

Session 1: Welcome to FirstLine Therapy	1
Healthy eating—FirstLine Therapy way of menu planning	2
Physical activity—getting started with physical activity	6
Healthy living—setting smarter goals.....	8
 Session 2: Healthy Eating and Living	 14
Healthy eating—nutrition 101: carbohydrates.....	15
Healthy living—the ABCs of behavior change	21
Physical activity—importance of strength.....	23
 Session 3: Change Your Behaviors, Change Your Life.....	 27
Healthy eating—nutrition 101: fats	28
Healthy living—establishing your support system.....	36
Physical activity—cross-training.....	38
 Session 4: Transforming Stress.....	 42
Healthy eating—nutrition 101: proteins	43
Healthy living—let’s talk about stress	47
Physical activity—relaxation poses.....	51
 Session 5: Enjoying Rest and Relaxation	 55
Healthy eating—nutrition 101: water	56
Healthy living—ways to sleep better.....	58
Physical activity—target heart rate.....	60
 Session 6: Staying on Track	 64
Healthy eating—nutrition 101: why choose organics.....	65
Healthy living—putting it all together: the next steps	69
Physical activity—staying active with everyday exercise.....	73
 Appendix I: Physical Activity Plans.....	 77



Session 5

**Enjoying Rest
and Relaxation**

Session 5: Enjoying Rest and Relaxation

To begin this session you will:

- ▶ Reflect on your journal with your lifestyle educator
- ▶ Review and discuss last session's goals, your accomplishments, and your challenges

In this session you will:

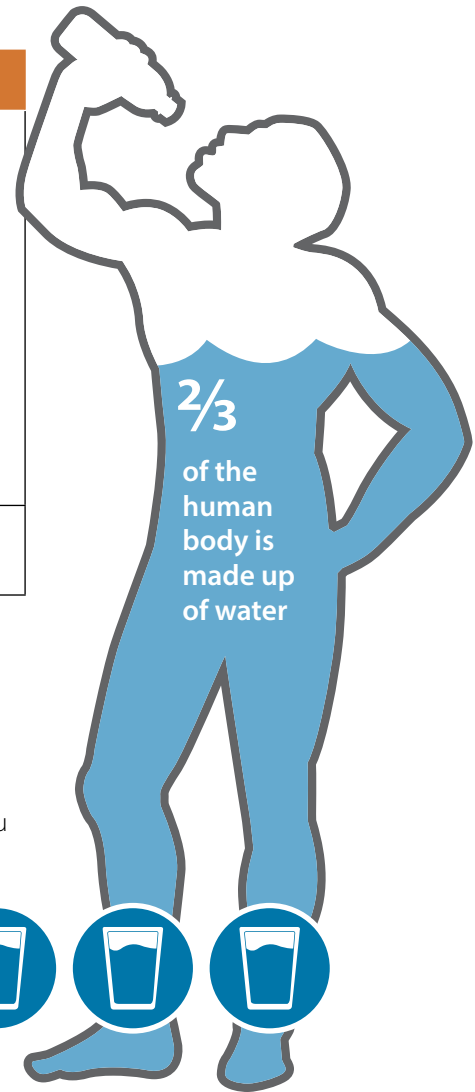
- ▶ Discover the importance of water and adequate hydration for your health
- ▶ Understand the importance of getting a good night's sleep
- ▶ Learn to calculate your target heart rate
- ▶ Explore the benefits of interval training

Nutrition 101: water

Water intake and fluid balance are among the least understood and most neglected areas of overall health and weight management. In fact, 37% of people mistake thirst for hunger because they are unaware that they are thirsty and not hungry.²³ Because water is very important to health, our bodies attempt to maintain proper fluid and water balance at all times.

Consuming too little water can result in water retention. Increasing water intake can actually decrease water retention, bloating, and added weight gain.

BEST TIMES TO HYDRATE	SIGNS OF DEHYDRATION
<ul style="list-style-type: none"> • When you wake up • Before each meal • Before a workout • After a workout • When you feel tired or achy • Any time you are out in the sun or in hot/humid environments 	<ul style="list-style-type: none"> • If you are thirsty, you are already dehydrated • Pain in joints and muscles • Fatigue • Headaches • Dark yellow urine • Constipation • Lower back pain
<p>Tip: Always carry a bottle of clean water with you wherever you go. Keep a log of how much you drink each day.</p>	



How much water do I need?

Although individual variation exists, drinking half your body weight in ounces—up to eight glasses for most patients each day—can help you achieve your health goals.



Will I feel bloated and retain water if I drink more of it?

Drinking the appropriate amount of water actually reduces water retention and bloating, even during menstruation for women. Since your body is constantly regulating its fluid balance, you can overcompensate by retaining water if you are not drinking enough. Drinking more water can also help you lose those few extra pounds and aid with proper digestion. The researchers estimate that over the course of a year, a person who increases water consumption to 1.5 liters a day would burn an extra 17,400 calories, for a weight loss of approximately five pounds. They note that up to 40% of the increase in calorie burning is caused by the body's attempt to heat the ingested water.²⁴

Benefits of drinking water:²⁵



AIDS IN DIGESTION



HELPS REGULATE BODY TEMPERATURE



LUBRICATES JOINTS



FLUSHES WASTES AND TOXINS



LUBRICATES THE EYES



AIDS IN WEIGHT LOSS



MAINTAINS BALANCE OF BODY FLUIDS



RELIEVES FATIGUE/ ENERGIZES MUSCLES



STRENGTHENS BRAIN

Water by the numbers

1.5 liters

A person who increases his/her water intake to 1.5 liters (50 oz.) a day will burn an extra 17,400 calories a year²⁴

30 minutes

Drink some water every 30 minutes

75% of brain matter

The brain is 75% water

When do you need more water?

ENVIRONMENT

Heat, humidity, or extremely dry conditions can contribute to dehydration

EXERCISE

You lose fluids when you sweat from physical activity

SICKNESS

Fevers, vomiting, and diarrhea make your body lose fluids

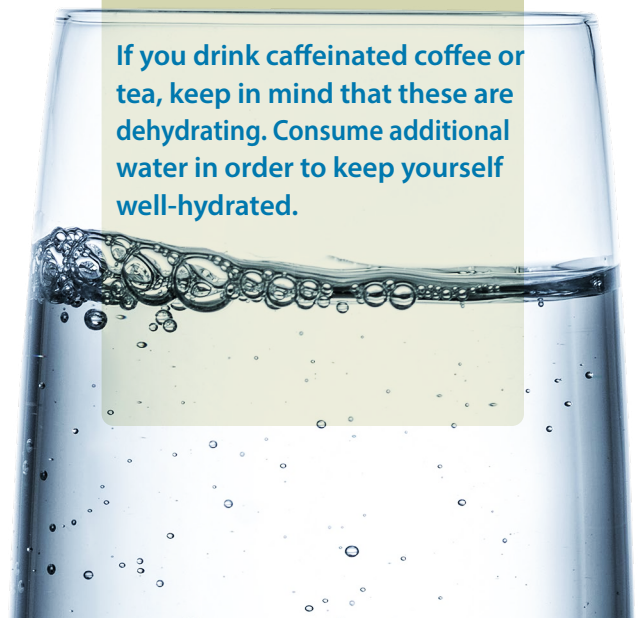
PREGNANCY/BREASTFEEDING

Additional fluids are needed to stay hydrated

Tips to help you meet your water goals

- Keep a water bottle that measures fluid ounces at home or at your desk. This way the counting is done for you. All you need to worry about is finishing the bottle between the time you wake up and the time you go to bed. If a 64-oz. bottle appears too much to tackle, try a 32-oz. or 16-oz. bottle and just remember to refill it throughout the day.
- Create a buddy system with a family member, friend, or coworker to make sure you are drinking your water
- Add citrus, ginger, or cucumber slices to your water to give it flavor
- Remember to take baby steps and gradually work up to your goal of half your weight in ounces. It's never too late to start—this is for your long-term health!
- Tip for soda drinkers—transition to sparkling water, mineral water, and still water

If you drink caffeinated coffee or tea, keep in mind that these are dehydrating. Consume additional water in order to keep yourself well-hydrated.



A good night's sleep

Virtually everyone has had a restless night of sleep. We know what it feels like to reach for that cup of coffee to wake us up. Lack of sleep can also have a profound impact on your overall health.

Sleep is essential in restoring health and vitality to your mind and body. Studies show that people who sleep seven to nine hours each night live longer, healthier lives than those who sleep fewer hours.²⁶ Additionally, adequate sleep aids healthy weight maintenance by regulating “hunger” hormones ghrelin and leptin. Ghrelin increases appetite, whereas leptin decreases appetite. Therefore, not getting adequate sleep reduces the amount of leptin and increases the amount of ghrelin, which can lead to weight gain.²⁶

According to the National Institutes of Health, 50 to 70 million adults have a sleeping disorder. Over time, chronic sleeping disorders can be harmful and put you at risk for developing heart disease, kidney disease, high blood pressure, diabetes, obesity, and stroke. Just one night of limited sleep is linked with increased dietary intake. In a meta-analysis involving 11 sleep studies with more than 170 people, after limited sleep (about four hours per night) participants ate on average about 400 extra calories following the poor night's sleep, including more fat and less protein, more than they did after a full night's rest.²⁷

With an adequate amount of sleep, you'll feel more energetic and better able to cope with stressful situations. Without enough sleep you may suffer from increased tension and fatigue that can result in the impairment of faculties, such as concentration and reflexes. And sleep loss (related to stress or otherwise) can perpetuate stress or affect the way you react to stressors.

SIGNS OF SLEEP DISTURBANCES

- Difficulty falling asleep
- Difficulty waking up in the morning
- Waking up tired
- Daytime drowsiness
- Microsleeps or “nodding off”
- Zoning out in a conversation or task
- Altered memory or judgment
- Difficulty making simple decisions
- Clumsy and/or slower reaction times
- Feeling emotional for no apparent reason
- Snoring (sleep apnea)
- Routinely falling asleep within five minutes of lying down
- Waking up frequently during the night with difficulty returning to sleep
- Difficulty concentrating



11 ways to sleep better

1. Create a relaxing bedtime routine:
 - Read a book
 - Take a warm bath
 - Listen to music
 - Keep the temperature in your bedroom at a comfortable level (extremes can disrupt sleep)
 - Practice a relaxation technique like soft belly breathing
 - Minimize distractions, such as noisy clocks, bright lights, and uncomfortable clothing or bedding
2. Is your mattress supporting a good night's sleep? If not, then consider investing in a new mattress.
3. Go to sleep and wake at the same time each day to develop a sleep/wake rhythm that encourages better sleep.
4. Go to bed only when sleepy. Get out of bed if you are not sleeping or are unable to fall asleep within 15 to 20 minutes. Then get back into bed only if you are sleepy.
5. Maintain a consistent wake up time, no matter how much sleep obtained.
6. Use the bed for sex and sleep only.
7. Watch your diet and eating patterns. A heavy meal or spicy foods before bedtime can lead to nighttime discomforts and fluids can require disruptive trips to the bathroom. A light snack can prevent hunger pangs and help you sleep better. Eat no closer than two hours before bedtime.
8. Avoid caffeine (tea, cola, chocolate, and coffee) four to six hours before bedtime.
9. Have no more than one serving of alcohol consumed two hours or more before bedtime.
10. Exercise regularly. Exercising in the morning or afternoon is ideal. Consistent exercise may help you get a deeper, more restful sleep.
11. Stop using electronics (i.e., cell phones, tablets, and televisions) 30 minutes to one hour before bed. The blue light emitted by these devices disrupts melatonin production.



PHYSICAL ACTIVITY

Target heart rate

You can measure your heart rate electronically by wearing a heart rate monitor (which will display your heart rate either on a wrist device or on a cardiovascular exercise machine if compatible) or by manually checking for your pulse with two fingers on your carotid artery in your neck. Whichever option you choose, you will need to understand what the numbers mean.²⁸

Resting heart rate



The number of times your heart beats for one minute while at rest. It is best taken first thing in the morning prior to getting out of bed and before your morning coffee.

Maximum heart rate (MHR)



The fastest rate at which your heart will beat in one minute. The typical way to calculate MHR is with the formula 220 minus your age.

Target heart rate (THR)



The optimum heart rate at which a person should train in order to achieve desired results. THR zones range from 64% to 76% of MHR.

Where is your target heart rate zone?

For an effective workout, put your heart into it! Determining your target heart rate zone, and staying within its range, helps you work more effectively during cardiovascular exercise. Use the activity below to calculate your target heart rate zone and make the most of your workouts.



Activity: find your THR

Use the formula below to calculate your your THR zone using the "basic method." Remember your THR zone is 64% to 76% of your MHR.

$$\text{My MHR: } 220 - \boxed{}_{\text{MY AGE}} = \boxed{}_{\text{MY MHR}} \quad \img alt="Heart icon" data-bbox="738 698 808 742"/>$$

$$\text{My THR zone: } \boxed{}_{\text{MY MHR}} \times .64 = \boxed{}_{\text{LOW-END THR}} \quad \img alt="Gauge icon" data-bbox="758 788 818 818"/>$$

$$\boxed{}_{\text{MY MHR}} \times .76 = \boxed{}_{\text{HIGH-END THR}} \quad \img alt="Gauge icon" data-bbox="758 851 818 881"/>$$

Basics of interval training²⁹

Athletes have experienced the benefits of interval training programs for years due to the speed and explosive movements required by many sports. However, it is important to understand how to do it correctly and to maximize your results. If you are new to exercise programs or are thinking of substantially increasing your activity level, it is important to talk to your healthcare practitioner to make sure that you are cleared to add high-intensity interval training to your overall program. For a more personalized target heart rate zone for vigorous-intensity physical activity, ask your provider to review the Calculating Heart Rate patient handout.

High-intensity interval training (HIIT)

HIIT is an aerobic training method that involves alternating higher intensity exercise with lower intensity recovery periods. It is easily modified for all fitness levels and can be incorporated into any type of cardiovascular activity, such as walking, running, biking, elliptical, swimming, jumping rope, and rowing.

When you add small, higher intensity segments into your overall workout, you can build endurance—as well as burn more calories per session than when you keep the intensity the same throughout your session.

Benefits of HIIT include:



Improved insulin sensitivity (which helps exercising muscles more readily use glucose for fuel to make energy)



Improved aerobic and anaerobic fitness



Improved blood pressure, cholesterol levels, and cardiovascular health



Decreased abdominal fat and body weight—while maintaining muscle mass



Greater caloric burn (6% to 15% more after exercise) than traditional aerobic workouts of the same length

How to get started with HIIT training:

Begin by warming up to elevate your heart rate and warm the muscles. Then increase your bout of activity to increase your heart rate and breathing. Follow this with a slower recovery period to slow your heart rate and breathing. During the recovery period, you will slow your pace, but do not stop moving. Repeat this cycle 6-10 times.

Sample HIIT Program for Beginning Walking/Jogging	
Warm up 3-5 minutes at a slow-moderate walking pace (3.0 to 3.5 mph)	
INTENSITY PHASE	RECOVERY PHASE
Increase speed (try 4.0 mph) for 30 seconds	Return to 3.5 mph for 60 seconds
Increase speed (try 4.2 mph) for 30 seconds	Return to 3.5 mph for 60 seconds
Increase speed (try 4.5 mph) for 30 seconds	Return to 3.5 mph for 60 seconds
Increase speed (try 5.0 mph) for 30 seconds	Return to 3.5 mph for 60 seconds
Increase speed (try 5.5 mph) for 30 seconds	Return to 3.5 mph for 60 seconds
Increase speed (try 6.0 mph) for 30 seconds	Return to 3.5 mph for 60 seconds

MOVING FORWARD

To-do list:

- ▶ Follow your personalized food and physical activity plan
- ▶ Log your food and activity
- ▶ Work toward achieving the biweekly goals you set for yourself

Next appt: Date _____ **Time** _____

Before your next session take a few minutes to:

- ▶ Review your food, activity, and lifestyle goals

What have you done well?

- 1.
- 2.

What do you think you can improve?

- 1.
- 2.

What actions did you take toward meeting your goals (one for each goal set)?

- 1.
- 2.
- 3.

What challenges did you face?

- 1.
- 2.
- 3.



Notes: