

## Physical Wellness

Physical Wellness is learning new exercises and setting a goal that you want to meet. It means keeping a positive attitude that you want to achieve a lifestyle that will help you feel stronger and healthier. Physical wellness is not just exercising but also knowing that eating well, having good habits will lead to a safe and healthier you.

## Keeping Your Life in Balance

1. **Slow Down:** Take a break, breathe and clear your mind.
2. **Take Care of yourself first:** Treat yourself right! Schedule time during the day just for you!
3. **Reduce your stress:** Identify what stresses you and how your body and emotions react to stress. Then you can change the way you react to stress.
4. **Get enough sleep:** Go to bed at the same time every night and get up at the same time every morning. Take a warm bath before you go to bed.
5. **Make good food choices:** Eat appropriate amounts of food on a regular schedule. Use a daily food and beverage tracker to help you.
6. **Exercise Regularly:** Getting at least 30 minutes of physical activity everyday improves your overall health and reduces the chance of disease. You can break up the 30 minutes into blocks of 5 or 10 minutes and get the same results.
7. **Set manageable goals each day:** Make one change at a time. Make a to-do-list and take care of important tasks first. Know what you want and make good decisions.
8. **Communicate:** If you need help or are having trouble, be calm, rational and say how you feel with words.
9. **Get Support:** Talk with friends or family if you need help. You are not alone.

Be positive and have fun

This Tip sheet was adapted from the Eli Lilly and Company *Solutions for Wellness*

## Fitness Self-Assessment and Goal Setting

Complete a Fitness Self-Assessment

A fitness self-assessment can be a great tool too:

- Measure progress
- Help you pick your own fitness goals
- Track your progress over time

Score yourself according to how well you match the following statements

1=Never

2=Rarely

3=Sometimes

4=Often

5=Always

- \_\_\_ 1. I get at least 30 minutes of physical activity each day.
- \_\_\_ 2. I usually do physical activity that is in the moderate range (for example, brisk walking instead of strolling)
- \_\_\_ 3. I spend no more than two hours a day being physically inactive (for example, watching TV or working on a computer).
- \_\_\_ 4. Throughout the week, I get a variety of aerobic (e.g. brisk walking), flexibility (e.g. stretching) and strengthening (e.g. weight lifting) exercises.
- \_\_\_ 5. I take at least three short walks (5-10 minutes) daily.
- \_\_\_ 6. I avoid using tobacco products (cigarettes and chewing tobacco).
- \_\_\_ 7. I sleep 7-10 hours each night.
- \_\_\_ 8. I have the support of friends and/or family to exercise regularly.
- \_\_\_ 9. I can recognize and handle stress and tension in my life.
- \_\_\_ 10. I get regular health check-ups (physical exams, dental and eye exams.)

- \_\_\_ 11. I take my pulse when I exercise.
- \_\_\_ 12. I have physical activities I enjoy.
- \_\_\_ 13. I set goals for physical activity.
- \_\_\_ 14. I keep track of my physical activity.
- \_\_\_ 15. My diet is well balanced and wholesome.

Add up your score and place your total number here: \_\_\_\_\_

Divide the number by 15: \_\_\_\_\_

How Did You Rate?

**If your score is above a 4:** You are more physically fit than average and are less likely to develop some chronic diseases. Keep up the great work.

**If your score is between 3 to 3.9:** You are average in your approach to health and physical activity. You still can improve your health and be more physically active in some areas of your life.

**If your score is between 2 to 2.9:** Your healthy lifestyle and physical activity plan could be healthier. Take a look at how you can add more physical activity to your day. Identify one goal such as taking a 5-10 minute walk after dinner or dance to music for 5-10 minutes every day. After you accomplished this goal add another.

**If your score is between 1-1.9:** The good news is that you have a lot of room for improvement. Your healthcare provider, treatment team and support network can help you change your physical activity habits. Start by talking about what stops you from becoming more physical and what one activity you can do today.

**The next page provides you with a way of tracking your activities.**

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## Tools for Success: Daily Physical Activity Tracker

Remember, Honesty Counts!

Date	Time	Physical Activity (type and amount)	How long?	Mood Before	Mood After	Exertion (Rate 1 to 10) 1=not at all to 10=extremely strong
4/10/07 EXAMPLE	6 a.m. - 8 a.m. EXAMPLE	Walked my dog around the block	15 min	Irritable	Happy	3
	Morning (5 a.m. - 9 a.m.)					
	Mid/Late Morning (9 a.m. - 12 p.m.)					
	Early-Afternoon (12 p.m. - 2:30 p.m.)					
	Mid-Afternoon (2:30 p.m. - 5 p.m.)					
	Evening (5 p.m. - 8 p.m.)					
	Late Evening (8 p.m. - 12 p.m.)					
	Early Morning (12 p.m. - 5 a.m.)					
Daily Activity						

How did I do today?  Great  Good  So-So  There is a lot of Room for Improvement

What is the best physical activity choice I made today? \_\_\_\_\_

What is one thing I could have done to move more today? \_\_\_\_\_

My physical activity goal for tomorrow is: \_\_\_\_\_

## What to Choose: Different Types of Physical Activities

There are three main types of physical activity needed for a complete and balanced exercise program. Including each type of physical activity into your daily routine is important because each one affects your body differently. Below you will find a brief description of each type of physical activity.

### 1. Aerobic Activity:

Aerobic activity strengthens the heart and lungs. Also, aerobic activity helps to build endurance, which is the ability to do an activity longer each time you do it. Aerobic activity increases your heart rate. Brisk walking, jogging, running and riding a bike are good examples of aerobic exercise.

### 2. Flexibility:

Flexibility exercises lengthen, stretch, and flex muscles. Increasing flexibility also relaxes muscles, improves physical balance, and allows for easier movement. Flexibility exercise also helps to prevent chronic back pain. Stretching, Yoga and Tai Chi are good examples of flexibility exercises.

### 3. Strengthening (weight lifting) Exercises:

Strengthening exercises makes your muscles stronger. Strengthening exercises improve muscles for better posture, coordination, balance and flexibility. Strength training can help with many daily living activities such as carrying grocery bags. Weight lifting is a good example of a strengthening exercise.

**Think about the following when choosing an exercise:**

1. Choose an exercise you enjoy or always wanted to try.
2. Be Aware of your limitations. Do not overdo it.
3. Avoid injury and stay safe.
4. Choose an exercise you can stick with for a long time.
5. Do you like to exercise alone, with another person or with a group?  
Knowing this can help you choose an activity that is best for you.

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## Step in to Better Health

**Regular exercise activity** is one of the most important steps to better health. Physical activity may lower your chance of developing certain diseases. Physical activity can:

- Make life more fun
- Improve self-esteem and self-confidence
- Help you relax, deal with stress, and sleep better
- Decrease anxious and depressed feelings
- Prevent weight gain or help you maintain a healthy weight
- Strengthen muscles and joints
- Reduce health problems such as, back pain, heart disease, cancer, diabetes, high blood pressure, high cholesterol and stroke.
- Improve overall well being
- Increase brain chemicals that make you feel good

Some people find it difficult to exercise regularly for many reasons including, *it's boring, I'm too busy, I can't afford it, I am too fat, I am too tired and I don't want to do it alone*. These are common roadblocks. To overcome your roadblocks it is important to know which small steps you like and work best for you.

### Small Steps for Success work the best when you

- Get the support of family, friends, and members of your support team to help you reach your goals.
- Start easy. Add 5-10 minutes of physical activity to your day.
- Set simple, short-term goals and reward yourself for following your plan.

**Remember small steps may lead to great rewards.**

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## Small Steps to Eating Right

### Small Steps for Success

- Eat Smart (Eat an apple instead of apple pie)
- Sit less (Watch less TV)
- Move More (Add an extra 5-minute walk to your day)

Have you ever considered how easy it is to eat a high caloric snack and how long it takes to burn off the calories to stay at a healthy weight? Would you be willing to walk 79 minutes to burn off a piece of apple pie? On average, it takes many minutes to burn off calories from the variety of foods and drinks we eat. If you wish to lose weight you must work to burn more calories than you eat. Here is a quick look at what you eat and how long it takes to burn it off.

Food & Calories Contained	Time to Burn Walking
½ cup Pudding (170 cal)	33 minutes
Milk Shake, 1 cup (240 cal)	47 minutes
1 cup Hot Chocolate (238 cal)	46 minutes
1 Egg boiled (72 cal)	14 minutes
2 snack Cakes w/crème filling (250 cal)	50 minutes
1 Orange (77 cal)	15 minutes
½ cup Green beans (25 cal)	5 minutes
1 slice Pizza (350 cal)	67 minutes
20 Potato Chips (200 cal)	41 minutes

What can you do to find a balance between your food intake and physical activity to prevent weight gain? Start with healthy snacks that are **less than 150 calories** and talk to your doctor about the right exercise plan and diet that is right for you. Below is a list of some healthy snacks you have to choose from.

Food Snacks	Number of Calories
Celery Stalks	10 calories
Carrots ½ cup	25 calories
Strawberries 1 cup	43 calories
Grapefruit juice ½ cup	48 calories
Orange juice ½ cup	60 calories
Pretzel 10	70 calories
Hard Boiled Egg	72 calories
Jello ½ cup	80 calories
String Cheese 1 Ounce	80 calories
Apple 1 medium	81 calories
Cottage Cheese 1% ½ cup	82 calories
Pear	86 calories
Banana	89 calories
Peanut Butter 1 Tablespoon	105 calories
Popcorn Air popped 1 Ounce	110 calories
Frozen Yogurt ½ cup	114 calories
Milk 2% 1 cup	121 calories
English Muffin	130 calories
Oatmeal w/ artificial sweetener	132 calories
Corn on the cob 1 ear	130 calories

Just reaching for the right snacks can make a difference in how you feel. Now that you know the connection between the foods you eat and the activity you do, choose just 1 change to reduce your calorie intake and choose 1 change to increase your physical activity. Over time you will see how it affects your weight and how good you can feel.

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## More Small Changes for Healthier Eating

If you have ever gone on a diet, you are not alone. **About 45 million Americans diet each year.** However, diets don't usually work. When most people diet, they end up feeling cheated because they miss their favorite foods. They also get tired of eating diet foods, and they go back to their old way of eating. Eventually, the weight creeps back on.

When living a healthy lifestyle and using a **"small change" approach** to healthy eating, you can have your cake and eat it too—just maybe not as much. It's important to be satisfied and to allow yourself to eat the foods you enjoy, within reason.

Here are some small healthy steps that you can make as part of the **"small changes" approach.**

1. Eat 100 fewer calories than you do now
2. Increase your physical activity to burn up 100 calories
3. Substitute water or diet soda for one can of regular soda
4. Leave 3-4 bites on your plate at each meal
5. Take a 15-20 minute walk
6. Avoid fast food and if you can't avoid it do not "Super-size"
7. Switch from whole milk to 2%

## 200

Did you know that a person makes more than 200 food related decisions every day? For example, what to eat, where to eat, what to drink, how much time to eat, dine alone or with others, size of plates or glasses and whether to have a dessert or not. Since we make more than 200 food-related choices each day, we have many chances to make one or two “small changes” in what we choose to eat or drink

Generally, the bigger the plate the bigger the more you will eat. So cut down on size.

Don't tempt yourself by having food out.

Keep snacks in containers that you can't see.

Put fruit out or sugar free candy in a bowl.

When you do see food, follow the 5 minute rule and see if the urge passes. Ask yourself “Am I really hungry?”

Do something else to take your mind off food by walking or listening to music.

## Tips for Eating Wisely

**Make a grocery list before you shop.** Use a supermarket ad to see what's on sale that week. Grocery lists can help you organize and identify the items you need. Circulars, or advertisements that feature sale items, often are sent in the mail and found in newspapers, especially in the Sunday newspaper. Sale ads are available at the entrance to the supermarket or at the customer service desk. By planning meals ahead and buying foods on sale, you can save money on your food bill.

1. **Use coupons to purchase items on your shopping list.** Using coupons with your supermarket ads will save even more money. Supermarkets, at times, will double the amount of manufacturer coupons.
2. **Buy fresh fruits and vegetables in season.** In supermarkets and at farmer's markets, look for fruit and vegetables that are in season. Many newspapers have a food section each week. The food section may tell you which fruits and vegetables are in season in your area.
3. **Purchase foods in large amounts and store foods in the freezer or airtight containers.** Storing foods in airtight containers or in the freezer can protect them from spoilage, moisture and bugs. If you have a freezer, you can take advantage of specials and buy more of the things you need when they are on sale. (Note: It is important to be careful about portion size when eating from larger packages. While it is less expensive to buy larger packages, it is easier to misjudge portion sizes, also. Measure portions before storing in the freezer or airtight containers.)
4. **Choose a "shopping buddy" and split the costs.** Buying in bulk and dividing the items can save money and be healthy. Sometimes you can

get perishable foods (foods that will spoil, like fresh fruit or vegetables) in large quantities at a lower rate. If you split the costs, more people can enjoy the food before it spoils. Shopping can also be more fun if you go with others.

5. **Buy store brands or generic products, which usually are more affordable than name brands.** The quality of store brands is often the same as famous brands. Reading Nutrition Facts labels can help you compare.
6. **Never go grocery shopping when you are hungry.** Grocery shopping when you are hungry can lead to impulse buying, buying foods that are not on your list and a higher grocery bill.