



## Wake Up the Bear

*... sluggish to sizzling in six weeks*

Get wild about moving and eating right. Rouse your metabolism and go from “sluggish to sizzling” in just six weeks. Tame your appetite, shed some pounds and feel great ... with this day-by-day way to a healthier, more active you.



When you struggle with weight, it sometimes seems as if you have a bear living inside your body. That bear is called your metabolism. Think about it — every fall, bears in the north woods start eating large amounts of food, store up fat, and then go into their dens to sleep the winter away. No matter the season, you might feel that your body is doing the same thing – you feel sluggish, it's hard to control your eating, and you're hibernating on the couch.

But you don't have to hibernate through another season. You *can* do something to tame the bear-like appetite within you, decrease those fat stores and wake up your metabolism. Wake up the bear by using the *Six Weeks from Sluggish to Sizzling Calendar* and get started with a *day-by-day* way to manage weight that works!

## Getting started



### ***Open your calendar to Day 1.***

Keep moving down the page – *checking off each day* as you build new habits to energize your body and your life. The calendar includes:

- ★ ***Day-by-day strategies*** to change your habits
- ★ ***The Simple Satisfaction Eating Plan***
- ★ ***Energizing Exercises***
- ★ ***Tools, ideas and lots of support*** at [healthpartners.com](http://healthpartners.com) (search *bearfacts*)

## Simple satisfaction

Learn to eat well and be satisfied with the *Simple Satisfaction Eating Plan* (on page 7), beginning on Day 5 of your calendar.\* Not your typical meal plan, this plan lets you eat real, great-tasting foods, fuel your body, fill up and be healthy. The plan can be used in two ways:

- ***Wake-up week.*** Open your eyes to satisfying, healthy eating. Simply follow the directions in the day-by-day calendar.
- ***Stay satisfied.*** Use the plan as often as necessary to help you meet your goals, or use what you've learned to create your own plan.

*\*The eating plan guidelines are accurate for most individuals. However, needs vary based on activity level and other factors.*

# Six weeks from sluggish to sizzling!

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**START** by listing your goals. I want to change my lifestyle to (*for example, feel better, lose weight, have more energy, be healthier*): \_\_\_\_\_

## **WEEK ONE: Small changes add up to big differences.**

Be physically active an extra 10 minutes most days this week.

- Day 1.** Start today with an extra 10 minutes of activity. The ultimate goal is to be active a total of 30 to 60 minutes most days. Give yourself credit for the activity you do. Record the number of minutes you are active each day on your calendar or simply “star” each day you achieve your goal.
- Day 2.** Waking up with a cola? The sugar in soda pop, and other drinks, add calories, but leave your stomach growling for more. Just one extra 20 oz. bottle of pop every day can lead to a 26-pound weight gain in one year! Drink water if you’re thirsty.
- Day 3.** Don’t go hungry. Skipping meals sets you up for overeating and slows your metabolism. Start each day with breakfast. Then keep your metabolism running with two more meals and one or two snacks each day. Eat about every three to four hours.
- Day 4.** See for yourself what you could improve. Record what you eat or drink, when, where, why, and how much in a food log. For a food and activity log form, visit *healthpartners.com* (search *bearfacts*).
- Day 5.** Practice your meal-planning skills today by reviewing the *Simple Satisfaction Eating Plan* on page 7 and planning your meals and snacks for four days. You will begin the plan on Day 7.
- Day 6.** Savor every bite! Review the food log you began on Day 4. Are you eating at a table, in the car, at your desk or in front of the TV? Only eat meals in designated “eating places” at home or away from home (without distractions like TV).
- Day 7.** Today, start the *Simple Satisfaction Eating Plan*. Use it for four days. Be sure to measure foods. Feel free to add lettuce or other leafy greens to your plan. They add nutrition with few calories. Eat well. Feel great!

Stay active! Taking 10,000 to 15,000 steps a day will help you manage your weight. Use a pedometer to track your steps by enrolling in our popular *10,000 Steps*® program. Step aboard at: [healthpartners.com/10000steps](http://healthpartners.com/10000steps)

## **WEEK TWO: Practice makes progress ... not perfection.**

Trim down with *Energizing Exercises* (on page 8) three days this week. Add another 10 minutes of physical activity for a total of 20 extra minutes most days.

- Day 8.** Boost your metabolism! Most people lose about 7 pounds of calorie-burning muscle each decade after the age of 30, and as a result, put on extra fat. Turn back time by starting *Energizing Exercises*. Today, do 8 to 12 *Wall Slides – Exercise #1* (on page 8). For alternatives, try the Additional Energizing Exercises on *healthpartners.com* (search *bearfacts*)
- Day 9.** Give yourself credit for sticking with the *Simple Satisfaction Eating Plan*! Review the amount of food you are eating. Are you satisfied? If you feel too hungry, it’s OK to add extra satisfying sides. Enjoy the taste of eating well!

## WEEK TWO continued ...

- ❑ **Day 10.** Don't expect perfection. If you slip up, reflect on the reasons why, then create a back-up plan for future situations. In addition to *Exercise #1*, add 8 to 12 repetitions of *Energizing Exercise #2 – Wall Push-Ups* (on Page 8) today.
- ❑ **Day 11.** Congratulations. You followed the *Simple Satisfaction Eating Plan* for four days! Continue to plan well-balanced meals and snacks to stay satisfied. For more food ideas and recipes, go to [healthpartners.com](http://healthpartners.com) (search *bearfacts*).
- ❑ **Day 12.** Tonight, avoid “night-time nibbling.” Decide to stop eating after dinner or at least three hours before going to bed. Manage the munchies and energize your evening with a walk. In addition to *Exercises #1* and *#2*, add 8 to 12 repetitions of *Energizing Exercise #3, Triceps Dips* (on Page 8).
- ❑ **Day 13.** Recognize when you're hungry and when you're not. Today, spend at least 20 minutes enjoying a meal at home. Turn off the TV and don't read. Sit down at a comfortable table, slow down and relax. Appreciate how good food tastes. Notice when you're feeling satisfied, and stop eating before you feel full.
- ❑ **Day 14.** Believe in yourself! Are you struggling with negative self-talk? Is a voice inside your head saying, “*I won't stick with it, I never do*”? Replace these thoughts with more positive, helpful thoughts. Tell yourself, “*I have the patience to do this!*” “*I can take it one step at a time*” and “*I'm worth it.*” Practice positive self-talk every day!

## WEEK THREE: Slow and steady is the path to success.

Add three more *Energizing Exercises* to your routine and 10 more minutes of physical activity each day. You have now built in 30 extra minutes of activity on most days.

- ❑ **Day 15.** Put steps back into your days. Due to modern technology, we're burning about 800 calories a day less than we did 25 years ago! Fight back by taking the stairs, hiding the remote control, parking farther from the door, skipping the golf cart and ignoring the drive-throughs. Plus, add 8 to 12 repetitions of *Energizing Exercise #4, Opposite Arm and Leg Lifts* (on Page 8) to your exercise routine.
- ❑ **Day 16.** Pick high-satisfaction foods. Fruits and vegetables fill you up and help you eat less. Include one or more at each meal. Aim for at least five servings each day.
- ❑ **Day 17.** Reward yourself for your efforts. You deserve a gift, movie or special outing. Add 8 to 12 repetitions of *Energizing Exercise #5 – Abdominal Crunches* (on Page 8) to your exercise routine.
- ❑ **Day 18.** Don't miss out on whole grains. They can help tame your appetite and keep you healthy. Look for breads, cereals and grains with “whole grain” listed first on the ingredient list – and at least 2 grams of fiber per serving. Strive for three choices each day.
- ❑ **Day 19.** Activity, it all adds up! If you have a hard time fitting it in, consider doing some of your strength exercises as a revitalizing break from work or while watching a favorite television program. In addition to *Exercises #1, #2, #3, #4* and *#5*, add 8 to 12 repetitions of *Energizing Exercise #6 – Oblique Crunches* (on Page 8).
- ❑ **Day 20.** Keeping track of what you do is key to your success. Simplify tracking methods based on your personal goals. For example, put a “star” on your calendar every time you eat a vegetable or do an energizing exercise. Whenever you feel you're getting off-track, go back to keeping a detailed log!
- ❑ **Day 21.** Enjoy your favorite foods. Give yourself permission to include your favorites in small portions and savor every bite! (Check out *Craving Stoppers*, on page 7, for ideas.)

## WEEK FOUR: Feel the difference.

Continue your *Energizing Exercises* two to three days this week and build to 30 to 60 minutes of activity most days.

- Day 22.** You're getting stronger and trimmer. Great job! To learn more strength building exercises, go to [healthpartners.com](http://healthpartners.com) (search *bearfacts*). Add variety to your routine with another activity – ride a bike, skip rope, play a sport.
- Day 23.** No time to walk? Try breaking it up into shorter 10-minute walks rather than one long walk. You may actually walk more.
- Day 24.** No need to feel stuffed when you eat out. A typical restaurant meal contains 1,000 to 2,000 calories! Next time you eat out, consider sharing an order with a friend or boxing up half the meal to take home – before you start to eat. It's a great way to save money and enjoy the experience of eating out.
- Day 25.** You can now take a flight of stairs with greater ease. You have more energy to do what is important to you. Getting moving might seem hard at first but it feels great when you're finished!
- Day 26.** Include protein in your meal plan. You'll feel more alert and satisfied, plus protein provides important nutrients. Too much meat or cheese, however, can add unhealthy calories and fat. Keep meat portions to two to three ounces per meal – the size of a deck of cards. Avoid fatty or fried meats. Choose beans, fish, chicken without the skin, low-fat cheese, lean meats and soy products.
- Day 27.** Ask for support. Invite someone to join you on your walks or ask your spouse to keep a tempting food out of the house.
- Day 28.** Relax! You deserve a break today.

## WEEK FIVE: Make yourself proud.

You can make this work for you. There are many ways to get 30 to 60 minutes of physical activity most days and strengthen your muscles two to three times a week.

- Day 29.** Lose weight and keep it off by eating low-fat, low-calorie foods. The biggest sources of fat are fried foods, fatty meats, baked goods, cheeses, high-fat dairy foods, chips and salad dressings. Review your food log and read food labels. Aim for 40 to 50 grams of fat a day on a 1500 calorie diet.
- Day 30.** Crunched for time? Turn off the TV. On average, people watch TV four hours a day. The more TV you watch, the more likely you are to be overweight.
- Day 31.** Feeling stressed? Overeating to cope? You can't eliminate all of the stress in your life, but you can learn how to manage it. Pay attention to the reasons you eat. If you eat to deal with stress, substitute a walk, a hot bath or a call to a friend instead.
- Day 32.** Weighing yourself each week is one way to keep things in balance. If you start to gain weight, have a plan to get back on track. Keep your food and activity log going, use the *Simple Satisfaction Eating Plan* or get support from a friend.
- Day 33.** Become a defensive diner. Pick restaurants that offer fruits, vegetables, whole grains, broth-based soups, small portions and low-fat options. Ask for what you want – like take-home boxes, substitutions, and dressings and sauces on the side.
- Day 34.** Practice, practice, practice positive self-talk ... first thing in the morning, in the car, during exercise, before going to sleep, and anytime you need a lift. Believe in yourself and boost your progress!
- Day 35.** Don't forget to include 2 to 3 cups of low-fat milk or yogurt each day to get the calcium you need. The changes you are making reduce your risk for conditions like heart disease, diabetes, cancer, high blood pressure and osteoporosis. You don't have to lose a single pound to experience all of these benefits.

**WEEK SIX: Keep it up and keep it off!**

Stick to 30 to 60 minutes of activity most days, *Energizing Exercises* two to three days a week.

- Day 36.** Stress can be a big reason people regain the weight they've lost. Enjoy a stress-reducing activity today like a walk, deep breathing or a good book.
- Day 37.** Pack for success. Pack tennis shoes so you're always prepared for physical activity. Keep healthy snacks on hand, like single servings of canned fruit, raisins or whole-grain crackers.
- Day 38.** When the weather outside makes your walk out of the question, have a back-up plan. Walk indoors at work, in the skyways or at a mall. Dance, clean, swim or use an exercise bike or treadmill.
- Day 39.** Social get-togethers are full of temptations. Bring something like veggies and low-fat dip and position yourself away from tempting foods. Remember, alcohol is high in calories and may increase your appetite. Take time to savor special foods in small portions and skip the mindless munching.
- Day 40.** Look back on your progress. You've come a long way in a short time! You have more energy, sounder sleep, better health and improved mood. You're worth the effort!
- Day 41.** Some changes may be harder than others. Keep finding solutions to each new challenge and focus on your progress. Want to step it up? Increase the intensity of your activity by walking up hills, picking up your pace or even jogging.
- Day 42.** You did it. You heard the wake-up call, energized your life and tamed your appetite. You learned what it takes to keep your weight under control without going hungry. Keep focusing on eating satisfaction and physical action, and you won't catch yourself hibernating again!



Gerald and Buff Corsi © California Academy of Sciences

You did it!  
You woke up the bear!

# The Simple Satisfaction Eating Plan

The Simple Satisfaction Eating Plan fuels your body and satisfies your tastebuds. Just mix and match a main dish with a side or two, add some snacks, and you're on your way to simply eating and living better. You can find more food ideas and recipes online at [healthpartners.com](http://healthpartners.com) (search *bearfacts*).

## Real main dishes



*Choose three each day.* Keep a close eye on portions.

- Frozen individual meals: Lean Cuisine®, Weight Watchers® or other brands with 250 to 300 calories
- Super sandwich: 2 slices whole wheat bread, 2 oz. lean deli meat, 2 tsp. light mayo, lettuce, pickles, tomato and mustard, plus 5 baby carrots
- Meat and potato: 3 oz.\* lean meat or poultry, with medium baked potato and 1 Tbsp. low-fat sour cream
- 5 oz.\* salmon or fresh tuna poached, baked or grilled
- 1 c. cooked pasta with 3/4 c. red sauce
- Veggieburger (frozen or from Burger King®) on bun with lettuce, tomato and mustard. Skip the mayo.
- 1 c. chili with beans or large Wendy's® Chili
- 6-inch Subway® low-fat meat or veggie sub with 2 slices cheese and veggies (skip the oil or mayo)
- Whole wheat frozen waffles (2) or whole wheat toast (2) with 2 tsp. peanut butter and 1/2 c. applesauce
- Whole grain cereal: 2 oz.\* of cereal (such as Wheat Chex®, Frosted Mini-Wheats®, Cheerios®) with 3/4 c. skim milk
- 1 c. cooked oatmeal with 2 tsp. brown sugar and 1 c. skim milk

### *Larger main dishes* (for each larger dish, skip one "satisfying side")

- 1/6 of 12-inch frozen pizza (300 to 350 calories). Enjoy apple slices on the side (1/2 large apple).
- 1 medium baked potato, topped with 1/2 c. 1% cottage cheese, 1/2 c. cooked broccoli and 1/4 c. shredded low-fat cheese

\* 3 oz. cooked meat, poultry or fish is the size of a deck of cards.  
2 oz. (about 60 grams) of cereal varies, so read label for amount.

## Satisfying sides and snacks

Choose according to these guidelines:

*Women: 5 per day*

*Men or active women: 6 per day*

*Active men: 7 per day*

- 1 c. skim or 1% milk
- 6 oz. yogurt w/100 calories
- 2 c. tomato juice
- 1/2 c. cooked brown rice, whole grain pasta or couscous
- 1/2 c. low-fat ice cream or frozen yogurt
- 1/2 c. mashed potatoes
- 1/2 c. low-fat cottage cheese
- 1-1/2 c. grapes or melon
- 3/4 c. or 1 piece of fruit
- 3 graham cracker squares or 5 Triscuits®
- 1 slice whole wheat bread
- 3/4 c. cooked corn, peas or mixed vegetables
- 1-1/2 c. cooked broccoli, green beans, asparagus or carrots
- 24 baby carrots
- 1 c. broth-based vegetable soup

**Condiments:** If you like sugar on your cereal or dressing on your salad, go ahead. Just *limit to three choices* a day in the following amounts: 1 tsp. light mayo, butter, margarine, vegetable oil or peanut butter; 2 tsp. sugar or honey; 1 Tbsp. catsup, mustard, relish, grated parmesan, or reduced-fat salad dressing or sour cream.

## Craving stoppers (optional)

Don't deprive yourself! Stick to *one serving per day* with 150 calories or less. Read food labels for calorie counts or try some of these:

- 1 fun-size candy bar
- 4 Hershey's® Kisses®
- 1/2 c. pudding
- 1 oz. string cheese
- 3 Tbsp. mixed nuts
- 1/2 small order fries
- 1 granola bar
- 1/4 c. dried fruit
- 3 pizza rolls

# Energizing Exercises

These muscle-conditioning exercises will increase your strength, boost your metabolism and build your endurance. You will look and feel better, too, with your newly defined shape. Do 8 to 12 repetitions of each.

## #1. Wall slide — for upper legs and buttocks



Lean against a wall, with your back pressed into the wall and your feet approximately 1 foot from the wall. Slowly lower your buttocks toward the floor by sliding your back down the wall (until your knees are at a 90° angle). Hold this position for one to five seconds or longer. Tighten your thigh muscles as you slide back up and return to standing.



## #2. Wall push-up — for chest, shoulders, arms



Step back about 1 foot from the wall. Place palms on wall at shoulder height, with arms shoulder-width apart. Slowly lower chest toward the wall by bending at the elbows. Slowly push back up to starting position.

## #3. Triceps dip — for back of upper arms



Sit at the edge of your chair with both hands on either side of your body, grasping the edge of the seat. Lift your body off the chair by straightening both arms. Walk your feet out until your legs are straight (heels on the floor) and your buttocks are in front of the seat. Lower body toward the floor by bending at the elbows and slightly at the hips. Slowly push back up to starting position.



## #4. Opposite arm and leg lift — for back, buttocks



Lie face down, resting your forehead on a small towel, with arms extended. Carefully raise opposite arm and leg off the floor. Avoid arching your back, and keep hips on the floor. Slowly lower arm and leg back to starting position. Repeat with opposite arm and leg.

## #5. Abdominal crunch — for upper abdomen



Lie on the floor with your hands supporting your head. Keep your lower back pushed into the floor. Slowly lift your upper back and shoulders off the floor by tightening stomach muscles. Avoid reaching with your head and neck and let your stomach muscles do the work. Slowly lower back to starting position.

## #6. Oblique crunch — for side of the abdomen



Lie on your back with knees bent and feet flat on the floor. Let knees and hips drop to one side, but keep your head, shoulders and chest facing up. Tighten your stomach muscles to slowly lift your upper back and shoulders off the floor. Slowly lower back to starting position.

*The health information in this brochure is provided for informational purposes only. Only a professional health care provider is qualified to prescribe treatment and diagnose illness. Check with your provider before beginning any vigorous physical activity program.*