



# Lighten Up **SA**

CHANGING THE SHAPE OF OUR STATE

Welcome Kit

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### Did you know?

That losing just one kilo reduces your risk of developing diabetes by 13%



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# Welcome

## **Dear Lighten Up SA Participant**

Congratulations on taking the right step toward a healthier you. You are joining other South Australians who are serious about their health and wellness but want to have some fun along the way. Together, we will truly change the shape of our state!

As you embark on this 61 Day Challenge with us, we encourage you to use the pages in this welcome kit to keep a record of your progress and celebrate your achievements.

## **A big problem**

In South Australia alone it has been reported that sixty percent of us are overweight or obese. Australia even rivals our American counterparts as the fattest nation in the world. In an Olympic year where Australians love to see their country win, this is the one title we need to give back.

The fact that fast food is marketed as cheap and convenient, we are hooked on high fat and high sugar and salt foods, we have busy lifestyles that discourage proper eating structures or thinking about what we put into our mouths and we are much less active than compared with 50 years ago means we have one big fat problem!

## **Working together**

If we are going to improve our health, both as individuals and as a society, and cut costs to the nation, we need to involve everyone. Everyone in your family and your whole community needs to understand the health problems associated with overweight and obesity and how to make changes with everyone's support.

It's reassuring to know that you are not alone in your pursuit of feeling better. Going it alone can feel alienating and it is hard to stay on course. Tackling the issue as a family, organisation, social or community group helps eliminate some of the mental blocks that prevent us from being our best.

## Three reasons to pull together:

### 1. Motivation

With the support of your team mates and sponsors and all of South Australia doing this with you, you aren't alone and will have every reason to succeed.

### 2. Teach our kids

If we continue as we are the next generation could have a shorter lifespan than the present.

### 3. Feel better

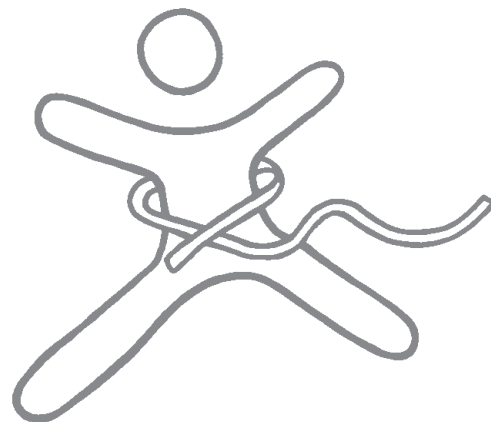
Taking action will reduce the number of obesity related conditions, the demand on our health services and increase the feeling of wellness and energy to people who may often feel tired and unwell.

We each have our own unique goals which may include weight loss, improved nutrition habits, and increased energy, whatever your reason – **YOU CAN DO IT!**

We will provide the support you need to stay motivated, and make gradual, realistic and lasting changes to improve your health.

We hope this team program will have a life-changing impact on you, your family, and community.

**We wish you the best!**



# Personal Workbook

Name \_\_\_\_\_



Lighten Up **SA**

CHANGING THE SHAPE OF OUR STATE

# Set your targets and track your progress

Record your achievement by evaluating your progress each week

	Week 1	Week 2	Week 3	Week 4
<b>Total weight in kilograms</b> (Record at the start and at the end)				
<b>Food Goal</b> eg. Eat breakfast.				
<b>Record Achievement</b> eg. Ate porridge 5 out of 7 mornings.				
<b>Body Goal</b> eg. Walk 10 mins every day.				
<b>Record Achievement</b> eg. Began Walking Challenge.				
<b>Mind Goal</b> eg. List reasons for joining Lighten Up SA.				
<b>Record Achievement</b> eg. Want to feel good.				
<b>Team Challenge</b> eg. Raise \$500.				
<b>Record Achievement</b> eg. Raised \$1000.				
<b>How do you feel?</b>				

Record your achievement by evaluating your progress each week

	Week 5	Week 6	Week 7	Week 8
Total weight in kilograms (Record at the start and at the end)				
Food Goal				
Record Achievement				
Body Goal				
Record Achievement				
Mind Goal				
Record Achievement				
Team Challenge				
Record Achievement				
How do you feel?				

# Healthy Eating Cheat Sheet

## Foods to look for:

### Fruit and Vegetables

Feel vibrant with at least 5 serves of vegetables and 2 serves of fruit a day. A serve is half a cup of cooked veggies or 1 cup of salad. For quick options look for microwave ready in the frozen food section. All green, red, orange, yellow and most white veggies are on the free list, so eat as much as you like. A banana or apple in the morning and a fruit pack such as a Goulbourn Valley snack pack light or SPC lite in the afternoon or after dinner will give you a vitamin boost.

### The National Heart Foundation Tick

The supermarket is full of healthy options that can be ready quicker than waiting in the drive through and cheaper than four value meals! The tick appears on products which meet with their approval for low saturated fat, salt and kilojoule content as well as high fibre content.

### 97% fat free

Some labels are misleading, but 97% fat free means there is less than 3g of fat per 100g serve – this is good! (Remember to make sure it is not higher in salt and sugar)

### Low GI

Try to include at least one low GI choice at each meal time and try and swap high GI foods for low where possible. Modify your favourite recipes to include items such as legumes, pasta, rice, corn, noodles, fruits or grains. Use wholegrain and whole meal options for cereals, bread and pasta to satisfy hunger for longer and keep blood glucose levels steady.

### Diet or low joule

Choose diet soft drinks and cordials as an alternative to the normal varieties to limit your kilojoule intake.

### Super proteins

For the best weight control choose lean meats and fish. Try to eat a portion of fish twice a week in place of meat. Premium mince with less than 10% fat and low fat cold meats are good for you. Some sausages have been approved by the heart foundation, most chicken sausages contain 10% fat compared with over 20% of the regular variety, grill these instead of their high fat relatives. Even better, try kangaroo sausages - they contain only 1% fat. Alternatively, have a vegetarian meal one night per week and use nutritious protein foods such as nuts, beans and lentils as protein rich foods that are also high in fibre.

### Frozen Meals

Or a quick, nutritious meal, checkout your supermarket and look for ready made meals such as Lean Cuisine, Weight watchers or Healthy Choice. Meals that have less than 5grams of fat and are salt reduced will keep you trim. Add extra vegetables will make them more filling without increasing the fat.

### Read the food label

Always look in the per 100g column so that you can compare one product to another like it.

A healthy choice is one that meets all of the following criteria:

Fat	5-10g or less per 100g
Sodium (salt)	400mg or less per 100g
Fibre	3-6g or more per 100g

### Daily Calorie Requirements

Different people require different amounts of calories, but the table below is an approximate indication of the amount of calories a person would consume a day for people who participate in light physical activity to maintain their weight. This can vary so please seek guidance from a Dietitian for more information regarding exact requirements.

WOMEN	18-35 years	36-55 years	over 55
70kg	2400	2200	2100
80kg	2600	2400	2200
90kg	2800	2500	2400
100kg	3100	2700	2600
MEN	18-35 years	36-55 years	over 55
80kg	2900	2800	2400
90kg	3200	3000	2600
100kg	3400	3200	2800
120kg	3900	3500	3300

(Deduct 500-1000 calories per day for a weight loss of .05 – 1kg per week)

# Serve Sizes

To simply understand what constitutes a serve size consult the table below:

Food Groups	Sample Serve Sizes	How to include...
Starchy Carbohydrates (eg. breads and cereals)	1 slice of bread / fruit loaf 2 Weetbix / Vita-Brits 1/2 cup cereal 1/3 cup cooked rice 1/2 cup pasta 1/2 muffin 1/2 bagel 1/2 pita bread	2 slices of bread = toast or sandwich <b>OR</b> 1 cup cereal <b>OR</b> 1 cup pasta with a meal <b>OR</b> 2 starchy vegetables (eg. potatoes with main meal)
Vegetables & Legumes (eg. beans, lentils and chickpeas)	Starchy Vegetables: 1 egg size potato 1/2 cup sweet potato 1/2 cup cooked legumes  Non-starchy Vegetables: 1 cup salad 1/2 cup cooked vegetables	Salad with sandwich <b>and</b> chopped cucumber/carrot with salsa dip snack <b>and</b> 3 vegetables with main meal + 2 starchy vegetables
Fruit (fruit juice only counts as 1 serve/day and cannot make up all daily serves)	1 slice of large fruits 1 medium piece of fruit 2 small fruits 1 cup tinned fruit in juice 200mls unsweetened juice  1 heaped tbsp dried fruit	Slice of melon as a dessert <b>OR</b> 1 apple / banana as a snack <b>OR</b> 2 plums / apricots with yoghurt <b>OR</b> 1 glass juice with breakfast
Milk, Yoghurt, Cheese (remember to count the milk in your coffee, latte, cappuccino, etc.)	1 cup milk or Soy 2 slices / 40g cheese 200g yoghurt	Milk on cereal <b>and</b> Diet yoghurt after main meal or as a snack
Meat & Meat Alternatives	100g cooked meat 2 small chops 2 slices meat 1/2 cup mince 1/2 cup legumes / tofu 2 small eggs (max 3-4 per week)	Lighter meal – salad sandwich with 2 slices of lean meat <b>and</b> Main meal – 1/2 cup mince with pasta in a tomato sauce (+ side salad)

# Walking Challenge

## How you'll feel

From day one of following this plan, you'll feel the benefits that come from adding more movement into your day. Here's what to expect...

### Day 1

During your first walk your mood improves! You know you are doing something good for your health.

### Day 4

Amazingly, you notice more room in your clothes.

### Day 7

You are using your body fat as energy - this means you're burning off kilojoules. In just one week your muscles are more toned and, chances are, it's easier to make healthier choices at mealtimes.

### Day 14

Maybe you've lost 1kg or maybe even 2kg. You're looking better already!

### Day 21

You're down a clothing size, your muscles are much more defined, centimetres and kilos are already disappearing and your energy level is better than ever. plan to visit your doctor to mark improvements in your blood pressure, and in your cholesterol and blood glucose levels.

### Day 28

You are well on your way to meeting your goal - whether it's walking 35 kilometres, shedding 5kg or simply feeling better about yourself. Give yourself a big pat on the back for a great first month's effort.



**Your Walking Plan:** Get your team together and mark off your achievement each day or week.

## Month One

Ready to begin? Then put on some exercise gear and off you go!

	M	T	W	Th	F	S	S	Total
week 1	5 mins	10 mins	10 mins	off	15 mins	20 mins	20 mins	6 kms
week 2	10 mins	10 mins	15 mins	off	15 mins	20 mins	20 mins	7 kms
week 3	10 mins	15 mins	20 mins	off	15 mins	20 mins	20 mins	8 kms
week 4	15 mins	20 mins	20 mins	off	20 mins	20 mins	25 mins	9 kms

## Month Two

Congratulations! It's time to take your walking to the next level.

	M	T	W	Th	F	S	S	Total
week 1	20 mins	25 mins	25 mins	off	25 mins	25 mins	Take a hike. Map out a 3-4km route in a nearby park. Don't forget water.	13 kms
week 2	25 mins	30 mins	25 mins	off	30 mins	25 mins	Speed things up. Walk quickly for 2 mins then slow for 2 mins. Repeat x 5	14 kms
week 3	25 mins	30 mins	30 mins	off	30 mins	25 mins	Head for the hills. Find some varied terrain & spend 20 mins going uphill.	14 kms
week 4	25 mins	30 mins	30 mins	off	30 mins	25 mins	You decide. Go for a longer hike, speed it up or take to the hills for a walk.	14 kms

# Sample Menu Planner

The below are ideas for the types of breakfasts, lunches, dinners and snacks you may like to aim for. You can vary the ingredients to your liking and you don't have to have something different everyday. Use the below as a guide if you want to revamp your diet to food you will look forward to.



	Option 1	Option 2	Option 3
<b>Breakfast</b>	3/4 cup porridge, topped with 6 dried apricots, served with 250-300mls fat-reduced milk.	1-2 slices of grain toast with warm low-fat ricotta, sprinkled with cinnamon.	2 <i>Weetbix</i> with 2 tbsp <i>All-Bran</i> , 2 tbsp oats, served with 250-300mls fat-reduced milk.
<b>Mid-morning Snack</b>	1 piece of fruit.	2 sticks of celery with low-fat cream cheese.	1 piece of fruit.
<b>Lunch</b>	1 soy & linseed bread roll with tuna in springwater, low-fat mayonnaise and 4 fresh salad fillings.	Mixed salad made with tuna and sweetcorn and low-fat salad dressing, plus 1 crusty grain roll.	1-2 slices grain bread (no margarine), spread with avocado, topped with 2 slices of chicken breast and tomato salad.
<b>Afternoon Snack</b>	200g low-fat or diet yoghurt.	1 piece of fruit.	Chopped carrot and cucumber sticks with tomato salsa dip.
<b>Dinner</b>	80-100g grilled chicken breast added to 2 cups Asian mixed vegetables and cooked in a low-fat stir-fry sauce, then served with 1 cup of noodles.	80-100g lean mince in gravy, 1 scoop mash potato and 1 1/2 cups vegetables.	Homemade pita pizza with lean meat toppings, roasted vegetables and served with a salad.
<b>Optional Dessert</b>	1 serve diet jelly.	1 cup of fruit salad in natural juice.	200g diet yoghurt and 6 sliced strawberries.

# Thank You

## **Thank you and good luck**

The Lighten Up SA staff are available to answer any questions you may have during the program or provide you with additional information.

Thank you for choosing to lead a healthier life with Lighten Up SA.

**Good luck!**

[www.diabetessa.com.au](http://www.diabetessa.com.au)

### **Resources**

[www.calorieking.com.au](http://www.calorieking.com.au)

[www.healthysa.sa.gov.au](http://www.healthysa.sa.gov.au)

[www.activeageingsa.net.sa](http://www.activeageingsa.net.sa)

[www.beactive.com.au](http://www.beactive.com.au)

[www.adelaidebushwalkers.org](http://www.adelaidebushwalkers.org)

[www.bushwalking-adelaide.com](http://www.bushwalking-adelaide.com)

[www.flylady.net](http://www.flylady.net)

[www.taste.com.au](http://www.taste.com.au)

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