



NOURISHED

MIND AND BODY

Health Education and Wellness
Weight Management Program

Health Plan of Nevada | Sierra Health and Life

WHAT DO YOU HAVE TO LOSE?

LET IT GO

Start fresh today.

IGNORE THEM

Stay focused. Live a life that is empowering to you.

GIVE IT TIME

Trust the process.

DON'T COMPARE

Focus on improving you.

STAY CALM

It's okay to not have everything figured out. You'll get there!

IT'S ON YOU

Only you are in charge of your happiness.

SMILE

Life is short. Enjoy the little things.

WHAT INSPIRES YOU?



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Results are not guaranteed. Please check with your doctor before beginning any weight loss program.

NO *One Size* FITS ALL

Finding what works for you.

There is no shortage of diets promising to be the magic solution to weight loss and your ticket to health. You may have even tried one or many of them. The truth is, there is no one-size-fits-all diet solution for weight loss and managing health issues. We all have different things we like and dislike; differences in budgets, schedules, health concerns, and family considerations.

Successful weight loss is more than just a diet. It's your whole lifestyle that influences how you feel and what choices you make day-to-day. Food choices are important—when you eat better, you feel better. When you move more, get enough rest, and manage your stress, living a healthy lifestyle becomes much easier.

Millions of people want to lose weight. Our goal is not *just* to assist you in losing weight, but to help you feel better, improve your health, and start changing lifestyle habits for a lifetime of wellness. Weight loss doesn't always happen as quickly as we want it to. Stay motivated by tracking your non-scale victories:

- Do you have more energy?
- Are you sleeping better at night?
- Are you losing inches?
- Do you have better control of your blood sugar, blood pressure or cholesterol?
- Do you have fewer cravings for unhealthy foods?

All of these things show us that making healthy choices works—and with time and consistency, the weight loss will follow.

Get support. Our telephonic weight loss program includes checking in with a registered dietitian each week for encouragement, goal setting, and getting your nutrition and exercise questions answered. We'd love to continue to help you along your weight loss path!

HEALTHY HABITS FOR LIFE

Sometimes the smallest step in the right direction ends up being the biggest step of all.



Track food and activities and read product labels



Consider your portions



Snack mindfully



Stay hydrated



Sleep more



Stress less



Stay active



Balance calories



Nourish your body



Stay positive



BALANCED

Why do we eat?

We eat because our bodies need ENERGY and NUTRIENTS. Energy comes in the form of calories. Nutrients include carbohydrates, protein, fat, vitamins, minerals, and water. It's best if your nutrients come from food rather than supplements.

The foods we eat give us calories for energy. Calories come from carbohydrates, protein, fats, and alcohol. We burn calories every day by walking, breathing, moving, and exercising.

If we eat more calories than our body burns in a day, over time this leads to weight gain. For weight loss, we need to take in fewer calories than our body needs: either by eating fewer calories, burning more calories through exercise, or a combination of the two.

But remember, we don't just need to eat fewer calories than we burn, we also need to get enough nutrients to feel good and for our bodies to function properly. This means we have to make sure the calories we're eating are efficient—that they're giving us enough of the nutrients we need while not giving us too many calories.

What you put into your body can influence your body weight. In general:

Eating fewer calories than your body burns: you will

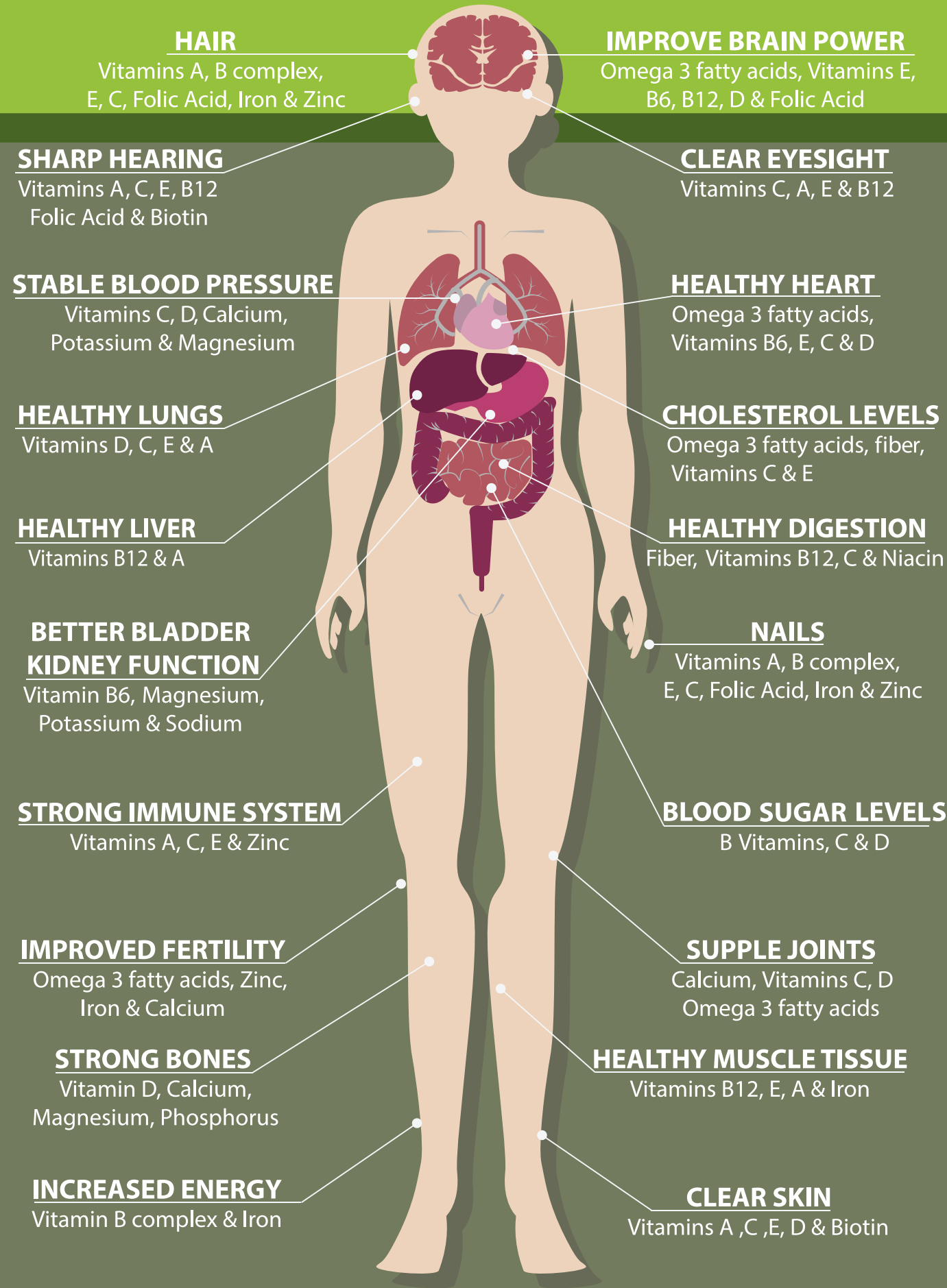
Balancing "calories in" with "calories out" your weight

Eating more calories than your body uses, excess calories are stored as fat and you



Weight loss that lasts takes a commitment to making small, consistent changes that add up over time. Crash diets can cause fast weight loss, but people often end up gaining the weight back. These diets are often difficult to follow, make you tired and irritable, and take away all your favorite foods. Sustainable weight loss doesn't happen overnight, and when you do it right, this lifestyle change should:

- Make you feel good.
- Include foods you like.
- Allow you to exercise in your own way.
- Be individualized to your preferences, lifestyle, and budget.



NUTRIENTS SHOULD COME FROM YOUR FOOD.

MACRONUTRIENTS

We eat because our bodies need energy and nutrients. Energy comes in the form of calories. The nutrients that your body requires in large amounts for normal growth and development are called macronutrients, and they are carbohydrates, fats and proteins. In addition, we also need vitamins, minerals and water, as well as fiber.



Carbohydrates: Provide energy. Examples: Fruit, whole grains, starchy vegetables, milk, yogurt.



Fat: Insulation. Cell formation. Vitamin absorption. Helps you feel full. Adds taste and texture to food. Examples: Olive oil, avocados, nuts, seeds, butter, oils.

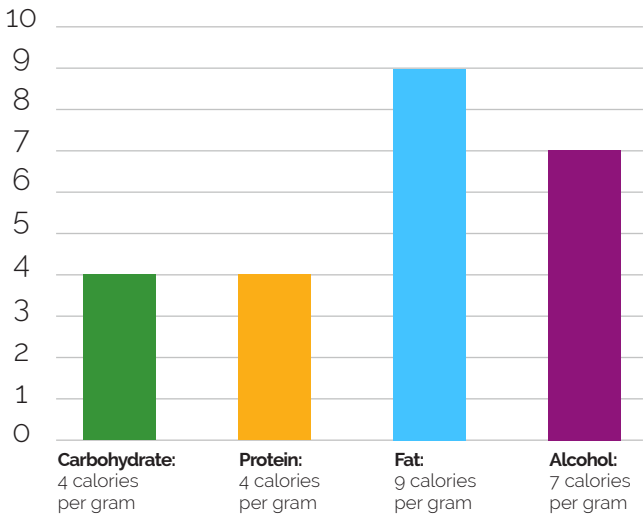


Protein: Builds muscle. Boosts metabolism. Assists with wound healing. Examples: Nuts, beans, soy, meat, poultry, dairy products, fish, eggs.



Fiber: Makes you feel full. Keeps you regular. Lowers cholesterol. Balances blood sugar. Examples: Vegetables, fruit, whole grains, beans, nuts, seeds.

The macronutrients in our food give us energy in the form of calories. How much?



READING LABELS

All packaged foods and beverages in the U.S. have food labels. These "Nutrition Facts" labels can help you make healthier food choices.

1. **Start with serving size.** The first place to start when you look at the nutrition facts label is the serving size and the number of servings in the package.
2. **Check total calories per serving.** This tells you how many calories in a single serving.
3. **Limit certain nutrients.** Try to keep saturated fat and sodium as low as possible. Trans fats should always be 0g.
4. **Fiber is important for a healthy diet.** Aim for 25g (women) and 38g (men) per day.
5. **Avoid added sugars.**

Nutrition Facts	
1 {	8 servings per container Serving size 2/3 cup (55g)
	Amount per serving Calories 230
	% Daily Value *
3 {	Total Fat 8g 10%
	Saturated Fat 1g 5%
	Trans Fat 0g
	Cholesterol 0mg 0%
	Sodium 160mg 7%
	Total Carbohydrate 37g 13%
	Dietary Fiber 4g 14%
	Total Sugars 12g
	Includes 10g Added Sugars 20%
	Protein 3g
	Vitamin D 2mcg 10%
	Calcium 260mg 20%
	Iron 8mg 45%
	Potassium 235 mg 6%
	*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.

DRINKING YOUR CALORIES



Even when we are mindful about eating healthy foods, another source of calories can go unnoticed: the calories we get from our drinks. **Liquid calories from alcohol, juice, soda, energy drinks, sugary lattes, and sweet tea can add hundreds of calories to your diet each day.** Liquid calories can add up fast, and since they usually don't help us feel full and satisfied, they won't curb our appetites either.

FRUIT JUICES like apple, grape, orange, and cranberry sound healthy, but juice eliminates the healthy fiber from whole fruit and leaves us with just the sugar. A bottle of fruit juice can have a similar number of calories to a bottle of soda!

PROTEIN SHAKES and energy drinks can be extremely high in calories. Protein shakes are great to use to replace a meal when you're in a rush or to help with portion control, but shouldn't be consumed regularly with other meals. Energy drinks contain high amounts of caffeine and other chemicals that can increase blood pressure and lead to trouble sleeping. Avoid them if you can.

ALCOHOLIC BEVERAGES are much higher in calories than most people realize. A typical can of beer has around 150 calories, a glass of wine has around 120 calories, and a shot of liquor contains around 100 calories. Add multiple drinks and sugary mixers, and one night of drinking each week can easily derail your weight loss plans.

HOW MANY CALORIES ARE YOU DRINKING?

A pina colada has similar calories to a **slice of cheese pizza**

A glass of wine has similar calories to a **cupcake**

A frozen margarita has similar calories to a **cheeseburger**

A grande Starbucks® iced flavored latte has similar calories to a **Krispy Kreme® doughnut**

A 15.2-ounce bottle of Minute Maid® apple juice has similar calories to **4 Oreos®**

A 12-ounce can of Pepsi® has similar calories to **1 cup of marshmallows**

REPLACE SUGARY BEVERAGES...

- ✗ full-calorie soft drinks
- ✗ energy/sports drinks
- ✗ sweetened "enhanced water" drinks
- ✗ sweet tea
- ✗ sweetened coffee drinks

WITH BETTER CHOICES!

- ✓ The best thing you can drink is water! Try it plain, sparkling or naturally flavored with a few pieces of fruit
- ✓ Drink coffee and tea without added sugars for a healthier energy boost

THE FACTS MAY SURPRISE YOU.



Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY**. That's more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!



Sugar-sweetened beverages like soda and energy/sports drinks are the **#1 SOURCE OF ADDED SUGARS IN OUR DIET.**



A 12 oz. can of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.



READ THE LABEL, ADDED SUGARS GO BY MANY NAMES. Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Other names sugars go by include sucrose, glucose, maltose, dextrose, high fructose corn syrup, concentrated fruit juice, agave nectar and honey.

WHOLE FOODS

Unprocess Your Foods

Add more whole foods, every day. Foods in their natural form contain the fiber, enzymes, vitamins, and minerals that processed food usually lacks. They can help increase your energy levels and improve digestion and absorption so you get the most out of the foods you eat.



IN PLACE OF PROCESSED, PREPARED FOODS LIKE THESE

Raspberry toaster pastry —————>
Corn chips or potato chips —————>
Fast food breakfast sandwich —————>
Boxed cereal —————>
Bottled salad dressing —————>



TRY ONE OF THESE QUICK WHOLE FOOD OPTIONS

Fresh berries with plain Greek yogurt
Roasted chickpeas
Hard-boiled eggs
Unflavored oatmeal with a handful of nuts and berries
Oil and vinegar or lemon

It's true, fruits and vegetables all contain some sugar. To support your health goals, you can limit starchy vegetables like white potatoes, corn and peas along with dried fruits and fruit juices. Go for a wide variety of non-starchy vegetables and have fun filling your plate with colorful foods!

Vegetables generally contain less sugar and thus fewer carbohydrates than fruits. Even when you're watching carbs, vegetables are a very important source of your daily nutrition. They're high in fiber and lower in overall calories per serving than any other food group.

Tip 1:

Try grilling, roasting, steaming or sautéing vegetables using herbs and spices to add flavor. Avoid frying and high-fat sauces.

Tip 2:

Frozen fruits and vegetables are good options when fresh produce isn't available. Be careful to choose those without added sugar, syrup or cream sauces.

KEEPING A FOOD AND EXERCISE DIARY

When you're making healthy changes in your life, sometimes the best resources are simple and close at hand. Research shows that keeping a food and exercise diary is an effective way to help identify what you're doing well and what you can improve.

WHY DOES IT WORK?

Writing things down makes you aware of what you're eating during the day. A food diary keeps you accountable for the choices you make. It helps you identify patterns and gives you the opportunity to address them. Electronic versions help you count calories to see exactly how much you're taking in.

In one study, people who tracked their food intake in a food diary lost twice as much weight as people who didn't!

HOW DO YOU KEEP A FOOD DIARY?

1. Decide if you want to use an electronic version or just a notebook and pen.
2. Write down everything you eat and drink during the day, including portion sizes.
3. Jot down when you're eating to help identify problem times, like the mid-afternoon slump or late-night snacking.
4. Add in other details to help you: How do you feel? Your mood? Where did you eat? With who? What else were you doing while you were eating? All of these things can help you be more aware of your own eating patterns and identify adjustments that can help support new habits.

TIPS:

- Be specific. Details matter.
- Note portion sizes and what types of foods you're eating.
- Don't forget your drinks! Sweetened drinks and alcohol can add a lot of calories.
- Do it now. Don't wait until the end of the day when you've forgotten the details.

LIFESTYLE Eating OPTIONS

HEALTHY PLATE

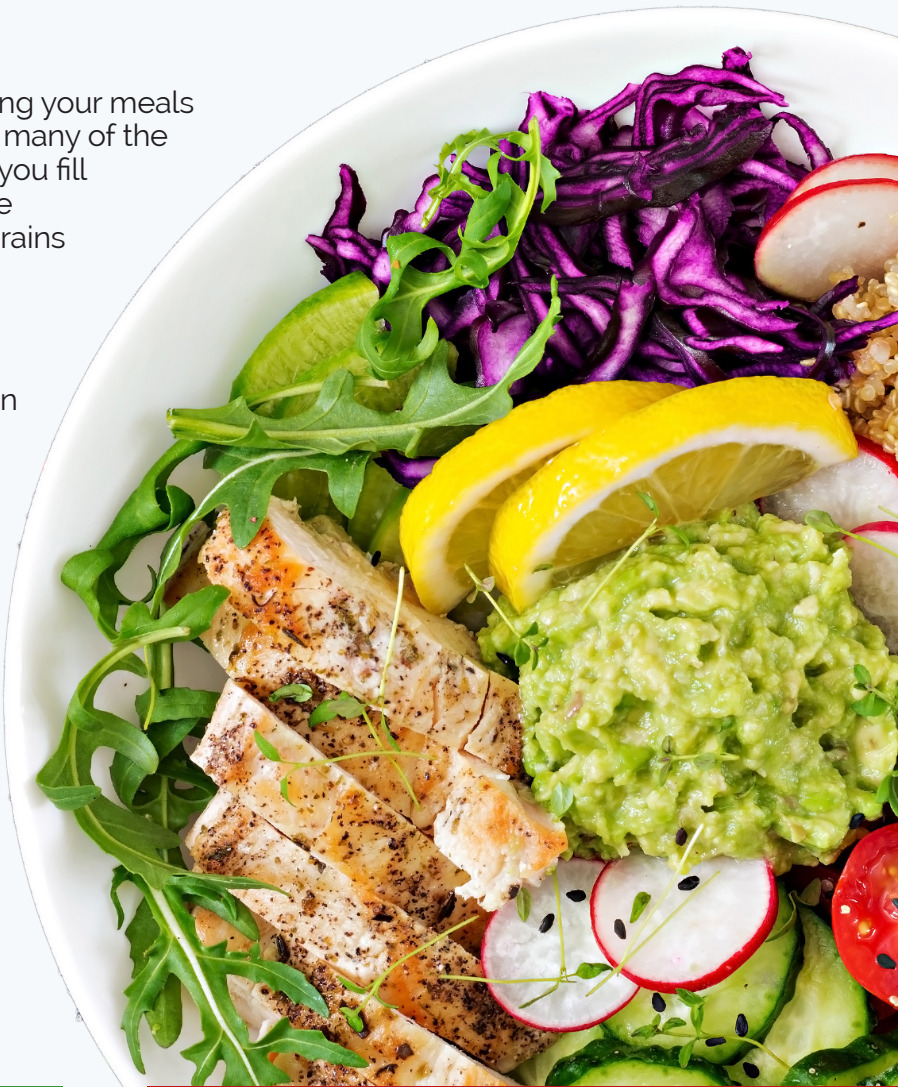
What is it? A well-balanced way of organizing your meals that promotes good health while incorporating many of the foods you're already eating. In this eating plan, you fill 1/2 your plate with vegetables, 1/4 of your plate with protein, and 1/4 of your plate with whole grains or healthy starches.

Pros:

- Includes many foods you already eat, just in different proportions.
- Can be easily adjusted for personal likes and dislikes.
- Foods can be combined in many ways for variety.
- One of the least restrictive eating plans.
- Easy to follow at home or at restaurants.

Cons:

- Requires mindfulness of plate and portion sizes.
- Not as intuitive with mixed meals like casseroles, etc.



WHAT TO EAT

- 1/2 plate vegetables
- 1/4 plate protein
- 1/4 plate whole grains/healthy starches

Add healthy fats to your meals like avocados, olive oil, nuts, and seeds.

WHAT TO AVOID

- Highly processed foods and snacks
- Sugary desserts and sweets
- Fried foods
- Deli/processed meats
- Sugary drinks

Quick and Tasty Meal Ideas:

Grilled Chicken and Veggie Kabobs



Dinner

Prep time: 20 minutes
Cook time: 10 minutes
Marinating time: 1 hour (up to 8 hours)
Serves: 4

Breakfast

Spinach, mushroom, egg, and cheese breakfast burrito in a whole grain tortilla.

Lunch

Protein and veggie bowl with cucumber, tomatoes, olives, chickpeas, hummus and quinoa.

- 1 pound boneless skinless chicken breasts cut into 1 inch pieces
- 1/4 cup olive oil
- 1/3 cup soy sauce
- 1/4 cup honey
- 1 teaspoon minced garlic
- Salt and pepper to taste
- 1 red bell pepper cut into 1 inch pieces
- 1 yellow bell pepper cut into 1 inch pieces
- 2 zucchini cut into 1 inch slices
- 1 red onion cut into 1 inch pieces
- 1 tablespoon chopped parsley

Directions

1. Place the olive oil, soy sauce, honey, garlic, salt and pepper in a large bowl.
2. Whisk to combine.
3. Add the chicken, bell peppers, zucchini and red onion to the bowl. Toss to coat in the marinade.
4. Cover and refrigerate for at least 1 hour, or up to 8 hours.
5. Soak wooden skewers in cold water for at least 30 minutes. Preheat grill or grill pan to medium high heat.
6. Thread the chicken and vegetables onto the skewers.
7. Cook for 5-7 minutes on each side or until chicken is cooked through.
8. Serve over 2/3 cup brown rice.

NOTES

- For the broiler: Preheat. Coat a sheet pan with cooking spray. Place the skewers in a single layer on the sheet pan. Broil for 4-5 minutes, then flip the skewers and broil on the other side for 4-5 more minutes.
- Vary the vegetables as desired.
- You can use metal instead of wood skewers.

NUTRITION

278 cal, 26g carbohydrates, 2g fiber, 12g fat, 21g sugar, 27g protein, 420mg sodium, 72mg cholesterol, 791mg potassium

KETOGENIC (KETO)

What is it? A high fat, low carbohydrate, moderate protein diet that is effective for weight loss, balancing blood sugars, and lowering blood pressure in some people.

Pros:

- You often see results quickly, which can be motivating.
- There are many resources, like cookbooks and websites, to help you.
- Many people see improvements in their weight, blood sugar, and blood pressure on a ketogenic diet.

Cons:

- It can be difficult to maintain because the diet eliminates many foods.
- Following the diet can be difficult at restaurants or in social settings.
- Many online keto sites recommend unhealthy versions of the diet.
- It takes a commitment—there are no “cheat days” in keto.
- Many keto diet-friendly foods can be more expensive.



WHAT TO EAT

- 1/2 plate vegetables
- 1/4 plate protein
- 1/4 plate equivalent healthy fats (avocado, olive oil, nuts, seeds, butter, cream, salad dressing, etc.)
- Up to 1 cup of berries/day.

WHAT TO AVOID

- Grains like bread, rice, pasta, cereals, oatmeal, pancakes, muffins, tortillas, etc.
- Fruit and fruit juice
- Milk and yogurt
- Sweets and desserts
- High-carbohydrate snack foods
- Processed meats
- Starchy vegetables like peas, potatoes, and corn
- Sugary drinks
- Fried foods

Quick and Tasty Meal Ideas:

Zucchini Noodles with Lemon Garlic Shrimp



- 4 teaspoons olive oil
- 1 teaspoon red pepper flakes to taste
- 1 lb. medium raw shrimp, peeled
- 8 cloves garlic, sliced thin
- Salt and pepper to taste
- Juice from 1 fresh lemon
- 1 cup cherry tomatoes, halved, as desired
- 4 medium zucchini, spiralized into noodles

Directions

1. Heat a medium nonstick skillet over medium-high heat. Add 2 teaspoons of olive oil and red pepper flakes. Add the shrimp, salt and pepper. Cook for 2-3 minutes. Add half the garlic and continue to cook for 1 minute. Set aside.
2. Add the remaining 2 teaspoons of olive oil and garlic to the pan. Cook for 30 seconds. Then add the zucchini noodles and cook for 1 minute and 30 seconds.
3. Add the shrimp to the pan. Squeeze the lemon over the mixture and toss.
4. Add cherry tomatoes to the pan, as desired.
5. Remove from heat and serve.

NUTRITION

287 calories, 10g carbohydrates, 3g fiber, 16g fat, 7g sugar, 27g protein, 556mg sodium, 189mg cholesterol, 939mg potassium

Dinner

Prep time: 10 minutes
Cook time: 10 minutes
Serves: 4

Breakfast

Egg scramble with peppers, tomatoes, onions, cheddar cheese, and topped with salsa.

Lunch

Rotisserie chicken over salad greens with cucumbers, avocado, carrots and tomatoes with dressing of choice.

PLANT-BASED

What is it? A diet that eliminates animal foods like meat and dairy products. Plant-based diets are environmentally friendly, healthy, and ideal for those who have health or ethical concerns around eating animal products.

Pros:

- Plant-based diets have been shown to help with weight loss, lowering cholesterol, managing blood sugars, and lowering blood pressure.
- Plant foods are full of vitamins, minerals, and phytochemicals that help us be optimally healthy.
- Eating plant foods is more environmentally friendly due to the amount of water and land it takes to raise animals for food. In addition, animals release methane gases, while plants release the oxygen we need to breathe.
- There are an increasing number of plant-based products available.

Cons:

- Many people don't want to stop eating meat or other animal foods.
- It can be difficult to eat at restaurants when you don't know exactly how food is prepared.



WHAT TO EAT

- 1/2 plate vegetables
- 1/4 plate plant-based protein like nuts, beans, tofu, or tempeh
- 1/4 plate whole grains/healthy starches

Add healthy fats to your meals like avocados, olive oil, nuts, and seeds.

WHAT TO AVOID

- Meat, poultry, seafood, and eggs
- Dairy products
- Highly processed foods and snacks
- Sweets and desserts
- Sugary drinks
- Fried foods

Quick and Tasty Meal Ideas:

Hearty Vegetable Chili



- 3 cups zucchini, sliced
- 15-oz can (2 cups) kidney beans, rinsed and drained
- 14-oz can no-salt-added diced tomatoes
- 1 cup diced onion
- 1 cup diced green bell peppers
- 3/4 cup diced carrots
- 1 jalapeño pepper, minced
- 2 stalks celery, diced
- 1 clove garlic, minced
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- Add 1/4 cup sweet corn for garnish if desired.

Directions
Place all ingredients in a slow cooker and cook on low for 8 to 10 hours. Or simmer in a covered pan on the stovetop for 30 minutes, stirring occasionally.

NUTRITION
189 cal, 36g carbohydrates, 10g fiber, 1g fat, 11g sugar, 10g protein, 585mg sodium, 0g cholesterol, 985mg potassium

Dinner

Prep time: 25 minutes
Cook time: 8-10 hours in slow cooker or 30 minutes on stovetop
Serves: 8

Breakfast

Oatmeal with blueberries, walnuts and chia seeds.

Lunch

Smashed chickpea sandwich on whole grain bread with a side salad.

Beans are a good source of both protein and fiber.

SNACKS

Easy and nutritious when you're on the go.

HEALTHY PLATE

Fruit and cottage cheese
Whole-wheat quesadilla
Apples and peanut butter
Plain Greek yogurt
Guacamole with snap peas
Air-popped corn with nutritional yeast
or parmesan cheese



KETOGENIC DIET

Cauliflower tots
Hard-boiled egg with cheese
Cottage cheese with 1/2 cup berries
Veggies and guacamole
Caprese zucchini rolls
Olive-tomato-mozarella skewers



PLANT-BASED DIET

Veggies and hummus
Natural nut butter with whole-wheat crackers
No-bake granola bars
Chia pudding
Edamame with sea salt
Overnight pumpkin pecan oatmeal



Make a few snack jars. They stay great in the refrigerator for 3-4 days.

POWER BOWL MEAL PREP

Good food, fast.

Easy to make, mix-and-match meals perfect for different taste preferences, schedules, and dietary needs.

Having healthy prepared food in the fridge can be a game changer! However, finding the extra time to dedicate to meal prep is hard to come by, so we asked a registered dietitian to help with an easy 1-hour prep plan to create some seriously tasty power bowls.

1. Roast some vegetables



Roast 2 sheet pans of vegetables.

Cut into pieces, drizzle with olive oil and toss with sea salt. Roast at 400 degrees; beets for 40 minutes, other veggies for 20 minutes. Try:

Asparagus

Beets

Broccoli

Brussels sprouts

Cauliflower

Peppers

Red Onion

Zucchini

You can change up the veggies per taste preference and season. To save some prep time, you can use frozen, pre-cooked, unseasoned vegetables.

2. Prepare your protein.



Choose healthy proteins like:

Beans (garbanzo, lentil, black, pinto), chicken or extra firm tofu

Beans: Drain and rinse beans. Transfer to a covered storage container and refrigerate.

Chicken: Bake at 400° until golden brown. Transfer the chicken to a bowl and cube or shred. Refrigerate in a covered storage container.

Tofu: Drain and cut into 10 to 12 slices. Line a rimmed baking sheet with foil and spread with 1 T. of olive oil. Optional -toss tofu slices with 2 T. tamari or soy sauce and 1 T. of agave or honey. Transfer tofu to sheet pan. Bake at 400° for 15 minutes. Cool, transfer to a covered storage container and refrigerate.

3. Cook some grains.



Select a grain and follow package directions to cook.

Try brown rice, quinoa or riced cauliflower.

4. Go for something fresh.



Clean and chop or grate a few fresh vegetables.

Cabbage

Carrot

Cucumber

Mixed greens

Peppers

Spinach

Mix it up!

5. Add some toppings.



Add texture and crunch with some toppings. Try a few of these.

Avocado

Olives

Roasted nuts (almonds, cashews, pistachios, walnuts)

Seeds (chia, flax, pumpkin, sesame)

Tomato

Sprouts

Put in containers to keep them fresh and easy to use.

6. Give it a little flavor boost.



Try adding a boost of flavor with salsa, guacamole, hot sauce, lemon or lime. Or try a homemade sauce or dressing like one of these (recipes on next page):

Pepper sauce

Peanut sauce

Sesame tahini miso dressing

Easy dressing

Pepper sauce: 1 T. olive oil, 3 cloves garlic, 1/2 cup chopped roasted pepper (about 2 peppers), 1 T. fresh lime juice, 1 tsp. cumin, 1 tsp. chipotle or chili powder, 1 T. sugar, honey or agave. Mix and refrigerate up to a week.

Peanut sauce: 2 T. creamy peanut butter, 1/4 c. fresh lime juice, 1 tsp. honey, 1 tsp. low-sodium soy sauce, 1 clove minced garlic. 1 T. olive oil, 1 tsp. sesame oil. Stir garlic, peanut butter, lime juice, soy sauce, and honey together. Then stir in sesame oil and olive oil until smooth. Add water as needed (depending on thickness desired). Refrigerate up to a week.

Sesame tahini miso dressing: 1/4 cup sesame tahini, 1 T. miso (fermented paste), juice of 1 lemon, 1 small garlic clove, pinch of cayenne pepper (optional), water, as needed (depending on thickness desired). Blend and refrigerate up to a week.

Easy dressing: Olive oil, lemon, little Dijon mustard (optional), salt and pepper.

If you prefer a burrito or wrap, add your ingredients to a whole-wheat tortilla.

Now you're ready to build your power bowl! Here's how:

Start with 1/2 cup of whole grains/starches

Add 1/2 to 1 cup of roasted vegetables

Add 1/2 to 1 cup of protein

Add 1/2 to 1 cup fresh vegetables

Add 2 to 4 T. of flavor booster

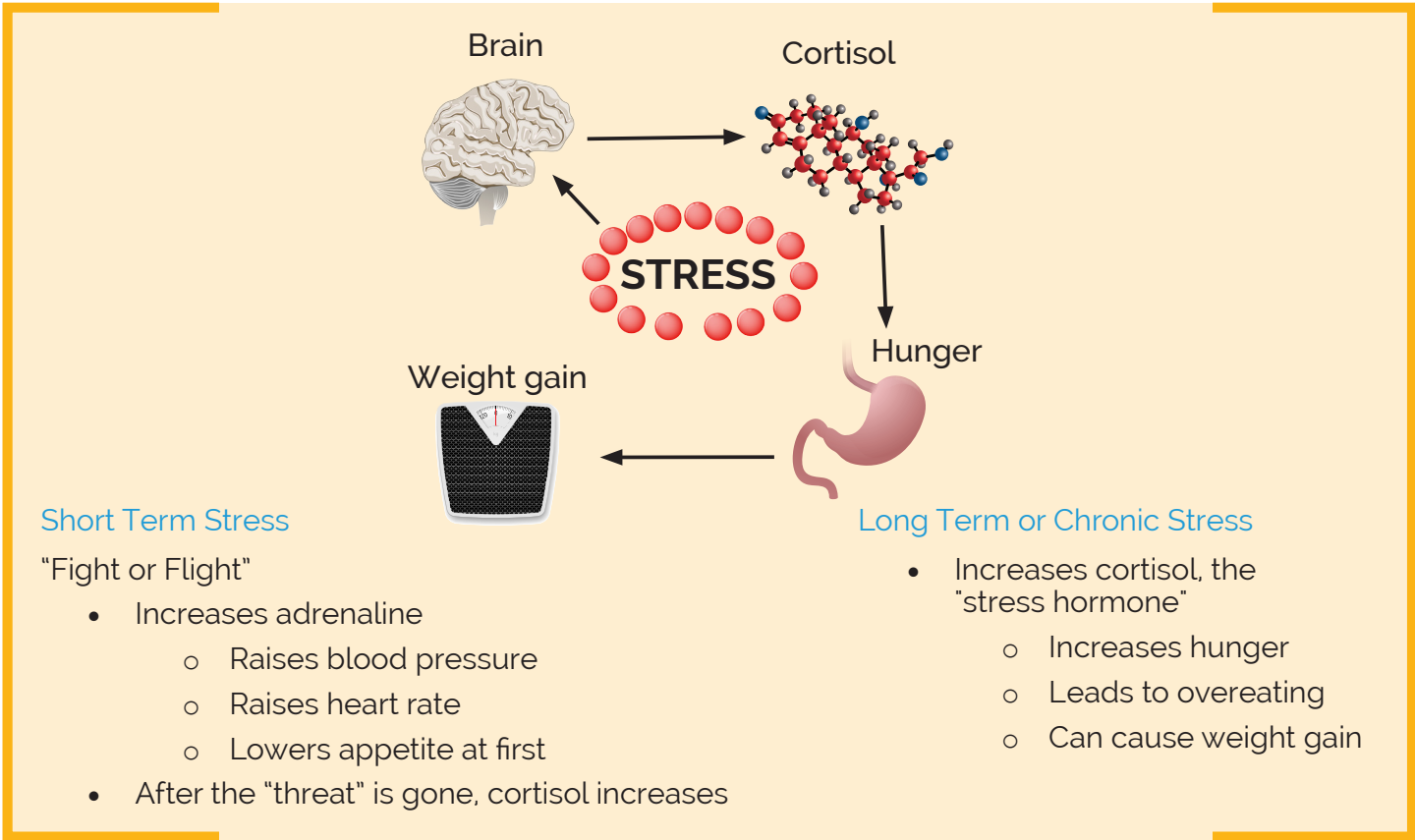
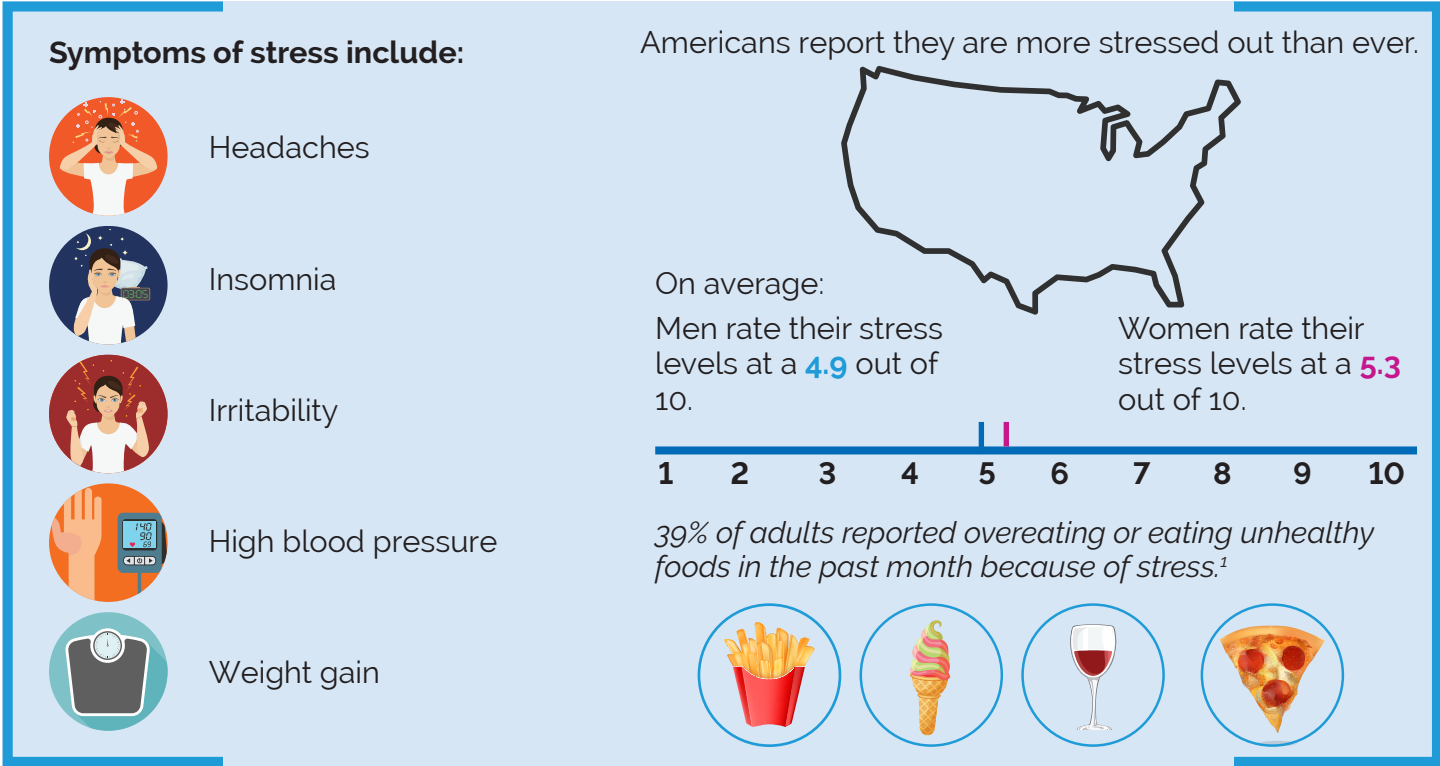
Finish with 2 to 4 T. of toppings

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STRESS

Stress. We all have it, we can't seem to get rid of it, and it's negatively affecting our health and well-being in many ways.



What can we do about stress?

Recognize that stress is keeping you from reaching your health goals by increasing cortisol and influencing behaviors.



For demands that you can't change, change how you **THINK** about it.



Attitude is a powerful form of action. Practice trusting that everything will be okay.



Schedule more time out for you. Daily stressors add up. Even being around other people who are stressed out can spike your stress levels. Taking a break is a good idea.



Talk to someone. If your stress continues, ask for help from a professional.

Find what makes you feel good and do more of it.



Exercise



Deep breathing/meditation



Go outside



Write it down



Listen to music



Get involved in the community



Walk the dog



Take a bath



Yoga



Try a craft

SLEEP

A good night's rest is important for your overall health. Sleep literally effects everything you do. While each person is different, about 7-9 hours is the recommended amount of sleep each night.

According to the National Sleep Foundation, studies show that people who sleep less tend to weigh more and are more likely to gain weight over time.

How can lack of sleep contribute to weight gain?

It gives you more time to eat while you're awake.

It may decrease metabolism by lowering your body temperature.

You might be too tired to exercise or make healthy meals.

It causes hormone changes by increasing ghrelin (the hunger hormone that makes you want to eat) and decreasing leptin (the hormone that helps you feel full and satisfied).

Visual Blue Light Toxicity

Did you know the light from energy-efficient light bulbs and your electronics could be keeping you up? Blue light from these devices keeps you awake and alert during the day, but could be disrupting your sleep and keeping you awake at night. Blue light can decrease melatonin, a hormone that influences your sleep-wake cycles.

For better sleep, avoid blue light by:



Using red lights for nightlights.



Turning off electronics and dimming the lights two to three hours before bedtime.



Getting plenty of exposure to natural light during the day.



Don't let a lack of sleep disrupt your health goals.
Better sleep can start now:

Follow a sleep schedule, even on days off.

Take time to relax and unwind before bed.

Exercise every day.

Make your sleep space comfortable.

Look at your room to make sure it's cool, dark, and quiet at bedtime.

Watch out for alcohol and cigarettes, which can disrupt sleep.

Put away your phone; turn off the TV and other electronics before bed.

Explore ambient and soothing sounds.

Consider earplugs.

Resolve kid and pet interruptions.

EXERCISE

Exercise is one of the best things you can do to improve and protect your health, reduce stress, **lose weight and much more**. However, don't let your hard work go to waste. Healthy nutrition and regular exercise go hand-in-hand.

The more muscle you have, the higher your metabolism runs and the more calories you burn each day. Try incorporating cardio and strength training into your routine to build and maintain muscle and burn fat. Start slow, listen to your body and modify as needed.

Regular exercise can help you lose weight. Exercise has also been shown to reduce stress, increase productivity and reduce the risk of heart disease, diabetes, obesity and more.


Inactive adults

LOSE BETWEEN


3-8%

of their muscle mass per decade after age 30

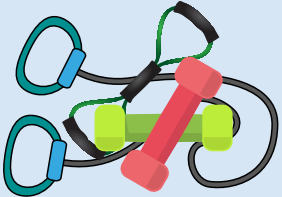
Healthy nutrition and regular exercise go together.



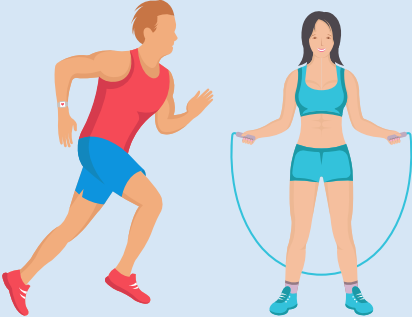
HIGH INTENSITY INTERVAL TRAINING - Burns calories faster



STRENGTH - Helps build and maintain muscle



CARDIO - Important for overall health



30 MINS

5 DAYS A WEEK

RECOMMENDED AMOUNT OF AEROBIC/CARDIO ACTIVITY A DAY

≥2 DAYS A WEEK

STRENGTH TRAINING/HIGH INTENSITY INTERVAL TRAINING

Cardio (aerobic activity)

Essential for overall health.

Walk, swim, bike, dance, climb, hike, jump rope, skate, climb stairs, do housework or yard work.

- Burns calories
- Strengthens the heart
- Lowers cholesterol and blood pressure
- Lowers blood sugars
- Most effective for weight loss when combined with strength training

Strength Training

Helps build and maintain muscle.

Weights, resistance bands or tubes, push-ups, squats, lunges.

- Builds muscle and strength
- Burns calories
- Increases metabolic rate
- Builds strong bones
- Improves stamina
- Helps maintain weight loss

High Intensity Interval Training (HIIT)

Quick, intense bursts of energy followed by short recovery periods.

Jumping jacks, squats, push-ups, high knee march or step up, crunches, and planks are a few of the basics.

- Burns calories in shorter time
- Helps burn fat and build muscle
- Shows greater benefits to the heart than continuous cardio
- Keeps metabolism high for longer time

Using a foam roller to massage the connective tissue surrounding your muscles, bones and tendons is one of the least expensive, yet most effective ways to recover from your workout.



HEALTHY HABITS CHALLENGE

4 Weeks, 4 Habits, FRESH START!

Sometimes weight loss can seem like a daunting task. Use this challenge to jump-start your new lifestyle. Pick four of the healthy habits below and start by adding one new habit for one week. The second week, add another. At the end of the month, you'll be well on your way to a healthier lifestyle and sustainable weight loss.



Track food and exercise in a diary five days per week.



HEALTHY HABITS TRACKER

One Day at a Time



Goal: It's good to have an idea of where you want to go and why it's worth it.
Tip: Choose your first healthy habit to set your process in motion.
Example: Pack my lunch to avoid extra calories and provide more energy for my afternoons.



Define "your why" to help stay focused.
Tip: When things feel difficult, it's great to come back to "your why" for inspiration.



Steps toward your goal: What steps will you take to get there?
Tip: You can always add-on to an existing habit.
Example: After my evening walk, I will add 5 minutes of breathing exercises.



Visualize: What does your week look like?
Tip: Visualize your daily steps rather than the goal. It's okay to make adjustments as you learn and change.



Celebrate: Take the time to recognize your non-scale victories.
Tip: Celebrate new habits that help you feel better. Share your success with your dietitian, family and friends.



My Fresh Start

Date _____

Name _____

My Numbers	Week 1	Week 5
Height		
Weight		
Waist		
Blood Pressure		

My Why

Focus on your heart, not your ego. I am doing this to:

- ☐ Take care of myself first so I can better care for others.
- ☐ Have more energy to focus on my work and family.
- ☐ Feel more confident to live the life I imagined.
- ☐ Take charge of my health and be able to take less medication.
- ☐ Be a healthy example for my children and grandchildren.
- ☐ _____
- ☐ _____

The first steps can be the hardest. Start small. One healthy habit at a time. Focus on things that inspire you. Write it down. Share it. Be kind to yourself. Remember that **slow and steady** is the formula for lasting change

WEEK 1

My healthy habit:

Steps to make it happen:

My positive word for the week:

WEEK 2

My healthy habit:

Steps to make it happen:

I am grateful for:



WEEK 3

My healthy habit:

Steps to make it happen:

This week I'll do something extra for myself:

WEEK 4

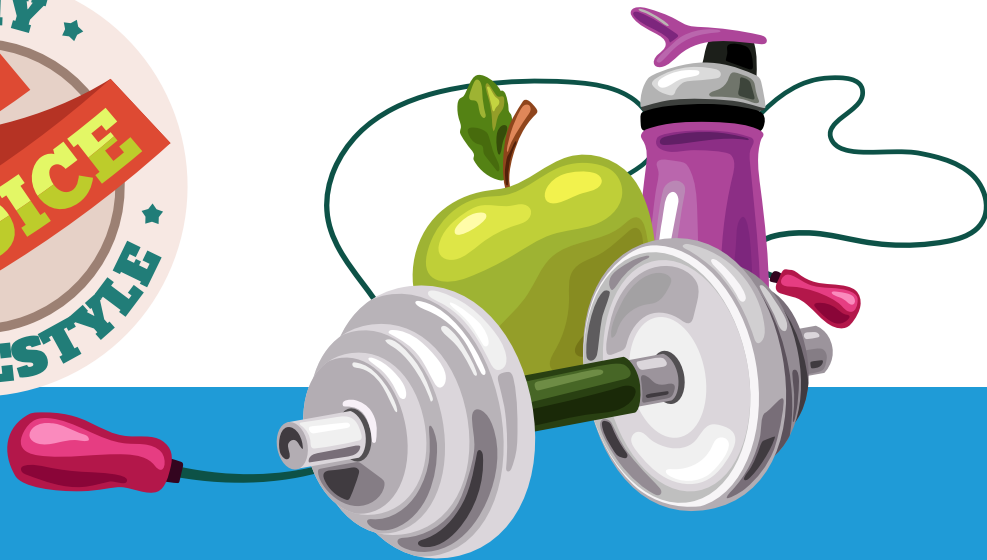
My healthy habit:

Steps to make it happen:

Why I am proud of myself:

Celebrate your non-scale victories:

- ☐ More energy
- ☐ Sleeping better
- ☐ Feeling a sense of balance and calm
- ☐ Less stress and anxiety
- ☐ Better control of blood sugar or blood pressure
- ☐ Fewer cravings for junk food
- ☐ Clothes fit better
- ☐ _____



Strive for progress, not perfection.





WELLNESS MINDSET

Start where you are, use what you have,
do what you can.

-Arthur Ashe, Athlete

Health Education and Wellness is here to help you stay well and thrive. Please call **702-877-5356** or toll-free **1-800-720-7253**, TTY **711**, Monday through Friday, 8 a.m. to 5 p.m. local time. Go to **HealthPlanofNevada.com** for program information, recipes and more.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

Sources:

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