



## Learning New Skills for Healthier Weight

**No single eating plan is right for everyone.  
Getting fewer calories is more important than using a specific plan.**

### **SELF-MONITORING:**

Record eating and physical activity, as well as thoughts or feelings connected to these activities.

**Keep a daily food and activity log.**

### **STRESS MANAGEMENT:**

Identify areas of stress and develop healthy coping and stress-reduction strategies.

**Try relaxation techniques that do not involve eating or drinking.**

### **BEHAVIORAL SUBSTITUTION:**

Identify reasons for eating that are not related to hunger and replace another behavior for eating.

**Substitute riding a bike or walking the dog for eating when *NOT* hungry.**

### **SOCIAL SUPPORT:**

Request family or friends to provide support.

**Ask for help. Request a walking partner.**

### **GOAL SETTING:**

Set goals for weight management.

**Set a goal to cook most meals at home for 2 weeks.**

Complete the Goal Setting for Weight Management form (ask your provider).

### **Sizing up healthy eating**

- Plan ahead for cravings.
- Use a portioned plate: 1/2 for vegetables or fruits, 1/4 for whole grains, and 1/4 for proteins.
- Think of reducing, rather than cutting out your favorite foods.
- Eat at regular mealtimes to avoid overeating later in the day.
- Place a single serving in a container rather than eating from the package.

### **Eat together with family and friends**

- Choose steamed or baked foods instead of fried.
- Ask family and friends to support you in making healthy choices.
- Share a meal with a friend.

### **On the go: stay healthy away from home**

- Ask for your meal to be served without gravy, sauces, butter, or margarine.
- Pack a lunch and healthy snacks.
- Order water to drink with meals.
- Order a smaller portion, appetizer, or share a dish.

### **Smart shopping: keep your basket full and fresh**

- Make a list based on meal plans.
- Shop after a meal.
- Read nutrition labels.
- Buy more vegetables, lean meats and fish.
- Add a rainbow to every plate – choose different colored fruits and vegetables.
- Avoid sweets, salty snacks, and soda.

### **Get in step**

- Begin with short walks and gradually increase your time or distance.
- Use a fitness tracker or activity log.

### **Information to help you eat healthier food**

Heart Health and Healthy Living: <https://healthyforgood.heart.org/>

Healthy Food Choices: <https://www.choosemyplate.gov/>

Name of Anti-obesity Medications	Dose	What time to take?	How does it work?	Side Effects	Comments

### SMART Goals Weight Loss Plan

<b>S</b> SPECIFIC	<ul style="list-style-type: none"> <li>• What are some healthy eating habits you can start doing?</li> <li>• Can you start 1 or 2 before the next visit?</li> </ul>	
<b>M</b> MEASUREABLE	<ul style="list-style-type: none"> <li>• What is the best way to track your new habits or progress toward your goal?</li> </ul>	
<b>A</b> ATTAINABLE	<ul style="list-style-type: none"> <li>• How confident are you that you can achieve this goal? (1-10)</li> </ul>	
<b>R</b> RELEVANT	<ul style="list-style-type: none"> <li>• Why is this important to you?</li> </ul>	
<b>T</b> TIME	<ul style="list-style-type: none"> <li>• When will you begin?</li> </ul>	
Follow-up Plan		

**NOTES:**

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**If you are thinking about weight loss surgery...**

- Bariatric surgery and devices may be an effective treatment option for those affected by severe obesity.
- Ask your health care provider for information.