

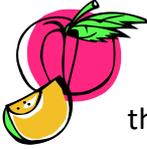


Everything You
Need to
LEAP Into Health

For use with the ***LEAP*** Study

Introduction to LEAP

Your doctor’s office is participating in Leaders for Effective Activity Planning (LEAP)—a program that can help you improve your health by making small lifestyle changes. As LEAP participants, we are asking you to choose one nutrition or activity goal to work on for the next 6 months. YOU decide on the level of change that will work best for you.



Some key ideas behind the LEAP project:

- Small changes can make a big difference in improving health.
- To achieve greatest success people should set personal goals that their fit preferences and styles for making health changes.

This book explains the whole process—from setting goals to keeping track of your progress. We cover these topics:

Topic	Page
Introduction to LEAP	1
Physical Activity	2
Nutrition.....	4
Goal Setting.....	5
Using a Step Counter	5
Eating a Healthy Diet	10
Staying on Track.....	18
How are you doing?	19
Calling in Your Progress	27
The Goals.....	28



Brought to you by
Your Doctor



and the University of Colorado Department of Family Medicine

Physical Activity

Most people do not get enough physical activity. This is the main reason why so many people are overweight. In addition to helping with weight, increasing physical activity can also help prevent or improve heart disease, diabetes, cancer, depression, and high blood pressure.



If you want to increase your level of physical activity, two ideas for doing this are described below.

Goal #1. Use a step counter

One way to increase your physical activity level is by using a step counter. A step counter is a small device that you wear on your waistband or belt. As you walk, it counts your steps. At the end of the day you can see how many steps you have taken. Depending on your current level of activity, you can decide to increase your activity by 2,000 steps per day or you may try to reach 10,000 steps every day.

You may want to consider using a step counter if:

- You would like to know how active you are.
- You would like to increase your activity by walking.



More information on using a step counter can be found on page 5.

Goal #2. Increase the amount of planned activity that you do

If you are already doing regular physical activity, you may choose to increase the amount that you do. You can decide to increase the amount of time that you spend on the activity or you can try to increase the number of times each week that you do the activity. You may also consider starting a new activity. It is recommended that you try to work up to 90 minutes of physical activity each week.



Nutrition

Practicing good nutrition is a healthy habit to develop. Good nutrition can help prevent weight gain. It can also help prevent or improve heart disease, diabetes, some types of cancer, and high blood pressure. People who eat well usually have more energy and feel better.

If you choose to work on a nutrition goal, you can decide whether you would like to cut calories or change a habit. Each goal is described below.

Goal # 3. Cutting Calories

Cutting calories can help prevent weight gain. You can also improve your diet by cutting back on foods that are not healthy. The list on page 11 describes some easy ways to cut 100 calories from your diet. If you want, you can choose to cut even more calories by making many changes. It is up to you.

Goal #4. Changing a Habit

Some foods are healthier than others. If you often eat foods that are high in sugar or saturated fat, you may decide to cut back on these. You can substitute healthier foods such as fruits and vegetables for the ones you have cut back on. Another approach to improving your diet might be to reduce your portion sizes. Avoid “supersizing” and don’t put as much food on your plate at meal times. Learn to stop eating when you begin to feel full. For more information on healthy eating, read “Eating a Healthy Diet” on page 10.

Goal Setting

You will have the greatest success if you choose a goal that is not too difficult. The size of the goal is not what matters. What matters is choosing a goal that you can reach and a goal that you will keep doing. The goals are listed on the back page of this booklet.

Using a Step Counter

How to use a step counter:

1. Place the step counter on your waistband or belt so that it is above your knee.
2. Walk 50 steps and check that the step counter. If the counter recorded a number below 46 or above 54, try repositioning the step counter and resetting it, then check it again.
3. Wear the step counter during the day.
4. For the first week that you have the step counter do your regular activities. You should write down your daily step counts and at the end of the week you will have an idea of your average level of activity. You can then decide on the action that you want to take. For example:



- If your average activity level is **less than 4,000 steps per day**—you may want to choose the first action of “taking more steps than I do now” with a personalized goal of 1,000 more steps per day.
- If your average activity level is **between 4,000-6,000 steps per day**—you could choose to increase your steps by 2,000 steps a day.

- If your average activity level is **greater than 6,000 steps per day**—you may want to try to work toward 10,000 steps a day.

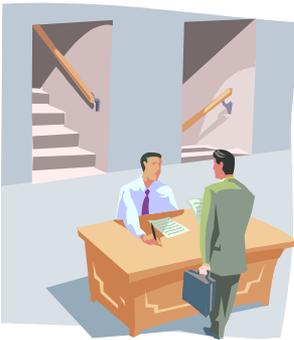
How to Increase Your Steps

Every step counts toward good health and happiness. Here are some suggestions for how to increase your steps.

Remember, it is easy to find ways to get more steps throughout your day. **Small changes add up to big differences.**

Work

- Get off the bus earlier and walk farther to work.
- Take several 10-min walks during the day.
- Choose the furthest entrance to your building.



- Host “walking meetings.”
- Walk to a restroom, soda machine or copy machine on a different floor.
- Take the long way when walking to meetings.
- Walk a few laps on your floor during breaks.
- Walk during your lunch

break.

- Walk to a colleague’s office rather than send an email.
- Take 5 minute walking breaks from your computer.
- Park farther away.
- Take the stairs rather than the elevator or the escalator.
- Start a walking club with your coworkers.
- Walk while using a speaker phone.
- Get up and move at least once every 30 minutes.

Out and About

- Park farther away in store parking lots.
- Always return your grocery cart to the designated storage area.
- Avoid elevators and escalators – take the stairs.
- Walk - don't drive - for trips less than one mile.
- Walk at the airport while waiting for your plane.
- Take several trips to unload your groceries from your car.
- Avoid drive-throughs – get out of your car and walk inside.

Friends and Family

- Plan active vacations.
- Hike beautiful trails around Colorado.
- Make a family walk a habit.
- Kids can take their parents for a walk.
- Kids can volunteer to walk their dog or the neighbor's dog.
- Do a family challenge to see who can get the most steps.
- Reward kids/family members for meeting step goals.
- Take an after-dinner walk with family.
- Walk while talking on a cordless phone.
- Walk during commercials on television.
- Take a walk while your kids are playing sports.
- Walk to your neighbor/friend's house instead of calling.
- Move at least once every 30 minutes.
- Occasionally walk to the TV to change the channel.
- Turn off the TV and participate in a family activity.

© 2003 - Colorado on the Move. Used with permission.



Some Step Facts

It takes about 10 minutes to walk 1,200 steps

1 mile = 2,000-2,500 steps

1 mile burns about 100 calories

Eating a Healthy Diet

To have a healthy diet you should eat a variety of foods. Your body needs energy as well as vitamins and minerals for good health. Healthy foods supply vitamins and minerals in addition to energy. Foods that are considered unhealthy or less healthy are ones that are high in calories (energy) but have little nutritional value.

Some healthy foods to include in your diet:



- **Fresh (or frozen) fruits and vegetables** are good sources of fiber, vitamins and minerals.

One way to increase your intake of fruits and vegetables is to eat them for snacks.

- Dairy products supply protein and calcium in the diet. Regular dairy products are high in fat and calories so you should choose **non-fat or low fat dairy products**. If you are unable to eat dairy foods, you can get calcium from other sources such as fortified juices, collards, figs, soybeans, and chicken breast.
- **Meats, fish, dried beans, nuts, and eggs** are high in protein, vitamins, and minerals. Protein helps to build muscle and keep the body strong. Again, it is smart to look for low fat choices.
- The grains group includes **breads, pasta, rice, as well as some starchy vegetables such as potatoes**. These foods supply energy, fiber, vitamins, and minerals. The best choices in this food group are whole grains.



Some words about Fat:

- The fat in our diet is classified as monounsaturated, polyunsaturated, saturated, and trans (also known as hydrogenated fat).
- Compared to other foods, fats supply more than twice the amount of calories. If you are concerned about your weight it might be helpful to cut back on the amount of fat in your diet.
- Monounsaturated and polyunsaturated fats are considered healthy fats because they do not cause heart disease. Examples of these fats or foods that contain these fats are: canola, safflower and olive oils, fish, nuts, and avocados.
- Saturated fat and trans (or hydrogenated fat) are considered unhealthy because they promote heart disease. Saturated fats are found in meats and full fat dairy products. Food labels also list the amount of saturated fat in a serving. Trans fats are very common in processed foods. The best way to reduce your intake of trans fats is to avoid foods that have a “hydrogenated” fat as one of the first ingredients.



Ways to Cut 100 Calories

Listed below are one hundred ways to cut 100 calories from a day’s diet. There are three easy ways to this:

- Substitute healthier foods
- Downsize your portions
- Eat a little less

Here are 100 ways to do just that!

Substitute a healthier version and save 100 or more calories:

1. Choose low-fat turkey sausage instead of regular sausage
2. Choose fruit crepes over the higher calorie, higher fat, egg and bacon crepe
3. Beware of large bagels: look for the smaller 2 ounce size
4. For that morning latte, choose non-fat milk rather than whole milk
5. Substitute 4 egg whites or 1/2 cup egg substitute for 2 whole eggs
6. Substitute light, low-calorie yogurt for classic or custard style yogurt
7. Choose Diet Peach or Diet Raspberry Iced Tea instead of Kiwi Strawberry or other high-calorie flavored tea
8. Substitute low-calorie Peach Mango Juice Cocktail or Light Cranberry Juice Cocktail for regular juice
9. Substitute a single piece of Canadian bacon for the usual two thick strips of bacon
10. Trade two tablespoons of regular butter for two tablespoons of light whipped butter
11. Use light or sugar-free pancake syrup instead of regular syrup
12. Instead of drinking 2 cups of whole milk during the day, switch to fat-free milk (which still has the same amount of calcium)
13. Top pancakes or waffles with fresh fruit instead of syrup
14. Choose diet soda instead of regular soda to save the sugary calories. Or try half regular and half diet for a slightly sweeter, but still low-calorie treat!
15. Instead of chocolate syrup on an ice cream sundae, use fresh berries or other in-season fruit of your choice as a topping
16. Enjoy salsa rather than cheese dip with tortilla chips



17. Try raw vegetables instead of tortilla chips with your salsa
18. Choose low-fat yogurt or fat-free sour cream in your dip mix
19. Grab the granola bar from the vending machine instead of the fudge nut brownie
20. Eat a half cup of fresh fruit instead of a half cup of dried fruit with twice the calories
21. Choose sugar-free over regular ice cream
22. Sorbet or sherbet is a refreshing alternative to premium ice cream (18-20% fat)
23. When you are craving something salty, have a serving of reduced-fat Chex mix rather than peanuts
24. Instead of chocolate cake, have a slice of angel food cake
25. Have one cup of microwaved popcorn instead of 1/2 cup boxed caramel popcorn
26. Skip the high calorie energy drink and choose water flavored with lemon or lime
27. Try diet hot cocoa mix, instead of the regular milk chocolate mix
28. Order thin crust pizza vs. pan pizza with thick crust
29. Order baked potatoes with only one high-calorie topping (butter, sour cream, cheese)
30. Ask for grilled fish without sauce or marinade and flavor it yourself with fresh lemon or lime juice
31. Order a deli sandwich with sliced whole wheat bread instead of a bagel or croissant
32. At Mexican restaurants, ask for steamed corn tortillas to dip in salsa instead of the basket of high fat chips
33. If restaurants do not offer a low-calorie salad dressing, ask for regular dressing on the side, such as Ranch, and mix it with mild salsa for half the calories per serving
34. Instead of french fries, order a cup of broth-based soup as a side item
35. Use mustard or low-fat mayonnaise on a sandwich rather than regular mayonnaise



36. At Italian Restaurants, order a cup of minestrone or vegetable soup as an appetizer instead of the garlic bread
37. Select Canadian bacon and pineapple as pizza toppings
38. Choose minestrone and other broth-based soups over cream-based soups
39. Choose red sauce rather than cream-based sauces on pasta
40. Use snack-size flour tortillas rather than burrito-size tortillas
41. Choose sour cream OR guacamole rather than both
42. When eating out, order from the á la carte menu
43. Select an appetizer as your main entrée
44. Choose the burrito rather than the fried chimichanga
45. Omit the lard when making refried beans
46. Choose soft tacos rather than crispy tacos
47. Opt for tofu instead of meat to significantly decrease calories
48. For that chocolate craving, choose the snack size bar rather than the regular-size bar
49. Bake, rather than fry, your french fries
50. Eliminate the extra butter on your popcorn at the theater
51. Choose spring rolls rather than fried egg rolls
52. Enjoy steamed rice rather than fried rice
53. In Chinese restaurants, choose stir-fried dishes rather than sweet and sour or sesame dishes
54. Remember that Chinese vegetables are low in calories, tasty and filling
55. Use broth or marinade instead of one tablespoon of oil for stir-fry
56. Remove the skin from chicken pieces
57. Cook roasted or rotisserie chicken rather than frying it
58. Eat baked potato chips rather than regular potato chips and you will save half the calories



59. Replace eight ounces of fruit juice or soda with water
60. Use tuna packed in water rather than tuna packed in oil
61. Follow the low-fat directions on the box when making brownies, cakes and cookies
62. While baking, puree prunes or substitute applesauce for the oil in recipes
63. Use chicken broth instead of butter or margarine in stuffing
64. Omit or decrease by half the butter or margarine in boxed macaroni and cheese
65. Omit or decrease by half the oil or other fat listed in the directions of boxed side dishes
66. Ask for salad rather than fries as a side dish
67. With salad dressing on the side, dip fork into the dressing then into your salad greens
68. Choose fruit or vegetables over higher calorie snacks (e.g., cookies, chips)
69. Choose a lite beer or wine spritzers instead of frozen or fruit-based drinks
70. Grill a sandwich with non-stick spray rather than butter

Downsize your portion and save 100 or more calories:

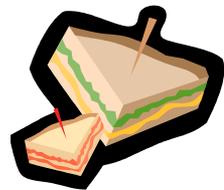
71. At a fast food restaurant, choose a small shake instead of a medium shake
72. Don't eat the dollop of butter that is served on pancakes or waffles at your local restaurant
73. Use a small bowl for your morning cereal instead of a larger bowl
74. Order a tall non-fat latte at a coffee shop instead of a tall (12oz.) coffee with whole milk
75. Split a smoothie or shake with a friend
76. Ask for a take-home container to come with your meal. Eat only half of the meal served, and take the other half home
77. Choose a smaller apple or orange rather than picking the large ones from the pile at grocery store



78. Choose your piece of cake from the middle! You'll get much less icing on a center piece than on an edge piece
79. Eat only the filling from your next piece of pie. Leave behind the crust and 100 calories
80. At Mexican restaurants, if you order the three-taco combination dinner, take the taco filling of the third taco and fill it in the remaining two. Discard the third shell to save calories.
81. Order lunch-size portions of steak and seafood entrées (even when out to dinner!), instead of the much larger dinner portion.
82. Choose the short stack of pancakes instead of the full stack
83. Leave the cheese off of sandwiches and hamburgers
84. Go easy with the cheese on your pizza
85. Choose the smallest size of popcorn at the theater
86. Sharp cheeses provide more flavor so you can use less
87. Instead of two alcoholic beverages, drink one and follow with water

Eat a little less to save 100 or more calories:

88. Leave 3-4 bites of food on your plate at each meal
89. Eat only half of a bagel instead of a whole bagel
90. Have one less can of soda a day and cut out 100 calories
91. Split a meal with your spouse or friend next time you go out to eat
92. Dilute fruit juice with $\frac{1}{2}$ water and sip throughout the day
93. Leave 10 French fries uneaten on your next order
94. Eat $\frac{1}{2}$ of a sandwich at lunch and save the other $\frac{1}{2}$ for dinner with a salad
95. Eat the "fun-sized" candy bars instead of the regular size ones
96. Spoon a little less rice on your plate when eating out at a Chinese or Thai restaurant



97. Eat an open-faced sandwich (eliminate 1 slice of bread)
98. Eliminate the gravy on your mashed potatoes
99. Leave the shell behind on your taco salad
100. Ask for the salad dressing on the side rather than on your salad

© 2003 - Colorado on the Move. Used with permission.

Staying on Track

After you set a goal, it usually takes some time to reach the goal. Some days you will do well and other days you will do poorly. That is the normal process of change. At first, you may have more “bad” days than good ones. Try not to let this get you down. When you have a bad day, make the best of it by trying to learn something from it. Over time, you should find that you have fewer “bad” days and more “good” ones.

- Use the calendar on page **Error! Bookmark not defined.** to help you keep track of how you are doing with your changes. You can track your progress each day by giving yourself a simple score.
- Having a supportive friend or family member can be help you stay on track.
- Within the next few weeks, someone from your doctor’s office will contact you to find out how you are doing and offer encouragement.



How are you doing?

At the end of each week think back and identify what things went well and what things made it difficult for you to reach your goal. Answer the questions below.

- The thing(s) that helped me reach my goal were:

- The thing(s) that made it difficult for me to reach my goal were:

- Something that I will try to do differently next week to help me reach my goal:

The next page has a calendar for you keep track of your **daily progress**.

Healthy Goals Calendar

10,000 Small Steps = 1 Giant LEAP

Keep track of your progress toward your goal each day using the calendar below. For each day, write in the number that matches how you did:

1. I didn't work on my goal.
2. I tried to meet my goal.
3. I met my goal.
4. I exceeded (went beyond) my goal.



If you are working on two goals, pick a number for your progress for each. Write your number for the activity goal above the dotted line and the number for your nutritional goal below the dotted line.

At the end of the week add up the total of all numbers and write that in the total box.

Some weeks ask you to call in your progress . Instructions for calling in your progress are on page 27.

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Total
Write in the number that matches how you did each day: 1. I didn't work on my goal.	Week 1							Call 303-724-4799 to report this week's total.
2. I tried to meet my goal.	Week 2							Call 303-724-4799 to report this week's total.
3. I met my goal.	Week 3							Call 303-724-4799 to report this week's total.
4. I exceeded (went beyond) my goal.	Week 4							Call 303-724-4799 to report this week's total.
Working on two goals? Write your score for the first goal above the dotted line and the second score below the dotted line.								

My Goal is # _____ My Action for this Goal is # _____

My second (optional) Goal is # _____ My Action for this Goal is # _____

Write in the number that matches how you did each day:

1. I didn't work on my goal.
2. I tried to meet my goal.
3. I met my goal.
4. I exceeded (went beyond) my goal.

Working on two goals? Write your score for the first goal above the dotted line and the second score below the dotted line.

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Total
Week 5								
Week 6								
Week 7								
Week 8								

Call 303-724-4799 to report this week's total.

My Goal is # _____ My Action for this Goal is # _____
 My second (optional) Goal is # _____ My Action for this Goal is # _____

For outside metro areas, call toll free at (877) 336-5327 and remember 877-3-DO-LEAP

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Total
Write in the number that matches how you did each day:								
1. I didn't work on my goal.	Week 9							
2. I tried to meet my goal.	Week 10							
3. I met my goal.								
4. I exceeded (went beyond) my goal.	Week 11							
Working on two goals? Write your score for the first goal above the dotted line and the second score below the dotted line.	Week 12							
								Call 303-724-4799 to report this week's total.

My Goal is # _____ My Action for this Goal is # _____

My second (optional) Goal is # _____ My Action for this Goal is # _____

Write in the number that matches how you did each day:

1. I didn't work on my goal.
2. I tried to meet my goal.
3. I met my goal.
4. I exceeded (went beyond) my goal.

Working on two goals? Write your score for the first goal above the dotted line and the second score below the dotted line.

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Total
Week 13								
Week 14								
Week 15								
Week 16								Call 303-724-4799 to report this week's total.

My Goal is # _____ My Action for this Goal is # _____

My second (optional) Goal is # _____ My Action for this Goal is # _____

For outside metro areas, call toll free at (877) 336-5327 and remember 877-3-DO-LEAP

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Total
Write in the number that matches how you did each day:								
1. I didn't work on my goal.	Week 17							
2. I tried to meet my goal.	Week 18							
3. I met my goal.								
4. I exceeded (went beyond) my goal.	Week 19							
Working on two goals? Write your score for the first goal above the dotted line and the second score below the dotted line.	Week 20							
								Call 303-724-4799 to report this week's total.

My Goal is # _____ My Action for this Goal is # _____

My second (optional) Goal is # _____ My Action for this Goal is # _____

Write in the number that matches how you did each day:

1. I didn't work on my goal.

2. I tried to meet my goal.

3. I met my goal.

4. I exceeded (went beyond) my goal.

Working on two goals? Write your score for the first goal above the dotted line and the second score below the dotted line.

	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Total
Week 21								
Week 22								
Week 23								
Week 24								Call 303-724-4799 to report this week's total.

My Goal is # _____ My Action for this Goal is # _____

My second (optional) Goal is # _____ My Action for this Goal is # _____

For outside metro areas, call toll free at (877) 336-5327 and remember 877-3-DO-LEAP

Calling in Your Progress

As part of the LEAP program, you'll call an automated phone line to let us know how you are doing. During the first month after you set your goal, call each week. After that, call once a month. Follow these simple steps:



1. Have your calendar nearby so you can look at it.
2. Dial (303) 724-4799 or toll free (877) 336-5327 from any touch-tone phone.
3. Press 1 for English or 2 for Spanish.
4. Enter your study ID (see **front** of booklet or write here: _____).
5. Enter the Goal number (see **back** of booklet or write here: _____).
6. Enter the Action number (see **back** of booklet or write here: _____).
7. Enter the week number.
8. Enter your total score for that week.
9. Follow the instructions to either enter more weeks for your first goal or start again for the next goal, if you are working on more than one goal.

If you have any problems please call your doctor's office for help.

The Goals

Activity Goals

Goal 1. Increase my steps

- 10 - Take _____ more steps than I do now.
- 20 - Take 2,000 more steps than I do now.
- 30 - Increase my walking to 10,000 steps a day.

Goal 2. Increase my regular physical activity

- 10 - Increase regular physical activity by _____ minutes a day.
- 20 - Do a planned physical activity _____ days a week.
- 30 - Start a new activity: _____ and do this _____ days a week.

Nutrition Goals

Goal 3. Reduce the number of calories I eat each day

- 10 - Cut 100 calories.
- 20 - Cut 200 calories.
- 30 - Cut 300 calories.

Goal 4. Change a habit

- 10 - Eat healthy foods more often and cut back on some unhealthy foods.
- 20 - Cut down on the amount of unhealthy food that I eat.
- 30 - Eat smaller portions.

