

0 1 2 3 4 5 6 7 8 9 10

Not ready —————> Ready

If you circled 7, 8, 9, or 10, consider the following questions.

MY PLAN FOR GETTING IN BALANCE

What is my goal?

What are my ideas for making the change?

Date I will start: _____

How often: _____

Times: _____

What might get in the way of my success?

How might I work around the barriers?

Who could support me with this change?

How confident am I that I can follow my plan?

0 1 2 3 4 5 6 7 8 9 10

Not at all confident —————> Very confident



Changing your lifestyle habits takes time. If you're like most people, you will have setbacks from time to time. *Each attempt at making a change brings you closer to reaching your goal.* Research shows that when people stay committed to their decision, even if they have relapses, they eventually reach their goal.

Making healthy lifestyle choices on a regular basis can:

- ☒ Significantly reduce your risk for heart disease, stroke, diabetes, high blood pressure, and some types of cancer
- ☒ Improve energy level and mental alertness
- ☒ Reduce stress, depression, and anxiety
- ☒ Help you feel and look your best



Getting in Balance Action Plan
CMI082304-0

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getting in balance

Staying healthy at any weight involves taking the time to take care of yourself, eating well-balanced meals, and getting plenty of physical activity.

DID YOU KNOW?

- ☐ Many adults continue to gain weight every year. Simply maintaining your current weight instead of gaining more can help you stay healthy.
- ☐ Losing as little as 10% of your body weight can reduce your risk for heart disease and diabetes.
- ☐ Physical activity with or without weight loss can significantly improve your health and quality of life.

GETTING STARTED

There are many ways to work toward balance. You may be doing some of these already. Consider choosing to focus on one of the three areas below, then choose one activity to help you towards your goal. What would be your next step?

- ☒ **Taking Care of Yourself** - Moving toward balancing work and relaxation

My choice: _____

- Take mini stretch breaks during the day
- Listen to some music you enjoy
- Record your thoughts in a journal
- Reflect on things you are thankful for
- Watch a funny movie or read a funny book
- Take time to foster important relationships with friends and family
- Other _____

- ☒ **Healthy Eating** – Working toward meals with sensible portions of whole grains, vegetables, fruits, low-fat dairy and low-fat meats

My choice: _____

- Eat more fruit and vegetables
- Choose healthy snacks
- Reduce fast foods
- Healthy choices for dining out
- Replace soda and juice with water
- Reduce alcohol intake
- Other: _____

- ☒ **Physical Activity** - Working toward 30-60 minutes of exercise most days. This can be done all at once, or in several short sessions.

My choice: _____

- Walking
- Jogging
- Swimming
- Other: _____
- Gardening
- Dancing
- Exercise Class



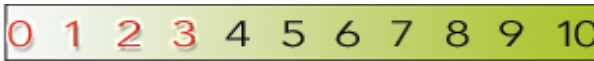
Not ready → Ready

How ready am I to begin working on the area I identified?

Circle a number that describes how you feel

What are the reasons I'd like to keep my lifestyle just the same?

What are the reasons I'd like to make this change?



Not ready → Ready

If you circled 0, 1, 2, or 3, consider the following questions.

THINKING ABOUT MY LIFESTYLE CHOICES

What would need to happen for me to consider this activity in the future?

What information would help me to think about this activity?

What help would I like from my health care team and others?



Not ready → Ready

If you circled 4, 5, or 6, consider the following questions

UNDERSTANDING MY LIFESTYLE CHOICES

How might my life be in the future if I continue my lifestyle the way I do now?

How might my life be if I choose to follow through with this activity?

What are my next steps?

