



Actions to Help You Lose Your Love Handles

Directions: Read listings and code to the left: T= will try, A= already doing, or leave blank if neither.

Nutrition/ Health

- ___ Eat at least 5 fruit and/or vegetable servings per day.
- ___ Eat a variety of colors in your fruit/vegetable choices.
- ___ Choose low fat milk and or protein foods
- ___ Restrict or avoid no nutrient foods
- ___ Follow diet restrictions recommended by your doctor or advised due to family genetics.
- ___ Take medications or supplements as directed.
- ___ Have the recommended routine health exams, tests and immunizations.
- ___ Choose foods made with lower fat, reduced sodium and lower calorie cooking/preparation methods.
- ___ Follow the Dietary Guidelines and My Pyramid eating plan recommendations.
- ___ Do not skip meals.
- ___ Stock your home with healthy food choices and remove the foods you do not want to eat.
- ___ Others...

Portion Distortion

- ___ Eat half of the helping I usually eat
- ___ Eat only standardized sized servings, consider the visual clues to determine portion size.
- ___ Read label to see standard serving size and eat only one serving of the product.
- ___ Record in eating record the amount eaten
- ___ Do not forget to check the size of the beverages you drink- reduce the size/consumption unless it is water.
- ___ Others...

Over Eating Control

- ___ Eat only at a table (not at desk, standing, in car, on phone, or while watching TV).
- ___ Eat only; do nothing else to distract yourself from knowing you are full.
- ___ Drink 1-2 glasses of water prior to eating.
- ___ Select a smaller plate to eat your food on.
- ___ Fill plate in kitchen, do not serve family style.
- ___ Record what you eat, amount eaten, when, where and how you are feeling.
- ___ Do not eat alone - eat with someone who eats healthy.
- ___ Choose restaurant that serves meals on a plate.
- ___ Ask for carry out container when your restaurant meal is served and place half of meal in the container to eat later.
- ___ Set the table before you eat, use silverware and do not eat with your hands.
- ___ Have an alternative plan (not eating) for what to do when you are bored, upset or nervous.
- ___ Have a plan for snacks to be a part of your daily eating plan
- ___ Record all that you eat
- ___ Eat out less often (saves calories and money too!) No biggie size, full meal deals or larger servings, keep toppings simple. Eat sensibly before going to a social event with food.
- ___ Who can I call that will not accept my excuses and will get me motivated

- _____ Chew food slowly and put down your silverware as you chew. Take the next bite or drink only when your mouth is empty.
- _____ Stop using food as a reward, revenge or as a solution to change your emotions.
- _____ Eat foods with higher fiber content.
- _____ Identify what threatens your choice to eat healthy or to not overeat.
- _____ Others...

Move More to be Active

- _____ Record physical activity time (what, when, how long)
- _____ Wear clothing or shoes that you can move in or have them in your car and at work. Keep them in view to remind you to be active.
- _____ Stop being efficient in the number of steps you take in your day. Park as far away from the entrance as you can. Get items from printer every time, get up and change TV channel, or to get the phone. Do not set by your drink-walk to where your drink sets.
- _____ Take the stairs; make the stairs a place you would want to spend time (visual, music). Use the stairs or take a walk to have a meeting or a conversation with someone.
- _____ Make it a deal to take a pet or buddy with you when you exercise
- _____ Vary what you do to be active, and do what you enjoy doing.
- _____ Small segments of physical activity counts, add it up and insert increments in to your day.
- _____ Wear a step-meter. Record the number of steps. Increase the number of steps.
- _____ Identify what threatens your ability to choose to move more or be physically active.
- _____ Reward yourself with physical activity- play when you achieve a task.
- _____ Involve your family in the being more active.
- _____ Use music if it helps you be active longer or enjoy it more.
- _____ Call someone who will not accept my excuses and will get me motivated to move.
- _____ Get outside when ever possible.
- _____ Do 3 physical things, then consider a healthier alternative before eating something you crave but you are trying to avoid.
- _____ Challenge your self to move more, progress by increasing time, frequency and intensity.
- _____ Others...

My top 5 priority actions are (chose from those coded as T =will try):

- 1)
- 2)
- 3)
- 4)
- 5)

What will I gain when I am successful in making these 5 changes?

Who will it affect if I choose not to make these 5 choices?

Situation: A choice of eating a healthy food/portion or an unhealthy food/portion.

What is your plan to increase the number of times you make the right eating choice?

Situation: A choice of being active or not being active.

What is your plan to increase the number of times you choose to be more active?



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