Welcome to This Program

As you and your health counselor work together, the materials in this notebook will help you learn how to make better choices for improving your health. The notebook is divided into six main sections:

Section A: Lifestyle Survey
Section B: Healthy Eating Sessions
Section C: Healthy Eating Information
Section D: Physical Activity Sessions
Section E: Physical Activity Information
Section F: Community Resources

Section A contains surveys that will help you and your counselor know where you should start working for better heart health. Sections B and C include healthy eating tips plus other general information about making good food choices. Sections D and E include tips to help you be more active and other general information about physical activity. In Section F, you will find a list of community resources that can support your efforts to make healthy lifestyle changes.

We know it can be hard to change the way you eat and to become more physically active. We have designed this program to make it as easy as possible to help you make these changes. To do this, we first ask questions about your current habits. Then, we work with you to select changes you feel you can make and we give you specific tips to help you make and maintain these changes. In other words, we work with you to tailor-make goals that will work for YOU.

To get the most out of the program, bring this notebook with you to each counseling session and have it on hand during phone contacts. When you’re at home:

👀 Work on the goals you and your health counselor pick. (You can pull out a page or two and stick them on the refrigerator with a magnet where you’ll be sure to see them!)

👀 Review the tips to help you make lifestyle changes.

👀 Look at the Cookbook for healthy recipes.

👀 Use the materials to figure out what works for YOU!
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Using This Notebook

This notebook is designed to be used during four counseling sessions. The counseling sessions are structured to help you and your counselor find specific changes you can make to improve your diet and be more physically active. Thus it is important to bring this notebook to all of your counseling sessions.

Each of the six main sections in this notebook is tabbed for easy access. The survey in Section A and tip sheets in Sections B and D are linked by matching pictures. Below is a brief overview of what you will find in each section of this notebook and how to use these sections.

**Section A: Lifestyle Survey**

This section contains a Lifestyle Survey which will help you and your counselor identify the areas you would like to work on during the program. You will fill out the survey at the beginning of your first session. Then, you and your counselor will refer back to the survey throughout your sessions to help guide the decisions you make about how to improve your lifestyle to reduce your risk for heart disease.

**Section B: Healthy Eating Sessions**

This section includes the healthy eating topics you will cover with your counselor over the four counseling sessions. Each session will focus on a different food group. During the session, you will review some background information on the food group and then work with your counselor to select changes you want to make to your diet. Then, you and your counselor will select specific goals for you to work on before your next session. During each session, your counselor will direct you to the materials that are designed to help you reach your diet goals.

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**Look for these pictures to help you find the tips that go with each session.**

- Nuts, Spreads, Dressings, and Oils
- Drinks, Desserts, Snacks, Eating Out, and Salt
- Vegetables, Fruits, Whole Grains, and Beans
- Fish, Meat, Poultry, Dairy, and Eggs
Using This Notebook

Section C: Healthy Eating Information
This section provides information on several different topics related to diet and health.

Section D: Physical Activity Sessions
This section includes the physical activity topics you will cover with your counselor during the four counseling sessions. The format is similar to the diet section with background information and materials to help you set activity goals to improve your health.

Section E: Physical Activity Information
This section provides general information that may help you become more physically active.

Section F: Community Resources
The purpose of this section is to provide you with a list of resources in your community where you can be physically active and find affordable, healthy foods. Resources are grouped by region of the county.