

YOUR  
**FOUR STEPS**  
FOR  
*Losing  
Weight*



**SecurityHealth Plan.**

Promises kept, plain and simple.

# Introduction

Losing weight is liberating. Imagine moving around more easily at work, at play and around the house. You can climb a flight of stairs without breaking a sweat. Exercise becomes easier. You have less pain.

How you feel when you look in the mirror is important, too. You have a right to feel confident about who you are and who you present yourself to be.

But weight loss isn't just about being thin. It's about being healthy for life. If you've found your way here, you're probably thinking about trying to lose weight. We're glad you've made it this far. We want you to be as healthy as possible.

You might have tried diets in the past. But instead of a diet, let us help you make lifestyle changes that allow you to lose weight and keep it off no matter where you are in your weight loss journey. Weight loss shouldn't be about pressuring yourself to diet or get thin. Instead, let us help you enjoy the experience of creating a better, healthier life.

Continue reading for more information on how you can tackle the stages of weight loss ***one step at a time.***

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# Step 1

## “I *Might* Try to Lose Weight”

**Are you thinking about trying to lose weight? That’s great! You might not yet be ready to lose weight, but think about how a decision to try to lose weight might benefit you.**

### Weight Loss, Not Dieting

“Diet,” to many, is a dirty four-letter word. But long-term weight loss is different from dieting. Like dieting, weight loss helps you target a lower, healthier weight. Weight loss, though, is a lifestyle change. It involves portion control, exercise, education, nutrition and personal growth. Weight loss isn’t easy, but it helps you achieve a balance between eating, being active and empowering yourself through education. That balance then establishes healthier habits that allow you to keep weight off for good. Instead of going on and off diets for limited benefits, we invite you to achieve weight loss that provides you with a healthier life.

Consider how this could improve your quality of life. Weight loss can:

- Lower your risk of chronic issues such as diabetes and high blood pressure
- Raise your self-esteem and body image
- Provide you with more energy and stamina
- Lower your risk of many cancers, stroke and heart disease





## **“I Might Try to Lose Weight”**

### **Why is this important to me?**

We can tell you all about the many advantages of a healthy weight. But consider for yourself why you might want to lose weight. In the end, your reasons are likely to be the ones that inspire you the most and your own motivation is vital to your success. Which of these weight-loss benefits would you like to achieve?

- More energy
- Decreased risk of chronic health issues
- Greater self-esteem
- Enhanced quality of life
- Looking better
- Other

***What might get in the way of your weight-loss goals? (Examples: Eating out, snacking)***

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***What can you plan to do to help you avoid those obstacles? (Examples: Packing a lunch, finding low-calorie snacks)***

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## Envision your rewards

Now that you know what weight loss success means to you, imagine it.

**Picture yourself:** How will you feel when you look in the mirror? Imagine being eager to show off your weight loss. Imagine hearing the compliments from family and friends when they congratulate you on your hard work. Imagine going shopping for new, more fashionable clothes that complement your new shape.

**More energy:** Carrying less weight means you will have more energy for your daily routine. You'll achieve more with greater personal satisfaction. You can be more enthusiastic for your daily life because moving around won't be as much of a chore. You can have more energy for exercise, daily activities and playing with your children or grandchildren.

**Imagine your new lifestyle:** You will exercise, eat better foods and reach better health, not because you have to, but because you want to. Imagine providing family and friends with a positive example on nutrition and exercise. Imagine how proud you will be of that.





## “I Might Try to Lose Weight”

### More help is available

We hope that we’ve convinced you to take the next steps toward losing weight. If you decide that losing weight is important to you, we invite you to continue.

Also, you can take advantage of **Balance**, Security Health Plan’s digital health coaching weight loss program, in three easy steps. It is available to Security Health Plan members free of charge 24 hours a day.

**Step 1:** Go to **securityhealth.org** and click on **My Account** at the top right of the home page. Then click on **Register**. You will receive a user name and password in three to five business days.

**Step 2:** Log in to Security Health Online and click on the **Life Focus** banner to complete the **Succeed Health Assessment**, if you have not already done so.

**Step 3:** Return to the **Life Focus Health Library** home page and click the **My Health Programs** tab. Then click on the link for **Balance** to address your unique blend of mind, body and food for your weight loss efforts.

If you need help, call Customer Service at **1-800-472-2363** and ask to speak with a health coach about digital health coaching.



### Online resources

The American Dietetic Association – [eatright.org](http://eatright.org)

United States Department of Agriculture – [fnic.nal.usda.gov](http://fnic.nal.usda.gov)

Centers for Disease Control and Prevention –  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

American Heart Association – [www.heart.org](http://www.heart.org)

Shape Up America! – [www.shapeup.org](http://www.shapeup.org)





## “I’m *Ready* to Lose Weight”

**Congratulations on deciding that weight loss is important to you. You might have tried to lose weight in the past with limited success. But have you thought about what small steps you could take now to help you lose weight and keep it off? Take advice from health care experts and others who have lost weight. Ease your transition toward a healthier lifestyle, better physical activity and a more satisfying life. Take this chance to plan ahead.**

### Get started

How do you plan to start? Let us guide you through it. Take the time now to:

- 1. Decide when you’ll start:** Schedule a date soon, preferably within a month, so you still will be excited to start losing weight.

*My date is:* \_\_\_\_\_

*I picked this date because:* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Step 2

### “I’m Ready to Lose Weight”

**2. Get the support you deserve.** Create a list of people who you will tell that you’re trying to lose weight. Tell them what you want to do and ask for their support. The people who are most important to you often will be your best sources of support.

*People who might provide support:* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3. Talk to your doctor.** It is important to discuss your goals with your health care provider, especially as your goals relate to health conditions that might be affected by lifestyle changes such as losing weight. You might judge the amount of weight you should lose based on how you look or how your clothes fit. However, a doctor or dietitian can give you an educated opinion on a healthy weight for you.

**4. Set goals.** Once you’ve talked to your doctor or dietitian, establish your goal weight, and your daily calorie goal. Plan to lose about one to two pounds a week.

*My current weight is:* \_\_\_\_\_

*My goal weight is:* \_\_\_\_\_

*My daily calorie goal is:* \_\_\_\_\_

**5. Be SMART:** Then, provide yourself with goals that provide direction and motivation by staying SMART.

**Specific:** Make sure your goal leaves no room for interpretation. Keep it precise and write down an exact guide for what you want to do.

**Measurable:** Include benchmarks and time periods that will help define success.

**Achievable:** Make sure your goal is attainable.

**Relevant:** It's good to have support from family and friends, but your goal should matter to you at least as much as it does to anyone else.

**Timely:** Change requires a commitment. Designate a clear timeframe to achieve your goal.

Here's an example of a SMART goal:

*"I will lose 2 pounds in the next week by exercising at the gym four to five times this week."*

*"I will walk at least 2 miles three times a week for the next month beginning Monday."*

Don't forget to provide yourself with small, healthful rewards when you achieve your benchmarks. Celebrate your successes.

*What SMART goals can you set for yourself?*

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Think about what you can achieve over the next week to help you lose weight. Once you achieve your goals, continue creating SMART goals until your goals become habit.



# Step 2

## “I’m Ready to Lose Weight”

### Plan to eat right

The not-so-secret key to weight loss is to limit your calories. If you burn more calories than you consume, you will lose weight. It sounds easy, right? But just because it sounds easy doesn’t mean it is. You’re attempting to change habits that you’ve developed throughout your lifetime. Try the following to make weight loss easier:

**Read food labels.** Allot time when shopping to study food labels. Less-nutritious foods contain excessive amounts of fat and refined carbohydrates. When reading the ingredient list, see whether white flour, sugar, fat or salt is among the first three

ingredients. If it is, the food has more of that ingredient than anything else. Look instead for ingredients that list higher levels of protein, vitamins and calcium.

#### **Eat plenty of fruits and vegetables.**

Most fruits and vegetables are naturally low in fat and calories. They’re also filling.

#### **Drink plenty of water.**

Although it has no nutrient value, water is essential to our survival.



**Curb your cholesterol, saturated fat and trans-fat.** Research shows that an excessive intake of fat and cholesterol increases the risk of heart disease. Limit deep-fried foods, baked desserts and foods listing partially hydrogenated oil (trans-fat) in the ingredients. Choose skim milk in place of whole milk and lean cuts of beef labeled “choice,” “select” or “lean.”

**Limit sugar and sodium.** Check for added sugars on the ingredient list. They often are called sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup and fructose. Compare sodium in foods such as soup, bread and frozen meals. Add herbs and spices instead of salt when you cook.

**Minimize your alcohol.** Alcohol has nearly twice the calories per gram (seven) as carbs and proteins (four).

**Roast, steam, poach or broil** to avoid frying whenever possible to lower your fat intake.

**Replace oil, margarine or butter with applesauce.** Replace the oil in your baked goods with unsweetened applesauce at a 1:1 ratio to reduce the fat and calorie content of the final product. Doing so will add moistness and sweetness, and for every half-cup of oil replaced, you will save about 900 calories and 110 grams of fat. Replace a half-cup of butter with applesauce to cut 850 calories and 91 grams of fat. If you're concerned that you might not care for the taste difference, try replacing half of the fat with applesauce first for a gradual transition.

## Get Fit

The other key to cutting your calories is exercise. Any healthy lifestyle includes physical activity. Health experts recommend that people get 30 to 60 minutes daily of:

**Aerobic exercise:** Brisk walking, biking and swimming

**Strength exercise:** Push-ups, sit-ups and lifting weights

**Flexibility exercise:** Stretching or yoga



## Step 2

### “I’m Ready to Lose Weight”

A lack of time is a common reason why people don’t exercise. But did you know it is just as beneficial to be physically active for 10 minutes three times a day as it is to be active for 30 minutes once a day? So, if you have trouble finding time, think about splitting your daily 30 to 60 minutes into smaller, more manageable segments to better fit your lifestyle.

Physical activity is one of the best ways to help you lose weight. It will also help:

- Control your appetite
- Keep your heart healthy
- Manage or prevent high blood pressure
- Counteract anxiety and depression
- Improve your mood
- Increase your muscle tone
- Give you more energy
- Relieve stress

**It’s just as beneficial to be physically active for 10 minutes three times a day as it is to be active for 30 minutes once a day.**

If you’re not sure where to start, do something simple such as walking. It costs nothing to get started. And according to the American Heart Association’s website ([heart.org](http://heart.org)), walking for as little as 30 minutes a day provides heart-health benefits.

*What can you do to increase your physical activity?* \_\_\_\_\_

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## Record your progress

Keep track of how well you meet your daily food and exercise goals in a journal. Write down the date, your weight, how much time you spend on physical activity, and the foods and calories you've consumed.

Try writing down your thoughts about the day. Did you reach your goals? What helped you achieve those goals or prevented you from doing so? What about the day would you like to remember? How did you feel before, during and after exercising?

## You're one step closer

Congratulations again on coming this far. You're about to give yourself the freedom of a healthier weight and a healthier lifestyle. We look forward to helping you take your next steps.

***Remember:*** if you need extra help, Security Health Plan members can receive assistance by telephone. Simply call Customer Service at **1-800-472-2363** and ask to speak with a health coach about weight loss. Security Health Plan's digital health coaching program on weight loss, ***Balance***, also is available 24 hours a day at [securityhealth.org](https://www.securityhealth.org)





## *“I’m Losing Weight”*

**You’ve started to achieve a healthier lifestyle and you’ve begun to lose weight. Be proud! You’ll improve your confidence and energy with every accomplishment. As you continue, keep using this guide as a helpful tool. Keep it where you can find it. Remember to maintain helpful relationships with your doctor, family and friends along the way, and follow the plans you’ve set for yourself.**

### **As you strive to achieve permanent weight loss, keep these points in mind:**

**It’s hard to break old habits.** Practice your new healthful habits to make them routine. It will take time for them to replace your old habits.

**You deserve friends.** You might find it easier to lose weight when you have support from at least one friend or family member. Talk with them about how they can support you with your weight loss efforts.

*My support person is* \_\_\_\_\_

**Don’t worry about setbacks.** If you don’t meet your goals for one day or you gain back a pound or two, you haven’t failed. Remember to focus on your long-term goals. Make note of any mistakes, learn from them and move on.

**More news is good news.** Keep your mind on track by reading websites, magazines, books and more that feature professionals who can help you. Learn all you can about weight control and changing old habits.

## Pay attention to portion sizes

It will be easier for you to reach your goals if you have a good idea of what your portion sizes should be. Use these everyday objects to judge sensible portion sizes.

Food item	One serving	Equal to the size of ...
Potatoes, rice, pasta	1 cup	Tennis ball, or an ice cream scoop
Cheese	1 ounce	Pair of dice, or your thumb
Ice cream	1 cup	Large scoop the size of a baseball
Baked potato	1 whole	Light bulb
Peanut butter	2 tablespoons	Ping-pong ball
Meat, fish, poultry	3 ounces	Deck of cards
Butter or margarine	1 teaspoon	Thumb tip
Salad dressing	2 tablespoons	Ping-pong ball
Nuts or small candies	1 ounce	One handful
Chips or pretzels	1 ounce	Two handfuls

Also, slow down when you eat, and don't keep eating until you're full. By slowing down, you allow your brain time to receive the message from your stomach that you're full. If you eat quickly, you're more likely to exceed your portion size because you'll still feel hungry.

*What are some things you can do to track your portion sizes?*

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# Step 3

## "I'm Losing Weight"

### Manage stress

Stress is a normal part of life that doesn't go away when you seek a healthier lifestyle. Many overweight people say food helps them handle daily stress, anxiety and tough situations. But when you try to lose weight, it's important to find other ways to manage the stress in your life. So how can you deal with it?

Learn to recognize the warning signs. Check all of your stress warning signs in the list below. Then, develop a plan for dealing with them that doesn't involve food.

#### *These situations are stressful for me:*

- It is stressful to shop in a crowded grocery store.
- It is stressful to sit and wait at the doctor's office.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### *My solutions:*

- Shop at times when not many others are out.
- I will bring something to do while I wait.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Common pitfalls

A lack of time, work obligations and boredom are common reasons people give when they don't stick to their weight-loss routines. Consider these suggestions when you deal with similar situations.

### ***When I'm pressed for time, I will:***

- Pack tomorrow's lunch the night before to avoid fast food.
- Keep fresh fruit in the fridge so I can have an easy snack when I'm on the go.
- Take quick, 10-minute exercise sessions during breaks.
- Keep healthful dinners frozen for when I don't have time to cook.

### ***When I travel, I can:***

- Ask for sparkling water instead of alcoholic drinks.
- Choose coffee or tea after a meal rather than fattening desserts.
- Stay at hotels that offer fitness equipment.
- Schedule time for exercise.
- Ask hotel staff to suggest restaurants that serve healthful food.

### ***To avoid boredom with exercise or healthful food routines, I can:***

- Participate in a recreational sports league.
- Experiment with low-fat, low-calorie versions of my favorite meals.
- Try a variety of healthful foods at restaurants.
- Sign up for a healthful-foods cooking class.

### ***When I'm bored and stuck indoors, I can:***

- Tackle a household project.
- Call a friend.
- Sign up for a fitness class.
- Try a new exercise.
- Work on hobbies such as crafts or playing an instrument.

# Step 3

## "I'm Losing Weight"

### Reward yourself

Losing weight is a big deal that calls for you to reward yourself for your hard work. Rewards don't have to cost much. They can even be free. Just choose a reward that doesn't undo what you've accomplished. Maybe you'd like a new pair of walking shoes, a healthful-foods cooking class or a subscription to a fitness magazine. Take a minute to figure out what you might want.

**Weight loss**

**Reward:**

5 lbs. \_\_\_\_\_

10 lbs. \_\_\_\_\_

15 lbs. \_\_\_\_\_

20 lbs. \_\_\_\_\_

25 lbs. \_\_\_\_\_

30 lbs. \_\_\_\_\_

### You're one step closer again

The longer you stick with your weight-loss efforts, the greater your chance of success. And you've already come quite far. Think about how your health and quality of life already have changed for the better. We now encourage you to take the long-term steps that will enforce your healthier habits for life.

Also remember, we offer even more assistance should you need it. Security Health Plan members can receive assistance by telephone. Simply call Customer Service at **1-800-472-2363** and ask to speak with a health coach about weight loss. Security Health Plan's digital health coaching program on weight loss, **Balance**, also is available 24 hours a day at **securityhealth.org**.



## *“I’ve Reached a Healthy Weight”*

**Your progress in achieving a healthier life is significant. You no doubt feel healthier, more energetic and confident now that you’re taking positive steps. These changes make you a positive example for others trying to lose weight, and will have long-term benefits for your quality of life. So take this opportunity to make your healthier habits permanent.**

### **Don’t fall back**

Many people who have lost weight want to know when regaining their weight is no longer a danger. Actually, you must always be on guard. Stick with your healthful habits and make them long-term parts of your life to ensure that you maintain your weight.

Don’t worry that an occasional slip will cause you to fail. But as you get closer to your goal weight, be careful not to let slips become falls. Don’t worry if you skip one workout. Do worry if you stop exercising for weeks at a time. Don’t worry if you indulge in a sugary dessert. Just don’t eat high-calorie desserts several days in a row. Here are some other things to remember:

- Chances are you know what habits allowed your weight to increase. They might’ve been emotional eating, too much fast food or too many sweets. Watch out for those patterns returning. Then, stop that pattern before it returns as a habit.
- Weigh yourself at least once a week. Take action to get back on track if you’ve gained back a couple of pounds.
- Continue to keep a food and exercise log. Self-monitoring is key to weight maintenance. It will help you remain successful.

# Step 4

## “I’ve Reached a Healthy Weight”

- Stay active. Your body will burn fewer calories as you lose weight. Exercise will be important in keeping off the weight you lose.
- Reward yourself for keeping weight off, just like you did when you were losing weight.
- Remind yourself of how much you’ve accomplished. Keep photographs that remind you of where you were, and compare them with new ones.



### Reflect on Your Progress

You might want to keep a journal of your experiences to remind yourself of how far you’ve come. Write about how you’ve benefitted from losing weight. Write about your challenges. What have you learned about losing weight? How do you feel about losing weight? What things help you stay positive?

Then, when you need a reminder of why you lost weight and motivation to continue with your healthier habits, read your journal. Let us help you get started.

*What made you decide to try to lose weight?*

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*How have you been doing since you started losing weight?*

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***What support or praise have you received from family and friends in your weight-loss efforts? What have they said or done that's been helpful?***

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***What changes do you see in your body?***

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***What advice would you give to an overweight person who has decided to lose weight?***

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***What has been the best part of losing weight for you?***

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# Step 4

## "I've Reached a Healthy Weight"

### Revisit your goals

Remember the SMART goals you established in Step 2: **Specific, Measurable, Achievable, Relevant** and **Timely**. The goals you established in getting this far helped you lose weight. But many who reach their goal weight are unsure of what to do next. Shift your goals now toward maintaining your weight instead of losing weight.

You might no longer feel that going to the gym to use a cardio machine provides the same reward it did when you were losing weight. Find new activities or recreational sports for exercise. If healthful food gets bland, look for new recipes that refresh your desire to eat healthful foods. Continue learning about weight-maintenance strategies and exercise programs through the Internet, books and magazines. Here are some examples of goals you can try:

*"Beginning Monday, I will ride my bike three times a week."*

*"Starting Tuesday, I will try at least one healthful-food recipe from a magazine or the Internet at least once a week."*

***What goals would you like to accomplish? Write a few SMART goals for yourself, and keep doing them until they become healthful habits.***

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# SecurityHealth Plan<sup>SM</sup>

Promises kept, plain and simple.

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