

Word of Faith International Outreach

Families Fit For the Kingdom

This program is derived from Faithful Families Eating Smart and Moving More in North Carolina. We will dance, do Zumba, and tone. There will be contest, healthy meals, and you will receive a lot of materials to assist you on your journey; but most of all you will receive love, prayer, understanding and support.

Mondays at 6:00PM

**All of the sessions will be held in the
Word of Faith Fellowship Area
1301 Lofin Road
Aberdeen, MD 21001**

**For more information contact Stacey or Cris at
410-272-5173 or wofinternational@aol.com**

Rules and Considerations

Greetings,

So glad you have determined in your mind to take this journey with us, in just a few weeks you will be feeling and looking better. Word of Faith was blessed with a Faith Communities grant for 2550.00 designed to have us Eating Smart and Moving More; we will be using a program from North Carolina.

This program will not only look at the way we eat but also how we take care of food, from purchase to preparing with a 20 minute lesson each Monday. So each Monday our evening will look like this:

Arrive begin our lesson, while sampling something nutritious and full of protein 6:00-6:20

Exercise will be power packed with a variety of stretching toning and cardio 6:20 -6:50

- Weigh in every week and
- Blood Pressure and Inches bi weekly
- Book check every week must do food journal for this week
- Fitness pal daily so your coach can review and make suggestions.
- Get an accountability partner to exercise with at other times you will be asked
- Be here each week

These are the minimums, on October 5th (– December 14) we will begin our biggest loser contest are judged on inches muscle and weight loss. We also have a few biggest gainers ughhh in our group so they are judged on what they gain. The first place winner will receive a cash prize (I will share how we get cash) and a getaway. Second place and then smaller gifts for those persons with biggest muscle gain and loss of inches. We will also have other fun challenges along the way, so great ready to have fun and get healthy while doing it. Please note we will come back together after the holidays to refocus and stay connected.

We will meet periodically on some Wednesdays just to tag in and get motivated by fitness coach Christine from Aberdeen Fitness.

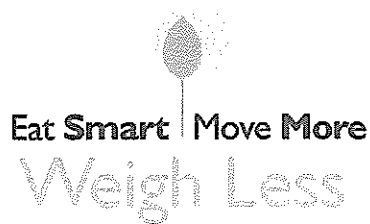
Now for the rules and penalties. You will be asked to pay:

\$.25 for every day you do not complete your fitness pal log in. (don't cheat)

\$1.00for every week you have no weight gain

\$2.00 for every pound gained that is without muscle gain

\$1.00 for any assignment that isn't done i.e. bringing survey back etc....



Weekly Report Card

Goal:

Name: _____ Buddy's Name: _____ Date: _____

Height: _____ inches Waist Circumference: Beginning _____ Ending _____

Weight: Beginning _____ Ending _____ Blood Pressure: Beginning ____ / ____ Ending ____ / ____

BMI: Beginning _____ Ending _____

Week	Date	Weight	Total Weight Change To Date (+ or -)	Minutes Walked or other Aerobic Exercise Equivalent	Minutes of Strength Training (for example: weight lifting, using stretch bands, push-ups, sit-ups, etc.)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
TOTALS			*		

*As verified _____ Date _____

(Buddy's signature at final weigh-in)

Scale # _____



Name: _____ Buddy's Name: _____

Please share with us changes you made last week to eat smart and/or move more.

Last week I:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15
ate breakfast each day.															
ate 1 1/2 -2 cups of fruit each day.															
ate 2-3 cups of vegetables each day.															
controlled portion sizes.															
prepared and ate more meals at home.															
watched 2 or fewer hours of TV each day.															
drank 1 or fewer sugar-sweetened beverages.															
was active 30 minutes or more on most days.															
participated in strength training on 2 or more days.															
Other: _____															
Other: _____															

Harford County Health Department
Faith Communities Health Program

PRE-PROJECT SURVEY

This survey is being conducted to determine your current health knowledge, attitudes, and behavior. This information will be used to determine success of your congregation's health programming. Please complete this survey in its entirety. Responses will be kept anonymous.

The Church Health Center's Model for Healthy Living conceptualizes a balanced life as consisting of three areas including faith, movement, work, emotions, nutrition, and friends/family. Evaluate each aspect of your life by answering the questions below.

Please circle your response. 1 indicates completely unsatisfied while 10 indicates completely satisfied.

FAITH LIFE -- Building a relationship with God, your neighbors, and yourself.

1 2 3 4 5 6 7 8 9 10

MOVEMENT -- Discovering ways to enjoy physical activity.

1 2 3 4 5 6 7 8 9 10

MEDICAL -- Partnering with your healthcare provider to manage your medical care

1 2 3 4 5 6 7 8 9 10

WORK -- Appreciating your skills, talents, and gifts.

1 2 3 4 5 6 7 8 9 10

EMOTIONAL -- Managing stress and understanding your feelings to better care for yourself.

1 2 3 4 5 6 7 8 9 10

NUTRITION -- Making smart food choices and developing health eating habits.

1 2 3 4 5 6 7 8 9 10

FAMILY & FRIENDS -- Giving and receiving support through relationships.

1 2 3 4 5 6 7 8 9 10

Please check the box that best describes your knowledge and attitudes:

	Yes	No
I have a good understanding about nutrition and how to make healthy food choices.		
I feel comfortable preparing healthy meals at home.		

I have a good understanding of the benefits of physical activity and choosing appropriate exercises for myself.		
I feel I have adequate opportunities to engage in physical activity most days of the week.		

Please check the box that best describes your behavior:

On a typical DAY, how much do you consume of the following?	NONE	1-2	3-4	>5
Serving of vegetables				
Servings of fruits				
Glasses of water				

	NONE	1-2 times	3-4 times	>5 times
On a typical DAY, how many times do you drink sugar-sweetened beverages?				

	NONE	1-2 times	3-4 times	>5 times
How often each week do you engage in at least 30 minutes of moderate physical activity?				

	NONE	1-2 times	3-4 times	>5 times
How often each week do you eat dinner that was cooked at home?				

Are the following statements true or false?	True	False
I receive all age appropriate health screenings (i.e. well visit, mammogram, colonoscopy).		
I am as physically active as I would like to be.		
I eat as healthy as I would like to.		

Please feel free to share any comments/suggestions on anticipated health programming and/or what you are hoping to get out of health program activities.

I feel I have adequate opportunities to engage in physical activity most days of the week.		
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Please check the box that best describes your behavior:

On a typical DAY, how much do you consume of the following?	NONE	1-2	3-4	>5
Serving of vegetables				
Servings of fruits				
Glasses of water				

	NONE	1-2 times	3-4 times	>5 times
On a typical DAY, how many times do you drink sugar-sweetened beverages?				

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How often each week do you engage in at least 30 minutes of moderate physical activity?				

	NONE	1-2 times	3-4 times	>5 times
How often each week do you eat dinner that was cooked at home?				

Are the following statements true or false?	True	False
I receive all age appropriate health screenings (i.e. well visit, mammogram, colonoscopy).		
I am as physically active as I would like to be.		
I eat as healthy as I would like to.		

Please complete the program satisfaction questions below.

	Yes	No
I was satisfied with the health program activities provided by my congregation.		

Please explain the health program activities you enjoyed the most.

Please explain the health program activities that could be improved.

Eating Smart and Moving More

are the keys to good health and a healthy weight.

Here are seven behaviors you can adopt today.



The Eat Smart, Move More North Carolina logo reminds you that you can make the decision to eat smart and move more right now.



Breastfeed Your Baby

This year's #1 baby gift: breast milk.



Move More

Walk, dance, play, work in your yard. **30 minutes a day** can help you stay in shape and feel good.



Prepare More Meals at Home

Eating at Home = Eating Healthy.



Re-Think Your Drink

Try water with lemon or flavored, unsweetened drinks instead of sugary drinks.



Enjoy More Fruits and Veggies

Make fruits and vegetables half your plate.



Right-Size Your Portions

Larger portions = extra calories = extra pounds.



Tame the Tube—Get Moving

Trade TV for activity—walk, run, bike or play.

For recipes, tips, resources and ideas about how to Eat Smart and Move More, visit

www.MyEatSmartMoveMore.com

Setting a SMART Goal

Goal setting motivates us to achieve. Setting a goal can increase your determination to take the steps necessary to accomplish the goal. Studies have shown that people who write down their goals are more likely to achieve them. Achieving goals builds self-confidence and increases success in accomplishing future goals.

As you set your weight loss or maintenance goal, keep in mind the following information:

- Slow is the way to go! Plan to lose no more than 1/2 to 2 pounds each week. Someone who is very overweight may find it easier to lose 2 pounds per week than someone who is already close to a healthy weight.
- Experts recommend losing no more than 5% of one's starting weight over a twelve week period of time. (For example: Someone weighing 160 pounds today, should not plan on losing more than 8 pounds over a twelve week period.)
- Keep in mind that you are setting a short-term goal. You may need to set several consecutive short-term goals in order to ultimately achieve your long-term healthy weight goal.
- Plan for success! Make your weight loss goal a S.M.A.R.T. one!



S Your goal is specific. (You aim to lose this number of pounds.)

M Your goal is measurable. (You can track progress.)

A Your goal is attainable. (You can reach it.)

R Your goal is realistic. (No more than 2 pounds per week.)

T Your goal is timely. (You can reach it by the target date.)

A dream is just a dream. A goal is a dream with a plan and a deadline.

~Harvey Mackay

WHAT'S IN THE Nutrition Label?

1. Start here

2. Check calories

3. Limit these nutrients

4. Get enough of these nutrients

5. Footnote

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12 g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 60
Sat Fat	Less than 20g 25
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

6. Quick guide to % DV

- 5% or less is low
- 20% or more is high

1 All the nutrients listed on the food label pertain to one serving of that food item. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming?" (1/2, 1 or more)

2 Calories provide a measure of how much energy you get from a serving of that food item. The number of servings you consume determines the number of calories you actually consume.

3 The nutrients identified in yellow should be consumed in limited amounts. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.

4 The nutrients identified in blue should be consumed in enough amounts to improve and maintain health and reduce the risk for some diseases and conditions.

5 The footnote tells that the %DV for the nutrients listed on the food label are based on a 2,000 calorie diet. This statement does not change from product to product; it is always the same.

6 The Percent Daily Value (%DV) helps to determine if a serving of food is high or low in a nutrient. Generally, a 5% DV is considered low and a 20% or more is high.

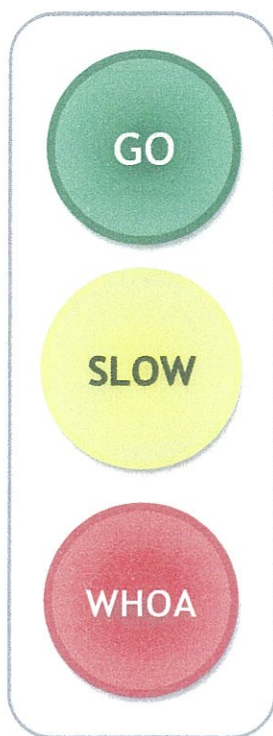
(Source: U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition. "How to Understand and Use the Nutrition Facts Label". For detailed information see <http://www.cfsan.fda.gov/~dms/foodlab.html>)



www.EatSmartMoveMoreNC.com

The Stoplight Food Guide

DIRECTING YOU TO HEALTHIER FOOD & DRINK OPTIONS



ANYTIME CHOICES (GO)

- Healthiest within each food group
 - Lowest in fat, sugar and calories
 - Highest in healthy nutrients-like vitamins, minerals & fiber
 - Enjoy 2 or more* from each food group, daily
- *up to recommended amount

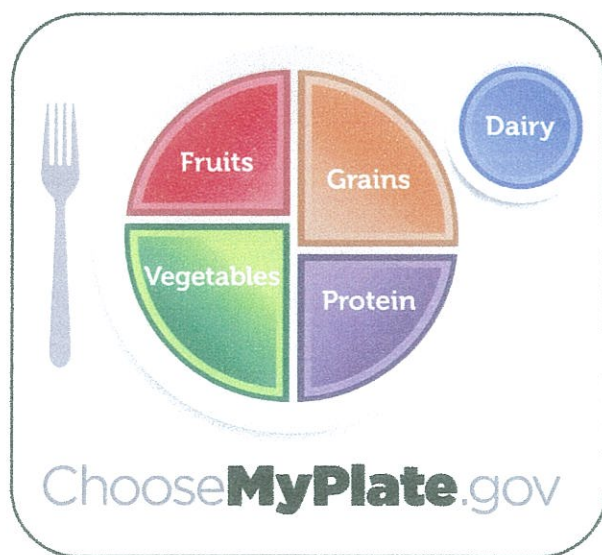
SOMETIMES CHOICES (SLOW)

- Higher in fat, sugar and calories
- Lower in healthy nutrients
- Aim for 0-1 serving from each food group, daily

RARELY CHOICES (WHOA)

- Highest in fat, sugar and calories
- Lowest in healthy nutrients
- Save for special times; 1 or 2 from each food group, weekly

- ☐ Know the food groups
- ☐ Understand that each food group contains Go, Slow and Whoa choices
- ☐ Check the Nutrition Facts Label
- ☐ Measure or count out correct Serving Sizes



Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container about 11

Amount Per Serving	
Calories 130	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 7g	

Protein 3g

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

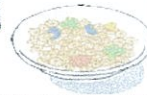
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



GRAINS



BREAD ● RICE ● CEREAL ● PASTA ● CRACKERS

How much per day?

Depending on the person, 5 to 12 servings.

You may need: ____

Look for *whole grain* listed first on the ingredient list

What counts as 1 serving?

1 slice of bread ● 1 cup of cereal ● ½ cup of cooked rice, cereal or pasta ● ½ of bun, sub roll or bagel ●

Amount listed on the Nutrition Facts ● 28g = 1oz = 1serv

ANYTIME

Per serving: 80-100 calories,
2g or more fiber, 6g or less sugar

Plain oatmeal	Mini bagel
English muffin	Plain grits
Plain popcorn	Brown rice
Wheat crackers	Quinoa

Granola bar with <5 g sugar
 Unsweetened, whole grain cereal
 Whole wheat tortilla
 Whole wheat breads
 Whole wheat pasta
 Whole wheat waffle/pancake

SOMETIMES

Per serving: 100-200 calories,
1 or 2g fiber, 6-12g sugar

Pancake	Low-fat muffin
Waffle	Butter grits
Stuffing	Flavored rice
Noodles	Low-fat popcorn

Granola bar with 5-10 g sugar
 Cereal w/ dried fruit or frosting
 Low-fat (2%) Mac n' cheese
 Low-fat biscuit
 Corn/flour tortilla
 Flavored oatmeal
 Baked corn bread

RARELY

Per serving: over 200 calories,
Less than 1g fiber, over 12g sugar

Biscuits	Breadstick
Croissant	Hushpuppies
Doughnut	Regular granola
Muffin	Fried rice

Granola bar with >10 g sugar
 High sugar, low nutrition cereals
 Macaroni n' cheese
 Hard shell taco
 Buttered crackers
 Fried corn bread
 Buttered popcorn
 Flavored waffle/pancake



FRUITS



APPLE ● BANANA ● ORANGE ● GRAPES ● PINEAPPLE

How much per day?

Depending on the person, 2 or more servings.

You may need: ____

What counts as 1 serving?

1 medium fruit ● ½ cup chopped fresh, frozen or canned fruit ● ¼ cup dried fruit ● 4 ounce 100% fruit juice

ANYTIME

Fresh, frozen or canned fruit
with no sugar or fat added

Canned fruit in *water or own juice*
Unsweetened applesauce

Apples	Oranges
Bananas	Peaches
Blueberries	Pears
Cantaloupe	Pineapple
Grapes	Plums
Kiwi	Strawberries
Mango	Watermelon

SOMETIMES

Reduced sugar, reduced sugar
preparation methods

Canned fruit in *light* syrup
100% fruit juices
Dried fruit
Frozen fruit bar
Sweetened applesauce
Avocado

RARELY

Fruit with added sugar, fat
(butter), fried, candied

Canned fruit in *heavy* syrup
High fat/sugar fruit chips
(banana chips)
Fruit cobbler
Fruit pies
Coconut
Fried plantains



VEGETABLES

BROCCOLI • TOMATO • CARROT • SQUASH • GREENS



How much per day?

Depending on the person, 2 or more servings

You may need: ____

What counts as 1 serving?

1 cup raw leafy vegetable
● ½ cup chopped raw or cooked vegetable ● ½ cup vegetable juice

ANYTIME

Fresh, frozen or canned with no added fat/sugar/salt
Raw, steamed, boiled, grilled

Broccoli	Green beans
Carrots	Lettuce/Greens
Cabbage	Okra
Cauliflower	Peppers
Celery	Spinach
Collards	Squash
Cucumbers	Tomato

Salad with fat-free dressing

Starchy Vegetables: Baked potato, Homemade fries, Sweet potato, Corn, Lima beans, Sweet peas

SOMETIMES

Vegetables with low fat sauces (mayonnaise, dressings), little oil and low fat cooking methods

Oven-baked fries from frozen
Sautéed vegetables
Vegetables with low-fat cheese
Coleslaw with low-fat mayo
Potato salad with low-fat mayo

Salad with low-fat dressing

RARELY

Fried vegetables, added fat (lard, butter), high fat sauces (cheese, mayonnaise, cream)

French fries	Potato salad
Onion rings	Fried plantains
Tater tots	Fried okra
Hash browns	'Loaded' potato
Coleslaw	Candied yams

Fried veggie chips
Greens seasoned with fat/grease
Salad with regular dressing
Creamed corn, peas, spinach



DAIRY

MILK • YOGURT • CHEESE • PUDDING



How much per day?

Depending the person, 2 to 3 servings.

You may need: ____

What counts as 1 serving?

1 cup milk ● 1 cup yogurt ● 1½ ounce cheese
● Amount listed on the Nutrition Facts Label

ANYTIME

Fat-free & 'Light' calcium sources

Skim milk
1% low-fat milk
Fat-free yogurt
Fat free cheese
Fat-free pudding
Fat-free cottage cheese
Skim lactose-free milk
Unsweetened, light soy/almond milk

SOMETIMES

Low-fat calcium sources

2% milk
1% chocolate milk
Low-fat cheese (2% milk)
Mozzarella cheese
Low-fat yogurt/pudding
Low-fat frozen yogurt
Low-fat cottage cheese
Low-fat ice cream
2% lactose-free milk
Unsweetened soy/almond milk
Yogurt drink or squeeze tube

RARELY

Full fat, sweetened dairy

Whole milk
Ice cream
Regular cheese
Pimento cheese
Cheese spread
Cottage cheese
Regular yogurt/pudding
Whole lactose-free milk
Sweetened, regular soy/almond milk



PROTEIN

BEANS ● EGGS ● FISH ● NUTS ● MEAT



How much per day?

Depending on the person, 2 to 7 ounce equivalent servings. **You may need:** ____

A deck of cards- or palm-sized portion of meat = 3oz

What counts as 1 serving? (an ounce equivalent)

1 ounce of meat, poultry or fish ● 1 egg ● ½ cup cooked beans ● ¼ cup nuts/seeds ● 2 Tbsp of peanut butter ●

Amount listed on the Nutrition Facts ● 28g = 1 oz = 1serv

ANYTIME

Baked, grilled, broiled, boiled, steamed, or roasted; skinless

Skinless chicken	Turkey
Low fat ham/turkey	Tofu
Canned tuna (water)	Fish
Oven fried chicken	Venison
Low salt beans	Egg white
Edamame (green soybeans)	

Fat free refried beans
 Beans cooked from dried
 Baked, lightly breaded nuggets
 93/7 ground meat/turkey
 Chicken/tuna salad with FF mayo

SOMETIMES

Sautéed, pan fried, skin on poultry

Turkey bacon	Nuts/seeds
Turkey sausage	Baked beans
Peanut butter	Low-fat bologna
Eggs	Low-fat hot dog
	Chicken w/ skin

Low fat refried beans
 Regular canned beans
 Baked chicken nuggets (from frozen)
 90/10 fat ground meat/turkey
 Chicken/tuna salad with LF mayo

RARELY

Breaded and fried, fat/lard added, high fat content

Bacon	Salami/Pepperoni
Bologna	Fried chicken
Sausage	Canned tuna (oil)
Spam	Pork n' beans
Fried fish	Hot dogs/franks
Pork BBQ	Vienna sausages

Regular refried beans
 80/20 ground meat
 Fried/regular chicken nuggets
 Beans with fat/lard/bacon added
 Chicken/tuna salad with mayo



EXTRAS

SAUCES ● DRESSINGS ● DIPS ● BUTTER/OILS



How much per day? Aim for 100 or fewer calories

Servings are measured in **teaspoons or tablespoons**; check the Nutrition Facts Label

ANYTIME

Fat-free, sugar-free, low calorie

Fat-free mayo	Salsa
Cooking spray	Mustard
Fat-free dips	Vinegar
Sugar-free syrup	Hummus
Sandwich veggies	Lemon juice

Fat-free salad dressing
 Fat-free sour cream
 Fat-free cream cheese
 Fat-free whipped cream
 Fat-free butter flavoring
 Real fruit spread
 Fat-free yogurt topping/dip

SOMETIMES

Low-fat, 'light', & reduced sugar

Low fat mayo	Syrup/Honey
Ketchup	Croutons/Olives
BBQ sauce	Bacon bits
Jelly/jam	Low fat-dips
Low fat gravy	Guacamole

Low-fat salad dressing
 Low-fat sour cream
 Low-fat cream cheese
 Low-fat whipped cream
 Olive, vegetable, canola oil
 Vegetable oil spread
 Low-fat yogurt topping/dip

RARELY

High fat, sugar & calories

Mayonnaise	Butter
Meat grease	Lard
Fat back	Gravy
Shortening	Bacon
Regular Dip	Nutella

Regular salad dressing
 Regular sour cream
 Regular cream cheese
 Regular whipped cream
 Queso/cheese dip



SNACKS & SWEETS



FRUITS ● VEGETABLES ● CRACKERS ● CHIPS ● GRANOLA BAR

Why snack?

To refuel healthfully between meals, 1 to 3 times a day, planned in advance. Aim for 100-200 calories & 2 or more food groups

How much?

Check **Serving Size** on the Nutrition Facts Label and **have 1 serving**. To feel more full and satisfied include the nutrients protein and fiber.

ANYTIME

Fat-free & sugar-free; low calorie

Sugar-free jello	Apple
Goldfish crackers	Carrots
Animal crackers	Grapes
Low fat cheese	Celery
Low-fat popcorn	Banana
Plain pretzels	Orange

Green light fruit & vegetables
Low fat, whole grain crackers
Low sugar graham crackers
Granola bar w/ 5-10 g sugar
Fat-, sugar-free yogurt/pudding
Baked chips (whole grain/potato)

SOMETIMES

Low-fat, 'light', & reduced sugar

Low fat crackers	Regular jello
Low fat cookies	Trail mix
Angel food cake	Veggie straws
Graham crackers	Raw nuts
Vanilla wafers	Peanut butter
Beef/turkey jerky	Dried fruit

Cereal/fruit bar
Reduced fat nabs
Salted/flavored pretzels
Low-fat frozen yogurt/ice cream
Low fat, 'Light' yogurt/pudding
Granola bar w/ 5-10 g sugar

RARELY

Full fat, sugar & calories

Candy bars	Nabs
Honey buns	Cookies
Ice cream	Doughnuts
Poptarts	Snack cake/pie
Pork rinds	Butter crackers

Flavored/buttered soft pretzel
Fruit snacks/chews
Honey roasted, salted nuts
Buttered or Caramel Popcorn
Regular potato/tortilla chips
Granola bar w/ >10 g sugar



DRINKS

WATER ● JUICE ● SODA ● TEA ● SPORTS DRINKS



How much per day?

Most need: 6 to 8 cups of water

Depending on the person: 0 to 8 ounces of 100% fruit juice, daily, may be okay

Check the Nutrition Facts Label for **Serving size**, **Servings per Container** and **Calories**. Drink calories can add up quickly; aim for ____ or less daily.

ANYTIME

0-10 calories in 8 ounce serving

Water
'Diet' juice
Unsweetened tea
Naturally flavored water; lemon
0 calorie sports drinks, "Zero"
Sugar-free, 0-5 calorie packets

*Crystal Light & store brands,
Propel Zero, Powerade Zero,
Diet Green Tea, Mio,
Diet Apple/Cranberry Juice
Sugar-free Hawaiian Punch,
Vitamin Water Zero,
Diet Sparkling water*

SOMETIMES

10-60 calories in 8 ounce serving

100% fruit juice
'No-sugar added' juice
'Half sweet-half unsweet' tea
Reduced sugar sports drinks
Fat-free coffee drinks (skim milk)
Diet soda

*Kool-aid Singles,
Roaring Waters,
Hawaiian Punch Light, G2,
Diet V8 Splash*

RARELY

>60 calories in 8 ounce serving

Regular soda
Fruit drink/punch
Sweet tea
Smoothie/Slushie
Regular Sports/Energy drinks
Frappe/Mocha coffee drinks (whip)

*Kool-aid, Gatorade, Sunny D, Hi-C,
Snapple, Capri Sun, Hawaiian Punch,
Arizona Tea, Country Time, Yoo-hoo
Vitamin Water, V8 Fusion/Splash,
Nectar concentrate*

Word of Faith International Outreach Wellness Plan

Phase 1

If you want to lose 20 or more pounds follow Phase 1 for only two weeks and then move to Phase two.

If you want to lose 20 pounds or less follow Phase 1 for one week.

At the end of Phase 1, move on to Phase 2.

You can eat unlimited amounts of protein (including lean meats, cheeses, eggs, seafood, and poultry) but no more than 20 grams of carbohydrates, and no more than 30 grams of fat. In addition, you are allowed unlimited amounts of Free Foods and at least 8 glasses of water daily. You want to stay around 1200 calories a day. Make sure you are doing some type of exercise for at least 30 minutes a day.

(You should lose between 6 to 10 pounds on this phase)

Phase 2

Stay on Phase 2 until you reach your desired weight. During Phase 2, you eat more food and a greater variety of food. You should lose one to two pounds a week. Continue to eat an unlimited amount of protein, but increase your carbohydrate intake to between 40 and 60 grams daily. You want to stay around 1600 calories a day. Continue with your 30 minutes of exercise per day.

Don't forget to read the label, take careful consideration to the serving serve, total fat, and total carbs, as well as sodium.

Examples of carbohydrate grams and calorie count.

Poultry	Carbs	Calories
4 oz. Chicken breast no skin	0	124
Deli turkey	4	120
 Beef and Veal		
4 oz beef tenderloin	0	244

	Calories	Carbs
4 oz sirloin steak	0	215
4 oz deli roast beef	4	120
4 oz hamburger patty 93% lean	0	160
3.5 oz veal loin chop	0	284
Pork		
4 oz Pork chops	0	150
4 oz sausage –low fat	8	220
3 strips bacon	0	110
Fish and Seafood		
6 oz flounder	0	160
8 oz shrimp	0	240
7 oz scallops	4	175
2.8 oz tuna (one small can in H2O)	0	100
Eggs		
1 large	1	79
Dairy Products		
8 oz skim milk	12	84
8 oz 2% milk	12	120
8 oz whole milk	12	150
2Tbsp half and half	0	35
1 Tbsp whipped cream	0	52
½ cup Cottage cheese	5	90
2 Tbsp cream cheese	1	100
Regular cheeses	0	100
Grains and Starches		
1 Tbsp flour	7	28
1Tbsp cornstarch	7	30
1 slice whole wheat bread	12	70
1 cup of oatmeal	27	150
1 cup of white rice	45	120
1 cup of coked spaghetti	40	197
1 medium baked potato	51	220

½ cooked yam	19	79
Miscellaneous		
½ cup chocolate chips	52	440
2 Tbsp. chocolate syrup	24	100
½ cup chocolate ice cream	19	160
½ cup french vanilla ice cream	15	160
1 Tbsp. white sugar	12	46
Condiments		
2 Tbsp. ketchup	6	15
1 Tbsp. barbeque	6	25
2 Tbsp. salsa	2	10
½ Tbsp. mustard	0	1
Fruit		
1 small apple with peel	20	80
½ medium banana	13	53
½ cup cantaloupe, cubed	6	25
½ medium grapefruit	12	46
½ cup grapes seedless	14	57
1 medium orange	16	67
8 oz orange juice	28	112
1 medium peach, peeled	9	37
½ cup strawberries	6	23
½ cup watermelon, cubed	6	25
1 medium tomato	6	26
Nuts		
1 oz. almonds roasted and salted	4	180
1 oz. walnuts, shelled	4	190
1 oz. dry-roasted pecans	7	187
1 oz cashews, roasted and salted	7	180

SNACK LIST

7 – 15 Gram Protein Snacks

Amount of Protein

½ Cup of Non-Fat Cottage Cheese	13 Grams
1 Rice Cake with 1 Tsp of Peanut Butter	7 Grams
Mixed Berries with 1 serving of Mixed Nuts	7 Grams
1 Serving of Greek Yogurt	10 Grams
1 Piece of Low Fat Mozzarella String Cheese	7 Grams
3 – 4 Egg Whites	15 Grams
Fresh Deli Turkey Meat (2 oz.)	11 Grams
½ Can of Tuna	13 Grams
Low Sodium Beef Jerky	12 Grams
Herbalife's Protein Bar Deluxe	10 Grams
Herbalife's Beverage Mix	15 Grams
Herbalife's Creamy Chicken Soup Mix	16 Grams

20 Gram Protein Snacks

1 Herbalife Protein Bar Deluxe & Beverage Mix	25 Grams
¾ Cup of Non-Fat Cottage Cheese & Fruit	20 Grams
1 Full Can of Tuna and 1 Tbsp. of Mustard	20 Grams
1 Piece of String Cheese & 2 oz. Deli Turkey	20 Grams
1 Greek Yogurt & 1 serving of Almonds	20 Grams
5 Hard Boiled Egg Whites & 1 Yolk	20 Grams

Goal : Protein + Fruit or Veggie

Healthy Dinner Options

Protein Source:

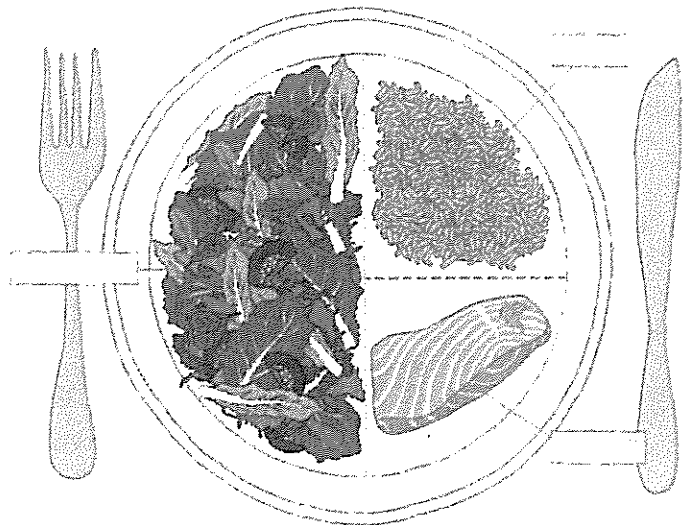
- Beef (lean): 4oz (cooked) = 25 grams
- Chicken breast: 4oz (cooked) = 25 grams
- Turkey breast or Ground Turkey: 4oz (cooked) = 25 grams
- Ocean- fish: 4oz (cooked) = 25 to 31 grams
- Salmon, Shrimp, crab, lobster: 4oz (cooked) = 22 to 24 grams
- Tuna: 4oz (water packed) = 27 grams
- Scallops: 4oz (cooked) = 25 grams

Healthy

Carbohydrates:

- Black Beans
- Brown Rice
- Wild Rice
- Sweet Potato
- Yams
- Quinoa / Couscous

THIS IS HOW YOUR
PLATE SHOULD LOOK



MOVING MORE BREAKS



MOVING MORE BREAK SUGGESTIONS

Moving more breaks are incorporated into each lesson to provide an opportunity for participants to include more physical activity in their day. These breaks are optional. They are not designed to train any one body part but rather to allow participants to experience the positive feelings of *moving more*. When *moving more*, always encourage participants to move only in ways that feel comfortable to them. You may want to use music your participants find appealing while doing the *moving more* activities.

Adaptations

Adaptations can be made to the *moving more* activities. If participants cannot stand up, they can do the activities while seated. Before every *moving more* break, remind participants to move only in ways they feel comfortable. If something does not feel comfortable, they should not do it. Encourage them to do a movement that feels good in place of the one that feels uncomfortable.

1. UPPER BODY STRETCH

Sit up tall in your chair, or stand up. Stretch your arms overhead and lace your fingers together, turn the palms to the ceiling. Breathe out and stretch to the right. Take a deep breath in and come up to the center. Breathe out and stretch to the left. Place your arms back at your side. Take a deep breath in and lift your shoulders up to your ears. Breathe out and let them drop. Repeat 3 times.



Take your hands behind your lower back and lace your fingers together, stretch your shoulders back, open your chest, keep your head in the center and look straight ahead. Relax.

2. NAME THE HEALTHY CHOICES AT YOUR FAVORITE RESTAURANT

Find a partner. Walk around the room sharing with Your partner the name of your favorite restaurant and as many healthy choices from the menu as you can think of.

Do this for about one minute. Now switch so that your partner can share about his or her favorite restaurants. Be sure to keep moving the entire time.

Leader Note: You can change the topic of discussion to match the information presented in the lesson being taught. For example, participants can recite favorite scriptures, quotes, or inspirational passages from the week's lesson.



3. NECK AND SHOULDER RELAXER

Turn your head to look over your right shoulder. Run chin down and across the chest to look over your left shoulder and return along the same path. Turn to the left and repeat on the other side. Slowly roll

both shoulders backwards in large circles. Do four full circles. Place your hands on your shoulders and make large circles backwards with the elbows. Do four full circles.

4. SHOULDER AND ARM STRETCHES

With your arms at your side, gently shrug your shoulders. Hold them up for the count of 15, then release them slowly. Now bend your elbows and gently press your shoulder blades together for the count of 15. Next, with your thumbs near your armpits, slowly lift and lower your elbow making "chicken wings" 15 times. Try not to raise your shoulders while you do this. With one arm held straight out in front of you, flex your hand like a policeman signaling "stop." Alternate arms ten times. You will feel each shoulder blade move. Now hold both arms straight out in front of you. Make circles with both wrists for a count of ten. Now, wave to the person on your right and wave to the person on your left.

5. NECK STRETCHES AND SHOULDER ROLLS

Lean your head to the right to give your neck a good stretch. Hold this for a count of 15. Now bring your head back to center. Now lean to your head to the left and give your neck a good stretch the other direction. Hold this for a count of 15. Repeat, then bring your head back to the center.

Now point your eyes upward, then to the right, then down, then to the left (as if looking at the 12, 3, 6, and 9 positions on a clock). Make these slow stretches for each direction. Now left for a count of 15, now down for 15 and finally right for 15.

Shrug your shoulders toward your ears. Hold for a count of 5. Release. Repeat two more times. Roll your shoulders forward for a count of 15 and now roll your shoulders back for a count of 15.

6. LOWER BODY IN MOTION

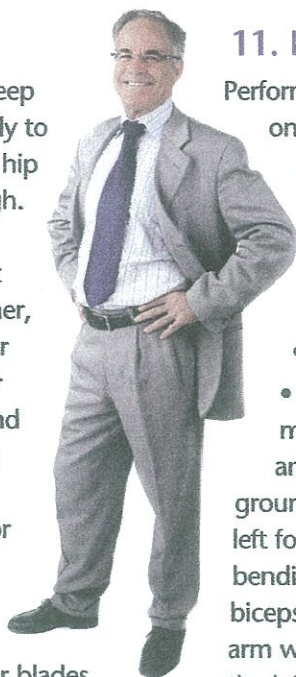
Sit up tall in your chair, feet flat on the floor. Keep seated, lift your heels off the floor then put them back down. Repeat 5 times. Lift your right leg out straight in front of you, slowly point your foot (toes toward the ground) and hold for 10-15 seconds, and flex your foot (toes toward the ceiling) and hold for 10-15 seconds. Rotate the ankle in a circle to the right, repeat several times, then rotate the ankle to the left several time. Put the right foot on the floor, lift the leg and repeat.

7. WHAT IS YOUR FAVORITE ACTIVITY?

Start by acting out a physical activity you enjoy, for example, swimming. Act like you are swimming, while saying, "I enjoy swimming." The whole group also acts like they are swimming. Then call on a participant, "Mary, what physical activity do you enjoy?" and Mary replies by saying and acting out her favorite activity. For example, "My favorite activity is canoeing," and she acts as if she is canoeing. The whole group acts as if they are canoeing. Everyone should continue with the current activity until the next activity is called out, then they switch to the new activity. This continues until all the participants have had a chance to share an activity. If you have a small group, you may want to go around the group two times. Encourage the group to be creative and have fun!

8. TORSO TWIST

Sit up tall, hands on your thighs. Take a deep breath in and exhale. Slowly turn your body to the right, placing your right hand on your hip and your left hand on the side of your thigh. Hold for 15-30 seconds. Slowly turn back to front. Lift your arms up in front, straight ahead of you, bring your finger tips together, gently push forward through your shoulder blades. Hold for 15-30 seconds. Bring your arms back down. Take a deep breath in and exhale. Slowly turn to the left side, placing your left hand on your hip and your right hand on the outside of your thigh. Hold for 15 to 30 seconds. Turn back to the front. Lift your arms up in front, straight ahead of you, bringing your finger tips together, gently push forward through your shoulder blades. Hold for 15-30 seconds. Bring your arms back down. Take a deep breath in, exhale.



9. NAME GAME

Ask each person to think of a verb, an action, which starts with the same letter as their first name e.g., "Jumping James." The person does the action and calls out their action-name. Everyone then repeats the action and the action-name. Continue until everyone has a chance to say their name. You can go around again can make it faster, if you choose. For participants who say "I can't think of anything," say "Keep thinking, we'll come back to you." If they still don't come up with anything, ask the group to help.

(From <http://wilderdom.com/games/descriptions/NamePantomime.html>)

10. DANCE FEVER

Call out a type of dance or dance move and the participants do the move. Perform each dance move for 1-3 minutes before calling out the next one. Below are some examples:

- The swim
- The hand jive
- The twist
- Staying alive

Ask the participants to call out favorite dance while everyone acts it out. If participants cannot stand, all of the moves can be done seated.

11. MOVIN' ALL AROUND

Perform each of these activities for approximately one minute. The order of the activities may be varied. After you go through each of the activities, ask the participants which movement was their favorite and repeat it and/or ask them which one they would like to finish with.

- March in place.
- Alternate heel taps. Alternate heel taps by moving the right foot in front of your body and placing the heel of the right foot on the ground. Bring the right foot back and move the left foot forward. At the same time, alternate bending arms at the elbow, like you are doing biceps curls. When the left leg is out, the right arm will be curled up, when the right leg is out, the left arm will be curled up.
- Step side to side. Bend arms at the elbow (starting position for a lateral raise for shoulder) as you step one leg out to the side, bring arms up to shoulder level (as if you were doing a lateral raise for shoulders), as you bring your feet together, bring your arms back close to your body (starting position for a lateral raise for shoulder).

Leader Note: The leg movements can be done while seated. Using arms is optional. Participants can either place their hands on their hips or do what is natural to them. If they use their arms, they will feel their heart rate increase more. If they place their hands on their hips, their heart rate will not increase as much as it would if they were using their arms. This is a good activity to do with the Moving More lesson.

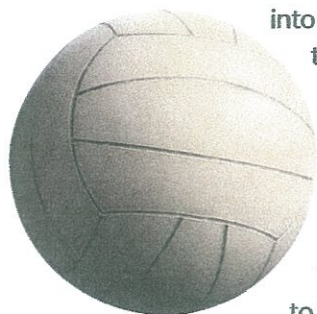
12. DANCE THE NIGHT AWAY

Bring in music for popular group dance song and let the group dance. Below are some suggestions. Use any fun song the group might enjoy. If appropriate for your faith community, bring religious or spiritual music for this activity. You can ask participants to provide their favorite hymns, worship music, or religious songs for this activity.

- Macarena
- The Twist
- Electric Slide
- Boot Scoot Boogie
- YMCA
- Achy Breaky Heart
- Twist and Shout

13. BEACH VOLLEYBALL

Pass out several invisible beach balls. Pass (carefully hit) them around the room. Play along. You may want to make a show of bringing the invisible balls into the room. "Hand" them out to folks to get them started.



Invisible balls get more people active because people wait for the real one to come to them rather than pretend it's already there. Encourage participants to "hit" the balls in a variety of ways, for example, with one hand, with two hands, spike, get down low, to the side, in front, etc. Encourage participants to have fun!

Leader Note: You can use other imaginary games such as soccer, basketball or tennis.

14. MR. ED'S SCHOOL OF COUNTING

Each hand clap counts as 1. Each foot stomp (or knee slap) counts as 10. Can you count to 4? Can you count to 32? What is 5×7 ? What is $144 \div 12$? Great job, give yourself 4!

You can also incorporate information from the lessons—how many minutes of physical activity do adults need for good health? How many minutes of physical activity do children need?

15. TAKE A WALK

Lead participants on a 10-15 minute walk. Choose a safe, accessible location inside the building, outside around the building or in a surrounding neighborhood. Instruct participants to wear comfortable shoes, walk at their own pace and only go as far as they feel comfortable. Make sure everyone knows the route and allow for different paces. If walking outside and participants will not be in view of each other, create "walking buddies," so that no one is walking alone.

Leader Note: Before leading the group on a walk outdoors, evaluate the safety and accessibility of a potential walking route by using a walkability checklist. Checklists can be found on the Eat Smart, Move More...North Carolina website, www.EatSmartMoveMoreNC.com. If possible, carry a cell phone with you in case of an emergency.

Muscular strength & endurance exercises

Warm up

Before you do resistance exercises, you need to warm up your muscles with 5-10 minutes of low intensity activity such as walking or marching in place.

Disclaimer: These exercises and recommendations are for healthy individuals. You should discuss any new activity plans with your doctor who may have some additional advice for you.

Men older than 40 years and women older than 50 years who plan a vigorous program or who have either chronic disease or risk factors for chronic disease should consult their physician to design a safe, effective program.

Muscular strength is how much weight you can lift at one time. Muscular endurance is how many times you can lift a certain amount of weight. Resistance training (also referred to as weight training or strength training) helps increase muscular strength and endurance.

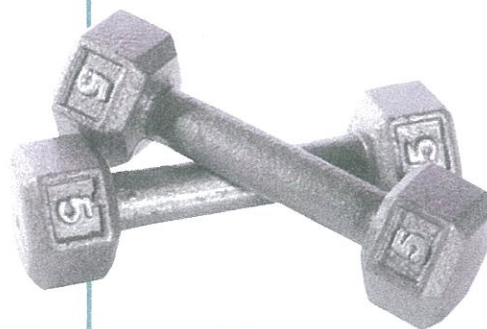
Resistance training tips

- Perform exercises for each of the major muscle groups: legs, back, chest, shoulders, arms and abdomen.
- Perform each set of exercises to the point where you feel your muscles are fatigued, while maintaining proper form.
- Exercise each muscle group 2 to 3 nonconsecutive days per week if possible.
- Use good form. Using good form is as important as the amount of weight you use!
- Allow enough time between exercises to perform the next exercise in proper form.
- Perform both the lifting and lowering portion of the resistance exercises in a controlled manner.
- Maintain a normal breathing pattern; breath-holding can cause excessive increase in blood pressure. Breathe out during the lifting phase; breath in during the lowering phase.
- If possible, exercise with a training partner who can provide feedback, assistance and motivation.

REPETITION: The number of times an exercise is performed in a row before resting

SET: A group of repetitions

Example: 8 push-ups (repetitions), rest for one minute, 8 push-ups (repetitions) = 2 sets of 8 repetitions of push-ups.





Squat



Lunge



Standing
straight
leg
extension



Outer thigh lift



Inner thigh lift

LEGS

Squat

- Start by standing with your feet shoulder-width apart, knees slightly bent.
- Slowly lower your body, with the hips moving back as if sitting in a chair.
- Keep your weight directly over the heels.
- Bend your knees to about 90 degrees.
- Pause, then slowly return to the starting position.
- Do 8-12 repetitions.

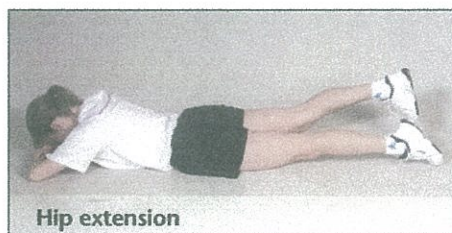
Lunge

- Step your left foot in front of your right foot.
- Look straight ahead, keep your shoulders back.
- Slowly lower your body weight down by bending your right knee.
- Let your right heel lift off the ground.
- Keep the knee of your left leg over your ankle; if you cannot see your toes, shift your body weight back or move your legs farther apart.
- Focus on your front foot during the exercise. Keep your weight in the heel of your left foot.
- Do 8-12 repetitions.
- Repeat with the other leg.

HIPS

Hip extension

- Lie on your stomach with your arms folded and your head down resting on your arms.
- Keep your head in line with your spine.
- Slowly raise your left leg, keeping your right leg on the floor. Pause, then slowly return to starting position.
- Do not arch your back.
- Do 8-12 repetitions.
- Repeat with the opposite leg.



Hip extension

Standing straight leg extension

- Stand with weight on your left foot, keeping knee slightly bent, your right foot flexed and in front.
- Use a wall or chair for balance.
- Slowly lift your right foot, pause and return to the starting position.
- Do 8-12 repetitions.
- Repeat with the opposite leg.

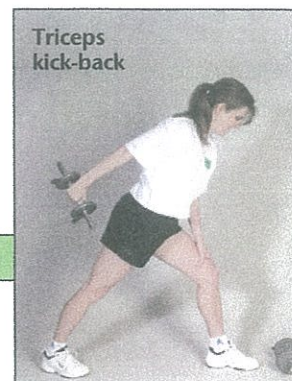
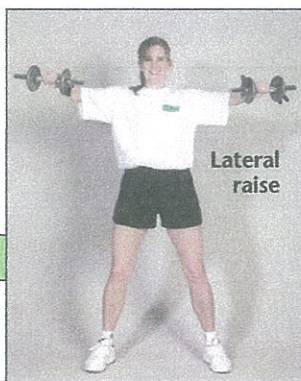
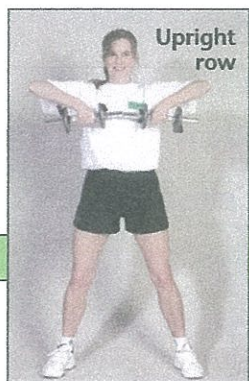
THIGHS

Outer thigh lift

- Lie on your right side. Extend your right arm and rest your head on your arm.
- Keep your neck in line with the rest of the spine.
- Tighten your abdominal muscles so that you do not roll forward or backward.
- Lift your left leg, keeping your foot flexed and knee slightly bent.
- Keep your hips in line; do not turn your hip out. (Hint: if you are lifting your left leg high, your hip is turning out.)
- Pause, then slowly return to the starting position.
- Do 8-12 repetitions.
- Repeat with the other leg.

Inner thigh lift

- Lie on your right side, arm extended, resting your head on your arm.
- Keep your neck in line with the rest of the spine.
- Tighten your abdominal muscles so that you do not roll forward or backward while doing this exercise.
- Straighten your right lower leg.
- Cross your left leg over the right leg and place your foot on the floor.
- Flex your right foot and slowly lift the right leg; pause and then return the leg to the starting position.
- Do 8-12 repetitions.
- Repeat with the other leg.



SHOULDERS

Front raise

- Stand with your feet shoulder-width apart, palms facing toward your thighs.
- Using your shoulders, keeping elbows slightly bent, slowly lift your left weight until your arm is parallel to the floor.
- Pause, then slowly return to the starting position.
- Keep your wrist straight throughout the entire motion.
- Do 8-12 repetitions and repeat with the opposite arm.

Upright row

- Stand with your feet shoulder-width apart, knees slightly bent, palms facing your thighs.
- Using your shoulders, slowly raise your elbows until your palms are at chest level.
- Pause and then slowly lower your arms to the starting position.
- Keep your wrists straight throughout the entire motion.
- Do 8-12 repetitions.

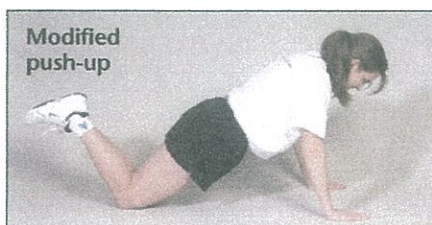
Lateral raise

- Stand with your feet shoulder-width apart, knees slightly bent, palms facing in.
- Using your shoulders, slowly raise your arms to the side until they are parallel to the ground, keeping elbows slightly bent.
- Pause and then slowly lower your arms to the starting position.
- Keep your wrists straight.
- Keep your upper body straight; avoid rocking.
- Do 8-12 repetitions.

CHEST

Modified push-up

- Place your hands on the floor, shoulder-width apart, finger tips facing forward.
- Keep your head, neck and spine in line.
- Bend your knees.
- Slowly lower down to the floor, to the point right before your nose touches the floor.
- Pause and slowly lift your body weight back up to the starting position.
- Do 8-12 repetitions.



ARMS

Biceps curl

- Stand with your feet shoulder-width apart.
- Keep your knees slightly bent.
- If you are using hand weights, do not grip the weights tightly.
- Place your arms at your side, with palms facing up.
- Bend your elbows and slowly lift the weight, keeping your upper arms next to your body.
- Focus on using your bicep, the muscle in the front of the upper arm.
- Pause, then slowly return to the starting position.
- Do 8-12 repetitions.

Triceps kick-back

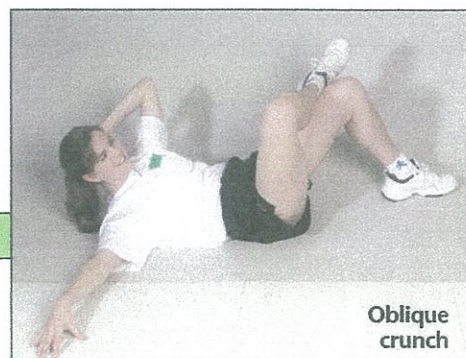
- Place one leg behind you.
- Use your front leg for balance.
- Lean forward to about a 45-degree angle.
- Hold up the arm you are working, palm turned in.
- Slowly straighten the arm behind you, until your arm is almost straight, keeping a slight bend in the elbow.
- Pause, then slowly bend your arm, returning to the starting position.
- Only your forearm should move during this exercise; keep your shoulders relaxed.
- Do 8-12 repetitions and repeat on the opposite side.



Rear fly



Abdominal crunch



Oblique crunch

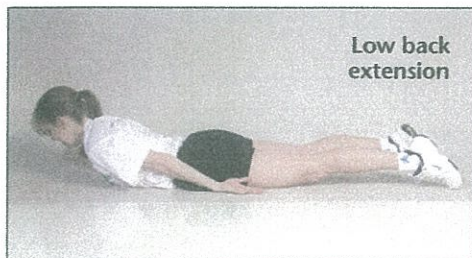
BACK

Rear fly

- Sit on a chair; lean forward slightly.
- Begin with your arms to the side, palms in, slight bend in elbows.
- Pull your shoulder blades back and together.
- Pause and slowly return to the starting position.
- Keep the motion in your shoulder blades, not the arms.
- Keep in mind, this is a small movement.
- Do 8-12 repetitions.

Low back extension

- Lie on your stomach, arms extended behind you at your side so that your hands are at your hips.
- Slowly raise your head and shoulders off the floor.
- Pause and slowly return to the starting position.
- Do 8-12 repetitions.



Low back extension

ABDOMEN

Abdominal crunch

- Lie on your back, finger tips behind your head, elbows to the side.
- Using your abdominal muscles, slowly lift your head and shoulder blades off the floor.
- Pause and slowly lower back down to the floor until your shoulder blades touch the ground.
- Do 8-12 repetitions.
- Do not lace your fingers behind your head.

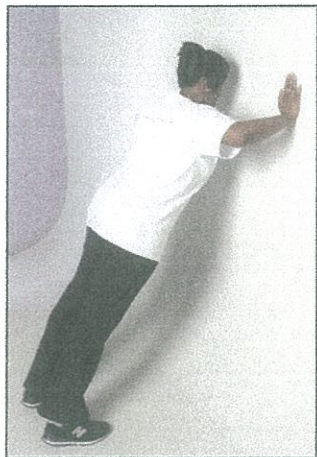
Oblique crunch

- Lie on your back, finger tips of your left hand behind your head, left elbow to the side, right arm extended out to the side on the floor.
- Cross your right leg over the left leg, keeping the left foot flat on the floor.
- Using your abdominal muscles, slowly lift your head and left shoulder toward the right knee and pause. Slowly return until your shoulder blade touches the floor.
- Do 8-12 repetitions, and repeat on the opposite side.
- Avoid putting pressure on your neck; do not lace your fingers behind your head.
- Start and stop when your shoulder blades touch the ground.

INCREASING RESISTANCE

When you exercise regularly, your body will become stronger. As your body becomes stronger, you will want to increase the resistance to allow your muscles to continue to be challenged.

EXAMPLE: PUSH-UPS



BASIC—Wall push-up

- Stand facing a wall, lean forward, and place your hands on the wall with your fingertips facing up.
- Your hands should be slightly farther than shoulder-width apart on the wall and just below shoulder level.
- Your feet should be about two feet away from the wall.
- Tighten your abdominals, bend your elbows, and bring your chest forward until your forehead nearly touches the wall.
- Make sure that your back is straight, and allow your heels to come off the ground if necessary.
- Now straighten your arms, slowly pushing your body back to the starting position.

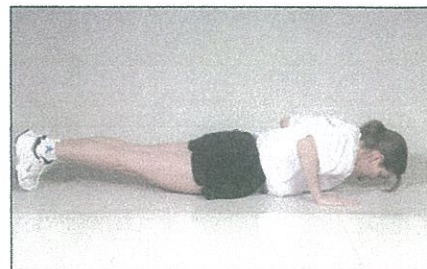
Variations

You can also increase resistance by using stretch bands and hand weights.



INTERMEDIATE—Modified push-up

- Place your hands on the floor, shoulder-width apart, finger tips facing forward.
- Keep your head, neck and spine in line.
- Bend your knees.
- Slowly lower down to the floor, to the point right before your nose touches the floor.
- Pause and slowly lift your body weight back up to the starting position.



ADVANCED—Push-up

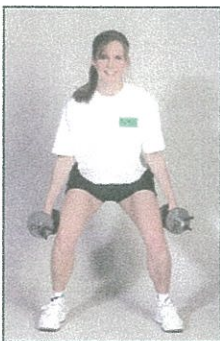
- Place your hands on the floor, shoulder-width apart, finger tips facing forward.
- Keep your head, neck and spine in line.
- Extend your legs behind you, with your toes pointing down and the balls of your feet on the floor.
- Slowly lower your body down to the floor, to the point right before your nose touches the floor.
- Pause and slowly lift back up to the starting position.



EXAMPLES

Leg extension with stretch band

- Stand with stretch band around your ankles. Use a chair for balance, keeping your upper body erect.
- Tighten your abdominal muscles for support.
- Place your right leg behind you, foot flexed.
- Slowly lift your leg; do not arch your back or lean forward. Pause, then return to starting position.
- Do 8-12 repetitions.
- Repeat with the opposite leg.



Squat with weights

- Start by standing with your feet shoulder-width apart, knees slightly bent.
- Slowly lower your body, with the hips moving back as if sitting in a chair.
- Keep your weight directly over the heels.
- Bend your knees to about 90 degrees.
- Pause, then slowly return to the starting position.
- Do 8-12 repetitions.

Flexibility exercises

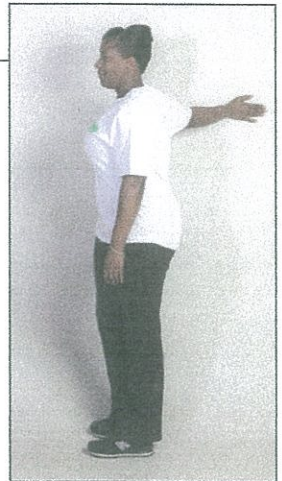
Flexibility is the ability of a joint and a muscle group to move through a range of motion. Stretching helps improve flexibility.

Stretching tips

- Warm your muscles before stretching them by doing at least 5 minutes of low-intensity activity such as walking or marching in place.
- Start each stretch slowly.
- Stretch only to a point of *mild* discomfort. Stop if you feel pain.
- Concentrate on using proper form as you stretch.
- Hold each stretch for 15-30 seconds. Do not bounce.
- Breathe deeply and continuously. Avoid holding your breath.
- For best results, perform each stretch 2-3 times.
- Stretch at least 2 to 3 days a week and before and after exercising.

Chest stretch

- Stand beside a wall with the right side of your body closest to the wall.
- Stand with your feet shoulder-width apart and your knees slightly bent.
- Reach your right arm behind you, and place the palm of your hand on the wall at shoulder level.
- Slowly rotate your hips and upper body to the left until you feel a stretch in your chest and right shoulder.
- Hold this position for 15-30 seconds.
- Slowly return to starting position.
- Turn so that the left side of your body is closest to the wall, and repeat this stretch using the left arm.

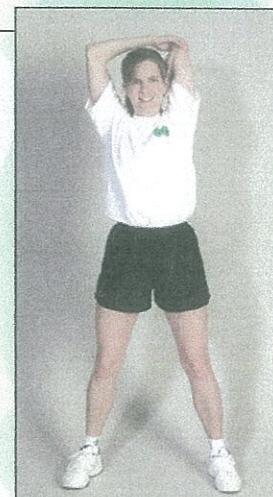


Shoulder stretch

- Stand with your feet shoulder-width apart, knees slightly bent.
- Bend your left arm at the elbow and extend across chest.
- Place your right hand above or below the left crossed elbow and gently press with your right hand until you feel a stretch across your left shoulder.
- Hold position for 15-30 seconds; slowly return to the start position.
- Repeat with the other shoulder.

Triceps stretch

- Stand with your feet shoulder-width apart, knees slightly bent.
- Bend your left arm at elbow joint; lift arm next to your head.
- Position left fingers so they touch your shoulder blade area.
- Place right arm across the top of your head, and place right hand above the left elbow; gently press with the right hand until you feel a stretch in the back of your upper left arm.
- Hold for 15-30 seconds; slowly return to the start position.
- Repeat with the other arm.



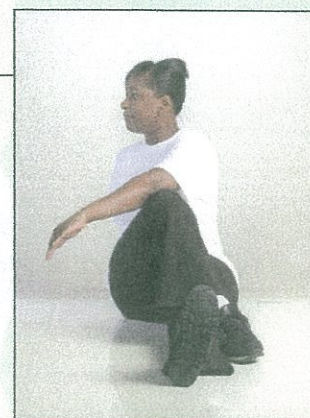
Inner-thigh stretch

- Stand with your feet shoulder-width apart.
- Slowly bend the left knee, shifting your body weight toward the left and keeping your right leg straight.
- Do not let your left knee extend beyond the toes of your left foot.
- You should be able to see the toes of your left foot when you look down at your left knee. If you cannot see your left toes, then move your feet farther apart from each other.
- You should feel a stretch in your inner thigh.
- If you do not feel a stretch, then bend forward slightly at the waist, keeping your back straight.
- Hold this position for 15-30 seconds; slowly return to the start position.
- Repeat on the opposite side.



Outer-thigh stretch

- Sit comfortably on the ground with your legs straight in front of you.
- Bend your right leg, cross it over your left leg, and put your right foot flat on the ground on the left side of your left knee.
- Your left leg should still be straight in front of you.
- Slowly rotate your upper body toward the right.
- As you rotate, reach your right hand behind you, and place it palm-down on the ground behind your right hip.
- Continue to rotate to the right until you can place your left arm on the right side of your right leg. Turn your head, and look to the right.
- You should feel a stretch in your right hip and possibly in your back as well.
- Keep your buttocks flat on the ground.
- Hold this position for 15-30 seconds; slowly return to the start position.
- Repeat on the opposite side.





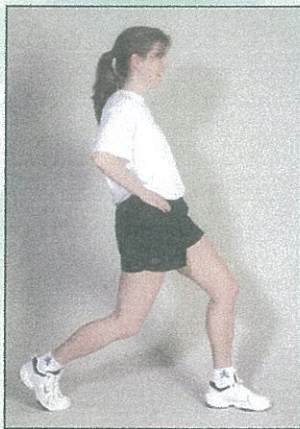
Modified hurdler hamstring stretch

- Sit on the floor with your right leg extended and your left leg bent in toward your right thigh.
- Keep your chin and chest lifted and gently bend down toward your extended right leg.
- Reach as far as you can toward your toes.
- Hold this position for 15-30 seconds; slowly sit back up.
- Repeat with the other leg.



Quadriceps stretch

- Stand on your left foot, tightening your abdominal muscles to help you balance.
- Bend your right knee, and bring your right foot up behind you.
- Steady yourself by extending your left hand in front of you or placing it on a chair, if necessary, and use your right hand to grab the right ankle, pulling your right foot toward your buttocks until you feel a stretch along the front side of your right thigh.
- Keep your knees as close together as you can, and keep your left knee slightly bent as it supports your body weight.
- Hold this position for 15-30 seconds; slowly return to the start position.
- Repeat with the opposite leg.



Hip flexor

- Step your left foot in front of your right foot.
- Keep weight over your front foot.
- Slowly drop right knee down towards the ground, bending the front knee.
- Press hip of your right leg forward and hold for 15-30 seconds.
- Repeat with the opposite leg.



Calf stretch

- Step your left foot in front of your right foot.
- Bend your left knee slightly.
- Make sure that you can see your left toes when you look down toward your left knee.
- If you cannot see your left toes, then move your right foot back farther.
- Keep the heels of both feet on the ground.
- Lean slightly forward so that you feel a stretch in the back of your lower right leg.
- Hold this position for 15-30 seconds; slowly return to the start position.
- Repeat this stretch on the opposite side.

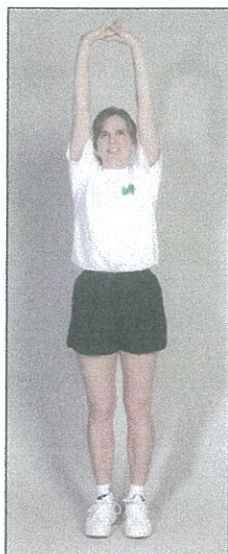
Upper back stretch

- Lift your arms in front of chest, palms facing forward.
- Stretch through your upper back, gently pushing palms forward.
- Hold for 15-30 seconds and slowly return to start position.



Lower back stretch

- Lie on your back with your arms by your side.
- Bend your knees, lift your feet off the ground, and bring your knees toward your chest. Place your hands behind your knees, and continue to pull your knees into your chest until you feel a stretch in your lower back and buttocks.
- Hold this position for 15-30 seconds; slowly return your feet to the ground.



Torso stretch

- Stand with your feet shoulder-width apart, knees slightly bent.
- Lift arms over your head, clasp hands and hold 15-30 seconds.
- Do not arch your back.

Back and abdominal stretch

- Start on "all fours" in the position of a child who is preparing to crawl.
- Round your back by contracting your abdominal muscles and tucking in your hips.
- Keep your head in line with your neck and spine.



- Hold this position for 15-30 seconds to stretch your back.
- Return to starting position.
- Arch your back by gently pushing your stomach toward the floor.
- Keep your head in line with your neck and spine.
- Hold this position for 15-30 seconds to stretch your abdominals.
- Slowly return to starting position.



Faithful Families



Journal





Date _____

Journal

Change I plan to make this week: _____

Food	Amount	Calories	How did I feel?

Physical Activity Log

Activity	Amount (minutes, steps, reps, etc.)	How hard did I work?*	How did I feel?

*How hard did you work? Rate your level using a scale from 0 to 11, with 0=nothing at all, 3=moderate, 7=very hard, 10=extremely hard, 11=absolute maximum.

How did I do today? Circle the answer or fill in the blank.

Yes/No—Ate breakfast

Watched _____ hours of TV

Ate _____ servings of fruits and vegetables

Ate _____ servings of whole grains

Yes/No—Controlled portion sizes

Yes/No—Drank sugar-sweetened beverages

Ate _____ meals at home

Got _____ hours of sleep



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WEEK 1—Introduction to EFNEP's Faithful Families Eating Smart and Moving More

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.