



# Healthy Living Program



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER



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For a digital copy of this book, please visit [go.osu.edu/pted3712](https://go.osu.edu/pted3712).

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**This book is for informational purposes only. Talk to your doctor or health care team if you have any questions about your care.**

For more health information, go to [wexnermedical.osu.edu/patiented](https://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).

# Welcome

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Healthy Living is a 3 month guided program that gives you personalized support and structure. Our team provides the expertise you need to achieve your weight loss and lifestyle goals.

The program includes:

- A 1 hour orientation with a health coach to discuss your goals and plan.
- 12 weekly, 10 to 15 minute check-ins with the health professional who best meets your needs.
- Two, 30 minute sessions with the health professional of your choice: exercise physiologist, dietitian, or health coach. Sessions may cover a MedGem test to determine your resting metabolic rate, meal planning, fitness assessments, exercise guidance, time management, stress management, or goal setting.
- 30 minute wrap up meeting with your health coach at the end of the 3 month session to go over your progress.



# Program Information

Please review the following program information.

## Weight loss medicines

You have the option to meet with a certified nurse practitioner (CNP) to discuss medicines for weight loss. This appointment is separate from program fees and is billed to your insurance. Please verify your insurance benefit coverage.

## MedGem test

This test finds your resting metabolic rate. To prepare for the test, you will need to:

- Be free of nutritional supplements or medicines that contain ephedra, Ma Huang, or pseudoephedrine for at least 12 hours before the test.
- Fast. Do not eat any food or drink any calorie containing beverages for at least 4 hours before the test.
- Not exercise for at least 4 hours before the test.
- Be caffeine free for at least 3 hours before the test.
- Be nicotine free for at least 1 hour before the test.

## Healthy Living Program staff

We are looking forward to working with you! Please let us know if you have any questions.

- Eric Colombo, RDN, LD, Dietitian, 614-688-9386
- Chris Farrell, CPT, TBMM-CES, MES, Exercise Physiologist, 614-366-1476
- Katharine Feister, PhD, LPC, Health Coach, 614-293-3845
- **Main Call Center, 614-366-6675**

**To schedule or cancel appointments**, send a message to a staff member via MyChart Messages or call the Main Call Center at 614-366-6675.

All electronic communication is done through MyChart to protect your personal information. If you need help setting up a MyChart account, please let a staff member know, and we would be happy to help.

**If you have a medical emergency, please call 911.**



## Personal commitment statement

As needed, I will: (mark those you agree with)

- Ask for help from staff, family, and friends.
- Use my personal strengths.
- Plan strategies ahead of time to avoid difficult situations.
- Not wait to get back on track when I run into problems.
- \_\_\_\_\_.

This is my personalized Healthy Living action plan, and I am committed to taking these steps toward meeting my health goals. I agree to implement these plans to the best of my ability in order to successfully make changes in my health.

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

# About the Program

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## Orientation – today’s meeting

1 hour orientation with a health coach to discuss your goals and plan.

## Weekly check in appointments

In order to provide structure and accountability, you will have a weekly time to check in with a staff member about your progress. This appointment lasts about 15 minutes and can take place on-site or by phone. Your weight will be recorded, you will have the opportunity to ask questions, and you will be given resources. You will also review your goals from last week and set goals for the coming week.

## 2 health professional visits

As part of your program, you have the opportunity to have two, 30 minute sessions with the health professional of your choice. These are based on your needs, interests, and the areas you would like to focus.



### Nutrition options include:

- Optional MedGem® test to determine your resting metabolic rate
- Meal planning
- Other: \_\_\_\_\_

### Exercise options include:

- Fitness evaluation(s) at the start and/or end of the program
- Fitness plan
- Training session
- Other: \_\_\_\_\_

### Health coach options include:

- One on one health coaching session(s)
- Other: \_\_\_\_\_

## 30 minute wrap up meeting

You will have a wrap up meeting with a health coach to review your progress. At this meeting, you and your health coach will:

- Review your outcomes, including your weight loss and lifestyle changes.
- Review your initial goals for the 3 month program.
- Discuss next steps for continued success for either more weight loss or for transitioning into a maintenance phase.
- Review available resources.

# My Schedule

Use this overview of your program to track your activities and appointments.

Date	Activities and appointments	Did you complete?
	Orientation	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in	
	Weekly check in Schedule wrap up meeting	
	Attend wrap up meeting	

# Developing an Action Plan

You will begin to develop an action plan during your orientation. We encourage you to work with our staff throughout the program to further develop your plan. Having an action plan can help you focus as you seek to change your behaviors and lifestyle.

## Parts of an action plan

There are 3 main parts:

- 1. Your personal vision statement** – What is your long term, overall health and wellness goal for yourself? What is your “destination?”
- 2. 3 month goals** – Over the next 3 months what nutrition, exercise, and behavior goals are needed to help you move closer to your long term goal?
- 3. Weekly goals** – What steps do you need to take right now to move closer to your 3 month goals and your personal vision? How will your good intentions turn into real change in your day to day life?

Your vision and 3 month goals give you an overall direction and purpose to improve your health. Weekly goals are what connect these “big goals” to your everyday life. Sometimes, you can become discouraged because you may feel so far away from your vision. If this occurs, **focus on your weekly goals.**

Focusing on your weekly goals will help you see that you are making progress. Then you can begin to build on your success. Think of it as taking small steps toward your vision. It takes time and work to change habits and behaviors.

Spend time and energy setting realistic weekly goals in your action plan to build momentum and begin to make changes. Over time these small changes can build up to have a large impact on your life.

Set weekly goals, so you can make progress toward improving your health.

## Develop your action plan

Read pages 10 to 17 of this book to help you develop an action plan. This plan will include a personal vision statement (long term goal), 3 month goal(s), and weekly goals.



# Personal Vision Statement

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**If we consider the action plan a road map, then your vision statement describes the destination.** It asks you to consider what it would be like to be living your “best life.” It is a picture of where you want to be.

As we develop a vision statement for your time here in the program, we want to focus on what you would like to accomplish for your health and wellness goals. You can certainly develop a vision statement to include other aspects of life, but it is important to have a clear long term vision for yourself, as it relates to your weight management goals. You will begin to create a vision statement at your orientation, but you are encouraged to continue to update it.

By clarifying your vision and writing it out, you have an additional resource for goal setting and for motivation. At a basic level, you know where you want to go and why you are making difficult everyday changes. It can be challenging to stay motivated when you are making adjustments to your life, and your personal vision can remind you why you are working so hard. We encourage you to revisit and update this vision throughout your time in the program to help you stay motivated.

## Where to start

Begin to think about what it would look like for you to be your “best self.” Pretend that you are already experiencing it and living it out. Describe this in your own words and create a picture of what life will look like when you are successful with your health and wellness goals.

It may be helpful to consider the following questions, and write down your initial responses:

- How will I feel about myself?
  
  
  
  
  
  
  
  
  
  
- What results do I want to see?
  
  
  
  
  
  
  
  
  
  
- What activities do I want to do consistently?
  
  
  
  
  
  
  
  
  
  
- What will motivate me?

- What will challenge me?
- Why does living this way matter to me?
- What structures and strategies will I have in place to ensure success?
- What would my everyday life be like if I was successful in meeting my health and wellness goals?

## In my vision...

- |   |   |
|---|---|
| <input type="checkbox"/> I have more energy   | <input type="checkbox"/> My mood is improved          |
| <input type="checkbox"/> I am comfortable in my clothing  | <input type="checkbox"/> I am more active             |
| <input type="checkbox"/> I take less medicines  | <input type="checkbox"/> I am more hopeful            |
| <input type="checkbox"/> I travel comfortably   | <input type="checkbox"/> My quality of life is better |
| <input type="checkbox"/> I am able to walk up and down stairs easily                              | <input type="checkbox"/> _____                        |
| <input type="checkbox"/> I have less pain   | <input type="checkbox"/> _____                        |
| <input type="checkbox"/> I sleep better   |   |
| <input type="checkbox"/> I am not limited by my weight  |   |
| <input type="checkbox"/> I am living and not just existing  |   |
| <input type="checkbox"/> I am healthy and able to play with my kids or grandkids                  |   |
| <input type="checkbox"/> I enjoy getting my picture taken   |   |
| <input type="checkbox"/> I am better at managing my disease (diabetes, high blood pressure, etc.) |   |
| <input type="checkbox"/> I no longer emotionally eat  |   |
| <input type="checkbox"/> I am less stressed   |   |

## My personal vision statement

After considering your responses, begin to create your personal vision statement. Start with the phrase “I am...” and use present tense throughout your vision statement.

**Revisit your vision statement regularly and remind yourself of your vision when you begin to lack motivation or feel discouraged!**

Ideas for using your vision statement:

- Turn it into a visual picture of your motivation (i.e. have a picture of a beach on your desk if you are working hard to be comfortable at the beach one day).
- Share it with your trusted support people.
- Keep a copy on the fridge, in your gym bag, on your desk, or in your car.

# Learning to Set Goals

To make the changes that will get you to your long term vision, it helps to set goals. Goals put good intentions into action. Set 3 month and weekly goals to help you make small steps to change your behaviors to be healthier.

Over time, these can lead to new habits. Instead of waiting to make large changes, make small changes right now and throughout the program.

## Setting goals

Learning to set goals is a skill that can be helpful in making effective, long-lasting changes. Here are some things to keep in mind when setting goals:

Your goals should be SMART:

**Specific:** Make a plan: what, when, where, how long, how many times?

**Measurable:** Keep track of your progress. Did you complete the plan?

**Action based:** Find behaviors that you can address. Can you slowly change these?

**Realistic:** Is this something you are willing and able to do?

**Timely:** Set a time frame and ask if this is moving you closer to your long term goal.



## A few tips

Most people find more success if they write out and track their goals.

- When you track your goals over time, you can have an increased sense of success and motivation. It also gives you a chance to adjust your goals by finding patterns or trends that need to be addressed. If they are not working, then you can try something else!
- How will you track your goals? \_\_\_\_\_  
\_\_\_\_\_

The goals have to be **your goals**. If they do not reflect your personal hopes or desires, you will be less likely to follow through with them.

Set goals that make healthy changes in your life and not just weight loss goals. You are working to build healthy habits. If you focus too strongly on just weight loss, you may not reach your long term goal.

Healthy habits will lead you to weight loss. Also, you can share these goals with your support people, and they can cheer you on and help you stay accountable.

## 3 month goals

In order to meet your long term health goals, we encourage you to set SMART 3 month goals. Over the next 3 months in the program, what goals do you want to reach?

Target date: \_\_\_\_\_

- Nutrition goal(s): \_\_\_\_\_  
\_\_\_\_\_
- Exercise goal(s): \_\_\_\_\_  
\_\_\_\_\_
- Other goal(s), such as lifestyle or behavior goals: \_\_\_\_\_  
\_\_\_\_\_

## Weekly goals

Break down your 3 month goals into smaller weekly goals. When making weekly goals, it may be helpful to ask yourself: “What can I do in the next 5 to 7 days that will get me closer to my overall goals?” By getting in the habit of this, you can be successful and increase your motivation. By making consistent, but meaningful changes, lifestyle habits can be adjusted to help you reach your long term goals. In the past, you may have experienced failure in weight loss due to extreme changes that did not last. “Burn out” can happen if goals are not realistic.



# Weekly Goal Ideas

Personalize these examples to help you set weekly goals.

## Nutrition

1. I will increase my water intake by 1 (8 ounce) glass.
2. I will get in at least 2 fruit servings per day.
3. I will get in at least 3 vegetable servings per day.
4. I will cut the number of times I eat out per week in half.
5. I will visit fast food restaurants less than 2 times per week.
6. I will plan and eat at least 1 meal per day at home.
7. I will keep an ongoing grocery list and shop from it.
8. I will make a list of 5 to 10 low fat snack ideas and have them available.
9. I will pack my lunch.
10. I will identify 3 to 5 non-food rewards.
11. I will not skip meals.
12. I will keep a detailed food journal for at least 4 days.
13. I will substitute 1 to 2 high fat/calorie food choices for lower fat/calorie food choices.
14. I will decrease my soda/coffee intake.
15. I will use measuring cups and spoons to help me understand portion sizes.

## Exercise

1. I will use the stairs instead of the elevator.
2. I will walk the dog (or a friend's dog).
3. I will park the car further out in parking lots.
4. I will perform recreational activities, such as tennis, dancing, basketball, hiking, etc.
5. I will perform leisure activities.
6. I will perform 1 to 3 bouts of aerobic activity per week of short duration (10 minutes).
7. I will increase my aerobic activity by 2 to 5 minutes.
8. I will do flexibility exercises before and after activities.
9. I will start strength training, 1 set of 10 repetitions.
10. I will progress strength training to 2 sets of 10 repetitions.
11. I will increase the weight I use for specific strength training exercises by 1 pound or more every 2 weeks.
12. When traveling, I will check into a hotel with a work out facility or find a local walking trail.
13. I will walk to do errands.
14. I will perform abdominal exercises 3 to 5 times per week.

## Behavior

1. I will monitor my physical hunger using the hunger scale where 1 = starving and 10 = Thanksgiving Day stuffed. I will not eat beyond my physical needs.
2. I will not put myself in situations in which I will be tempted to make unhealthy food choices.
3. I will take better care of myself this week by spending 1 hour with someone who is supportive of my weight management efforts.
4. I will say “no” to requests or demands that are unreasonable or unnecessary.
5. I will not engage in negative self talk, but will compliment myself on my decision to strive for a healthier lifestyle.
6. I will eliminate “shoulds” from my vocabulary this week for myself and for those I care about. There will be no “shoulds” only “want tos” or “preferences.”
7. I will practice progressive muscle relaxation, deep breathing, or another stress management technique of my choice for 1 minute daily.
8. I will not allow my body image to prevent me from doing things I would enjoy.
9. I will set aside 2 hours of my week to engage in a pleasurable activity or hobby.
10. I will be assertive with myself for better health management. For example, I will do what I say I am going to do on a daily basis with regards to nutrition and exercise in order to develop personal accountability and self trust.

# Tracking Weekly Goals

Use the table to track your weekly goals. This will help you move forward in making changes that last. At your weekly check in meeting, you will review your goals from last week and set goals for the coming week.

<b>My goals for the week:</b>											
<b>How confident are you that you will meet these goals?</b>	Circle the number on the scale between 0 and 10 where <b>0 = Not Confident</b> and <b>10 = Very Confident</b> .										
	0	1	2	3	4	5	6	7	8	9	10
	Not Confident							Very Confident			
Day of the Week	Scheduled Goal(s)				Did you complete?			Comments			
Sunday					<input type="checkbox"/> Yes <input type="checkbox"/> No						
Monday					<input type="checkbox"/> Yes <input type="checkbox"/> No						
Tuesday					<input type="checkbox"/> Yes <input type="checkbox"/> No						
Wednesday					<input type="checkbox"/> Yes <input type="checkbox"/> No						
Thursday					<input type="checkbox"/> Yes <input type="checkbox"/> No						
Friday					<input type="checkbox"/> Yes <input type="checkbox"/> No						
Saturday					<input type="checkbox"/> Yes <input type="checkbox"/> No						

# Overcoming Barriers

As you work to bring change into your life, you may encounter barriers. These barriers may be **physical** (access, resources, money), **psychological** (ability to do behavior correctly or consistently, fear, phobia), or **social** (lack of support from family, friends or peers).

It is normal for new barriers to emerge as you work through this program. Create new strategies to meet these challenges. **Talk to Katharine Feister and other staff for support.**

## Potential barriers

List some barriers you may have as you implement your goals:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

## My strategies

Preparing for barriers will help you meet your goals each week.

For example, if your goal this week is to drink 8 glasses of water each day and your barrier is lack of water at work, your strategy could be to add bottled water to your grocery list. Or if your barrier is forgetting to drink water, your strategy could be to set alarms to remind you.

Look again at the barriers you listed, what strategies will help you overcome them?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Tracking Your Success

Weight is one helpful way of tracking one's progress in meeting healthy lifestyle goals. In addition, there are many others that can be helpful. For example, you can rate such things as energy level, how well you are sleeping, and how comfortable you are in your clothes on a scale of 1 to 10. You are encouraged to select what you will track to measure your progress towards your goals and keep a written record.

Week	Weight	Other Measure	Comments
1			
2			
3			
4			
5			
6			
<b>What non-weight changes have you seen to this point?</b>			
7			
8			
9			
10			
11			
12			
<b>What non-weight changes have you seen to this point?</b>			





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