



An
**Easy Plan for
Losing Weight
and Living
More**

Does This
Clutter
Make My
**BUTT
LOOK
FAT?**

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Peter Walsh

QUIZ

The Weight of Weight

1. How is your physical health?
 - a. I have energy most days and generally feel fine. My doctor says I could lose a few pounds.
 - b. I have my ups and downs but I get by.
 - c. I have some health problems. Who doesn't?

2. If a social group that you belong to organized a softball game, how would you participate?
 - a. I'd play till the bitter end, no matter how far in outfield they made me stand.
 - b. I'd volunteer to restock the cooler.
 - c. I'd stay home. Nobody needs a permanent mental image of my ass sliding into home base.

3. If you won an all-expenses-paid beach retreat, would you go?
 - a. I'd hop on the first plane.
 - b. I'd go and have a great time, even if I were hidden in a coverup, forbidding any photos to be taken.
 - c. I'd trade in my prize for cash dollars. Nobody's seeing me in a bathing suit.

4. When you last tried something new (taking a dance class, putting together a piece of furniture, doing a home repair, driving an unfamiliar rental car), how would you describe your ability to get the hang of it?
 - a. I'm not superfast or talented, but I get by just fine.
 - b. I tend to be a little clumsy and slow.
 - c. Dance classes? Home repairs? You gotta be kidding. I don't go near that stuff.

5. Which of the following statements best describes your current or most recent relationship while it was occurring?
- a. My partner loves my body and/or is into me for who I am as a person.
 - b. I always try hard to look good for my partner, but am never quite sure s/he is attracted to me.
 - c. My partner is critical of my body—even if s/he doesn't say anything, I can tell.
6. When it comes to my family . . .
- a. We spend lots of time together doing a variety of activities—a mix of calm and active.
 - b. I guess we get along. We watch a lot of TV together!
 - c. I don't always have the energy to be the parent I'd like to be.
7. What best describes your sex life over the past five years?
- a. My sex life is active and fulfilling.
 - b. My partner and I don't always see eye-to-eye on how much is enough sex, but it's okay.
 - c. What sex life?
8. Do you have the career you'd like to have?
- a. I like my job and the people I work with. No complaints.
 - b. This isn't my ideal job, but it pays the bills.

- c. I'm frustrated at work. I try so hard and my efforts go unappreciated. I might even deserve a raise or promotion that hasn't been offered.

9. What best describes your attitude at work?

- a. I'm skilled at what I do and confident in my abilities.
- b. The work piles up and it's hard to stay on top of it. It's always on the verge of getting out of control.
- c. I'm in way over my head and barely surviving here. I always feel like they're about to fire me, and why shouldn't they? Someone else could do a much better job.

10. How would you describe your personal financial situation?

- a. I work; I save; I should be able to retire comfortably at sixty-five.
- b. I make ends meet, but I really should be on a tighter budget.
- c. I earn a decent living, but I have credit card (or other) debt and can't get out from under it.

11. When I think about the life I'm living . . .

- a. I love my friends and family. Life's not perfect, but when I look in the mirror and around my house, I feel happy.
- b. Sometimes I can't believe this is the way my life turned out. It's just not what I expected. Of all the lives I could have had . . . I have no idea why I ended up here.
- c. I don't like to look in the mirror and be reminded of who I am. My house makes me depressed. I wish it were different but I can't begin to make a change.

ACTIVITY

Define your vision for the life you want to live

Words that describe the life I want to live:

- _____
- _____
- _____
- _____
- _____
- _____

Describe what your ideal life would be like:

ACTIVITY

Imagine your ideal you

How would these parts of my life be different for the ideal me?

Home: _____

Health: _____

Emotions: _____

Relationships: _____

Career: _____

ACTIVITY

Establish goals for your ideal body

With my ideal body I will be able to:

- _____
- _____
- _____
- _____

ACTIVITY

*Calculate how much time a year
you spend in front of the TV*

The number of hours I usually watch TV on a weekday = _____
x 5
Total number of TV hours on weekdays = _____

The number of hours I usually watch TV on a Saturday: + _____
The number of hours I usually watch TV on a Sunday: + _____
Total number of hours a week = _____
x 52
Total number of hours a year: _____

Circle the number of hours you watch TV a year in the lefthand column of the table below. How many weeks of continuous TV viewing is this a year? How many months? Are you off the scale?

| TELEVISION WATCHING SCALE | | |
|---------------------------|-------|--------|
| HOURS | WEEKS | MONTHS |
| 168 | 1 | |
| 336 | 2 | |
| 504 | 3 | |
| 672 | 4 | 1 |
| 840 | 5 | |
| 1008 | 6 | |
| 1176 | 7 | |
| 1344 | 8 | 2 |
| 1512 | 9 | |
| 1680 | 10 | |
| 1848 | 11 | |
| 2016 | 12 | 3 |

ACTIVITY*Stop multitasking for a week*

| Three ways I multitask: | Which task is more important? | What I have to do to make the change |
|-------------------------|-------------------------------|--------------------------------------|
| 1. | | |
| 2. | | |
| 3. | | |

ACTIVITY

Identify the triggers that lead to overeating

TRIGGERS THAT LEAD ME TO OVEREAT

Internal triggers

External triggers

| | |
|--|--|
| | |
|--|--|

ACTIVITY*Find healthy substitutions*

| INSTEAD OF: | I WILL: |
|---|--|
| Snacking when I'm bored . . . | Walk for fifteen minutes. |
| Rewarding myself after a hard day with a pint of ice cream . . . | Pick a small, manageable area of my house (a drawer, a bookshelf) and fill a bag of stuff for charity. |
| Eating to relieve stress . . . | Take a bath. |
| Having a three-hour dinner in front of the TV . . . | Make plans to dine with a friend, or even have a phone date while I eat an amount I decide in advance. |
| Ignoring my body until tomorrow because those salty treats are here today . . . | Throw away the chips and celebrate by steaming some vegetables. |
| Sneaking down to the kitchen for a midnight snack . . . | Strip down and stand in front of a full-length mirror, reminding myself to treat my body with honor and respect until the urge passes. |
| INSTEAD OF EATING: | I WILL EAT: |
| French fries | A side salad |
| Ice cream | Plain yogurt with honey |
| | |
| | |
| | |

ACTIVITY

Adopt a Secret Food Role Model

| | | |
|----------------------|-------------------------------------|----------------------------|
| Role Model No. 1: | What I admire about this person: | What I want to imitate: |
| Role Model No. 2: | What I admire about this person: | What I want to imitate: |

ACTIVITY

Define your vision for the kitchen you want

Words that describe your ideal kitchen:

- _____
- _____
- _____
- _____
- _____
- _____

In my ideal kitchen, I would be able to:

In my ideal kitchen, my family would be able to:

ACTIVITY

Discover the truth about your kitchen

| My kitchen is a place where I/we: | True/False |
|---|------------|
| <ol style="list-style-type: none">1. Let mail or other junk pile up2. Watch TV3. Store food4. Hang out5. Do work/homework6. Prepare food7. Feed pets8. Keep lots of pots and pans and other kitchen supplies that we rarely use9. Eat dinner10. Dance the Texas two-step | |

ACTIVITY*Break the kitchen into zones*

| ZONE | ITEMS NEEDED | |
|---------------------------|---|---------------------|
| | MY SUGGESTIONS | YOUR SUGGESTIONS |
| Preparation area | Cutting board Knives Mixing bowls | |
| Cooking center | Pots and pans Spices Utensils | |
| Eating area | Flatware Glasses Napkins | |
| Cleanup area | Drying rack Dishwashing liquid Sponge and scourer | |
| POSSIBLE ADDITIONAL ZONES | | |
| Homework area | Construction paper Pens and pencils | |
| Bill paying area | Checkbook Stamps Pens | |

MAGIC TRIANGLE CHEAT SHEET

Most people don't organize their kitchens. They just unpack when they move in and never change where things go. It's time for a rethink. (And while you make changes, you'll have a chance to clean out some of those drawers that never get cleaned.)

Items related to food storage go near the refrigerator. Think: containers, clips, foil, and plastic bags.

Items related to food preparation go near the sink. Think: knives, cutting boards, and colanders.

Items related to cooking (and baking) go near the stove or cooktop. Think: pots, pans, and cooking utensils.

Also included in the magic triangle are everyday dishes.

One step outside the triangle: Items you use regularly, but infrequently. Think: food processor, mixer, and specialty pots.

One step farther (or on a high shelf out of reach): Items you rarely use. Think: bread maker, turkey pan, holiday cookie cutters.

QUIZ

Are You a Planner?

Answer the following “true” or “false”:

1. I keep a calendar with all my appointments.
2. I'm rarely late.
3. I do my laundry regularly enough that I never run out of underwear.
4. I've run out of gas less than three times in my life.
5. I return phone calls (at least the ones I want to return) within forty-eight hours.
6. I never pay late fees on bills.
7. If older than thirty, I've prepared my will and advanced health care directives, and I have life and health insurance.
8. If I were planning a wedding, I'd have a spreadsheet with every key element scheduled.
9. If someone asked me for my most recent financial statements I'd be able to pull them out without much fuss.
10. In my home, I know where almost everything is.
11. I make plans for holidays or family members'/ friends' birthdays well ahead of time.
12. I'd describe my work situation as “under control.”
13. I exercise at least three days per week.
14. I usually prepare a shopping list when I go to the grocery store.
15. I know at least a day in advance what I'm doing for the next day's meals.
16. I don't rush my children out the door. If it takes ten minutes for them to tie their shoes, so be it.
17. I never forget an important birthday or anniversary.
18. I get my hair cut on a regular schedule.

ACTIVITY

Make a truthful list of what you know

WHAT I KNOW ABOUT THE FOOD I EAT

| | |
|---|--|
| Foods I eat and love that are good for me: | |
| Foods I eat and love that are not good for me: | |
| Foods I eat too little of: | |
| Foods I eat too much of: | |
| Foods in my home right now that help create the life and body I want: | |
| Foods in my home right now that sabotage the life and body I want: | |
| | |

YOUR HEALTHIER CHOICES CHART

| Meals | Starter ideas | Healthier foods or meals |
|--------------|----------------------|-------------------------------------|
| Breakfast | | |
| Lunch | | |
| Dinner | | |
| Snacks | | |

HEALTHIER CHOICES CHART EXAMPLE

| Meals | Starter ideas | Healthier foods or meals |
|--------------|-------------------------|--|
| Breakfast | <i>Cereal, yogurt</i> | <i>Egg-white scramble</i> |
| Lunch | <i>Turkey sandwich</i> | <i>Soup and salad</i> |
| Dinner | <i>Chicken stir-fry</i> | <i>Roast chicken with vegetables</i> |
| Snacks | <i>Protein bar</i> | <i>Fruit, nuts, and hummus</i> |

LYNNE'S FRESH START MENU PLANNER

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|---|--|---|-----------------------------------|--|---|----------------------------------|
| Breakfast | <i>Oatmeal</i> | <i>Yogurt with fruit and whole-grain toast</i> | <i>Egg-white omelet and whole-grain toast</i> | <i>Protein smoothie</i> | <i>Oatmeal</i> | <i>Yogurt with fruit and whole-grain toast</i> | <i>Egg-white scramble</i> |
| Snack | <i>Carrot sticks and nuts</i> | <i>Apple with a little cheese</i> | <i>Broccoli and hummus</i> | <i>Cottage cheese and berries</i> | <i>Stick of string cheese and nuts</i> | <i>Grapes and a little cheese</i> | <i>Bowl of multigrain cereal</i> |
| Lunch | <i>Turkey breast sandwich on multigrain bread</i> | <i>Salad, dressing on side</i> | <i>Soup and half tuna sandwich on rye</i> | <i>Salad, dressing on side</i> | <i>California roll and seaweed salad</i> | <i>Turkey breast sandwich on multigrain bread</i> | <i>Salad, dressing on side</i> |
| Snack | <i>Yogurt</i> | <i>Yogurt</i> | <i>Yogurt</i> | <i>Yogurt</i> | <i>Yogurt</i> | <i>Yogurt</i> | <i>Yogurt</i> |
| Dinner | <i>Chicken breast, asparagus, brown rice</i> | <i>Salmon, avocado, mango</i> | <i>Tofu stir-fry with vegetables</i> | <i>Veggie burger</i> | <i>Soup and salad</i> | <i>Pork chop, green beans, wild rice</i> | <i>White fish with vegetable</i> |

ACTIVITY

Create a menu for next week

| Meal | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |

ACTIVITY

Decide what you want from a meal

THREE THINGS I WANT *FROM* MY DINNER?

1. _____

2. _____

3. _____

ACTIVITY

Plan foods to cook in advance

Foods that I could make and freeze for future use:

- _____
- _____
- _____
- _____
- _____
- _____

QUESTIONS FOR DISCUSSION ABOUT MEALTIME

What meals do we share?

How/when do we decide what to eat?

Who does the shopping? Prepping? Cooking?
Cleaning?

Do we both/all like the division of responsibilities?

Do we like the food we eat?

Where do we eat? Is it pleasant?

What do we do while eating? Talk? Watch TV?

Do we enjoy the meals we have together?

What would you change about the meals we share?

What do you want from dinner?

**WHAT I'D LIKE TO CHANGE
ABOUT MEALS IN MY HOME**

■

■

■

■

ACTIVITY

Increasing Your Physical Activity

| THINGS I DO NOW | WHAT I CAN DO TO BE MORE PHYSICALLY ACTIVE |
|--------------------------------------|---|
| Watch TV for three hours every night | Take a fifteen-minute walk after dinner |
| Drive the kids to school | Leave ten minutes earlier and walk the kids to school |
| | |
| | |
| | |
| | |

QUIZ

Know Your Weaknesses

If the waiter puts a basket of bread on the table, do you

- a) immediately help yourself and eat until the next course comes?
- b) take one piece, then stop?
- c) have none?
- d) ask the waiter to remove the bread?

When it comes to drinking with dinner, do you

- a) sometimes have a cocktail, then share a bottle of wine with your companion(s)?
- b) usually have one glass of wine, beer, or a soda?
- c) stick to water?
- d) drink a diet soda?

At a cocktail or work party, when you see a server with hors d'oeuvres, do you

- a) chase them—who are you to turn down free food?
- b) wait for your favorite to come by?
- c) say no—you'll wait for dinner?
- d) hunt down the inevitable table of crudités and fill up on plain celery sticks?

(continued)

When you choose from a menu, do you

- a) order the yummiest, most inspiring entrée available—isn't that the point of eating at a good restaurant?
- b) pick an appetizer you love, and a main course that you know is pretty good for you?
- c) choose a salad and a colorful, lean entrée?
- d) special order everything—dressing and sauces on the side?

By the time the busboy takes away your plate

- a) it's empty—you're a member of the clean plate club.
- b) it's sometimes empty, sometimes you take home leftovers, depends on how hungry you are.
- c) it's always got a little something left over—you try to leave enough for tomorrow's lunch.
- d) it's been divided down the center and exactly 50 percent of the food you were served remains exactly where it was.

When it comes to fast food

- a) you eat it, you love it, you can't live without it.
- b) you don't eat it constantly, but when it's the only option you have to admit it's pretty good.
- c) you avoid it, but have found some healthy options at the places where you do go.
- d) you can't believe people put that garbage in their bodies.

At the end of the meal

- a) you always order dessert. It's a special occasion!
- b) you like to share a yummy dessert.
- c) you don't order dessert, but if others do you'll have a bite.
- d) you sip tea, no sugar, and watch others pig out.

