Healthy Weights

Healthy Habits Assessment

Complete this short assessment. Circle the corresponding letter that best describes your actions (* S = sometimes).

NUTR	ITION			
2. 3. 4. 5. 6.	I eat breakfast every morning [even weekends] I drink 8 glasses of water every day I eat at least 5 servings of fruits and vegetables each day I eat a wide variety of food As a family, I can say that we choose healthy food options I keep a food log/journal I stop eating when I'm full [even if my plate isn't empty]	Y Y Y Y Y Y	S S S S S S S	Z Z Z Z Z Z
EXER	CISE			
2. 3. 4. 5. 6.	I enjoy exercise I exercise 30 minutes at least 4 times a week I take the stairs when they are available instead of an elevator I wear a pedometer I practice some ergonomic stretches while at work on a regular basis I resistance train [gym or at home] at least 3 times per week I park farther away from my destination and walk as much as possible	Y Y Y Y Y	S S S S S S	Z Z Z Z Z Z
STRE	SS			
1. 2. 3. 4. 5. 6.	I know how to control my stress I meditate I reserve time for myself each day If I feel stressed, I find my cravings are heightened If I feel stressed, I feel better when I exercise I keep a journal and write any of my thoughts down I know how to "belly breathe" to help alleviate my stress	Y Y Y Y Y Y	S S S S S S S S	N N N N N
2. 3. 4. 5. 6.	P I wake rested most mornings during the week I get at least 7 hours of sleep each night I fall asleep right away I practice relaxation before sleep [ie: reading, breathing, journaling] If I do wake up, I can fall right back to sleep I am more irritable when I don't get enough sleep I crave high sugar foods when I'm not sleeping well	Y Y Y Y Y Y	S S S S S S S	N N N N N



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Measuring Weight

BMI = weight (kg)/height (m)² Range to aim for: 18.5-25 Obesity: >30

Body Fat:

Calipers, bodpod, electric impedance scale Male range: 12-20% (depending on age) Female range: 22-33% (depending on age)

Waist Circumference Cut-off:

Men: <40in. Women: <35in.

Hip-to-Waist Ratio (waist/hip):

Men: <.90, Women: <.80

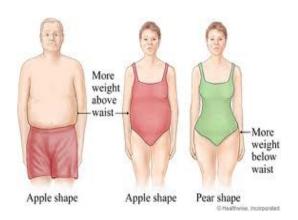
Weight Gain/Loss Factors:

- Energy intake vs. energy expended
- Genetics
- Childhood weight
- Behavioural factors
- Social factors

Basal Metabolic Rate:

Weight (kg) x 1.0 x 24 (men) x activity level (1.34 for lightly active) Weight (kg) x 0.9 x 24 (women) x activity level (1.34 for lightly active)

Notes:



*Apple-shape weight distribution associated with significantly higher chronic disease risk



Healthy Weights

Personal Contract

NAME:	
DATE:	

Following this Healthy Weight session I intend to do the following to better my lifestyle as it relates to a Healthy Weight for me:

1	 	 	
2	 	 	
3	 	 	

Signed: ______.

