

Healthy Lifestyle

a guide to help you live healthier.

a helpful resource brought to you by



OPTIMUM
PHYSICIAN
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01

power of positivity

Maintaining a positive perspective throughout the process is the key to successful weight loss and behavior modification.



Your Motivators For Change: _____

Your Health Benefits: _____

Your Lifestyle Benefits: _____

02

your attainable goals



Short Term: _____

Long Term: _____

TIP: Focus on behaviors you wish to change.

Your Barriers to Achieving Your Goals / Problem Solving

Physical: _____ / _____

Environmental: _____ / _____

Emotional: _____ / _____

Tips For Success

Accountability, self- monitoring and management

- › Track your behaviors – Use food logs (what, when, why), weight logs and activity logs.
- › Evaluate your success and alter your goals as needed to make achievable and to promote continued compliance.

Practice using mindful eating behaviors

- › Give your food 100% of the attention it deserves (no TV, electronic devices including cell phones, driving, work...)

Lifestyle modifications instead of “dieting”, limitations or restrictions

- › Altering old ways of eating and developing new healthier eating habits.
- › Small steps in a consistent direction
- › Set your-self up to *win* and avoid sabotages.

Forgive Yourself and Stay Positive!

If you make an unhealthy choice, admit that you are human, brush off the cookie crumbs and focus on the positive!!

03

know your numbers

Body Mass Index (BMI)

Weight in pounds \div (height in inches x height in inches) = *Multiply 703*

Your BMI Today: _____

Your BMI	Category
Less than 18.5	Underweight
18.5-24.9	Normal Rvnge
25-29.9	Overweight
Great than or equal to 30	Obese

Basic Metabolic Rate (BMR)

The rate at which the body uses energy while at rest to keep vital functions going, such as breathing and keeping warm. *Note-there are many free calculators available online.*

Harris Benedict Formula

Women

$BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men

$BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

To determine your total daily calorie needs, multiply your BMR by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise) : Calorie-Calculation = $BMR \times 1.2$

2. If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = $BMR \times 1.375$
3. If you are moderately active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = $BMR \times 1.55$
4. If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation = $BMR \times 1.725$
5. If you are extra active (very hard exercise/sports & physical job or 2x training) : Calorie-Calculation = $BMR \times 1.9$

To successfully and healthfully lose weight—and keep it off—most people need to subtract about 500 calories per day or 3500 calories per week from their diet to lose about 1 pound per week. This can also be accomplished by reducing total caloric intake, in combination with increasing calories burned with exercise. Ex. Walking (3mph) for 30 minutes and consuming ~350 less calories every day.

Your current BMR for healthy gradual weight loss: _____

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weight loss chart

	Date	Weight	Chest	Waist	Hips	Comments/ Notes
1						
2						
3						
4						
5						
6						
7						
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31						

05

physical activity chart

Start	Exercise Type	How Long	Comments	Calories Burned
Total Workout Time:		Total Calories Burned:		
Planned Workout Time:		Target Calorie Burn:		
Difference:		Difference:		

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weekly food journal

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Breakfast							
Lunch							
Dinner							
Snack(s)							
Water							
Notes (total saturated fat, calories etc.) Be sure to indicate WHY, WHERE and WHEN if significant to behavior.							





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weekly food journal

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
Breakfast							
Lunch							
Dinner							
Snack(s)							
Water							
Notes (total saturated fat, calories etc.) <i>Be sure to indicate WHY, WHERE and WHEN if significant to behavior.</i>							

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healthy lifestyle resources for you and your family

Your Health Insurance Company

Many health plans offer Medical Nutrition Therapy support at no cost to their members. Call the customer service number (frequently found on the back of your insurance card) and ask for the disease management or case management department.

American Heart Association

Visit www.heart.org, click on “Conditions” and select your specific health problem for additional resources or call 1-800-AHA-USA-1

Health Care

www.healthcare.gov/ 1-800-318-2596

Stress Management

www.helpguide.org/

CDC Division of Heart Disease and Prevention

www.cdc.gov/dhdsp/

New York State Smokers Quitline

1-866-NY-QUITS (1-866-697-8487)

Helpful Websites Associated with Quitlines

www.nysmokefree.com or www.smokefree.gov

For More Heart Healthy Recipes Take a Look at These Websites

www.eatingwell.com/recipes

www.cookinglight.com

www.favehealthyrecipes.com

Track Your Cholesterol, Blood Pressure, Physical Activity and More!

<https://www.heart360.org/>

Determine Your Daily Caloric Needs, Total Daily Fat and Saturated Fat Recommendations

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/My-Fats-Translator_UCM_428869_Article.jsp#.VucFZPL2bZ4

APPS for Your Mobile Device

Blood Pressure Companion Free | Blood Pressure-Smart Blood Pressure | BP Tracker Lite | HeartwiseBlood Pressure Tracker | Heath Tracker PRO | MyFitnessPal | BMR

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notes

this information was brought to you on
behalf of your doctor and



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