



**Carolina Heart Alliance**  
**Networking for Greater Equity**

---

# **PARTICIPANT**

# **MANUAL**

**Center for Health Promotion and Disease Prevention**  
**University of North Carolina at Chapel Hill**



# Welcome to CHANGE

## What is CHANGE?

CHANGE is a new program to...

- prevent heart disease, an important health concern for you and many people in Edgecombe and Nash Counties.
- connect you to care and services that will help you be healthy
- support you in making lifestyle changes for a healthy heart

## About CHANGE Community Health Workers

In the CHANGE program, you will meet with a community health worker. Your community health worker will visit you in person and check in with you by phone to...

- learn what is important to you
- help you think about ways to improve your health
- support you in setting and following through on your goals
- link you to resources that can help you reach your goals

During your sessions, you might talk about eating well, being physically active and taking medicine. If you smoke cigarettes, your community health worker will help you find ways to quit smoking.

Your community health worker will spend time with you to help you create a plan just for you.

## Bring this notebook to each session

Information in this notebook will help you and your community health worker talk about the best way to reach your health goals.

### Important contacts

Your Community Health Worker: \_\_\_\_\_  
name phone

Your Doctor: \_\_\_\_\_  
name phone

CHANGE Study Leaders: Dr. Sam Cykert - 919-966-2461  
Dr. Carmen Samuel-Hodge - 919-966-0360

# Acknowledgements

The CHANGE Project gratefully acknowledges the use of materials that have been adapted, and in some cases duplicated from:

- *Heart to Health. A tool to Help You to Your Best Heart Health*
- *Heart Healthy Lenoir Project. A Lifestyle Program to Improve Your Health*
- *A New Leaf... Choices for Healthy Living*

## Authors and contributors

Resources from the prior versions were adapted by:

Jennifer Leeman, DrPH, MDiv  
Alexis Moore, MPH  
Sallie Allgood, MS, RN  
Amber Erskine

Samuel Cykert, MD  
Courtney Hereford  
Audrina Jones Bunton, MA, LPC

Many people have contributed to materials that comprise this workbook. We specially wish to acknowledge the following individuals and organizations:

Thomas Keyserling, MD, MPH  
Alice Ammerman, DrPH, RD  
Kelly Evenson, PhD  
Stacey Sheridan, MD, MPH  
Roanoke Chowan Community Health  
Center

Carmen Samuel Hodge, PhD, MS, RD  
Lindy Draeger, MPH  
Stephanie Jilcott, PhD  
Beverly Garcia, MPH  
Hertford County Public Health  
Authority

## Graphic design and production

Chad Henderson and the North Carolina Translational and Clinical Sciences Institute

People Designs designed and produced the following sections: [Healthy Eating Information](#) and [Guide to Strengthening Activities](#)

## Funding support

Cooperative Agreement Number U48DP005017 from the Centers for Disease Control and Prevention, Prevention Research Centers program

©The University of North Carolina at Chapel Hill, 2015  
Center for Health Promotion and Disease Prevention

# Table of Contents

<b>Welcome to CHANGE</b> .....	i
<b>How to Use this Notebook</b> .....	v
What Is Cardiovascular Disease .....	vi
<b>Keeping Track</b> .....	ix
Goal Sheets .....	xiii
<b>Taking Medicine</b> .....	1
Goal Sheet .....	5
<b>Stopping Smoking</b> .....	7
Goal Sheet .....	11
<b>Healthy Eating</b> .....	13
Nuts, Oils, Dressings, and Spreads .....	13
Vegetables, Fruits, Whole Grains, and Beans .....	17
Drinks, Desserts, Snacks, Eating Out, and Salt .....	23
Fish, Meat, and Poultry .....	29
Goal Sheet .....	33
<b>Healthy Eating Information</b> .....	35
Be Serving Size Wise .....	35
Tips for Eating Out .....	37
Cooking for One or On the Run .....	39
Read the Label .....	41
<b>Physical Activity</b> .....	43
Walking .....	43
Keep Walking and Increase other Physical Activities .....	47
Staying on Track .....	51
Add Muscle Strengthening and Plan to Stay Active .....	55
Goal Sheet .....	59

<b>Guide to Strengthening Exercises</b> .....	61
Stretch Bands .....	61
Weights .....	63
Isometrics .....	65
Stretching and Flexibility .....	66
Chair Exercises for Strength and Flexibility .....	69
Arthritis Activity Program .....	73
<b>Community Resource Directory</b> .....	Appendix A

# How to Use This Notebook

This notebook is designed for use during four in-person meetings with your community health worker. These meetings are structured to help you and your community health worker find specific changes you can make to improve your diet and be more physically active. It is important to bring this notebook to all your counseling session.

There are 5 main sections in this notebook.

## 1. Taking Medicine

This section contains information about taking medicines and ways to help.

## 2. Stopping Smoking

This section contains information about how to stop smoking and resources you can use to help you stop smoking.

## 3. Healthy Eating and Healthy Eating Information

This section includes four healthy eating topics you will cover with your community health worker during your meetings. Each session will focus on a different food group and you can use this information to help you reach your diet goals. The information section provides information on several different topics related to diet and health.

## 4. Physical Activity and Guide to Strengthening Exercises

This section includes the physical activity topics you will cover with your community health worker during your meetings. The guide to strengthening exercises includes information that may help you become more physically active.

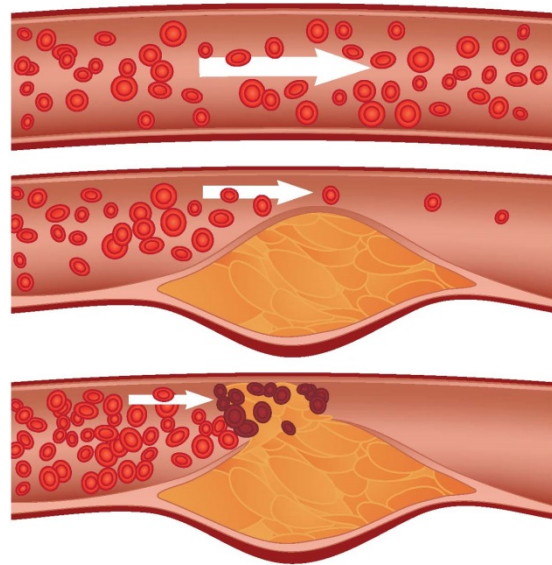
## 5. Community Resource Directory

The purpose of this section is to provide you with a list of resources in your community. Resources are grouped by topics like places to get healthy foods, where to exercise, and help with transportation.

# What Is Cardiovascular Disease?

**Cardiovascular disease** refers to several problems with the heart and/or blood vessels. Blood vessels are responsible for taking blood and oxygen to all parts of your body, including your heart muscle. Cardiovascular disease is also called CVD or heart disease.

**Atherosclerosis** is the most common cause of cardiovascular disease. Atherosclerosis is a condition where plaque, a hard substance, attaches to the blood vessel wall and causes the blood vessel to harden and narrow. This makes it *harder* for blood to flow through the vessel and makes it *easier* for a clot to form. Clots can block the flow of blood to different parts of your body. When the blood flow to your heart muscle is blocked, a heart attack can occur. When blood flow to the brain is blocked, an ischemic stroke (one kind of stroke) can occur.



© <http://www.secondscount.org/heart-condition-centers/info-detail-2/angina-causes-risk-factors-2>

## Why is blood flow important?

Blood carries oxygen to all the cells in your body. Your cells need oxygen to live and work. When blood flow is stopped in a heart attack or stroke, cells in your heart muscle or brain begin to die. Knowing the signs of a heart attack and stroke are important so you can seek treatment immediately by calling 911.



## How can I improve my heart health?

The information contained in this manual will help you make lifestyle changes to improve your health and help prevent cardiovascular disease. Healthy choices include:

- Not smoking
- Eat a healthy diet including fruits and vegetables
- Exercise regularly
- Maintain a healthy weight
- No excess alcohol intake
- Reduce stress

Talk to your doctor to find out if you have high blood pressure, high cholesterol, or diabetes, and follow your doctor's recommendations to manage these conditions, including taking medications as prescribed.



# Keeping Track:

Date	Blood Pressure	Pulse	Weight

# Keeping Track:

Date	Blood Pressure	Pulse	Weight

# Appointment Reminders:

**Appointment Date**

**Time**

**Location**




# Goals and First Steps

## Session 1

Date: \_\_\_\_\_

1. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Resource referral: \_\_\_\_\_  
\_\_\_\_\_

Other notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Goals and First Steps

## Session 2

Date: \_\_\_\_\_

1. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Resource referral: \_\_\_\_\_  
\_\_\_\_\_

Other notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Goals and First Steps

## Session 3

Date: \_\_\_\_\_

1. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Resource referral: \_\_\_\_\_  
\_\_\_\_\_

Other notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Goals and First Steps

## Session 4

Date: \_\_\_\_\_

1. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Resource referral: \_\_\_\_\_  
\_\_\_\_\_

Other notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Taking Medicine

## Taking medicine for heart health

### What should you know about taking medicine?

- Take your medicine every day exactly as prescribed.
- Understand instructions for each medicine you take.
- Planning is important. You need to have a regular supply of medicine. You also need to have medicine with you when it is time to take it.
- Working with your doctor can help ensure success. Carry all your medicines, including supplements and herbs, to your appointments. And, talk to your doctor when your medicines change.

### Taking medicine every day is a great way to take charge of your health.

- If you are taking your medicine exactly as prescribed, that is great!
- If you are having trouble taking your medicine, what things are getting in your way?



## These are some of the reasons people have said they do not take medicine every day or as their doctor has prescribed.

### **If you forget to take your medicine...**

- Use a routine or reminders to help you stay on schedule.
- Take your medicine at the same time you do some other activity, like brushing your teeth.
- Buy a pill box. At the start of each week, lay out all of your medicine for each day.
- Make a calendar or chart to help you keep track.
- Take time each day to think about where you will be when you need to take your medicine. If you plan to be on the move, leave yourself a note reminding you to take medicine with you.



### **If you are worried about side effects...**

- Most people don't feel side effects when they are taking medicine to lower blood pressure or cholesterol. Still, it is important to know what to expect from your medicine, so you will know what to do if problems arise.
- Contact your doctor if you think you are having side effects. Your doctor may switch you to another medicine. Most people can find a medicine that works for them.

### **If you need medicine refills...**

- Call your pharmacy instead of your doctor.
- Call for refills at least 3 days before you need them.
- Check back with your pharmacy in the next 3 days. If your refill has not been filled, call your doctor's office.





## **If your medicine costs too much....**

- Ask your doctor to prescribe generic medicines to lower the cost.
- Find out which medicines your insurance company prefers, as these medicines cost less. Call your insurance company or go to their website. The phone number and web address should be on the back of your insurance card. Then, ask your doctor about prescribing cheaper medicines.



## **If you do not have insurance...**

- Join the 340B Drug Discount Program with any of these participating pharmacies:
  - ✓ **Freedom Hill Community Health** (Edgecombe): Call 252-641-0514
  - ✓ **OIC Family Medical Center** (Edgecombe): Call 252 977-3730
  - ✓ **Rural Health Group** (Edgecombe): Call 252-437-2171
  - ✓ **Harvest Family Health Center** (Nash): Call 252-443-7611
- Contact the Partnership for Prescription Assistance Program at 1-888-447-2669 or pparx.org. This program is for patients who don't have prescription drug coverage.
- Sign up for a discount prescription program to buy many types of medicine without spending a lot of money.

**Walmart Pharmacy** in Rocky Mount - Call 252-985-2753  
in Tarboro - Call 252-824-8175

Bring in your new prescription, transfer an existing prescription, or call. There is no deductible, enrollment or fee. For many medicines, a 30-day supply is \$4 or a 90-day supply is \$10 in the Walmart prescription program.

**Thorne Drug Company** in Tarboro - Call 252-823-5655  
Ask for Prescription Savings Club.

**Walgreens Pharmacy** in Rocky Mount - Call 252-937-4999  
The Prescription Savings Club offers discounts off of thousands of brand-name and generic medications.

**Rite Aid Pharmacy** in Rocky Mount - Call 252-466-0391  
Ask about 20% discount on all non-prescription purchases the first Wednesday of every month.



## If you are not sure when or how to contact your doctor...

- It is ALWAYS okay to call your doctor’s office about possible side effects.
  - Ask to speak with a nurse if your doctor is not available.
  - If you have to leave a message, include your name, date of birth, phone number, the name of the medicine, any symptoms you are having, and your question.



## Goals

**What are your goals for staying on track with your medicine?**



**Buy a pillbox to help organize my medicines**



**Set a timer to remind me to take medicines on schedule**



**Fill out my medication calendar, so I can start tracking my medicine use tonight**



**Make a list of my medicines to take to my next doctor appointment**



**Other: \_\_\_\_\_**



**Other: \_\_\_\_\_**



# Goals and First Steps

## Taking Medicine

1. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_





# Stopping Smoking

**It is great that you want to stop smoking.**

## What works?

- Counseling support can help you becoming tobacco free, even if you have tried before.
- Medications, like the nicotine patch, gum, or lozenge, also make it easier to quit smoking.

## Make a plan

Quitting is different for each person. Most people need a personal plan to help them quit smoking.

- QuitLineNC telephone coaching services are free. Counselors at QuitLineNC can help you make a plan.
- Combine counseling with medicine.
- Accept support from friends, family, and your doctor.

## QuitLineNC



**800-QUIT-NOW or 800-784-8669 in English**  
**855-DEJELO-YA o 1-855-335-3569 en Español**

Trained Quit Coaches are available 24 hours a day, 7 days a week in many languages, including Spanish and English.

## What will happen when I call QuitLineNC?

QuitLineNC coaches are there for you. You can tell them anything. Coaches have special training to help you make a plan that is right just for you. They will not judge you because they know how hard it can be to quit smoking.



Coaching sessions take place over the telephone any day of the week. You can sign up for 5 sessions. The sessions are free.

Many people can quit after 5 sessions. But, Quit Coaches know it is not easy. That is why you can always enroll again for more coaching sessions in the future.

## Ask for support

- Ask your friends and family for support. Let them know specific ways they can help you.
- Visit online resources like:
  - [www.becomeanex.org](http://www.becomeanex.org)
  - [www.smokefree.gov](http://www.smokefree.gov) for text message support
- Ask your community health worker about local support groups.
- Talk to your health care provider about medicine to help you quit, such as a nicotine patch, gum, or lozenge.



## Medicine can help you stop smoking

Nicotine replacement medicine can make it easier to quit smoking, especially if you use it in combination with counseling.

These medicines do not make you quit smoking. They help you manage withdrawal symptoms. They can also help decrease the urges and cravings to smoke.

Many people use these medicines for 3-6 months. Many people also use them together. For example, you could wear the nicotine patch all day and use a nicotine lozenge when you have a strong urge or craving.

Some people feel side effects when they use nicotine replacement. But, the side effects are less severe than withdrawal symptoms from quitting smoking. It is fine to contact your doctor if you feel side effects. Your doctor can help you find ways to manage side effects.



**Making a plan to stop smoking is a great way to lower your chance of heart disease!**



### Goals

**What are your goals for quitting smoking?**

- Ask for a referral to **QuitLineNC**
- Call the **QuitLineNC** at **800-QUIT-NOW** or **800-784-8669**
- Talk to my doctor about Nicotine Replacement Therapy to help me quit smoking.





# Goals and First Steps

## Stopping Smoking

1. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_





# Healthy Eating

## Session 1

### Nuts, Oils, Dressings and Spreads

#### Eating fats

There are 3 types of fat:

1. **Healthy fats** in vegetable oils, nuts, dressings, and fish
2. **Unhealthy fats** (trans fats) in stick margarine, shortening, and some packaged snack foods or restaurant fried foods
3. **Other fats** (saturated fats) in beef, pork, other meats, and dairy



- ➡ Eat foods with healthy fats each day.
- ➡ Avoid foods with unhealthy fats.

#### What do we mean by healthy fats?

Healthy fats mostly come from **plants** or **fish**.

- Oils, like canola, vegetable, soybean, corn, olive, and peanut
- Fish
- Nuts and nut butter
- Trans fat free margarine (in a tub)
- Mayonnaise (full fat)



## How much healthy fat should I eat?



Each day, eat 2-6 servings of foods that are high in healthy fats.



Remember, serving sizes of fat are small

- Nuts: a small handful
- Nut Butter: 2 tablespoons (about a ping pong ball)
- Fish: 3 ounces (about a pack of cards)
- Healthy Salad Dressing: 1-2 tablespoons



## What do we mean by unhealthy fats?

Unhealthy fats also are called trans fats. Trans fats can cause heart disease. You find them in:

- Stick margarine
- Most shortening
- Some packaged snack foods and frozen foods
- Pre-baked foods bought in the grocery store
- Some restaurant fried foods
- Any foods that contain hydrogenated or partially hydrogenated oils

## How much unhealthy trans fat can I eat?



Eat as little trans fat as possible.



Read food labels carefully. While foods may say 0g Trans Fat on the label, they may still have small amounts. Check the ingredients and avoid foods that have “partially hydrogenated” or “hydrogenated” oil.

Nutrition Facts	Amount/serving	%DV	Amount/serving	%DV
	Serv. Size 4 cookies (32g) Servings 9 Calories 150 Calories from Fat 60	<b>Total Fat</b> 7g	11%	<b>Total Carb</b> 20g
	Sat. Fat 4.5g	23%	Dietary Fiber 1g	4%
	<b>Trans Fat</b> 0g		Sugars 10g	
	<b>Cholest.</b> 0mg	0%	<b>Protein</b> 2g	
	<b>Sodium</b> 115mg	5%		
	Vitamin A 0%•Vitamin C 0%•Calcium 0%•Iron 4%			
<b>INGREDIENTS:</b> Enriched flour, riboflavin, sugar, cocoa, <b>partially hydrogenated vegetable oil</b> , cornstarch, <b>hydrogenated oils</b> , soy lecithin, salt, caramel color, artificial flavors				

## What do we mean by other fats?

Other fats in the diets are **saturated fats**. You find them in:

- beef
- pork
- other meats
- dairy products (butter, cream, whole milk)



## How much saturated fat can I eat?

- ➔ Eat beef, pork, and dairy foods in moderation. While saturated fat does not *increase* your risk of heart disease, they do not *decrease* your risk like healthy fats do.
- ➔ Avoid processed meats like bacon, sausage, hot dogs, bologna, and deli meat. They may increase risk of heart disease and cancer.

## Summary

- Eat healthy fats every day.
- Make a plan to get rid of all trans fats!
  - Trans fats are mostly found in stick margarine, shortening, snack foods, and cooking oils used in restaurants.



## Goals

**Check one or two goals to start working on!**



### **Eat 3 or more servings of nuts or peanut butter each week**

- A serving of nuts is a handful.
- A serving of peanut or other nut butter is 2 tablespoons.



### **Choose trans fat free margarine**

- Use margarine in a tub or squeeze bottle that says trans fat free.
- Do not use stick margarine. It can be high in trans fats.



### **Cook with healthy oils**

#### **Healthy oils for low to medium heat**

Canola oil  
Olive oil

#### **Healthy oils for medium to high heat and deep frying**

Corn oil  
Soybean oil  
Sunflower oil  
Peanut oil



### **Eat 3 or more servings of healthy salad dressing each week**

- Regular store-bought salad dressings have vegetable oil. Avoid fat-free dressings that often have extra salt and sugar.
- You also may want to try salad dressings with lower sodium (less than 350 mg per serving).

# Healthy Eating

## Session 2



## Vegetables, Fruits, Beans and Whole Grains

### Eating vegetables and fruits lowers risk of heart disease!

Eat plenty of vegetables and fruits for:

- Vitamins and minerals
- Fiber
- Snacks and desserts
- To help you feel full



### How much should I eat?

- ➔ Eat at least 7 servings of vegetables and fruits every day.
  - Try to eat at least 3 or 4 *different* fruits and vegetables each day
- ➔ Try to eat 3 servings of fruit every day.
  - A serving of fruit is a small apple or half of a banana.
- ➔ Try to eat at least 4 servings of vegetables every day.
  - Eat the skin or peel when possible. It has fiber.
  - A serving of vegetables is a ½ cup cooked and 1 cup raw.
- ➔ **Go easy on starchy vegetables** like white potatoes, corn, and lima beans.

## Eating beans and whole grains

Beans and whole grains have even more fiber than vegetables and fruits.

Eating fiber:

- Lowers your chances of getting heart disease
- Helps you feel full
- Keeps you regular



➔ Aim for 25-35 grams of fiber every day.

## Beans: How much should I eat?

➔ Eat a serving of beans 3 or more times per week, every week.

A serving is a ½ cup of cooked beans.

## What beans should I eat?

Pintos

Split peas

Limas

Navy

Black eyed peas

Butter Beans

Kidney

Field peas

White beans

Black beans

Lentils

Cannellini

Chickpeas / Garbanzo





## Whole Grains: What whole grains should I eat?

- Whole wheat bread
- Brown rice
- Whole wheat spaghetti and pasta
- High fiber breakfast cereals
- Old fashioned oatmeal (rolled, whole, or steel cut, NOT instant pack with flavor added)



## How much whole grains should I eat?

➔ Try to eat whole grains every time you eat grains.

➔ Pick bread that has at least 2 grams of fiber per slice.

- Breads that look brown are not always made from whole grain. Be careful!
- Read the label to make sure the first ingredient is **whole wheat** flour or another whole grain like rye or oat.

➔ Choose high-fiber cereals.

- Pick a cereal that has *at least* 5 grams of fiber per serving.



## What grain foods should I avoid?

- White flour
- White rice
- Regular pasta



## Goals

Check one or two goals to start working on!



### Try to eat 4 or more servings of vegetables each day

- Eat a variety of vegetables, including dark green and orange vegetables.
  - Add spinach to salads.
  - Bake a sweet potato instead of white potato.
  - Eat cut-up vegetables as a snack.
- Buy fresh, frozen or canned vegetables. Rinse canned vegetables that may have salt.



### Try to eat 3 servings of fruit each day

- Add fruits like bananas, berries, and peaches to cereal.
- Eat fruit (fresh, frozen, or canned) instead of drinking fruit juice. Whole fruit has more fiber!
- Avoid canned or frozen fruits with added sugar or syrup. Look for canned fruit labeled “in its own juice”.
- Eat dried fruit, such as raisins, as a snack. But watch serving sizes. A  $\frac{1}{4}$  cup of dried fruit is one serving.



### Try to eat beans 3 or more times each week

- Make a quick and healthy meal with canned beans.
- Get low-salt (low-sodium) beans or drain and rinse canned beans.



### **Choose whole grain breads**

- Pick whole grain bread instead of white bread.
- The first ingredient should be whole wheat flour, rye or another whole grain. Multi-grain bread is not the same as whole grain!
- Check food labels to choose breads with at least 2 grams of fiber per slice.



### **Try more whole grain foods (brown rice, whole wheat pasta, etc.)**

- To get used to the taste of whole wheat pasta, try mixing it with regular pasta at first.



### **Eat whole grains for breakfast**

- Cereals like shredded wheat, bran flakes, or old fashioned oatmeal are all good choices.
- Avoid instant grits, which may be high in salt (sodium). Aim for no more than 350 mg of salt per serving.
- Stay away from cereals with lots of added sugar like instant oatmeal or frosted flakes. Aim for 3 grams of sugar per serving or less. If the cereal has raisins or other dried fruit, aim for 5 grams of sugar per serving.
- Sweeten cereal by topping it with bananas, berries, peaches, or other fruit.





# Healthy Eating

## Session 3

### Drinks, Desserts, Snacks, and Eating Out

#### Avoid sugar-sweetened drinks

- Sugar-sweetened drinks include regular soda, sports and energy drinks, fruit punch, lemonade, chocolate milk, sweetened coffee drinks, and sweet tea.
- Sugar adds a lot of extra calories but no nutrition.
- An average 12-ounce can of soda has 140 calories and about 9 teaspoons of sugar.

#### How do I know if my drink has sugar?

➔ Check the drink label for sugar.

Also, check the ingredient portion of labels for other types of sugar such as:

- High fructose corn syrup, corn sugar, or corn sweetener
- Malt syrup or sucrose syrup
- Fructose, glucose, dextrose, maltose, lactose, sucrose
- Honey or molasses

Nutrition Facts	
Serving Size: 1 Can	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 45mg	2%
Total Carb. 39g	13%
Sugars 39g	
Protein 0g	
Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Caffeine Content: 34 mg

#### INGREDIENTS

**Carbonated Water, High Fructose Corn Syrup, Caramel Color, Phosphoric Acid, Natural Flavors. Caffeine.**

## What can I drink?

- Water!
- Milk
- Carbonated water (seltzer) mixed with a splash of fruit juice.
- Unsweetened or lightly sweetened tea or coffee. If you sweeten tea or coffee, use only 1 or 2 teaspoons of sugar.



➔ If you drink diet sodas, be careful not to drink too much because they may lead to bone loss. Also, some studies show that they do not help people lose weight.

➔ Limit alcoholic drinks to 1 drink per day if you are a woman or 2 drinks per day if you are a man.

## You can eat desserts and still eat healthy

Just be careful *what* desserts you choose and *how* much you eat.

- Save sugary desserts, like cake and ice cream, for special occasions (birthdays and holidays).
- Try eating fruit as a naturally sweet and healthy dessert.
- Stay away from store-bought doughnuts, sweet rolls, cakes, cookies, and cream-filled desserts because they are often made with unhealthy fats and they have a lot of sugar.
- Try eating 1 ounce or less of dark chocolate (50% or more cocoa) as a treat.



## What snacks can I eat?

- Fruits and vegetables
- Nuts (¼ cup of shelled nuts is a full serving, that's about a small handful)
- Peanut butter (2 tablespoons is a full serving, that's about the size of a ping-pong ball)

➔ When you crave chips or crackers:

- Check the label to be sure they have NO trans fats or hydrogenated oils.
  - Avoid foods that have “partially hydrogenated” or “hydrogenated” oil.
- Look for low-salt (low-sodium) options.
- Take small portions. Take a small serving out of the bag and then close the bag and put it away.



## How can I eat healthy at restaurants?

- Stay away from large or “supersized” drinks, or order water with a twist of lemon
- Select healthy sides like fruit cups or side salads.
- Enjoy a burger or sandwich on a whole wheat bun or bread, if available.
- Try grilled or baked chicken, fish, or beans.
- Order pizza with vegetables instead of meat.
- Avoid all-you-can-eat buffets or have a plan before you go in about what and how much you will eat.

## Summary

- Try to limit the amount of sugar sweetened beverages you drink. Aim for 1 or no sugar sweetened beverages per day.
- Go easy on desserts and sweets. Try fruit instead
- Choose healthy snack food options.
- Make smart choices when eating out at restaurants, and try to eat out less often



## Goals

**Check one or two goals to start working on!**



### **Choose healthy drinks**

- Replace soda, sweet tea, and other sugar sweetened drinks with healthy drinks like water, seltzer, or lightly sweetened tea.
- Avoid drinks that list sugar as the first ingredient.
- Sweeten tea or coffee with no more than 1 or 2 teaspoons of sugar per cup (8 oz).



### **Watch out for unhealthy sweets, desserts and snacks.**

- Save sweets or desserts for special occasions, not every day.
- When eating sweets or desserts, eat only a small amount
- A small amount of dark chocolate (more than 50% cocoa) is a good choice, eat 1 ounce or less per serving.
- Try fruit for dessert.
- Eat a small amount (1/2 cup) of frozen dessert like ice cream, ice milk, fruit ice, sherbet, or frozen yogurt.
  - Eating one 100% fruit juice popsicle is a good choice.
- Stay away from store bought sweets. They are often high in sugar and may have trans fats.





### **Be careful with snack chips and crackers.**

- Instead of chips or crackers, try raw vegetables, fruit, or a small handful of nuts.
- When eating chips and crackers:
  - Try lightly salted chips and crackers made with vegetable oil
  - Read labels and avoid chips made with partially hydrogenated vegetable oils or trans fat
  - Choose whole grain crackers when possible.



### **Make good choices when you eat at restaurants.**

- Eat at home more often. It is healthier than eating out because you know what ingredients you use and can control how much you serve.
- When eating out, choose healthy items such as:
  - Grilled or baked chicken or fish, salads, and beans.
  - Side dishes like fruit cups and side salads.
  - Whole grain breads.
  - Water with a twist of lemon.
- When eating out, be careful how much you eat because restaurant servings are large.
  - Split the meal with a friend.
  - Eat half of the meal and take the other half home.







# Healthy Eating

## Session 4

### Fish, Meat, Dairy and Eggs

#### Eating fish

Eating fish can reduce your risk for heart disease. Fish are high in healthy fats.

#### How much fish should I eat?

➔ Eat 1-2 servings per week of fish and seafood that are low in mercury.

Canned light tuna

Trout

Sardines

Catfish

Atlantic mackerel

Salmon

Shrimp

Herring

Anchovies



➔ Avoid fish that are high in mercury. Try not to eat king mackerel, tilefish, shark, swordfish, white tuna, and albacore tuna.

#### Chicken and turkey are good choices

- Chicken and turkey cost less than meat and fish.
- It is OK to eat the skin. The fat quality in the skin is quite good.

## How much chicken and turkey should I eat?

➔ It is fine to eat chicken and turkey 3 or more times each week.

- Be careful about eating fried chicken from restaurants. It may have unhealthy trans fats and a lot of salt.
- Ask the restaurant what type of oil they use for frying.



## How should I cook my fish, chicken, and turkey?

- You can bake, broil, grill, barbeque or fry. If you fry, be sure to use healthy vegetable oils.



## Eat less red meat, like beef, pork, and lamb

People who eat large amounts of red meat have an increased risk for colon cancer.

➔ Eat red meat no more than 2 times each day. Remember, a serving size of red meat is 3 ounces (about the size of a deck of cards).

## Limit processed meats like bacon, sausage, hot dogs, and cold cuts

- Processed meats include deli meats like turkey, chicken, roast beef, corned beef, and so on.
- Processed meats increase your risk for heart disease, probably because of the preservatives (salt, nitrites, and phosphates).

➔ Limit processed meat to 2 times per week or less.

## What about eggs?

Eggs are a good source of protein and healthy fats. If you enjoy eating eggs, eating 1 or 2 a day is fine.



## What about milk, cheese, and yogurt?

- It is fine to have 2-3 servings of low or full fat milk, cheese, or yogurt per day. A serving of milk and yogurt is 1 cup. A serving of cheese is about the size of your thumb, 1 ounce.
- Avoid drinking flavored milk because of the high sugar content.
- Limit flavored yogurts because of the high sugar content. Buy plain yogurt and add your own fruit.
- Limit dairy desserts (ice cream, ice milk, and frozen yogurt) to 2 times a week or less. They contain more sugar than other dairy products.

## Summary

- Eat fish 1 or more times a week. It contains healthy fats.
- Poultry is healthier than red meat and costs less.
- Avoid processed meats, like cold cuts, hot dogs, deli meats, sausage, and bacon.
- Limit red meats to 1-2 servings per day.
- Dairy products (milk, yogurt, cheese) and eggs are other good choices.





## Goals

**Check one or two goals to start working on!**



### **Eat fish 1 or more times each week**

- Choose fish with low levels of mercury, such as salmon, catfish, shrimp, and canned light tuna. If you eat canned tuna choose light tuna, not albacore or white tuna.
- When you fry fish use health fats like vegetable oil instead of shortening or lard.



### **Cut down on bacon, sausage, hot dogs and cold cuts**

- Try having breakfast without meat on some days.
- Try sandwiches made with sliced fresh beef, chicken or turkey.



### **Choose chicken and turkey more often**

- Try eating 3 or more servings of poultry each week.
- Do not fry chicken in shortening, as most shortening has unhealthy trans fats.



### **Cut down on red meat**

- If you like eating red meat like beef, pork or lamb, aim for no more than 2 servings per day. Less is better.



### **Choose dairy products like milk, cheese, and yogurt to replace less healthy meats**

- If you enjoy dairy products, 2 to 3 servings per day of low or full fat dairy products is a good goal.
- Ice cream, frozen yogurts and other dairy desserts are high in sugar. Save these treats a couple times per week or less.



### **Eggs are a good choice**

- Eating 1 to 2 eggs per day should not increase your risk of heart disease.
- Try hard boiled eggs. They are great on salads or as a healthy snack.

# Goals and First Steps

## Healthy Eating

1. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

# Goals and First Steps

## Healthy Eating

5. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

7. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

8. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_



## Be Serving Size Wise!



Food Group/Item	One serving is...	Which looks like...
<b>NUTS</b>		
Dry nuts	1 ounce or 1 small handful (1/4 cup)	½ cupped hand
Peanut butter or other nut butters	2 tablespoons	1 ping-pong ball
<b>TOPPING, SALAD DRESSING, AND SPREADS</b>		
Butter/trans fat free margarine	1 teaspoon	Fingertip
Salad dressing	2 tablespoons	1 ping-pong ball
Mayonnaise	1 tablespoon	Thumb tip
<b>VEGETABLES</b>		
Cooked or cut-up raw vegetables	½ cup	1 cupped hand
Raw, leafy, green vegetables/salads	1 cup	2 cupped hands
Starchy vegetables (peas, white potatoes, corn)	½ cup	1 cupped hand
Vegetable juice	½ cup	½ a fist
<b>FRUIT</b>		
Whole fruit	1 small sized	1 small apple or ½ banana
Fresh/canned/frozen	½ cup	1 cupped hand
Fruit juice	½ cup	½ a fist
Dry fruit	¼ cup dried	½ a cupped hand
<b>BREADS, GRAINS, AND CEREALS</b>		
Grains (like rice and pasta)	½ cup	1 cupped hand
Cereals (hot)	½ cup oatmeal	
Cereals (cold)	½ -1 cup	1 cupped hand
Bread	1 slice	1-2 cupped hands
Tortillas (corn or flour)	1 tortilla (6 inches across)	
Rolls	1 roll	
Biscuits	1 biscuit	
Cornbread	1 2" square slice	
<b>BEANS</b>		
Cooked beans	½ cup	1 cupped hand



## Be Serving Size Wise!

Food Group/Item	One serving is...	Which looks like...
<b>BEVERAGES AND DRINKS*</b>		
Beverages and drinks	8 fluid ounces or 1 cup	1 fist
<b>SWEETS AND SNACKS</b>		
Doughnuts/sweet rolls	1 piece	
Cakes/pies	1 small slice	
Cookies	4 small cookies	
Candy bars	1 regular candy bar	
Ice cream, sherbet, frozen yogurt, sorbet	½ cup	1 cupped hand
Snack foods (chips, crackers, pretzels)	1 small handful	
<b>FISH, RED MEAT, AND POULTRY</b>		
Bacon	2 strips	
Sausage patties/links	2 pieces	
Lunch meats	2 slices	
Hotdogs	1 hotdog	
Red meat, chicken/turkey, fish	3 ounces	Deck of cards
<b>MILK AND DAIRY FOODS</b>		
Milk	8 fluid ounces or 1 cup	1 fist
Yogurt	8 ounces or 1 cup	1 fist
Hard cheeses (like cheddar, mozzarella, Swiss, jack)	1 ounce (1/3 cup grated or 1 slice processed cheese)	1 thumb
Cottage cheese	½ cup	1 cupped hand
Ricotta cheese	¼ cup	½ cupped hand
Cream cheese	2 tablespoons	1 ping-pong ball
Heavy cream or half and half	1 tablespoon	Thumb tip
Sour cream	2 tablespoons	1 ping-pong ball
<b>OTHER</b>		
Soups	8 ounces (1 cup)	1 fist
Sugar/jelly/jam	1 tablespoon	Thumb tip

\*A regular can of soda is 12 oz. or 1½ cups.

# Tips for Eating Out

## Breakfast

- \*\* Avoid biscuits, hash browns, or fried potatoes, which may have trans fat.
- \*\* Choose lean meat or plain eggs.
- \*\* Try fruit and yogurt.
- \*\* Unsweetened cereal with milk can be a good choice.
- \*\* If you order toast, English muffins, pancakes, or waffles, ask for butter or trans fat free margarine on the side. Use half or less of the syrup packet.



## Salads

- \*\* Salads are a great way to eat more vegetables!
- \*\* Salads can also be a good way to eat some protein. Try ordering a salad with a small amount of lean meat, chicken, or cheese.
- \*\* Use regular salad dressing. The fat-free salad dressings are high in salt.

## French fries and other fried side dishes

- \*\* Skip the fries, onion rings, fried cheese sticks, and fried jalapeños—they may contain trans fats and are often heavily salted.
- \*\* Instead, order a baked potato and top it with trans fat free margarine or cheese.
- \*\* If you do order fries, share a small order with a friend instead of eating them all yourself.

## Burgers and sandwiches

- \*\* Subway-type sandwiches on whole wheat bread can be a healthy choice. Add plenty of vegetables and consider an oil-based topping or mayonnaise.
- \*\* Try a grilled chicken sandwich.
- \*\* Order burgers and sandwiches with lettuce and tomato and choose whole wheat bread when possible.

## Chicken and fish

- \*\* Order grilled chicken or fish if you don't know what type of oil is used for frying.
- \*\* Baked or oven-roasted chicken can also be good options.
- \*\* Fried chicken or fish is a good choice if you know that vegetable oils without trans fats are used for frying.
- \*\* Try fish with lettuce and tomato and a splash of lemon.

## Pizza

- \*\* Don't eat more than one to two pieces of pizza for your meal. Add a side salad to fill you up.
- \*\* Order vegetable toppings like onions, green peppers, tomatoes, and mushrooms.
- \*\* Skip the high-salt meat toppings like sausage and pepperoni.



# Tips for Eating Out

## Food bars

- \* \* Enjoy a large salad with plenty of dark, leafy greens and other vegetables like broccoli or carrots.
- \* \* Add sunflower seeds or nuts to your salad.
- \* \* Select several vegetable choices. Remember the importance of variety!
- \* \* Consider fruit or frozen yogurt for dessert.

## Desserts

- \* \* Choose yogurt instead of milkshakes, apple turnovers, and cookies.
- \* \* A small amount of dark chocolate (about one oz.) is a good choice.
- \* \* Bring a piece of fresh fruit from home.



## Cooking for One or on the Run

It might seem like a lot of trouble to make a regular meal when you're the only one eating or when you're rushing from one thing to the next. But even if you're in a hurry, you can still choose a healthy eating plan.

Here are five ideas for fixing quick, balanced meals:

- \* Keep frozen or canned vegetables on hand for easy additions to soups, sauces, and stews.
  - Combine canned goods with fresh ingredients.
  - Buy low-salt canned goods when possible.
  - Buy frozen vegetables in bags, not boxes—it's easier to take out a small amount.
- \* Buy nuts and fresh fruit for quick and healthy snacks.
- \* Cook large batches of food and freeze leftovers.
- \* Use leftovers to save time and money. Toss leftover meat or vegetables in soups, spaghetti sauces, or homemade burritos.
- \* Plan a week's meals around a few main ingredients, like lean meats or fish, whole grains, vegetables, and beans (see Easy Balanced Meals below and Making the Most of Beans, next page).



### Easy Balanced Meals

On Sunday, cook a pot of brown rice. Mix the rice with vegetables and lean meat, poultry, fish, or eggs to build your week's meals...

Monday	Add vegetables and some brown rice to low-salt chicken broth to make a hearty soup.
Tuesday	Sauté onion with two cups of fresh or frozen vegetables in vegetable oil, mix in brown rice, and stir in a beaten egg for quick and easy stir-fried rice. A little low sodium soy sauce will make it taste like delicious Asian fried rice.
Wednesday	Make your own hamburger helper: brown ground turkey or ground beef with onions and green pepper, then add a scoop of brown rice from your pot. Add extra sautéed or frozen vegetables.
Thursday	Open canned salmon, and eat with brown rice and steamed vegetables.
Friday	Make a quick "stir-fry" with mixed vegetables and cut-up chicken, and serve over brown rice.

# Cooking for One or on the Run

## Making the Most of Beans

Beans make a great-tasting, low-cost, healthy main dish, and have lots of fiber. There are many kinds of beans: pinto, kidney beans, black beans, navy beans, chickpeas (also called garbanzos), lentils, black-eyed peas, split peas, and others.

✱ If beans are hard on your system, use these cooking tips:

- Soak the beans overnight, then rinse.
- Change the water before cooking the next day and skim the foam off the top.
- Make sure the beans are cooked completely.
- Use onions, garlic, vinegar, or a taste of lean ham for seasoning.

✱ Serving beans with vegetables or a whole grain can help you feel full.

- Use canned beans to save time, but make sure you drain and rinse the beans several times to get rid of the added salt (sodium).

✱ Try cooking a pot of beans on Sunday and using the beans during the week. You can:

- Spoon the beans over brown rice, whole grain noodles, or potatoes.
- Mix beans and ground turkey or beef with spaghetti sauce to make hearty chili.
- Add beans to canned or homemade vegetable soup.
- Mix three kinds of beans with a healthy salad dressing for a cold three-bean salad.
- Spoon beans, lettuce, tomatoes, onions, and cheese onto a soft whole wheat tortilla and roll up into a burrito.



# Read the Label

It's easier to make good choices when you know how to read food labels. Everything on the label is based on ONE serving. Here's what to look for:

## 1 Check the Serving Size

### Serving Size

Look at the serving size and ask yourself, "How many servings am I eating?" In the example label below, a serving is 1 cup. If you ate two servings (2 cups), you would need to double the amounts listed on the label to calculate how much you are eating.

### Servings Per Container

Check the serving size to see how many servings there are in the package. On the nutrition label below, it says that the package is 2 servings. It is common for food packages to have more than one serving in them, even when they seem to be a single serving.

## 2 Choose Nutrients Wisely

### % Daily Values

The percent daily values show you what percent of your daily goals or limits are contained in one serving of the food.

Note that the % daily values are based on a 2,000 calorie diet – your own values may be higher or lower depending on your calorie needs.

**In general, Daily Values 5% or less are low and 20% or more are high.**

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings per Container 2			
Amount Per Serving			
<b>Calories</b> 280	<b>Calories from Fat</b> 120		
% Daily Value*			
<b>Total Fat</b> 13g			20%
Saturated Fat 5g			25%
Trans Fat 2g			
<b>Cholesterol</b> 2mg			10%
<b>Sodium</b> 660mg			28%
<b>Total Carbohydrate</b> 31g			10%
Dietary Fiber 3g			0%
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A 4%			Vitamin C 2%
Calcium 15%			Iron 4%
<small>*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
<b>Calories per gram:</b>			
Fat 9		Carbohydrate 4	Protein 4

### Trans Fat

These are some of the worst fats for your heart. Try not to eat any! On the sample label there are 2g of trans fat. Be careful: The food label may say "trans fat = 0 g" but if the ingredient list shows "partially hydrogenated vegetable oil" then eating lots of servings still could add up to lots of trans fat!

## Sodium (salt)

Salt can be a problem for people with high blood pressure.

Look at this nutrition label, one serving of this food would give you 28% (over one-fourth) of the sodium that you should get for the whole day!

## Dietary Fiber

Try to get at least 25-35 g each day. Fiber lowers your cholesterol and keeps you regular. Look at this nutrition label, one serving would give you 0% of your daily value of fiber.

## Sugars

These include naturally occurring sugars (like those in fruit and milk) but also sugars added to foods or drinks. Read the ingredients list and avoid foods that contain **high fructose corn syrup** or other added sugars (such as fruit juice concentrate, sugar, maltose, dextrose, or sucrose) as one of the first few ingredients.

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 280		<b>Calories from Fat</b> 120	
			<b>% Daily Value*</b>
<b>Total Fat</b> 13g			20%
<b>Saturated Fat</b> 5g			25%
<b>Trans Fat</b> 2g			
<b>Cholesterol</b> 2mg			10%
<b>Sodium</b> 660mg			28%
<b>Total Carbohydrate</b> 31g			10%
<b>Dietary Fiber</b> 3g			0%
<b>Sugars</b> 5g			
<b>Protein</b> 5g			
<b>Vitamin A</b> 4%	•	<b>Vitamin C</b> 2%	
<b>Calcium</b> 15%	•	<b>Iron</b> 4%	
<small>*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	Less than	65g	80g
<b>Sat Fat</b>	Less than	20g	25g
<b>Cholesterol</b>	Less than	300mg	300mg
<b>Sodium</b>	Less than	2,400mg	2,400mg
<b>Total Carbohydrate</b>		300g	375g
<b>Fiber</b>		25g	30g
<b>Calories per gram:</b>			
<b>Fat</b> 9	•	<b>Carbohydrate</b> 4	• <b>Protein</b> 4





# Physical Activity

## Session 1

### Walking

#### How much should I walk?



To improve your heart health, walk briskly at least 150 minutes a week. That is 30 minutes of walking at least 5 days a week.

#### How fast should I walk?

Any walking is good. Walking at a faster pace can provide more health benefits. Try to work up to moderate intensity walking.

- During moderate intensity walking you can talk but cannot sing (or recite the whole Pledge of Allegiance) while you walk.
- During vigorous intensity walking, you should be too out of breath to say more than 3 or 4 words at a time. For some people this may be at the pace of a jog.
- If you plan on starting vigorous intensity activity, talk to your doctor first.

#### How can I reach my walking goals?

If you can set 20-30 minutes aside for walking each day, that's great! If not:

- Do errands or visit neighbors "on foot".
- Use stairs instead of elevators.
- Use the farthest safe parking space when you drive, instead of the closest.
- Go for a few 10-minute walking breaks during the day or during work breaks.

## How can I make walking enjoyable?

- Wear comfortable clothes and shoes with a low heel and flexible sole.
- Share the fun with a walking partner.
- Walk with your family or walk your dog.



## Pace yourself...

- Build up slowly. Start walking 10 minutes a day and add 5 minutes every two weeks until you are walking about 30 minutes a day.
- Start and end your walk with a slow warm-up and cool-down pace. This means walking slower for a few minutes at the start and end of your walking session.
- Drink plenty of water before, during, and after.

## Pay attention to your body

If you have shortness of breath or chest, neck, jaw or shoulder pain:

- Stop or slow down to a very slow pace as you might be having heart or lung problems;
- If you don't get better in 5 minutes, seek help by calling your doctor or 911.

## Dress for safety

- Wear well-fitting, sturdy shoes to prevent tripping and falling.
- Wear brightly colored clothes or reflective materials so drivers can see you. Reflective vests are available at most superstores.
- Don't let your umbrella or a hood block your view!
- While crossing streets, don't wear headphones or talk on a cell phone.

## Remember the rules of the road and obey traffic signals

- Use sidewalks when available.
- Walk facing traffic if you are on the road.
- Cross at intersections, not in the middle of the street or between parked cars.
- Make eye contact with drivers before crossing the street.
- Never run across the road. It increases your risk of tripping and falling.
- In bad weather, allow extra time and distance for a car to stop.
- Always look for signs that a parked car is about to move.



Avoid walking after dark. If you do walk after dark, carry a flashlight and a flashing red light. Shine lights in front and behind you. Be sure to wear a reflective vest as well.

## Summary

- Walking at a fast or moderate intensity pace can reduce your risk for heart disease and stroke. Aim for 3 miles per hour or fast enough to increase your heart rate and breathing.
- Make walking a part of what you do every day.
- Walking can be more enjoyable if you wear comfortable clothes and shoes, pace yourself, and walk with others.



## Goals

**Are you ready to set a goal of walking more each week?**

How many minutes would you like to try to walk and how many times a week?

**I will plan to take a \_\_\_\_\_ minute walk at least \_\_\_\_\_ times per week.**

**Would you like to set another goal for the coming month?**

- Do errands or visit neighbors “on foot”
- Use stairs instead of elevators
- Use the farthest safe parking space, instead of the closest
- Go for a few 10-minute walking breaks during the day



# Physical Activity

## Session 2

### **Keep walking! And increase other physical activities**

Walking is one great way to stay active. Other types of physical activity also are good choices. You may want to try a variety of activities.

- Dancing
- Jogging
- Basketball
- Muscle-strengthening activities
- Energetic housework
- Energetic yardwork
- Playing with children



### **Get more benefit from activities you are already doing**

**➔** Whatever activity you do, you can increase the pace, distance, or amount of time for extra fitness.

## Indoor and outdoor household activities

Many chores can be done with enough intensity to increase health and fitness:

- Gardening
- Raking
- Mowing with a push mower
- Mopping
- Sweeping or vacuuming



➔ Just remember to increase the pace to increase your heart rate and breathing. Make them moderate-intensity activities.

## Child and adult care activities

If you want to add 10 minutes or more of moderate-intensity activity to your day:

- Play active games with young children – no one knows how to burn energy better than kids!
- Make clean up time with young children a fast-paced game.
- Go for a walk with children.
- If you push someone in a wheelchair, notice you are getting exercise!



## Muscle-strengthening activities

- If you are already active for 30 minutes or more on most days, try adding muscle-strengthening activities. (see the “Guide to Strengthening Exercises” for specific activities)
- If you belong to a gym, use the equipment there to do muscle strengthening activities at least 2 times a week.
- If you exercise at home, use weights or resistance bands to do strength training exercises.
- Try chair exercises if you have problems with balance or standing. They also are good when you are watching TV or listening to the radio, or when working at a desk for a long period of time.
- Use gravity and your own body weight to do strength-training exercises. No equipment needed!



## Reduce your risk of heart disease by not sitting in one place too long

Recent studies show that sitting for long periods of time (more than 30 minutes) can increase your risk for heart disease, even if you are active during other times of the day.

- Take a break every 30 minutes from watching TV or sitting at a computer screen. Just get up and walk around for 2 minutes. Take advantage of TV ads to take out the trash, put away dishes, or fold laundry.
- If your work involves sitting all day and allows for breaks, get up and walk during your breaks or take the stairs.
- Take a path to the bathroom that allows you to walk for a minute or two or climb a floor or two of stairs.
- While seated, consider chair exercises or doing a few quick stretches.





## Goals

**What new goal would you like to add?**

- Increase the pace of my chores or housework
- Increase the pace of my yardwork
- Play with children more
- When working at my desk or watching TV, take short breaks every 30 minutes or so to walk around
- Add a new type of physical activity to my routine (circle one)

An exercise class

Dancing

Chair exercises (see handout)

Strengthening exercises (see handout)

Other? \_\_\_\_\_

- Other goal? \_\_\_\_\_





# Physical Activity

## Session 3

### Staying on track

➔ Pick activities that work well for you and your lifestyle.

### Are you meeting your goals?

- If you are meeting your activity goals that is great!
- If you are having trouble meeting your goals, think about what is getting in your way.





## Goals

**To help you stay on track, ask yourself about things that make it hard for you to stay active. Then, think about what you can do about them.**

### **If you feel too tired...**

- You may feel refreshed by taking a few minutes for a walk or active stretching.
- Enjoy a fun activity, even after a day of tiring work. Walking with a friend, dancing, or a favorite active sport can give you energy.

### **If you do not have enough time...**

- Put physical activity on your “to do” list.
- 10-minute blocks of moderate activity are worthwhile. If you can do that 3 times a day, you will reach your goal.
- Tell your family and friends that being active is important to you. Ask them to help you make time.
- During work or daily chores, put a little more “umph” into what you do if you are too busy to exercise at the end of the day.

### **If you are concerned about the weather...**

- Walk first thing in the morning or in the evening if it is hot. Drink plenty of water!
- There may be a fitness room or a gym near your home or work, where you can walk on a treadmill or do other activities.
- After a brisk walk in cold weather, treat yourself to a hot cup of coffee or tea.
- Grab an umbrella and go for a walk. But try to avoid busy roads. Wear a reflective vest to stay safe.

### **If you do not like exercising by yourself...**

- Look for an exercise buddy.
- Join a fitness class or an exercise center to exercise with others.

## If you get bored...

- Look for activities that you enjoy, like walking with friends, gardening, bicycling, or dancing.
- Make it a game and use a pedometer to challenge yourself to meet daily goals or see if you can top yesterday's steps.
- Add music. Music makes anything more fun.
- Choose activities that help you:
  - Learn new things
  - Meet new people
  - Explore new places



## If you feel sore or uncomfortable, remember that...

- Your body will get used to physical activity. You will start to feel stronger and have more energy over time.
- You are less likely to get sore if you start slowly and work up.

## If you are concerned about how much exercise costs...

- Walk around in your neighborhood or local school track.
- If you spend money on physical activity, spend it on a comfortable pair of walking shoes that fit you well. Talk to a foot doctor about finding the right shoes if you have problems with your feet.

## If you forget to be physically active...

- Plan to be active at the same time each day so it becomes habit.
- Set a date with a friend to meet you at the same time every week for a walk or another activity, so it becomes a routine you share.
- Combine physical activity with something else you already do.
  - Do chair exercises while you watch a favorite TV program.
  - Take a longer route to meet a child's bus.







# Physical Activity

## Session 4

### Add muscle-strengthening and stay active

If you are meeting your goals for walking and other physical activities, add muscle strengthening at least 2 times each week. (See the “Guide to Strengthening Exercises” on pages 61-73.)

#### Types of muscle-strengthening activities

- Use stretch bands or resistance bands to build strong upper arms, chest, legs, and hips.
- Try chair exercises when you are watching TV or working at a desk. They are also good if standing or balancing is hard for you.
- Use hand weights to build strength. If you do not have hand weights, try using canned foods or water bottles.



## Tips and How To:

- For muscle strengthening activities
  - Start with 8-12 repetitions or “one set” of each strengthening activity. Work up to 2-3 sets for each activity. (see the “Guide to Strengthening Exercises” for specific activities on pages 61-73.)
  - Work the large muscles in your arms, legs and abdomen.
- If you can join a gym or exercise room, use the equipment there 2 times each week.
- Remember that sitting in one place for a long time is bad for your heart.
  - Take breaks every 30 minutes.
  - Just get up and walk around for a couple minutes.
- Pick exercises that work for you!



**Staying active and strong is very important for good heart health!**

**Add physical activity into your normal routine**

**Be active with others**

**Keep track of your activity**



## Goals

### What are your goals for staying active?

#### Be active at home, at work, at church or in my community

- Find places where you can be active
- Find small ways to increase the pace or time with activities you already am doing



#### Be active with others

- Find a walking buddy or a walking group
- Plan activities with children. This will keep you fit and also help them children learn healthy habits.
- Invite friends and family to join you. Doing activities with others is a great way to visit.

#### Keep track of what you do

- Keep an activity log or diary. Write down weekly goals and totals for walking time. This will help you notice high and low periods, and help me set new goals.
- Share your progress with family and friends.







# Goals and First Steps

## Physical Activity

1. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

First steps: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

# Goals and First Steps

## Physical Activity

5. \_\_\_\_\_

\_\_\_\_\_

First steps: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

First steps: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

7. \_\_\_\_\_

\_\_\_\_\_

First steps: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

8. \_\_\_\_\_

\_\_\_\_\_

First steps: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

## Guide to Strengthening Exercises

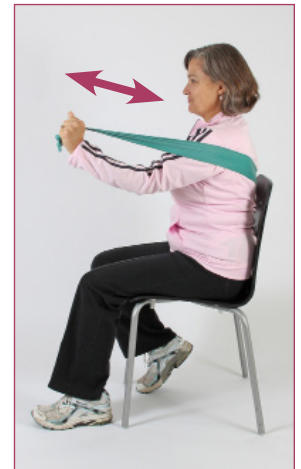
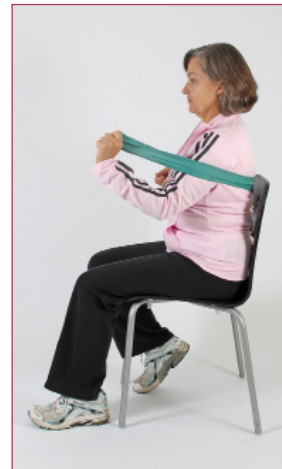
## Stretch Bands



NOTE: If you have not been doing strengthening exercises regularly, try doing just eight repetitions for your first few sessions. When you feel comfortable doing so, add two repetitions every other session, until you work your way up to 15 repetitions per set.

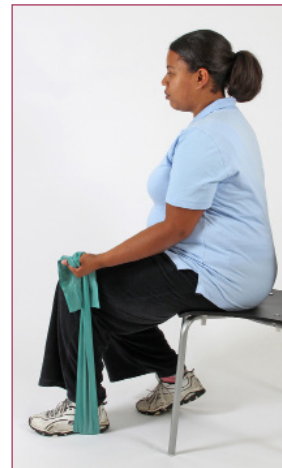
### Upper arm strength (triceps)

1. Wrap the band behind your back like a shawl.
2. Bring one end of the band under the non-exercising arm and hold it in the non-exercising hand.
3. Put the other end of the band over the shoulder of the exercising arm.
4. Straighten the elbow to stretch the band.
5. Repeat 8-15 times to complete one set. Start with one set and build to as many as three sets.



### Upper arm strength (biceps)

1. Sit in a chair.
2. Step on one end of the stretch band.
3. Hold the other end of the band with your arm straight down by your side. Be sure there is tension in the band.
4. Bend your elbow and pull up toward your chest.
5. Return to start position.
6. Repeat 8-15 times to complete one set. Start with one set and build to as many as three sets.



### Back of shoulder and upper back

1. Sit or stand with feet the same width as your shoulders.
2. Loop the band around each palm. Lift your arms straight out in front of you.
3. Open your arms and pull outward on the band.
4. Relax your arms and then repeat the exercise 8-15 times.



## Stretch Bands (continued)

### Hip strength (back)

1. Stand facing wall.
2. Place hands on wall for stability.
3. Keeping knee straight, move leg backwards behind your body.
4. Return to start position.
5. Do 8-15 times in each set. Try to build up to doing three sets.
6. If you have good balance, you can loop a stretch band firmly around both ankles.



### Hip strength (back) or hamstring

1. Sit in a chair facing table leg.
2. Wrap one end of the stretch band around a table leg.
3. Tie and loop the other end around the ankle.
4. Slowly pull your ankle backward toward the chair.
5. Repeat the exercise 8-15 times. Build up to three sets of 15.



### Leg strength (front thigh)

1. Tie the ends of the band together to make a loop.
2. Put one end of the loop around the leg of the chair.
3. Loop the other end around one ankle.
4. Slowly, straighten your leg against the band.
5. Do 8-15 per set. Try to do up to three sets.



### Hip strength (front)

1. Sit on a firm surface with your stretch band looped around your thighs.
2. Raise one knee to your chest while the other foot stays firmly on the floor.
3. Repeat the exercise by raising the other knee.
4. Do 8-15 raises in each set. Try to do up to three sets.



# Guide to Strengthening Exercises

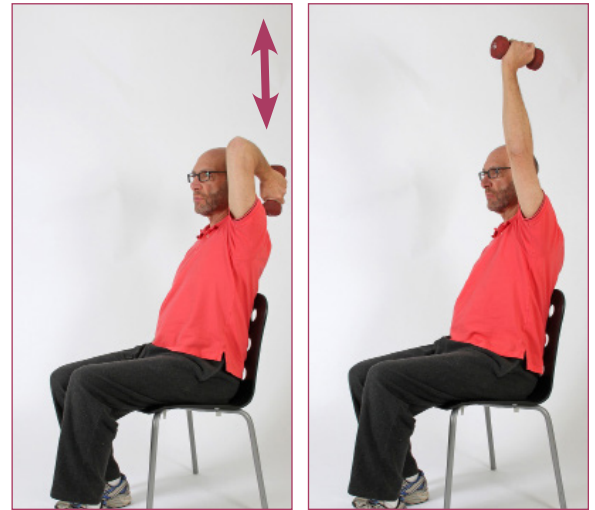
## Weights



NOTE: To do these exercises lift the weight 8-15 times. Rest for a minute, then repeat. Wait a day or two to let your muscles adjust. Over several weeks, slowly increase until you are lifting the weight 15 times, and repeating two to three times.

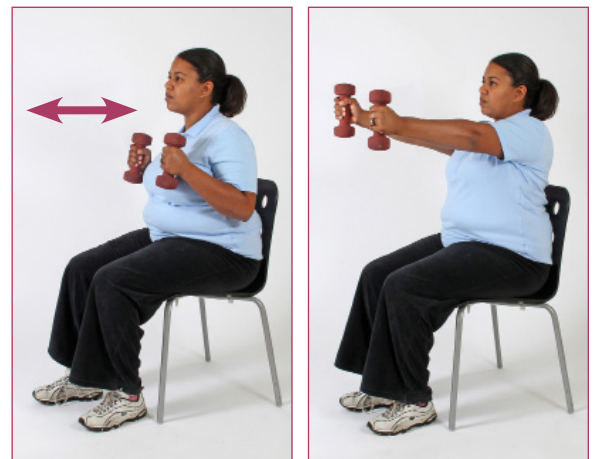
### Triceps

1. Sit in a chair. Keep your back straight, feet flat on floor, shoulder width apart.
2. Hold a weight in one hand and bend your arm and point the tip of the elbow toward the ceiling. Keep the elbow next to your ear.
3. Straighten your arm so that your hand points to the ceiling.
4. Hold position.
5. Bend raised arm at elbow, bringing hand weight toward same shoulder (back to starting position).
6. Repeat 8-15 times.
7. Reverse hands and repeat with other arm 8 to 15 times. You can do as many as three sets.



### Seated row

1. Sit in a chair. Keep your back straight, and hold weights in each hand.
2. Pretend the weights are attached to the oars of a rowboat.
3. Reach slightly forward with your arms, as if you're reaching for the oars.
4. Pull both arms back in a smooth, steady motion as if you're pulling back on the oars (keeping your elbows bent). Imagine squeezing the backs of your shoulder blades together. (Hint: This exercise makes your upper back stronger as well as your arms.)
5. Slowly return to the starting position.
6. Repeat 8-15 times to complete one set. You can build up to as many as three sets.
7. When you can easily do three sets of 15 repetitions, try using heavier weights.



## Biceps

1. Sit in a chair, or stand with your knees slightly bent.
2. Hold a weight in each hand, with your arms by your sides.
3. Keeping your upper arms and elbows “glued” against your ribs, slowly bend your elbows and pull the weights up toward your chest. Keep your wrists as straight as possible while you lift.
4. Slowly lower your arms to start position.
5. Repeat 8-15 times to complete one set. You can build up to as many as three sets.



## Chest press

1. Lie on your back on the floor, with your knees bent and your feet flat.
2. Hold a weight in each hand. Place your arms by your sides, with your upper arms resting on the floor and your elbows bent at a 90-degree angle. Your forearms will be in the air, parallel to each other (as if you’re raising a box above your chest).
3. Slowly straighten your arms as if you’re pushing the imaginary box off your chest. (To avoid “locking” your joints, don’t straighten your arms all the way.)
4. Slowly lower your arms to the starting position.
5. Repeat 8-15 times to complete one set. You can build up to as many as three sets.
6. If you want, you can alternate arms, lifting and lowering first one arm, then the other.





## Legs

1. Pretend you are going to sit back in a chair—bend your knees and squat as far as is comfortable for you. Keep your weight over your ankles and your heels on the floor. Keep your knees above your toes, your shoulders back, and your head looking straight forward.
2. Straighten up again.
3. Repeat 10-15 times.



## Calves

1. Hold on to the back of a chair and rise up on your toes, pause, then let your heels come back down to the floor.
2. Repeat 10-15 times to strengthen your calves.

## Thighs and hips

1. Lie on your side. Lift the top leg as high as you comfortably can, pause, and then lower back down.
2. Repeat 10-15 times on each side.



## Stomach muscles

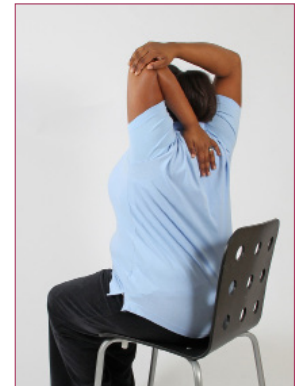
1. Lie on your back with your knees bent. Imagine pulling your belly button toward your spine—this works your lower stomach muscles, not just the top ones.
2. Place your hands behind your neck to support your head like a pillow, but don't pull your neck up.
3. As you pull your belly muscles in, try to lift your shoulders off the floor just a bit and hold the position for five full breaths (you don't have to lift your shoulders very high!).
4. For this exercise, a small movement can make you stronger than a bigger one!





## Back arm stretch

1. Raise your left arm over your head with your elbow bent and pointed at the ceiling.
2. Push the left arm back with the right arm until you feel a stretch.
3. Hold for 20 to 30 seconds and repeat with the other arm.



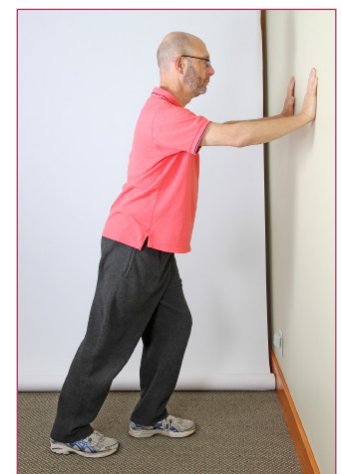
## Chest and shoulder stretch

1. Hold the ends of a stretch band and raise your arms over your head.
2. Keeping the band tight, move your hands gently behind your head until you feel your chest and shoulder muscles stretch.
3. Hold for 20 or 30 seconds.



## Lower leg (calf) stretch

1. Stand about a shoulder's length away from a wall. Step forward with one foot, lean forward and place your hands on the wall. Keep the weight of your body on your stepping leg.
2. Bend one knee. Straighten the other leg behind you so that your foot is flat on the floor and pointed straight ahead.
3. Gently move your hips forward, keeping your back leg straight and your heel flat on the floor.
4. Hold for 20 to 30 seconds.
5. Repeat with the other leg.





## Back thigh (hamstring) stretch

1. Lie on the floor with both knees bent. Lie on your bed if you can't lie on the floor.
2. Pull your right knee up to your chest with your hands behind your knee.
3. Slowly straighten the leg and push your heel up toward the ceiling until you feel a gentle stretch on the back of the leg.
4. Hold stretch for 20 to 30 seconds.
5. Repeat with the other leg.



## Lower back stretch

1. Lie on the floor with both knees bent. Lie on your bed if you can't lie on the floor.
2. Pull one knee up to your chest with your hands behind your knee. Hold for 20 seconds.
3. Switch legs and pull the other knee up to your chest. Hold for 20 seconds.
4. Pull both knees up to your chest. Hold your legs from behind your knees when hugging them to your chest. Hug for 20 seconds.
5. Return legs to starting position. Repeat all three stretches.



## Full back stretch

1. On a carpeted floor or soft surface, kneel on all fours, with your knees directly below your hips, and your wrists directly below your shoulders.
2. Breathe in and arch your back like a cat, pulling your belly button up toward your spine.
3. Breathe out and flatten your back, allowing your eyes to look forward.
4. Continue arching and flattening your back, moving through the stretch as slowly as you want to, three to five times in each direction.



## Whole body stretch

1. Lie on the floor flat on your back.
2. Reach your arms over your head. Relax.
3. Feel the stretch in your arms, upper body, and sides. Breathe deeply.
4. Relax in this position for at least 30 seconds.



## Relaxation stretch

1. Sit in a chair or on the floor with a straight spine. Extend your legs in front of you in a narrow "V" position (you can slightly bend your knees if it's more comfortable).
2. Imagine that you have a giant beach ball resting on your lap.
3. Breathe in deeply and sit up as tall as you can.
4. Now imagine that you are diving over the beach ball, draping your upper body over the imaginary beach ball on your lap.
5. Tuck your chin down, reach your arms forward towards the floor, and round your spine so that it looks like the letter "C".
6. Pause, then breathe out and slowly curl back up to a straight-spine position.
7. Repeat the exercise one to two more times.





Note: To do these exercises, do the following:

Sit in a chair. Keep your head up and facing forward. Keep your back straight and sit all the way back in your chair without leaning on it. Put your feet flat on the floor and let your arms relax in your lap. Warm up before you do your chair exercises, and remember to cool down and stretch again afterwards. Always remember to breathe as you exercise; it's easy to forget and hold your breath!

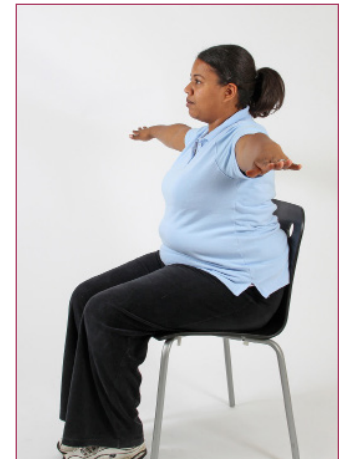
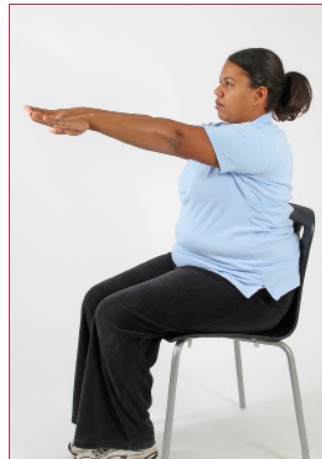
## Warm-up exercises

If you need to start really slow, you can do the warm-up exercises by themselves for two to three weeks, and then add the muscle workout and cool-down exercises

### A. Upper body warm-up

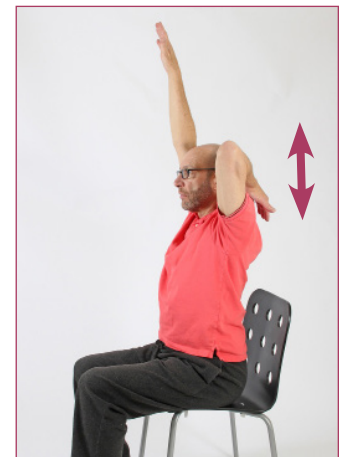
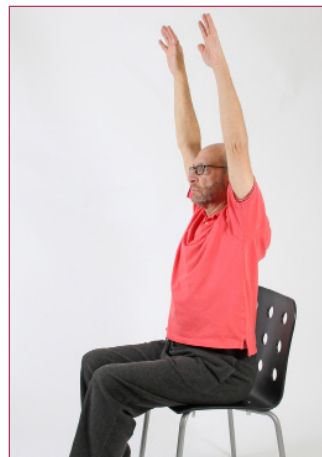
#### Chest and shoulders warm-up

1. Sit in the chair. Lift your arms straight out in front of you.
2. Keeping your arms up, slowly open your arms until they are out at your sides.
3. Bring your arms back in front of you until your palms touch. Then lay them down in your lap.
4. Repeat this exercise eight times.



#### Triceps (back of upper arms)

1. Sitting in the chair, put both of your arms above your head. You should be reaching for the ceiling.
2. Slowly, bring one hand down as if you are trying to pat yourself on the back.
3. Your elbow should stay near your head.
4. Lift your arm back up. Switch arms and do the same thing.
5. Repeat this eight times.



## Warm-up Exercises (continued)

### Shoulders warm-up

1. While sitting, lift both arms out to your sides. Your fingers should be pointing outward.
2. Slowly make 12 small circles with your arms.
3. Lower your arms back to your side.



## B. Lower body warm-up

### Calf (lower leg) warm-up

1. Sit in the chair. Place your hands on your knees. Put your feet close together.
2. Lift your toes off the floor. Keep your heels on the ground.
3. Next, lift your heels off the ground. Keep your toes on the floor.
4. Do these moves 15 times slowly. Rest 30 seconds. Do three sets of 15 exercises.



### Leg warm-up

1. In the sitting position, place your hands on your thighs.
2. Using one leg at a time, lift your leg straight out in front of you.
3. While your leg is in the air, make a big circle with your toe by moving your ankle. Bring your leg down.
4. Circle ten times. Switch legs and do the same thing again.
5. Do three sets of ten circles with each leg.



### Sitting march warm-up

1. In the sitting position, place your hands on your thighs.
2. March your legs up and down.
3. Keep up the "march" for one minute.



# Workout exercises

As you do your workout, focus on the muscles that you are working on. For the upper body chair exercises, first do the exercises with your arms only. As you get stronger, add light hand weights. You can buy hand weights in a sporting goods store.

## C. Upper body workout

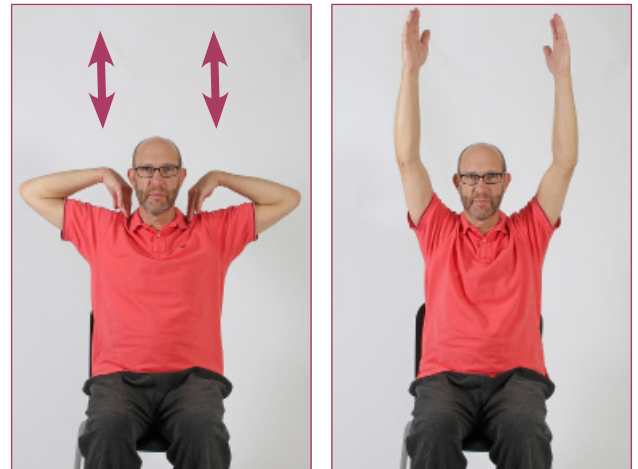
### Biceps (front of upper arm)

1. Sitting in the chair, start with your fingers touching your shoulders. Your elbows should be pointing out to the side.
2. Extend your arms out to your side and then bring your fingers back to your shoulders.  
Do both arms at the same time.
3. Do this 15 times. Build up to three sets of 15 lifts.



### Up-press (shoulders)

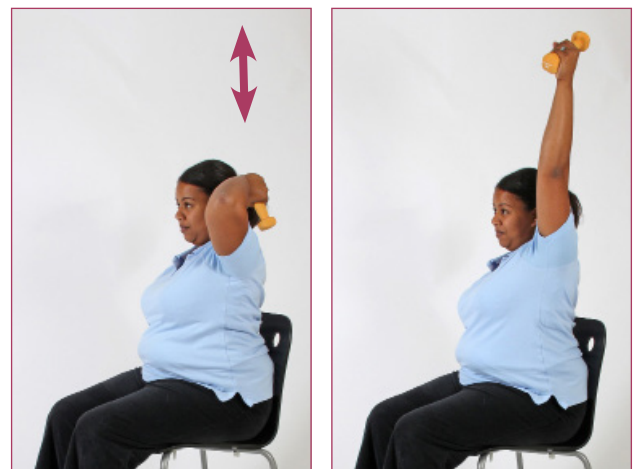
1. Sit in the chair. Touch your shoulder with your finger tips.
2. Reach both arms up to the ceiling.
3. Touch your shoulder with your finger tips again.
4. Do this 15 times. Build up to doing three sets of 15 lifts.



### Triceps (back of arm)

Hold a light weight or can in your hand while you do this one.

1. Sitting in a chair, bend your arm and point the tip of the elbow toward the ceiling. Keep the elbow next to your ear.
2. Straighten your arm so that your hand points to the ceiling.
3. Return your arm to the starting position.
4. Do this 15 times. Build up to doing three sets of 15 lifts.



## D. Lower body workout

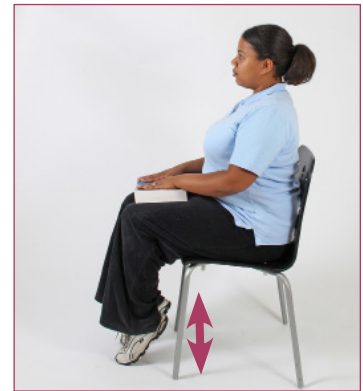
### Leg extension (upper leg)

1. While seated, slowly lift one leg straight out in front of you. Hold it up for one second and then lower it.
2. Do ten lifts and then switch to the other leg.
3. Build up to doing three sets of the ten lifts on each leg.



### Calf (lower leg)

1. Place your hands on your knees. Put your feet close together.
2. Place a large flat object like a book on your thighs. Pick an object that covers your lap.
3. Lift your heels off the ground. Keep your toes on the floor.
4. Return your heels to the floor.
5. Do the moves 15 times slowly. Rest 30 seconds. Work up to three sets of 15 raises.



### Hamstring (upper back leg)

1. Place your hands on your knees. Put one leg on a coffee table or chair.
2. Press the heel of your foot down on the chair or table. Feel the muscles behind your leg tighten.
3. Hold the press for five to ten seconds.
4. Repeat ten times on each leg. Build up to doing three sets of ten presses with each leg.



### Inner thigh

1. Sit in a chair with a pillow between your knees.
2. Squeeze your knees together. Start with a light press on the pillow.
3. Slowly increase the push on the pillow. Then return to lighter press.
4. Hold the hard press for five to ten seconds.
5. Start with a few presses. As you get stronger, work up to doing 20 presses at one time.



### Cool-down

Gently cool your muscles down by repeating the exercises that you did to warm up. Follow the cool-down with stretches.



## Standing straight leg lift

1. Straight leg lifts can help strengthen your muscles without causing knee pain.
2. Stand beside a wall or chair.
3. Place one hand on the wall or chair for stability. Do not lean.
4. Stand on the foot closest to the wall. Lift the other leg, keeping knee straight and tightening the top muscle of the thigh.
5. Lift the leg as high as you can without arching your lower back or leaning. Make sure your hips stay level.
6. Slowly lower your leg back down to the starting position.
7. Do up to 15 lifts in each set. Try to build up to three sets as you get stronger.
8. Switch legs and repeat.



## Front thigh

1. Lie down on your back. Keep your right leg straight and your left leg bent.
2. Tighten the top muscle of right thigh. Lift right leg from the floor until the right knee is even with the left knee. Lower back to the starting position.
3. Repeat lift ten to fifteen times.
4. Switch legs and repeat.



