

## Module 9 Worksheet

Live like a thin person:

- Positive Self-Talk (Example: I am Fit, Trim & Healthy)
- Appreciate your body!
- Handle stress with relaxation exercises... deep breathing, yoga, visualizations, etc.
- Understand this: Calories in must be less than calories burned for weight loss to occur!
- Exercise burns calories...so get moving!
- When walking remember...Brisk is better! With Doctor approval pick up the pace!
- Build muscle...muscle uses more calories than fat, so when you are muscular you burn off more calories no matter what you are doing.
- Remember: Calories that you drink also count...limit alcohol intake! Watch how many and what type of drink you consume...a Margarita has hundreds more calories than a glass of wine.
- Drink 6-8 glasses of water a day with 1-2 glasses before each meal.
- Distinguish whether you are thirsty or hungry...do not eat if you are only thirsty!
- Eat natural, healthy foods rather than processed foods...if the food has a lot of ingredients that you cannot pronounce...leave it alone and have some nuts, veggies or a piece of fruit as a snack.
- Eat 3 meals per day – No meal skipping!
- Eat at a designated place that is for eating only... no TV ... no computer ... no telephone
- Be aware of your emotions...choose other options to cope besides food
  - If you are lonely...pick up the phone and call a friend
  - If you are sad...have a cry then take a walk or watch a comedy
  - If you are frustrated...go to the gym or take a brisk walk
  - If you feel hopeless...listen to affirmations or make a phone call to a trusted friend or counselor
- Look for and appreciate all of the changes that are happening, as you get closer to your ideal weight. Notice your improved stamina, muscle definition, smaller sized clothing, and increased self-esteem and congratulate yourself constantly.
- Reward yourself with a special treat every month or so if you can...you deserve it!