

Session 6



Embrace Your Health! Aim for a Healthy Weight

Objectives

By the end of this session, participants will learn that:

- Being overweight is a risk factor for serious health problems, including heart disease, stroke, high blood pressure, high cholesterol, diabetes, breathing problems, and certain cancers.
- Your body mass index (BMI) and waistline measurement indicate if you're overweight. There's a range of healthy weights.
- Losing weight means making changes that become lifelong habits.
- Fad diets usually don't work for the long term and can be harmful.

Materials and Supplies

To conduct this session, you'll need:

- *With Every Heartbeat Is Life* manual and picture cards
- Blackboard and chalk, dry erase board, or several large pieces of paper, a marker, and tape
- 2 bathroom scales
- 1 tape measure you can attach to the wall to measure height
- 1 flexible (not metal) tape measure to measure participants' waists
- Ribbon or string (to measure waist size, in case some participants don't want to use a tape measure)
- A food label (from a can or package)
- 10 serving dishes
- 4 measuring cups
- 5 spoons
- 1 knife

- Food:
 - 16-ounce box of whole grain cereal
 - 15-ounce can of fruit (in juice) or vegetables (no salt added)
 - 1 block of reduced-fat cheddar cheese (about ½ pound)
 - 3 cups of cooked brown rice
 - 15-ounce can of reduced-sodium beans
-

Handouts

Give each participant these handouts during this session:

- (Optional) Kayla’s Story About Losing Weight: Role Play (pages 6.23-6.24)
 - Body Mass Index (BMI) Chart (page 6.25)
 - Do You Need To Lose Weight? (page 6.26)
 - Ms. Diane’s Healthy Lifestyle (pages 6.27-6.28)
 - Tips To Help You Control Your Weight (page 6.29)
 - Committing to Change (pages 6.30-6.31)
 - Take Time for Sleep (pages 6.32-6.33)
 - Serving Sizes (page 6.34)
 - Read the Food Label (page 6.35)
 - Kayla’s Snack Choices (pages 6.36-6.37)
 - Soul Food Makeover: Smothered Greens Recipe (page 6.38)
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Before This Session

1. Check the “Serving Sizes” handout (page 6.34) for the serving size of the foods listed above. Measure one serving of each food, and put it in a separate dish. Keep them out of sight until you’re ready to use them.
2. Place a box of cereal, a large bowl of cooked rice, a bowl of fruit or vegetables, a block of cheddar cheese, and a bowl of beans on a table with five dishes, four serving spoons, and a knife.
3. Cut one 35-inch piece of ribbon or string for women and one 40-inch piece for men.

Session Outline

Introducing the Session

1. Welcome
2. Review of Last Week's Session
3. About This Session

Conducting the Session

1. Facts About Overweight and Obesity
2. *(Optional)* Kayla's Story About Losing Weight: Role Play
3. Your Weight, Your Health
4. What Is a Healthy Weight? Activity
5. The Healthy Way To Lose Weight
6. Beat Weight-Loss Barriers
7. Serving Size Activity
8. Food Label Activity
9. Soul Food Makeover: Smothered Greens Recipe

Review of Today's Key Points

Weekly Pledge

Closing

Introducing the Session

1. Welcome

DO **Welcome** participants to the session.

2. Review of Last Week's Session

SAY Last week, we talked about why it's important to cut back on saturated fat in our diets. Can you list three things you can do to make food lower in fat?

Add these answers if not mentioned:

- Trim and throw away the fat from meat before cooking.
- Remove and throw away the skin from poultry, such as chicken and turkey, before cooking.
- Bake, broil, or grill instead of frying your food.

SAY At the end of the last session, you pledged to make one change to help keep your cholesterol levels in check. What went well? Did you have any problems?

NOTE



Allow 5 minutes for participants to respond.

ASK

Has anyone completed your family health history?

NOTE



(Optional) **Give** a prize to participants who've completed the history.

ASK Does anyone want to share what you learned about your family health history?

NOTE



Allow about 5 minutes for participants to respond.

3. About This Session

SAY I want to start today's session with the words of the founder of *Ebony* and *Jet* magazines, John H. Johnson. He said, "If you can somehow think and dream of success in small steps, every time you make a step, every time you accomplish a small goal, it gives you confidence to go on from there."

ASK What does this quote mean to you?

NOTE



Allow about 5 minutes for participants to respond.

SAY Today, we'll talk about why keeping a healthy weight is important to your heart health.

Conducting the Session

1. Facts About Overweight and Obesity

- If you're overweight, losing even just 10 pounds can make a difference to your health.
- Most African American adults are overweight or obese, as are many African American children.
 - Among African American adults, about 70 percent of men and 82 percent of women are overweight or obese.
 - Obesity starts young: About one in five African American children ages 6 to 11 are obese.

2. (Optional) Kayla's Story About Losing Weight: Role Play

NOTE

Ask for two volunteers to be the actors in the role play.
Give them the “Kayla’s Story About Losing Weight: Role Play” handout (pages 6.23-6.24). You read the one-line introduction.

**DO**

When you complete the activity, **ask** the following questions:

- What are some of the small changes Kayla made that helped her lose weight?
- Have any of you made changes recently to your eating and exercise habits that are different from those mentioned in the role play?

NOTE

Allow about 5 minutes for participants to respond.

3. Your Weight, Your Health

SAY Being overweight or obese increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes.

SAY Being overweight can increase the risk of developing some types of cancer and can make other health problems worse, such as arthritis and sleep problems.

SAY Losing even a little weight can improve many health problems.

4. What Is a Healthy Weight? Activity



ACTIVITY

NOTE



Before beginning this activity, **place** the scales where participants can weigh themselves in private. **Write** down the following information on the blackboard, dry erase board, or large piece of paper taped to the wall.

James Harris weighs 180 pounds. He is 6 feet tall.

Kayla Harris weighs 170 pounds. She is 5 feet, 5 inches tall.

DO **Give** participants the “Body Mass Index (BMI) Chart” handout (page 6.25).



HANDOUT

SAY We’re going to do an activity to find out if you have a healthy weight or not.

DO **Show** picture card 6.1.



PICTURE

SAY First we're going to find out if James and Kayla have healthy weights, using the BMI (Body Mass Index) chart and the waist circumference.

BMI is a general measurement of body fat. Some adjustments are needed for muscular or very athletic people and older adults. The size of our waists can also show us if we need to lose weight.

SAY James is 6 feet, 180 pounds, with a 35-inch waist. First, look for his height on the left side of the chart and circle it. Put your finger on the circled number and move your finger to the right until you find the number that lines up with his weight. That's his BMI. The shade of the square tells you if his weight is healthy, overweight, or obese. His BMI is 24, so James is a healthy weight.

NOTE

Allow 2 or 3 minutes for participants to look for the answer on the chart.

SAY Now we'll find Kayla's BMI (following the same steps). Kayla is 5 feet, 5 inches, 170 pounds. Her BMI is 28, so she's overweight.

NOTE

Allow 2 or 3 minutes for participants to look for the answer on the chart.

SAY Now you're going to find your BMI and your waist circumference. First you'll need to know your height and weight. If you don't know your measurements, use our scale and wall measure.

NOTE

Allow 15 minutes for participants to weigh and measure themselves.

DO **Give** participants the "Do You Need To Lose Weight?" handout (page 6.26).



HANDOUT

SAY Now we're going to learn if we need to lose weight, and then we're going to find out what we should do.

SAY The first step is to find our BMI, using the handout that I gave you. We'll follow the same process that we used with James and Kayla.

SAY Find your height on the left side of the chart, and circle it. Put your finger on the circled number and move your finger to the right until you find the number that lines up with your weight. The shade of your square tells you if your weight is healthy, overweight, or obese. You don't have to share your BMI with the group.

SAY Please raise your hand if you're having trouble, and I'll help you.

SAY The second step is to measure your waist.

DO **Ask** participants to measure their waists using the measuring tape.

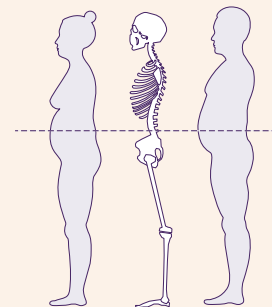
DO **Show** picture card 6.2.



PICTURE

NOTE**Waist Measurement**

Have participants place a tape measure around their waist, just above their hipbone. Be sure the tape is snug but not too tight. Ask them to relax, exhale, and then measure their waists.



NOTE



For participants who are sensitive about measuring their waists, **give** the 35-inch piece of ribbon or string to the women and the 40-inch piece to the men. If it doesn't fit around their waist, their waist measurement is high.

SAY

Write down your waist measurement, and check off whether it's healthy or high. Greater than 35 inches for women and 40 inches for men is high and increases your risk for heart disease.

SAY

If both your weight and waist measurement are healthy, good for you! Try not to gain weight.

- If your BMI shows you're overweight or obese, or your waist circumference is too large, you need to lose weight to protect your health. We talk in this course about how to lose weight safely, but you should also ask your health care provider or a registered dietitian if you need help.
- Other conditions that can increase your risk of having a heart attack or a stroke are the following:

Risk Factors

- High blood pressure
- High LDL (the "bad") cholesterol
- Low HDL (the "good") cholesterol
- High triglycerides
- High blood sugar
- Family history of heart disease
- Not being physically active
- Smoking

DO **Give** participants the “Ms. Diane’s Healthy Lifestyle” handout (pages 6.27-6.28).



SAY Please review the handout to find out how Ms. Diane manages her weight.

5. The Healthy Way To Lose Weight

SAY Safe ways to lose weight include making healthy lifestyle changes and, if your health care provider advises, joining a behavioral weight-loss treatment program. Some people may need to take medicine prescribed by their health care provider to help them lose weight, and some have surgery.

In this course, we focus on making healthy lifestyle changes.

DO **Show** picture card 6.3.



SAY Your plan for losing weight and keeping it off needs to include:

- Being more physically active
- Having smaller portions
- Eating foods that are lower in saturated fat, carbohydrates (“carbs”), and calories

SAY To lose weight, you’ll need to eat about 500 fewer calories a day than you do now.

Keeping track of how many calories you eat every day is an important strategy for losing weight.

This chart will give you a general idea of how many calories to eat:

Males				Females ^d			
Age	Sedentary ^a	Moderately Active ^b	Active ^c	Age	Sedentary	Moderately Active	Active
18	2,400	2,800	3,200	18	1,800	2,000	2,400
19-20	2,600	2,800	3,000	19-20	2,000	2,200	2,400
21-25	2,400	2,800	3,000	21-25	2,000	2,200	2,400
26-30	2,400	2,600	3,000	26-30	1,800	2,000	2,400
31-35	2,400	2,600	3,000	31-35	1,800	2,000	2,200
36-40	2,400	2,600	2,800	36-40	1,800	2,000	2,200
41-45	2,200	2,600	2,800	41-45	1,800	2,000	2,200
46-50	2,200	2,400	2,800	46-50	1,800	2,000	2,200
51-55	2,200	2,400	2,800	51-55	1,600	1,800	2,200
56-60	2,200	2,400	2,600	56-60	1,600	1,800	2,200
61-65	2,400	2,400	2,600	61-65	1,600	1,800	2,000
66-70	2,000	2,200	2,600	66-70	1,600	1,800	2,000
71-75	2,000	2,200	2,600	71-75	1,600	1,800	2,000
76+	2,000	2,200	2,600	76+	1,600	1,800	2,000

[a] Sedentary: You're only as active as needed to do your day-to-day activities (shopping, bathing, going to work, etc.).

[b] Moderately active: You walk about 1.5 to 3 miles per day at 3 to 4 miles per hour, or you do the equivalent level of other types of physical activity.

[c] Active: You walk more than 3 miles per day at 3 to 4 miles per hour, or you do the equivalent level of other types of physical activity.

[d] Estimates for women don't include women who are pregnant or breastfeeding.

SAY **Pregnant women should not try to lose weight.** Ask your health care provider how much weight you should gain during your pregnancy.

DO **Give** participants the “Tips To Help You Control Your Weight” handout (page 6.29). **Review** the tips.



6. Beat Weight-Loss Barriers

SAY Have any of you lost weight and kept it off? What got you motivated and kept you going?

NOTE



Allow participants a few minutes to respond.

SAY Let's talk about how to get started on a healthy weight-loss plan. We'll review tips for committing to change.

DO **Give** participants the “Committing to Change” handout (pages 6.30-6.31).



HANDOUT

DO **Ask** a volunteer to read the titles of the steps out loud.

SAY Please read the rest of the handout to yourselves.

NOTE



Allow participants several minutes to read the handout.

ASK Which of these tips would work for you?

NOTE



Allow participants a few minutes to respond.

ASK Why is it difficult to lose weight or keep it off? What has kept you from losing weight?

NOTE

Write participants' answers on the blackboard, dry erase board, or large piece of paper taped to the wall.

DO **Add** some of the following if no one mentioned them.

We may have a hard time losing weight because:

- Our family or friends don't support our efforts.
- Our family and social activities center around food.
- We aren't comfortable following new recipes.
- Healthier foods cost more at our local store.
- We don't have enough time or energy.
- It's hard to change our behavior.
- We like our curves.
- Our neighborhood is too dangerous or poorly lit for walking.
- Exercise messes up our hair.

ASK Have you found ways to get around those barriers?

NOTE

Allow 3 to 5 minutes for participants to respond.
Write down their answers.

- DO** **Add** some of the following if they weren't mentioned:
- Find someone who also wants to lose weight. Check in with them to stay motivated. Do activities together, like walking. Share healthy dishes.
 - Make your family or social time active time. Encourage everyone to think of fun things to do to get up and get moving.
 - Do free or low-cost activities offered by your church, community center, or local parks and recreation department.
 - Learn how to respond to stress. Stress affects your energy and hunger. Constant stress may make your body store more fat.

SAY Getting enough sleep helps you manage your weight. When you don't get enough quality sleep you feel hungrier. Lack of sleep increases a hormone in your body that makes you feel hungry and decreases a hormone that makes you feel full.

DO **Give** participants the "Take Time for Sleep" handout (pages 6.32-6.33).



HANDOUT

SAY We'll review some of the handout now, but please read the rest of it when you get home. It has helpful information about why you need sleep and also about sleep apnea.

DO **Ask** a volunteer to read the tips section out loud.

DO **Show** picture card 6.4.



PICTURE

SAY Weight loss is a moneymaking business. Miracle diets and certain dietary supplements claim to help you lose weight quickly and easily. But they make only one thing lighter—your wallet. They can also make you sick.

SAY Very-low-calorie diets or diets with only a few foods deprive you of needed nutrients and energy.

7. Serving Size Activity



ACTIVITY

- DO **Take out** the supplies that you prepared before the session for the serving size activity.
-
- DO **Ask** for volunteers to put a “normal” serving of one of the following on a dish: cereal, cooked rice, cheese, fruit, vegetable, beans.
-
- DO **Bring out** the foods you measured before the session. Compare the size of the participants’ servings with your measured amounts.
-
- DO **Give** participants the “Serving Sizes” handout (page 6.34). **Ask** for volunteers to read out loud the serving sizes for each food. **Tell** them to use this handout at home.



HANDOUT

8. Food Label Activity



ACTIVITY

NOTE



This activity will help participants choose foods that are lower in calories, saturated fats, and certain carbohydrates, such as sugar. Carbohydrates also include starches and dietary fiber. These are found in potatoes, pasta, baked goods, and rice.

SAY

To lose weight we must eat fewer calories than our body uses. Today, we’re going to learn how to use the food label to choose foods that are lower in calories, sugars, and saturated fats.

NOTE



The serving size isn’t a recommendation of how much you should eat or drink. It just shows how much people typically eat or drink.

DO **Show** picture card 6.5.



PICTURE

SAY Here's where you find the number of calories in one serving. This is a label for sweetened ice tea.

DO **Give** participants the "Read the Food Label" handout (page 6.35).



HANDOUT

SAY Compare the labels for sweetened and unsweetened tea, at the bottom of the handout. Which tea has fewer calories?

NOTE



Allow 1 or 2 minutes for participants to respond.

SAY A bottle of unsweetened tea has zero calories. Sweetened tea has about 112 calories.

You can lose 10–15 pounds in a year just by replacing your daily sweetened tea or soda with an unsweetened drink, including tea, sparkling water, or regular water. (Soda has even more calories than sweetened tea.) Let's do another group activity about how reading food labels can help solve a common family problem.

DO **Give** participants the "Kayla's Snack Choices" handout (pages 6.36-6.37). **Read** "Kayla's Problem" (page 6.18). **Ask** participants which foods Kayla should buy.



HANDOUT

Kayla's Problem

Kayla and her family like to have snacks when they watch TV or play computer games. But some family members have gained weight. Use the food labels to choose lower calorie snacks that Kayla could buy. Write the number of your choice for each pair on the line. Then write the number of calories per serving that your choice saves.



NOTE



The underlined foods are lower in calories.

- 1 cup of potato chips or 1 cup of light microwave popcorn?
Popcorn saves 70 calories.
- $\frac{1}{2}$ cup of canned peaches in fruit juice or canned peaches in heavy syrup?
Peaches in fruit juice saves 40 calories.
- A chocolate candy bar with caramel and nuts or a cereal bar with fruit and nuts?
The cereal bar saves 120 calories.

ASK

What's an example of a high-calorie snack that you or your family eat?
What snack could replace it?

NOTE



Allow a few minutes for participants to respond.

9. Soul Food Makeover: Smothered Greens Recipe



DO Give participants the “Soul Food Makeover: Smothered Greens Recipe” handout (page 6.38).



SAY This recipe makes a good side dish with chicken or fish and baked potatoes.

Review of Today’s Key Points

SAY Let’s review what we learned today.

Why is it important to maintain a healthy weight?

Being overweight may increase your risk of heart disease, stroke, high blood pressure, high cholesterol levels, diabetes, and some types of cancer.

What’s a healthy way to lose weight?

Eat smaller portions; choose food that’s low in saturated fat, carbs, and calories; and increase your physical activity.

How do food labels help?

The food label tells you the serving size and the number of calories and amounts of saturated fats and carbohydrates per serving, so you can compare the nutrients in different foods using the Percent Daily Value.

Weekly Pledge



SAY You've learned a lot today about losing weight the healthy way. Please think of one change you can make in your everyday life to lose weight or maintain a healthy weight. This will be your pledge for the week.

SAY Be specific about **what** you'll do, **how** you'll do it, and **when** you'll start.

Here are some examples:

- I'll call my friend who wants to lose weight and talk about how we can support each other.
- I'll write down the reasons I want to lose weight and put the list on my fridge.
- I'll buy vegetable oil spray and use it instead of butter when I make eggs for breakfast.
- Starting tomorrow I'll walk for 30 minutes, 3 days a week, during my lunch break.
- The next time I eat out I'll save half my entree for another meal.
- I'll begin to read food labels to select healthier foods when grocery shopping.

SAY Write your pledges on the "Ms. Diane's Healthy Lifestyle" handout (pages 6.27-6.28). Keep this handout where you can see it easily, so you keep your goals in mind.

NOTE



Allow 5 minutes for participants to think of a pledge.

SAY Would anyone like to share your pledge with the group?

NOTE



Write down pledge ideas on the blackboard, dry erase board, or large piece of paper taped to the wall.

SAY

(Optional)

Keeping a personal value in mind can help you make changes in your life to reach and keep a healthy weight. Remember that a personal value is a quality that's important to you.

Today, the value is honesty. Honesty can help you think about what makes you overeat, such as boredom, stress, anger, or a lack of time or commitment.

Honesty frees you to talk about your struggles and successes with supportive friends and loved ones. Finally, honesty can guide you to choose goals that are realistic for you.

SAY

Today's quote says, "If you can somehow think and dream of success in small steps, every time you make a step, every time you accomplish a small goal, it gives you confidence to go on from there."

ASK

How can you use honesty, or another value, to help you keep your pledge?

NOTE



Allow 3 minutes for participants to share their thoughts.

SAY

Next week, we'll talk about how you did with your pledges. Keep working on your pledges to be more physically active and to cut back on sodium, saturated fat, and carbohydrates.

Closing

SAY Thank you for coming today. What did you think of today's session?

NOTE



Allow a moment for participants to respond.

SAY I'm looking forward to seeing you at the next session. It's about lowering your risk for diabetes and controlling your diabetes if you already have it. Please continue to fill out your family health histories.

NOTE



Think about today's session. What worked and what didn't work? Have you made any changes in your own life that you covered in today's session?



Kayla's Story About Losing Weight: Role Play

Lakisha and Kayla are talking at their church picnic.

Lakisha

Have you lost weight? You look good!

Kayla

Yes! I knew I'd gained some weight over the years, but I never thought I was overweight. I realized after my last checkup that those extra pounds really add up! My doctor told me that being overweight raises my risk for heart disease, stroke, and diabetes.

Lakisha

I've tried a lot of different diets, but I always gain the weight back and more.

Kayla

I didn't diet. I just made some small changes in my eating habits, such as eating less saturated fats and carbohydrates, and kept track of my calories. I also started walking for a half hour every day.

Lakisha

I just don't have the energy right now to try and lose weight. Besides, everyone in my family is overweight. That's just the way we're built.

Kayla

At first, I wasn't sure I could do it. But my doctor gave me some tips and my husband said he'd change some of his habits too.

Lakisha

So what changes did you make?

Kayla

I started by taking smaller servings—and I stopped going back for seconds. I used to eat until I was too full.

Lakisha

Don't you feel hungry?



Kayla's Story About Losing Weight: Role Play (continued)

Kayla

After I eat, I give my body about 15 minutes to get the message that I'm full. If I'm still a little hungry, I eat a piece of fruit or have a cup of tea or coffee.

Lakisha

Sometimes I eat when I'm not hungry, like when I'm bored or stressed.

Kayla

I can relate. Whenever James worked late, I used to eat cookies or chips while watching TV. Now I try to do something other than eating, like calling a friend.

Lakisha

How much have you lost so far?

Kayla

Ten pounds, and I'm still trying to lose the rest. I have my hard days when I feel like giving up. But then I remember how much more energy I have now and how good I feel overall.

Lakisha

I know I should lose some weight, too. Heart disease runs in my family, and I need to stick around for my kids.

Kayla

How about joining me on a walk this weekend?

Lakisha

Just tell me when and where!



Body Mass Index (BMI) Chart

BMI	Healthy Weight									Overweight									Obese									Extreme Obesity																										
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54																		
Height	Body Weight (pounds)																																																					
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258																		
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267																		
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276																		
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	253	259	264	269	275	280	285																		
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295																		
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304																		
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314																		
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324																		
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334																		
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344																		
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354																		
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365																		
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376																		
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386																		
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397																		
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408																		
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420																		
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431																		
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443																		



Do You Need To Lose Weight?

Let's follow these steps to find out if you need to lose weight.

1 Are you a healthy weight?

Weigh yourself. Use the BMI chart to find out whether your weight is in the healthy range for your height. Find your height on the left of the chart, and circle it. Put your finger on the circled number then move your finger to the right until you find the number that lines up with your weight. The shade of the square will show you if your weight is healthy, overweight, or obese.

Here are the BMI categories:

Underweight = <18.5

Healthy = 19-24

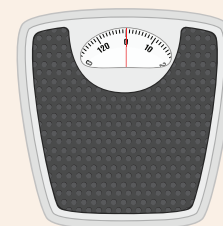
Overweight = 25-29

Obese = 30-39

Extreme obesity = 40-54

My weight is:

- Healthy
- Overweight
- Obese



2 Measure your waist.

Measure your waist by placing the measuring tape snugly around your waist, just above your hipbone. Exhale, and then read the tape measure.

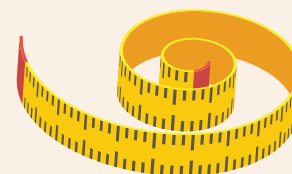
Write down your waist measurement:

Your measurement is high if:

- Women—it's greater than 35 inches
- Men—it's greater than 40 inches

My waist measurement is:

- Healthy
- High





Ms. Diane's Healthy Lifestyle

Losing weight means making long-term changes.

Here's how Ms. Diane found success.

I've had diabetes for 25 years. I used to weigh 200 pounds. I was able to lose weight by eating smaller portions of the foods I like. I also eat fewer fatty foods and carbohydrates and more fruits and vegetables. After I lost my first 25 pounds, my back and foot problems went away. Now I stay at a healthy weight and control my diabetes while still enjoying what I eat.





Ms. Diane’s Healthy Lifestyle (continued)

Try these tips to get started.

- ♥ Eat fewer foods that are high in saturated fat—such as fried chicken, pork rinds, and sausage.
- ♥ Cut down on bread, cakes, pastries, candy, potatoes, rice, and soft drinks.
- ♥ Eat more fruits, vegetables, and whole grains.
- ♥ Make stews with lean meat, fish, or beans and vegetables.
- ♥ Serve small portions, and eat more salad or other vegetables if you’re still hungry. Don’t skip meals.
- ♥ Get 2½ hours of physical activity each week. That’s just 30 minutes a day or 10 minutes 3 times a day.

Make your personal pledge to do what the Harris family is doing!

Look at these examples:

When shopping

Read labels to choose foods lower in fat, carbohydrates, and calories. Don’t buy foods that will tempt you.

When eating

Have one cup of green beans and half a cup of rice with one piece of chicken instead of three pieces of chicken alone.

When cooking

Bake fish instead of frying it. Use a vegetable oil like corn, canola, safflower or olive oil (not palm or coconut) instead of butter or lard to grease the pan.

Get active

Walk for 10 minutes 3 times a day. Dance with your family for 20 minutes. Lift weights before work for 10 minutes.

Write the changes you’ll try to make this week:

Your health and your family’s health are priceless. Invest in good health!



Tips To Help You Control Your Weight

1. Choose foods low in fat, carbohydrates, and calories.

Try:

- ♥ Fat-free or low-fat (1%) milk
- ♥ Cheeses labeled “reduced fat”
- ♥ Fruits and vegetables without butter or sauce
- ♥ Unsweetened tea or sparkling water
- ♥ Small portions of brown rice, beans, cereals, corn or whole wheat tortillas, and whole-grain pasta and baked goods
- ♥ Lean cuts of meat, fish, and skinless turkey and chicken

2. Make foods the healthy way.

- ♥ Bake, broil, roast, or grill instead of frying foods.
- ♥ Cook beans and rice without lard, bacon, or fatty meats.
- ♥ Avoid cream, butter, lard, and high-fat cheese.
- ♥ Use a vegetable oil like corn, canola, safflower, or olive oil (not palm or coconut), and use only small amounts when cooking.
- ♥ Use fat-free or low-fat mayonnaise or salad dressing.

3. Limit your portion size.

- ♥ Eat smaller portions, and don't have second helpings. Have more salad or other vegetables if you're still hungry.
- ♥ To control your hunger, eat smaller meals or healthy snacks during the day, instead of one big meal.
- ♥ When eating out, watch your portion sizes. Many restaurant portions are too big. Share an entree, or bring half home.
- ♥ If you drink fruit juice, make sure it's a small portion of 100% fruit juice. The calories in beverages add up quickly.

4. Get active! Say goodbye to excuses!

Be physically active for at least 2½ hours a week—10 minutes of activity 3 times a day counts as 30 minutes.

- ♥ If you enjoy the outdoors, try biking or hiking.
- ♥ Play with the children in your life.
- ♥ Check out swimming options near you.
- ♥ Think of physical activity as a special time to refresh your body and mind.

5. Aim for a healthy weight.

Try not to gain extra weight. If you're overweight, try to lose about 1 to 2 pounds a week. Losing even 10 pounds reduces your risk of heart disease.



Committing to Change

Losing weight takes more than desire. It takes commitment and a well-thought-out plan. Here's a step-by-step guide to getting started.

Step 1: Make a commitment.

Making the decision to lose weight, change your lifestyle, and become healthier is a big step to take. Start by making a commitment to yourself.

Write and sign a contract that includes:

- The amount of weight you want to lose
- The date you'd like to lose the weight by
- Changes you'll make to have healthy eating habits
- Your plan for getting regular physical activity

Also, write down why you want to lose weight and put the list where it will serve as a daily reminder.



Step 2: Take stock of where you are.

Consider talking to your health care provider. They can check your height, weight, and any weight-related risk factors you may have. Get a followup appointment to monitor changes in your weight or any health conditions.

1 Keep a “food diary” for a few days. Write down everything you eat. You’ll become more aware of what you eat, which can help you avoid mindless eating.

2 Next, examine your lifestyle. What might pose challenges to your weight loss efforts? For example, does your work or family obligations make getting enough physical activity difficult? Do you find yourself eating sugary or fatty foods because that’s what you have for your kids? Do you pick up fast food because you’re rushing? Think through things you can do to help overcome these challenges.

3 Finally, what can you change in your day-to-day routine to help you lose weight? For example, can you and some coworkers or neighbors take a walk at lunchtime? Is there a place in your community, such as a recreation center, where you could exercise? Could you sometimes walk instead of driving your car or taking the bus?



Committing to Change (continued)

Step 3: Set realistic goals.

Set short-term goals and reward yourself along the way. If your long-term goal is to lose 40 pounds and control your blood pressure, short-term goals might be to every day eat a healthy breakfast, take a 15-minute walk, or have a salad or vegetable with dinner.

Focus on two or three goals at a time.

Effective goals are:

- Specific
- Realistic
- Forgiving (less than perfect)

For example, “exercise more” isn’t a specific goal. But “I’ll walk 15 minutes, 3 days a week for the first week,” is specific and realistic.

Small changes every day can lead to big results. Also, realistic goals are achievable goals. By achieving your short-term goals day-by-day, you’ll feel good about your progress and be motivated to continue. Setting unrealistic goals, such as losing 20 pounds in 2 weeks, can leave you feeling defeated and frustrated.

Expect occasional setbacks. They happen when you get away from your plan for whatever reason—maybe the holidays, longer work hours, or a life change. When setbacks happen, get back on track as quickly as possible. Also consider what you would do differently to prevent setbacks if a similar situation happens in the future.

Everyone is different—just because your neighbor lost weight by taking up running, doesn’t mean that’s the best option for you. Try a variety of activities, such as walking,

dancing for a set time in your living room, or group exercise classes, to see what you enjoy and can fit into your life. These activities will be easier to stick with over the long term.

Step 4: Get information and support.

Find family members or friends who will support your efforts. Making lifestyle changes is easier when you have others to talk to and rely on for support. Do you have coworkers, members of your religious institution, or neighbors with similar goals? You can share healthful recipes and go for walks together.

Joining a weight loss group or talking to your health care provider can help.

Step 5: Monitor your progress.

Revisit the goals you set for yourself (in Step 3) and regularly evaluate your progress. If you set a goal to walk each morning but are having trouble fitting it in before work, see if you can walk at lunchtime or after work. Evaluate which parts of your plan are working well and which ones need tweaking. Then rewrite your goals and plan accordingly.

If you’re consistently achieving a goal, tweak it or add a new one or so you continue improving.

Reward yourself for your successes!

Recognize when you’re meeting your goals and be proud of your progress. Use non-food rewards, such as a bouquet of flowers, an outing with friends, or a relaxing bath. Rewards help keep you motivated.



Take Time for Sleep

A common myth is that we can learn to get by on little sleep with no downside. In reality, getting enough quality sleep is vital for your health, including your heart health.

When you sleep, your body is busy repairing your heart and blood vessels. Your brain is truly getting ready for the next day, forming new pathways to help you learn and remember information.

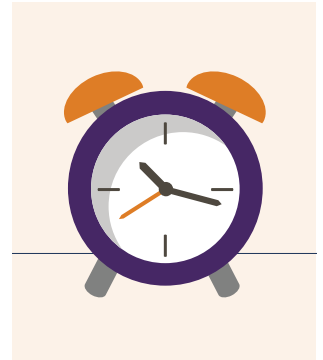
Getting too little sleep increases your risk of heart disease, high blood pressure, diabetes, stroke, and other conditions.

People may differ in how much sleep they need, but most adults need 7 to 8 hours each night. Children ages 6 to 12 need 9 to 12 hours, and teens need 8 to 10 hours. About 46 percent of African American adults get less than 7 hours of sleep most nights.

When you don't get enough quality sleep:

- You feel hungrier! A hormone in your body that makes you feel hungry increases and a hormone that makes you feel full decreases.
- Your blood sugar levels increase, which can increase your risk for diabetes.
- Your body doesn't fight off germs as well.
- You don't do as well at work or school, but you may not even be aware of it.
- You're more likely to have an accident. Being sleepy harms your driving ability as much as, or more than, being drunk

It's not just the quantity but also the quality of your sleep that matters. If you can't sleep at regular times (for example, if you work different shifts), you may have the same problems as someone who gets too few hours of sleep. That's also true if you get woken up a lot when you're trying to sleep—a common problem for new parents and for caregivers.





Take Time for Sleep (continued)

Tips for Getting a Good Night's Sleep

- Plan your day so you make time for sleep. Skimping on sleep makes you less productive.
- Natural light helps with sleep, so try to go outside every day.
- Get physical activity every day, just not too late in the day.
- Limit naps or take them early in the afternoon. Nap for no more than 20 minutes.
- No screen time before bedtime! Try not to look at your computer, phone, or TV an hour or so before bed. The light from these devices makes your brain think it's time to be awake.
- Don't eat a heavy or large meal, drink alcohol, have caffeine, or smoke soon before bed. Caffeine in sodas and coffee can take 8 hours to leave your body.
- Try to go to bed and wake up at the same time each day, even on the weekends. Limit the difference to an hour or less.
- Keep your bedroom quiet, cool, and dark (a dim night light is fine, if needed).
- Relax before bed. A warm bath may help.

Strategies for Shift Workers

If you're a shift worker, here are some tips just for you:

- Use bright lights at work.
- Talk to your employer about limiting shift changes as much as possible.
- Limit caffeine to the first part of your shift.

If you need to sleep during the day, use light-blocking curtains.

- If you're still not able to fall asleep when you need to or have problems getting used to a shift-work schedule, talk with your health care provider about other options to help you.

Sleep Apnea

One common cause of poor sleep is sleep apnea. If you have sleep apnea, your breathing stops briefly or becomes very shallow during sleep. Sleep apnea is particularly common among African Americans. Loud, frequent snoring can be a sign of sleep apnea. Obesity is *one* cause of sleep apnea, but people who aren't overweight can have sleep apnea also.

If you're tired during the day, even after spending enough time in bed at night, you may have sleep apnea or another sleep disorder. Talk to your health care provider. It's important to get help if you aren't sleeping well.



Serving Sizes

Based on a 2,000 Calorie Daily Meal Plan

Food Group	Serving Size
 <p>Grains*</p>	<p>1 slice whole wheat bread 1 ounce dry cereal† ½ cup cooked rice, pasta, or cereal</p>
 <p>Vegetables</p>	<p>1 cup raw leafy vegetable (greens) 1 cup cut-up raw, frozen, or cooked vegetable</p>
 <p>Fruits</p>	<p>1 medium fruit, such as an apple ½ cup fresh, frozen, or canned fruit</p>
 <p>Fat-free or low-fat milk and milk products</p>	<p>1 cup of fat-free or low-fat milk or yogurt‡ 1½ ounces of reduced-fat cheese</p>
 <p>Protein foods</p>	<p>1 ounce cooked lean meats, poultry, or fish 1 egg ½ ounce nuts or seeds 1 tablespoon nut butter ¼ cup cooked beans or peas</p>

* Choose whole grain foods. They're a good source of fiber and nutrients.

† Serving sizes vary between ½ cup and 1¼ cups, depending on cereal type. Check the product's food label.

‡ Lactose-free alternatives for people who are lactose intolerant



Read the Food Label

Food labels help you choose foods that are lower in calories and sugar. Here’s a food label for sweetened tea.

1. Serving Size and Number of Servings

The serving size is 8 ounces, half the container of tea.

2. Amount Per Serving

The amounts are for one serving. But as you can see here, one serving is sometimes much less than the amount in the bottle.

3. Calories

The amount of calories in one serving is here. The amount of calories in the full bottle is twice that.

4. Carbohydrates and Sugar

The amount of carbohydrates in one serving is here. The amount of sugar is shown under carbohydrates.

Sweetened Tea

Nutrition Facts	
2 servings per container	
1	Serving size 8 fl oz (248g)
2	Amount Per Serving
	Calories 70
	% Daily Value*
	Total Fat 0g 0%
	Saturated Fat 0g 0%
	Trans Fat 0g
	Cholesterol 0mg 0%
	Sodium 10mg 0%
4	Total Carbohydrate 18g 7%
	Dietary Fiber 0g 0%
	Total Sugars 18g
	Includes 18g Added Sugars 36%
	Protein 0g 0%
	Vitamin D 0mcg 0%
	Calcium 7mg 0%
	Iron 0mg 0%
	Potassium 32mg 0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

The Choice Is Yours – Compare!

Which one would you choose?

Sweetened tea has a lot of calories and all of the calories are from sugar. Read food labels to find low-sugar, low-calorie options.

Amount Per Serving	Calories	70
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 18g		7%
Dietary Fiber 0g		0%
Total Sugars 18g		

Sweetened tea

A container of sweetened tea has 140 calories and 36 grams of sugar.

Amount Per Serving	Calories	0
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate < 1g		0%
Dietary Fiber 0g		0%
Total Sugars 0g		

Unsweetened tea

Unsweetened tea has 0 calories and no sugar. Save calories: choose unsweetened tea, diet soda, sparkling water, or water.

*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



Kayla's Snack Choices

Kayla and her family like to have snacks when they watch TV. But some family members have gained weight. Use the food labels to choose tasty lower-calorie snacks that Kayla should buy. **Write the number of your choice for each pair in the space between the labels. Then write the number of calories saved as well as total carbohydrates saved.**

1. Potato Chips

Nutrition Facts	
10 servings per container	
Serving size 1 cup or 13 chips (25g)	
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.85g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber < 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0.32mg	2%
Potassium 299mg	6%

Lower calorie choice

Number of calories saved

Total carbohydrates saved

2. Microwave Popcorn

Nutrition Facts	
4 servings per container	
Serving size 1 cup (11g)	
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber < 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	2%
Potassium 20mg	0%

3. Plain Almonds

Nutrition Facts	
12 servings per container	
Serving size 1/4 cup (35.2g)	
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 12g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 92mg	8%
Iron 1mg	6%
Potassium 244mg	6%

Lower calorie choice

Number of calories saved

Total carbohydrates saved

4. Sugar Coated Almonds

Nutrition Facts	
12 servings per container	
Serving size 1/4 cup (48.8g)	
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 5mg	2%
Sodium 5mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 31g	
Includes 29g Added Sugars	58%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 124mg	2%

*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



Kayla's Snack Choices (continued)

5. Canned Peaches (in fruit juice)

Nutrition Facts	
3.5 servings per container	
Serving size	1/2 cup (125g)
Amount Per Serving	
Calories	60
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 7.5mg	0%
Iron 0.3mg	2%
Potassium 160mg	4%

Lower calorie choice

Number of calories saved

Total carbohydrates saved

6. Canned Peaches (in heavy syrup)

Nutrition Facts	
3.5 servings per container	
Serving size	1/2 cup (131g)
Amount Per Serving	
Calories	100
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 24g	
Includes 18g Added Sugars	36%
Protein < 1g	1%
Vitamin D 0mcg	0%
Calcium 3.9mg	0%
Iron 0.4mg	2%
Potassium 120mg	2%

7. Chocolate Candy Bar with Caramel and Nuts

Nutrition Facts	
1 servings per container	
Serving size	1 bar (56g)
Amount Per Serving	
Calories	260
<small>% Daily Value*</small>	
Total Fat 12g	15%
Saturated Fat 2.6g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 23g	
Includes 21g Added Sugars	42%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 0.9mg	4%
Potassium 249mg	6%

Lower calorie choice

Number of calories saved

Total carbohydrates saved

8. Cereal Bar with Fruits and Nuts

Nutrition Facts	
6 servings per container	
Serving size	1 bar (35g)
Amount Per Serving	
Calories	140
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 12g Added Sugars	24%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 3mg	15%
Potassium 66mg	2%

*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



Soul Food Makeover: Smothered Greens Recipe

3 cups	water
¼ pound	smoked turkey breast, skinless
1 tablespoon	hot pepper, chopped
¼ teaspoon	cayenne pepper
1 teaspoon	cloves, ground
2 cloves	garlic, crushed
½ teaspoon	thyme
1 stalk	scallion, chopped
1 teaspoon	ginger, chopped
¼ cup	onion, chopped
2 pounds	greens (collard, mustard, turnip, kale, or mixture)

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens. Cook 20 to 30 minutes until tender.



Makes 5 servings

Serving size: 1 cup	Dietary Fiber: 4 g
Calories: 80	Protein: 9 g
Fat: 2 g	Total
Saturated fat: <1 g	Carbohydrates: 9 g
Cholesterol: 16 mg	Potassium: 472 mg
Sodium: 378 mg	