week), you will be more likely to keep the weight off.

Healthy weight loss is not about a "diet" or "program." It's about what you do every day and it includes long-term changes to your daily eating and exercise habits.

If you feel you have a long way to go, think about the changes you will make as small steps on a journey instead of a sprint to the finish line.

To start your journey

1. Look at the healthy habits list below and think about which habits you would like to focus on.
2. Go to each healthy habits section and choose the tips you think will help you. Write in some of your own ideas, too.
3. Don't forget to give yourself credit for some of the things you already do. You may already be moving in the right direction!
4. Pick one habit or tip at a time and start with small changes. A small change can be replacing sugary drinks with calorie-free sodas, unsweet tea or water some of the time instead of all of the time.
5. Keep track of your progress and celebrate your success along the way.

Healthy habits

- ❑ Rethink your drink
- ❑ Tame the tube
- ❑ Right-size your portions
- ❑ Move more every day
- ❑ Enjoy more fruits and veggies
- ❑ Prepare more meals at home
- ❑ Breastfeed your baby
- ❑ Take a multivitamin every day
- ❑ Keep track of your progress!

Rethink your drink

We all love a refreshing drink with a meal, as a snack, or after physical activity. Sodas, sweet tea and other sugary drinks may taste good, but they have a lot of calories and no nutrients. Next time you're thirsty, re-think your drink.

Drinking several sodas a day? Start by replacing one with water. Once this becomes a habit, replace two or more sodas over time. If you like sweet tea, try mixing half sweet and half unsweet until you get used to the taste. Or drink unsweet and add a little less sweetener each time. Before you know it you'll get used to a less sweet tea and enjoy it just as much.

Your checklist for rethinking your drink

- ❑ Try water with lemon.
- ❑ Drink low-fat or fat-free milk instead of whole or 2 percent.
- ❑ Choose calorie-free diet sodas or tea instead of regular drinks.
- ❑ Carry a water bottle with you throughout the day.
- ❑ Replace fruit "drink" with 100% fruit juice.

List at least two of your own ideas on how to rethink your drink:

1. _____

2. _____

Tame the tube and get moving!

Many of us say we don't have time for physical activity, yet we spend 3 to 4 hours in front of the TV every day. Not only are we inactive while watching television, we often snack on high-calorie foods at the same time. Try cutting back just one hour every night to start. Trade TV time for activity time—walk, run, bike or play.

Your checklist for taming the tube

- ❑ Do something active while watching TV commercials. March in place or do jumping jacks.
- ❑ Get the TV out of the bedroom.
- ❑ Set a daily limit for yourself of "screen time"—you'll be amazed at how much free time you discover.
- ❑ Set clear limits and be a good TV role model for your children.

List at least two of your own ideas for taming the tube:

1. _____

2. _____

3. _____

Right-size your portions

Larger portions = extra calories = extra pounds! How big are your portions? Eating large portions adds extra calories, and extra calories means more pounds on you! Most of us think we eat less than we do. Eat smaller portions of foods and drinks at a leisurely pace to fill you up, not out. So next time, remember to right-size your portions.

Your checklist for right-sizing your portions

- ❑ Use smaller plates to trick yourself into thinking your plate is full.
- ❑ Avoid eating straight from the package. Divide contents of one large package of snack food into several small bags, bowls or containers.
- ❑ Share your restaurant meal with a family member or friend.
- ❑ Choose fast food only occasionally. Eat and prepare more meals at home.
- ❑ Don't super-size. Super sizing usually provides more fries, bigger soft drinks and more calories.
- ❑ Think twice when ordering the value meal combo—they usually contain larger serving sizes.

List at least two of your own ideas for right-sizing your portions:

1. _____

2. _____

3. _____

Choose to move more everyday

You don't have to belong to a gym to get moving! Walk, dance, play, work in your yard or do housework. Take a walk with a friend, take the stairs instead of the elevator, or work around the house. Dancing works, too, and is great fun! Thirty minutes or more of activity for adults and 60 minutes for children on most days can help you get in shape and feel good. Can't find a 30 minute chunk of time? Break it up throughout the day. Every minute counts.

Your checklist for moving more

- ❑ Take a walk (10 minutes).
- ❑ Choose the stairs instead of the elevator (5 minutes).
- ❑ Park farther away and walk (5 minutes).
- ❑ Dance with your children at home or walk them to a local park (10 minutes).
- ❑ Vacuum the house (10 minutes).

List at least two of your own ideas on how to move more:

1. _____

2. _____

Enjoy more fruits and veggies!

What are low in calories, full of essential nutrients and can help reduce your risk for health problems like diabetes and cancer? Fruits and vegetables! Make fruits and vegetables half your plate at every meal and use fruits and veggies as snacks. Fresh, frozen, dried, canned—it all counts. Frozen vegetables are an inexpensive way to get veggies at every meal. Shake things up by enjoying a variety of colors to stay healthy.

Fruits and veggies checklist

- ❑ Include vegetables and/or fruits at every meal and snack. You can't get too many and they help fill you up!
- ❑ Let your child select a new fruit at the supermarket.
- ❑ Take a family trip to the farmers market or produce stand. Some accept EBT, too.
- ❑ WIC recipients may receive cash-value vouchers for many fruits and veggies.

List at least two of your own ideas for enjoying more fruits and veggies:

1. _____

2. _____

3. _____

Prepare more meals at home

All of us can benefit from eating more meals at home. Healthy meals can be quick, easy and inexpensive. Home-cooked meals also bring families together. Try using the "rule of thirds". Fill two-thirds of your plate with fruits, vegetables and grains, and one-third with meat. Busy families can reduce preparation time by using simple, healthy recipes and by getting the family involved.

Your checklist for preparing more meals at home

- ❑ Try planning one week of meals in advance. Use the internet to find recipes or swap recipes with friends as a way to build your own cookbook.
- ❑ Using your weekly meal plan, shop smart by making a shopping list so you can make fewer trips to the grocery store. This can also save you money by making sure you only buy what you need.
- ❑ Fix meals based on your plan and get some help from your friends and family.

List at least two of your own ideas on how to prepare more meals at home:

1. _____

2. _____

Weekly Meal Planner

Mon: _____

Tues: _____

Wed: _____

Thurs: _____

Fri: _____

Sat: _____

Sun: _____

Shopping List

Fruits: _____

_____

Veggies: _____

_____

Meats: _____

_____

Dairy: _____

_____

Breads and Cereals: _____

_____

Other: _____

_____

_____

Breastfeed your baby

It's the best gift you can give your baby. Breastfeeding fights disease and childhood obesity and helps babies' brains develop—making your baby healthier and happier. You'll feel better, too. You may lose pregnancy weight faster and you'll lessen your chance of getting weight-related cancers such as breast and ovarian cancer. And best of all, you're giving your baby something that no one else can. Contact your health care provider or local WIC office for help with all of your breastfeeding needs.

Take a multivitamin every day!

Along with eating smart and moving more, taking a multivitamin every day is important for good health. This is the easiest health tip ever—simply take one multivitamin every day!

Most multivitamin contain 400 mcg of folic acid. If you become pregnant, having enough folic acid may help prevent certain birth defects of the brain and spine, such as spina bifida. Check out your local health clinic; many give out multivitamins for free.

A common myth is that multivitamins increase hunger or cause weight gain. The good news is they don't!

Track it!

Most of us do not know how much we really eat or how active we are each day. But if we write it down, we pay closer attention to our habits. Studies show that keeping track of what we eat each day can double weight loss! So, keep track in a notebook, on a scrap of paper, or even on a napkin—just get tracking. You can start with the Food and Activity Trackers on this page.

Food and Activity Tracker

Date: _____

What did you eat and drink?

Breakfast: _____

_____

Lunch: _____

_____

Dinner: _____

_____

Snacks: _____

_____

What did you do?
(List physical activity)

_____ Time: _____

_____ Time: _____

_____ Time: _____

How do you feel? _____

_____

_____

Did you take your multivitamin?

Yes ❑ No ❑

Food and Activity Tracker

Date: _____

What did you eat and drink?

Breakfast: _____

_____

Lunch: _____

_____

Dinner: _____

_____

Snacks: _____

_____

What did you do?
(List physical activity)

_____ Time: _____

_____ Time: _____

_____ Time: _____

How do you feel? _____

_____

_____

Did you take your multivitamin?

Yes ❑ No ❑

Resources

My Eat Smart Move More North Carolina - www.myeatsmartmovemore.com

Eat Smart Move More Weigh Less - www.esmmweighless.com

Be Active NC - www.beactivenc.org

North Carolina Preconception Health Campaign (North Carolina Folic Acid Campaign) – www.getfolic.com

Every Woman NC - www.everywomannc.org

CDC: Healthy Weight - it's not a diet, it's a lifestyle! - www.cdc.gov/healthyweight

CDC: Physical Activity - www.cdc.gov/physicalactivity

Fruits and Veggies Matter - www.fruitsandveggiesmatter.gov/index.html

My Bright Future - www.hrsa.gov/womenshealth/mybrightfuture/menu.html

FitDay: Free Diet & Weight Loss Journal - www.fitday.com

Livestrong - www.livestrong.com (Free daily tracker: My Plate - www.livestrong.com/myplate)

Sparkpeople - www.sparkpeople.com (Create an account to access a free daily tracker)

Shape up America! - www.shapeup.org

Small Step - www.smallstep.gov

My Pyramid - www.mypyramid.gov

Let's Move - www.letsmove.gov

Eating Well - www.eatingwell.com

Aim for a Healthy Weight - www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

Content adapted from Eat Smart Move More North Carolina, the Centers for Disease Control and Prevention (Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion) and the Weight-control Information Network (WIN).

NCPH North Carolina Public Health

Eat Smart Move More NORTH CAROLINA

North Carolina Preconception Health Campaign getfolic.com

march of dimes marchofdimes.com

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