

Congratulations for taking the KATC Go Red for Women Challenge! Go Red for Women is a subsidiary of the American Heart Association. Go Red For Women celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke.

Over the next 12 weeks, you will discover how your body responds to foods, establish healthy eating and exercise habits that will last a lifetime and get results! Each week you will find your success, nutrition and training strategies for the next week at www.katctv.com. As part of the program, you may also register to have your success tracked by your Go Red for Women Coach – Dawn A. Foreman, and to receive recipes and emails of encouragement from Dawn and the team at Personally Fit. Email your name and information to gored@katctv.com to participate in that phase of the program. I also encourage you to join the American Heart Association Go Red For Women BetterU program by going to www.goredforwomen.org. The BetterU program will have more information to help you continue along your quest for better heart health.

When it comes to any program in which you commit to make positive lifestyle improvements, you are in charge of your decisions each day and your decisions guide you to success or failure. You are in control of what you put in your mouth not the food. You are in charge of how you feel each day and how your day will be.

Are you a thermostat or a thermometer?

A thermometer measures the temperature (or attitude) of the room and from that determines what their day will be; the thermostat dictates the temperature or attitude of the room and therefore takes control of what their day will be. Be the thermostat in your own life. You must take control of your attitude if you are going to make positive lifestyle improvements.

I look forward to working with you to take control and achieve your goals.

In Health,

Dawn A. Foreman, RD, LDN, AHFS

Registered Dietitian, Licensed Dietetic Nutritionist, Advanced Health & Fitness Specialist (ACE)

Week One:

Success Strategy Number One – Plan for Success

I've helped women achieve their weight loss goals for over 15 years. Throughout that time, I have studied the habits of those that have met their goals and those that have fallen short. Of course, those that have met their goals eat healthier and exercise more, but how do they fit it in and what makes their situations so different than those that fall short? The answer is two-fold – spiritual grounding and planning!! This week we look at planning. Those that lose weight and keep it off know when they will exercise next week; they also knew what they were going to eat for dinner tonight before they went to bed last night.

Only 1-2% of women that lose weight keep it off after 1 year. Where do the other 98% go wrong? They rely on willpower instead of planning. Imagine if Bill Gates would have started his company with only a vision and no plan. Do you think he would have met his goals? Why do you think that you will meet your goals if you don't plan to do so? The key to success – any success (weight loss, a healthy lifestyle, stable business, a fun vacation) – is planning!!

Go to the nutrition page at www.personallyfit4women.com to download your meal planning worksheet. This will serve as a guide for successful meal planning.

Week One:

Success Strategy Number Two - Get a Baseline

You must know where you are starting from if you are to determine where you wish to be. Following is a chart for you to record your progress throughout the 12 weeks. Send your results via fax to Dawn at 337-406-1789 if you wish to have your results analyzed and have her follow your progress throughout the next 12 weeks.

Name: _____ **Age:** _____ **Height:** _____

Phone Number: _____ **Email Address:** _____

Week	Date	Wt.	% Fat	Waist	Hip	Blood Pressure	Total Cholesterol	HDL	LDL	Ratio	Tri
1											
2											
3											
4											
5											
6											
	Progress										
7											
8											
9											
10											
11											
12											
	Results										

Assessments should be done at the same time of the day and while wearing the same clothing. Complete all measurements only when noted in the chart above; do not make this a part of your everyday routine!!

% Fat can be determined using most current digital scales. If you do not have access to a scale that calculates %fat, you may schedule an appointment at your local health club or simply monitor your body weight and inches.

When completing your circumference measurements, you must use the same technique each time for accuracy. You should pull the tape measure taught, but should not make dents in your skin as you measure. Record measurements to the nearest ¼ inch.

- Waist is measured at the natural curve between your ribs and belly button.
- Hips are measured at the largest part of your hips.
- Blood Pressure and Lipid Profile may be completed with your physician or at LGMC's Wellness Center (289-8585)

Week One:

Nutrition Strategy – Eliminate foods that sabotage weight loss efforts

The first phase of the program will last for 2 weeks. During this phase, you will eliminate all bread, rice, pasta, potatoes and cereals from your diet. Each week thereafter, you will add the healthier counterpart of one of these foods back into your diet. To stick to this phase, you must develop your plan. We delete these foods from our diets for several reasons:

1. To eliminate those foods that sabotage your weight loss efforts. These are the most common foods that cause bloating, lead to compromised energy levels and increase sugar cravings.
2. To decrease calorie intake with very little effort. This program does not require you to count calories; however, following the program will lead to a calorie deficit (you'll burn more calories than you will take in). One easy way to do this is to stay away from breads, rice, pasta, potatoes and cereals.
3. To discover how your body responds to certain foods. As you add in these foods, you may notice some changes in your energy level and weight. This will help you to identify those foods that sabotage your energy and weight loss efforts.

Jump Start Menu Options

Breakfast:

Spinach Omelet (omelet with eggs or egg substitute, spinach, onions, tomatoes and mozzarella cheese)
Fiesta Omelet (omelet with eggs or egg substitute, salsa, and black beans – drained)
Cottage Cheese with Fruit and Almonds
Fruit Smoothie (orange juice with vanilla yogurt, bananas and strawberries)

Lunch and Dinner:

Grilled Chicken and Fruit Salad (romaine lettuce or spinach, grilled chicken, mandarin oranges, almonds, balsamic vinaigrette)
Taco Salad with Black Beans (romaine lettuce or spinach, ground turkey or beef with taco seasoning, salsa, black beans)
Hamburger Patty with Salad and Green Beans
Sautéed Chicken with Veggies (see recipe)
Black Bean Soup (see recipe)
Shrimp Kabobs (see recipe)

Snacks:

Ham & Cheese Roll Up (lean ham with fat free cheese)
Apples with Peanut Butter
Grapes with String Cheese
Yogurt with Walnuts

Week One:

Training Strategy: Move to burn calories

You are making a great deal of changes in your diet these next couple of weeks; therefore, your training plan this week is very simple – MOVE to burn calories. You must get your heart rate up in your target heart rate zone for a minimum of 30 minutes 5 days each week. You may either walk, jog, swim, cycle or do any other type of activity that gets your heart pumping. Go to www.startwalkingnow.org for complete information and tools to help you begin a walking program and track your progress.

Below is a chart to determine your target heart rate zone.

Target Heart Rate*		
Age	Beats/Min	Beats/10 Sec
20-24	150-162	25-27
25-34	144-156	24-26
35-44	138-150	23-25
45-49	132-144	22-24
50-54	126-138	21-23
55-64	120-132	20-22
65-69	114-126	19-21

*Based upon 75% maximum heart rate which is appropriate for most individuals that do not have any medical contraindications to intense physical exercise. It is your responsibility to ensure that your physician approves of you participating in moderate to intense exercise prior to changing or implementing an exercise program.

It is your Responsibility to:

- Check your heart rate to ensure you are working at an appropriate intensity
- Get medical clearance prior to beginning a new training program.

Did you know?

While some heart attacks are sudden and intense (like in the movies!), most heart attacks start slowly, with mild pain or discomfort. Often, women having a heart attack aren't sure what's wrong and wait too long before getting help. Knowing these signs can help you spot when a heart attack may be happening:

- Discomfort in the chest or other areas of the upper body
- Shortness of breath
- Other signs of discomfort like breaking a cold sweat, nausea and lightheadedness

If someone has signs of a heart attack, 9-1-1 should be called immediately (within 5 minutes) for help. If someone loses responsiveness or stops breathing, an AED (automated external defibrillator) should be used (if available) or CPR performed, in addition to calling 9-1-1.