

# To Your Health! Action Plan



This packet was compiled by *Love to Live Well* to:

1. help you start a new journey to a healthier you
2. connect you to great services & sound information in this community.

**Love to Live Well** Simplifying the changes it takes to eat better, move more, & stress less

- Specializing in prevention & management of diabetes, heart disease, high blood pressure, high cholesterol & obesity
- Health coaching, nutrition counseling, classes
- Sound weight loss programs
- Seminars, workshops, & supermarket tours
- Online challenges & courses



Visit [www.lovetolivewell.com](http://www.lovetolivewell.com)

Call 877-978-9355 to learn more!

Upcoming community events & more resources can be found at our blog, fan page, & forums you can see on our website: [www.lovetolivewell.com](http://www.lovetolivewell.com).

## Community Resources

### Denton Community Health Clinic

[www.dentonchc.org/](http://www.dentonchc.org/)

(940) 600-7527



### Texas A & M AgriLife Extension

Helping people live healthy productive lives by providing educational outreach programs targeting nutrition, health & diabetes education

<http://denton.agrilife.org>

940) 349-2882



### Seniors in Motion

Fitness through  
Exercise & Wellness through Education

[sites.google.com/site/seniorsinmotion](http://sites.google.com/site/seniorsinmotion)

(940) 566-5291



### Texas Health Resources Well-Being Score

[www.texashealth.org/your-well-being-score](http://www.texashealth.org/your-well-being-score)



## Know Your Numbers

### Criteria for Overweight & Obesity

BMI	Considered
Below 18.5	Underweight
18.5 to 24.9	Healthy weight
25.0 to 29.9	Overweight
30-39.9	Obese
40+	Very Obese (Morbid Obesity)

See BMI Calculator at [www.lovetolivewell.com/scale-down](http://www.lovetolivewell.com/scale-down)

### Criteria for Metabolic Syndrome

Any 3 of the following risk factors:

1. Abdominal obesity defined by **waist circumference**: men >40 in; women >35 in
2. **Triglycerides**: > 150 mg/dL
3. **High-Density Lipoproteins** (HDL Chol.): men <40 mg/dL; women <50 mg/dL
4. **Blood pressure**: >130 mmHg systolic (top)/ > 85 mmHg diastolic (bottom)
5. **Fasting blood glucose** > 100 mg/dL

\*Some of these tests require blood work & a lab analysis under doctor's supervision

## What's the big deal about Metabolic Syndrome?

**Metabolic syndrome** is a cluster of conditions that occur together, increasing your risk of heart disease, stroke & diabetes.

**The more criteria you meet, the greater the risks are to your health.**

- People with metabolic syndrome have
  - **two times the risk** of both cardiovascular disease & stroke<sup>1</sup>
  - **five times the risk** of developing diabetes<sup>1</sup>
- This syndrome may soon overtake smoking as leading risk factor for heart disease
- If you know you have at least one criteria of metabolic syndrome you may have the others & not know it
- Metabolic syndrome can be treated & prevented by:
  - maintaining a healthy weight
  - eating a heart-healthy diet
  - getting adequate physical activity
  - following your healthcare providers' instructions



Join the **Meet & Beat Metabolic Syndrome Challenge** at [www.lovetolivewell.com](http://www.lovetolivewell.com).

**The Good News:** There are steps you can take to improve your health & decrease your risk for illness & disease!

**Keys to live well:**



**Eat  
Better**



**Move  
More**



**Manage Stress  
Effectively**

**"Let food be thy medicine & thy medicine be thy food."**  
~Hippocrates

### **Tips for Eating Better**



- Increase your intake of whole grains, vegetables, fruits, low-fat dairy & seafood
- Find your balance between food & physical activity
- Eat at least three meals a day & plan your meals ahead of time
- Balance your plate with a variety of colorful foods
- Cut back on added sugars, trans fats, refined grains & sodium
- Focus on the big picture— achieving overall good health
- Get a personalized eating plan at [www.choosemyplate.gov](http://www.choosemyplate.gov)

### **Set SMART goals!**

**SMART** goals = **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime-bound

Example:

- I will eat 2 vegetables & 3 fruits each day this next week.
- I will walk 5 days next week for 30 minutes/day.
- I will set aside time for leisure reading at least 1 hour/day.

## Tips for Moving More

### Physical Activity Guidelines for Americans

- Begin walking a distance & pace that is comfortable for you. Each week increase your daily walk by 5 minutes working toward your goal (e.g. walk 25 min./day one week, then 30 min./day the next week).
- **Goal is to work up to 5 days/wk for 30 minutes (150 minutes/wk)** of moderate intensity exercise (e.g. treadmill or walking in your neighborhood) or 3 days /wk for 20 minutes (60-75 min./wk) of vigorous activity for general health benefits.
- Resistance training (weights or resistance bands or yoga or Pilates) 2-3 times/wk
- On weekends, take a long bike ride or a hike or try a new activity

## Overcoming Barriers to Physical Activity<sup>2</sup>

### Lack of time:

- Identify at least three 30-minute time slots where you can be active.

### Social Influence:

- Develop new friendships with physically active people. Join a group, such as the YMCA, walking group or hiking club.

### Lack of energy:

- Convince yourself that if you give it a chance, physical activity will increase your energy level; then, try it.

### Lack of motivation:

- Plan ahead. Make physical activity a regular part of your daily or weekly schedule & write it on your calendar.

### Fear if injury:

- Learn how to exercise appropriately for your age, fitness level, skill level, & health status. Start slow and build gradually.
- Learn how to warm up & cool down to prevent injury.

### Lack of skill:

- Select activities that require no new skills (e.g. walking, climbing stairs, or jogging)

### Lack of resources:

- Select activities that require minimal facilities or equipment, such as walking, jogging, or calisthenics.



## Tips for Better Stress Management

**Stress can effect your body, mood, & behavior!**

**Body:**

Headaches, muscle tension or pain, fatigue, sleep problems

**Mood:**

Anxiety, lack of motivation, sadness & depression

**Behavior:**

Overeating or under eating, social withdrawal



### Stress Management

- **Identify your stressors**, reflect on how you've handled it in the past & what impact that has on your health
- **Make a plan** for healthy coping mechanisms to deal with stressful situations
- **Plan in relaxing activities** (reading, gardening, listening to music, Skype or talk on phone with family/friends, plan time to get out & meet more people)
- **Get a massage** or read a book
- **Talk to** a dear friend
- **Plan relaxation techniques** into your day (mindfulness moments, slowed breathing, progressive relaxation techniques, visual imagery, meditation, etc.)

**“Stress has been linked to all leading causes of death including heart disease, cancer, lung ailments, accidents, cirrhosis, & suicide”<sup>3</sup>**

### Sources

1. American Heart Association (2014). See <http://www.americanheart.org>
2. Centers for Disease Control & Prevention (2014). See <http://www.cdc.gov/physicalactivity/everyone/getactive/barriers.html>
3. Seaward, Luke (2011). *Managing stress: Principles and strategies for health and wellbeing, 7th Ed.* See [http://www.amazon.com/Managing-Stress-Principles-Strategies-Well-Being/dp/0763798339/ref=sr\\_1\\_1?](http://www.amazon.com/Managing-Stress-Principles-Strategies-Well-Being/dp/0763798339/ref=sr_1_1?)