



Goal Setting: Steps to a Healthier You

Why your weight matters

Extra weight may put you at higher risk for:

- Type 2 diabetes
- High blood pressure
- Heart disease and stroke
- Most types of cancer
- Sleep apnea
- Problems with pregnancy
- Decreased fertility
- Arthritis
- Metabolic syndrome
- Osteoarthritis

How to achieve a healthy weight

Make realistic weight loss goals. Aim for a slow, modest weight loss of 1-2 pounds (lb)/week. Losing just 10% of excess body weight can have positive effects on your health.

Your current weight is _____ . A 10% weight loss for you is _____ lb.

Steps to a healthier you

The following suggestions can help you improve your health and well-being. What changes will you make?

Move it and lose it

An increase in physical activity is an important part of your weight loss/management program. In addition, exercise has a benefit of reducing risks of cardiovascular disease and diabetes, beyond that produced by weight reduction alone. Other benefits of exercise include increased energy, a sense of well-being, and stress relief.

Begin your exercise program slowly and gradually increase the intensity. Choose what you like to do, but aim for daily aerobic activity. Include some weights and stretching. You do not need to focus on a planned workout.

Maybe your goal is as simple as increasing the amount of steps you take. Count your steps using a pedometer and increase your step average as a weekly goal. It is recommended that you aim for 10,000 steps (5 miles)/day.

A good goal is to stay physically active for 30-60 minutes on most days of the week.

You currently exercise/walk _____ . Your goal is _____ .

“Break the fast” and do not skip meals

People who eat breakfast are less likely to overeat later in the day. Studies show that people who skip breakfast and eat fewer times during the day are usually heavier than people who eat a healthy breakfast and three meals/day. This is possibly because people who skip meals tend to feel hungrier later on and eat more than they normally would. Eating many small meals throughout the day also may help people control their appetites.

You currently have _____ meals/day. Your goal is to eat _____ meals/day.

Watch your portions

Studies have shown that if we see more, we eat more. Use smaller platters and bowls as serving dishes, and choose smaller plates, bowls, and cups when eating. Order small-sized portions when going out to eat, or split a meal with someone or take half of it home.

Eat mostly whole foods that are plant based

Eat a colorful mix of vegetables and fruits each day. Vegetables and fruits of different colors are a good source of vitamins, minerals, and phytochemicals, which help to prevent heart disease, diabetes, and cancer. Fruits and vegetables are also good sources of fiber.

Choose colorful foods such as:

- Spinach
- Kale
- Eggplant
- Carrots
- Sweet potatoes
- Red peppers
- Berries
- Mangos
- Kiwi
- Apricots
- Apples
- Plums
- Tomatoes

Aim for at least five servings of vegetables and fruits/day. A serving size is ½ cup cooked, 1 cup raw, or one piece of fruit the size of a closed fist. Vegetables are much lower in calories than fruit, and contain a healthy dose of fiber, vitamins, minerals, and helpful phytochemicals. It is best to choose more vegetables than fruit.

Your current intake of vegetables and fruits is _____. Your goal is _____.

Fill up on fiber

Eating more fiber may help lower calorie intake, and it promotes good intestinal health. Aim for 25-30 grams (g) of fiber/day.

High-fiber foods include:

- Beans
- Berries
- Avocados
- Bran
- Peas
- Corn
- Figs
- Lentils
- Whole-grain breads, pastas, and tortillas
- Apples
- Pears
- Oatmeal
- Green-leafy vegetables

You eat about _____ high-fiber foods/day. Your goal is to eat _____ high-fiber foods/day.

Limit sweets and snacks

Aim fruit, vegetables, frozen bananas, organic string cheese, Greek yogurt, nuts in moderation, and bean dips for healthy snacks.

Sleep right

Get 7-10 hours of sleep/day. Any more or less can lead to weight gain.

Other goals you have chosen and why they are important to you:

****Life is a journey that must be taken one healthy step at a time.****