

A BALANCED LIFESTYLE CAMPAIGN

Step 1: Time to 'Measure Up'

Always weigh yourself at the same time of day, using the same scales at every weigh-in.

MY CURRENT WEIGHT: _____ (kg) _ on _____ (DATE)

HEIGHT

Take off your shoes and stand against a wall with your feet flat and together. Make sure your legs are straight and arms at your sides, shoulders level.

MY HEIGHT: _____ (m) _

BODY MASS INDEX (BMI)

Body Mass Index (BMI) can be used to indicate if you are overweight, obese, underweight or normal.

BMI = [weight in kilograms] divided by [height in meters]²

The result you get is then classified into the following groups:

RECOMMENDED BMI CHART		
CLASSIFICATION	BMI CATEGORY	RISK OF DEVELOPING HEALTH PROBLEMS
Underweight	BMI less than 18.5	Increased
Normal Weight	18.5-24.9	Least
Overweight	25.0-29.9	Increased
Obese Class I	30.0-34.9	High
Obese Class II	35.0-39.9	Very High
Obese Class III	BMI greater than 40	Extremely High

MY CURRENT BMI: _____ on _____ (DATE)

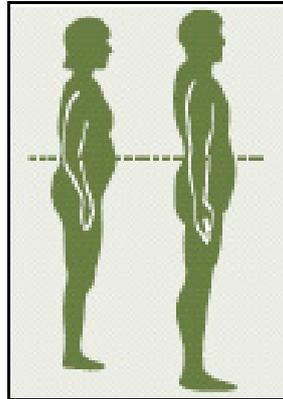
WAIST CIRCUMFERENCE

Waist circumference is now believed to be a much more accurate measure of future health risk than BMI alone. Carrying too much fat around your middle is associated with an increased risk of developing heart disease and diabetes. It's also associated with a greater risk of high cholesterol levels which, in turn, increase the risk of heart attacks and strokes.

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How to measure waist circumference: USE A TAPE MEASURE

- 1) Position the tape mid-way between the top of your hip bone and the bottom of the rib cage approximately over your navel.
- 2) When taking measurement, the abdomen should be relaxed and you should be breathing out
- 3) Record the measurement



MY CURRENT WAIST CIRCUMFERENCE: _____ (cm) _ on _____ (DATE)

Measure your waist, measure your risk

If your waist circumference is above the cut-off point indicated, your health can be at risk.

Adults	Waist Circumference ¹
Women	not greater than 80 cm
Men	not greater than 94 cm

¹Please note: this table is informational purposes and not intend for diagnostic purposes.

What Is A Healthy Weight?

A healthy weight is defined for adults as a *Body Mass Index* (BMI) in the range of 18.5 to 25.0.

It is calculated based on your height and weight using the equation: weight (in kg) divided by your height (in metres²).

There are health risks with a BMI below 18.5 and above 25.0.



If your BMI is higher than recommended, *or* if your waist circumference is greater than 88cm for women and 102cm for men, weight loss is recommended.

BODY FAT PERCENTAGE

You can go one step further and have your body fat measured. A person's body fat percentage can be another indication of whether they're placing their health at risk. An individual's body fat can be assessed using various techniques. In general, too little body fat results in deterioration of health and a high body fat percentage starts to be a health risk and needs to be appropriately addressed.

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Guideline: Ideal Body Fat Percentage for Women*

Age	Women: Ideal fat percentage
20-39	21-33
40-59	23-34
60-79	18-23

Guideline: Ideal Body Fat Percentage for Men*

Age	Men: Ideal fat Percentage
20-39	8-20
40-59	11-22
60-79	13-25

MY CURRENT BODY FAT PERCENTAGE: _____ % **on** _____
(DATE)

Weight Loss

If weight loss is needed - slow, steady weight loss is recommended to achieve a healthy body weight. A safe and healthy rate of weight loss is gradual, in the range of 0.5-1 kg per week.

DRINK ENOUGH WATER EVERY DAY

Although most people are familiar with the general recommendation for adults of 8 glasses of water per day, no single formula fits every individual or every situation and water intake recommendations also depend on other factors such as activity, humidity, climate, body temperature and body composition. Increase your intake of water by one glass every 5th day, till 8 glasses a day.

All your fluid can be water, or as this guide indicates, at least 60% of your total fluid intake for the day. **As a guide, aim for at least:**

$$\text{Weight (kg)} \times 30\text{ml/kg} = \boxed{} \text{ millilitres fluid/day} \times 0.6 = \boxed{} \text{ millilitres of water/ day}$$

$$\text{E.g. } 75\text{kg} \times 30\text{ml/kg} = \boxed{2250} \text{ millilitres fluid/day} \times 0.6 = \boxed{1350} \text{ millilitres of water/ day}$$

As a guide, a 75kg man would drink at least 1350ml of water a day.

Tip: Keep a water bottle with you at all times.

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Step 3: Shopping wisely

Remember it's what comes into the home that matters.



All it takes to develop sound 'trolley habits' is to recreate your shopping list under these key groups of **food** rather than randomly listing foodstuffs by item name. Your trolley should contain a wide variety of foods and incorporate items from each of the groups listed below.

Group 1 – wholegrains and starchy foods (High in carbohydrates):

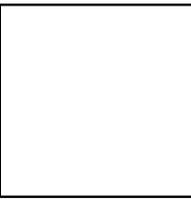
These foods should be part of every meal and snack and therefore should make up a large proportion of your trolley.

- Whole grain bread
- Whole wheat pasta (durum wheat)
- Wholegrain Cereals, e.g. Oats, Weet-Bix
- Whole grain biscuits
- Long grain rice (e.g. Basmati, long grain white and brown)
- Potatoes
- Pumpkin or butternut
- Peas
- Mealies / corn on the cob
- Maize meal

Group 2 – Fruits and vegetables:

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Five servings of seasonal fresh or frozen fruit and vegetables should be eaten every day, so these should also make up a large proportion of your trolley

- Fresh fruit
- Dried fruit (those with no added sugar, but in smaller portions)
- Fresh or frozen vegetables
- Fresh fruit juice (100% pure/unsweetened, but in smaller portions and diluted)

Preferably select fresh fruits and vegetables that are grown locally and in season. One fruit serving can be replaced with one serving of 100% pure unsweetened fruit juice (200 ml).

When cooking these, choose methods that preserve the nutritional value e.g. steaming, baking or microwaving with a little water.

Group 3 –Chicken, meat, milk, fish, and eggs (rich in protein):

Protein should be included in every meal or snack, in smaller amounts than starchy foods and fruit and vegetables. A serving is usually the size of the palm of your hand and the same thickness as your hand. One should try to include fish twice a week, skinless chicken 2- 3 times per week and lean red meat 2 – 3 times per week.

- Oily fish varieties (e.g. salmon, trout, pilchards or sardines)
- Chicken breasts (skinless)
- Lean beef (e.g. beef stroganoff, mincemeat, steaks or schnitzel without any visible fat)
- Ostrich meat
- Milk (2%, low fat or fat free varieties)
- Yoghurt (plain)
- Cheese, unprocessed vs. processed varieties. (Low and medium fat; soft and hard cheeses like cottage cheese, ricotta, feta, mozzarella, and edam)
- Eggs

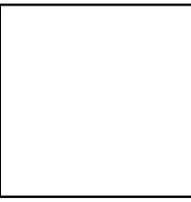
Group 4 – Legumes and soya:

Try to include either dried or tinned versions of these in dishes at least once or twice a week. They are low in fat, provide dietary fibre, are a source of plant protein and best of all they are economical. Aim for at least one vegetarian main meal per week.

- Dried / split peas
- Chickpeas
- Beans (e.g. Red kidney, sugar and baked beans)
- Lentils
- Soya (e.g. Tofu)

Group 5: – Fats and Oils:

Fats should be used sparingly. Choose soft tub margarine that is either low or medium fat and higher in unsaturated (poly and monounsaturated) fats.



For the most benefit, buy extra virgin olive oil to use sparingly as a salad dressing as opposed to cooking with it. Should you need to 'flash fry' food use cooking spray, or as the Heart and Stroke Foundation and as a CANSA Smart Choice suggests, use canola oil. It is always a good idea to invest in a good non-stick frying pan and to use a moderate heat setting to prevent sticking. This way you need very little additional fats and oils when cooking.

Check the fat levels in sauces that you buy for pastas or other dishes. Cream-based sauces tend to be quite high in fat so rather choose tomato based ones.

Good fats to include are:

- Mixed nuts and seeds
- Avocado
- Vegetable oils (e.g. Olive, Canola oils)

Group 6 – Treats (sugar and sweets):

Foods such as sugar (table sugar, white or brown or yellow), sweets (jelly sweets, lollipops), sugary fizzy drinks and syrup are high in sugar and should be used sparingly and only during activity. So, your trolley should not contain too many of these foods.

Step 4: Pack my Plate

- ✓ Eat regularly throughout the day and don't skip meals.
- ✓ Sit and enjoy your meal.
- ✓ Each of the four different main items contained in a healthy plate of food represent certain foods Use the CANSA Smart Choice Plate model as a guide.
- ✓ Where possible have at least $\frac{1}{2}$ a plate of vegetables or fruit and a $\frac{1}{4}$ plate of starchy vegetables and/or whole grain foods and/or $\frac{1}{4}$ plate of tofu, soya, legumes, lean red meat, skinless chicken or fish.

One portion of protein

(Meat, fish, soya and milk products)

Choose one of the following:

- 30g meat, fish or soya (the size of your palm)
- One egg
- Low fat and medium fat hard cheese (not more than 30g/day)
- ¼ cup low fat/fat free cottage cheese
- 1 cup low fat/fat free milk

One portion fats/oils:

Choose one of the following:

- 1 tsp vegetable oil (Olive or Canola oil)
- 2 tsp peanut butter
- 1 tbsp light mayonnaise/low oil salad dressing
- ¼ medium avocado
- 5 large olives
- 10 mixed nuts (raw)

One slow release carbohydrate (starch) the size of your fist

Select one of the following:

- Rice, durum wheat pasta, baby potatoes, sweet potato, mealies, butternut, bran cereal, low GI muesli, rolled oats, low GI bread, seed loaf bread, rye bread, whole wheat crackers

One cup raw or ½ cup cooked vegetables (roasted or steamed)

As a snack between meals:

- One portion of fruit (size of tennis ball)
- Or ½ glass of fruit juice (unsweetened)
- Or a handful of dried fruit

Step 5: BE ACTIVE*

IT IS RECOMMENDED THAT YOU ALWAYS SEEK MEDICAL APPROVAL BEFORE EMBARKING ON AN EXERCISE PROGRAMME.

The American College of Sports Medicine suggests that people accumulate approximately 30 minutes of moderately intense exercise on **30 minutes or more** of moderate-intensity physical activity on **most, preferably all, days of the week**. A brisk half-hour walk on most days of the week will suffice to obtain the basic health benefits of physical activity.

So, to stay healthy and happy, invest in even a short walk, as this will go a long way toward improving your health in numerous ways!

Step 6: Snack Attack...Grab a 'TREAT'

A 'treat' food can be defined as one that adds taste and is laden with energy but is not always the most nutritious choice. Such foods include ice cream, crisps, chocolates or sweets. Limiting these foods is best for improving and maintaining health.

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But we all crave a 'treat' now and again, right? Follow these easy guidelines on how to deal with a treat, when that craving strikes.

- **Read the label:** Check the nutritional table: See under 'Energy' and aim to choose options that have less than 950kJ/100g - foods that have 950kJ or more are high energy foods.
- **Portion size:** limit these treats, so that they don't give you more **than 500kJ per treat** is most important. In that way, you can still sneak in a 'high energy food' (more than 950kJ/100g) but cut it down to size
- **Frequency** – try to limit treats to **two a week**. The more treats you eat the more it will impact on your health and your weight loss.

TiP: Grab a buddy and start today!!