

## Preliminary Steps to Take to Get to a Healthier You

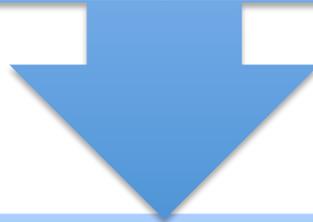
### Step 1: Take Your Measurements & Weight

Measure your height, arms, bust/ chest, waist, hips, & thighs.

Take your measurements each week and record them in a journal so you can compare your work each week.

Weigh yourself on the scale you will be using weekly.

Weigh yourself each week and record it in your journal so you can compare each weeks work.



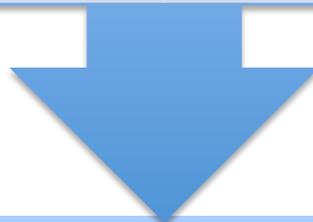
### Step 2: Start Eating Healthier

Eat plenty of lean protein, fruits & veggies.

Keep track of what you are eating each day in your journal.

Drink lots of water.

Drink at least half your weight in ounces water a day.



### Step 3: Start an Exercise Routine

Take a walk every day.

Walk up the stairs each day to work, or walk around the block on breaks.

Join a gym, get a personal trainer, or buy a workout DVD.

Try to get a workout in at least 3 times a week.

## Eating During the Holiday's:

- Think of your plate as a **peace sign** – the left larger side (35% of the plate) is for 3 ounces of lean protein such as chicken or turkey. The right larger side (35% of the plate) is for vegetables. The bottom portion (30% of the plate) is for starchy foods such as mashed potatoes and stuffing. If you want to have dessert, fill the bottom (30%) with more vegetables, and have dessert later in the evening.
- When looking at desserts, pick one with a lower fat value – sorbet, biscotti, dried fruit, pumpkin pie, or fresh strawberries dipped in dark chocolate.

## Move It To Lose It

### Week 1 Tips:

- Use your morning and afternoon breaks to **walk** around the block, up the stairs, or around the building. Find a conference room to stretch in after your walk.
- **Exercise in short bursts.** Exercising in small bouts throughout the day instead of one long workout has been shown to build more muscle and burn more fat.
- While grocery shopping, **walk the edges of the store** – this is where the healthiest food is located. Try to avoid going into the center of the store.
- **Don't skip breakfast.** Skipping breakfast causes cravings later on in the day.
- **Schedule** a regular time each week for physical activity. Take turns letting each family member choose an activity.

### Diet Apps:

- **MyFitness Pal** – tracks meals, snacks, water intake, exercise, and weight. This app calculates daily calorie goals, and tracks each week's progress.
- **Livestrong.com** – has recipes for healthy foods, tips for vitamins and nutrients, and the ability to create loops around town for biking, running, and walking.
- **WebMD** – has lower calorie alcoholic beverages, guides for living gluten free, high protein diets, low sodium diets, and eating vegetarian.

### Crock-Pot Recipe:

#### Turkey White Bean Pumpkin Chili

1 lb. 99% lean ground turkey	1 teaspoon chili powder	2 cans (15 oz) white northern/navy beans
½ teaspoon olive oil, plus cooking spray	2 bay leaves	15 oz pumpkin puree
1 small onion, chopped	2 teaspoons cumin	4½ oz chopped green chilies
3 garlic cloves, minced	1 teaspoon oregano	2 cups low sodium, fat free chicken broth

- 1.) Heat a large heavy sauté pan over high heat and lightly spray with cooking oil. Add meat and cook, breaking it up until white, about 5 minutes. Add to crock-pot.
- 2.) Add oil to the sauté pan, onions, garlic, and sauté about 3 – 4 minutes; add cumin and sauté another minute. Add to crock-pot.
- 3.) Add beans, pumpkin puree, green chilies, broth, chili powder, oregano, and bay leaves. Cover and cook on high for 4 hours or low for 8 hours.

### Ab Workout:

#### High knees, arms up

- Jog in place (keep on toes)
  - Bring knees up as high as you can
  - Keep arms raised straight up
- Go hard and fast for 20 – 30 seconds, 4 times, resting between each one.*

**Beginners: start off raising knees half as high.**

### Twice Baked Sweet Potatoes:

- 6 small sweet potatoes or yams
- 1 tablespoon olive oil
- 1 large egg, lightly beaten
- 1 teaspoon peeled and grated fresh ginger
- ½ teaspoon sesame seeds
- 2 limes, in wedges

- 1.) Preheat oven to 400 degrees. Line a baking sheet with foil and add sweet potatoes. Roast until they are tender (about 50 – 55 minutes). Set aside to cool.
- 2.) Slice potato skins open. Scoop out the flesh, leaving a ½ inch thick layer inside the skins, and add to a large bowl. Return scooped out skins to baking sheet.
- 3.) Mash sweet potato flesh with a fork. Stir in olive oil, egg, ginger, and salt, and beat together with a fork until smooth. Spoon filling into the reserved skins. Bake until the tops are puffed and lightly brown (about 25 minutes). Sprinkle the potatoes with sesame seeds, and squeeze lime over the top.