

Welcome to WonderSlim

CONGRATULATIONS! You've taken the first step to controlling your weight and improving your health. The WonderSlim Diet Plan is incredibly simple to follow and foolproof. WonderSlim products are designed to make losing those extra pounds really, really, really easy.

Inside this guide, you'll find all of the tools to help you successfully lose or manage weight while following the WonderSlim Diet Plan.

We have included loose-leaf copies of some key tools to get you started. These tools include the actual Women's or Men's Plan that you will be following for your selected duration. On the plan you will see references to both WonderSlim and Grocery servings. Use the WonderSlim Selection List and the Grocery Selection List to make your choices each day. We've also included a Food & Activity Diary for you to use to keep track of everything you eat, drink and do each day.

In the Getting Started section, we provide answers to some common questions as well as some fun recipes. In addition, you'll find some general weight loss information and motivational tips, tools and lessons to help you manage and embrace your new healthy lifestyle.

Please don't hesitate to contact or chat live with our Customer Care Team for any additional questions or support. Should you need any additional copies of the Getting Started materials, printable PDFs are available on our website. We are here to help in any way that we can. You've got this!

Getting Started

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Frequently Asked Questions

Q. Why does WonderSlim work?

A. The WonderSlim Philosophy is “Meal Replacement.” The more meals you replace, the more weight you lose. Research shows people can lose and keep off more than 3 times as much weight using portion-controlled meal replacements, compared with typical diets.

Q. What is WonderSlim?

A. WonderSlim is a nutritionally balanced, high protein, portion controlled weight loss program that helps people lose weight faster and more effectively than traditional diet plans.

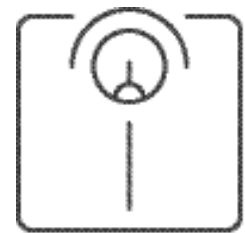
The WonderSlim Diet Plans are simple to follow and are based on a combination of meal replacements and real food items consumed every 2-3 hours. Delicious, perfectly portioned WonderSlim meal replacements and protein supplements are specially designed for fat reduction and weight loss. Quick and easy to prepare, WonderSlim products provide a variety of foods and flavors that offer a healthy fast food alternative for a busy lifestyle.

Q. When should I start?

A. Pick the day that works best for you. The first three days are critical. Be sure to choose a start date that makes sense and does not include social-type events that involve food, which may present additional temptations.

Q. How much weight will I lose?

A. Results will vary based on the individual, of course. Over the long term, it's best to aim for losing about 2 pounds a week on the WonderSlim plan, although initially you might lose weight more quickly than that. Remember, the scale isn't the only test, so check other indicators such as your waistline measurement and how well your clothes are fitting you.



Q. How long can I stay on the WonderSlim program?

A. As long as you are doing well and making progress, you should be able to stay on the WonderSlim program for as long as it takes to reach your desired goal weight.

Q. What do I do if I'm hungry?

A. If you are feeling hungry, definitely have an additional shake, pudding, hot drink, or soup.

Q. What do I do if I am NOT hungry? Can I just skip a supplement or meal?

A: Do NOT skip any WonderSlim or grocery serving that is on your plan. Skipping a meal/snack can result in you having too few calories and can actually hinder weight loss. Try to think of it as keeping your eating times regular to help prevent hunger in several hours.

Q. Can I move the servings around on the meal plan to fit my daily schedule?

A. Absolutely. The only plan that works is the one that works for YOU! You can certainly move servings around to fit your work or home schedule better. Just remember to avoid skipping any meal that is listed. For best results, our only suggestion would be to consume your protein bar serving no later than your afternoon snack, due to carbohydrates/sugar content.

Q. What if I absolutely have to dine out at a restaurant?

A: Try to review the menu online before you go. Choose something broiled, grilled, or poached. Request for the dressing or sauce to be served on the side. Use your best judgement, remembering that a cup is generally the size of your fist and a serving of protein is roughly the size of your palm. It is usually best to double steamed veggies or salad as your side. Another tip is to enjoy an extra Meal Replacement pudding shake ahead of going to the restaurant, this will help keep you from over indulging.

Q: How often should I weigh myself?

A. We recommend weighing yourself weekly, at the same time of day each week.

Q: Where should I measure myself?

A. Use a measuring tape to measure your chest, waist, and hip area on a monthly basis.

Q: What if I miss a supplement or meal replacement?

A. Get right back on track with the next supplement or meal. Do not wait until the next day.

Q: Do I weigh my Lean Protein before or after it has been cooked?

A. After. Use a digital food scale to weigh your protein (meat or other) serving after you've cooked it.



Q: What protein servings can I have if I'm a vegetarian?

A. If you are vegetarian, you can have eggs, egg whites, Morning Star or Boca Meat Alternative Crumbles, Boca Burgers, Black Bean Burgers, edamame, low fat/fat free cheese, tofu, and low fat/fat free cottage cheese. See the Grocery Selection List for a list of protein and other grocery options.

Q: What are the best ways to prepare my pudding/shakes?

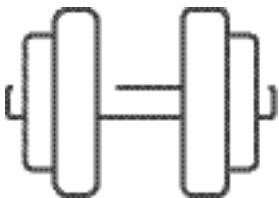
A. The best way to make the pudding/shake is to combine 8oz of very cold (bottled) water and the powder in a shaker. Shake vigorously. You may also mix the powder with ice and water together in a cup or a blender.

Q: Can I make my supplements with milk?

A. We suggest restricting dairy intake to the amount listed on your meal plan. Another suggestion is to try using a combination of cold water and skim milk or fat free yogurt, this way you can still enjoy a thicker shake while minimizing calories. Keep in mind, 8oz of skim milk is an additional 80-90 calories.

Q: Can I drink alcohol?

A. Alcoholic beverages are not recommended on the WonderSlim plan. Alcohol provides unneeded calories, can slow your weight loss, tends to stimulate the appetite and can deplete your body of needed water.



Q: What type of exercise is recommended?

A. We recommend limiting exercise to 45 minutes each day. If you haven't been exercising at all, be sure to check with your doctor to discuss which exercise plan is appropriate. Once you're deemed ready, start slowly and gradually build your level of activity.

Q: Can I have diet soda, coffee or tea on my WonderSlim diet?

A. Yes. Feel free to enjoy any diet or non caloric beverage at your desire. Also, you can mix your pudding/shake with your coffee to have a filling breakfast with a kick!

Q: What is the difference between a WonderSlim Meal Replacement and the other WonderSlim options?

A. WonderSlim Meal Replacements are used most frequently on the plan as they are nutritionally designed with 15g of protein and 23 essential vitamins and minerals. Our other WonderSlim selections include Bars/Snacks, Breakfasts, Lunches & Desserts. These other options will be enjoyed according to your specific plan.

Recipes

Try these tasty recipes and preparation variations for WonderSlim products and expand your food and drink choices!

Shake Makin' Tips:

- Add 1/2 tbsp of coconut, almond, maple or other favorite flavor extract
- Use hot or cold black coffee instead of water for a boost
- Substitute diet soda for water to make a "float"

My Favorite Fruit Smoothie (great for those on the run)

Vanilla Pudding Shake Mix	1 or 2 pkts	Combine all ingredients in a blender for 30 seconds or until blended - Enjoy!
Cold Water	6 oz	
Favorite Fruit, Frozen	See Food Selection List For Servings	
Fat-Free Frozen Yogurt	1/2 cup	
Ice Cubes	4 cubes	

Favorite Chicken Salad

WonderSlim Vanilla Cream Pudding/Shake Mix	1 pkt	In a large bowl, first mix the pudding/shake using 4 oz of cold water. Stir in parsley and lemon zest. Add chicken, apple, celery and raisins to bowl and toss in dressing. Serve over lettuce.
Grilled Chicken, Chopped	3 oz	
Flat Leaf Parsley, Chopped	1 tbsp	
Lemon Zest	1/4 tsp	
Green Apple (Cut in cubes)	1/4 cup	
Golden Raisins	1 tbsp	
Lettuce Greens	3-4 pieces	

Chocolate Covered Pretzel Surprise

WonderSlim Dark Chocolate Pudding Mix	1 pkt	Prepare the pudding according to package directions. Dip the pretzels in the prepared pudding and place on wax paper. Freeze for 40 min.
WonderSlim Pretzel Bows	1 pkt	

South of the Border Salad

WonderSlim Vegetarian Joe Or Chili w/ Beans	1 pkt	Prepare the Vegetarian Joe or Chili according to package instructions. Stir in chili powder. Wash the lettuce leaves and tomato and arrange on a plate. Spoon the Veg Joe or Chili mix on top of the lettuce. Layer on taco cheese and sour cream then drizzle with ranch dressing.
Chili Powder, optional	1 tsp	
Tomato, cut in chunks	1 small	
Shredded Lettuce	2 cups	
Sour Cream, fat-free	1 tbsp	
Taco Cheese, fat-free	1 tbsp	
Ranch Dressing, fat-free	1 tbsp	

Divine Pancakes

WonderSlim Hot Cakes	1 pkt	Prepare both Hot Cake and Pudding mix according to package instructions. Combine both mixtures with baking powder and nutmeg in a medium bowl. Mix until smooth. Coat skillet with cooking spray and cook over medium heat. Spoon 1/4 of the batter at a time onto the heated pan and cook until slightly brown. Flip to cook the other side. If a thinner batter is desired, add more water. Yield 4 pancakes.
WonderSlim Caramel Pudding	1 pkt	
Baking Powder	1 tsp	
Nutmeg	optional	
Water	6 oz	
Fat Free Cooking Spray	As needed	

Apple Cinnamon Oat Muffins

WonderSlim Hot Cakes	1 pkt	Preheat toaster oven to 400 degrees. Coat 2 foil muffin cups with fat-free cooking spray. Combine dry mixes and water and stir until all powder is incorporated into batter. Divide batter between two foil muffin cups and place on a toaster size baking sheet or piece of aluminum foil. Bake for 8-10 minutes. Makes two servings (2 muffins).
WonderSlim Apple 'n Cinnamon Oatmeal	1 pkt	
Water	1/4 cup	

Guidelines

Food For Thought

A Guide to Nutrition Education

Healthy Eating

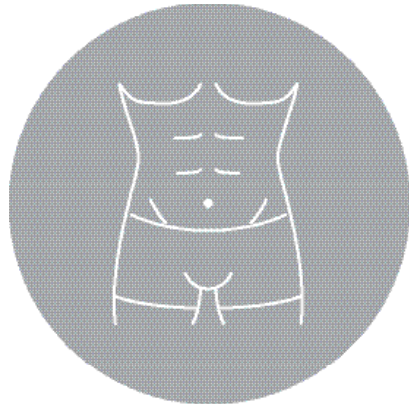
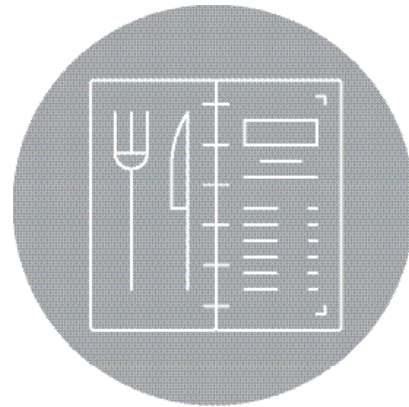
The Nutrition Facts

Nutrition Label Claims

Vitamins & Minerals

Meat, Fish, Poultry, etc.

Dining Out



Body Basics

A Guide to Exercise

Exercise - Why & How

Goal Setting

Smart Exercise

Exercise Basics

Healthy Eating

Healthy eating is a balancing act. Choosing a healthy variety of foods to supply the nutrients you need, without taking in too many calories or too much fat, cholesterol, sugar or sodium can be a challenge. The good news is, The U.S. Dietary Guidelines provide recommendations to help you make healthy food choices and achieve a healthy lifestyle.

DIETARY GUIDELINES

- Make smart choices from a variety of foods in each food group while staying within individual caloric needs
- Find a balance between food/beverage intake and physical activity
- Engage in regular physical activity to promote health, psychological well-being and a healthy body weight
- Consume the recommended servings from the fruit, vegetable, grain (especially whole grains) and dairy (specifically fat-free and low-fat) groups
- Keep total fat intake between 30 percent of calories, with most fats coming from sources of polyunsaturated and mono-unsaturated fatty acids, such as fish, nuts and vegetable oils and few fats coming from saturated fat, trans fat and cholesterol
- Choose fiber-rich fruits, vegetables and whole grains often and choose and prepare foods and beverages with little added sugars or caloric sweeteners
- Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day by choosing and preparing foods with little salt. In addition, consume potassium-rich foods, such as fruits and vegetables
- Those who choose to drink alcoholic beverages should do so sensibly and in moderation - defined as the consumption of up to one drink per day for women and up to two drinks per day for men
- Learn and know how to handle, store and prepare food safely to avoid food-borne illnesses
NOTE: The above are only summarized key points. You are encouraged to read the full document of The Dietary Guidelines For Americans 2015 at <http://www.health.gov/dietaryguidelines/2015/guidelines>

The **WonderSlim**[®] meal plans help you meet the Dietary Guidelines so you can eat healthy with ease. The meal plans are based on servings from all the food groups to achieve a healthy diet.

Your **WonderSlim**[®] meal plans are designed so that you don't have to keep track of your food groups. Be sure to follow your meal plans and consume the appropriate number of protein supplement products. Your meal plan, which includes **WonderSlim**[®] products, helps ensure proper nutrient intake and health while losing weight. In addition, the **WonderSlim**[®] products help promote satiety, making it easier for you to stay on your program.

PRACTICAL TIPS

While it's important to know what kinds of food to eat, it's equally important to know how much of these foods to eat. To avoid overestimating, familiarize yourself with what a serving size actually looks like. For the next week, measure your food using appropriate measuring cups, spoons and, if available, food scales. Try guessing the amount first, and then measure the food item to see how accurate you are. It won't be long before you can put aside your measuring cups and food scales. Here are some helpful hints for developing your visual judgement of serving sizes:

- 1 ounce of cheese or meat = size of your thumb
- 3 ounces of meat = size and thickness of a deck of playing cards
- A medium sized apple or orange = size of tennis ball
- 1/2 cup pasta = size of an ice cream scoop with spring handle
- 1 tsp. margarine = size of the tip of your thumb

The Nutrition Facts

The Nutrition Facts Label was designed to be easy to read and use. To familiarize yourself with this format, review the sample below.

This bold heading makes it easy to find important nutrition information.

Designated serving sizes are based on typical amounts of a given food consumed. Similar foods will have the same designated sizes, making it easy for you to compare nutrition information.

Calorie conversion information on a per gram basis. Note: fat has more than twice the calories of carbohydrates or protein.

Nutrition Facts	
Serving Size 1/3 cup (43g)	
Servings Per Container 1	
Amount Per Serving	
Calories 175	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 10g	20%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 65g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Shows how many calories come from fat. Choose foods that have less than 30% calories from fat.

This column shows what portion of the Daily Value is provided by one serving of food. The Daily Values are new dietary reference numbers that specify the amount of a nutrient you should consume daily. Some values are different for different calorie levels.

Choose foods with a low % Daily Value of fat, saturated fat, trans fat, cholesterol and sodium.

Choose foods with a high % Daily Value of dietary fiber, vitamins and minerals.

ACTIVITY

Food labels can help you make informed food choices. To get better acquainted with the foods you consume, go to your cupboards and select your favorite packaged food products. Examine the nutrition label and note the following:

- What is the serving size? _____ Measure 1 serving to see what a serving looks like.
- How many calories are in one serving? _____
- What has your typical serving size been in the past? _____
- Is it more or less than listed on the nutrition panel? _____
- How many calories are in this serving size? _____
- How many calories are from fat in this serving size? _____

Dietary guidelines suggest that fat intake should be less than 20 -35% of total calories consumed. Remember, your average fat intake over several days is more important than in a single food or meal. If the majority of food products you consume provides less than 30% of their calories from fat congratulations, you are on the right track! If many of the foods you consume contain more than 30% of their calories from fat you need to make some revisions in your food choices.

While the new label lists the number of calories from fat, the percent of calories from fat is not given. However, you can calculate this number very easily. Fill in the blanks below and compute percent calories from fat.

- List the number of calories from fat: _____
- Divide the number of calories from fat by the total number of calories per serving: _____
- Multiply this number by 100 to get the percentage of calories from fat: _____

Nutrition Label Claims

The **WonderSlim**[®] meal plans emphasize low calorie, low fat, high fiber, reduced sugar foods. By choosing foods that are naturally low in fat or prepared without the addition of fat or sugar, you can take the important first steps in achieving a healthy diet. Fortunately, there are a wide variety of healthy alternatives to foods that have been traditionally “off limits” to dieters.

To identify these healthy alternatives, it is very important to read the package label. Usually, the nutrition claims on the front of a package catch your eye first. In the past, these claims and terms were often misleading. For example, “lite” taco shells might have been light and crispy in texture, but not light in calories or fat. With the new labeling law which came into effect in 1993, foods must meet strict requirements before they can carry such nutrient content claims. Here are some common claims and their definitions, as set by the FDA:

Label Claim	Definition (per serving)
Calorie Free	Less than 5 calories
Low Calorie	40 calories or less
Light or Lite	1/3 fewer calories or 50% less fat than the reference food
Fat Free	Less than 1/2 gram fat
Low Fat	3 grams or less fat
High Fiber	5 grams or more fiber

The new labeling regulations also cover health claims. Experts agree that diet is one of many factors that may reduce your risk for a number of diseases. These are the typical descriptors that can be found on many of the food packages and their associated implications:

A Diet...	Can Reduce Your Risk of...
High in calcium	Osteoporosis (brittle bone disease)
High in fiber containing grains, fruits & vegetables	Cancer and Heart Disease
Low in fat or high in fruits or vegetables	Cancer (which contribute dietary fiber, vitamins A or C)
Low in saturated fat & cholesterol	Heart Disease
Low in sodium	High Blood Pressure
High in oat bran or oatmeal	Heart Disease
High in folic acid (women of childbearing age)	Birth Defects

Nutrient content and health claims are more credible than ever. But they give you only a general idea of a food’s healthfulness. Be sure to read the label for the whole picture.

ACTIVITY

Remember, nutrition labels provide important information about the many foods you will consume throughout the day. The labels are standardized to show how a food fits into a 2,000 calorie diet. Although the typical amount of calories on the **WonderSlim**[®] program is 1 000-1200, you can still use the labels to identify if a food item is a good source of a particular nutrient by focusing on the grams (g) or milligrams (mg) of a given nutrient per serving.

For example, to see if you are meeting the daily requirements for dietary fiber (25 grams per day), you would tally up the grams for fiber per serving for all the foods you consumed in one day. If the total grams for your daily fiber intake is close to or equal to 25g - Congratulations... you’ve met the recommended guidelines. If it’s low, you need to increase your consumption of high fiber foods.

Vitamins & Minerals

Vitamins and minerals play a key role in chemical reactions of the body. There are two classes of vitamins: water soluble (B vitamins and C) and fat soluble (vitamins A, D, E, & K). Water soluble vitamins circulate freely throughout your body and excesses are excreted in the urine, so that overdoses rarely occur. Fat soluble vitamins are absorbed and stored in the body. Due to this storage, consuming too much of a fat-soluble vitamin can be harmful!

Minerals form structural components in the body and participate in key chemical reactions. There are approximately 25 minerals that are important for good nutrition. And like fat soluble vitamins, some minerals are toxic if taken in excess (e.g. iron, copper, chlorine, magnesium, manganese, iodine, fluoride).

Although all the vitamins and minerals are important to your health, some nutrients have recently received special attention.

THE ANTIOXIDANT VITAMINS

Scientists have shown that with the help of antioxidant nutrients (vitamins C, E, beta carotene and selenium), our bodies are better equipped to prevent the development of certain chronic medical conditions including cancer, cardiovascular and immune diseases, cataracts and perhaps aging itself.

Our bodies can produce and take in from the environment, substances called "free radicals." These substances can damage important body tissues resulting in development of the medical conditions listed above. Studies have shown that the body defends against such damage with the help of antioxidant nutrients. It is believed that meeting the Daily Value or RDA for these nutrients is sufficient to provide these benefits. Food sources of antioxidants include fruits and vegetables, whole grain products and cereals, as well as fish and other seafood.

CALCIUM

It is critical that you consume adequate amounts of the mineral calcium to reduce your risk of developing osteoporosis, a disease which causes bones to become fragile, porous and more susceptible to fractures. In addition to helping to build strong bones and teeth, calcium also aids in muscle contraction and regulation of heart rhythm, the functioning of the nervous system, the activation of enzymes and blood clotting. A National Institute of Health Consensus Panel recommends 1000mg of Calcium or more per day for adults over the age of 19. Milk, yogurt and many of the **WonderSlim**® Nutritional Food Products are excellent sources of calcium. Vegetables (such as broccoli and kale), canned salmon, sardines, and calcium fortified orange juice are also good ways to increase your calcium intake.

CHOOSING HEALTHY ALTERNATIVES

Eating a wide variety of foods is the best way to satisfy your body's nutritional needs; however, it is difficult to consume all needed vitamins and minerals with a reduced calorie diet. Therefore, a multivitamin supplement is recommended. Here are some guidelines to help you overcome the challenge of choosing a daily multivitamin:



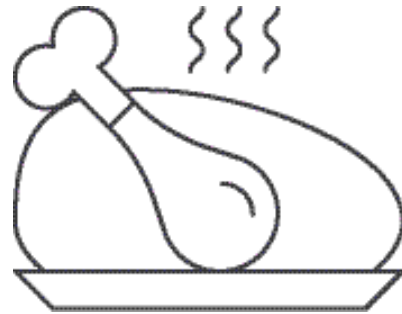
- Select a supplement which provides several vitamins and minerals rather than one pill for each vitamin and mineral you want to take. It's not only easier to remember to take 1 daily pill, but also more economical.
- Be sure to include fat soluble vitamins (A, D, E), B vitamins (thiamin, riboflavin, niacin, B6, B12, folate, pantothenic acid), Vitamin C and minerals (copper, iron, zinc).
- Look for a multivitamin - that provides 100% of the US RDA or Daily Value for the major vitamins and minerals. However, remember that doses that are 5-10 times higher than the RDA may be harmful to you.

Meat, Fish, Poultry, Etc.

Meat, poultry, fish, dry beans, eggs and cheese are foods which make up “the meat group”. These foods are excellent sources of protein and most vitamins and minerals. Meat, poultry and fish are particularly important because they also provide high amounts of the B vitamins, iron and zinc.

Most of your daily protein requirements will come from this group. Protein is vital for building and maintaining body structure (including muscle tissues and other critical organs). A fresh supply of protein is required daily to maintain the integrity and function of your body. The **WonderSlim**® Nutritional Food Products provide high quality protein to ensure you are consuming adequate amounts of this vital nutrient.

Proteins are made up of 22 different “building blocks” called amino acids. Nine of these amino acids are essential - your body cannot manufacture them so you must eat foods with these proteins each day. Meat, poultry, fish, and items from the milk group (including **WonderSlim**® Nutritional Food Products) are examples of high quality proteins which supply all the essential amino acids. Since dried beans and nuts are typically deficient in some of the essential amino acids, they alone cannot meet your body’s protein needs.



Foods in the meat group contain naturally occurring fat and, depending on preparation techniques, can be a source of added fat. It is important to choose lean varieties of meats, poultry and fish (see guidelines below), because the high fat choices contain saturated fats which can increase blood cholesterol levels, encourage formation of plaque and promote heart disease. Look for low fat or fat free cheeses. Compared to meats, however, the dried beans and nuts are low in saturated fat and have no cholesterol. A balanced diet which includes a variety of low fat, protein sources is recommended.

SERVING SIZES

- Typical serving sizes vary from 1 - 4 ounces of lean or very lean meat, poultry, fish or cheese;
- 2 egg whites, 1/2 cup of beans (which count as 1 ounce of lean meat)

PRACTICAL TIPS

The leanest cuts of meat come from the parts of the animal that gets the most exercise - the shank, round, and flank. In contrast, the chuck, loin, and rib don’t get much exercise and are high in fat. When selecting meats, choose the lean cuts which are uniformly pink and are not interwoven with white streaks of fat. Also, try to avoid egg yolks and nuts in large quantities because they are naturally high in fat.

If you choose lean cuts of meat you can keep them lean by cooking lean. Use a non-stick cooking spray for stir frying, or bake, broil or grill with an oil-free marinade. Also remember that the skin of poultry is high in fat. So, after cooking and before eating chicken or turkey, be sure to remove the skin. Or better yet, remove the skin before cooking.

CHOOSING HEALTHY ALTERNATIVES

Changing eating habits is hard work! Taking gradual steps can help make it easier. Consider trying some of the “first steps” listed below. Once comfortable with these changes, try the “best choice”.

Instead of	First Try	Aim For... Best Choice
Regular ground beef	Lean ground beef	Extra-lean ground beef
Deep fried fish or poultry	Stir-fried fish or poultry	Broiled, baked or grilled

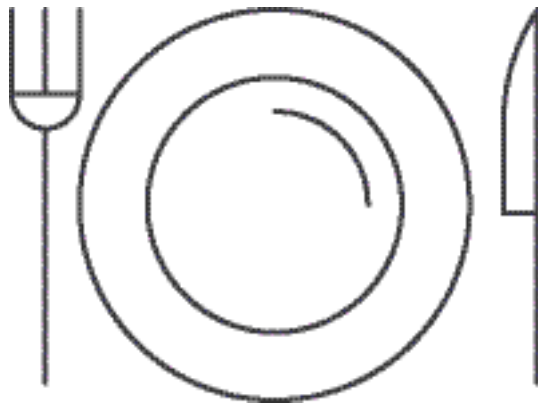
Dining Out

RESTAURANT DINING

It's a lot easier to maintain a healthy eating program at home. But what do you do when you're invited out to eat? Here are some basic rules to follow to help you maintain healthful eating when dining out.

Understand menu language and plan ahead. The menu terms and phrases listed below provide clues about how a food item has been prepared. Review the "red light" (high calorie, high fat) and "green light" (lower in calories and fat) items and remember to choose "green light" items as often as possible.

- **Red Light:** Fried, French Fried, Hollandaise, Alfredo, Carbonara, Breaded, Creamed, Creamy, Au Gratin
- **Green Light:** Baked, Broiled, Grilled, Stir-fried, Poached, In Tomato/Marinara sauce



PRACTICAL TIPS

Avoid arriving at the restaurant ravenously hungry. It's better to have a snack to subdue your appetite. Then, you are better able to make wise food choices, rather than diving into the breadbasket or chips.

Review the entire menu. Sometimes, two appetizers make a healthier meal than a full-course entree. If the method of cooking for any item listed isn't noted, ASK how that food item is prepared.

Order sauces & dressings 'on the side'. When you place your order, have sauces and dressings served on the side. Also, if the salad is topped with condiments like bacon bits, shredded cheese or croutons, ask to have your salad served without these items. And, don't forget to choose low calorie dressings.

Practice portion control. Most restaurants serve 6 - 8 ounce portions of meat and fish. Cut your portion in half, remove one half from your plate, and ask for a "take home bag." If possible, order half size portions or share an entree with a friend.

BROWN BAG MEALS

Brown bagging is an American tradition. But given today's busy lifestyles, many people pack lunches at the last minute.

- The result? Few food choices and a lunch of stale crackers and dried-up cheese. By planning ahead, you can prepare 'power packed lunches'. Here are a few tips.

Have sandwich fixings on hand in the freezer. During the weekend, prepare fresh poultry or a lean roast to freeze for later use. Slice the meat and wrap it in 2-3 ounce portions. Thaw it in the microwave in a small amount of broth prior to making

- your sandwich. You can even freeze the bread for the sandwiches. Lightly toast it prior to packing your lunch. Keep condiments (mustard, salad dressing) in a desk drawer and add them to your sandwiches to give them a 'kick'. Fresh lettuce, tomato, and onion slices (wrapped separately) can also do the trick.

Incorporate a variety of flavors and aromas into your meals. Variety is the spice of life! And so it is with eating. Include a

- wide variety of tastes, textures, and temperatures in your meals. For example, bite into fresh fruit or raw vegetables between bites of sandwich. Also, include soup in your meals to slow down your pace of eating while filling you up! If you can, heat up leftovers for lunch; hot meals are more aromatic than cold ones.

Exercise - Why & How

EXERCISE... LET THE PLEASURE BEGIN

The most important reason to exercise is to strengthen your heart. Whenever you exert yourself (even walking upstairs), your heart pumps extra oxygen-rich blood throughout your body. Since muscles need oxygen-rich blood in order to contract, the stronger your heart, the stronger your muscles. However, research shows that people who exercise feel happier and more positive about themselves. So, a daily exercise routine will help you...

- Feel better... you will feel more alert and energetic and your muscles and joints will be more flexible and less tense
- Achieve success... consistent physical activity is the number one predictor of successful weight loss maintenance

DIFFERENT TYPES OF EXERCISE

In the Body Basics program, you'll build your aerobic fitness, strength and flexibility. The walking program is designed to help build your 'aerobic fitness'- or how well your heart and lungs deliver blood and oxygen to working muscles. Aerobic exercise is the best way to strengthen your heart. Strengthening your heart can help make daily tasks seem easier and decrease your risk of developing heart disease.

Other activities will help you strengthen your muscles. Balanced muscle strength can help prevent injuries. And, having more muscle can help with weight maintenance since it burns nearly three times as many calories as fat, even when you're not exercising!

To increase your flexibility, stretching exercises have also been included in the Body Basics program. When joints are flexible, they feel loose and are less prone to injury.

CHECK WITH YOUR DOCTOR

But before you begin exercising, check with your physician first! Make sure you are medically able to begin this program.

GETTING STARTED

Start slowly. If you do too much too soon, you may be sore and tired and may also run the risk of injuring yourself "No pain, no gain" just isn't true! With the Body Basics program, you will learn to gradually increase your physical activity level. Also, changing your behavior gradually will help you to make these changes permanently.

When you begin to increase your activity level, you may feel out of breath for the first few minutes. Don't be afraid or let this temporary discomfort discourage you. Within 10 minutes or so, your breathing usually becomes more regular and your heart settles into a comfortable, elevated rate. This is when the pleasure begins! If you only exercise for 5 minutes, you probably won't experience this enjoyable phase. So, make sure to give yourself the gift of time ...to experience the enjoyment of exercise.

ACTIVITY

To get you started, consider the list of activities below. Each day, pick at least one that you will do to increase your activity level.

- Take the stairs versus the elevator
- Walk up and down a flight of stairs 5 times during each TV commercial
- Park your car as far away as possible from your destination
- Do 5 jumping jacks before brushing your teeth
- Take a walk after lunch or dinner



Goal Setting

Throughout this program, you will plan and set exercise goals by completing the activity section of the handouts. Here are a few tips to help you build your goal setting skills.

1. Goals should be your own. If you are trying to achieve someone else's goal (e.g. "I'm participating in this program because my husband wants me to lose weight"), chances are you won't be successful in the long term.
2. Goals should be specific. "I want to exercise more" isn't specific enough-how do you know when you've "exercised more"? A better goal would be "I want to exercise 4 times this week for 15 minutes each time".
3. Goals should be achievable. For the person who is just beginning a power-walk program, it would be unrealistic to set a goal of "I will power-walk every day this week for 2 hours". Start off slowly and work your way up. (The Body Basics program will help you with this).
4. Goals should specify completion dates or time frames. Consider this goal: "Over the course of the next week, I want to exercise 4 times for 20 minutes each time". This goal statement specifies a time frame for completing the goal - within one week.

TIPS FOR STAYING WITH IT

Establishing realistic and achievable goals is key to a successful and ongoing exercise program. There are many steps you can take to help you "stay with the program". For example:

1. Choose the right equipment. For example, if your hips, knees or ankles hurt from walking, it could be that you don't have the right shoes. Consult with a reputable athletic shoe dealer for advice on the best athletic shoe for you to wear when you walk.
2. Establish a time and place. Include when and where you will exercise as part of your weekly planning activity. You may want to experiment with different times of the day for exercise and find a variety of places where you can do your different exercise programs - e.g. parks, malls, fitness rooms and places within your own residence. You might, also, consider joining a health club.
3. Find an exercise buddy. Knowing that another person is depending on you to show up for a power walk can help you leap hurdles of inertia. And more than one exercise buddy can be helpful too.
4. Overcome boredom. One way to prevent boredom is to engage in a variety of activities. Throughout this program, you will learn a number of different ways to exercise that will help you effectively combat 'exercise boredom.'
5. Reward yourself & enjoy If you want to maintain your new exercise program, you must reward yourself for your efforts. Identify and enjoy non-food rewards when you successfully complete your exercise program. For example, upon completion of two weeks of consistent exercise, treat yourself to a new CD or a sweater.

ACTIVITY

Continue with the activities you did over the past two weeks. This week, add a walking program to your weekly activities. Walking is an easy and portable way to exercise. You can walk nearly anytime (morning, noon, or night), anyplace (outside, indoors-hallways, stairs, malls) or anywhere (home, the office, vacation), and its great for your heart! To get started, walk at least 5 minutes, 4 times during the first week. After one week, if you feel energized by walking, increase your program to walking 10 minutes, 4 times during the second week. If you feel sore or tired after a week of walking, continue with 5 minutes, 4 times per week. And, as always, if the soreness is severe and you are unable to perform your usually daily activities, consult your physician.

Smart Exercise

WARMING UP

Every workout should begin with a warm-up. Muscles that are warmed up and stretched, work better and are less likely to be pulled or strained. A warm up should last 5 to 10 minutes. By moving your arms and legs in a slow, rhythmic fashion, your body temperature will rise and your heart and blood pressure will increase too. Some examples of warm up activities include arm circles, arm swings, and marching in place. Select one of these activities and do it to warm up the next time you exercise.

Remember, warm up activities are good for alleviating stress, too. When you're sitting at your desk and feel the tension rising, stand up and march in place or do arm swings or circles. Chances are, after 5 to 10 minutes, you'll experience some relief!

COOLING DOWN

Cooling down is just as important as warming up. When you exercise, your heart beats faster to keep muscles supplied with blood, and the oxygen and fuel that it carries. If exercise is stopped suddenly, a sharp decrease in blood pressure can occur because blood begins to pool in your arms and legs. A gradual cool-down allows the body to adjust better. To cool down, decrease the intensity of your exercise for 5 to 10 minutes. Also, do some stretching exercises to build your flexibility and help relieve soreness and loosen tight muscles.

Here are the basic steps to follow for proper stretching:

1. Slowly stretch into position until you feel a tightness in the muscle.
2. Hold that position for 10 to 15 seconds until you feel some tension in the muscle, but not until you feel a burning sensation or pain.
3. Release the stretch and wait 3 to 5 seconds. Then, repeat the stretch again for a total of 3 to 5 times, or more if the muscles feel tight.

Stretching exercises can also be used as 'light activities' for the days when you don't plan to walk. And they're great for relieving stress, too.

ACTIVITY

Increase your walking program to a 10 minute walk, 4 times per week. If you are already at this level, try a 15 minute walk, 4 times per week. Remember, don't push it! Before you walk, warm up using one of the activities listed above. After you are finished walking, try one of the stretching exercises below. On the days you don't plan to walk, do at least two of the stretching exercises listed below:

Full Tilt Stretch

- Stand tall, arms outstretched above head
- Inhale deeply and reach as far as you can
- Hold for a count of three
- Repeat 3 times

Handling Hamstrings

- Lie on your back, left knee bent & left foot flat on floor
- Extend right leg, toes pointed
- Raise leg and grasp right knee with your hands
- Gently stretch the hamstring and hold for three counts
- Now flex your ankle and hold again
- Switch legs
- Repeat 3 times

Lower Back Release

- Lie on your back
- Gently stretch
- Exhale and release
- Repeat 3 times

Full Body Stretch

- Stand tall, arms outstretched above head
- Reach skyward with both arms and pretend you're picking apples that are just out of reach
- 'Pick' first with the right hand, then left
- 'Pick' twenty apples in a row
- Lower both arms and shake
- Repeat 3 times

Exercise Basics

DETERMINING YOUR HEART RATE

Aerobic activities can strengthen your heart. For an activity to be considered 'aerobic', it must be performed at an intensity that makes your heart work harder than it normally does. The intensity of an activity can be estimated using your heart rate. Calculate your heart rate in the space provided.



1. Subtract your age in years from 220 to estimate your maximum heart rate.

$220 - \text{My Age} = \text{Max HR}$ $220 - \underline{\quad\quad} = \underline{\quad\quad}$

2. Multiply your maximum heart rate by 60% to find the lower limit of your aerobic intensity and by 90% to find the upper limit.

$\text{Maximum heart rate } \underline{\quad\quad} \times .60 = \underline{\quad\quad} \text{ beats/minute}$ $\text{Maximum heart rate } \underline{\quad\quad} \times .90 = \underline{\quad\quad} \text{ beats/minute}$

For the best heart-strengthening effects, your heart rate during an aerobic activity should be between these two numbers. Exercising continuously for 20 minutes, 3 days per week is the best way to improve your heart fitness. Exercising longer (30 - 60 minutes) is more helpful for weight reduction.

WHEN INJURIES OCCUR

1. If an injury causes radiating or severe pain and makes moving the affected body part difficult, and/or if swelling or numbness occur, see your physician as soon as you can.
2. For pain that develops gradually, REST. Stop exercising for a few days to let your muscles recover. Remember the following tips for treating minor pain and injuries:
 - ICE:** Cold reduces swelling and relieves pain. Keep ice on an injured area for 10 - 20 minutes. (Ice left on longer than 20 minutes can damage the skin and nerves.) Reapply every few hours for 48 hours.
 - COMPRESSION:** A towel/elastic bandage wrapped around the injured area helps reduce swelling and bruising.
 - ELEVATION:** If you injure a limb, prop up the leg or arm to reduce swelling. Do not use heat! Heat increases blood flow and makes swelling worse. When swelling decreases (usually within 48 hours), use heat (20 - 30 minutes, a few times a day, to relieve pain, relax the muscles, and reduce stiffness).
3. Once you're pain free, resume exercising lightly, include flexibility exercises in your program and gradually increase your activity level over the course of 2 - 3 weeks. To prevent re-injury, determine what originally caused your injury and correct the problem, if possible.

ACTIVITY

Increase your walking program to a 15 minute walk, 4 times per week. If you're already at this level, try a 20 minute walk, 4 times weekly. Remember to warm up and cool down. On the days you don't plan to walk, do at least two stretching exercises and continue to do the activities you started during Lesson # 1.

To assure that you are benefiting from the walking program, take your heart rate before, during and after your walking routine. Here's how to calculate your heart rate. Count your pulse for 10 seconds. (To locate your pulse, gently press your index and middle fingers on your neck just under your jaw. Slowly slide your fingers toward the middle of your neck until you feel a pulse.) Multiply that number by six to determine your beats per minute. This number is your heart rate.

Try to achieve a heart rate between the two numbers you calculated above. If your heart rate is below the lowest number, try walking a bit faster to increase the intensity of your walk (and your heart rate). If your heart rate is above the highest number, CAUTION ... decrease the intensity of your walk to lower your heart rate.

Life Steps

A Guide to Behavior Education

The Process of Change
More About Change
Problem Solving
Changes that Last
Food Cravings
Personal Responsibility
Controlling Your Appetite
Changing Eating Behaviors
Recognizing Saboteurs
Building a Support System
The Relapse Process
Your Relapse Reminder Card



Maintenance

A Guide to Long-Term Weight Management

Congratulations - You've Made It!
Developing the New You

The Process of Change

A WORD ABOUT THE PROCESS OF CHANGE

Changing your lifestyle isn't an event that happens overnight. Instead, it's a process that occurs gradually over time. During different phases of the program, you may feel differently about this process of change. Initially, you may be preoccupied with the program, talking and thinking about it and filled with anxious anticipation. Next, you may feel awkward and somewhat panic stricken. Your life may feel 'chaotic' as you let go of old 'anchors' or ways of doing things (e.g. eating high fat lunches at the deli) and begin executing new healthy behaviors (e.g. taking a 10 minute walk at lunch). Finally, once you integrate the new behaviors into your life, you'll likely feel a growing sense of stability and calm.

RESISTING CHANGE: COMMON STRATEGIES

During the change process, you may find there are times when you feel unable to embrace the new challenges-it's too stressful! Don't worry... you are not alone! Some common tactics we all use to resist changing follow. Most people have used these tactics at one time or another in their lives. Read each tactic and identify those strategies you have used in the past to resist changing, for example, your eating habits.

- Delay:** You procrastinate or forget the things you "really wanted to do." Example: "I really do want to take the low fat cooking class. I know it'll help, but I just don't have time. I'll sign up next time."
- Denial:** You refuse to acknowledge an actual event or personal experience that is apparent to others. Example: "I don't eat a lot of desserts" (you say as you finish your daily éclair at lunch).
- Rationalizing:** You conceal your feelings, thoughts, and actions by creating a set of reassuring or self-serving but incorrect explanations. For example: "I can't change how I eat because I have to cook for me."
- Avoidance:** You behave in ways that prevent you from situations or people you experience as threatening. For example: "I'm just too late for my office visit today. I'm not going to go."

STRATEGIES FOR OVERCOMING RESISTANCE

Common reasons people resist change are noted below. Strategies for overcoming resistance are also given.

Negative, Pessimistic, Anxious Thoughts

Sometimes, people harbor negative, pessimistic or anxious thoughts about the changes they are about to undertake. Example: "This will be another fruitless attempt to manage my weight... and I'm scared." For most people, talking about fears and concerns to a trusted other can help reduce the intensity of the fear and foster a more realistic perspective about the change process. Social support and aid from helpful others are powerful allies for overcoming negative, pessimistic and anxious thoughts.

Lacking Necessary Skills or Knowledge

Deep down, some people believe that they don't have the needed skills or knowledge to change. For example, "I don't know how to exercise... I'll never be able to do this program." Seeking out needed information and acquiring necessary skills, can help you to face this challenge. The **WonderSlim**[®] program is designed to provide you with both the knowledge and skills necessary for successful weight management.

Payoffs for Unhealthy Behaviors

Sometimes, people maintain unhealthy behaviors because there are powerful rewards for doing so - like attention from others, immediate gratification of needs, or avoidance of work or stress. For example, eating large amounts of chocolate may fulfill the need to be treated special and takes away stressful feelings. Taking an honest look at what you gain from your unhealthy behavior can help you identify your needs and create healthier ways of meeting these needs.

Your Assignment

First, identify the resistance strategies you use. Using the information above, identify what 'triggers' your resistance tactic. Next, use one of the strategies listed to overcome your resistance. Set small goals that you can achieve to launch yourself into action.

More About Change

Behavior modification is a process used for changing behavior. First, the behaviors you want to change are clearly identified as are the circumstances which support their continued occurrence. Second, a plan to change these circumstances is created and put into action. Here's an activity to help you get started.

GETTING STARTED

1. Identify a behavior you would like to change (e.g. I eat a donut every morning at the local bakery before work):

2. Record what events and circumstances happen before or lead up to the behavior (e.g. I leave my house early so I can stop at the bakery; I take a special route to work so the donut shop is on my way):

3. Examine the consequences of the behavior to help you understand why you keep doing the behavior (e.g. when I eat the donut, my hunger goes away and it tastes good; I enjoy visiting with friends who are also at the donut shop):

4. State your goals in a clear and precise manner (e.g. I want to stop eating a donut at the bakery every morning):

5. Develop an action plan by reviewing the tactics for changing the events and circumstances which typically precede the behavior (refer to number 2) and identify strategies for change. This is called breaking the behavior "chain of events" (e.g. I'll leave so I won't have time to stop at the bakery; I'll take a different route to work):

6. Finally, after the change tactic has been successfully executed, identify and administer a non-food reward to congratulate yourself (e.g. a bubble bath, a new sweater. etc.):

Problem Solving

During the **WonderSlim**® Program, you have probably run into situations that you wish you could have handled differently. Maybe you've been unable to keep from overeating when you've gone out to dinner. By using problem solving skills, you may be able to meet this challenge.

THE PROBLEM SOLVING PROCESS

Attitude is a key to successful problem solving - instead of being overwhelmed by problems, embrace them as challenges and opportunities. The three basic steps of the problem solving process are described below along with an example. Under each step, additional space is provided so you can use the problem solving process to resolve or manage a problem you are having with your weight management efforts.

PROBLEM SOLVING STEPS

1. Define the problem.

"I can't get myself to exercise after work."

2. Brainstorm a variety of solutions; select the best strategy.

"Instead of coming home first, I could pack my exercise clothes the night before ... and go directly to the club." "The health club is really close to work ... maybe I could go at lunch time."

"I could exercise in the morning." (strategy chosen as best)

3. Evaluate results & 'fine tune' plan.

"I've been a bit late to work. I'll alter my schedule so I can get to the health club earlier."

4. Are you satisfied with your outcome? If not, go back to step 2 and select an alternative strategy.

"I can't get myself to exercise after work."

"Instead of coming home first, I could pack my exercise clothes the night before... and go directly to the club."

"The athletic club is really close to work... maybe I could go at lunch time."

"I could exercise in the morning."

"I've been a bit late to work. I'll alter my schedule so I can get to the health club earlier."

Changes That Last

PART I

Making any kind of change - including changing eating and exercise behaviors - is hard work! Old comfortable habits die hard! But strengthening or reinforcing new healthy behaviors can help you to stick with them and keep you from slipping back to 'old ways of doing things.' And, it's very important to find non-food ways to do this!

MY LIST OF "REINFORCERS"

To help you identify 'reinforcers' that can work for you, complete the following exercise. All the things you list can be used to reinforce your new behaviors.

List 3 things you would like to receive as a gift.

List 3 things you would like to do if you had a day to yourself.

List 3 things you would like others to do to show they care for you. Rather than wait for another person to do these things for you, give these things to yourself to reinforce a new behavior.

HOW TO USE REINFORCERS TO STRENGTHEN A DESIRED BEHAVIOR

When you reward yourself (with a reinforcer) for performing a behavior, you'll strengthen that behavior and increase the probability that you'll repeat it. To achieve this goal, follow these basic guidelines.

First, reinforcers must be applied immediately after the desired behavior: For example, let's say one of your reinforcers is listening to a favorite song on one of your compact discs. If you want to reinforce your new behavior of walking 20 minutes a day, then you should 'listen to a favorite song' immediately after walking.

Second, you must be aware that the reinforcement is occurring as a result of doing the desired behavior: For example, as you listen to the song, you might also say out loud, "I'm treating myself to listening to a favorite song because I did my 20 minute walk today".

Third, when you first begin to strengthen a new behavior, reinforce the behavior each time you do it. For example, initially you would listen to a favorite song each time you completed your 20 minute walk. Once the new behavior becomes part of your routine, switch to reinforcing the behavior 'intermittently' - reinforcing it sometimes but not all the time. For example, once the walk becomes part of your routine, you would play a favorite song afterwards sometimes, but not always.

ACTIVITY

Identify a behavior you want to reinforce:

List a reinforcer from your above list that you can use:

REMEMBER, follow the guidelines above when using reinforcers!

Food Cravings

USING FOOD TO COPE WITH STRESS

Using food to cope with stress is a behavioral problem, not a personality flaw which needs modification. Complete the chart below to determine if you use food to cope with stress.

THE *WonderSlim*® COPING EXERCISE

- Do you eat to reduce the intensity of your emotions? YES NO
- Does eating make you sleepy, allowing a retreat from the pressures of life? YES NO
- Does eating relieve all kinds of stress, be it personal, social or work related? YES NO

If you answered “yes” to most of the questions above, chances are you are using food to cope with stress. In future lessons you will learn how to recognize the symptoms and sources of stress. You will also learn non-food methods for coping with stress.

USING FOOD TO HANDLE EMOTIONS

For some people, emotions become linked to hunger. They eat before they think. When they experience an emotion (such as anxiety), they simultaneously experience a ‘false’ or ‘pseudo’ hunger. They then confuse emotional hunger (their need to have the emotion recognized and to receive comfort) with actual or real hunger. Use the Cravings Record below to distinguish between real and emotional hunger.

WonderSlim® CRAVING RECORD

Date/Time			
Food Craved			
Last Meal or Food Eaten (before craving)			
What was your mood?			
Was the hunger real or emotional? Did you eat the food craved?			

If you succumb to food cravings which are the result of emotional hunger versus real hunger, try this exercise. In the space provided below, list alternative things you can do to respond to the emotional hunger. Then, the next time you experience the emotional hunger, try one of these strategies. And remember, when you successfully employ an alternative strategy, don't forget to reward yourself in some non-food manner.

ALTERNATIVE ACTIVITIES TO EATING: (example go for a walk, call a friend, deep breathing)

Personal Responsibility

While evaluating your habits is a difficult task, the rewards of accepting personal responsibility for learning healthier behaviors is well worth the effort. However, people sometimes place the responsibility for change on other people or external situations. Consider the following examples of 'displaced responsibility.'

HAVE YOU EVER SAID? ...

"I have to entertain in my job" or "I'm big boned" or "I don't have time to exercise". These are examples of using outside forces to justify not taking action. Examine your values and priorities. Don't shift the blame to uncontrollable forces around you; doing so only delays finding positive solutions. Accept what you cannot change and leap into action to change what you can.

"I don't have willpower". Willpower is not an inborn trait; it's a skill that can be developed, practiced and cultivated over time. You have the ability to control your responses to food by using such tools as 'positive self-talk' and 'breaking the behavior chain.'

"My doctor will make me lose weight" or "I need a diet to make me thin". These rationalizations remove the responsibility for weight loss from the dieter and are impediments to success. You are the only one who can change yourself. Focus on what YOU can do to modify your current habits into healthy behaviors.

TOOLS FOR DEVELOPING A SENSE OF PERSONAL RESPONSIBILITY

During the next two weeks, when you feel the urge to overeat, try using these tools.



Negative, Pessimistic, Anxious Thoughts

Sometimes, people harbor negative, pessimistic or anxious thoughts about the changes they are about to undertake. Example: "This will be another fruitless attempt to manage my weight..and I'm scared." For most people, talking about fears and concerns to a trusted other can help reduce the intensity of the fear and foster a more realistic perspective about the change process. Social support and aid from helpful others are powerful allies for overcoming negative, pessimistic and anxious thoughts.

Stop

When you feel the urge to eat something decadent, count to twenty. This momentary pause will give you time to think.

Think

Give yourself the opportunity to think it through. Ask yourself, "Do I really need to eat this?" "Am I responding to a 'cue' to eat rather than true hunger?"

Listen

To your inner dialogue - NOT THE FOOD! Use positive self-talk to talk yourself out of it. For example, if you're headed to the refrigerator for ice cream, sit down on the step and say, "I really don't need this ice cream and I'm not hungry either. Choose NOT to have the ice cream! Go back upstairs and read your book." Remember, successfully avoiding the ice cream merits a reward like "Way to go! I knew you could do it! You're great!"

Take Control

Taking control includes removing the temptation all together if possible. If you know you have a weakness to a particular food item, respect your inability to resist & don't have it around. Be good to yourself, and help yourself to be successful.

Controlling Your Appetite

RESPONDING TO HUNGER

Hunger isn't your enemy. Instead, it's a friend. Just like the needle of the fuel gauge in your car; hunger lets you know that your body's running low and needs to be 'refueled'.

However; hunger can be linked with a number of internal and external events. For example, some people eat when they feel blue (internal event) or have to stop to get a milkshake when they pass a fast food restaurant (external event). In other words, the internal event or external event is linked with eating. The result is that these events trigger eating, not hunger.

LISTENING TO YOUR BODY

Many people become conditioned to eat as a result of internal and external cues rather than when they are truly hungry. To help you to break the links between external and internal cues and eating, review each strategy noted below. Then, circle the one that you will execute over the next two weeks.

OUT OF SIGHT, OUT OF MIND, OUT OF MOUTH

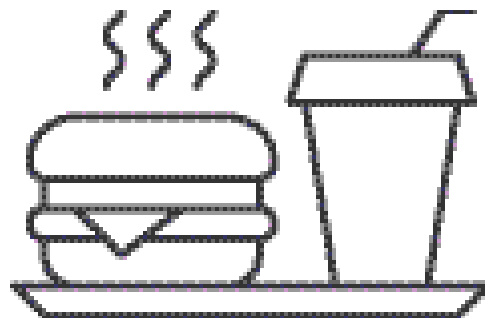
One of the best ways to break the link between the sight of a favorite food (external cue) and the automatic necessity of eating is not to have the food around in the first place. If you know you are going to eat the entire bag of your favorite cookies at one sitting, then don't buy them! Or, if you must buy them, place them in a cupboard behind a closed door or in a container so they aren't 'staring at you' begging to be eaten.

TV AND EATING ARE NOT ONE AND THE SAME

Many people are accustomed to eating every time they turn on the television. If you watch television while you eat you can't pay attention to what you're eating! Limit your eating to one area in your home, preferably your kitchen or dining room table. And, when you eat focus on just that...eating. Turn off the television, put down the paper; and enjoy the taste, texture and aroma of the food you are eating.

FEELING LONELY, DEPRESSED, OR BORED DOESN'T MEAN IT'S OK TO BINGE EAT

Some people reach for 'comfort food' when they feel empty, lonely, depressed or bored. The feeling state (versus hunger) is linked to eating. Rather than 'treat' the feeling with food, embrace it and let it guide you to a better understanding of your personal needs. Specifically, how can you meet and spend time with others who can comfort you? Can what is making you sad be changed or managed better so you don't feel depressed? And, if you are bored, what can you do to 'light your fire' of interest and fun?



Changing Eating Behaviors

Many of us have developed poor eating practices. The following list describes how to fine tune your eating practices so they support your weight management efforts.



STRATEGY ONE - Eat at the table only

Stop eating on the run ... in the car, on the street or in front of the television. Confine eating to one place - the table.

STRATEGY TWO - Put your fork down between mouthfuls

Enjoy the tastes, textures, and aromas of what you're eating. And, relax... give yourself a chance to feel full before your plate is empty.

STRATEGY THREE - Teach yourself when to eat

Structure your life so that you make time for eating healthy meals.

STRATEGY FOUR - Healthy doesn't have to mean boring

Eating the same meals every day can get boring. And when you're bored, you may be tempted to try high-fat, high-calorie alternatives. Vary your menus - try new spices, new tastes & new textures. Healthy low-fat eating can be just as gratifying as high-fat, high calorie meal plans (and much more energizing, too).

STRATEGY FIVE - Be clear about what you want to eat

If you crave something cold -like ice cream, don't talk yourself into a muffin or something else that isn't cold. Treat yourself to a low-fat, cold treat, like frozen yogurt. By doing so, you'll feel more satisfied and are likely to stop eating after having the yogurt.

STRATEGY SIX - Eat on a small plate

Fill the smaller plate, enjoy your food and never feel a moment's guilt about overeating.

STRATEGY SEVEN - No seconds!

Provide yourself with appropriate food portions. Then, tell yourself that whatever is on your plate is going to satisfy you.

STRATEGY EIGHT - Practice

Identify one of the strategies listed above that you are currently NOT doing but want to try. Commit to using this strategy over the next two weeks. Once this strategy has become part of your normal routine, try another one.

Recognizing Saboteurs

THE POLITICS OF RELATIONSHIPS

Many relationships are based on power and control. When efforts at weight management threaten to change the balance of power in a relationship, sabotage can occur. Why? Saboteurs are comfortable with the relationship as is and don't want things to change. Sometimes, they aren't even conscious of these feelings. Review the chart below to identify what saboteurs look like and how you can manage them.

SABOTEUR STRATEGY	TACTICS FOR MANAGING SABOTEUR
Bring you gifts of food.	Refuse to give in to temptation. Your needs come first.
Use 'guilt' to get you to eat.	Refuse to accept the guilt. Assert your right not to eat.
Eat your favorites in front of you.	Refuse to be manipulated by this 'friend'. Remove yourself from the situation and tell your friend to discontinue this behavior.
Leave your favorite food out on purpose.	Refuse to be manipulated by these 'visual cues'. Remove the visual cues and/or remove yourself from the situation and tell your friend to discontinue this behavior.

ASSERTIVE COMMUNICATION

How do you assert your rights? What specifically do you say? Use "I" messages to assert yourself. There are three parts to the "I" message:

"When you..."

Describe in non-judgmental terms the other person's behavior that bothers you.

"Then I..."

Describe how the behaviors make you feel and how it affects you.

"I'd like/I'd prefer..."

Describe what you want to do about the problem and what you would like the other person to do.

SABOTEUR ACTION PLAN

In the space provided, identify one of your saboteurs, what tactics they use, and how you can effectively manage them.

Saboteur When you...	Tactics Used Then I...	Assertive Communication To Managing The Saboteur I'd like/I'd prefer...
_____	_____	_____
_____	_____	_____
_____	_____	_____

During the next two weeks, try out your strategy on your saboteur Remember, you CAN do it!

Building A Support System

A support system refers to how individuals mobilize their social resources to help them cope with and master change. Social support involves sharing tasks and receiving help and providing help to others. Three different kinds of social support include affect, affirmation, and aid.

Affect

An expression that someone respects, likes, or loves you

Affirmation

An expression that someone agrees with/understands what you have done

Aid

An expression that someone will give you something concrete, like time, information, or financial help to get you through a crisis

You can receive social support in many ways and from many sources. Friends, spouses, institutions, organizations, and support groups are invaluable sources of advice and strength. Your primary resource is the people in your life. The extent to which you enlist their assistance depends on you and your needs.

Getting support from others is a skill. Often, friends and family want to help but don't know how. If you want their help, you may need to show them how. Communicate openly with helpful others. Clearly state your needs and be specific." Please walk with me after dinner every night" is a clearer and more specific request than "Please help me with my program." And, don't forget to support those who support you.

In the space provided below, identify the sources of social support in your life. Then, determine what kind of support you are receiving from these sources.

	Affect	Affirmation	Aid
Close Family And/Or Friends			
Other Friends/Coworkers/Neighbors			
Groups			
Organizations			

Review your results. What sources and types of support would you like to have more of? During the next week, contact a person, group or organization that you believe will provide you with the type of support you desire.

The Relapse Process

To understand the relapse process, it is important to first define some key terms.

High Risk Situation

A setting or circumstance in which you could be tempted to stray from your meal and exercise plans.

Lapse

A single or temporary step backward toward old behaviors i.e. giving into that temptation.

Relapse

A series of lapses which have occurred repeatedly. You resort to former unhealthy behaviors and you feel unable to take corrective action.

Here is what typically happens. First, a high risk situation occurs - e.g. you have a fight with a family member. Without an effective coping strategy, you experience a "lapse". You consume large amounts of ice cream and chocolate chip cookies as a way to cope with the stress of the conflict. Having lapsed into an old behavior pattern, you feel out of control, unable to cope and guilty. When you reach this stage, it's best to get back on the **WonderSlim**[®] track with your very next meal. Accept the lapse as an isolated event and plan how you might cope better next time.

The key to avoiding a lapse is to identify high risk situations which could tempt you to stray. Negative emotional states (e.g. depression, loneliness, boredom, worry), physical discomfort (illness, injury, fatigue) and giving in to urges are high risk situations that can precipitate a lapse. Arguments, social celebrations and social pressure are other common high risk situations.

Think about some high risk situations that you've dealt with in non food ways. Jot them down and list the coping strategy you used.

High Risk Situation

Coping Strategy Used

Next, think about high risk situations that led you to lapse. Try to generate at least three coping strategies you can use in the future to handle these situations effectively. (Your Life Steps lessons can give you some ideas).

Situation?

What Happened This Time?

How Will You Cope Next Time?

Remember life is full of high risk situations and we can't always be 100% perfect in dealing with them in non food related ways. Read on to learn how to keep a lapse in perspective and prevent it from turning into a relapse.

Your Relapse Reminder Card

Managing a lapse with a “relapse reminder card”, shown below can help you re-focus your thoughts on the positive rather than the negative aspects of a lapse... It’s important to take care of feeling of guilt or self blame by affirming that lapses are opportunities for learning that are external, specific and controllable. Do not punish yourself. The goal is to accept a lapse as a single, isolated event.

THE FOLLOWING IS A STEP BY STEP LIST OF WHAT TO DO WHEN A LAPSE OCCURS:

1. Stop, look and listen

Stop what you’re doing and try to remove yourself to a safe place where you can gain your composure and think rationally.

2. Stay calm

Breathe deeply to relax yourself and clear your mind. Use some positive self-talk to remind yourself that you can cope with this situation. By staying calm, you’re better able to view the lapse objectively and learn from it.

3. Review your progress

Take a minute to remind yourself of your many successes. Then take a moment to renew your commitment to your weight management efforts.

4. Launch into immediate action

If possible, get out and do something. Exercise, visit a friend, volunteer your time for a good cause. Whatever you do, do not punish yourself.

5. Analyze the lapse

First, determine what the situation was that placed you at risk. Then, identify three coping strategies you can use in similar circumstance in the future.

6. Ask for help

If you think you’d profit from receiving support or encouragement from someone - a **WonderSlim®** team member, a friend or a family member - don’t hesitate to ask for it.

ACTIVITY

Get a 3” x 5” index card. This will be your “relapse reminder” card. Write down the six statements above. Put this reminder card in your purse or wallet. If you experience a lapse during the next week, pull out your reminder card and use it to help you manage the lapse. At the end of the week, take a moment to respond to the following questions.



- Did you have to use the reminder card?
- If so, what were the circumstances?
- How did the reminder card work?
- What steps would you include to make it more helpful to you?

Remember, giving in to a single high risk situation will not undermine your weight management efforts. The key to success is preventing a lapse from turning into a relapse.

Congratulations - You've Made It!



THIS MONTH YOU'LL LEARN HOW TO...

- Modify recipes with healthy alternatives
- Exercise safely in cold weather
- Recognize the behavior changes that you've successfully made

RECIPE MODIFICATIONS

With just a few changes, you can reduce the fat, calorie and sodium content of many dishes. Try some of these tips.

- **Reduce the amount of fat**
If 1/4 cup of margarine is called for on a box of stuffing, reduce the amount to 1/8 cup.
- **Eliminate frying**
Dip skinned pieces of meat in skim milk or yogurt; roll in seasoned crumbs; bake at 350°F on a cookie sheet sprayed with vegetable oil cooking spray.
- **Replace calorie laden ingredients with alternatives**
If your meatloaf recipe calls for 2 pounds of ground chuck, use ground turkey for half the amount.

With dessert items, your sweet tooth can be satisfied with less fat and sugar than what is called for in a recipe. Try one of these tips when you prepare your favorite desserts.

- **Reduce sugar and fat...**
by 1/2 to 1/3 in recipes for cookies, muffins, pies, & pudding. Add sweet tasting spices (cinnamon, nutmeg, allspice) & intense flavorings (vanilla, rum, almond) to enhance sweetness without adding calories.
- **Substitute oil and sugar with...**
mashed ripe bananas, raisins, dates, canned pumpkin, unsweetened applesauce or pureed prunes.

Congratulations - You've Made It!

LOOK HOW FAR YOU'VE COME

By now, you've replaced unhealthy behaviors with new healthy ones. It's important to 'take stock' and recognize the changes you've made and how you did it! In the space provided below, list the old behaviors you've changed in the left column. In the right column, note the new healthy behaviors you've developed in place of the old, unhealthy ones. An example is provided.

Old Behavior Pattern	New Behavior Pattern
Ate high-fat, fast food breakfasts.	Eat out 2 times per week; select low-fat entrees. Obtain calorie content of fast-food breakfast items.
_____	_____
_____	_____
_____	_____
_____	_____

During the next month, monitor the new behaviors to see how well you're maintaining them. Don't forget to reward success!

THE WEIGHT GAIN THRESHOLD

If you're worried about gaining weight and what to do if you do, fret no more - the 'weight gain threshold' can help you. The weight gain threshold is a body weight that is typically 3 - 5 pounds above your current weight. If you reach this body weight, it's a 'red light' that signals the need to STOP your present eating habits, and go back to your reducing diet. In other words, it is a point at which the weight you've gained back is serious enough to warrant action.

What action should you take? Review the new activities and behaviors that helped you to successfully lose weight which you listed above. Then, commit to resuming these activities.

To fully prepare yourself, complete the "Contract with Myself" listed below. The contract details specifically what you plan to do if you reach your weight gain threshold.

MY CONTRACT WITH MYSELF

My 'weight gain threshold' is: _____ lbs.

If I regain weight to my 'weight gain threshold', I will use the following strategies: (List what you will do ... some examples have been provided).

- Avoid fast food restaurants at lunch
- Walk 5 times per week
- Call my friend who provides comfort and advice

Developing The New You

IN THIS MONTH'S LESSON, YOU WILL LEARN HOW TO...

- Plan smart shopping trips
- Exercise safely in hot weather
- Use your imagination to develop the new you

SMART SHOPPING: WHAT YOU BUY IS WHAT YOU EAT

Here are some tips to help you get organized, shop efficiently, and select foods that meet your nutrition and calorie needs.

- **Do Major Shopping Once A Week**
Reduce your exposure to tempting product promotions - limit your trips to the grocery store to once a week.
- **Make A List And Use It**
Plan your meals before you shop. Then, check the foods you have on hand and make a list of what you need.
- **Organize and Use Your List**
Avoid impulse buying. List shopping needs by departments - produce, canned and boxed goods, dairy, etc., in the order that you shop. Buy perishable and frozen foods last.
- **Avoid Shopping When Tired, Rushed or Hungry**
Under these circumstances, you view food less objectively and usually make poor choices.

A Final Word

HELPFUL HINTS FOR THE LONG-TERM

As you know, behavior change is a process that occurs over time. At this time, some of your new behaviors (confronting conflict, exercising) may still feel awkward... PERSIST! Use behavioral rehearsal and imagery to help visualize your ultimate success. As new habits become part of your lifestyle, you'll feel comfortable with them.

As you continue on the path of weight maintenance, remember that moderation and good sense are keys to success. AVOID EXTREMES! Take your diet for an example. If pizza is your favorite food and you deny yourself for months and then eat pizza four nights in one week and crave more, you're bordering on 'extreme' eating behavior. Instead of this, make necessary changes to your meal plan and periodically plan to have pizza. On again, off again, extremist behavior can be frustrating and stressful. Aim for a more steady and even keel. You'll enjoy the release from pressures that are created by extremism.

YOUR PERSONAL CONTRACT

Remember your weight gain threshold and the contract you developed during an earlier lesson. Keep it in a safe place and refer to it as needed.

Just like a vaccination, you may find that a booster session can help you maintain your immunity towards unhealthy behaviors. The need for booster sessions isn't a weakness! Instead, it's part of the process for continued success. Don't be afraid to contact your physician for help. While it's hard to reach out when you feel you're in trouble, this is the time when aid from knowledgeable others can help you over the hump!

A FINAL WORD

By this time, you have invested a lot of physical and psychological energy into the *WonderSlim*[®] program. PROTECT YOUR INVESTMENT! Maintaining your healthy body weight and lifestyle doesn't happen automatically. Keep a watchful eye on your weight, continue to use the tools of the program, and be ready to take corrective measures while weight gain is minimal. CONGRATULATIONS... for improving your health and your life.