



# Live Well Be Well

TAKE CHARGE OF YOUR HEALTH



SUMMER 2017



## Weight Management: Food Journaling

It seems to almost go without saying that many people are not aware of what they are eating and how much they are eating until they write it down. That is why keeping a food journal is of upmost importance. By keeping a food journal you can be tuned in to your real and true feelings of hunger and satisfaction. Here is how you can start your own food journal:

1. Choose a journal – pick a small, thin journal that can easily be stored and transported with you wherever you go.
2. Write as you go – use your journal at every meal and snack time to keep a better and more honest log of what is entering your mouth.
3. Take notes – Keeping a food journal is not just about listing foods, but about how you feel, how much you ate, and more. See the Self-Management Toolbox on the reverse side for more ideas of what to write down.
4. Review your personal trends – look over the past day, week and month and look for trends in the food you eat, how you feel and more. Looking through your own journal can show you the bigger picture of your diet.
5. React – After reviewing the trends in your diet, think about ways to take action to change some of those trends. If you realize you snack too much on high carb foods think about making a lower carb snack to use throughout the week.
6. Tell the truth – be honest and real in your food journal. If you aren't writing everything down and looking for ways to change what is the point of keeping a journal at all? Don't waste your own time, be honest and real and look for ways to change

## Recipe: Seasonal Heirloom Tomato Salad



Serves 4  
Serving size: 10- 12  
Tomato Slices  
Prep Time: 10 minutes

### Ingredients:

- 4 large heirloom or beefsteak tomatoes, thinly sliced
- ½ medium red onion (thinly sliced)
- 2 Tbs aged balsamic vinegar
- 1 ½ tsp extra-virgin olive oil
- ¼ tsp sea salt
- ¼ tsp freshly ground black pepper
- ¼ cup thinly sliced fresh basil leaves

### Directions:

Arrange the tomatoes on a platter in an overlapping style. Scatter the onion on top of the tomatoes. In a small bowl, whisk together the vinegar and oil. Drizzle the vinaigrette over the tomatoes. Sprinkle with the salt, pepper, and basil, and serve.

Source: [www.diabetesforecast.org](http://www.diabetesforecast.org) Published: Dec.2011 Accessed: June 2017



## SELF-MANAGEMENT TOOLBOX

### WEIGHT MANAGEMENT:

Our weight affects our health, how we look, and it can affect how we feel about ourselves. Being both underweight and overweight can have major effects on your life. A good starting point in practicing good weight management and making a change is to keep a diary of what you eat now and how much you exercise. This will help you learn where you need to make changes. You can write down:

- What you eat and where you are eating
- Why are you eating (Hungry? Bored?)
- How do you feel when you are eating
- Your exercise for the day (Activity? Length of time?)

After keeping this journal for a week you can get a better idea about what you want/need to do differently. It is important to remember to take baby steps and to make small changes that you know will work! To read more about healthy weight management look at chapter 12 in “Living a Health Life with Chronic conditions.”

Source: “Living a Healthy Life with Chronic Conditions Fourth Edition. Kate Lorig DrPH...[et al.]

### Dive on in to Physical Activity!

**Weight Management does not only encompass diet and healthy eating, physical activity must also be included for healthy weight management. Jumping in the pool is one way to stay cool and to have fun while getting your body moving!**

You don't have to be a pro swimmer, or even a beginning swimmer to try these fun pool exercises. Don't have a pool? No problem! Many communities have both indoor and outdoor public pools that you can visit!

### Double Leg Lift:

Leaning back on the pool edge, lower your legs straight down and then raise them up as high as you can, keeping legs perfectly straight and together. The water provides extra difficulty because you have to fight your body's natural buoyancy to maintain control.

Tip: If this is too difficult sit on the edge of the pool and perform the movement from there.

Source: www.shape.com Accessed: June 2017



## ACTION PLANS

Goals are generally too big to work on all at once; they can be overwhelming. That's why so many have a hard time getting started on a goal. Action plans are probably your most important self-management tool. An action plan helps us reach our goals by helping us do what we know we should do, by starting with what we want to do!

### Create an action plan here:

1. What are you going to do? \_\_\_\_\_
2. How much are you going to do? \_\_\_\_\_
3. When are you going to do it? \_\_\_\_\_
4. How often are you going to do it? \_\_\_\_\_
5. On a scale of 0 (no confidence) to 10 (very confident) how confident are you about completing the entire action plan?  
0 1 2 3 4 5 6 7 8 9 10

“Living a Healthy Life with Chronic Conditions”

### UPCOMING CLASSES / EVENTS:

- Sparta Community Hospital, beginning July 13
- St. Joseph Memorial Hospital beginning July 27
- Sparta Community Hospital, beginning September 14
- Jackson Co. Health Dept., beginning July 18
- Sallie Logan Public Library, beginning July 25
- St. Joseph Memorial Hospital, beginning September 12

**For additional upcoming “Live Well, Be Well” classes and other events visit:  
[www.hsidn.org/calendar](http://www.hsidn.org/calendar)**

To register visit  
[www.hsidn.org/takecharge](http://www.hsidn.org/takecharge)  
or call 618.457.5200 ext. 67837

