

Wellness Challenge Logs

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Respondents/Sources	Method	Content	Timing/Frequency	Respondents	Time
Employees participating in Wellness Challenges -- all worksites	Paper and pencil log book	Self-monitoring tools for health behaviors (nutrition, physical activity)	Throughout the implementation period; max. 3 times per year	2,000	@ 0.50 hrs

Implementation: The wellness change logs are completed by wellness challenge participants via paper and pencil to monitor their lifestyle habits and progress toward wellness challenge goals throughout the challenge / campaign period. These logs will be made available to employees if the challenges are included in the participating employer's health improvement plan.

Introduction

These wellness challenge logs asks about your healthy habits in specific program areas: water consumption, physical activity, fruit and vegetable consumption, fiber consumption, weight gain / maintenance as part of an individual or company-wide wellness challenge. These logs should take about 30 minutes each to complete over an 8-week period. These challenge logs are used as part of the National Healthy Worksite Program funded by the Centers for Disease Control and Prevention and is being conducted by Viridian Health Management (Viridian). Viridian is an independent company headquartered in Phoenix, AZ.

Informed Consent

Before you get started, we'd like need to give you some more information to help you decide whether or not you would like to participate.

- This project is funded by the Centers for Disease Control and Prevention. Many parts of the project are being managed by Viridian Health Management (Viridian). Viridian is a private health and wellness company based in Phoenix, AZ. Viridian provides flexible, customized solutions to building comprehensive healthy worksite programs. They are helping CDC implement the National Healthy Worksite (NHW) program.
- You were asked to these logs to help you track your health habits.

- Your participation in completing these logs is voluntary. In the course of completing the logs, you may refuse to answer specific questions. You may also choose to end your participation at any time.
- Completing the logs is designed to take about 30 minutes.
- There are no right or wrong answers or ideas.
- All of the comments you provide will be maintained in a secure manner. We will not disclose your responses or anything about you unless we are compelled by law. Your responses will be combined with other information we receive and reported in the aggregate as feedback from the group. In our project reports, your name will not be linked to the comments you provide in this discussion.
- CDC is authorized to collect information for this project under the Public Health Services Act.
- There are no personal risks or personal benefits to you for participating in this discussion.
- We are interested in your comments so that we can improve the NHW program for future participants. Please feel free to contact [INSERT WORKSITE NHWP PROGRAM MANAGER]. [HIS/HER] number is [INSERT TEL #]. You can also call Viridian Health Management toll-free at 1-877-486-0140.

Instructions

To make sure that health-related information and programs are tailored to affect your health problems and concerns, we are asking each employee participating in health coaching to fill out these logs.

Please bring the log with you to your health coaching sessions. Once completed, you can give it to [INSERT WORKSITE NHWP HEALTH COACH]. If you have any questions, Please feel free to contact [INSERT WORKSITE NHWP HEALTH COACH]. [HIS/HER] number is [INSERT TEL #].

Thank you very much for your participation.

Specific instructions for the wellness challenges are below.

Wellness Challenge Overview



Participant Goals:

- Lose 1 lb. per week for 8 weeks.
- Learn tips to become more physically active.
- Understand proper portion sizes.
- Learn simple ways to reduce daily calorie intake.

Challenge Materials/Support:

Required: log book & handouts

Participant Instructions:

- Obtain a log book from you onsite health coach.
- Learn how to balance your calories consumed and energy expended.
- Track your daily food intake and exercise for eight weeks.
- Weigh yourself and enter your weight each week for 8 weeks in your log book.

**Participant Goals:**

- Eat a minimum of 5 servings of fruits and vegetables each day for 4 weeks.
- Learn tips to eat more fruits and vegetables.
- Learn the health benefits of eating more fruits and vegetables.

Challenge Support / Materials:

Required: log book & handouts

Optional: Veggie /Fruit Carving board, vegetable peeler, t-shirts (require employer / budget approval)

Participant Instructions:

- Obtain a log book from you onsite health coach.
- Learn the benefits of eating at least 5 servings of fruits and vegetables.
- Track your daily servings of fruits and vegetables for 4 weeks in your logbook.



Participant Goals:

- Eat at least 21 grams of fiber per day for 4 weeks.
- Learn the health benefits of eating fiber.
- Identify foods that have high fiber content .

Challenge Support / Materials:

Required: log book & handouts

Participant Instructions:

- Obtain a log book from you onsite health coach.
- Learn the benefits on consuming adequate amounts of fiber and what foods are high in fiber.
- Track your daily grams of fiber each day for 4 weeks in your log book.

Step Into Health

Participant Goals:

- Increase physical activity over by 10% per week for 4 weeks.
- Learn the health benefits of walking and physical activity.
- Learn ways to walk more every day.

Challenge Materials:

Required: log book, handouts & pedometers

Participant Instructions:

- Obtain a log book from you onsite health coach.
- Learn the benefits of walking and daily physical activity.
- Track your baseline steps by wearing a pedometer and calculating your average daily steps. (week 1).
- Wear your pedometer every day for 4 weeks and log your steps in your log book.



Participant Goals:

- Drink at least 64 oz. of water each day for 4 weeks.
- Learn the health benefits of drinking water.
- Learn easy ways to drink more water and make health drink choices.

Challenge Materials:

- Required: log book & handouts
- Optional: water bottles, cooling neck wraps

Participant Instructions:

- Obtain a log book from you onsite health coach.
- Learn the benefits of drinking water and reducing the amount of sugared beverages.
- Track your daily ounces of water every day for 4 weeks in your log book.



Participant Goals:

- Get a minimum of 7 hours of sleep each night and eat a healthy breakfast each day for 4 weeks.
- Learn techniques to get a good night sleep.
- Learn the health benefits of eating a healthy breakfast.

Challenge Support / Materials:

Required: log book & handouts

Optional: Small giveaway bag (small bag with tea bags, stress lotion, etc) (Requires employer / budget approval).

Participant Instructions:

- Obtain a log book from you onsite health coach.
- Learn the benefits on consuming adequate amounts of fiber and what foods are high in fiber.
- Track the hours of sleep you get each night and record whether you ate a healthy breakfast each day in your log book.



Participant Goals:

- Maintain your weight for 12 weeks from October to January 1.
- Learn tips for health holiday meals.
- Learn how to incorporate physical activity during the hectic holiday season.
- Learn how to minimize emotional eating.

Challenge Materials:

Required: log book & handouts

Participant Instructions:

- Obtain a log book from you onsite health coach.
- Learn the benefits of being active, eating nutritiously, and reducing stress over the holidays to maintain your weight.
- Weigh yourself and record your weight in your log book at the beginning of the challenge.
- Review the Maintain don't Gain materials each month.
- Weigh yourself each month for 3 months and record your weight in your logbook.

LOWER YOUR WEIGHT BY 8™

- Attempt to do 30-minute cardiovascular sessions 3 times a week. To lose weight, try to do cardiovascular activities daily.
- Attempt to do 20-minute strength training sessions 2 to 3 times per week. Wait at least a day before exercising the same muscle group.
- Stretch whenever you want. After exercising, use slow stretches. Consider taking a yoga class!

Fitness Fundamentals for Optimal Results

LOWER YOUR WEIGHT BY 8™



Are you ready to lower your weight the safe and easy way?

Take the challenge and Lower Your Weight by 8! Your ultimate goal is to lose at least one pound each week for eight weeks. By gradually losing weight, you set the stage for long-term success in managing your weight.

If you are ready to lower your risk of disease, have more energy, and learn skills for lifelong weight management, then you're ready to take the challenge!

Small Changes Can Have Big Results!

Weight management is an essential element in overall good health. Being overweight by just 10 pounds is a risk factor for developing chronic diseases, such as heart disease, high blood cholesterol, Type 2 diabetes, hypertension (high blood pressure), stroke, cancer, osteoarthritis, sleep apnea, GERD, and others.

In addition to your weight, waist circumference is also an indicator of your risk for chronic disease. To lower your risk, aim for the following waist circumference targets: Men - less than 40 inches / Women - less than 35 inches

Lowering your weight by even five or ten pounds and reducing your waist circumference can have significant health benefits.

The key to this challenge is calories! Studies confirm weight loss is all about creating a caloric deficit, which means you consume fewer calories than you burn through daily living and physical activity to lose those unwanted and unhealthy pounds!

Every 3,500 calories = 1 pound. There are several approaches to creating this deficit: consuming 500 fewer calories each day, or by burning 500 calories more per day through physical activity. This goal may not be

realistic for most people. A manageable approach is to consume 250 fewer calories each day, while moderately increasing physical activity to burn an additional 250 calories. A healthy weight loss goal is between one-half to 2 pounds per week.

First things first... You must start logging calories to know how many calories you are consuming. How many calories per day should you consume to lose weight? Begin by identifying your recommended calorie consumption targets for weight loss:

Calories Per Day to Lose Weight	
Women	Consume 1,000 – 1,200 calories per day
Men	Consume 1,200 – 1,600 calories per day (may also be suitable for women over 165 pounds who exercise regularly)

If you are on a 1,600 calorie diet plan and do not lose weight, cut back to 1,200 calories.

Do not routinely follow a very low calorie diet of less than 1,000 calories per day, unless you are being monitored by a physician or a medical professional. Pregnant and breastfeeding women have higher recommendations. Please consult with your physician to discuss your personal needs.

**LOWER
YOUR
WEIGHT
BY
8**

Physical Activity Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

Burning Those Calories!

It can be tough to create a calorie deficit with just diet alone. Most successful weight loss plans include physical activity as an added component, so you burn more calories and maintain muscle and bone strength while losing weight. Increasing your physical activity level (burning an extra 250 calories) while decreasing your calorie intake by 250 calories creates your goal of a 500 caloric deficit each day.

For many people, the thought of exercise turns them off. Try to think about physical activity as your time to do something selfish, something just for you.

- Every evening take a brisk walk to think about the day's events and sort out tasks and priorities without interruptions.
- Take your IPOD or MP3 Player and listen to music as you walk.
- Turn off the cell phone and disconnect from the world by getting in tune with your body, and benefit from the feeling of becoming stronger and more energized.

- Meet up with an exercise buddy to create excitement about your workout. A buddy also keeps you accountable to your routine; it's hard to back out of an obligation to a friend.

- Only choose activities you enjoy!

Here are a few suggestions for burning 150 calories

- Bicycling: 4 miles in 15 minutes
- Bicycling: 5 miles in 30 minutes
- Gardening: 30 - 45 minutes
- Pushing a stroller: 30 minutes about 1.5 miles
- Dancing: 30 minutes (fast)
- Playing volleyball: 45 - 60 minutes
- Walking: 1 mile in 20 minutes (use a pedometer and gauge 2,000 steps for 1 mile)
- Swimming: 20 minutes, leisure swimming



Logbook

Name: _____

Start Date: _____

Current Weight: _____

Target Weight: _____

Weight Week 1: _____

Weight Week 4: _____

Weight Week 8: _____

Use your logbook to track what you eat throughout the week, along with the calories for all foods consumed, and log your physical activity on the inside back page.



Strategies for Weight Loss

The first step toward weight loss is monitoring the calories you consume and burn.

The following guidelines and tips will help you reduce the calories you consume each day, leading to gradual weight loss. Making little changes will add up to many reduced calories in the long run!

- Record all calories consumed. Diligently recording the calories contained in everything you eat and drink will help you avoid hidden calories that may keep you from losing weight. Be sure to consider calories that are easy to overlook, such as a can of soda, butter on your toast, or milk in your cereal.
- Switch to diet soda, use skim or low fat milk, cut butter on your toast in half, or skip it altogether. Cut back on portions, read food labels to check calorie content, and say no to heavy desserts. The key to cutting calories is taking one meal at a time, one day at a time, to reduce your calories and your weight!

- Drink Water! If you drink at least eight 8-ounce glasses of water a day, you will feel less hungry and more full, making it easier to lose weight.
- Don't let time constraints keep you from being physically active. It does not matter whether you exercise in one 45 to 60 minute stretch, or if you exercise in smaller increments of 10 to 15 minutes a few times a day. They all add up and make a difference.
- Eat fresh fruits and vegetables raw with skins to add nutrients and minerals to your diet.
- Purchase whole grain breads and cereals instead of refined for greater nutrition and fiber content.
- Add a few nuts to salads, or snack on almonds, sunflower seeds or soy nuts as a great source of protein and fiber.
- Additional tips can be found throughout this booklet.

	Breakfast	Lunch	Dinner	Snacks
Friday				
Saturday				
Sunday				

Notes:



Tip: Don't skip breakfast!

Week of: _____

Meals and Snacks

Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

LOWER
YOUR
WEIGHT
BY

Men: 1,200 – 1,600
calories per day

Women: 1,000 – 1,200
calories per day

**Record your daily breakfast, lunch, dinner, and snacks,
as shown in these sample menus**

Breakfast

Lunch

Dinner

Snacks

1,000 Calorie Menu

1 whole wheat
English muffin
2 pats low fat butter
1 c fruit
1 tea or coffee

Tuna Salad
1 chopped apple
3 oz water packed tuna, drained
2 celery sticks
2 c lettuce
1 tbsp low-fat mayo
1/4 c plain low fat yogurt
4 walnuts chopped

*Mix salad ingredients and top
with walnuts*

Hamburger—4 oz very lean ground beef,
1 tbsp ketchup, 1 small grated carrot,
1/2 finely chopped onion, 1 egg white
beaten

Salad—2 c lettuce, shredded;
1/2 c cucumber, sliced; 1 tomato sliced

*Mix ground beef, grated carrot, onion and
ketchup together to patty and grill.
Serve w/salad*

1 snack allowed

Small handful of nuts
or 2 c popcorn

1,200 Calorie Menu

1 c sliced strawberries
1 tsp sugar
2 slices whole wheat
toast w/ 2 tsp light
margarine
6 oz fat free/sugar free
yogurt

Cheese Toast
1 oz low fat shredded Cheddar
cheese
1 whole wheat English muffin
1/2 c baby carrots
1/2 c fat-free or light ice cream

1 serving Pork Tenderloin

1 medium baked potato
with 2 tsp light tub margarine
1/2 c cooked green beans
cooked in 1 tsp olive or canola oil

2 snacks allowed

4 reduced fat
vanilla wafer cookies
and 10 grapes

1/2 medium banana

1,600 Calorie Menu

1/2 c oatmeal
prepared with
1/2 c 1% milk
1 medium English muffin
1 T cream cheese, light
1 c coffee with
1 oz milk 1 %

2 oz baked chicken without skin
Salad—1/2 c lettuce, 1/2 c tomato,
1/2 c cucumber, 2 tsp oil & vinegar
dressing
1/3 c white rice, seasoned
w/margarine
1 small baking powder biscuit
1/2 tsp margarine

3 oz lean roast beef
1/4 c onion 1 T beef gravy
1/2 c turnip greens seasoned
with 1/2 tsp margarine
1 small sweet potato
1/2 tsp margarine
1 tsp ground cinnamon
1 tsp brown sugar
1/2 medium sliced corn bread
1/4 medium honeydew melon
1 c iced tea

4 saltine crackers,
unsalted
1 oz Mozzarella cheese,
part skim, low sodium

Drink Plenty of Water!

Week of: _____

Meals and Snacks

Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

Lunch

Dinner

Snacks

Notes:



Tip: Switch from white to brown for rice, bread and pasta.

Week of: _____

Meals and Snacks

Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

LOWER
YOUR
WEIGHT
BY
8

Breakfast

Lunch

Dinner

Snacks

LOWER
YOUR
WEIGHT
BY
8

Notes:



Tip: Watch your portions! A portion is the size of the palm of your hand, or the size of a deck of cards.

Week of: _____

Meals and Snacks

Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

LOWER
YOUR
WEIGHT
BY
8

Breakfast

Lunch

Dinner

Snacks

LOWER
YOUR
WEIGHT
BY
8

Notes:



Tip: Sauté foods in olive oil instead of butter.

Week of: _____

Meals and Snacks

Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

LOWER
YOUR
WEIGHT
BY
8

Breakfast

Lunch

Dinner

Snacks

LOWER
YOUR
WEIGHT
BY
8

Notes:



Tip: Beware of drinks with added sugars, especially calorie-heavy coffee drinks.

Week of: _____

Meals and Snacks

Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

Lunch

Dinner

Snacks

Notes:



Tip: When baking, use whole wheat pastry flour or whole wheat flour.

Week of: _____

Meals and Snacks

Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Breakfast

Lunch

Dinner

Snacks

Notes:



Tip: Substitute cooked dried beans for part of the meat in casserole recipes to increase your fiber intake.

Week of: _____

Meals and Snacks

Breakfast

Lunch

Dinner

Snacks

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

LOWER
YOUR
WEIGHT
BY
8

Breakfast

Lunch

Dinner

Snacks

LOWER
YOUR
WEIGHT
BY
8

Notes:



Tip: Eat oatmeal with berries for breakfast.



with Fruits & Veggies™

Fruits and vegetables are loaded with nutrients and antioxidants, which fight off cancer-causing agents. A steady supply of antioxidants is a good strategy to stay healthy and reduce your risk for disease.

Eating fruits and vegetables is even more important as we age because our immune protection against disease naturally decreases. Research shows fruits and vegetables, as part of an overall healthy diet, have the potential to delay the onset of many age-related diseases.



By taking this challenge, you'll see how easy it is to add fruits and vegetables to your eating plan, first for a day, then for a week, and ultimately for a lifetime!

Your Challenge Details

Date: _____ Team: _____

Record Your Total Servings

Week 3 Total: _____ Week 4 Total: _____

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Servings				

2 Your Goal and Servings

Step 1 Set a Goal

Set a goal to eat five or more servings of fruits and vegetables each day.

Why eat more fruits and vegetables?

Fruits and vegetables can protect you from disease and help you lose weight.

Fruits and vegetables provide nutrients and antioxidants, which are often identified by their distinctive colors. Think about the rich red of cherries, the yellow of corn and the blue of blueberries.

The National Institute on Health reports that fruits and vegetables lower your risk of developing chronic diseases.

Fruits and vegetables also play a huge role in any weight loss program because they:

- usually contain 100 calories or less per serving!
- increase your fiber intake, adding volume to your dishes and filling you up!

Set your goal to eat five or more servings of fruits and vegetables each day and reduce your risks for cancer, heart disease and stroke!

Step 2 Recognize a Serving

What is a Serving?

You may be surprised to learn how easy it is to consume more fruits and vegetables, based on their serving sizes. To better understand what makes up a serving of fruits or vegetables, refer to these examples:

- 1 cup of grapes
- 1 medium apple
- 1 ear of corn
- 4 large strawberries
- 1 sweet potato
- 5 broccoli florets

How to measure what a serving really is:

- 1/2 cup raw or cooked vegetables
- 1/2 cup dried fruit, such as raisins
- 1/2 cup of cooked beans
- 1 cup leafy vegetables
- 1/2 cup of cut-up fruit
- 3/4 cup fruit juice
- 1 medium fruit



Tips for Adding Fruits and Vegetables to your Eating Plan.

Start the day with fruits and vegetables: drink orange or grapefruit juice and add a banana slices or berries to your cereal for a delicious, low-fat, high-fiber head start.

Pack an apple or a bag of carrot sticks, raisins, or dried apricots in your glove compartment, purse, or briefcase.

On the run? Keep fruits and vegetables within easy reach: a bowl of fruit in the kitchen, cut-up fruits and vegetables in plastic bags in the fridge.

Stock up for the week: keep a variety of fruits and vegetables (fresh, frozen, canned, or dried) in your fridge, cupboard or freezer.

Buy both ripe and not-so-ripe items: for example, yellow and green bananas, so the not-so-ripe will be ready after you've eaten the ripe ones.

Buy fresh fruits and vegetables in season: they will be cheaper and at their flavor and nutritional peaks.

Vary your fruits and vegetables: varying choices increases the likelihood of getting all the nutritional advantages, such as folate, potassium, calcium, iron, vitamins A and C and fiber.

Try new fruits and vegetables every week, it's educational and good for you and your family.

Mix up fruit smoothies or veggie drinks, or add fruit to yogurt.

Add zest by using vegetables in dips, spreads and salsa.

Add frozen vegetables to a pasta or casserole dish: a variety of vegetables added to pasta sauces provide flavor and texture.

Add fruits and vegetables as appetizers before meals.





Feel full and lose weight!

Take the challenge and Feel Fit! A regular diet rich in fiber prevents intestinal cancers, controls diabetes, lowers blood cholesterol and blood pressure, and helps you control your weight.

By participating in the Feel Fit with Fiber challenge, you will

- Create a support network to help you succeed
- Positively impact your health
- Learn new ways to integrate more fiber into your lifestyle

The average American consumes 12 to 18 grams of fiber each day, yet adults benefit most when they consume twice that amount. Consuming 20 to 35 grams of fiber every day decreases your risks for heart disease, diabetes and cancer!

In addition to their health benefits, whole grain cereals, fruits and vegetables may also help you lose weight. Whole grains contain all portions of the grain kernel and provide enrichment of vitamins and minerals while adding valuable dietary fiber, making you feel full!

Feeling fit is easy when you add more healthful fiber to your day!

Log Your Servings

Your Challenge Details

Name: _____

Date: _____ Team: _____

Using the table below, keep track of your grams for each day. At the end of each week, log your total for the week.

Record Your Total Grams

Week 1 Total: _____ Week 2 Total: _____

Week 3 Total: _____ Week 4 Total: _____

Feel Fit Log

Grams per Day

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Grams				

2 Set and Reach Your Goal

Step

1 Set Your Goal

Step

2 Reach Your Goal

Your ultimate goal should be to **consume 20 to 35 grams of fiber each day upon completion of the challenge.**

During the first week, set your goal to consume 20 grams of fiber and work to increase the amount of fiber you consume as the challenge progresses. Remember, 20 grams is the minimum recommended for healthy adults. Gradually increase your fiber grams each week throughout the challenge to receive full benefits, including:

- **Lower Cholesterol** - Foods high in fiber work to lower cholesterol by increasing digestion efficiencies and removing cholesterol from the blood.
- **Lower Blood Pressure** - Clinical studies prove consuming fiber rich foods low in dietary fat, calories and sodium lowers blood pressure.
- **Weight Control** - Eating fiber rich foods requires more chewing and slower eating, so you feel full faster and remain feeling full longer. This means more satisfaction with fewer calories!

Be sure to drink eight glasses of water each day. Adding fiber will decrease the fluid level in your body, so drink plenty of water to aid in fiber digestion and to stay hydrated.

Examples of high fiber foods*

1 cup raspberries = 8 g	1 medium baked potato (with skin) = 4g
½ cup canned kidney beans = 8 g	A bakery size bran muffin = 5 g
½ cup navy beans = 9.5 g	1 cup whole wheat pasta = 4 g
½ cup pinto beans = 8 g	1 cup brown rice = 3 g
1 medium sweet potato = 5 g	1 ounce roasted almonds = 3 g
1 medium pear = 5 g	
½ cup green peas = 4 g	

**A serving is the size of a medium fruit or the palm of your hand.*

Tips for Adding Fiber to your Daily Diet

- Purchase whole grain breads and cereals instead of refined
- When reading nutritional labels, aim for at least 5 grams of fiber per serving
- Eat fresh fruits and vegetables raw with skins
- Add nuts to salads, or snack on almonds, sunflower seeds or soy nuts
- Choose berries (raspberries, blackberries and boysenberries); they have twice the fiber as other fruit selections
- Switch from white to brown for rice, bread and pasta
- Add beans such as kidney, pinto and lentils to soups and salads and puree them as sandwich spreads
- Corn is a whole grain; canned, frozen, on the cob and even popped!
- When baking, use whole wheat pastry flour or whole wheat flour
- Substitute cooked dried beans for part of the meat in casserole recipes
- Make a pot of chili; kidney beans are 8 grams of fiber per one-half cup
- Eat oatmeal for breakfast with berries and start your day with two servings of fiber
- Add wheat bran to packaged cereals, soups and other baked goods
- REMEMBER TO DRINK 8 FULL GLASSES OF WATER DAILY! Liquids help to digest fiber



“Above all, do not lose your desire to walk,”
Soren Kierkegaard

Step Into Health

Walk Your Way to Wellness

Walking is one of the easiest and most accessible forms of exercise. It's a great way to get fit, strengthen bones, tone muscles and help with managing stress. Walking can increase your life expectancy and decrease the likelihood of developing a chronic disease.

By participating in the *Step Into Health Challenge*, you will...

- Receive an incentive to help get you started
- Increase your activity level
- Positively impact your health
- Create a support network to help you succeed
- Learn new ways or how to integrate walking into your life

Let your feet lead you to better health. Start today!

Log Your Steps

Your Challenge Details

Name: _____

Date: _____ Team: _____

Using the table below, keep track of your steps during the week for each Challenge Week here. At the end of each week, log your total steps for the week.

Record Your Baseline and Challenge Goals

Baseline Week 1: _____

Week 2 Goal: _____ Week 3 Goal: _____

Week 4 Goal: _____ Week 5 Goal: _____

Walking Log

Steps per Day

	Week 2	Week 3	Week 4	Week 5
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Steps				
Weekly goal met?	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>	Y <input type="checkbox"/> N <input type="checkbox"/>

3 Easy Steps to Determine Your Baseline & Goals

Step 1

Find Your Baseline.

Your Baseline is the number of steps you average daily.

Set Your Pedometer (follow the instructions included with your pedometer).

Wear your pedometer for three days to track your steps. You may wish to include at least one of your most active days of the week as part of your three day baseline. Keep track of the steps you take each day, record them here and total the amount.

Day 1: _____ Day 2: _____
Day 3: _____ Total: _____

Obtain Your Daily Baseline:

Divide your total steps by three for a daily average. Then multiply by seven.

Example:

3 days = 21,000 steps
 $21,000 / 3 = 7,000$ (Daily Baseline)

Obtain Your Weekly Baseline

Multiply your Daily Baseline by seven.

Example:

$7,000 \times 7 = 49,000$ (Weekly Baseline)

Based on the example above, use your numbers, and record your Weekly Baseline here: _____

Step 2

Where Do You Fall?

Take a look at the chart below to see where you rank on your weekly step activity.

Category	Steps/day	Steps/week
Sedentary	< 5,000	< 35,000
Low Active	5,001 - 7,499	35,001 - 52,499
Somewhat Active	7,500 - 9,999	52,500 - 69,999
Active	10,000 - 12,499	70,000 - 87,499
Very Active	> 12,500 +	> 87,500 +

Target Zones for Pedometer Step Counts in Healthy Adults. Based on values from Tudor-Locke, 2004.

Step 3

Set Your Goals.

Each week you will increase your Weekly Goal by 10%.

(This recommendation is set by the Mayo Clinic and allows for maximizing health benefits without setting goals too high.)

By increasing your steps by 10% each week, you will move from your current stage on the chart (Step 2) to a higher activity level as you progress each week in the Challenge.

Example (From Step 1):

$49,000 \times .10 = 4,900$
(Number of steps to add for Week 1)
 $49,000 + 4,900 = 53,900$
53,900 is the Week 1 Goal.

By choosing to use the Step Into Health Challenge provided at your organization's wellness web site, your goals for Weeks 2-5 will automatically be calculated for you, adding 10% to each week.

You may also record your Baseline (Week 1) and Weekly Goals for Weeks 2-5 on the Log Sheet provided with this brochure (See back page).

In our example, the participant in the Step Into Health Challenge would have moved from Low Active to Active during the duration of the Challenge (See chart in Step 2).

Tips for Walking Safely

- Invest in a good pair of walking shoes and socks to help avoid blisters.
- Stretch before you begin and start with an easy warm-up pace for about five minutes.
- Draw your abdominal muscles in to avoid strain and add stability.
- Stay hydrated. Drink plenty of water before, during and after you walk.
- Protect your skin by wearing sunscreen and a hat if walking outdoors.
- Enlist a buddy to walk with, especially if you are walking in remote areas.
- Let your heels hit the ground first, allowing each step to roll from heel to toe.
- Stand up straight. Leaning forward or backward may strain your back muscles.

If discomfort or pain occur during your walking program, it is best to seek medical attention before continuing in the program. Your doctor is the best source for medical advice for any health concerns that may arise while active in a physical activity program.

Most important, be creative and have fun. Walking can be a lifelong wellness activity that can have a significant impact on the quality and quantity of your life!



Log Your Ounces

Quench Your Thirst™

Drink to your health and Quench Your Thirst with Water!

Why do you need water? It's necessary for digestion and the absorption of vitamins and nutrients. Water also detoxifies the liver and kidneys, carrying away wastes. When it comes to digestion, it's just not happening without water.

If you are dehydrated, your blood thickens, causing your body to work harder to circulate your blood. As a result, your brain becomes less active, you have difficulty concentrating, and you feel tired.

Many of us are chronically dehydrated because we drink coffee, tea, soda and other beverages containing caffeine, which prompts the body to release water. Even worse, when we are dehydrated, we may not know what to drink.

The answer is simple... drink water!

Your Challenge Details

Name: _____

Date: _____ Team: _____

Using the table below, keep track of the ounces you consume each day. At the end of the week, log your total for the week.

Record Your Total Ounces

Week 1 Total: _____ Week 2 Total: _____

Week 3 Total: _____ Week 4 Total: _____

Quench Your Thirst Log

Ounces per Day

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Total Ounces				

Set a Goal

to drink at least eight 8-ounce glasses of water each day!

Why drink more water?

Without chemicals, additives, or anything unnatural, a steady dose of eight glasses of water a day will:

- Improve your energy
- Help you lose weight
- Remove toxins and waste products
- Improve your mental state
- Keep skin healthy and glowing
- Reduce headaches and dizziness
- Allow for proper digestion
- Increase physical performance

Studies show there may be a link between high water consumption and a reduction in the risk of:

- Urinary tract infections
- Colds
- Constipation
- Kidney stones
- Bladder cancer

Sweetened beverages have contributed significantly to the obesity epidemic in the United States. Drinking an average of one sweetened beverage or cola per day, with no other dietary or physical activity changes, will lead to a 10 pound weight gain over one year!

So Choose Water!

*Sources include the Centers for Disease Control and Prevention, the American Cancer Society, the American Dietetic Association, and the Water Quality Association.



Tips for Meeting Your Goal to Quench Your Thirst

- › When you have a junk food craving, down a glass of water immediately. You will feel full quickly and avoid excess calories while allowing time to pass and the craving to fade.
- › Make it convenient; fill a big, plastic, insulated water bottle and keep it on your desk. Reach for it all day. Use a straw and you'll drink more!
- › When you have juice (apple, grape, or orange), fill half the glass with water.
- › Have one glass every hour on the hour while at work. When the workday is done, you've met your water quota.
- › Substitute a cup of hot water with a drop of honey for tea or coffee.
- › After each trip to the restroom, guzzle an eight-ounce glass to replenish your system.
- › Don't allow yourself a diet soda until you've had two to four glasses of water. You will find you won't want the soda anymore, or half a can will be enough.
- › Drink two full glasses at each meal, one before and one after. Also, drink one glass before each snack so you don't eat as much.
- › Carry a small refillable water bottle at all times and drink during downtime: while waiting in a bank line, sitting on the train, in traffic, etc.
- › Bring a two-liter bottle of water to work and try to drink it all before you leave work. If you don't finish, drink it in traffic on the way home - it's a race.
- › Always keep a 24-ounce bottle of water handy while watching TV, doing laundry working in the yard, making dinner, etc.

Your Challenge Details

Name: _____



MAINTAIN *don't GAIN*

Track your weight and your activity progress in this Challenge Tracker or online at www.emersoninspiredwellness.com.

Best of luck, enjoy your holidays, and
MAINTAIN don't GAIN!!!

SEGMENTS	ACTIVITY	WEIGHT/ TOPIC	ACTIVITY COMPLETED
Segment 1: Good Nutrition	Weigh-in (date) _____	_____ lbs.	
	Activity 1		
	Activity 2		
	Activity 3		
Segment 2: Stress management	Activity 4		
	Weigh-in (date) _____	_____ lbs.	
	Activity 1		
	Activity 2		
Segment 3: Fitness Fundamentals	Activity 3		
	Activity 4		
	Weigh-in (date) _____	_____ lbs.	
	Activity 1		
	Activity 2		
	Activity 3		
	Activity 4		
	Final Weigh-in (date) _____	_____ lbs.	



MAINTAIN
don't GAIN

Take the MAINTAIN *don't GAIN* Challenge!

The holiday season, from Halloween to New Years Day, brings additional commitments and obligations for most people. You may experience more stress, spend less time preparing healthy meals and be less active. An abundance of special occasions, parties and food-related gifts can derail even the most diligent dieter.

The **MAINTAIN *don't GAIN*** challenge will help you maintain your current weight through the holiday season. You'll receive tips to avoid common pitfalls that lead to weight gain and you'll learn to set realistic healthy lifestyle goals for the New Year.

How to participate in the MAINTAIN *don't* GAIN Challenge!

- 1) Begin the challenge by weighing yourself with your onsite Health Coach and recording your weight on the Challenge Tracker on the back of this page, or by going to your wellness website and clicking on the "Challenges" link from the home page. Click **MAINTAIN *don't* GAIN** and click register now/start my challenge.
- 2) Complete an activity each week, check it off on your Challenge Tracker. Weekly activities guide you in learning to eat properly, manage stress and add more physical activity to your life during the holiday season. Weigh yourself during onsite Health Coaching visits and record your weight on your Challenge Tracker.
- 3) Upon completion of your final activity, weigh yourself with your onsite Health Coach a final time and record your weight. If you made it through the hectic, demanding holiday season without gaining weight, give yourself a pat on the back! If not, simply continue using the tips you've learned to make healthy lifestyle changes throughout the year.



Segment One: **Good nutrition**

Busy days and nights can still be filled with nutritious foods, if you plan properly and shop wisely. Learn more by completing these following activities during segment one:

Activity One: Discover how to add more fruits and vegetables to your meals and eat at least five servings of fruits and vegetables each day.

Activity Two: Receive tips on cooking with fruits and vegetables, and prepare one new recipe this week.

Activity Three: Shop for fruits and vegetables by their color and plan a menu that includes a greater variety of nutrients.

Activity Four: Learn what organic food is and include at least one organic food item in your menu this week.

MAINTAIN *don't* GAIN



Segment Two:

Stress management

You'll learn how to recognize stressors and manage them better by completing the following activities in segment two:

Activity One: Find out "What's Bugging You?" by taking this quiz.

Activity Two: Learn about relationship stress and use one of the recommended techniques with your spouse, child, or friend.

Activity Three: Take a few minutes to think about all the things you have, rather than the things you don't have.

Activity Four: Discover alternative stress relief methods, such as yoga and aromatherapy, and practice one of these new techniques for one week.

Segment Three:

Fitness fundamentals

Learn the basics of fitness, and how to add more physical activity to your life by setting realistic goals.

Learn more by completing the following activities during this segment:

Activity One: Learn the importance of setting realistic goals, and set at least one physical activity goal to carry over into the New Year.

Activity Two: Overcome time constraints and try at least one tip for fitting physical activity into your busy day.

Activity Three: Know the importance of good nutrition and proper hydration when you are physically active, and consume at least eight 8-ounce glasses of water each day.

Activity Four: Learn some basic exercise guidelines and complete 30 minutes of moderate activity for three to five days in the week.

