



**JOURNAL**

**8 WEEK PROGRAM**

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**Name**



# Alberta Health Basics™

## Participant progress sheet

Please **PRINT** clearly

Class day and time:

First name:

Last name:

### WEEK 1

My height (in.)

My weight (lbs.)

My waist (in.)

### Health issues that affect your activity

- ☐ Diabetes ☐ Heart Condition ☐ High Blood Pressure ☐ Respiratory Condition ☐ Depression  
☐ Chronic Pain ☐ NA ☐ Other Diagnosis \_\_\_\_\_

### WEEK 8

My weight (lbs.)

My waist (in.)



# Release of Liability, Waiver and Indemnity Agreement

This Agreement must be completed in full, signed, dated, and witnessed before you can take part in the Program,

Name:

The Alberta Health Basics™ program includes supervised exercise that may help patients who have chronic disease(s). These exercises support your health and physical skill, while keeping you safe. The class exercises are supervised and monitored by a healthcare provider.

Taking the Program is voluntary. The Program does not replace medical advice. You can speak to your doctor about the program before you sign up. The staff will explain signs and symptoms that will tell you to stop or slow down. If you have pain or run into trouble during the Program, **stop** the Program right away and tell the Program staff.

I understand the benefits and risks involved in the Program. I freely accept and fully assume all such risks, and the possibility of personal injury and damage or loss to personal property because of taking part in the Program. In consideration of Red Deer Primary Care Network offering the activity, I agree as follows:

1. To waive all claims that I have or may have in the future against the Provider and its Board Members, employees, agents, volunteers, and independent contractors (collectively referred to as “the Releasees”), as a result of my participation in the Program due to any cause including negligence, breach of contract, or any other duty care.
2. To hold harmless and indemnify the Provider and Releasees from any and all liability for any damage to the property of, or personal injury to any third party, resulting from my participation in the Program; and ,
3. That this agreement shall be effective and binding upon myself, the participant named above, my heirs, next of kin, executors, administrators, assignees, and representatives in the event of death or incapacity.

In entering into this agreement, I am not relying upon any oral or written representation or statements made by the Provider and Releasees other than what is set forth in this Agreement. I also understand that I can seek independent legal advice before entering into this agreement.

**I have read and understand this agreement and I am aware that by signing this agreement I am waiving certain legal rights, including the right to sue, which I, or my heirs, next of kin, executors, administrators and assignees, may have against the provider and releases.**

Date signed (YYYY/MM/DD)

City/town

Province

Participant/decision maker  
signature

Decision maker name  
(if applicable)

Signature of witness





# Welcome to Alberta Health Basics™

## Take the Alberta Health Basics™ challenge! It's simple. It's fun. It works!

Alberta Health Basics™ is an 8 week program that engages and challenges you to take on a new lifestyle. We coach you to take on weekly lifestyle challenges and how to continue with the challenges long after the program is over. The lifestyle changes participants make help them prevent and control conditions such as high blood pressure, diabetes and high cholesterol. They may also support healthy aging of the brain.

Alberta Health Basics™ is a dynamic program designed by **Red Deer Primary Care Network**. Health professionals in the fields of nursing, kinesiology and nutrition as well as family doctors contributed to the design. Feedback from Alberta Health Basics™ participants also provided valuable input in designing this journal.

Name	
Telephone	
Cell phone	
Email	
Emergency contact	
Emergency contact telephone	
Family doctor	
Family doctor telephone	

# Welcome to Alberta Health Basics™

## Housekeeping

- Each class will have a **Vitality break** about halfway through – this is a chance to refresh yourself – walk around, use the facilities and get some water.
- Bring your **Alberta Health Basics™ journal** each week.

## Workshop format

The **program format** is two hours a week for 8 weeks. Each week we will cover three sections: Mindset, Exercise and Nutrition. You will be presented with a challenge from each section to work on for that week and onwards.

- Each week begins with a **Check-in**. This is a chance to reflect on the past week.
- **You will have opportunities to practice skills that will create healthy habits.**
- We will end with a **Check-out to set you up for success in the upcoming week.**

## Group guidelines

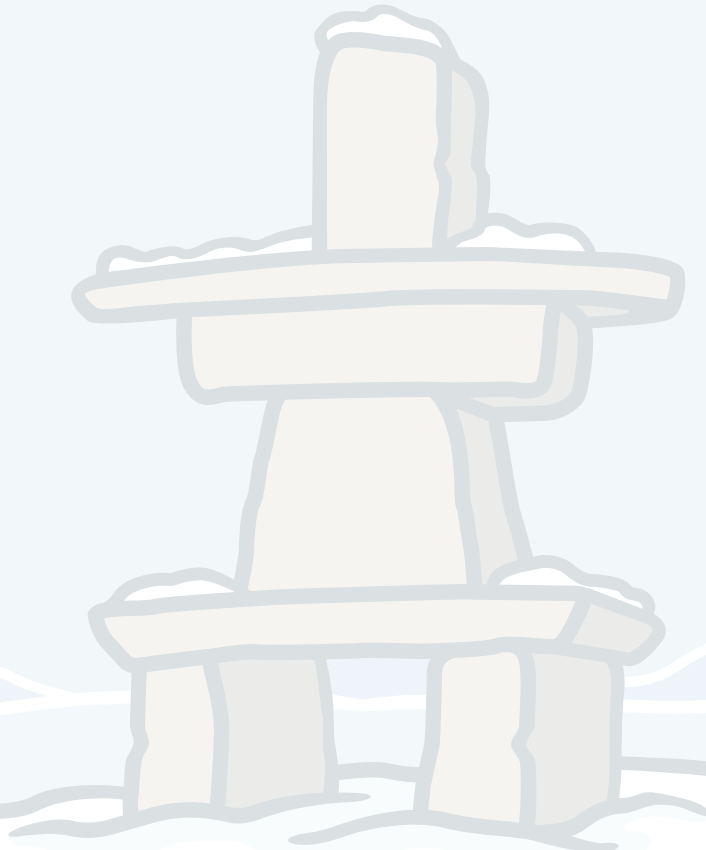
- Please make every effort to attend on time, if you must come late please slip in quietly and take a seat.
- Please wear running shoes and comfortable clothing.
- If you are going to be late or miss group, please let one of the coaches know ahead of time. We will ask that you review the material you missed prior to your return if you are absent so that you can participate fully in the next class.
- Being absent for more than 2 sessions out of 8 will result in a request that you rebook into a future group.
- Treat other group members with the same courtesy that you would like to receive.
- Confidentiality – keep information that comes up in group private to the group.
- If there will be someone in the room observing, we will let you know prior to them being in the room.
- The PCN cannot control socialization, but intimate relationships outside of workshops are discouraged.
- Bringing snacks/water is permitted but please dispose of garbage afterwards. Does anyone have any severe food allergies we need to be aware of so we can avoid bringing those items?
- We encourage participation in class, but private conversations are discouraged until break so that you don't miss out on learnings. These conversations can be very distracting to others; we want to be respectful to all participants.
- If you need to leave the room before break, please give us a thumbs up so we know that you are ok. If you are gone for more than 5 minutes, one of us will come to check on you.
- This is a fragrance free facility, so please be mindful of this prior to group to maintain an adequate level of hygiene and avoid wearing fragrances.
- Please turn off all cell phones or put to silence/vibrate.
- Verbal or physical attacks on the other clients or facilitators will not be tolerated in group. Please use your skills to manage angry urges. Anyone who violates this rule will be asked to leave group for that day and will be called to discuss relevant consequences.
- Other: \_\_\_\_\_  
Is there anything else that will help you feel more comfortable or safe in the group?

# Alberta Health Basics™ Week 1

## WEEK 1 CHALLENGES:

1. **BE** mindful of your habits.
2. **WORK** towards 30 minutes of exercise on 5 – 7 days.
3. **MAKE** food journaling work for you.

*“\_\_\_\_\_ % of how long we live and how well we feel is determined by our daily lifestyle decisions.” - Dr. Walter Willet, Harvard School of Public Health*



# Alberta Health Basics™ Week 1

## BE mindful of your habits

**Mindfulness** is being present in the moment or paying attention to what is going on around you right now. **Keep your head where your feet are.** Being mindful of your behaviors is the first step to taking control of your life.

One of the best ways to be mindful, to be at a healthy weight and make healthy food choices, is to keep a journal. It helps to increase your awareness of the intentional things you do to improve your health.

Have I used a food journal or app before (e.g. my fitness pal)? ☐ YES ☐ NO

Did I find it helpful? ☐ YES ☐ NO

If yes, how?

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Have I used an exercise journal or app before (e.g. my fitness pal or fitbit)?

☐ YES ☐ NO

Did I find it helpful? ☐ YES ☐ NO

If yes, how?

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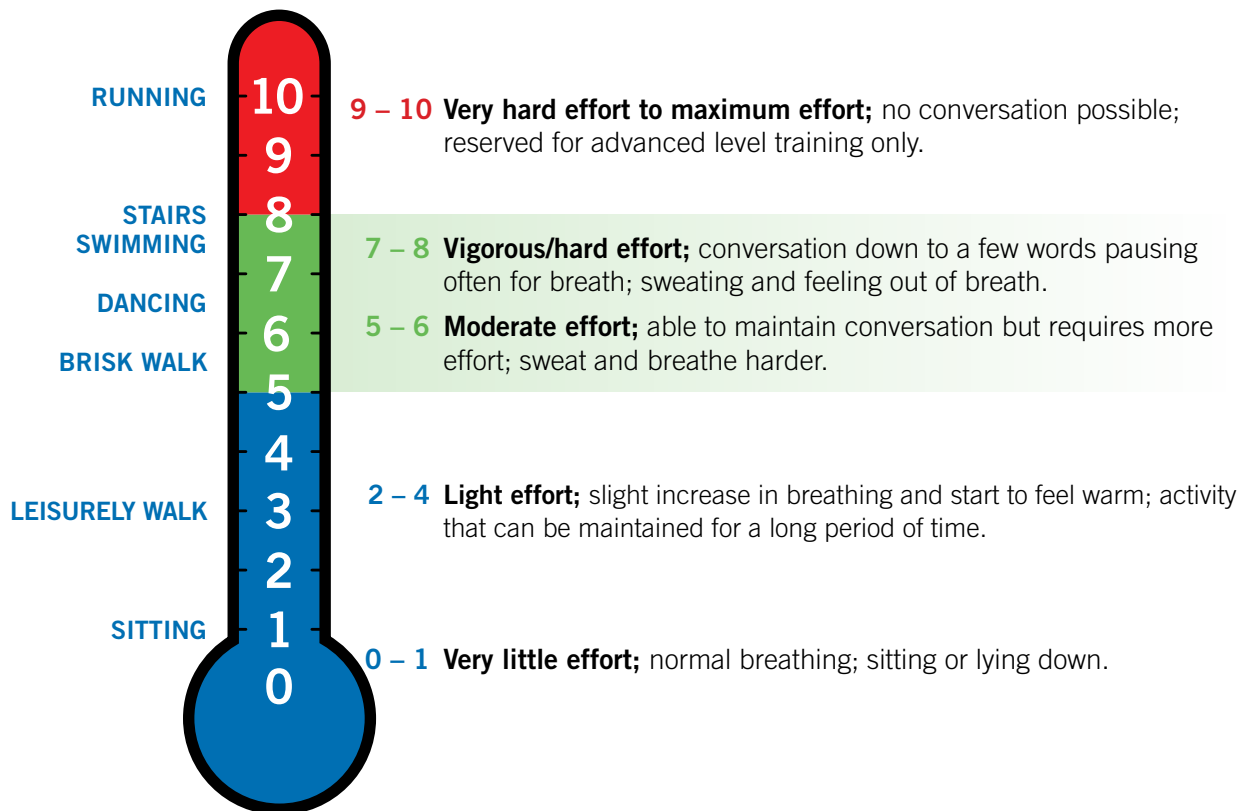
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## WORK towards 30 minutes of exercise on 5 – 7 days of the week

Work towards exercising for 30 minutes 5 – 7 days of the week at a moderate to vigorous intensity. This means that you **schedule a time to sweat** most days of the week.

You can break it up into 10 minute chunks if that works best for you.

### Activity Thermometer



## MAKE food journaling work for you

*“People who keep an honest and careful food diary lose three times as much than those who keep no diary.” - Dr. Yoni Freedoff*

### Choosing a food journal method

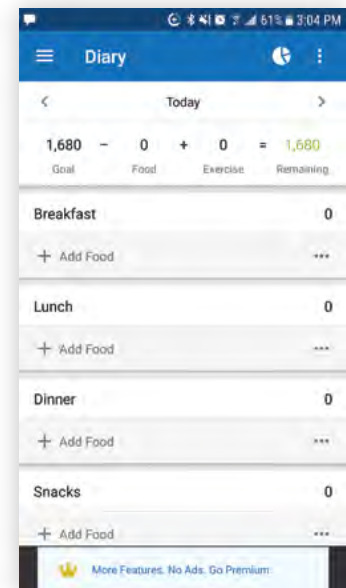
#### Options:

- 1. Pen and Paper:** you can use the PCN Food and Activity Log, or a regular note pad.
  - a. Use Canada's Food Guide to determine your recommended numbers of servings (note appropriate serving size). If you are aiming for weight loss, we recommend cutting back to the older age category recommendations. If older than 51 years then cutting back by two servings of grains.
  - b. You may choose to circle the unhealthy choices at the end of the day to see how many treats you are having.
  - c. Start to think about **why** you are eating (is it for hunger?).
- 2. Electronic:** My Fitness Pal is a free and easy to use mobile app and webpage.
  - a. Only set to 0.5 to 1 pound weight loss per week as your goal. Any more lowers the calories too much.
  - b. It remembers what you ate previously for easy tracking; it also has a barcode scanner.

#### Choose which option would best suit you.

##### Tips for being a successful journal keeper:

1. Record every day – we tend to “forget” after a while and may miss some small things.
2. The small things add up. Don't leave out that handful of M&M's or peanuts. 25% of our calories come from these “extras” so leaving them out of the journal could impact your goal.
3. Be specific. Add serving sizes and portions.
4. Include the alcohol, and other drinks. Liquid calories can significantly impact our success.
5. If you are in a rush, take a picture of your meal so you can remember what to add later.
6. Don't beat yourself up. This is not meant to make you feel bad, it's a tool to help you reach your goal.



# Alberta Health Basics™ Week 1

## WEEK 1 CHALLENGES

1. **BE** mindful of your habits.
2. **WORK** towards 30 minutes of exercise on 5 – 7 days.
3. **MAKE** food journaling work for you.

*“Your choices reveal your priorities.”*

## WEEK 1 CHECK-OUT

My plan to be mindful of my habits:

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My plan to work toward 30 minutes of exercise on 5 – 7 days of the week:

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My plan to make food journaling work for me:

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Remember to fill in my food and exercise journal or app daily this week.

# Alberta Health Basics™ Week 1

## Notes:

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## WEEK 2 CHECK-IN

How was I mindful of my habits?

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How did I work toward more exercise this week?

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If you had a hard time following through with your exercise plan, write down your top excuse for not doing your exercise.

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What is my solution?

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Use the 5 Minute Rule

*On days you don't feel like being active, put on your shoes and go for 5 minutes. Then re-evaluate. If you feel that you are able to continue, keep going! If not, give yourself permission to go back and try later. **This helps us discern between mental and physical fatigue.***

How many days did I note my food intake in my food journal?

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# Alberta Health Basics™ Week 2

"Two roads diverged in the wood, and I – I took the one less travelled by, and that has made all the difference." – Robert Frost, Poet

## WEEK 2 CHALLENGES

1. **CHOOSE** to take The Healthy Road.
2. **PRACTICE** 5:60 (move for 5 minutes for every 60 you sit).
3. **CHOOSE** healthy portions at every meal.

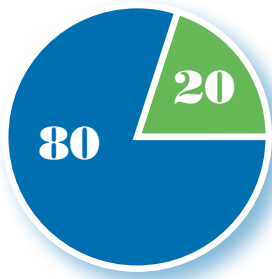
## The Healthy Road is the road less travelled.

Healthy choices may seem hard in the short term, but are easier in the long term. Think of the last healthy choice you made and how much better you felt afterwards. Each time you choose to be active, eat well and be positive, life gets easier and more rewarding.

On the other hand Easy Street may be swinging through the drive-through for a supersized meal followed by flopping on the couch. This choice seems comforting and easy at the time, but leaves you feeling sluggish and can rob you of your health over time. Life will get harder in the long term.

"To have what you've never had before . . . you must be willing to ~~DO~~ what you've never done before!" – Author Unknown

## CHOOSE to take The Healthy Road



### The 80/20 rule

The 80/20 rule means you don't have to be perfect to be healthy. If you follow the Healthy Road 80% of the time you can give yourself some flexibility 20% of the time.

Many people are applying the 80/20 rule in reverse: 80% of the time they follow unhealthy habits and they follow a healthy lifestyle only 20% of the time.

How will you apply the 80/20 rule to your life?

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### Healthiest possible self

Imagine yourself living on the Healthy Road – following the 80/20 rule – you decide the time frame. What was your journey like and how do you feel? What were the tools that helped you get there?

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# Alberta Health Basics™ Week 2

## PRACTICE 5:60

Did I use my exercise journal this week? ☐ YES ☐ NO

How many days did I exercise at a moderate to vigorous intensity this week?

How many minutes per day did I exercise at that level?

Number of minutes per week\*

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_

\*The goal is 150 minutes per week according to Canadian Physical Activity Guidelines.

### Example

How many days did I exercise at a moderate to vigorous intensity this week?

How many minutes per day did I exercise at that level?

Number of minutes per week\*

5 days x 20 minutes/day = 100 minutes

Dr. Grogan, cardiologist at the Mayo Clinic says:

“For people who sit most of the day, their risk of heart attack is about the same as smoking.”

Move for 5 minutes for every 60 that you sit.



What is my plan?

\_\_\_\_\_  
\_\_\_\_\_

How many days did I use my food journal this week? \_\_\_\_\_ days

If I used it, what did I learn from it?

\_\_\_\_\_

If I didn't, what was my barrier?

\_\_\_\_\_

When or how will I implement my solution?

\_\_\_\_\_

## CHOOSE healthy portions at every meal

**Use a food journal:** This is the number 1 skill for weight management.

**Ditch the diet:** A lifetime of dieting makes you heavier, not lighter.

**Follow the 80/20 rule:** Eat healthy 80% of the time and give yourself permission to be flexible with your eating the other 20% of the time.

**Take small steps:** Small steps lead to big changes.

Fact	My plan
<b>FACT 1:</b> We eat more on a large plate	
<b>FACT 2:</b> We eat more out of a container	
<b>FACT 3:</b> We eat more if we buy the bigger size	

# Alberta Health Basics™ Week 2

## WEEK 2 CHALLENGES

1. CHOOSE to take The Healthy Road.
2. PRACTICE 5:60 (Move for 5 minutes for every 60 you sit).
3. CHOOSE healthy portions at every meal.

*"Your choices reveal your priorities."*

## WEEK 2 CHECK-OUT

My plan to take the Healthy Road:

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My plan to practice 5:60:

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My plan to choose healthy portions at every meal:

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Remember to fill in my food and exercise journal or app daily this week.

# Alberta Health Basics™ Week 2

### Notes:

[illegible]



### Notes:

[illegible]

## WEEK 3 CHECK-IN

In what way(s) did I choose the healthy road this week?

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How did I practice 5:60?

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How did I choose healthy portions at every meal?

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# Alberta Health Basics™ Week 3

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." - William James, Doctor, Psychologist and Philosopher

## WEEK 3 CHALLENGES

1. **CHOOSE** to have a positive attitude.
2. **ENJOYMENT** is key. Choose a physical activity you enjoy.
3. **MAKE** half your plate vegetables.

## CHOOSE to have a positive attitude

### Create positive tapes

- Most people have negative tapes that play in their heads (e.g., I'm not good enough; I'll never be able to do it.)
- Some examples of positive tapes – “I can do this,” “I am strong,” “small steps will lead to big changes.”
  - Other examples of positive tapes:
    - \_\_\_\_\_
    - \_\_\_\_\_
    - \_\_\_\_\_
- Healthy living begins with adopting a positive attitude.

### My ideas for promoting a positive attitude

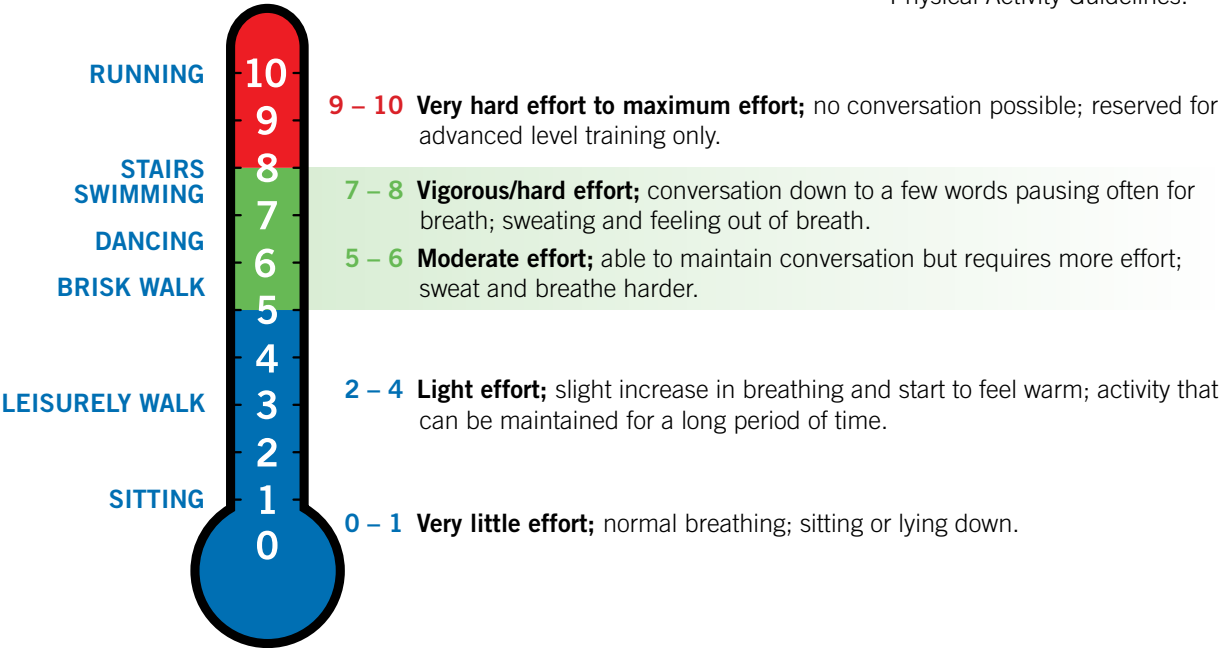
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ENJOYMENT is key. Choose a physical activity you enjoy.

Did I use my exercise journal this week? ☐ YES ☐ NO

How many days did I exercise at a moderate to vigorous intensity this week?	How many minutes per day did I exercise at that level?	Number of minutes per week*
<hr/>	<hr/>	<hr/>

\*The goal is 150 minutes per week according to Canadian Physical Activity Guidelines.



# Alberta Health Basics™ Week 3

Are there types of physical activities I currently do or have done in the past that I really enjoyed?

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Ideas if I'm struggling to find an activity I enjoy.

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## MAKE half your plate vegetables

How many days did I use my food journal this week? \_\_\_\_\_ days

If I used it, what did I learn from it?

---

If I didn't, what was my barrier?

---

When or how will I implement my solution?

---

### Fact

**FACT 1:** Brightly coloured vegetables are delicious and loaded with vitamins, minerals and fibre to fight disease and keep your body well.

What is my top excuse for not eating my vegetables?

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My excuse buster is:

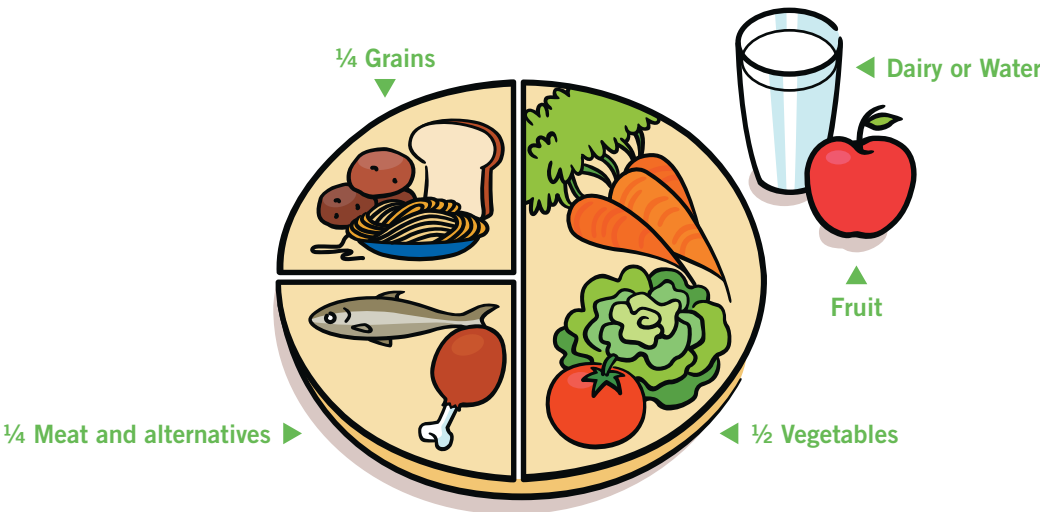
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# Alberta Health Basics™ Week 3

My typical meals	My plan to add vegetables
e.g. Grilled cheese	Add raw veggies

## Picture this 9 – 10" plate

Picture this plate when preparing and serving your meal. This is a simple way to remember healthy portion sizes.



An excellent resource for making half your plate fruit and vegetables is [www.halfyourplate.ca](http://www.halfyourplate.ca). It includes excuse busters, storage tips, and recipes.



# Alberta Health Basics™ Week 3

## WEEK 3 CHALLENGES

1. **CHOOSE** to have a positive attitude.
2. **ENJOYMENT** is key. Choose a physical activity you enjoy.
3. **MAKE** half your plate vegetables.

*"Your choices reveal your priorities."*

## WEEK 3 CHECK-OUT

My plan to choose a positive attitude:

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My plan to choose a physical activity I enjoy:

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My plan to make half my plate vegetables:

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Remember to fill in my food and exercise journal or app daily this week.

# Alberta Health Basics™ Week 3

### Notes:

[illegible]

### Notes:

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## WEEK 4 CHECK-IN

How did I choose to have a positive attitude this past week?

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What physical activity that I really enjoy did I do last week?

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How many times did I do it?

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How many times at dinner did I make half my plate vegetables?

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# Alberta Health Basics™ Week 4

*"Balance is achieved when all aspects of who we are respect and honour one another." – Author unknown*

## WEEK 4 CHALLENGES

1. **CHOOSE** to create balance in your life.
2. **INVITE** someone to go with you.
3. **PLAN** your menu for the week.

## CHOOSE to create balance in your life

### When my life is in balance I feel:

- ☐ a sense of peace
- ☐ satisfied with my achievements and decisions
- ☐ my body, mind and spirit are nurtured and healthy
- ☐ I have time to accomplish what I need to
- ☐ I have time to accomplish what I want to

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### When my life is out of balance I may feel:

- ☐ tired
- ☐ out of control
- ☐ not productive
- ☐ moody
- ☐ I am not caring for my body, mind and spirit
- ☐ stressed

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## The essentials of balance:

### Body

- Nourish your body:
  - eat
  - play
  - sleep

### Mind

- Simplify your life
- Spend your time and money on the things you value
- Challenge yourself

### Spirit

- Live in the moment
- Practice love, kindness and compassion
- Foster inner growth and spirituality
- Live with a sense of purpose
- Connect with nature

# Alberta Health Basics™ Week 4

## My Life Balance Wheel

This wheel represents the essentials of life balance. Consider how much time and energy you spend in each area of your life. Mark a • for the amount of time and energy you are devoting to each area of your life right now. **1 = low. 5 = high.**

**Your choices reveal your priorities.**



My one small step to create balance

## Spirit

### Relationships

- Family
- Friends
- Pets

### Community

- Community projects
- Neighbors
- Colleagues
- Environment

### Life Purpose

- Faith
- Meditation
- Time in nature
- Good deeds

## Body

### Nutrition

- Planning
- Portions
- Balance
- Colour
- Healthy snacks/ beverages

### Exercise

- Stretch
- Strength
- Heart Health

### Sleep

- Getting enough sleep

## Mind

### Playtime

- Fun/recreation
- Vacations
- Hobbies
- Arts/music/reading

### Personal Growth

- Dreams
- Challenges
- Life planning
- Lifelong learning

### Work

- Career
- Calling
- Paid and unpaid work
- Education

## BALANCE your life with adequate sleep

Fact	My plan
<b>FACT 1:</b> Adequate sleep is essential to creating and maintaining balance.	

- Sleep can help you control your weight. Women who sleep 7 or more hours per night weigh an average of 5½ pounds less than those who sleep fewer than 5 hours.
- Sleep improves your memory.
- Sleep improves your ability to see the bigger picture.
- Sleep helps to repair your body.
- Sleep lowers your risk of stroke, heart disease and high blood pressure.

### Healthy Sleep Tips

1. Maintain a regular bed and wake time schedule including weekends.
2. Establish a regular, relaxing bedtime routine.
3. Create a sleep-conducive environment that is dark, quiet, comfortable and cool.

More tips on [www.sleepfoundation.org](http://www.sleepfoundation.org).



# Alberta Health Basics™ Week 4

## INVITE someone to go with you

Did I use my exercise journal this week? ☐ YES ☐ NO

How many days did  
I exercise at a moderate to  
vigorous intensity this week?

How many minutes  
per day did I exercise  
at that level?

Number  
of minutes  
per week\*

\_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

\*The goal is 150 minutes per week  
according to Canadian  
Physical Activity Guidelines.

Studies suggest that when a person exercises with a partner, they are more likely to work harder and exercise more consistently. Who might I ask to be my exercise partner?

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Are there other people I can invite to join me on other activities?

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How many days did I use my food journal this week? \_\_\_\_\_ days

If I used it, what did I learn from it?

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If I didn't, what was my barrier?

---

When or how will I implement my solution?

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## PLAN your menu for the week

Fact	My plan
<b>FACT 1:</b> Planning healthy, balanced meals for the week saves time, money and promotes healthy living.	

### Ideas to make planning work for me:

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

### Plan for success with these simple solutions. Aim for:

- ✓ Use 3 – 4 food groups per meal
- ✓ 1 – 2 food groups per snack
- ✓ Healthy choices 80% of the time
- ✓ Plenty of whole grains and vegetables
- ✓ Fish 2 times per week
- ✓ Bean and lentil dishes more often
- ✓ Something new on the menu each week

# Alberta Health Basics™ Week 4

Fact	My plan
<b>FACT 2:</b> Food labels have valuable health information.	

**Plan for your success in the store with these simple solutions:**

- ✓ Plan your meals
- ✓ Eat before you go
- ✓ Shop the perimeter of the store
- ✓ Choose fresh, whole foods instead of processed.
- ✓ Stick to your list

# Alberta Health Basics™ Week 4

## WEEK 4 CHALLENGES

1. CHOOSE to create balance in your life.
2. INVITE someone to go with you.
3. PLAN your menu for the week.

*"Your choices reveal your priorities."*

## WEEK 4 CHECK-OUT

My plan to choose to create balance in your life:

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My plan to invite someone to exercise with me:

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My plan to make menus for the week:

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Remember to fill in my food and exercise journal or app daily this week.

# Alberta Health Basics™ Week 4

### Notes:

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## WEEK 5 CHECK-IN

How did I choose to create balance in my life?

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Did I exercise together with someone?

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What exercise did I do?

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What is my plan this week?

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How many days this week did I plan my menus for the day?

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How will I incorporate menu planning this week?

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# Alberta Health Basics™ Week 5

*"What matters the most should never give way to that which matters the least." – Author unknown*

## WEEK 5 CHALLENGES

1. **Make CHOICES** that prioritize your health.
2. **GET** outside.
3. **MAKE** simple and healthy meals at home.

## Make CHOICES that prioritize your health

What do I do to put my health first?

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What opportunities do I see to make my health more of a priority?

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---

---

---

What will I do this week to make my choices match with my health priorities?

---

---



# Alberta Health Basics™ Week 5

## Get outside

Did I use my exercise journal this week? ☐ YES ☐ NO

How many days did  
I exercise at a moderate to  
vigorous intensity this week?

How many minutes  
per day did I exercise  
at that level?

Number  
of minutes  
per week\*

\_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

\*The goal is 150 minutes per week  
according to Canadian  
Physical Activity Guidelines.

Am I seeing any improvement from last week?

---

---

What do I enjoy about being outdoors?

---

---

What can I do this week to be active outdoors?

---

---

## MAKE simple and healthy meals at home

How many days did I use my food journal this week? \_\_\_\_\_ days

If I used it, what did I learn from it?

---

If I didn't, what was my barrier?

---

When or how will I implement my solution?

---

What benefits would I see if I made more meals at home?

☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_

☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_

☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_

☐ \_\_\_\_\_ ☐ \_\_\_\_\_ ☐ \_\_\_\_\_

# Alberta Health Basics™ Week 5

Fact	My plan
<b>FACT 1:</b> Making your meals fresh at home can cut your sodium intake by 75%.	
<b>FACT 2:</b> Families eat healthier when they cook fresh and eat at home.	

How many meals do I make at home each week?

Breakfast \_\_\_\_/7    Lunch \_\_\_\_/7    Supper \_\_\_\_/7    Snacks \_\_\_\_

How many more meals can I make at home each week?

# Alberta Health Basics™ Week 5

Fact	My plan
<b>FACT 3:</b> If we have easy, healthy foods on hand, we are more likely to eat them.	

My simple healthy meal ideas
pasta with tomato sauce, ½ pre-cooked chicken breast, whole wheat French bread, roasted yellow and red peppers and yogurt for dessert
salmon, quick cooking rice, frozen vegetable medley and a glass of milk
omelette with cheese and onion, red and green peppers, whole grain toast and an apple

# Alberta Health Basics™ Week 5

## WEEK 5 CHALLENGES

1. **MAKE** choices that prioritize my health.
2. **GET** outside.
3. **MAKE** simple and healthy meals at home.

*"Your choices reveal your priorities."*

## WEEK 5 CHECK-OUT

My plan to make choices that prioritize my health:

---

---

---

My plan to get outside:

---

---

My plan to make simple and healthy meals at home:

---

---

Remember to fill in my food and exercise journal or app daily this week.

# Alberta Health Basics™ Week 5

### Notes:

[illegible]

### Notes:

[illegible]

## WEEK 6 CHECK-IN

What choices did I make to prioritize my health?

---

---

What did I do to get outside?

---

---

Did I make simple and healthy meals more often at home? ☐ YES ☐ NO

Which meals were successful?

---

---

If not, what would I do differently next time (to make it easier, tastier or more nutritious)?

---

---



# Alberta Health Basics™ Week 6

*"What happens to you is not as important as how you react to it." – Thaddeus Golas, Author*

## WEEK 6 CHALLENGES


1. **BE** mindful of why you eat.
2. **INTENSITY** is key. Choose to exercise at a moderate to vigorous intensity.
3. **EAT** to prevent hunger.

## BE mindful of why you eat


### LEARN to understand why you are eating

Do you eat for nourishment or do you turn to food for comfort?  
Are you just bored?

#### Types of Hunger\*

 **Stomach hunger** – the physical need for food and nourishment. **This includes planned meals and snacks even if you don't feel hungry.**

 **Mouth hunger** – a **food craving** is associated with the **5 senses**.

 **Heart hunger** – an emotional feeling that tempts you to eat beyond what you need.

\*Shah, Wendy and Cannon, Colleen, Craving Change, 2008.

### Recognize your triggers

People overeat for many different reasons: emotions, events, thoughts, time of day, and even just out of habit. In order to be mindful of why you eat, it is important to identify your triggers and create healthy responses that address your triggers.

Trigger	My typical response	A healthier response
lonely	eat junk food	call a friend to go for a walk

What am I really hungry for?

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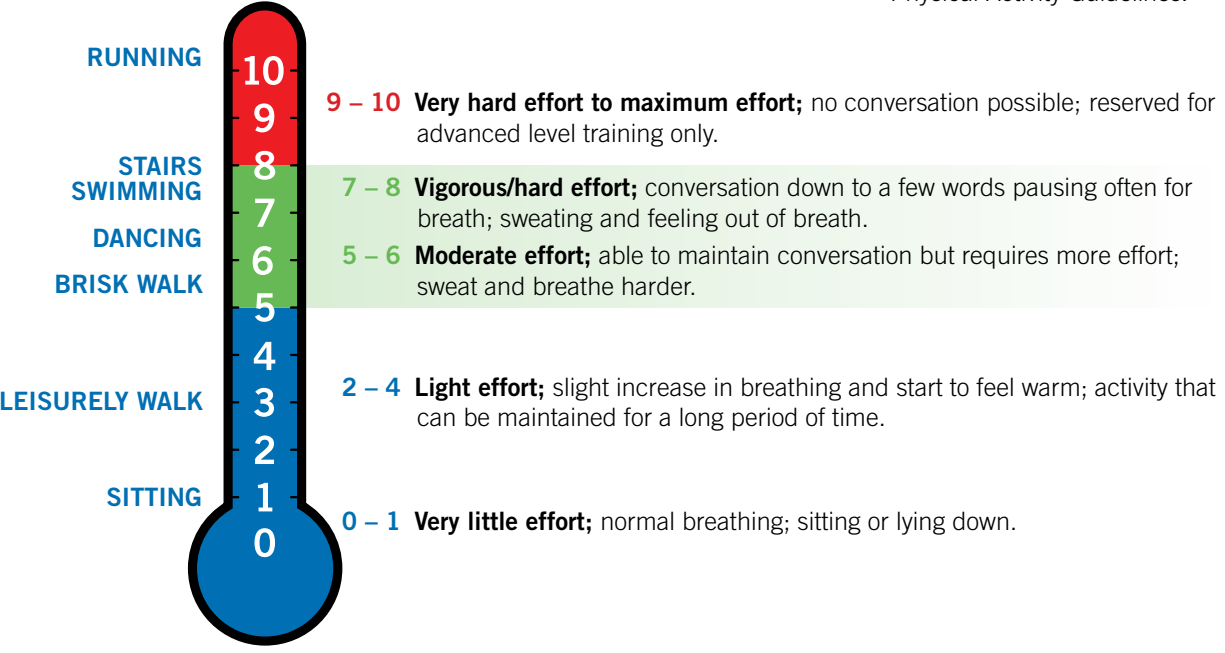
---

## INTENSITY is key. Choose to exercise at a moderate to vigorous intensity.

Did I use my exercise journal this week? ☐ YES ☐ NO

How many days did I exercise at a moderate to vigorous intensity this week?	How many minutes per day did I exercise at that level?	Number of minutes per week*
<div></div>	<div></div>	<div></div>

\*The goal is 150 minutes per week according to Canadian Physical Activity Guidelines.



# Alberta Health Basics™ Week 6

Use your food and exercise journal. Circle the physical activities from last week that were moderate to vigorous intensity.

**OR**

Look at my fitness pal. Review your physical activities from the past week. Use the notes pages to write the ones that were moderate to vigorous intensity.

How could I increase the intensity of my physical activities?

---

---

## EAT to prevent hunger

How many days did I use my food journal this week? \_\_\_\_\_ days

If I used it, what did I learn from it?

---

If I didn't, what was my barrier?

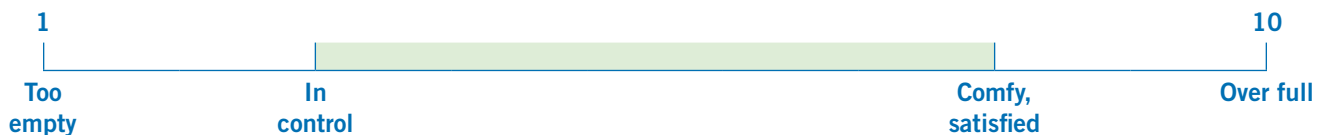
---

When or how will I implement my solution?

---

### Appetite awareness scale

An awareness of your appetite and hunger cues can help you to enjoy your meals while controlling your appetite. The appetite awareness scale will help you to understand the relationship between your appetite, habits and control. Aim for the green zone – where you are neither too empty (overly hungry) when you start eating nor over full when you finish eating.



# Alberta Health Basics™ Week 6

My tips to prevent hunger:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

My tips to prevent overeating:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CHOOSE snacks from Canada’s Food Guide

### Snacks

Fact	My plan
<b>FACT:</b> Snacks are a part of the Healthy Road. If your meals are more than 4 hours apart, plan a snack in between.	

A **healthy snack** contains 1 – 2 foods from Canada’s Food Guide:

- vegetables and fruits
- grains
- milk and alternatives
- meat and alternatives

Snacks that have fibre and/or protein are more satisfying.

#### Ideas for healthy snacks

- vegetables and hummus
- whole grain crackers and cheese
- air popped popcorn and nuts
- yogurt and fruit
- apple and peanut butter

#### My healthy snacks

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Alberta Health Basics™ Week 6

## WEEK 6 CHALLENGES

1. BE mindful of why you eat.
2. INTENSITY is key. Choose to exercise at a moderate to vigorous intensity.
3. EAT to prevent hunger.

*“Your choices reveal your priorities.”*

## WEEK 6 CHECK-OUT

My plan to be mindful of why I eat – which day will I analyze why I eat?  
The more days I do this, the more I will learn.

---

---

---

My plan to exercise at a moderate to vigorous intensity:

---

---

My plan to eat to prevent hunger:

---

---

---

Remember to fill in my food and exercise journal or app daily this week.



# Alberta Health Basics™ Week 6

### Notes:

[illegible]

## WEEK 7 CHECK-IN

Did I explore the reasons why I eat for at least one day? ☐ YES ☐ NO

If yes, what changes did I make as a result of what I learned?

---

---

If no, what day this week will I do it?

---

How many times did I exercise at moderate to vigorous intensity?

---

What did I do and for how long?

---

---

How did I eat to prevent hunger?

---

---

# Alberta Health Basics™ Week 7

"Incredible change happens in your life when you decide to take control." – Author unknown

## WEEK 7 CHALLENGES:

1. **CONQUER** your cravings.
2. **BUST** your excuses.
3. **CHOOSE** a healthy breakfast.

## CONQUER your cravings

### Craving control:

Am I eating my planned meals and snacks? ☐ Yes ☐ No

Am I keeping tempting treats out of sight? ☐ Yes ☐ No

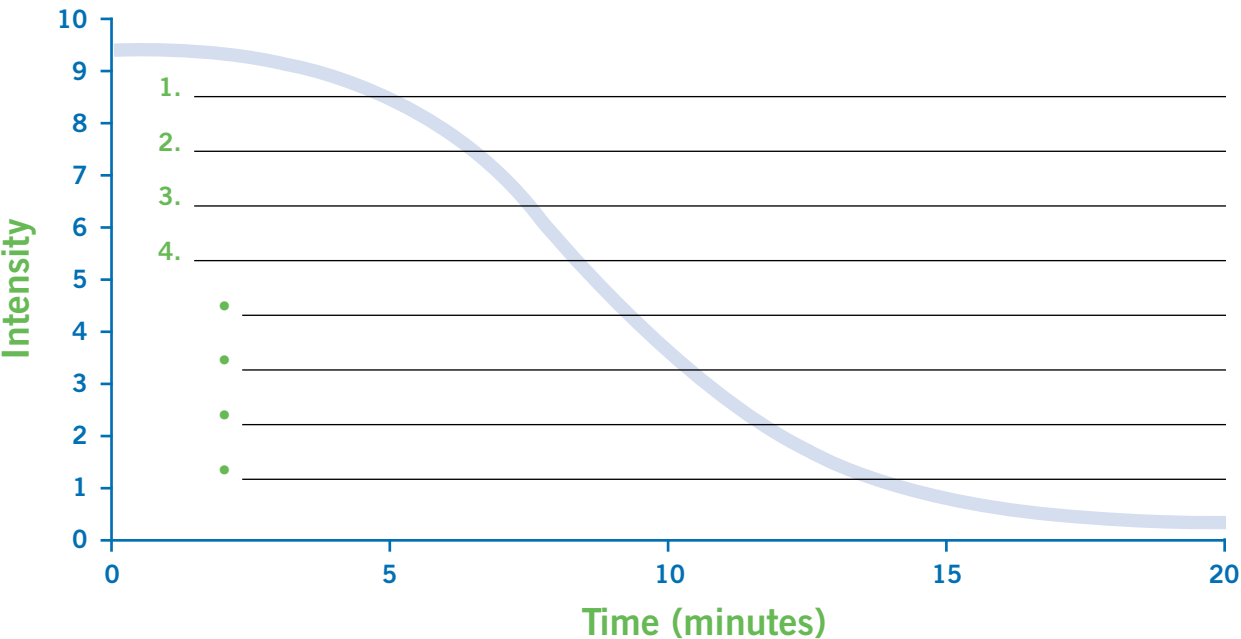
Am I including planned treats in my week? ☐ Yes ☐ No

☐

☐

☐

### Conquering a craving



## BUST your excuses

Did I use my exercise journal this week? ☐ YES ☐ NO

How many days did  
I exercise at a moderate to  
vigorous intensity this week?

How many minutes  
per day did I exercise  
at that level?

Number  
of minutes  
per week\*

\_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

What are my barriers to exercising?

\*The goal is 150 minutes per week  
according to Canadian  
Physical Activity Guidelines.

---

---

What will I do to overcome these barriers?

---

---

How many days did I use my food journal this week? \_\_\_\_\_ days

If I used it, what did I learn from it?

---

If I didn't, what was my barrier?

---

When or how will I implement my solution?

---

## CHOOSE a healthy breakfast

Fact	My plan
<b>FACT 1:</b> 40% of Canadians skip breakfast and make up for it in the evening.	
<b>FACT 2:</b> Eating a healthy breakfast provides energy all morning. Including both fibre and protein helps people reach and maintain a healthy weight. Aim for: <ul style="list-style-type: none"><li>• <b>20 – 25 g protein</b></li><li>• <b>10 – 15 g fibre</b></li></ul>	
<b>FACT 3:</b> Lack of time in the morning is a common reason that people skip breakfast.	

My plan for easy healthy breakfasts
poached egg on whole grain toast with orange juice
quick cooking oatmeal with milk, almonds and raisins
whole grain wrap, peanut butter and banana with a glass of milk

# Alberta Health Basics™ Week 7

## WEEK 7 CHALLENGES

1. **CONQUER** your cravings.
2. **BUST** your excuses.
3. **CHOOSE** a healthy breakfast.

*"Your choices reveal your priorities."*

## WEEK 7 CHECK-OUT

My plan to conquer my cravings:

---

---

---

My plan to bust my excuses:

---

---

My plan to choose a healthy breakfast:

---

---

---

Remember to fill in my food and exercise journal or app daily this week.

# Alberta Health Basics™ Week 7

### Notes:

[illegible]



### Notes:

[illegible]

## WEEK 8 CHECK-IN

How did I conquer my cravings?

---

---

How did I bust my exercise excuses?

---

---

How many days this week would I consider my breakfast healthy?

---

---

# Alberta Health Basics<sup>™</sup> Week 8

*"Believe in the possibility you can." - Celeste Needham, Yoga Instructor*

## WEEK 8 CHALLENGES

1. **CHOOSE** water as your main beverage.
2. **CHALLENGE** yourself.
3. **BELIEVE** in your success. Plan for setbacks.

## CHOOSE water as your main beverage

How many days did I use my food journal this week? \_\_\_\_\_ days

If I used it, what did I learn from it?

---

If I didn't, what was my barrier?

---

When or how will I implement my solution?

---

Fact	My plan
<b>FACT 1:</b> Water is essential for good health. Make it your go to beverage.	
<b>FACT 2:</b> Being well hydrated staves off cravings and mindless eating.	
<b>FACT 3:</b> We pour about 34% more into a short wide glass than a tall narrow one.	
<b>FACT 4:</b> Drinks may have many hidden calories in the form of sugar that can impact your goal.	

# Alberta Health Basics™ Week 8

## Personal drink inventory

Do I drink this?	Drink	Servings per day	Servings per week	Calories/serving
	water (8 oz.)			0
	milk (8 oz.) – skim to 2%			90 – 120
	chocolate milk (8 oz.) – 2%			165
	Crystal Lite (8 oz.)			0
	tea (8 oz.)			0
	iced tea (16 oz. bottle)			130
	coffee (8 oz.)			0
	coffee creamers (1 tbsp)			30 – 40
	sugar (1 tsp added to coffee)			16
	fancy coffees (16 oz.)			190 – 470
	milkshake (16 oz.)			560 – 780
	unsweetened almond or soy beverage (8 oz.)			30 – 60
	club soda (1 can – 12 oz.)			0
	hot chocolate (8 oz.)			220 – 370
	pop (1 can – 12 oz.)			150
	diet pop (1 can – 12 oz.)			0
	Slurpee (22 oz.)			300
	juice (16 oz. bottle)			220 – 250
	vegetable juice (8 oz.)			50
	smoothies (16 oz.)			350 – 500
	wine (5 oz.)			105
	beer (12 oz.)			140
	hard liquor/spirits (1.5 oz.)			Up to 125

My plan:

---



---

## CHALLENGE yourself

Did I use my exercise journal this week? ☐ YES ☐ NO

How many days did  
I exercise at a moderate to  
vigorous intensity this week?

How many minutes  
per day did I exercise  
at that level?

Number  
of minutes  
per week\*

\_\_\_\_\_ X \_\_\_\_\_ = \_\_\_\_\_

\*The goal is 150 minutes per week  
according to Canadian  
Physical Activity Guidelines.

What am I currently doing for exercise?

---

---

What can I do to challenge myself?

---

---

If I am not consistent with exercise, what is getting in my way?

---

---

What is my solution?

---

---

## BELIEVE in your success

Success is not just one great accomplishment; it is the accumulation of many successes of varying degrees. If we hinge our success on losing 20 pounds or becoming medication free; we will miss out on our daily and weekly successes. **Think back to the successes you have experienced; record them here and add more to the list regularly.**

1	2	3	4	5	6	7	8	9	10
Small successes like going further or faster on your walk, saying no to extra treats and getting your veggies in.			Medium successes like sticking to an exercise schedule or meal plan for a week or two, positive changes in blood pressure, blood sugar or going down a clothing size.				Large successes like running a marathon, losing 20 pounds or becoming medication free.		

## BELIEVE in your success

Check your most powerful reasons for making changes:

- |                                      |  |                                       |  |
|--------------------------------------|--|---------------------------------------|--|
| <input type="checkbox"/> feel better | <input type="checkbox"/> self confidence | <input type="checkbox"/> sleep better | <input type="checkbox"/> feel strong         |
| <input type="checkbox"/> look better | <input type="checkbox"/> have fun        | <input type="checkbox"/> lose weight  | <input type="checkbox"/> future independence |
| <input type="checkbox"/> more energy | <input type="checkbox"/> manage stress   | <input type="checkbox"/> health       | <input type="checkbox"/> be an example       |

Add some of your other reasons:

- |                                |                                |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |



# Alberta Health Basics™ Week 8

## What ideas and tools help you stay on the Healthy Road?

[illegible]

## PLAN for setbacks

What are the signs that you are on track?

---

---

What would help keep you on track? Choose your top two resources or tools.

1. 

---
2. 

---

What is the first sign you are going off track?

---

---

What will you do if you go off track?

<input type="checkbox"/> <hr/>	<input type="checkbox"/> <hr/>
<input type="checkbox"/> <hr/>	<input type="checkbox"/> <hr/>
<input type="checkbox"/> <hr/>	<input type="checkbox"/> <hr/>
<input type="checkbox"/> <hr/>	<input type="checkbox"/> <hr/>
<input type="checkbox"/> <hr/>	<input type="checkbox"/> <hr/>
<input type="checkbox"/> <hr/>	<input type="checkbox"/> <hr/>

# Alberta Health Basics™ Week 8

## WEEK 8 CHALLENGES

1. CHOOSE water as your main beverage.
2. CHALLENGE yourself.
3. BELIEVE in your success. Plan for setbacks.

*"Your choices reveal your priorities."*

## WEEK 8 CHECK-OUT

My plan to choose water as my main beverage:

---

---

---

My plan to challenge myself with exercise (something new, increase intensity, sign up for a race, add difficulty)?

---

---

My plan to believe in my success and overcome setbacks:

---

---

---

# Alberta Health Basics™ Week 8

### Notes:

[illegible]

# LIVING on The Healthy Road

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

- Ralph Waldo Emerson, Essayist, Philosopher, Poet

## CHOOSE to challenge yourself

Each week we addressed 3 important challenges. Look back on these challenges often.

### Mindset challenges

- I am mindful of my habits.
- I take the Healthy Road.
- I have a positive attitude.
- I create balance in my life.
- My choices match my priorities.
- I am mindful of why I eat.
- I conquer my cravings.
- I believe in my success.

### Eating challenges

- I make food journaling work for me.
- I choose healthy portions at every meal.
- Half my plate is vegetables.
- I plan my menu for the week.
- I make simple and healthy meals at home.
- I eat to prevent hunger.
- I choose a healthy breakfast.
- I choose water as my main beverage.

### Activity challenges

- I am working towards 30 minutes of moderate to vigorous exercise most days of the week.
- I practice 5:60.
- I choose physical activities I enjoy.
- I have an exercise partner.
- I get outside.
- I exercise at a moderate to vigorous intensity.
- I bust my exercise excuses.
- I challenge myself.

# MOVING on The Healthy Road

## CHOOSE to do the body weight circuit

- Start with a 5 minute warm up.
- Do 15 repetitions or 1 minute of each. Work your way up to 3 cycles.
- Finish with stretches.

Chair crunch



Chair squat



Wall pushup



Lunge



## CHOOSE to stretch daily

- Hold each stretch for at least 30 seconds.

Lower back



Quads



Chest



Hamstrings



## Interval Training

Interval training simply means varying the intensity within your workout. It improves fitness and burns more calories. Do it the next time you're out.

### Example using light posts:

- Move at a 5/10 for 3 light posts,
- then from light posts 3 to 4 increase your intensity to a 7/10,
- then for the next 3 move at a 5/10 again,
- repeat.

### Example using time:

- Move at a 5/10 for 3 minutes,
- then increase your intensity to a 7/10 for 1 minute,
- then for move at a 5/10 again for the next three minutes,
- repeat.

# Coach's favourite websites, apps and tips

## Activity

**web** [www.participaction.com](http://www.participaction.com)

**app** [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

## Food

**web** [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

**web** [www.dietitians.ca](http://www.dietitians.ca)

**web** [www.halfyourplate.ca](http://www.halfyourplate.ca)

## Tracking

**web and app** [My Fitness Pal](#)

**web and app** [EaTracker](#)

## Coach's tips

### Mindset

- Stay positive – you can do it!
- Practise the 80/20 rule

### Sleep

- Choose a bed time and wake up time and stick to it

### Activity

- Do interval training (page 80)
- Use the 5 minute rule (page 10)
- Always walk like you are late
- Stand whenever you can

### Food

- Use the half plate policy
- Make meal planning and preparation a family affair
- Drink water
- Pack a snack

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# Appendix 1



## Alberta Health Basics™ Week 8 - Participant Evaluation

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

We are interested in your experience in the Alberta Health Basics™ Program and welcome your feedback to make it better. Thank you for your time in completing these questions.

### Personal Change

	Not At All	Very Little	Somewhat	To A Great Extent
(1) Living the healthy way is important to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(2) I have support in making lifestyle changes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(3) I am confident I have the skills to make healthy choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(4) What are your reasons for making lifestyle changes? (Check all that apply.)

- |                                      |  |  |  |
|--------------------------------------|--|--|--|
| <input type="checkbox"/> Feel Better | <input type="checkbox"/> Manage Stress | <input type="checkbox"/> Have Fun                  | <input type="checkbox"/> Feel Stronger |
| <input type="checkbox"/> Look Better | <input type="checkbox"/> Sleep Better  | <input type="checkbox"/> Increased Self-Confidence | <input type="checkbox"/> Be An Example |
| <input type="checkbox"/> More Energy | <input type="checkbox"/> Better Health |  |  |

(5) Since participating in the Health Basics program:

	Not At All	Very Little	Somewhat	To A Great Extent
(A) I am more active. ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how? _____				

	Not At All	Very Little	Somewhat	To A Great Extent
(B) I am eating healthier. ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how? _____				

	Not At All	Very Little	Somewhat	To A Great Extent
(C) My health condition has improved. ....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how? _____				

Please turn over page.

# Appendix 1

	Not At All	Very Little	Somewhat	To A Great Extent
(D) I keep track of my activity and food eaten each day. . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how? _____				

## About The Program

	Very Dissatisfied	Dissatisfied	Satisfied	Very Satisfied
(6) Please check the box that reflects your overall satisfaction in taking the Health Basics program. . . . .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(7) Please check the best answer about the Health Basics program:				

	Not At All	Very Little	Somewhat	To A Great Extent
(A) Program was easy to understand and follow.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(B) Program provided opportunities to learn and practice new skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(C) Health Basics Participant Journal is a useful reference in practicing health behaviour changes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(D) The workshop environment felt safe and non-judgmental.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(E) The instructors were knowledgeable and prepared.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

(8) What **three** activities were **most** helpful about the program?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(9) Comments or suggestions about the Health Basics program.

\_\_\_\_\_

\_\_\_\_\_

## About You

(10) Are you?      ☐ Male    ☐ Female

(11) Age            ☐ 16 - 24    ☐ 25 - 44    ☐ 45 - 64    ☐ 65 +

*Thank you for your participation!*

# Appendix 2

## Food and activity log sheets



### Examples of One Canada Food Guide Serving

#### Vegetables and Fruit

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

#### Grain Products

- 1 slice (35 g) bread or ½ bagel (45 g)
- ½ pita (35 g) or ½ tortilla (35 g)
- 125 mL (½ cup) cooked rice, pasta, or couscous
- 30 g cold cereal or 175 mL (¾ cup) hot cereal

#### Milk and Alternatives

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese

#### Meat and Alternatives

- 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
- 175 mL (¾ cup) cooked beans
- 2 eggs
- 30 mL (2 Tbsp) peanut butter

### Examples of One Canada Food Guide Serving

#### Vegetables and Fruit

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

#### Grain Products

- 1 slice (35 g) bread or ½ bagel (45 g)
- ½ pita (35 g) or ½ tortilla (35 g)
- 125 mL (½ cup) cooked rice, pasta, or couscous
- 30 g cold cereal or 175 mL (¾ cup) hot cereal

#### Milk and Alternatives

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese

#### Meat and Alternatives

- 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
- 175 mL (¾ cup) cooked beans
- 2 eggs
- 30 mL (2 Tbsp) peanut butter

### Food

Use "My Food Guide" (on the Health Canada Website) to determine the number of servings you should aim for each day and as a guide for portion size. Highlight or circle the number of portions you aim for.

Drink a glass of water with each meal and between each meal. Drink more water when you are active, in hot weather and if you are pregnant or breastfeeding.

### Activity

**Heart health:** At least 150 minutes moderate to vigorous activity weekly.

Mark each 15 minutes of activity:	OR	Mark the number of steps:
15 15 15 15		STEPS

**Strength:** 2 – 4 days per week.

**Stretch:** Daily.

Date			
MY DAILY TARGETS			
Vegetables & fruits	Grains	Milk & alternatives	Meat & alternatives
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	
5	5		
6	6		
7	7		
8	8		
9			
10			

MY MEALS AND SNACKS	Breakfast	
	Snack	
	Lunch	
	Snack	
	Supper	
	Snack	

Circle choices that do not fit in a food group.

MY ACTIVITY	Heart health	15	15	15	15	STEPS
	Strength & Stretch					

Date				
MY SERVINGS				
Vegetables & fruits	Grains	Milk & alternatives	Meat & alternatives	Water
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4		4
5	5			5
6	6			6
7	7			
8	8			
9				
10				

# Appendix 3

## Alberta Health Basics™ meal planner

Meal	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast							
Lunch							
Dinner							
Snacks							

Save this menu for future reference as you continue to plan each week. Soon you'll have a month of menus!

### Plan for success with these simple solutions. Aim for:

- ✓ 4 food groups per meal
- ✓ 1 – 2 food groups per snack
- ✓ Healthy choices 80% of the time
- ✓ Plenty of whole grains and vegetables
- ✓ Fish 2 times per week
- ✓ Bean and lentil dishes more often
- ✓ Something new on the menu each week

# Appendix 3

## Grocery list

Veggies and fruits	Grains and breads	Meat, fish and poultry	Dairy

Pantry	Frozen goods	Other	

Plan for your success in the store with these simple solutions:

- ✓ Plan your meals
- ✓ Eat before you go
- ✓ Shop the perimeter of the store
- ✓ Stick to your list

# Appendix 4

## Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

### Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be 'out of breath'. Activities like:

- Jogging
- Cross-country skiing

### Being active for at least 150 minutes per week can help reduce the risk of:

- Premature death
- Heart disease
- Stroke
- High blood pressure
- Certain types of cancer
- Type 2 diabetes
- Osteoporosis
- Overweight and obesity

And can lead to improved:

- Fitness
- Strength
- Mental health (morale and self-esteem)

### Pick a time. Pick a place. Make a plan and move more!

- ☒ Join a weekday community running or walking group.
- ☒ Go for a brisk walk around the block after dinner.
- ☒ Take a dance class after work.
- ☒ Bike or walk to work every day.
- ☒ Rake the lawn, and then offer to do the same for a neighbour.
- ☒ Train for and participate in a run or walk for charity!
- ☒ Take up a favourite sport again or try a new sport.
- ☒ Be active with the family on the weekend!

**Now is the time. Walk, run,  
or wheel, and embrace life.**



## Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

### Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.

### Let's Talk Intensity!

Moderate-intensity physical activities will cause older adults to sweat a little and to breathe harder. Activities like:

- Brisk walking
- Bicycling

Vigorous-intensity physical activities will cause older adults to sweat and be 'out of breath'. Activities like:

- Cross-country skiing
- Swimming

### Being active for at least 150 minutes per week can help reduce the risk of:

- Chronic disease (such as high blood pressure and heart disease) and,
- Premature death

And also help to:

- Maintain functional independence
- Maintain mobility
- Improve fitness
- Improve or maintain body weight
- Maintain bone health and,
- Maintain mental health and feel better

### Pick a time. Pick a place. Make a plan and move more!

- ☒ Join a community urban poling or mall walking group.
- ☒ Go for a brisk walk around the block after lunch.
- ☒ Take a dance class in the afternoon.
- ☒ Train for and participate in a run or walk for charity!

- ☒ Take up a favourite sport again.
- ☒ Be active with the family! Plan to have "active reunions".
- ☒ Go for a nature hike on the weekend.
- ☒ Take the dog for a walk after dinner.

**Now is the time. Walk, run, or wheel, and embrace life.**



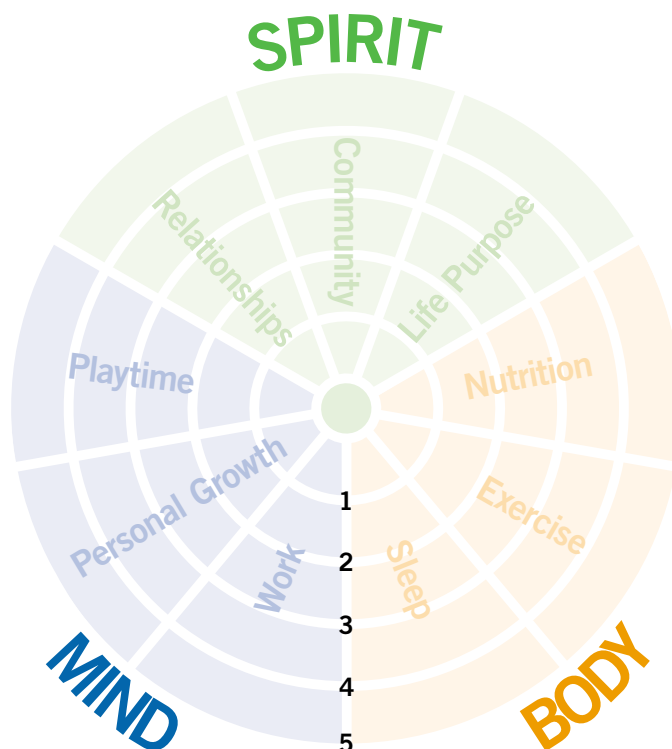
# Appendix 5



## MY LIFE BALANCE WHEEL

This wheel represents the essentials of life balance. Consider how much time and energy you spend in each area of your life. Mark a • for the amount of time and energy you are devoting to each area of your life right now. **1 = low. 5 = high.** Mark an x for the amount you would like to devote. The gaps represent areas where you can make changes to improve your balance.

**Your choices reveal your priorities.**



## SPIRIT

### RELATIONSHIPS

- Family
- Friends
- Pets

### COMMUNITY

- Community projects
- Neighbors
- Colleagues
- Environment

### LIFE PURPOSE

- Faith
- Meditation
- Time in nature
- Good deeds

## BODY

### NUTRITION

- Planning
- Portions
- Balance
- Colour
- Healthy snacks/beverages

### EXERCISE

- Stretch
- Strength
- Heart Health

### SLEEP

- Getting enough sleep

## MIND

### PLAYTIME

- Fun/recreation
- Vacations
- Hobbies
- Arts/music/reading

### PERSONAL GROWTH

- Dreams
- Challenges
- Life planning
- Lifelong learning

### WORK

- Career
- Calling
- Paid and unpaid work
- Education



Health Basics is a Red Deer Primary Care Network Program.  
[www.reddeerpcn.com](http://www.reddeerpcn.com)





