

Irrational Ideas About Eating

There are **many myths** about eating and food. Sometimes, these strongly held beliefs get in the way of changing your eating.

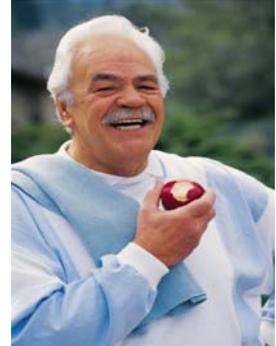
Here are a few myths:

1. I **MUST** eat everything on my plate.
2. I **MUST** eat when it is time for breakfast, lunch, or dinner.
3. I **MUST** eat a big dinner in the evening.
4. I **MUST** have 3 meals a day.
5. I **MUST** eat until I am very full or else I will not be OK.
6. I **MUST** have something to eat to feel better emotionally.
7. I **MUST** eat it all quickly or I will starve.
8. I **MUST** have meat at every meal, or at least every day! “Where’s the BEEF?”
9. I **MUST** eat when others are eating.
10. I **MUST** eat the food that somebody has fixed for me or else they will think I don’t like them any more.



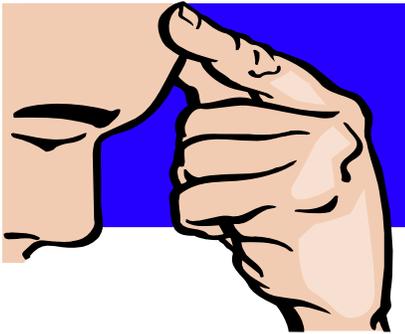
Lose Weight By... Planning Ahead!!!

- Set your physical activity and eating goals in advance.
- Plan your menu for the week.
- Go to the grocery store with a list. Stick to the list!
- Eat before going to the grocery store.
- Fix your plate in the kitchen and bring it to the table to eat. Leave the serving bowls in the kitchen.
- Plan to drink plenty of low calorie fluids with your meals and throughout the day.
- Choose restaurants with healthy options.
- Don't go to a social event on an empty stomach.
- Pack a healthy meal and/or snacks for work or travel.
- Make time for physical activity. Ten-minute blocks make a difference.
- Plan a physical activity that you are likely to enjoy.
- Look for a physical activity class or group you can join.
- Find out about and join in local physical activity events in your community.
- Consider activities you can do throughout the day ... take the stairs, park farther away, walk to the store, or clean your home.



Take Control of Your Thoughts, Feelings and Behavior

Your thoughts drive your feelings and actions. In most situations or events, if your thoughts are negative, your feelings will be negative, and you may act negatively.



When you catch yourself feeling bad (stressed, angry, hurt, frightened, anxious, sad, depressed, etc.), stop right then and ask yourself what is behind these feelings:

1. What have I been thinking or telling myself?
For example: "I will never be able to lose weight."
2. Is this thought sensible, realistic, or am I making something out of nothing? Is there real evidence for thinking this way?
For example: "Is it really true that I can never lose weight?"
3. Is it helpful or healthy for me to be thinking this way?
For example: "Is it helpful for me to think, I can never lose weight?"
4. What positive thoughts can I use to replace my negative thinking?
For example: "The *MOVE!* healthcare team will help me to lose weight."





Action Plan

This week I will _____ (What)
 _____ (How Much)
 _____ (When)
 _____ (How Often)

Circle how sure you are that you can do this action:

1 2 3 4 5 6 7 8 9 10

*If your answer is less than 7, you may not be able to meet your goal.
 Think about modifying your plan to be more doable.*

Give yourself a check mark each day you accomplish your plan	Comments: Write yourself a note about today's activity.
<input type="checkbox"/> Monday	
<input type="checkbox"/> Tuesday	
<input type="checkbox"/> Wednesday	
<input type="checkbox"/> Thursday	
<input type="checkbox"/> Friday	
<input type="checkbox"/> Saturday	
<input type="checkbox"/> Sunday	

Possible road blocks to meeting my plan:

Things I can do to overcome these road blocks:

Other resources I need to meet my action plan:
