About Energy Balance

Eating the same number of calories as you burn results in no weight change.
(Weight Balance)

Eating more calories than you burn leads to weight gain.
(Positive Energy Balance)

Eating fewer calories than you burn leads to weight loss.
(Negative Energy Balance)

Family Meetings

- Family meetings each day help you mark your progress in making healthy behavior changes.
- Family meetings help keep motivation high for you and your child.
- Family meetings provide a chance to solve problems your child may be having in the program.
- Family meetings give you a chance to praise your child for success.
Using the Lifestyle Log

- Write down all the things you eat and drink in the Lifestyle Log.
- Keep track of serving size and calories for each food and drink choice. Add up all the calories so that you know the total for each day.
- Get familiar with calories and serving sizes for foods that you often eat.
- Go over your and your child’s Lifestyle Logs during your family meeting to increase your awareness of food choices.
- Remember that becoming aware of what you are doing is the first step in behavior change. Keeping track in the Lifestyle Log is a great way to be aware.
- Praise yourself and your child for awareness of and practicing healthy behaviors.

The Colors of the TLP Eating Plan

GREEN means GO!
- GREEN foods have fewer calories than other foods and are full of nutritional value.
- GREEN foods have little or no fat or sugar (less than 2 grams of fat per serving).
- GREEN foods should be your first choice.

YELLOW means SLOW down.
- YELLOW foods can give you important nutrition, but YELLOW foods usually have more calories and a little more fat or carbohydrates than GREEN foods.
- YELLOW foods have 2-5 grams of fat per serving.
- YELLOW foods should be your second choice when choosing what to eat.

RED means STOP and think.
- RED foods are full of calories, sugar or fat (more than 5 grams of fat per serving). They have little nutritional value.
- RED foods do not help your body stay strong or healthy.
- All candies, chips, and sweets are RED foods, as well as most oils and fats.
- RED foods are not healthy choices.

GREEN means GO!
- GREEN foods have fewer calories than other foods and are full of nutritional value.
- GREEN foods have little or no fat or sugar (less than 2 grams of fat per serving).
- GREEN foods should be your first choice.
Combination Foods: If a Combination Food has any RED food in it, it becomes a RED food.

Eating fewer RED foods will help you meet your calorie goals, lose weight, and become healthier.

Cutting out two RED foods a day that are high in calories will help you cut out about 500 calories. Look in your Food Reference Guide for ideas.

Cutting out 500 calories every day will help you lose about 1 pound a week!

You will gradually eat fewer and fewer RED foods until you reach your goal of no more than 3 RED foods a day.

Praise and Encouragement

THINGS TO SAY:
- “You do a good job of ....... (keeping track in your Lifestyle Log).”
- “You have improved in ....... (finding out the number of calories in the foods you eat).”
- “I like it when you ....... (make healthy food choices such as picking fruit instead of cookies).”
- “Good for you for ....... (riding your bike to school).”
- “You’ve done a good job of ....... (watching less TV).”
- “I’m so happy you ....... (are doing such a good job at writing down your foods in your Lifestyle Log).”
- “Excellent! Great! Way to go!”

PHYSICAL REWARDS:
- A pat on the arm or shoulder
- A hug
- Head rubbing
- Squeezing the arm or waist
- Giving a kiss
- High five
- Clap
- Cheer

FACIAL EXPRESSIONS:
- Smile
- Wink
- Nod
- Laugh
- Show Interest
Supporting your Child in New Activities

Don’t expect too much from your child at first—give your child time to make changes.

Don’t compete against your child.

Praise and encourage your child’s ideas and creativity—don’t criticize them.

Describe exactly what your child did that you want to praise.

Hold back your desire to give too much help. Encourage your child’s problem-solving skills.

Laugh and have fun together!

Practicing Positive Parenting

IDENTIFY A SPECIFIC BEHAVIOR you would like your child to change. Make sure the behavior is something you can SEE or MEASURE.

Example: I would like my child to pack a lunch for school every day.

AGREE ON A REWARD with your child.

Examples: Time together, time with friends, special events or shopping for new clothes.

EXPLAIN your expectations clearly.

PAY ATTENTION to the behavior you want your child to change.

PRAISE BEHAVIORS that are approaching the desired behavior.

Example: “I’m proud of you for getting up early and making your lunch today.”

DELIVER THE REWARD once the behavior has occurred in the way that you agreed!
Tips for a Healthier Home

- Have GREEN and YELLOW foods available for your family to eat.
- Get rid of junk food.
- Do not buy RED foods for your family.
- Make rules for your family.
  - No eating outside of the kitchen or the dining room.
  - No eating while watching television or working on the computer.
- Keep equipment for physical activity in plain sight.
- Make watching TV or using the computer uncomfortable.

Tips for Healthy Breakfasts

- Try cereals with little sugar like Corn Flakes, Special K, and Kix.
- Skip the butter, cream cheese, syrup, or sour cream.
- Cut down on RED breakfast foods.
- Make fruits a part of your breakfast. Try apples, oranges, bananas, pears, peaches, or blueberries.
- Make vegetables a part of your breakfast. Try diced celery, carrots, peppers, cucumbers, or tomatoes.
- Give yourself time for breakfast!
- Keep healthy “on the run” breakfast foods available (e.g. non-fat yogurt, dry cereal, fruit, bagels).
Change Your Home to Promote Healthy Eating

- Put fruits and vegetables in a visible place.
- Remove unhealthy RED foods from the house.
- Eat all meals and snacks in one room, in one area.
- Do not eat while watching TV or doing some other activity.
- Do not serve meals “family style.”
- Serve food on plates and keep extra portions out of sight.
- Serve portions on small plates.
- Plan ahead to avoid leftovers.
- Keep a list of other behaviors you could do instead of eating. Post the list in a place where everyone can see it.

Tips for Healthier Dinners

- Bake, broil or grill foods instead of frying them.
- Add vegetables to your meal.
- Use skim milk, salt, pepper and fat-free chicken broth to flavor foods.
- Buy skinless, white meat chicken or turkey.
- Eat fresh fruits for dessert.
- Choose low-fat toppings or side dishes.
- Trim the fat from meat.
- Add vegetables like onions, peppers, or broccoli rather than meat to sauces.
Make Physical Activity Part Of The Daily Routine

- Be active yourself, and encourage everyone in your family to be active.
- Make a weekly schedule for physical activity, and post it where it can be seen.
- Try to schedule an activity at the same time each day so it becomes a habit.
  
  For example:
  
  - Shooting baskets after school
  - Walking and talking during lunch break
  - Taking a walk every night after dinner
- Keep track of your child’s routine after school.
- Spend time being active with your child every day.
- Tell your child about the lifestyle behaviors you changed today.
- Keep running shoes and sporting equipment visible and handy.
- Put the TV and the computer in a room that is not comfortable.
- Limit the amount of time the computer and TV can be used.

Lifestyle Activities

- Can be fun.
- Burn calories.
- Help manage diabetes.
- Improve health and fitness.
- Lead to healthy lifestyle changes.
- Require no preparation or special equipment.
- Should be a part of the whole family’s routine.
- Are as easy to do as:
  
  - walking the dog
  - cutting the grass
  - biking to school or work
  - parking away from your destination
  - taking the stairs
Have Fun With Pedometers—Add More Steps Every Day

At Home
- Walk your dog—or your neighbor’s dog.
- Turn off the TV and be active with your family.
- Carry in the groceries one bag at a time.
- Walk while you talk on the phone.
- Walk around your house during the TV commercials (17 minutes of every TV hour).
- Get up and move around every 30 minutes.
- Challenge the family to a pedometer race. Who can add the most steps in a week?
- Plan walks into your day:
  - at the beginning of the day by yourself
  - at lunch with a friend
  - after dinner with your family

Out and About
- Walk to stores or friends’ homes.
- Ride only part of the way, and walk the rest.
- Use the stairs, not elevators or escalators.
- Help your family plan active vacations.
- Walk when you take a break at work or school.
- Start a walking club with your friends or neighbors.
- Take a walk and pick up litter in your neighborhood or in a park.
- Challenge yourself to take half of your goal steps by lunchtime.
- Plan active weekends with longer walks, hikes, sports, or playing in the park.

Why Are Sedentary Behaviors Called “RED Activities”?
To warn us to STOP AND THINK before doing RED activities!

RED activities can be harmful to our health.

Why Should I Reduce RED Activities?
- To improve my health
- To help manage diabetes
- To have time to do things I like
- To have more energy and lose weight
- To keep from eating while watching TV
- To have more time to be physically active
- To have time to take care of responsibilities
- To show my family how serious I am about making healthy lifestyle changes
Steps For Making A Rule

Select a behavior that is IMPORTANT to change.

Make the rule FAIR.

State the rule POSITIVELY.

Make the rule SPECIFIC—list the behavior and consequences.

ENFORCE the rule.

Be CONSISTENT.

How To Encourage Your Child’s Behavior Changes

- Attend all meetings with your PAL.
- Be realistic about your expectations for your child.
- Take an active interest in your child’s changes.
- Show your enthusiasm when you review your child’s Lifestyle Log.
- Praise and encourage the effort your child is making, not just the results.
- Set up a rewards program for doing the small steps necessary to learn something new.
- Focus on your child’s strengths, not on weaknesses.
- Share something that was hard for you to change.
- Have a positive attitude that your child will be able to make these changes!
Problem Solving – 6 Key Steps

1. IDENTIFY the problem.
2. BRAINSTORM solutions.
3. COMPARE the solutions.
4. DEVELOP a plan.
5. TRY the plan.
6. EVALUATE how the plan worked.

Healthy Tips For Dealing With Parties and Holidays

- Focus on socializing rather than eating.
- Get support in advance to keep from over-eating.
- Talk with friends while standing away from the food.
- Eat off small plates.
- Offer to decorate or plan a party rather than bake.
- Offer to bring healthy foods like fruits or vegetables.
- Stay physically active - even during vacations or holidays.
- Allow yourself to enjoy a small portion of a favorite RED food.
- Park a few blocks away so that you get to take a walk before and after the party.
Dining Out – The Big Picture

- Eating at home gives you the most control over food choices.
- Dining out in a healthy way takes effort and may be a choice you want to limit right now.

Tips For Choosing A Restaurant:
- Get the menu ahead of time.
- Select healthy foods you like from the menu.
- Call the restaurant to ask about baking, broiling, or grilling foods. Ask if they have low-fat choices and side dishes like salad or fruit instead of fries.
- Decide whether or not this restaurant is a good choice for you.

Tips For Healthy Dining Out:
- Eat a piece of fruit before you go out.
- Turn down the chips and bread.
- Sit far away from the chips and bread.
- Order a half-portion.
- Order a salad and share a dinner with someone else.
- Put half of the meal in a “to-go” box at the beginning of your meal.
- Request sauces and dressings served “on the side.”
- Have fruit for dessert.
- Have tea and coffee instead of dessert.

Encourage Your Child’s Healthy Lifestyle

- Work with your child to set up a schedule after school for homework, family meetings, and GREEN physical activities. The more routine, the better.
- Limit TV watching and encourage physical activity.
- Praise your child for turning off the TV and doing physical activity.
Physical Activity Improves Your Health

- Keep the key question in mind: Now that I’ve gotten started, how can I maintain and increase my physical activity?
- Spend more time doing activities you enjoy.
- Schedule physical activity throughout the week.
- Make physical activities into a social event by scheduling them with a friend.
- Try adding some different kinds of activities to your routine if you’re getting bored.
- Keep in mind that you can alternate activities. Do some on weekdays, others on weekends.
- Do activities with family members.

Use Effective Communication Skills

When listening:
- Avoid interrupting.
- Encourage the person to express both feelings and ideas.
- Paraphrase what the other person said.
- Paraphrase again if you didn’t get it right the first time.
- Try to think about a situation from the other person’s point of view.
- Respect the person’s ideas, feelings, and concerns.
- Take a time-out when you are too upset to listen well.

When expressing yourself:
- Be careful about when, where, and how you speak up.
- Express your feelings as issues occur, rather than storing them up.
- Use “I” statements, not “You” statements.
- Ask the listener to paraphrase what you said.
- Avoid criticism and put-downs.
- Express your positive feelings and opinions—not just your negative ones.
- Focus on solving the problem, not placing blame.
- Give clear and consistent verbal and nonverbal messages.
**Setting Effective Limits**

When setting limits:
- Give orders one at a time. When possible, give options.
- Keep in mind that limits make children feel safe and rules make limits firm.
- Make a rule when a limit has not been respected.
- Set consequences in advance. Every rule must have a consequence you can enforce.
- Follow through consistently.
- Remember that children test to make sure their parents mean what they say.

**Get Support from Others**

Before you ask for support:
- Figure out what you need and who can give it.
- Plan a good time to ask for support, not when someone is busy doing other things.
- Practice asking for support first with someone you trust.

When you ask for support:
- Start by asking family and friends who are easiest to approach and most likely to help.
- Remind them what they have done that has been helpful in the past, and explain how they could help now.
- Try to be clear, specific, and honest about the kind of support you would like.
- Thank them.
Put Body Image in Perspective

- Focus on having a healthy body instead of trying to look a certain way.
- Remember that abilities, talents, interests, and positive character traits are much more important than looks.
- Model behaviors that show you feel positive about how you look: Avoid excessive weighing, looking in the mirror, and making negative comments about your looks.
- Encourage weight goals that are achievable one step at a time.

Avoid Overeating – Good Habits Keep You Healthy

- Plan ahead and shop for what you need.
- Prepare just enough food for the meal. No extra food means no extra eating.
- Eat YELLOW and GREEN foods. Avoid RED foods when you can.
- Don’t leave extra food on the table, counter, or anywhere in sight during a meal.
- Plan healthy snacks with fruits and vegetables.
- Be careful not to eat while watching TV.
- Eat slowly, and stop when you have satisfied your real hunger, not when you are “full.”
Deal with Feelings

When you are anxious, angry, lonely, sad, or simply stressed:
- Turn to people, not to food.
- Talk about your feelings with a friend or family member.
- Challenge your belief that food will make you feel better in the long run.
- Take time to name your feelings. This is the first step in dealing with them.
- Try to solve the problem that is causing the upsetting feelings.
- Use physical activity to release tension and improve your mood.
- Distract yourself by doing things you like.
- Stick to familiar routines. Regular meal times and sleep schedules make life less stressful.

When things go well and you feel happy, joyful, or simply content:
- Praise yourself or praise your child for a job well done.
- Reward yourself with activities you enjoy.
- Do not use food as a reward.

Prevent Slip-ups from Turning into a Relapse

- Keep mistakes in perspective. It’s normal to have setbacks when making changes.
- Don’t criticize yourself for a mistake.
- View a slip-up as a unique, one-time response to a specific, difficult situation. It’s a short-term setback, not proof that you have failed.
- See problems as specific, temporary, and solvable.
- Re-evaluate your calories, RED foods, and level of physical activity as soon as you notice you are starting to slip.
- Avoid all-or-nothing thinking like: “I’ll never change. Losing weight is impossible.”
- Practice positive thinking. For example: “I had a slip-up today, but tomorrow I can do better.”
It’s Healthy—And Helpful—
To Praise Yourself

- Look back and see all the progress you, your child, and your family have made.
- Praise yourself for helping your child, yourself, and your family.
- Praise yourself for trying so hard and doing so well—especially when you feel discouraged.
- Remember, no one reaches a goal all at once—that’s why it’s a goal. It’s something to strive for.

Staying on Track

- Maintain control of your environment. Reduce RED foods and increase GREEN and YELLOW foods in your home.
- Participate in GREEN physical activities regularly.
- Expect obstacles to healthy eating and make plans to overcome these difficulties.
- Identify family and friends who will support your healthy behaviors.
- Use food for nutrition and health. Do not use food for comfort, entertainment, or as a reward.
- Focus on being healthier and feeling better as your reward.
- Use praise regularly, for meeting and for going beyond your goals.
Plan to Maintain Your Lifestyle Changes

- When you find yourself wanting to “take a break” from healthy behaviors, remind yourself that making healthy choices is something you need to do all your life. So does your child.

- Being bored should never be used as an excuse to quit. Spice things up. Add some variety if your eating or physical activity behaviors become boring.

- Keep yourself motivated by reminding yourself of the important reasons you—and your child—have for making lifestyle changes.

Challenge Your Negative Thinking

To challenge your negative thinking, ask yourself:

- Are things really as hopeless as they seem?
- What can I do to turn things around?
- How could I approach the problem in a positive way?
- Who can I turn to for help?
- What would my PAL suggest?

Remember that positive thinking helps you keep working until you find a solution.

Try to see problems as solvable. They usually are.