



My Health Account™

For weight, healthy eating
and exercising



This account will help me keep track of my weight, eating and exercise. I will talk to my health care provider about my account activity at each visit.

I will ask my health care provider at each visit:

1. Do I need to lose weight or maintain the weight I am now?
2. Do I need to change the way I eat?
3. Do I need to increase the amount of exercise I do?

My account information



Date account opened _____

Account holder's name _____

Phone number _____

Health care provider's name _____

Health care provider's phone number _____

My account is good for 3 months.

Notes:





Weight

Health account tip #1

Keeping my weight at a healthful level will help to reduce my risk for getting sick with some diseases or conditions. I will also feel better, I will have more energy and I will not tire out so fast. If I am overweight or obese, I will work with my health care provider on what I need to do to lose weight.

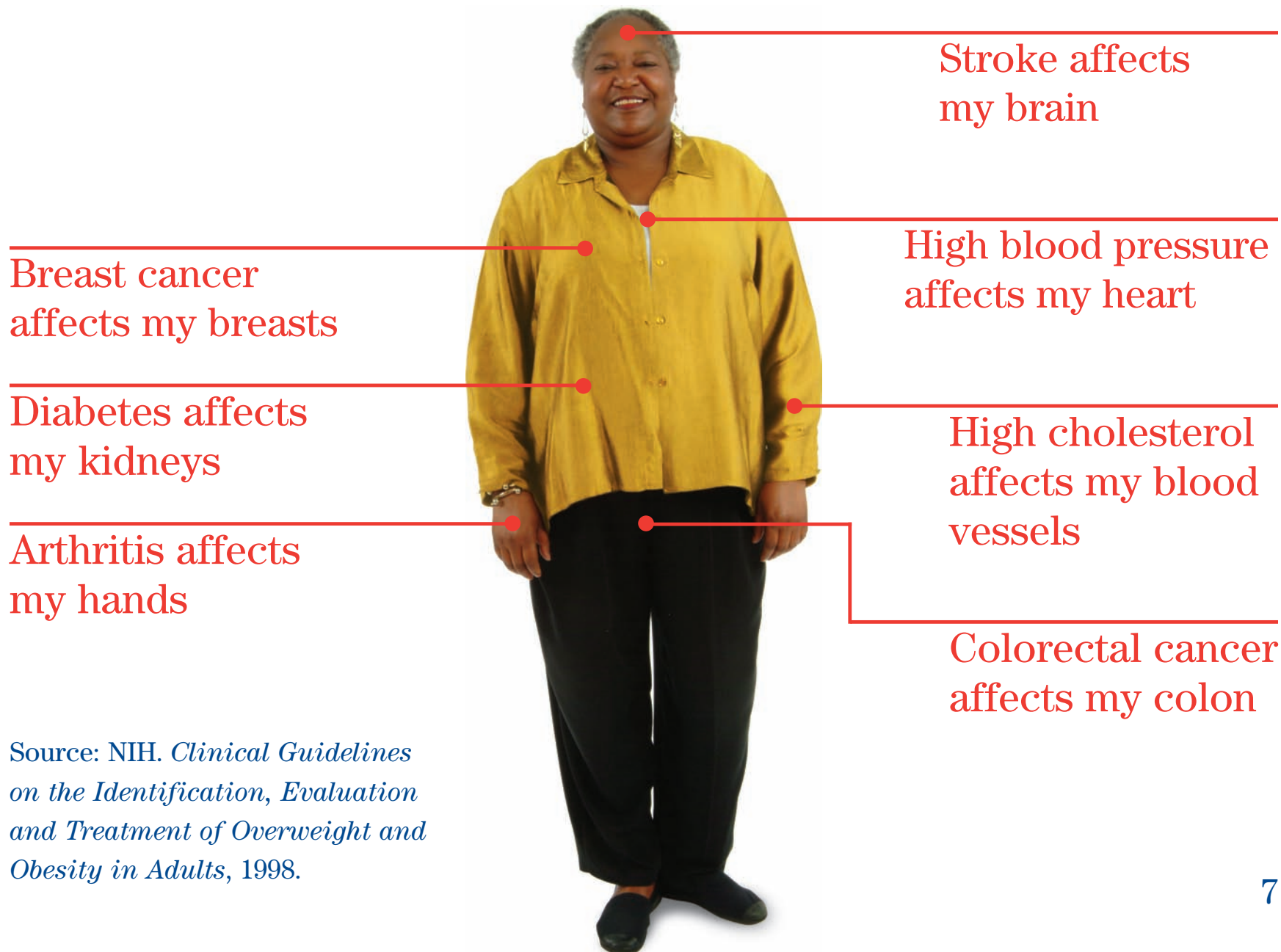


How can my weight affect my health?

Being overweight or obese can cause serious health problems!

If I am overweight, I may be more likely to develop diseases or conditions that affect different parts of my body.





Source: NIH. *Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults*, 1998.

How do I know if I am at a healthy weight?

The chart on pages 10-11 can help me to see if I am at a healthy weight.

Today's date is _____



My height without shoes is:

_____ feet and _____ inches

My weight without
clothes is: _____ pounds

- The weight ranges shown are for adults.
- They are not exact ranges of healthy and unhealthy weights.

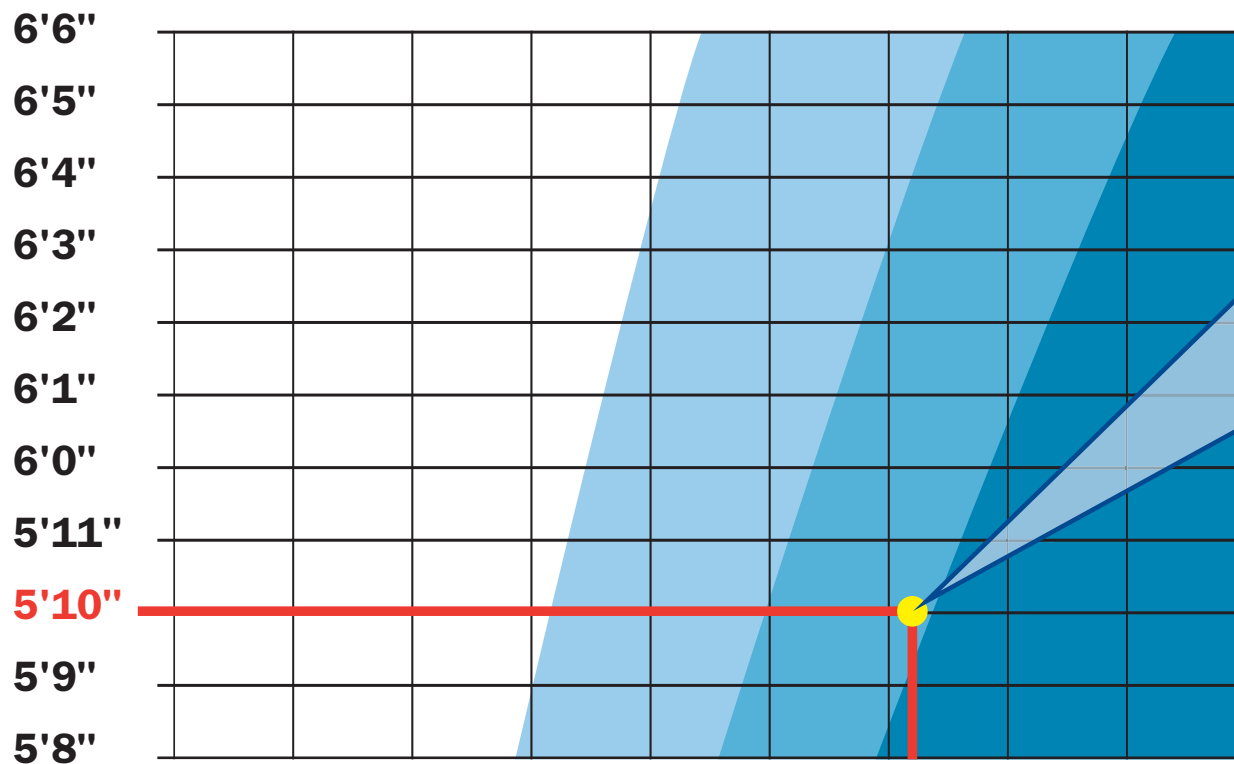
Directions:

Find my weight on the bottom of the graph on pages 10-11. Go straight up from that point until I come to the line that matches my height. Then look to find my weight group. There is an example on the next page.

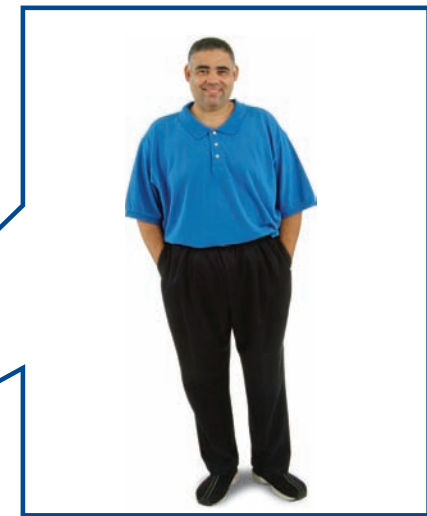
- If I fall in the “Healthy Weight” range of the chart, I should try to maintain my weight.
- If I fall in the “Overweight” or “Obese” range of the chart, I should try to lose weight.



Height



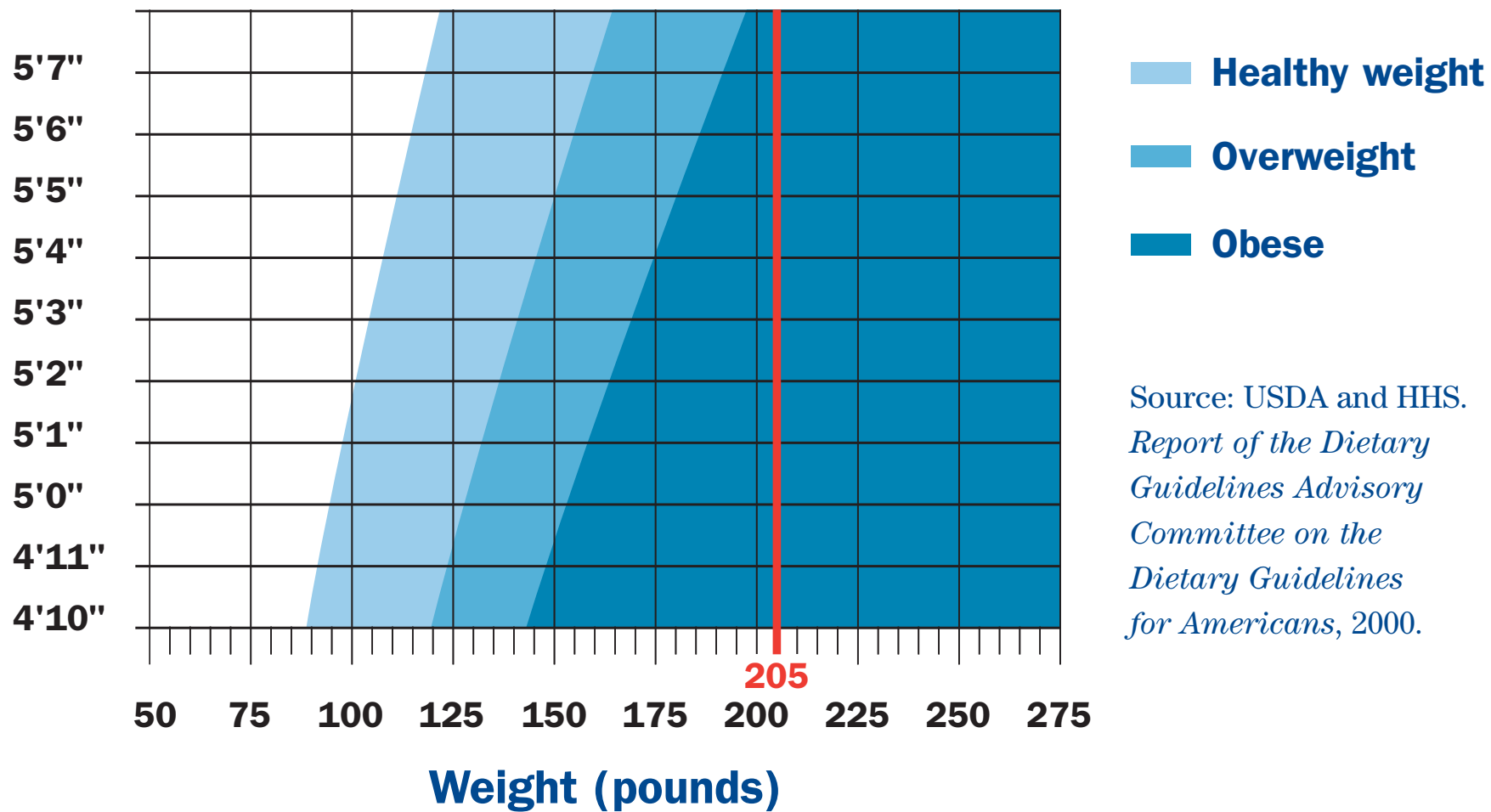
Example



Height: 5 feet, 10 inches

Weight: 205 pounds

Category: Overweight



My weight information



Based on the chart, I am:

- ☐ Healthy weight
- ☐ Overweight
- ☐ Obese

My goal is to:

- ☐ Lose weight
- ☐ Maintain weight

- Health risk increases at higher levels of overweight and obesity.
- Even within the healthy weight range, weight gains can carry health risks for adults.

If I am overweight and my goal is to lose weight, I would like to lose: _____ pounds by _____ (date).

I will try to lose **1 to 2** pounds a week.

If I lose more than that, I may not keep the weight off.

If I am at a healthy weight and my goal is to maintain my weight, I will work to keep a good balance between how much I eat and how much I exercise.



My weight log



I will keep track of my weight for 3 months. I will weigh myself on the same day of the week at the same time each day. I will record my weight on the chart, so that I can see how my weight changes over time.

Every week, I will weigh myself on _____ (day of week).

Example

Date	Weight
8/10	170

Date	Weight	Date	Weight	Date	Weight

Notes:





Healthy Eating

Health account tip #2

Almost all foods can be a part of a healthy diet.

If I make small changes in how I eat, one meal at a time, I can change my lifelong habits and maintain a healthy weight.

I can eat more fruits, vegetables, grains, beans and nuts, and fewer desserts.

I will talk to my health care provider before making changes in the way I eat.



Tips for healthy eating:

- I will try to make small changes in the way I eat.
- I will eat more fruits, vegetables, grains, beans and nuts each day!
- I will eat less of some foods like red meat, fast food and sweets.
- To lose weight, I will eat less food than usual.
- I will drink water instead of soda.
- I may take a dietary supplement with the vitamins and minerals I need.

Tips for healthy cooking:

- I will cook with vegetable oil instead of lard or shortening. Vegetable oils include canola, corn, olive, safflower, sesame, soybean and sunflower oils.
- I will steam or microwave vegetables instead of frying them.
- I will try grains like brown rice, couscous and bulgur wheat.
- Before I cook chicken, I will take the skin off.
- I will bake or grill meat instead of frying it.
- For dessert, I will eat a fruit salad instead of ice cream.

Source: American Heart Association. *An Eating Plan for Healthy Americans*, 2003.

Food groups	Examples
Fruits	Applesauce, raisins, frozen strawberries, bananas
Vegetables	Canned beets, frozen broccoli, spinach leaves, carrots
Grains	Tortilla, whole-wheat bread, pasta, brown rice, quinoa, couscous
Beans	Fresh peas in a pod, dried beans, canned beans, tofu

Food groups	Examples
Nuts	Walnuts, peanuts, peanut butter
Dairy and eggs	1% milk, lactose-free milk, low-fat yogurt, cheese, eggs
Meat, fish and poultry	Chicken with fat trimmed off, turkey slices for sandwiches, canned sardines, canned tuna fish, frozen fish fillet



Tips for food shopping:



- I will think about what meals and snacks I am going to prepare for the week.
- I will make a list of the food I will buy and take it to the store.
- I will use the handy tear-out shopping lists here to make sure I buy foods from different food groups.
- I will try not to go food shopping when I am hungry, because this may cause me to buy too much food.



My Shopping list

Fruits

Vegetables

Grains



My Shopping list

Beans and nuts

Dairy and eggs

Meat, fish and poultry



My Shopping list

Fruits

Vegetables

Grains



My Shopping list

Beans and nuts

Dairy and eggs

Meat, fish and poultry



My Shopping list

Fruits

Vegetables

Grains



My Shopping list

Beans and nuts

Dairy and eggs

Meat, fish and poultry



My Shopping list

Fruits

Vegetables

Grains



My Shopping list

Beans and nuts

Dairy and eggs

Meat, fish and poultry



My Shopping list

Fruits

Vegetables

Grains



My Shopping list

Beans and nuts

Dairy and eggs

Meat, fish and poultry



My Shopping list

Fruits

Vegetables

Grains



My Shopping list

Beans and nuts

Dairy and eggs

Meat, fish and poultry



My Shopping list

Fruits

Vegetables

Grains



My Shopping list

Beans and nuts

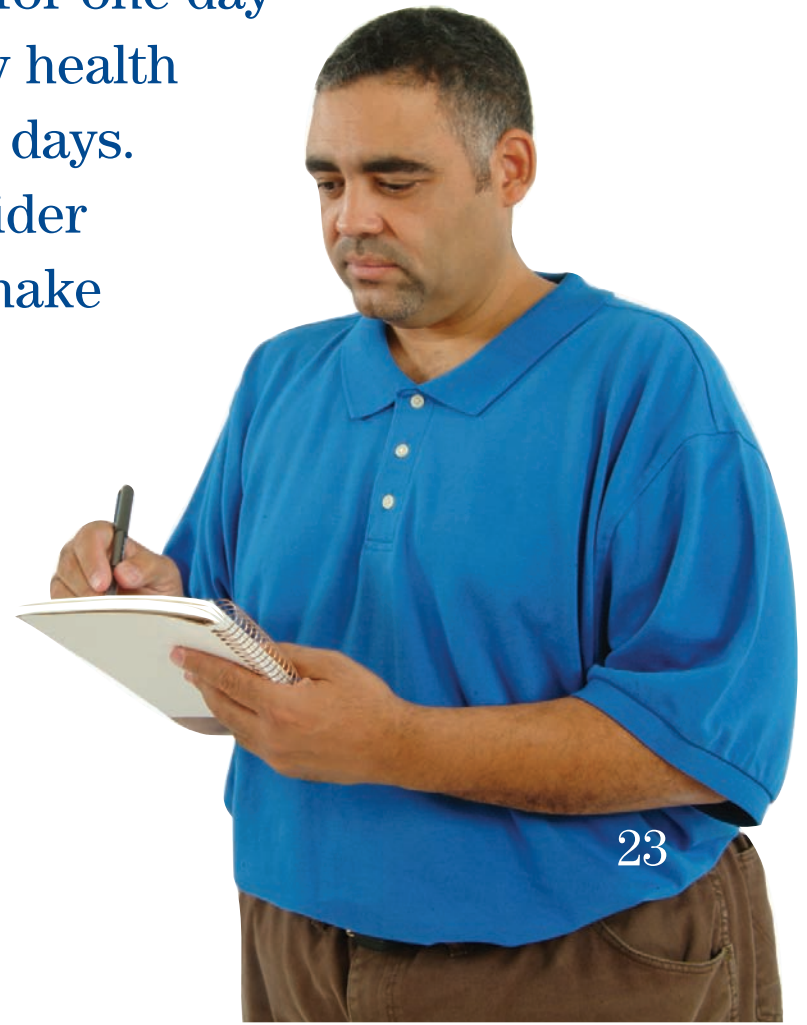
Dairy and eggs

Meat, fish and poultry



Keeping a food diary

Sometimes I am not aware of all the food I eat. A food diary can help me keep track of everything I eat for one day or many days. Before my next visit with my health care provider, I will keep a food diary for 3 days. I will take the diary to my health care provider so that together we can decide how I can make healthier eating choices.



Food diary



	Sample day	Date_____	Date_____	Date_____
Breakfast	1 cup oatmeal, 1 banana, 1 cup orange juice			
Snack	Apple			
Lunch	Turkey and Swiss sandwich on whole wheat bread, salad, ½ cup apple juice			

Snack	6 pretzels, $\frac{1}{2}$ cup tomato juice			
Dinner	Small chicken breast, 1 cup string beans, 1 cup mashed potatoes, $\frac{1}{2}$ cup vanilla ice cream			
Snack	1 slice of bread with grape jelly			

Notes:





Health account tip #3

Exercise is a great way for me to stay healthy. Since there are so many exercises to choose from, I can pick ones I like. Exercise can help lower my chances of getting diseases like cancer and diabetes. Exercise can also help me to lose weight or keep a healthy weight. I will talk with my health care provider before starting any new exercises.



My exercise choices



There are many types of exercises I can do. The most important thing is for me to do some sort of exercise at least 30 minutes a day. It is best if I exercise most days of the week. I can break up my exercise into smaller blocks of time. For example, I can exercise 15 minutes during lunch and 15 minutes at night.



Here are some examples of exercises. I will check off the ones I will try. I will talk with my health care provider before adding new exercises to my life.

- | | |
|--|---|
| ☐ Cleaning the house | ☐ Water aerobics |
| ☐ Racket sports | ☐ Raking leaves |
| ☐ Swimming | ☐ Jogging |
| ☐ Pushing a stroller | ☐ Weight training |
| ☐ Stretching | ☐ Dancing |
| ☐ Bicycling | ☐ Walking |



My exercise log



I will keep track of the exercises I do for 12 weeks.
I will write what exercise I do each day and for how long I exercise each day.

Example

Week of January 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walk 30 min	Bike 15 min	Sweep 30 min	Yoga 45 min		Wash windows 30 min	Garden 30 min

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Notes:





Notes:





Notes:





Health account summary

It is important for me to maintain a healthy weight. My eating habits and how much I exercise can affect my weight. I can take control of my weight by:

- Eating foods in reasonable amounts.
- Exercising at least 30 minutes a day, most days of the week.
- Asking my health care provider any questions I have about my weight, what I eat and how I exercise.

