

Lesson 2



Getting Started.

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Aloha and welcome back to the second lesson of the PILI Lifestyle Program.



Image courtesy of arinfreephoto.com

What did we talk about last time?

We said that this program would cover three areas . . .

1. Eating healthy.
2. Being physically active.
3. Managing negative emotions.

We discussed the benefits of making healthy lifestyle changes including . . .

- Preventing health problems
- Looking and feeling better
- Being an example for family and friends

Remember, when making changes, there are 5 key things to keep in mind . . .

1. Be realistic
2. Stay flexible
3. Be specific
4. Keep it doable
5. Make it enjoyable

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What did we talk about last time? (continued)

Everyone slips when they begin to make lifestyle changes. But we can avoid some of these slips by . . .

- Keeping your thoughts positive
- Learning from what happened
- Regaining control as soon as you can
- Talking with your support person
- Focusing on positive changes



To help stay on track and to keep motivated, don't forget to . . .

- Stay aware of the benefits
- Keep visible signs of your progress
- Track your progress
- Add variety to your routine

Photo by Norm Shapiro for the U.S. Census Bureau, Public Information Office



Now let's review the action plan you made last week.

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What will we talk about today?

How can we make choices to be more active?

We will talk about . . .

- Finding ways to **be more active** throughout the day.
- Eating your favorite foods while **cutting back on the fat**.

Let us start by talking about activity choices we make everyday.

Sometimes we make inactive choices . . . such as watching TV after work or driving one block to the store . . . which can be replaced by more active choices.

Here are some examples of turning inactive choices into active choices to help us get started . . .

Remember . . . every minute of activity you do each day adds up to a more active you.

Inactive Choice		Active Choice
<ul style="list-style-type: none">• Park your car close to the store entrance	OR	<ul style="list-style-type: none">• Park your car further away and walk
<ul style="list-style-type: none">• Get off the bus close to your destination	OR	<ul style="list-style-type: none">• Get off the bus one stop earlier
<ul style="list-style-type: none">• Sit at your desk while eating lunch	OR	<ul style="list-style-type: none">• Go for a walk during your lunch break
<ul style="list-style-type: none">• Take the elevator	OR	<ul style="list-style-type: none">• Take the stairs

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How can we make changes to our activity?

Think about the times you are inactive during the day.

Let's turn these inactive times into active times!



For example, cut the time you spend watching TV by half and add a walk instead or dance during the commercials.



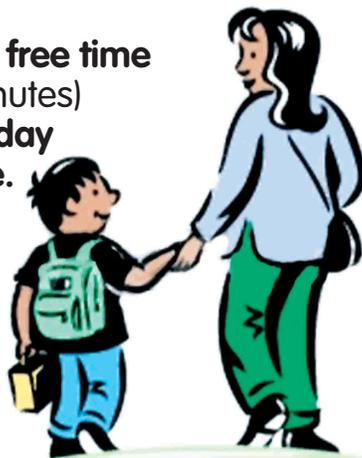
You can also be active while you watch TV by dancing with the commercials, changing channels by hand instead of with the remote, or jumping on a treadmill while watching TV.

Can you think of other examples of how to turn inactive time into active time?

When can we be more active?

Find time to be active each day. You can find the time to be active by . . .

- **Setting aside one block of time** (20 to 30 minutes) **every day to be active.**
- **Looking for free time** (10 to 15 minutes) **during the day to be active.**



When can you set aside time to do an activity you like?



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As we become more active what should we keep in mind?

It is important to think about **doing your activity safely.**

The **3 things** you might be concerned with **when becoming more active** are . . .

1. Preventing injuries
2. Stretching before and after activity
3. Treating injuries if they occur



Being active is usually safe, but problems can arise.

The best approach is always prevention.



Let us review the **Keep It Safe and Some Safe and Easy Exercises handouts.**

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What about eating less fat?

We have talked a lot about being more active. This is an important part to living a healthy lifestyle.

Another important part is eating healthy.

Today we will focus on **3 ways to eat less fat** . . .

1. Eat high fat foods less often.

Instead of eating french fries every day, just have them once a week. That's about 132 fewer grams of fat per week!

2. Eat smaller amounts of high fat foods.

Cutting back even a little on the amount you eat can make a big difference. Instead of ordering a regular-sized plate lunch, order the mini portion.

3. Eat lower fat foods instead.

Instead of ordering macaroni salad, substitute a green salad with low-fat dressing or kim chee.



Let us review the **Menu Makeover** handout

and see if we can practice making some substitutions to lower the fat in our meals.



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What is my action plan?

Let us take a minute to make a positive action plan to help you eat less fat.

List Your Top 3 High Fat Foods	Ways to Eat Less Fat (check one)
1.	<input type="checkbox"/> Eat this item less often _____ <input type="checkbox"/> Eat a smaller portion <input type="checkbox"/> Eat a lower-fat food instead Substitute: _____
2.	<input type="checkbox"/> Eat this item less often _____ <input type="checkbox"/> Eat a smaller portion <input type="checkbox"/> Eat a lower-fat food instead Substitute: _____
3.	<input type="checkbox"/> Eat this item less often _____ <input type="checkbox"/> Eat a smaller portion <input type="checkbox"/> Eat a lower-fat food instead Substitute: _____

To prepare for next week's topic, think about three activities that you might want to use to replace inactive times.

You can write your three activities here:

1. _____
2. _____
3. _____

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What have we covered today?

We talked about being more active and eating less fat.

Specifically, we talked about turning inactive time into active time by . . .

- Setting aside one block of time (20 to 30 minutes) each day to be active
- Looking for free time (10 to 15 minutes) during the day to be active

We talked about safety and preventing injuries while being active by . . .

- Stretching before and after activity
- Treating injuries if they occur

Finally, we talked about eating less fat by . . .

- Eating high fat foods less often
- Eating smaller amounts of high fat foods
- Eating lower fat foods instead



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Be Active. Eat Less Fat.

**What will
be covered
next time?**

Next session (Lesson 3) we will be talking about finding hidden fats in foods and starting a physical activity program.

Don't forget to keep track of your progress using your Passport to Health.

You can keep your notes and action plan from this session in your Passport to Health as well.

Remember to weigh yourself as soon as you come in next week and record it in your Passport to Health.

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