MISSOURI DEPARTMENT OF
HEALTH &
SENIOR SERVICES

WISEWOMAN Program

Stroke and Cardiovascular Disease Prevention for Women

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WISEWOMAN Program

About WISEWOMAN

Vision

A world where any woman can access preventative health services and gain the wisdom to improve her health.

Mission

To provide low-income, under-insured or uninsured 40-64 year old women with the knowledge, skills and opportunities to improve diet, physical activity, and other lifestyle behaviors to prevent, delay and control cardiovascular and other chronic diseases.

Why is WISEWOMAN important?

- 80,700,000 American adults have one or more types of cardiovascular disease.
- Cardiovascular disease includes stroke, high blood pressure, congestive heart failure, birth heart defects, hardening of the blood vessels, and other disease of the circulatory system.
- One in 3 female adults has some form of cardiovascular disease.
- More female lives are lost due to cardiovascular disease than by cancer, chronic lower respiratory disease, Alzheimer's disease, accidents, and diabetes combined.

What services does WISEWOMAN provide?

- Blood pressure testing.
- Cholesterol testing.
- Glucose (blood sugar) testing for pre-diabetes and diabetes.

**If you meet eligibility requirements and agree to participate, initial screening costs are free. If you need medications or other services, we will help to refer you to low or no cost medication assistance programs.*

WISEWOMAN also provides services to help women improve their blood pressure, cholesterol, and blood sugar levels, such as:

- Nutrition education.
- Physical activity information.
- Referrals to health care providers.
- Referrals for stop-smoking programs.
- Referrals for low-cost medications for blood pressure and cholesterol.
- Referrals to diabetes education classes if needed.

Please consult your health care provider before beginning any diet or exercise program.

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Tips for Eating Fruits and Vegetables

- Eat more dark green and orange vegetables. Both contain high levels of potassium. Substitute your rice or pasta with broccoli, carrots, squash or leafy lettuces. For salads, substitute oil and vinegar for other bottled dressings that are high in salt and corn syrup. In order to cut costs, buy vegetables in season, buy in bulk or grow them on your own. You can also substitute frozen vegetables for fresh vegetables. Add extra veggies to your salads; you can get an additional serving and the vegetables will make you feel fuller.
- High in carbohydrates. Instead, choose more colorful vegetables such as a vegetable dish containing sliced potatoes, carrots and green beans. For extra flavor, sprinkle vegetable oil and herbs or other low-sodium seasonings.
- Vary your meals by using vegetables. For omelets, use less cheese and add more vegetables such as onions or mushrooms. Add lots of sliced vegetables such as lettuce, tomatoes, and onions to sandwiches and wraps. When buying frozen or canned vegetables, choose options that have low or reduced sodium.
- Eat four or more servings of fruit daily. Add fruit to your cereal or use ripe fruit to make a smoothie. Whole fruit makes an easy snack or dessert while providing more fiber than fruit juice.

Tips for Eating Bread, Grain and Cereal

- Choose whole grain breads. Breads that contain whole wheat flour or whole grain listed as the first ingredient. Choose breads that feel firm and contain at least two grams of fiber per slice. Select other whole grain foods such as brown rice, oats, and wheat pasta to get fiber and B vitamins.
- Eat whole grains for breakfast. Avoid eating cereals with extra added sugar, instant grits, and other cereals with added salt. Choose whole grain cereals for breakfast or snacks.

Tips for Eating Red Meat

- **Eat healthier lunches**. Choose light tuna in water, sliced ham, turkey or chicken, low-fat cheese, peanut butter and jelly or a banana for lunch, instead of hotdogs, bologna, and salami.
- **Limit your intake of beef or pork high in saturated fat**. Trim off the extra fat. For beef, buy lean cuts such as sirloin, round or loin. For pork, choose trimmed pork chops, fresh ham, or shoulder. Keep the serving sizes to 3 ounces (about the size of a deck of cards).
- **Prepare a healthier hamburger**. Choose extra lean or lean hamburger or ground turkey. Grill the patties and drain off excess fat. Keep away from hamburgers with sauces and lots of cheese. To stretch out your burger mix the meat with vegetables, beans, brown rice or whole grain pasta. Add in vegetables by using grated carrots. Choose to eat your hamburger with a whole wheat bun, or no bun at all. Load your burger with tomatoes, cucumbers, onions and spinach leaves for a healthy option.
- **Eat more chicken and turkey**. Bake, broil or barbecue chicken, adding a little olive oil to keep the meat moist. If you fry chicken, use olive, canola or other vegetable oils. Eat turkey instead of beef or pork. Add grilled chicken or turkey to salads. Try turkey sausage or turkey meatballs as a substitute for red meat.
- **Choose fish more frequently**. Bake, broil or barbecue your fish. Eat fish that have healthy fats like canned light tuna in water, sardines, herring, canned or fresh salmon or lake trout. Some fish contain mercury which can be harmful if eaten in large amounts, so choose fish with low levels of mercury.

Tips for Eating Beans and Nuts

- **Eat more beans and peas**. Replace your meat with peas or beans. When eating canned beans, choose low-salt or drain and rinse canned beans.
- **Choose nuts and nut butters more often**. They are a good source of healthy fats, but remember nuts are high in calories. Choose unsalted or lightly salted nuts. Avoid nuts with any added sugar. Walnuts and almonds are great for a heart healthy diet.

Tips for Eating Dairy and Milk Products

- **Use low fat milk and yogurt**. Use 1% or 2% or skim milk or buttermilk, to cook with milk instead of cream. Spice up your low fat or nonfat yogurt with whole fruit (this has fewer calories than the pre-packaged yogurt with the fruit mixed in). For coffee, substitute reduced fat milk or evaporated milk instead of creamers.
- **Cut back on high-fat cheeses**. Try sharp cheeses such as cheddar or Parmesan. Don't add a lot of cheese to sandwiches. Regular cheese is high in saturated fat and sodium. Limit your cheese on pizza and cream cheese toppings on sandwiches and bagels. Choose cheeses that are low in salt such as mozzarella or swiss.

Tips for Eating Toppings, Oils, and Seasonings

- Try healthier toppings. Instead of sour cream, use buttermilk or plain Greek yogurt (which has more protein than regular yogurt) on baked potatoes and other recipes. Plain yogurt also makes a healthier topping for desserts and fruits.
- Use less gravy. Try using tomato, barbecue, worcestershire, low sodium soy, or steak sauce on meat, but be careful of sauces high in sodium. Marinate meats and poultry in low-calorie salad dressing instead of buying high sugar marinates.
- Choose trans fat-free margarine. Regular stick margarines and shortening are high in trans fats. Refrain from using lard, which is high in saturated fat.
- Cook with vegetable oil. When frying, vegetable oils and sprays are better for your heart than bacon grease or shortening. Use just enough oil to keep the food from sticking. When baking, use vegetable oil instead of margarine, lard, butter or shortening.
- Use healthy seasoning for vegetables and salads. Replace fatback, side meat or stick margarine with healthier choices such as: a small amount of lean ham, onions and garlic with vegetable oil, vinegar or lemon juice, low-sodium bouillon fresh or dried herbs, or a small amount of trans fat-free margarine. Make your own olive oil and vinegar dressings for salads in replace of bottled dressing.
- Stay away from salt. Buy foods that have low or reduced salt. Restaurant meals often have a lot of salt, so eat out less or request special preparation. Taste your food first before salting. Add some of your favorite herbs and spices instead of salt. Be careful of packaged meals with noodles. They can be high in salt and trans fats.

Tips for Eating Sweets, Snacks Or Eating Out

- **Look out for sweets**. Fill up on healthy foods so you are not as hungry for sweets. Save sweets for special occasions, and when you do eat them, eat small amounts. Opt for fruit for dessert instead of doughnuts, sweet rolls, pies, cakes, cookies, candy bars, milk chocolate, caramel candies and cream-filled desserts. Small amounts of dark chocolate are okay 2-3 times a week. Stay away from processed foods with added sugar when you can. These are foods like salad dressings, spaghetti sauces, ketchup, baked goods and bread.
- **Use caution when choosing cold and frozen desserts**. For summer desserts, choose a slice of watermelon, popsicles or bowl of berries with plain yogurt. Try making homemade sherbet or fruit ice. Instead of ice cream, eat a small amount of ice milk, sherbet or frozen yogurt, but not frequently. Ice cream can have added sugar and be high in calories.
- **Go light on chips and crackers**. They can be high in trans fats. Choose whole grain crackers with no trans fats and look for snack foods that are unsalted or lightly salted. Instead, choose raw vegetables or fruit, a small handful of nuts or unbuttered popcorn.

Tips on Choosing Beverages

- **Choose healthy drinks**. Stay away from drinks full of sugar and empty calories like sodas, bottled fruit drinks and sports drinks. Avoid drinks high in fructose corn syrup, corn syrup or corn sweetener. Choose drinks low in sugar. Ask for water with a lemon or lime for a hint of flavor.
- **Choose small amounts of 100% fruit juice**. Aim for 8 ounces or less a day. Choose whole fruit instead of juice when possible. Make your own fruit-flavored water by adding a splash of 100% fruit juice to cold water.

Be Aware of Fats

- **What are the types of fat?**

Our bodies need fats to perform many functions, but it is important to know which fats are best for you. The fat we eat in foods are:

- Trans fats or trans fatty acids.
- Saturated fats.
- Unsaturated fats (monounsaturated and polyunsaturated).

- **Trans fats**

Trans fats are created when liquid vegetable oils are converted into solid fats for margarine, shortening or deep-fat frying. They can increase your chances of developing heart disease and diabetes, even if you don't eat a lot of them. To avoid health risks, it is best to eat little or no trans fats. They are found in foods like:

- Baked goods, packaged snack foods, doughnuts, crackers and chips.
- Greasy, crisp fried foods and biscuits from fast food places and restaurants.
- Hard stick margarine.
- Shortening.

Avoiding Trans Fats

For most adults, as little as 2-7 grams of trans fat a day can be harmful. Some food labels may say "0 trans fat" when the food has less than 0.5 grams of trans fats per servings. The only way to check for trans fats is to check the list of ingredients for "partially hydrogenated vegetable oil" or "hydrogenated vegetable oil".

Saturated Fats

Too much saturated fat can lead to heart problems. It is recommended you eat less than 20 grams of fat per day. Saturated fats are mostly hard or solid fats found in food from animals like:

- Fatty meats, ribs, ground beef, steak, barbecue, salt pork and fatback.
- Processed meats, bacon, sausage, bologna and hot dogs.
- Cheese.
- Whole Milk.
- Ice Cream.
- Cream.
- Butter.
- Lard.

Unsaturated Fats

Unsaturated fats are softer, more liquid fats that are better for your heart. These include:

- Vegetable oils.
- Salad dressings made with vegetable oils.
- Trans fat-free margarine spreads.
- Fish-salmon, tuna and sardines.
- Peanut butter and other nut butters.
- Nuts & Olive Oil.

To lower your risk of heart disease choose foods low in trans and saturated fats such as:

- Fruits and vegetables.
- Beans.
- Whole grains.
- Lean meats, chicken, turkey and fish.
- 1 percent or skim milk, low-fat cheese, and low-fat or nonfat yogurt.

Section 2 - Cholesterol and Blood Pressure

Keeping Your Cholesterol In Check

In order to be healthy, your body needs a little cholesterol. However, too much cholesterol can lead to heart disease and stroke, the two leading causes of death in the country. The food you eat can affect your cholesterol level.

LDL and HDL Cholesterol

- LDL is “bad” cholesterol. LDL cholesterol should be below 100 mg/dL and 70mg/dL for those who have heart disease.
- HDL is “good” cholesterol.
- A good total cholesterol level should be below 200 mg/dL and 150 mg/dL for those with heart disease.
- Triglycerides, another fatty substance in blood, should be less than 150 mg/dL.

**See chart for more explanation*

High Cholesterol

Too much cholesterol in the blood can cause the walls of your blood vessels to enlarge with cholesterol deposits. This can lead to heart attacks and strokes.

Lowering Cholesterol

To lower cholesterol, cut back on the amount of trans fat, saturated fat and cholesterol you eat. It also helps to be active. *Talk to your health care provider about cholesterol.*

Watch Out for Salt

Too much salt in your diet can lead to high blood pressure, which is bad for your heart. Most of the salt Americans eat comes from processed and restaurant foods.

Tips For Keeping Your Heart Healthy And Your Blood Pressure Down

- **Check food labels for sodium**. One level teaspoon of salt is approximately 2,300 mg. Try not to go over this in one day. Look for foods that have less than 300 mg of sodium in a serving or foods that say no salt added or low or reduced sodium.
- **Keep an eye out for salty foods**. Boxed dinners, canned soups and vegetables, frozen vegetables with sauces and cheese sauces are often high in sodium. Check the labels between brands to look for low-sodium option. If you eat frozen dinners, try to eat them only once a week. Cut back on hot dogs, lunch meats and cured meats. If you eat salty snacks, do so in moderation.
- **Stay away from the salt shaker**. Taste your food first before salting. If a recipe calls for salt, try adding half of the amount. Try to keep salt shaker away from where you cook or eat.
- **Try herbs and spices**. They add flavor without adding salt. Be careful, because some seasons and sauces have a lot of salt such as poultry seasoning, soy sauce, barbecue sauce, ketchup, some hot sauces, and spaghetti and tomato sauces.

Section 3 - Understanding Food Labels

Serving Size
Pay attention to how much you are eating compared to the serving size. Then, adjust the nutrition facts to your portion size.

Calories
Looking at calories before eating can help you manage your weight. Usually 40 calories per serving is low calorie, 100 is moderation, and 400 or more is high.

Saturated Fat
For a healthy heart, try to eat less than 20 grams of saturated fats per day.

Trans Fat
These fats are bad for your heart, so try not to eat any. A label may say “trans fat =0g” but if the ingredient label shows partially hydrogenated vegetable oil, it still contains trans fats.

Cholesterol
Keep this as low as possible.

Sodium
Keep this level at less than 2,300 mg per day.

Total Carbohydrate
The more physically active you are, the more carbohydrates you can eat without putting on weight. Good sources of carbohydrates include whole grains, breads, fruits and vegetables.

Dietary Fiber
Aim for 25-35 grams daily to lower cholesterol and keep you regular.

Sugars

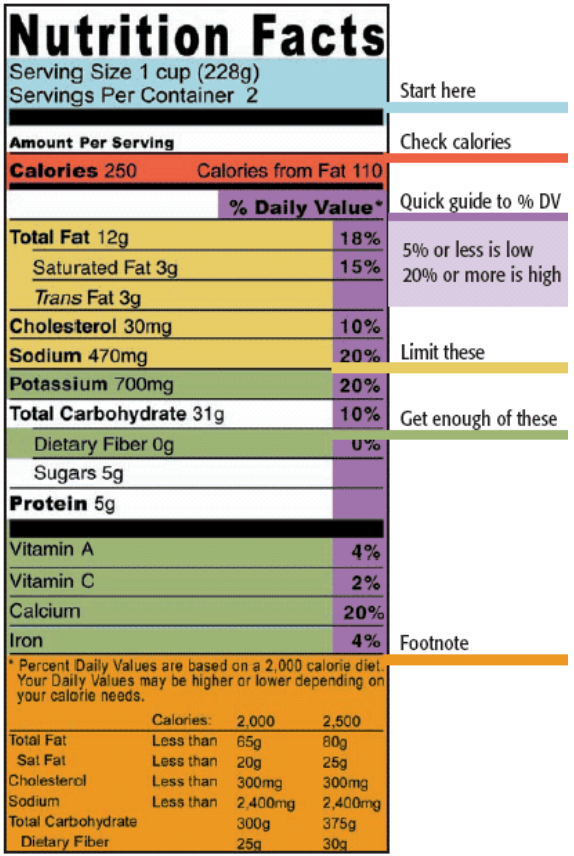
These include naturally occurring sugars found in things like fruit and milk, and also sugars added to food or drinks. Read the list of ingredients to avoid foods that contain high fructose corn syrup or other added sugars.

Protein

Most Americans can get more than the amount necessary protein, but be careful. Animal proteins contain a lot of saturated fat and cholesterol.

Vitamins and Minerals

You should get 100% of Vitamin A, Vitamin C, calcium and iron daily. To do this, eat a variety of foods, especially fruits, vegetables, and low-fat or nonfat daily products.



At Work

- If you sit a lot, get up and move every hour or so. You can stretch at your desk, march in place, or walk up and down the stairs.
- Use your breaks to walk.
- If you work on a line where you are mostly standing, try walking in place or moving your arms.
- Take 5-10 deep breaths and sit up tall when you are feeling stressed.

TV and Seated Hobbies

- Stretch your body while sitting.
- Watch only the shows you really have to see on TV.
- Try setting on an exercise or yoga ball. This will help burn calories, but also build muscle as you will have to concentrate to stay on the ball.
- Use your exercise bands while watching TV. Start using them during commercials and build up to doing them during a 30-minute TV show.
- Take exercise breaks or walk around when you are on the phone.
- Do leg and foot exercises while you are reading or knitting. For a break, take a quick walk.

Household Chores

- Scrub harder and longer.
- Help out friends or family by taking out the garbage.
- Put on music and turn your cleaning into a dance session.
- Make numerous trips up and down stairs.

Child and Elder Care

- Play active games with children. When you take them to the park, push them on the swing, or take your turn at bat during a baseball game, shoot some hoops. You will both have some fun.
- Help the kids warm up for the game by doing some stretches with them.
- Go for long walks with children or take elders in a wheelchair.
- Do some stretch band exercises if you do a lot of sitting and watching.
- Do chair exercises or stretch.

Yard Work and Gardening

- Put in extra time.
- Raking leaves, chopping wood, or hoeing is a good workout.
- Use a push mower instead of a riding mower.
- Use a hose or water the grass instead of using a sprinkler.
- If you have a yard, plant a garden to get exercise and fresh veggies.
- If you don’t have a yard, sweep your sidewalks and walkways.

Church and Social Group Activities

- Organize a walking group.
- Help set up and clean up for events.
- Move to the music if you sing in a choir.
- Try an outdoor gardening or social dancing club.
- Get involved or start a health committee to plan the activities you want to try.

Walking or Bicycling for Transportation

- Choose the stairs over the elevator.
- Run errands and visit people on foot.
- Choose walking over driving when applicable.
- If you drive, park in the farthest parking spot.
- Walk your dog or push your children in a stroller for 20-30 minutes.
- Walk or bicycle with your child to and from school.
- Swing your arms when you walk.

Exercise and Sports

- Choose the activity that is right for you and stick to it.
- Stay active longer by adding 3 minutes to each workout each week.
- Work out harder by increasing your repetitions or pace to your traditional workout.
- Drink a lot of water.
- Laugh and have fun while learning new activities or being more active it will help relieve stress, workout muscles in your middle, and put a smile on your face.

Strength Training

- Start slow, and work your way up to more weight.
- Do exercises at home with stretch bands or weights.
- Start with 6-8 repetitions and add two more each week.
- Ask a trainer at the gym to help you establish a strength training program.

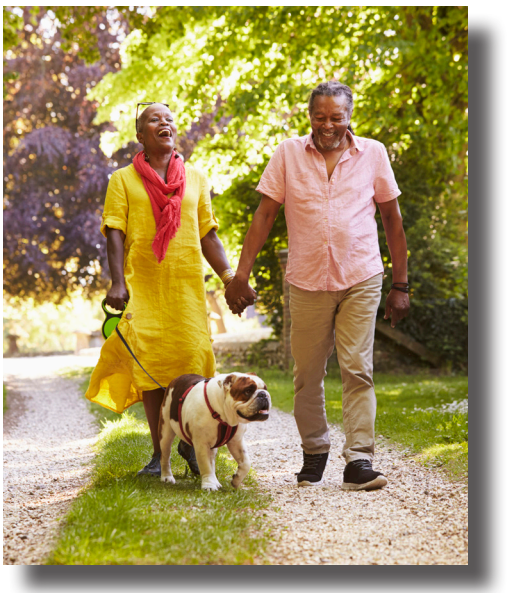
Stretching

- Stretching should never hurt.
- You can stretch while sitting, standing or lying down.

Becoming More Active

Physical activity can help you live healthier and feel better. Health experts recommend doing different types of physical activity such as moderate or vigorous intensity activities, strength training and stretching exercises.
Regular physical activity:

- Improve blood pressure and cholesterol.
- Lower the risk of developing heart disease, cancer and diabetes.
- Help you manage or lose weight.
- Relieve stress.
- Have more energy.
- Sleep better.
- Decrease lower back pain.



Becoming More Active - Tips!

- Plan activities you can fit into your busy schedule. Put more strength into your daily tasks. Take a break to do a fun activity like walking with a friend, dancing, or try a favorite sport or hobby.
- Start slowly, then work your way up to more activity. Set attainable goals. As you get in shape, you'll feel less out of breathe and your heart won't have to work as hard. Avoid injuries by warming up slowly and pacing yourself.
- Make physical activity a top priority. If time is a factor, three 10 minute sessions of activity can be as good as one 30 minute session. People who are active for 30 minutes or more a day decrease their risk of health problems. Tell your family and friends that staying active is more important to you, and ask them to help you set aside time.
- You can stay active without spending a ton of money. Walk around the mall, local track or neighborhood. Choose to walk instead of driving. Look for used exercise equipment at thrift shops and yard sales.

Tips for Safe Physical Activity

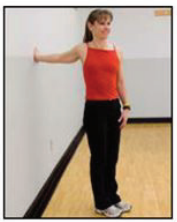
- If you are overweight, try exercises like bicycling or water exercises where you don't have to support your body weight. Build up your strength slowly and increase your activity level. Avoid injuries by wearing supportive shoes with a lot of cushion.
- If you have high blood pressure, drink a lot of water. Try activities that use repetitive motions like raking or walking. Avoid activities that cause your muscles to tighten for a long period of time, such as moving heavy objects. Remember to take your blood pressure medication.
- If you have heart disease, warm up your body and set a steady, comfortable pace. If you feel short of breath or have chest pain, stop immediately. Take your heart medicines, and talk to your health care provider about what physical activities are best for you.
- If you have bone, joint or tendon problems, chair activities without weights and water exercises may be best. Avoid activities that put a lot of strain on the joints such as running, jogging and jumping jacks. Give your joints time to rest between activities.

STRETCHING EXERCISES

Practice correct form illustrated in the pictures. Do each stretch 1-2 times, holding for 15-20 seconds.

WALL CHEST STRETCH

- Place the palm of your hand on a wall at shoulder height or lower, with fingers pointing behind you
- With your arm straight, and palm on the wall, turn your body away from the wall until you feel a stretch in your chest
- Stand tall, keeping your hips under your shoulders
- Repeat on other side



SHOULDER ROLLS

- Sit or stand tall
- Bring shoulders to ears
- Pull back and depress down
- Relax and repeat

SHOULDER STRETCH

- Sit or stand tall
- Move one arm across body at low chest height
- Take other arm and gently hug the arm on your chest into your body

FIGURE 4

- Sit tall in a chair with hips and knees at about 90 degree angle
- Cross one leg over the other
- Keep back straight and lean forward
- Modification: allow bottom leg to remain straight at the knee and cross stretching leg onto shin

Section 5 - Portion Control

Controlling how much you eat is important if you want to maintain or lose weight. To learn more about portion size read food labels. Most packaged foods have a label that tells you how much one serving is. Ask yourself if that is how much you usually eat. Put the right amount on your plate. Use measuring cups and spoons to measure your portions.

Meat, Fish or Chicken

Use a food scale to measure the right amount (usually 3 ounces). This is about the size of the palm of your hand or a deck of cards.

Breakfast Cereals, Soups and Salads

A serving size is usually one cup, or the size of both your hands cupped together.

Whole Grain Pasta, Brown Rice, Old-Fashioned Oatmeal, or Fruit Salad

A serving size is ½ cup, which is about the size of one hand cupped.

Butter or Trans Fat-Free Margarine
The serving size is about one teaspoon, or the size of a fingertip.

Salad Dressing and Sour Cream
The serving size is two tablespoons, or the size of a ping-pong ball.

Beverages
For hot and cold beverages, a serving is 8 fluid ounces, or about the size of your fist.

Section 6 - Healthy Weight

How much you weigh can depend on the lifestyle you live and the genes you've inherited. Being as skinny as a model doesn't necessarily mean that's what is healthiest for you. Not everyone has the ability to be thin, but by making the right choices, you can work on becoming healthier.

Body Mass Index (BMI)

Body Mass Index adjusts your weight to your height. The higher your BMI is, the greater the chances are you will develop heart disease, stroke, high blood pressure, diabetes, osteoarthritis, cancer or sudden death. Body Mass Index is a simple calculation using a person's height and weight. The formula is BMI=kg/m^2.

BMI Intervals

Less than 18 - You are underweight. The chance of you developing heart disease and diabetes is low, but being underweight can be unhealthy. If you experience sudden weight loss without trying, talk to your health care provider. This could be a sign of a health problem.

Between 18-24 - You are at a healthy weight. Your weight does not increase your chance of health problems. However, your cholesterol and triglyceride levels, blood pressure and family history may increase your chance of heart disease. Talk to your health care provider to find out how to decrease these risks.

Between 25 and 29 - You are overweight. There is a greater chance your weight will contribute to health problems. You should add a healthy diet and exercise into your daily routine to balance your weight.

30 and over - You are obese. The chance you will develop health problems is high. Make life changes to lose weight by eating well and staying active. Bringing your weight down will decrease your risk of health problems.

Body Shape

People are born with three basic body shapes: bananas, pears and apples.

Bananas - These people are tall, thin with low body fat. They may have trouble gaining weight or muscle.

Pears - These people are larger at the bottom than the top. They have moderate body fat and gain and lose weight easier than the bananas.

Apples - These people carry more weight around their waist and chest than their hips. They usually have bigger bones, medium to large percent of body fat, and have a harder time losing weight.

Body Shape and Health

Your health is affected by how much body fat you have and where is it located. Apple-shaped people have a greater risk of developing heart disease, diabetes and other diseases. You can't change the shape you were born with, but you can take steps to stay healthy such as eating healthy and exercising. Apple-shaped people especially need to keep their weight at a healthy level.

Determining Your Body Shape

- Take a cloth tape measure and wrap it around your waist, right about your belly button. Write down the number in inches.
- Then, wrap the tape measure around the biggest part of your hips and write down the number in inches as well.
- Compare the two numbers. If you waist is bigger, you are apple-shaped. If your hips are bigger, you are pear-shaped. If they are the same, you are banana-shaped.
- If your waist is more than 35 inches, there is a possibility you will have future health problems like type 2 diabetes, high blood pressure and heart disease.

Losing Weight

By using the health weight chart, set your goal to lose 5-10% of your body weight. Losing 5-10% of your body weight can decrease your risk of heart disease and diabetes. It is also an obtainable goal; giving your confidence to lose more and helping you feel better. If you want to lose more weight, go for it! Make sure to take things slow. Losing more than 1-2 pounds a week is unhealthy, and it is also harder to keep the weight off.

Balancing Calories

Calories in food come from fat, carbohydrates (starches and sugars), protein and alcohol. Fat and alcohol have the most calories per gram. You burn some calories just by breathing, but more are used when you are physically active. A brisk walk for one mile burns about 100 calories.

Please consult your health care provider before beginning any diet or exercise program.

Cutting 500 Calories A Day

- Drink water instead of a 12 ounce can of soda at lunch. (-140 calories)
- Eat a medium apple for dessert instead of a fudge nut brownie. (-259 calories)
- Go for a 15-20 minute brisk walk after dinner. (-100 calories)

= - 499 calories

Setting Weight Loss Goals

Think SMART

Specific - Choose an activity and when and how you will do it.

Measurable - Instead of planning to lose weight, decide how much and when you want to lose.

Achievable - Pick a goal you know you can reach.

Realistic - Don't choose an activity that will be too hard to accomplish.

Time-bound - Set a time limit to meet your goal to help you stay motivated.

Stepping on the Scale

If you are trying to lose weight, don't weigh yourself more than once a week. Weighing yourself daily is not helpful because your weight doesn't change much day to day, and weighing yourself often can make you feel more pressure. If you are trying to maintain your weight, weigh yourself more frequently. It makes it easier to stay on track with your diet and exercise habits. It's easier to get back on track after 2 pounds rather than 5.

Six Keys To Weight Loss & Maintaining a Healthy Weight

- **Be aware of what you are eating and how much you are eating**. Keep a food diary of everything you eat and drink. Stop eating when you feel full instead of stuffing yourself. If you think you can stop eating and not feel hungry, don't continue eating. Don't eat while you are driving, talking on the phone, watching TV or reading. Eating while doing these activities can lead to overeating.
- **Control what you eat**. Plan meals and snacks ahead of time so you're less likely to eat out or make bad decisions. Shop from a list so you don't buy foods you don't need. Keep healthy food stocked in your house and quick, healthy snacks handy for when you don't have time to cook. Measure your portion sizes. Rather than eating in front of the TV, eat in the kitchen or dining room, but refrain from having seconds. Eat out less often to save time and money.
- **Eat healthier**. Stay away from fried foods. Choose a small handful of nuts instead of chips, and have fresh fruit for dessert. Make your own olive oil and vinegar salad dressings. Choose sharp cheeses. Eat five or more servings of vegetables and about four servings of fruit daily. Make water your number one beverage.
- **Do regular physical activity**. On most days, do 60 minutes of physical activity. Be aware of how active you are, and over time, increase your activity to lose weight and keep it off.
- **Get support and learn to cope with stress**. Get support from people you know. Try to deal with stress in a healthy manner. Stress can lead to emotional eating and weight gain.
- **Plan on having bad days**. Everyone has days where they don't diet or exercise as planned. Don't quit your diet, but continue with your healthy choices the next day.

Tips for Success

- Eat low-calorie foods low in saturated and trans fats.
- Eat breakfast every day.
- Eat three meals and two snacks each day.
- Watch very little TV.
- Have 60 minutes or more of physical activity daily.
- Choose your favorite physical activities daily.
- Eat fast food less than once a week.
- Eat at non-fast food restaurants about 2-3 times a wee
- Weigh yourself at least once a week.

Instead of Smoking...

- Look for different activities to give you a boost. Go for a walk, stretch, take a break from what you're doing or take a deep breath.
- Look for other ways to relax. Take a bubble bath or a long shower. Drink a hot cup of tea, take a nap, work on a hobby, read a book, or visit a friend who does not smoke.
- When you are feeling sad or lonely, reach for something else. Call a friend or go for a walk.
- Admit you are addicted and break the cycle. When you feel like smoking, try waiting an extra 5 then 10, then 15 minutes until your next cigarette. Count backwards from 100 until the urge subsides. Every time you don't smoke, reward yourself. Ask your pharmacy about a nicotine patch, gum, or lozenges. Talk to your doctor about quitting or join a Quit Smoking program. Call the toll-free Quitline at 800-QUIT-NOW or 800-784-8669.
- Ditch the habit. Ask yourself if you really want the cigarette. Do something else with your hands like doodling or carry a coin. Take a walk instead of a cigarette break. Be aware of activities that make you want to smoke, and replace them with healthy habits.
- Plan a special treat for yourself with the money you've saved from not smoking after 6 months.
- Do not let the fear of weight gain stop you from quitting. Smoking is worse for your health than gaining a few pounds. Keep something in your mouth, like gum, and drink extra water. Keep healthy snacks nearby.
- Talk to family and friends. Ask them not to smoke around you and try to have them help you quit. When you are quitting, visit friends who don't smoke.
- Have confidence in yourself. Choose a date to quit. Remind yourself of why you are quitting. When you have big and small successes, reward yourself.

- Keep busy. Go outside for a walk and put your energy into projects that require physical activity. Go places where smoking is not allowed.
- Be persistent. Find something else to do when you have the urge to smoke. Tell yourself things will get better. Exercise to relax. Ask others to be patient, and stay away from things related to smoking.
- Prepare to quit. Imagine yourself as a non-smoker and prepare yourself spiritually. Plan for the challenges and how you are going to deal with them. Set date to quit smoking and stick to it. Eat healthy, remain active, and get enough sleep.
- Ask for help if necessary. You can the call toll-free quitline at 800-QUIT-NOW or 800-784-8669. A health professional will work with you right away.

Section 8 - Prediabetes/Diabetes

Prediabetes

Before people get diabetes, they almost always have prediabetes. This is when your blood glucose level is higher than it should be, but not high enough to be considered diabetes. A health care provider can tell if you have prediabetes. There are two methods used to test for prediabetes, one method is a fasting blood glucose test, which gives the results of the blood glucose level at that specific point in time. Normal is a score less than 100. Prediabetes is between 100-125. Diabetes is greater than 126. Another test is the A1C test which provides an average blood glucose level over the past three months. The A1C range for prediabetes is 5.7-6.4. The range for diabetes is a number of 6.5 or greater.

Diabetes Risk Factors

- Being overweight.
- Not being very physically active.
- Over age 45.
- Having a close relative with diabetes.
- Having high blood sugar levels. Having high blood pressure.
- Having low HDL “good” cholesterol and high triglyceride levels.
- Being of African-American, Latino, Native American, Alaska Native, Asian American or Pacific Islander descent.
- Having a waist measurement of 35 inches or greater for women, or 40 inches or greater for men.
- Gave birth to a baby that weighed over nine pounds.
- Having a history of heart disease or stroke.

Preventing and Managing Diabetes

Diabetes is a condition in which there is too much glucose, or sugar in the blood. There are two types.

- Type 1 diabetes usually occurs before the age of 20. People diagnosed with type 1 diabetes must use insulin.
- Type 2 diabetes is the most common type of diabetes. It is more common in adults, but more and more overweight children and teens are also developing type 2 diabetes. For treatment, a person with type 2 diabetes may have to take pills and/or insulin.

Taking Care of Your Diabetes

There is no cure for diabetes, but it is up to you to take care of yourself. If you don't, your blood sugar levels will stay high and over time they can:

- Damage your heart, kidneys, blood vessels, nerves and eyes.
- Cause serious problems with your feet that could result in amputations.
- Make you very ill. If you have shortness of breath, breath that smells fruity, nausea or vomiting, or a very dry mouth, this is an emergency and should be taken care of by your health care provider.

Type 2 Diabetes

When you have type 2 diabetes, the glucose, or sugar your cells use for energy, builds up in your blood. Your cells do not remove glucose from your blood in the right way because your body may not make enough insulin, or your cells may not respond to insulin as they should.

WISEWOMAN HEALTH APPS FOR SMARTPHONES

There are a variety of health and fitness apps at no cost that can be downloaded and used on a variety of different smartphones. The WISEWOMAN Program has compiled this short list of just a few that may be helpful to you, your staff or your clients.

- My Fitness Pal
- 7 Minute Workout
- Lose It!
- 8 Minute Workout
- 8 Fit-Workout and Meal Plans
- Nutrition Facts
- Nutrition Tracker
- Eat Fit
- Calorie Counter and Diet Tracker (Spark People)
- Restaurant Nutrition
- Map My Walk
- Blood Pressure Tracker
- Blood Pressure Log
- Blood Glucose Tracker
- Diabetes Blood Pressure Health Tracker
- Blood Pressure Log Tracker
- Quit Smoking: Cessation Nation

Notes:

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