

WORKSHOP

4

Tips for Losing Weight and Keeping It Off



**Eat Healthy • Be Active
Community Workshops**



ODPHP

Office of Disease Prevention
and Health Promotion

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Instructor Guide

BEFORE WORKSHOP BEGINS

- Thoroughly read entire workshop and become familiar with the lesson plan.
- Choose an activity to do, and gather materials needed for the icebreaker and the chosen activity.
- **Icebreaker:** Various vegetables and fruits, cutting board, knife, plate/serving tray for vegetables/fruits, toothpicks. You can also make signs that list the name of each vegetable/fruit and what types of dishes you could make with it.
 - **Note:** Wash and cut up the fruits/vegetables into bite-sized portions prior to class and put toothpicks in each for easy tasting.
- **Activity:** Copies of "*Rethink Your Drink*," pens/pencils
- Photocopy handouts (1 per participant):
 1. **Your Healthy Weight (1 page)**
 2. **Daily Calorie Needs (2 pages)**
 3. **Top 4 Tips for Losing Weight and Keeping It Off (2 pages)**
 4. **Food Tracking (2 pages)**
 5. **"Rethink Your Drink" Matching Game (2 pages)**
 6. **MyPlate 10 Tips to Make Better Beverage Choices (1 page)**
 7. **Workshop Evaluation (1 page)**





WORKSHOP OUTLINE

The workshop should last ~1 hour, including activities.

- **Icebreaker activity** (5 minutes)—do this while people are coming into the workshop
- **Introduction** (5 minutes)
 - Explain the purpose of the workshop
 - Review the Learning Objectives
- **Objective 1:** Determine your body mass index (BMI) (5 minutes)
 - Review handout: *Your Healthy Weight* (help participants figure out their own BMI)
- **Objective 2:** Find out the amount of calories you need each day (5 minutes)
 - Review handout: *Daily Calorie Needs, Estimated Calorie Needs per Day by Age, Sex, and Physical Activity Level*
- Stretch Break (5 minutes)
- **Objective 3:** Name 3 tips for losing weight and keeping it off (10–15 minutes)
 - Review handout: *Top 4 Tips for Losing Weight and Keeping It Off*
 - Review handout: *Food Tracking*
- Activity: “Rethink Your Drink” (5–10 minutes), using handout
- **Wrap-Up/Q&A** (5–10 minutes)
 - **Reminders** of things to try at home:
 - Keep track of everything you eat and drink for 3 days this week
 - Slowly build up the amount of physical activity you do this week
- Ask participants to complete the **evaluation form** (5 minutes)



Workshop Lesson Plan

ICEBREAKER ACTIVITY

Taste Testing (5 minutes)

Fruits and Vegetables Tasting: Gather a variety of different fruits and vegetables (try items that may be unfamiliar to your population, such as kiwi, jicama, papaya, passion fruit, okra, pomegranate, or parsnip), and have participants taste a few as they come into the workshop.

Note: Wash and cut up the fruits/vegetables into bite-sized portions prior to class and put toothpicks in each for easy tasting.

Supplies necessary: Various vegetables and fruits, cutting board, knife, plate/serving tray for vegetables/fruits, toothpicks. You also can make signs that list the name of each vegetable/fruit and what types of dishes you could make with it.

Check out Fruits & Veggies—More Matters® (a collaboration with the Centers for Disease Control and Prevention) to find more information about fruits and vegetables, meal planning, recipes, and more: www.fruitsandveggiesmorematters.org.

TALKING POINTS

Purpose of the Workshop (2–3 minutes)

- Today's workshop and handouts will give you tips for losing weight and maintaining a healthy weight.
- This workshop is based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The Dietary Guidelines provides science-based advice for making food choices that promote good health and a healthy weight and help prevent disease. The Physical Activity Guidelines provides recommendations on the amount, types, and level of intensity of physical activity needed to achieve and maintain good health.
- The Dietary Guidelines provides these selected consumer messages. More information about the messages can be found at www.ChooseMyPlate.gov.

Everything you eat and drink over time matters. The right mix can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating pattern and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables—focus on whole fruits and vary your veggies
- Make half your grains whole grains
- Move to low-fat or fat-free milk or yogurt
- Vary your protein routine
- Drink and eat less sodium, saturated and *trans* fats, and added sugars

Healthy eating and physical activity are the building blocks of a healthier life. The Physical Activity Guidelines recommends that adults be physically active for at least 2 hours and 30 minutes each week—children need 60 minutes each day.

- You can stay physically active by doing activities such as walking, dancing, bicycling, or gardening—and by reducing the amount of time you spend sitting.

WORKSHOP LESSON PLAN

TALKING POINTS

Learning Objectives (2–3 minutes)

- Calculate your body mass index (BMI).
- Estimate the amount of calories you need each day.
- Identify 3 tips for losing weight and keeping it off.

TALKING POINTS


Handout: Your Healthy Weight (5 minutes)

- BMI is a measure of your weight compared to your height. BMI can help adults determine whether they are at a healthy weight.
- BMI calculations don't work as well for people who are extremely muscular, very tall, or very short.
- Overall, BMI is a good indication of healthy weight for the majority of the adult population.
- BMI does not measure body fat. BMI is a quick and easy measure that can give you an idea of your weight status. Research has shown that BMI is often similar to body fat levels.
- Overweight or obese individuals are at increased risk for many diseases, such as heart disease, high blood pressure, high cholesterol, type 2 diabetes, and some types of cancer.

Your Healthy Weight

To use the body mass index (BMI) chart below: Locate your height in the far left column and read across the row from your height to find your weight. Follow the column of the weight up to the top row that lists the BMI.

BMI (in kg/m ²)	Weight Status	
	Less than 18.5	Underweight
18.5–24.9	Healthy weight	
25–29.9	Overweight	
Greater than 30	Obese	



*BMI is the most accurate measure of body fat, but it does not measure body fat directly. Be aware of the height in meters/kg/m².

Height	Healthy Weight (in pounds) (BMI is 18–24)					Overweight (in pounds) (BMI is 25–29)					Obese (in pounds) (BMI is 30–35)						
	10	11	12	13	14	150	160	170	180	190	200	210	220	230	240		
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	118	123	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	152	158	164	169	175	180	186	191
5'3"	107	113	119	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	185	192	198	204	210	216
5'7"	121	127	134	140	146	152	159	165	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	229
5'9"	128	135	142	149	156	162	169	176	182	189	196	203	209	216	223	229	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	207	214	221	228	235	242	249
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	256
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

- Additional information on BMI can be found at: www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.
- A Body Weight Planner is available at: www.niddk.nih.gov/health-information/health-topics/weight-control/body-weight-planner/Pages/bwp.aspx.

Quick Activity—Determine Your BMI: Using the chart, help participants find the BMI for a man who weighs 218 pounds and is 5 feet 9 inches tall (answer: his BMI is 32, which is considered obese). Ask participants to determine their own BMI and what weight category they are in. **Note:** BMI can be a sensitive subject for participants and this is not something they need to share with the group.



WORKSHOP LESSON PLAN

TALKING POINTS

Handout: Daily Calorie Needs, Estimated Calorie Needs per Day by Age, Sex, and Physical Activity Level (5 minutes)

- This chart shows how many calories are recommended for males and females in all age groups.
- You may need more or fewer calories depending on how active you are.
- In general, if you want to lose weight, you will need to decrease the number of calories you eat each day and/or increase the amount of physical activity you do.

Daily Calorie Needs

Estimated Calorie Needs per Day, by Age, Sex, & Physical Activity Level

MALE			Age	FEMALE		
Sedentary	Moderately Active	Active		Sedentary	Moderately Active	Active
1,800	1,800	1,800	2	1,800	1,800	1,800
1,800	1,800	1,800	3	1,800	1,800	1,800
1,200	1,400	1,600	4	1,200	1,400	1,600
1,200	1,400	1,600	5	1,200	1,400	1,600
1,400	1,600	1,800	6	1,200	1,400	1,600
1,400	1,600	1,800	7	1,200	1,400	1,600
1,600	1,800	2,000	8	1,400	1,600	1,800
1,600	1,800	2,000	9	1,400	1,600	1,800
1,800	2,000	2,200	10	1,400	1,600	2,000
1,800	2,000	2,200	11	1,600	1,800	2,000
1,800	2,200	2,400	12	1,600	1,800	2,200
2,000	2,200	2,400	13	1,600	2,000	2,200
2,000	2,400	2,600	14	1,800	2,000	2,400
2,200	2,400	2,600	15	1,800	2,000	2,400
2,400	2,600	3,000	16	1,800	2,000	2,400
2,400	2,600	3,000	17	1,800	2,000	2,400
2,600	2,800	3,200	18	2,000	2,200	2,400
2,600	2,800	3,000	19-20	2,000	2,200	2,400
2,400	2,600	3,000	21-25	2,000	2,200	2,400
2,400	2,600	3,000	26-30	1,800	2,000	2,400
2,400	2,600	3,000	31-35	1,800	2,000	2,200
2,400	2,600	2,800	36-40	1,800	2,000	2,200
2,200	2,400	2,600	41-45	1,800	2,000	2,200
2,200	2,400	2,600	46-50	1,800	2,000	2,200
2,200	2,400	2,600	51-55	1,800	1,800	2,200
2,200	2,400	2,600	56-60	1,800	1,800	2,200
2,000	2,400	2,600	61-65	1,800	1,800	2,000
2,000	2,200	2,400	66-70	1,800	1,800	2,000
2,000	2,200	2,400	71-75	1,800	1,800	2,000
2,000	2,200	2,400	76-80	1,800	1,800	2,000

Sedentary means a lifestyle that includes only the physical activity of sleeping.
 Moderately Active means a lifestyle that includes physical activity equivalent to walking about 3.5 to 5 miles per day at 3.5 mph pace.
 Active means a lifestyle that includes physical activity equivalent to walking more than 5 miles per day at 3.5 mph pace or to the structure of independent living.
 Estimates for females do not include women who are pregnant or breastfeeding.
 Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Alcohol. Washington (DC): The National Academies Press; 2002.

STRETCH BREAK (5 MINUTES)

Muscle-strengthening activities provide additional benefits not found with aerobic activity. The benefits of muscle-strengthening activity include increased bone strength and muscular fitness. Muscle-strengthening activities can also help maintain muscle mass during a program of weight loss. Activities count as muscle-strengthening if they involve a moderate to high level of intensity or effort and work the major muscle groups of the body, including the legs, hips, back, chest, abdomen, shoulders, and arms. Muscle-strengthening activities for all the major muscle groups should be done at least 2 days a week.

Ask each participant to do 5 repetitions of each exercise. You can repeat these two exercises 2 or 3 times, depending on how much time you have.

Standing Pushups

Note: Ask participants to spread out so each is facing a wall.

Instructions: To begin, start standing up facing a wall. Place the palms of your hands on the wall at shoulder-width apart with your arms fully extended. Press your body toward the wall so that your chest comes toward the wall and your elbows bend out to your sides (do not move your feet). Slowly press your body back to the starting position.

Modification: Stand closer to the wall so that your arms are not fully extended when you are doing the pushups.



Standing Squats

Note: Ask participants to stand up, with their feet shoulder-width apart.

Instructions: Extend arms in front of your body. Keeping your weight on your heels, bend your knees and lower your hips down as if you were sitting in an imaginary “chair.” Keep a neutral back and do not let your knees go past your toes.

Modification: Start sitting in a chair. Slowly stand up. Try not to use your arms and then slowly sit back in the chair (again, try not to use your arms).



WORKSHOP LESSON PLAN

TALKING POINTS

Handouts: Top 4 Tips for Losing Weight and Keeping It Off and Food Tracking (5–10 minutes)

- Along with eating a healthy diet and being physically active, reaching and maintaining a healthy weight is important for your overall health and well-being.
- For obese adults, even losing a few pounds (such as 5–10% of your body weight) or preventing further weight gain has health benefits.

Consuming fewer calories than expended will result in weight loss. This can be achieved over time by eating fewer calories, being more physically active, or best of all, a combination of the 2. If you are significantly overweight, you have a greater risk of developing many diseases or conditions, including high blood pressure, type 2 diabetes, stroke, and some forms of cancer.

Learn Your BMI and Set a Weight Goal

- You just learned how to determine your BMI and your weight status category.
- A weight goal needs to be reasonable. If you want to lose weight, start with a goal of 5–10% of your current weight. For example, if you weigh 150 pounds, that would mean losing about 7–15 pounds. Make sure to talk to your doctor, as well.
- A Body Weight Planner is available at: www.niddk.nih.gov/health-information/health-topics/weight-control/body-weight-planner/Pages/bwp.aspx.

EAT HEALTHY YOUR WAY

Top 4 Tips for Losing Weight and Keeping it Off

You've decided that you're ready to get to a healthy weight. Good for you! Did you know that this can lower your chance of heart disease, diabetes, and certain cancers? And staying at a healthy weight can make you feel better. Now, that's something to look forward to! Losing weight and keeping it off takes dedication. Yet, you can do this. We wrote this handout to help you get started.


Tip 1: Set a weight goal and learn your BMI
Talk to your doctor and set a weight goal together. Write how much you would like to weigh here: _____
Write your reasons for wanting to reach (and stay at) a healthy weight: _____

Tip 2: Eat less—you decide how!
You know you need to eat less to lose weight. Some people give up regular dinners to help lower calories. Others find measuring their foods and watching portions is the key. Often, making just a few changes can help with weight loss.

How will you choose to eat less each day?
Tip 1: Eat fewer calories.

- **Limit high-calorie snacks.** Instead, choose lower-calorie, healthy snacks, such as a carrot with a low-fat dip or a low-sodium, whole-corned corn with a tablespoon of peanut butter.
- **Cut back on high-calorie beverages.** Don't consume alcoholic beverages. Drink water instead of sugary drinks. If you drink coffee or tea, switch to choices made with skim milk and no added sugars.
- **Skip or share sugary and high-fat desserts.** Instead, eat a piece of fresh fruit. Or add low-fat fruit to lower-plain yogurt.
- **Eat smaller portions.** Use a measuring cup to get a true view of how much you are eating. Many people are surprised to learn they are eating much more than they think until they measure their food!

What's the right way?
Check your BMI using a scale. BMI is a good estimate of whether you're healthy.
To learn more and get a scale, visit go.usa.gov/333.
Write your BMI here: _____



Food Tracking

It can be hard to keep track of everything you eat in a day. Often, we eat more than we realize! This log will help you track the foods and beverages that you consume. You can also track what you eat (and your physical activity!) using a website or a mobile app. Compare the calories you ate to the recommended calories for you based on the Daily Calorie Needs handout.

Food	Calories	Food	Calories
Breakfast			
<i>Dinner</i>			
Skim milk, 1 cup	83	Pepperoni pizza, 2 slices	418
Toasted oat cereal, 1 cup	113	Farmhouse breadsticks, 2	82
Banana, medium	105	Casser salad, 1½ cups	253
Coffee, 8 ounces 1% low-fat milk, 1½ cup	91	Roast beef, unseasoned, 16 ounces	5
Total Breakfast Calories	393	Low-fat vanilla frozen yogurt, 1 cup	241
		Total Dinner Calories	597
Lunch			
Turkey sandwich: turkey, 2 ounces	59	Snacks	
Whole-wheat bread, 2 slices	108	Fruit yogurt, non-fat, 8 ounces	87
Swiss cheese, 1 slice	108	Peanut butter, 1 tbsp	96
2 slices lettuce, tomato, mustard	8	White-wheat crackers, 12	114
Coleslaw, 1 cup	124	Cheddar cheese, 1 ounce	114
Apple, 1 medium	72	Total Snacks Calories	411
Water, 12 ounces	0		
Total Lunch Calories	389	Total Daily Calories	2,277

DAY 1	Meal	Food	Calories
	Breakfast		
			TOTAL BREAKFAST CALORIES
	Lunch		
			TOTAL LUNCH CALORIES
	Dinner		
			TOTAL DINNER CALORIES
	Snacks		
			TOTAL SNACKS CALORIES
			TOTAL DAILY CALORIES

Eat Less

- Focus on consuming a healthy eating pattern over time. A pattern represents the totality of all foods and beverages consumed.
- All foods and beverages consumed as part of a healthy eating pattern should fit together like a puzzle to meet nutritional needs without exceeding limits.
- Eat smaller portions. Try using smaller plates for dinner.
- Choose lower-calorie snacks. Try foods such as fruits, vegetables, air-popped popcorn, and fat-free plain yogurt.
- Watch your intake of sugary and high-fat desserts—they can add a lot of extra calories from added sugars and saturated fats.
- Limit foods high in saturated fats, such as butter or stick margarine, regular cheese, meats higher in fats (e.g., beef ribs, bacon, sausage, or hot dogs), and cakes, cookies, and some snack foods.
- Drink more water and fat-free or low-fat (1%) milk rather than soda, sports drinks, energy drinks, and fruit drinks.

WORKSHOP LESSON PLAN

Keep Track of What You Eat

- Keep track of what you eat for 3 or more days. Use the Food Tracking handout, a website, or a mobile app. This will give you an idea of your eating patterns and how many calories you are eating and drinking each day.
- The amount of calories you need varies depending on your age, sex, height, weight, and how active you are. See the *Daily Calorie Needs, Estimated Calorie Needs per Day by Age, Sex, and Physical Activity Level* handout to learn about your body's estimated calorie requirements.
- Weighing yourself regularly can help you determine whether you are eating the number of calories that your body needs. If your weight is going up, cutting back on the number of calories you are eating each day can help you lose weight.
- In general, for a weight loss of 1–1½ pounds per week, daily intake should be reduced by 500–750 calories.

Add Activity Every Day

- The Physical Activity Guidelines for Americans recommends that everyone engage in regular physical activity for health benefits.
- Here are the recommendations for adults:

	Moderate Activity	Vigorous Activity
Type of Activity	Walking briskly, biking on flat ground, line dancing, gardening	Jumping rope, basketball, soccer, swimming laps, aerobic dance
Amount	If you choose activities at a moderate level, do at least 2 hours and 30 minutes a week	If you choose activities at a vigorous level, do at least 1 hour and 15 minutes a week

Source: 2008 Physical Activity Guidelines for Americans

- You can combine moderate and vigorous activities. In general, 1 minute of vigorous activity is equal to 2 minutes of moderate activity.
- Children need **60 minutes of physical activity each day**.



WORKSHOP LESSON PLAN

- **TODAY'S TIP:** Avoid inactivity.
 - Every bit counts, and doing something is better than doing nothing!
 - Start with a 10-minute chunk of physical activity a couple of days a week.
 - Do a little more each time. Once you feel comfortable, do it more often. Then you can trade activities at a moderate level for activities at a vigorous level that take more effort. You can do moderate and vigorous activities in the same week.
 - Walking is 1 way to add physical activity to your life.
 - Build up to walking longer and more often.
 - Pick up the pace as you go.
- Track your physical activity and take small steps to improve your eating habits. You can keep track with a journal or notebook, a website, or a mobile app.
- Presidential Active Lifestyle Award (PALA+): An awards program of the President's Council on Fitness, Sports & Nutrition that promotes physical activity and good nutrition. The 8-week program can help you maintain or improve your health, and is a great way to help manage and reach your health goals.
 - For more information about PALA+, visit www.fitness.gov/participate-in-programs/pala/
 - See the Appendix for a PALA+ log that you can print.



WORKSHOP LESSON PLAN

ACTIVITY

Handout: “Rethink Your Drink” Matching Game (5–10 minutes)

“Rethink Your Drink” Matching Game: Ask participants to work with a partner and, using the worksheet, match the beverage with the number of calories. Using the answer key, go over answers with the group and discuss the better choices.

Supplies necessary: Copies of “Rethink Your Drink” handout, pens/pencils



TALKING POINTS

Activity: “Rethink Your Drink” Matching Game

- 100 calories can make a big difference. If you eat 100 fewer calories each day, over the course of 1 year, you could lose up to 10 pounds: 100 calories × 365 days = 365,000 calories/3,500 (number of calories in 1 pound) = approximately 10 pounds.
- An easy way to cut calories is from beverages. This activity shows how some beverages can be very high in calories.
- Instead of drinking high-calorie beverages, have no-calorie beverages—and have snacks instead that will fill you up while fitting in the food groups: fruits, vegetables, grains, dairy, and protein foods. The fiber in fruits, vegetables, and whole grains—and the protein in dairy and protein foods—can help you feel full longer.

Answer Key:

Beverage Calorie Count

Beverage	Calories
Lemonade (20 ounces)	280
Café latte with fat-free milk (12 ounces)	125
Regular cola soda (20 ounces)	227
Sweetened iced tea, bottled (20 ounces)	225
Unsweetened iced tea, bottled (20 ounces)	3
Frozen caramel coffee drink with whipped cream (16 ounces)	430
Chocolate milk, 1% low-fat milk (8 ounces)	158
Sports drink (20 ounces)	165
Diet soda (20 ounces)	0
Whole milk (8 ounces)	150
Fat-free milk (8 ounces)	90
100% apple juice (12 ounces)	192
Water	0



TALKING POINTS

Handouts: MyPlate and 10 Tips Make Better Beverage Choices (2 minutes)

MyPlate, MyWins

Healthy Eating Solutions for Everyday Life

Choose **MyPlate.gov** / MyWins

TALKING POINTS

Wrap-Up/Q&A (5 minutes)

Things to Try at Home

- Keep track of everything you eat and drink for 3 days this week.
- Continue to build up the amount of physical activity you choose to do.

10 tips make better beverage choices

10 tips to get started

- 1 drink water** - Drink water instead of sugary drinks.
- 2 limit sugary drinks** - Limit sugary drinks, including sodas, sports drinks, and other sweet drinks.
- 3 stay hydrated** - Stay hydrated by drinking water throughout the day.
- 4 manage your calories** - Drink water to help manage your calories.
- 5 kid-friendly drink zones** - Create zones for healthy drinks at home.
- 6 don't forget your dairy** - Dairy products like milk and yogurt are healthy choices.
- 7 enjoy your beverage** - Enjoy your beverage without too many calories.
- 8 water on the go** - Carry water bottles and reusable water bottles.
- 9 check the facts** - Check the facts on food labels and ingredients.
- 10 compare what you drink** - Compare different drinks to see which is healthier.

COMPLETE EVALUATION FORM

(5 minutes)

Fill out the form and give to instructor.

WORKSHOP 4 Evaluation TODAY'S DATE: _____

1 - Strongly Disagree 2 - Disagree 3 - Neither Disagree nor Agree 4 - Agree 5 - Strongly Agree

1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to keep track of what I eat for 3 days this week. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5
8. Please tell us which materials you found most useful.					

Handouts

1. **Your Healthy Weight**
2. **Daily Calorie Needs**
3. **Top 4 Tips for Losing Weight and Keeping it Off**
4. **Food Tracking**
5. **“Rethink Your Drink” Matching Game**
6. **MyPlate 10 Tips to Make Better Beverage Choices**
7. **Evaluation**

Your Healthy Weight

To use the body mass index (BMI) chart below: Locate your height in the far-left column and read across the row from your height to find your weight. Follow the column of the weight up to the top row that lists the BMI.

BMI (in kg/m ²)*	Weight Status
Less than 18.5	Underweight
18.5–24.9	Healthy weight
25–29.9	Overweight
Greater than 30	Obese

*BMI is the body weight in kilograms divided by the square of the height in meters (kg/m²).



Height	Healthy Weight (in pounds) (BMI is 19–24)						Overweight (in pounds) (BMI is 25–29)					Obese (in pounds) (BMI is 30–35)					
	BMI 19	BMI 20	BMI 21	BMI 22	BMI 23	BMI 24	BMI 25	BMI 26	BMI 27	BMI 28	BMI 29	BMI 30	BMI 31	BMI 32	BMI 33	BMI 34	BMI 35
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	298
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279

Daily Calorie Needs

Estimated Calorie Needs per Day, by Age, Sex, & Physical Activity Level

MALE			Age	FEMALE		
Sedentary ^a	Moderately Active ^b	Active ^c		Sedentary ^a	Moderately Active ^b	Active ^c
1,000	1,000	1,000	2	1,000	1,000	1,000
1,000	1,400	1,400	3	1,000	1,200	1,400
1,200	1,400	1,600	4	1,200	1,400	1,400
1,200	1,400	1,600	5	1,200	1,400	1,600
1,400	1,600	1,800	6	1,200	1,400	1,600
1,400	1,600	1,800	7	1,200	1,600	1,800
1,400	1,600	2,000	8	1,400	1,600	1,800
1,600	1,800	2,000	9	1,400	1,600	1,800
1,600	1,800	2,200	10	1,400	1,800	2,000
1,800	2,000	2,200	11	1,600	1,800	2,000
1,800	2,200	2,400	12	1,600	2,000	2,200
2,000	2,200	2,600	13	1,600	2,000	2,200
2,000	2,400	2,800	14	1,800	2,000	2,400
2,200	2,600	3,000	15	1,800	2,000	2,400
2,400	2,800	3,200	16	1,800	2,000	2,400
2,400	2,800	3,200	17	1,800	2,000	2,400
2,400	2,800	3,200	18	1,800	2,000	2,400
2,600	2,800	3,000	19-20	2,000	2,200	2,400
2,400	2,800	3,000	21-25	2,000	2,200	2,400
2,400	2,600	3,000	26-30	1,800	2,000	2,400
2,400	2,600	3,000	31-35	1,800	2,000	2,200
2,400	2,600	2,800	36-40	1,800	2,000	2,200
2,200	2,600	2,800	41-45	1,800	2,000	2,200
2,200	2,400	2,800	46-50	1,800	2,000	2,200
2,200	2,400	2,800	51-55	1,600	1,800	2,200
2,200	2,400	2,600	56-60	1,600	1,800	2,200
2,000	2,400	2,600	61-65	1,600	1,800	2,000
2,000	2,200	2,600	66-70	1,600	1,800	2,000
2,000	2,200	2,600	71-75	1,600	1,800	2,000
2,000	2,200	2,400	76 & Up	1,600	1,800	2,000

^a **Sedentary** means a lifestyle that includes only the physical activity of independent living.

^b **Moderately Active** means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

^c **Active** means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

^d Estimates for females do not include women who are pregnant or breastfeeding.

Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.

EAT HEALTHY YOUR WAY

Top 4 Tips for Losing Weight and Keeping it Off

You've decided that you're ready to get to a healthy weight. Good for you! Did you know that this can lower your chance of heart disease, diabetes, and certain cancers? And staying at a healthy weight can make you feel better. Now, that's something to look forward to! Losing weight and keeping it off takes dedication. Yet, you can do this.

We wrote this handout to help you get started.



Tip 1: Set a weight goal and learn your BMI

Talk to your doctor and set a weight goal together. Write how much you would like to weigh here: _____

Write your reasons for wanting to reach (and stay at) a healthy weight:

What's the right weight for my height?

Check your body mass index, or BMI for short. BMI is a good indicator of an adult's body fat based on height and weight.

To learn more and get your measurement today, visit https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Write your BMI here: _____

Tip 2: Eat less — you decide how!

You know you need to eat less to lose weight. Some people give up sugary desserts to help lower calories. Others find measuring their foods and watching portions is the key. Often, making just a few changes can help with weight loss.

How will you choose to eat less each day?

Tips to eating fewer calories:

- **Limit high-calorie snacks.** Instead, choose lower calorie, healthy snacks, such as a carrot with a low-fat dip or a few whole-wheat crackers with a teaspoon of peanut butter.
- **Cut back on high-calorie beverages.** Don't consume alcoholic beverages. Drink water instead of sugary drinks. If you drink coffee or tea, switch to choices made with skim milk and no added sugars.
- **Skip or share sugary and high-fat desserts.** Instead, eat a piece of fresh fruit. Or add cut-up fruit to low-fat plain yogurt.
- **Eat smaller portions.** Use a measuring cup to get a true view of how much you are eating. Many people are surprised to learn they are eating much more than they think until they measure their food!



For more information, visit healthfinder.gov.

SMALL CHANGES CAN MAKE A BIG DIFFERENCE



Tip 3: Keep track of what you eat

Studies show that tracking all your meals, snacks, and drinks can help weight loss. Keeping track will give you an idea of your eating patterns. It can also help you see areas where you are doing well and areas where you could improve. For example, are you snacking too much in the evening?

3 ways to track:

- Write down everything you eat and drink in a notebook.
- Track online using a website or a mobile app. There are many options to choose from.
- Take a photo of the food with your cell phone to remind you of what you ate.

Tip 4: Add activity! It burns calories

Staying physically active can help you arrive and stay at a healthy weight. It makes sense—staying active helps you burn up some of the calories from foods. Most of us don't get enough activity to make up for what we eat.

Go to healthfinder.gov and click on Get Active to get tips on how you can stay active.

And remember, some physical activity is better than none!

*Check off ways you can add activity into your day.
Think of other things that you could do!*

- | | |
|--|---|
| <input type="checkbox"/> Take the stairs | <input type="checkbox"/> Walk at lunch |
| <input type="checkbox"/> Hike with my kids | <input type="checkbox"/> Ride a bike |
| <input type="checkbox"/> Take up a sport | <input type="checkbox"/> Jog in place while watching TV |

Other ways to add activity to my day: _____



The key to staying at a healthy weight? Stay motivated!

Keep this sheet in a handy place to pull out to read now and again. Continue with your healthy eating and your physical activity habits. And bounce back if you get off your plan.

Food Tracking

It can be hard to keep track of everything you eat in a day. Often, we eat more than we realize! This log will help you track the foods and beverages that you consume.

You can also track what you eat (and your physical activity) using a website or a mobile app. Compare the calories you ate to the recommended calories for you based on the Daily Calorie Needs handout.

Food	Calories	Food	Calories
Breakfast		Dinner	
Skim milk, 1 cup	83	Pepperoni pizza, 2 slices	416
Toasted oat cereal, 1 cup	111	Parmesan breadsticks, 2	82
Banana, medium	105	Caesar salad, 1½ cups	253
Coffee, 8 ounces 1% low-fat milk, ½ cup	61	Iced tea, unsweetened, 16 ounces	5
Total Breakfast Calories	360	Low-fat vanilla frozen yogurt, 1 cup	241
		Total Dinner Calories	997
Lunch		Snacks	
Turkey sandwich: turkey, 2 ounces	59	Fruit yogurt, non-fat, 8 ounces	87
Whole-wheat bread, 2 slices	130	Peanut butter, 1 tbsp	96
Swiss cheese, 1 slice	108	Whole-wheat crackers, 12	114
2 slices lettuce, tomato, mustard	6	Cheddar cheese, 1 ounce	114
Coleslaw, ½ cup	134	Total Snacks Calories	411
Apple, 1 medium	72		
Water, 12 ounces	0		
Total Lunch Calories	509	Total Daily Calories	2,277

DAY 1 Meal	Food	Calories
Breakfast		
	TOTAL BREAKFAST CALORIES	
Lunch		
	TOTAL LUNCH CALORIES	
Dinner		
	TOTAL DINNER CALORIES	
Snacks		
	TOTAL SNACKS CALORIES	
TOTAL DAILY CALORIES		

DAY 2		
Meal	Food	Calories
Breakfast		
		TOTAL BREAKFAST CALORIES
Lunch		
		TOTAL LUNCH CALORIES
Dinner		
		TOTAL DINNER CALORIES
Snacks		
		TOTAL SNACKS CALORIES
	TOTAL DAILY CALORIES	

DAY 3		
Meal	Food	Calories
Breakfast		
		TOTAL BREAKFAST CALORIES
Lunch		
		TOTAL LUNCH CALORIES
Dinner		
		TOTAL DINNER CALORIES
Snacks		
		TOTAL SNACKS CALORIES
	TOTAL DAILY CALORIES	

“Rethink Your Drink” Matching Game

Match the Beverage to Its Calorie Count

	Lemonade (20 ounces)	227 calories
	Café latte with fat-free milk (12 ounces)	3 calories
	Regular cola soda (20 ounces)	192 calories
	Sweetened iced tea, bottled (20 ounces)	125 calories
	Unsweetened iced tea, bottled (20 ounces)	0 calories
	Frozen caramel coffee drink with whipped cream (16 ounces)	225 calories
	Chocolate milk, 1% low-fat milk (8 ounces)	165 calories
	Sports drink (20 ounces)	430 calories
	Diet soda (20 ounces)	158 calories
	Whole milk (8 ounces)	0 calories
	Fat-free milk (8 ounces)	150 calories
	100% apple juice (12 ounces)	90 calories
	Water	280 calories

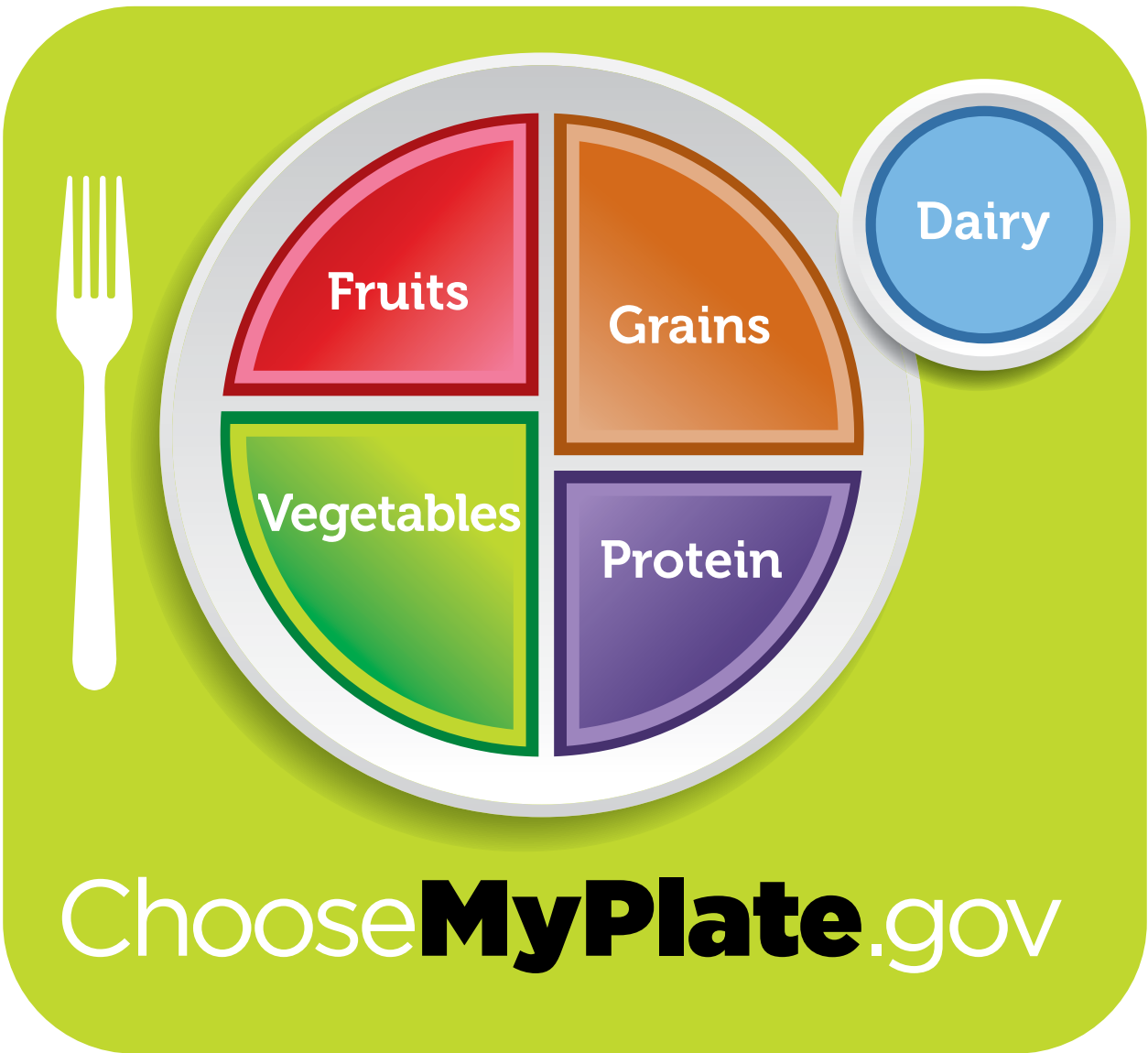
Source: Adapted from Centers for Disease Control and Prevention, Rethink Your Drink
Webpage. www.cdc.gov/healthyweight/healthy_eating/drinks.html

Check out these options for reducing calories in your beverages

Note: These changes could save you up to 650 calories in 1 day!

Occasion	Instead of ...	Calories	Try ...	Calories
Morning coffee shop	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with skim milk	125
Lunch time	20-ounce bottle of non-diet soda	227	Water or no-calorie beverage	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (unsweetened)	0
Dinner time	Non-diet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water, ~30 calories for seltzer water with juice
Calories		796		125–155





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MyPlate, MyWins

Healthy Eating Solutions for Everyday Life



United States Department of Agriculture

10 tips
Nutrition
Education Series

make better beverage choices



10 tips to get started

What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at www.SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Go to www.ChooseMyPlate.gov
for more information.

DG TipSheet No. 19
Revised January 2016

Evaluation

1 = Strongly Disagree 2 = Disagree 3 = Neither Disagree nor Agree 4 = Agree 5 = Strongly Agree

1. The workshop covered useful information. Comments:	1	2	3	4	5
2. The workshop activities were helpful. Comments:	1	2	3	4	5
3. I plan to keep track of what I eat for 3 days this week. Comments:	1	2	3	4	5
4. I plan to change my eating habits based on the information I learned today. Comments:	1	2	3	4	5
5. I plan to become more active based on the information I learned today. Comments:	1	2	3	4	5
6. The instructor presented the information in a helpful way. Comments:	1	2	3	4	5
7. Overall, I found the workshop to be very helpful. Comments:	1	2	3	4	5

8. Please tell us which materials you found most useful.

