HEALTHY LIVING

PROGRAM FOR

ADULT & CHILDREN

SOUTHERN Remedy

For use by medical providers, health advocates, churches, civic and social organizations interested in changing Mississippi's health for the better.
Healthy Living Program

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Experience to date demonstrates that weight control is a major behavioral change for Americans.

**Background**

We have access to unlimited quantities of inexpensive, tasty, high calorie, processed and fast foods that are rich in salt, sugar and fat. Easy access to these foods leads to overeating and weight gain. Our sedentary lifestyles make keeping a healthy weight even more difficult. We know that obesity is associated with seven years of life lost and a host of cardiovascular and other major medical problems. Most Americans need a weight management program. Southern Remedy, with the assistance of physicians, pharmacists, dieticians and nutritionists, has constructed this one. We hope you find it helpful and that you will share it with others.
Components of the Healthy Living Program

1. Southern Remedy’s Jump Start to Weight Loss and Healthy Eating

- Before an individual begins a serious weight control program, “readiness” for a permanent change in lifestyle must occur. Jump start to weight loss and healthy eating is a simple way to get control of unhealthy eating habits.

- There is increasing scientific evidence to suggest that certain combinations of salt, sugar and fat and processed foods and snacks overwhelm the bodies normal eating control mechanisms and promote overeating and in some cases, cravings for these foods. There are many similarities between habitual overeating and the tobacco habit.

- The first step to Southern Remedy’s Jump Start to Weight Loss and Health Eating is declaring a start date and letting folks know about it. This approach comes directly from the tobacco cessation experience.

2. The 7-Inch Southern Remedy Healthy Eating Plate for Adults

- Calories are a measurement of how much energy is in a given food. If you don’t burn up all of the energy you take in, the extra calories are stored as fat. The secret to weight control lies in understanding how to control calorie intake and still have healthy and enjoyable foods.

- The plate on the Healthy Eating placemat includes these 5 food categories: Protein, Fruit, Grain/Starchy Vegetable, Vegetable and Dairy.

- Each food category has a specific serving size that delivers a specific number of calories.

- If one serving from each of the categories using the Breakfast and Lunch/Dinner plates is chosen plus two of the suggested snacks, the Healthy Eating Plate delivers 1400-1600 calories per day. That is the minimum number of calories we recommend an individual eat per day without direct physician supervision.

- By adding additional servings, the number of servings (and thus, calories) per day can be increased to a tolerable level and tapered down from there.
3. Guides for Use of the Healthy Eating Plate

- There are two guides for using Southern Remedy’s Healthy Eating Plate. The first is for use by health professionals, trainers, and individuals who assist others in understanding Southern Remedy’s Healthy Living program. The second set is for individuals who use the program on their own.

- Mississippians will need a larger list of food choices with details on the calories per portion than we have provided. There are a number of websites where it is possible to determine the number of calories in specific portions of each food. We suggest, where possible, that individuals who use the Healthy Eating Plate placemat identify one of these websites and become comfortable using it. For instance, if one is interested in a grain or starchy vegetable, one needs to know the quantity of that vegetable that will provide 80 calories per serving (see the placemat). For example for sweet potatoes, you may go to a website (such as http://calorielab.com), enter the name of a restaurant or home-cooked food and the number of calories per serving is given.

- A conversion factor for ounces to cups is provided on the breakfast side of the Healthy Eating Plate.

- For individuals with no internet access, a number of books have the same information, including the CalorieKing Calorie, Fat and Carbohydrate Counter by Allan Borushek. This book costs about $10 retail and is small enough to carry.

- Weight loss plateaus to some degree around 20 weeks of any calorie restriction program and can recur later as the body fights back to preserve fat stores. Exercise is an important tool to move forward whenever a plateau occurs.
4. The Southern Remedy Children’s Healthy Eating Plate

• **The purpose of Southern Remedy’s Healthy Eating Plate for children**
  is to guide them into healthy food choices and away from processed and fast food, high in salt, sugar and fat. Simply by avoiding these foods, controlling portions, increasing exercise and decreasing screen time, the majority of children will achieve a normal body mass index (BMI). This is facilitated by the fact that overweight children who do not gain additional weight will normalize their BMI and health risks with normal growth in height.

• **We encourage using a BMI chart in conjunction with regular consultation**
  with the child’s physician on all elements of healthy living.

• **We also recommend that trips to fast food restaurants be kept to a minimum**, and when those are made, healthy choices should be substituted for less healthy ones. For instance, choose the fresh fruit option instead of French fries as a side item, choose low fat milk instead of sugary drinks, and choose grilled chicken instead of fried chicken or a hamburger. Choose wheat buns over white when available.

5. The Southern Remedy Fitness Program

• **We know that an exercise program is necessary to sustain good physical and mental health** and that weight control is challenging without daily exercise. Moreover, the type of exercise is not important as long as it provides cardiovascular benefit.

• **Adult and children’s exercise programs are included.**
  They are directed at individuals who do not have a regular exercise program and wish to initiate one that will complement calorie restriction and weight control. Exercises were selected for individuals who have limited access to trainers and exercise facilities.
Prove You Are Ready For Healthier Living -
Kick the Fat, Sugar, and Salt Food Trifecta
and Get a Jump Start on Weight Control!

The Southern Remedy Jump Start will get you ready to kick the treacherous food trifecta of sugar, salt and fat. These great tasting but habit-forming ingredients found in snacks and other processed foods can lead to obesity, diabetes, heart disease, arthritis and increase the risk for cancer. You can break the fat/ sugar/salt habit, lose weight and feel better by taking each step one week at a time. Or, if you are daring, you can take all the steps all at once!

**Step 1: Declare A Date**
Set a date to start the challenge and tell five friends that you need their help to stay on the road to better health. They will be your cheerleaders.

**Step 2: Cut Back The Sugar**
Avoid drinks, cereals and other foods that have added sugar. You may wish to substitute artificial sweeteners like Splenda or Equal for sugar or corn syrup.

**Step 3: Cut Back on “White” Starch**
Carbohydrate foods like these are called high glycemic foods and cause spikes in blood sugar, which increases hunger. Avoid white rice, bread, baked goods, white potatoes and pasta. Consider replacing these with whole grain starches like 100% whole wheat bread and pasta, brown rice and oatmeal. Choose vegetables like squash, green peas, broccoli, cauliflower, greens, green beans and sweet potatoes.

**Step 4: Cut The “Bad” Fat**
Eliminate processed meats that are high in saturated fat (cholesterol) such as bacon, deli meats, and fatty cuts of meat. Read labels to determine how much bad fat and salt is present in processed foods. Substitute fresh, lean meat (tenderloin of beef or pork), extra lean ground beef, or even better, poultry and fish.

**Step 5: Cut Back The Salt**
Limit your salt intake to less than 2,300 mg per day. If you are African American, 51 or older, have high blood pressure, diabetes, or kidney disease, limit sodium to 1,500 mg per day. Avoid high-salt processed frozen entrées, deli meats, dill pickles, potato chips, and condiments. Consider substituting high-salt condiments for condiments with lower salt content. You can use salt substitutes, if approved by your doctor.

**Step 6: Make Healthy Restaurant Choices**
Assume that foods you eat in restaurants and those prepared in grocery stores will contain unhealthy combinations of the salt, sugar and fat trifecta to make them taste good. When ordering, ask for the take out box first and cut portions. Select foods that are baked and sauce-free and ask for condiments and salad dressings on the side. Salad bars can be a trap. Avoid high calorie salad dressings, bacon bits, and too much cheese.

**Step 7: Celebrate**
Celebrate! You have proven that you can control what you eat and make healthy choices. Now move onto the Southern Remedy’s Healthy Eating Plate. Remember, to sustain healthy living, the changes you have made must be permanent and the plate is a way to make that happen.
Tips to help you with your Southern Remedy Jump Start

1. Know Your BMI
Calculate your body mass index (BMI) with the chart below. This will let you know if you are starting out at a normal weight, overweight or obese.

<table>
<thead>
<tr>
<th>Your Weight</th>
<th>HEALTHY RANGE</th>
<th>OVERWEIGHT</th>
<th>OBESE</th>
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<td>5'1&quot;</td>
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<td>156 164 172 180 189 197</td>
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<td>246 287 328</td>
</tr>
</tbody>
</table>

BMI range associated with the lowest rate of illness and death is 19-24.
2. Label Don’t Lie
Learn to read labels using the sample on this page. Remember that these values are for one serving of the product, so check the number of servings in the container. Sodium is salt, carbohydrates are sugars and starches, calories are a measure of how much energy is in a serving, and fat is fat! A trick for determining if a product is high in fat is to multiply the calories from fat by three. If that number is higher than the total calorie number per serving, you probably want to avoid this product.

3. Trick Your Stomach
Drink two glasses of water 30 minutes before each meal. Your stomach will tell your brain you are full quicker.

4. Trick Your Brain
Stop eating before you are full and wait 20 minutes before second servings. It takes your brain 20 minutes to realize you are full.

5. Seconds Anyone?
Choose fruits and non-starchy vegetables for your second servings.

6. Scale Up to Scale Down
Weigh once a week at the same time of day and keep a weight diary.

7. Write It Down
Figure out where your calories are coming from. Keep a diary of everything you eat for a week. You will be surprised what you learn.

8. Move It
Start an exercise program with a target of 30 minutes per day. A good place to start is walking.

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### Nutrition Facts

**Serving Size** 1 cup (228g)  
**Servings Per Container** 2

<table>
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<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
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<tr>
<td>Total fat 12g</td>
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<tr>
<td>Saturated fat 3g</td>
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<td>Sodium 470mg</td>
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<td></td>
</tr>
<tr>
<td>Potassium 700mg</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 10g</td>
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<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
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<td></td>
</tr>
<tr>
<td>Protein 5g</td>
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</tbody>
</table>

**Vitamin A** 4%  
**Vitamin C** 2%  
**Calcium** 20%  
**Iron** 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Using Southern Remedy’s Healthy Eating Plate

On Your Own

Step 1: Calendar It
Set a date to start changing your lifestyle. You have to be ready to start this program. Wait until you are ready and committed.

Step 2: Spread The Word
Tell your family and friends you are going to start and ask as many folks as possible to join you. That way you can support and help each other.

Step 3: Control Portion Size
By limiting the amount of the food you eat, you lower the number of calories you eat. Therefore, you will lose weight and then keep it off if you stay with your new eating habits.

Step 4: Change choices as You Wish
This program will be tailored by you to meet your individual needs and choices. Examples given here are for your information. You may choose other foods that you prefer in place of the ones listed. However, you will have to determine what serving size is equal to the same number of calories in each of the categories on the plate to make this work. You can find this information on the web at www.choosemyplate.gov, www.calorie-lab.com, in the book, Calorie King: Calorie, Fat, and Carbohydrate Counter by Allan Borushek, or through other sources. Identify other websites by putting “food calories” in your internet web browser search engine.

Step 5: Food Categories
There are 5 categories of foods on your calorie control plate:

a. Protein  
   b. Grains/  
       Starchy Vegetable  
   c. Vegetable  
   d. Fruit  
   e. Dairy

Step 6: No Less Than 1400-1600 Calories Per Day
The plate is constructed to give you 90-160 calories from Protein, 80 calories from Grains/Starchy Vegetables, 25 calories from Vegetables, 60 Calories from Fruit and 80 calories from Dairy, for a total of 335-485 calories per meal. If you choose one serving from each of the categories at breakfast, lunch and dinner and have two snacks, you will have a daily diet that is about 1400-1600 calories, the minimal number of calories you should eat per day without medical supervision.

Step 7: Your Choices
The choices, one from each category listed three times a day plus two snacks, may be too few calories for you initially. Consider this your “minimal calorie intake” as you may need to eat slightly more.
You are about to start a dietary choice, portion and calorie control program. To be successful, this will require a permanent change in your lifestyle. This is not a diet; it is a behavioral change program.

**Step 8: Start-Up**
To start your diet, take a 7 inch plate and divide it up as we have it on the placemat. You can use a marker if you actually want to make the divisions on your plate.

**Step 9: Scale Up**
Weigh yourself and record your weight.

**Step 10: Eat Up**
Put as many portions of food as you want in each category three times a day (within reason) and eat two snacks if you wish. Write your number of portions down for each category using the chart below. Eat this way for one week.

**Step 11: Scale Down**
Weigh yourself again. Your target weight loss is 1-2 pounds per week. If you did not lose 1-2 pounds the first week, cut back the portions on your plate and start the process over again.

**Step 12: Repeat**
Repeat this process each week to achieve continuous loss of one pound per week until you get to your desired weight or reach the 1400-1600 calorie minimum.

**Step 13: Hold Tight**
Once you have gotten to your desired weight, you must continue to eat approximately the same portions and the same number of calories or you will begin to gain the weight back.
Teaching Others to use
Southern Remedy’s
Adult Healthy Eating Plate

The Healthy Eating Plate is a tool designed to help Mississippians make better choices about their diets. They need your help!

Many people want to lose weight but don’t know how. If someone is overweight, it is because they are consuming too many extra calories. If they lose weight on a “diet” and then return to their former way of eating, the weight will return, guaranteed. The body fights fat loss like crazy, but this is not a failure on the patient’s part. “Diets” are not made for lasting results.

What is needed is a shift in thinking. To be successful, we need to help folks approach weight loss as a lifestyle change. They must make a permanent change in the way they eat and strive for slow, steady weight loss that can be maintained. Southern Remedy’s Healthy Eating Plate is a tool to facilitate these changes. Try sharing these teaching points:

1. **Calories are fuel.** That fuel is burned by the body for regular daily activities and exercise. If more calories are consumed in a day than are used for fuel, the excess will be stored as fat. If fewer calories are consumed than are needed for fuel, the body will burn stored supplies and weight loss will happen.

2. **Everything in moderation.** Even if healthy foods are eaten in excess, the extra calories will be stored as fat.

3. **Variety is the spice of life.** There is no perfect food. Each food group provides essential nutrients that other food groups do not. It is important to eat foods from each group as well as consume a variety within groups on a day to day basis.

4. **Go natural.** Eating foods closest to their natural state is best. Whole grains are better than refined grains. Fresh vegetables are better than canned vegetables. Fresh cuts of meat are better than processed meats.

5. **Limit empty calories.** Get the most nutrient value for the calories consumed. Highly processed, sugary foods and soft drinks supply calories but very little nutrition. Frying food also adds calories with little addition in nutrients.

6. **Don’t be too hard on yourself.** Remember, this is a lifestyle change. If your favorite food is fried chicken or chocolate cake you can still have it, but in moderation. Instead of having fried chicken three times a week, just have it once in a while and control your portion size.
The Healthy Eating Plate models these principles and if followed stringently, provides 1400 – 1600 calories per day. People can design meals by choosing one item from each food group identified. (see page 21 & 22)

Few people who are eating at-will can move easily to a 1400 – 1600 calorie restriction like this. Most active individuals will require more calories than this anyway. Adults should not consistently eat a diet less than about 1400 calories without close medical supervision.

Our first step to weight management and control is a readiness approach, SOUTHERN REMEDY’S FOOD CHALLENGE. Simply moving from a dinner plate to a smaller salad plate is a good start. From there, individuals can adjust portions on the Healthy Eating Plate to lose 1-2 pounds per week, with an average 500-calorie per day reduction. This slow weight loss allows time to make lifestyle changes to sustain the portion and calorie restriction accomplished.

With this in mind, review the following “instructions” with the individual. Ask them to record their weight once a week. Visit with the patient once a month to review the weight record and eating choices. This will provide people with the accountability they need and the positive reinforcement necessary to be successful.

1. Breakfast
This side of the placemat highlights potential breakfast selections. One Protein, Grain, Fruit, and Dairy selection can be made from the lists provided. Serving sizes are provided as well.

2. Lunch and Dinner
The other side of the placemat shows the lunch/dinner plate. Choose one selection from each of the five groups: Fruit, Vegetable, Grains, Protein, and Dairy. There is a list of good choices for each group along with serving sizes.

3. Snacks
Healthy snack options are listed on the lunch/dinner plate. The plate allows two snacks per day.

4. Beverages
Unsweetened tea, coffee, and water have no calories and are unlimited. Drinks that contain calories (sweet tea, regular sodas, alcoholic drinks, juices, and others) will add calories and should be avoided or limited.
Fruits

Fruits are nutrient dense, low in calories, but do contain natural sugars.

- example: apples, pears, berries, pineapple, avocado, prunes, and olives
- limit fruit servings to 2-3 per day, spread out across separate meals or snacks
- enjoy fruits fresh, frozen, or canned in water. The juice is an extra serving
- limit 100% fruit juice to 6 ounces at a time, once daily
- choose fruits with the peel for added fiber and nutrition

Vegetables

Fruits and vegetables are high in healthful nutrients like vitamins, and low in calories. There are two subgroups of vegetables.

- Eat a fruit, vegetable or both, at every meal or snack
- Enjoy fresh, frozen, or canned in water
- Potatoes, corn, beans, and peas are starchy vegetables and have more calories per bite
- Choose non-starchy vegetables not limited to broccoli, carrots, mustard greens, collard greens, squash and green beans
- Season with herbs or salt-free spices
Grains
This food group contains breads, pastas, rice, cereals, wheat products, and all baked goods.
- check ingredient list for 100% whole grains as the first word listed
- choose products with 5 grams of fiber or more per serving
- limit to no more than one serving of this food group per meal or snack
- 1/4 of the plate should be whole grains

Protein
This food group is responsible for preserving and building muscle.
- eat a variety of protein rich foods each day like seafood, nuts, and beans, as well as lean meat, poultry, low-fat dairy and eggs
- a protein portion for most adults is less than 3 ounces at each meal (about the size of one deck of cards)
- limit to one animal protein per meal (ex: eggs or turkey bacon, not both)
- choose cuts that are graded “choice” or “select” instead of “prime,” which usually has more fat
- choose cuts of roast and steak with the words “round” or “sirloin”
- when selecting ground beef, opt the lowest percentage of fat
- limit consumption of beef organs, such as liver, to once a month since organ meat is high in cholesterol
- remove skin from all poultry to reduce unhealthy fat and calories
- baked, broiled, or grilled are the healthiest cooking options

Dairy
Milk, yougurt, and cheese provide 9 essential nutrients such as calcium, potassium, and vitamin D- needed for good health.
- whether on a plate or in the glass, make low-fat dairy foods a part of every meal
- choose skim, 1%, or low-fat varieties to reduce unhealthy fats without losing good nutrition
- Greek yogurt provides twice as much muscle building protein as regular yogurt
- lactose free milk is real dairy milk without the sugar, lactose
- 2 to 3 YEAR OLDS need 2 cups of milk each day
- 4 to 8 YEAR OLDS need 2-3 cups of milk each day
- 9 YEARS and older need 3 cups of milk each day
- Adults need 3 cups of low-fat dairy foods, daily
# Nutrient-Rich Shopping List

## IN ALL 5 FOOD GROUPS

### Grains
- Bagels
- Brown rice
- Bulgur/Cracked Wheat
- Corn flakes
- Corn tortillas
- Couscous
- Enriched white bread
- Multi-grain bread
- Oatmeal
- Popcorn
- Pretzels
- Wheat cereal
- Whole grain barley
- Whole wheat crackers
- Whole wheat cereal
- Whole wheat noodles
- Whole wheat sandwich buns and rolls

### Fruits
- Apples
- Avocados
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Grapes
- Grapefruit
- Kiwi
- Mangoes
- Peaches
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon

### Beans, Seeds & Nuts
- Almonds
- Black beans
- Peanut butter
- Peanuts
- Pinto beans
- Pumpkin seeds
- Soy beans
- Sunflower seeds
- Tofu
- Walnuts

### Protein
- Skinless ground chicken breast
- Skinless chicken breast
- Skinless chicken thigh
- Eggs

### Fish and Shellfish
- cod
- Flounder
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tuna
- Light tuna, can, in water

### Chicken
- 90-95% lean ground beef
- Bottom round steak
- Brisket, flat half
- Tenderloin
- T-Bone steak
- Top sirloin steak

### Turkey
- Skinless ground turkey breast
- Skinless turkey breast
- Skinless turkey thigh

### Beef
- Skinless ground chicken breast
- Skinless chicken breast
- Skinless chicken thigh

### Pork
- Tenderloin
- Boneless loin roast
- Boneless loin chops

### Vegetable
- Arugula Lettuce
- Asparagus
- Bell peppers
- Broccoli
- Brussels sprouts
- Califlower
- Carrots
- Garbanzo Beans
- Green beans
- Green cabbage
- Green onion
- Mushrooms
- Kidney beans
- Okra
- Peas
- Red cabbage
- Red onions
- Red potatoes
- Romaine lettuce
- Spinach
- Summer squash
- Sweet potatoes
- Tomatoes
- Zucchini

### Milk
- Low-fat or fat-free milk
- Lactose free milks
- Reduced-fat chocolate milk or other flavored milks

### Yogurt
- Low-fat or fat-free yogurt

### Reduced-fat, Low-fat or Fat-free Cheese
- American
- Cheddar
- Cottage cheese
- Mozzarella
- Parmesan
- Ricotta
- Swiss
### MEAL EXAMPLES (adult)

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
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<tr>
<td><strong>DAY 1</strong></td>
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<td></td>
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</tr>
<tr>
<td>Peanut Butter Raisin Oatmeal</td>
<td>Turkey Sandwich</td>
<td>1 medium banana</td>
<td>Oven-Fried Fish</td>
</tr>
<tr>
<td>1c. cooked oatmeal</td>
<td>2 slices whole-wheat bread</td>
<td>1 boiled egg</td>
<td>2 pounds fish fillets</td>
</tr>
<tr>
<td>1tbsp. peanut butter</td>
<td>2 oz. lean turkey (deli meat)</td>
<td></td>
<td>1/2 c. buttermilk, fat-free or low fat</td>
</tr>
<tr>
<td>1/4 cup raisins</td>
<td>lettuce, tomato</td>
<td></td>
<td>1 tbsp. garlic, minced</td>
</tr>
<tr>
<td></td>
<td>1 slice 2% cheese</td>
<td></td>
<td>1/8 tsp. hot sauce</td>
</tr>
<tr>
<td></td>
<td>1 tbsp. light mayonnaise</td>
<td></td>
<td>1/4 tsp. white ground pepper</td>
</tr>
<tr>
<td></td>
<td>1/2 c. carrot sticks</td>
<td></td>
<td>1/4 tsp. salt</td>
</tr>
<tr>
<td></td>
<td>1 medium sliced apple</td>
<td></td>
<td>1/4 tsp. onion powder</td>
</tr>
<tr>
<td><strong>DAY 2</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scrambled Eggs &amp; Toast</td>
<td>Easy Red Beans and Rice</td>
<td>1/4 c. raisins</td>
<td>Italian Meatloaf and Califlower mashed potatoes</td>
</tr>
<tr>
<td>2 eggs</td>
<td>cooking oil spray, as needed (non-stick)</td>
<td>1/4 cup unsalted almonds</td>
<td>Cooking spray</td>
</tr>
<tr>
<td>2 tbsp. low-fat milk</td>
<td>1 onion (large, peeled and chopped)</td>
<td></td>
<td>1 c. ketchup</td>
</tr>
<tr>
<td>2 slice whole-wheat toast spray butter (sparingly)</td>
<td>1 green bell pepper (medium, washed, seeded and chopped)</td>
<td></td>
<td>1/4 c. balsamic vinegar</td>
</tr>
<tr>
<td>1tbsp. apple butter</td>
<td>1 tsp garlic powder</td>
<td></td>
<td>1/4 pound lean ground turkey</td>
</tr>
<tr>
<td></td>
<td>2 cans diced tomatoes (14.5 ounces)</td>
<td></td>
<td>1/2 medium onion, finely diced</td>
</tr>
<tr>
<td></td>
<td>1 can kidney beans (15.5 oz, drained and rinsed)</td>
<td></td>
<td>2 garlic cloves, minced</td>
</tr>
<tr>
<td></td>
<td>6 c cooked brown rice</td>
<td></td>
<td>1 tsp dried oregano</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/4 tsp. ground black pepper</td>
</tr>
<tr>
<td><strong>DAY 3</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereal with Fruit</td>
<td>Tuna Wrap</td>
<td>1 medium apple sliced</td>
<td>2-Step Chicken</td>
</tr>
<tr>
<td>1c. whole grain cereal</td>
<td>1 6 inches wheat wrap</td>
<td>1/4 cup peanut butter</td>
<td>1 tablespoon vegetable oil</td>
</tr>
<tr>
<td>(5 grams fiber per serving)</td>
<td>3 oz. canned tuna, drained</td>
<td></td>
<td>4 boneless chicken breast halves</td>
</tr>
<tr>
<td>1 medium banana</td>
<td>lettuce, tomatoes</td>
<td></td>
<td>1 can cream of chicken soup</td>
</tr>
<tr>
<td>1c. low-fat milk</td>
<td>1 tsp. light mayonnaise</td>
<td></td>
<td>(10 ounces, reduced sodium)</td>
</tr>
<tr>
<td>1 hard cooked egg</td>
<td>1/2 cup cucumber sliced</td>
<td></td>
<td>1/2 cup water</td>
</tr>
<tr>
<td></td>
<td>1 tbsp. Italian dressing</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DAY 4</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Oatmeal Muffin</td>
<td>Grilled Fish Sandwich with homemade tartar sauce</td>
<td>3 cup light pop corn</td>
<td>Baked Pork Chop</td>
</tr>
<tr>
<td>1/2 cup milk, non-fat</td>
<td>6 tilapia fillets creole seasoning (or Cajun, to taste)</td>
<td>1 string cheese</td>
<td>2 Bone-in pork chop</td>
</tr>
<tr>
<td>1/3 cup applesauce</td>
<td>1/3 cup lite mayonnaise</td>
<td></td>
<td>2.5 tablespoons Kosher Salt</td>
</tr>
<tr>
<td>1/2 cup flour, all-purpose</td>
<td>1/2 tsp. relish (sweet pickle, depending on how pickley you like it)</td>
<td></td>
<td>1 tablespoon dried Oregano</td>
</tr>
<tr>
<td>1/2 cup quick-cooking oats</td>
<td>6 wheat sandwich buns</td>
<td></td>
<td>1 tablespoon paprika</td>
</tr>
<tr>
<td>1/4 cup sugar</td>
<td></td>
<td></td>
<td>1/4 teaspoon onion power</td>
</tr>
<tr>
<td>1/2 tablespoon baking powder</td>
<td></td>
<td></td>
<td>1/2 teaspoon sweet basil</td>
</tr>
<tr>
<td>1/2 teaspoon ground cinnamon</td>
<td></td>
<td></td>
<td>1 tablespoon cayenne pepper</td>
</tr>
<tr>
<td>1 apple (tart, cored &amp; chopped)</td>
<td></td>
<td></td>
<td>1 tablespoon fresh cracked black pepper.</td>
</tr>
<tr>
<td><strong>DAY 5</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Open-faced Egg and tomato</td>
<td>PB&amp;J Sandwich</td>
<td>1 large orange</td>
<td>Oven Roasted Chicken sweet potato fries</td>
</tr>
<tr>
<td>2 eggs, fried in 1 tsp. oil</td>
<td>2 slices whole-wheat bread</td>
<td>6 oz. light yogurt</td>
<td>Cooking spray</td>
</tr>
<tr>
<td>1 English muffin, toasted</td>
<td>2 teaspoon peanut butter</td>
<td></td>
<td>2 large sweet potatoes (about 2 pounds total), peeled and cut into 1/2-inch wedges</td>
</tr>
<tr>
<td>2 medium slices tomato</td>
<td>1 teaspoon apple butter</td>
<td></td>
<td>2 tablespoons olive oil</td>
</tr>
<tr>
<td>1/4 c. shredded cheddar cheese</td>
<td>1 light yogurt</td>
<td></td>
<td>1 teaspoon cinnamon</td>
</tr>
<tr>
<td></td>
<td>1/2 c. carrot sticks</td>
<td></td>
<td>1/4 cup Splenda® Brown Sugar Blend</td>
</tr>
<tr>
<td></td>
<td>1 tablespoon Ranch dressing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

See page 18 for detail recipes
## MEAL EXAMPLES (kids)

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Snack</th>
</tr>
</thead>
</table>
| **Day 1** | Apple Cheddar Toast  
Low-fat cheese melted on whole wheat toast with sliced apple  
Beverage: Low-fat milk, then water | 1/2 cup fruit and nut trailmix  
Beverage: 100% juice box, or low-fat milk, then water |
| **Day 2** | Cereal with Fruit  
1 cup whole grain cereal (5 grams fiber per serving)  
1 banana half  
1 cup low-fat milk  
Beverage: water | Granola bar (5 grams fiber per serving)  
medium sliced apple  
Beverage: 100% juice box, or low-fat milk, then water |
| **Day 3** | Peanut Butter Raisin Oatmeal  
1 cup cooked oatmeal  
1 tbsp. peanut butter  
1/4 cup raisins  
Beverage: 1 cup skim milk, then water | low fat cheese stick Triscuit Crackers  
Beverage: 100% juice box, or low-fat milk, then water |
| **Day 4** | Yogurt Cereal Sundae Cup  
1 cup low-fat yogurt  
1/2 cup fruit  
1/2 cup granola  
Beverage: 1 cup skim milk, then water | 1 cup whole grain cereal, dry (5 grams of fiber per serving)  
no-sugar added applesauce  
Beverage: 100% juice box, or low-fat milk, then water |
| **Day 5** | Apple Oatmeal Muffin  
1 medium orange, wedged  
Beverage: 1 cup skim milk, then water | 2 cups light popcorn Tropical fruit cup in water  
Beverage: 100% juice box, or low-fat milk, then water |
### 5 Strategies to choose healthy

- Drink half your body weight in water ounces, daily.
- Aim to eat every 3-4 hours, starting with breakfast within 90 mins of waking.
- Eat a fruit or vegetable, or both at every meal or snack.
- Limit to one bread, pasta, or any baked good, daily.
- Limit to one animal source per meal, excluding egg whites and fat-free dairy, due to low saturated fat content of those exceptions.

*Source: see page 42*
MOUTH-WATERING
OVEN-FRIED FISH  6 servings

INGREDIENTS
2 pounds fish fillets
1 tbsp. fresh lemon juice
1/4 cup buttermilk (fat-free or low-fat)
1 tsp. fresh minced garlic
1/8 tsp. hot sauce
1/4 tsp. ground white pepper
1/4 tsp. salt
1/4 tsp. onion powder
1/2 cup corn flakes (crumbled or regular bread crumbs)
1 tbsp. vegetable oil
1 lemon, cut in wedges

DIRECTIONS
1. Pre-heat oven to 475°F.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.

2-STEP CHICKEN  4 servings

INGREDIENTS
1 tbsp. vegetable oil
4 boneless chicken breast halves
1 can cream of chicken soup (10 oz. reduced sodium)
1/2 cup water

DIRECTIONS
1. Heat oil in a skillet at a medium-high setting.
2. Add chicken and cook for ten minutes.
3. Remove chicken from pan and set aside.
4. Stir the soup and water together in the skillet and heat it to a boil.
5. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165°F.

APPLE OATMEAL MUFFINS  6 muffins

INGREDIENTS
1/2 cup milk, non-fat
1/3 cup applesauce
1/2 cup flour, all-purpose
1/2 cup quick-cooking oats (uncooked)
1/4 cup sugar
1/2 tbsp. baking powder
1/2 tsp. ground cinnamon
1 apple (tart, cored & chopped)
DIRECTIONS
1. Preheat oven to 400°F.
2. Place 6 cupcake holders in baking tin.
3. In a mixing bowl, add milk and applesauce. Stir until blended.
4. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
5. Gently stir in the chopped apples.
6. Spoon into cupcake holders.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

“SWEET” POTATO FRIES
6 servings

INGREDIENTS
Cooking spray
2 large sweet potatoes (about 2 pounds total), peeled and cut into 1/2-inch wedges
2 tbsp. olive oil
1 tsp. cinnamon
1/4 cup Splenda® Brown Sugar Blend

DIRECTIONS
1. Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.
2. Place potatoes in a bowl and add oil; toss to coat.
3. Add remaining ingredients and mix well.
4. Place potatoes on a baking sheet and bake for 35 minutes or until potatoes are soft.

ZESTY ORANGE CARROTS
4 servings

INGREDIENTS
16 ounces carrots, peeled
1/4 tsp. ground cinnamon
1/2 orange
1 tbsp. honey
1 tbsp. butter (0 g trans fat)
1 tbsp. parsley, fresh (for appearance, optional)

DIRECTIONS
1. Bring about 2 cups of water to a gentle boil in saucepan.
2. Add carrots and cinnamon. Cook for about 10 minutes, until just tender.
3. While carrots are cooking, wash an orange and cut in half.
4. Squeeze juice out of the orange (remove seeds).
5. Use a sharp paring knife to carefully remove the orange ‘zest’ from the peel. Try not to get any of the white part as it will taste bitter. Cut the zest into small slices.
6. When carrots are done, drain well.
7. Add the honey, margarine and orange zest and toss into mix. Serve while hot.
HEALTHY DISHES

CAULIFLOWER “MASHED POTATOES”  8 servings

INGREDIENTS
1 head of cauliflower, trimmed and florets steamed
1/4 cup sour cream
2 oz cream cheese, softened
1/4 tsp onion powder
1/4 tsp garlic powder
salt and pepper to taste

DIRECTIONS
After you have steamed or boiled the trimmed cauliflower florets, drain and return to pan. Mash well and stir in the sour cream, cream cheese, onion powder, garlic powder, and salt and pepper to taste. Put into a round baking dish, cover and bake at 400 degrees for 20 minutes. Makes 8 servings 1/2 cup each.

EASY RED BEANS AND RICE  8 muffins

INGREDIENTS
cooking oil spray, as needed (non-stick)
1 onion (large, peeled and chopped)
1 green bell pepper (medium, washed, seeded and chopped)
1 tsp. garlic powder
2 cans diced tomatoes (14.5 ounces)
1 can kidney beans (15.5 oz, drained and rinsed)
6 cups cooked brown rice

DIRECTIONS
1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.

GRILLED FISH SANDWICH WITH HOMEMADE TARTAR SAUCE  6 servings

INGREDIENTS
6 tilapia fillets
creole seasoning (or Cajun, to taste)
1/3 cup lite mayonnaise
1 1/2 tbsp relish (sweet pickle, depending on how pickley you like it)
6 wheat sandwich buns

DIRECTIONS
Lose weight with the Southern Remedy Healthy Eating Plate

One selection from each of the sections of the plate for breakfast, lunch, and dinner plus 2 snacks provides about 1,400 calories per day. Adjust calories up as needed to lose only the recommended 1-2 pounds per week.

**Whole Grain**
- 1 serving no sugar added, high-fiber cereal
- 1/2 bagel
- 1 slice bread
- 1/2 cup oatmeal
- 1 waffle
- 1 pancake
- 1/2 cup grits
- 1/2 English muffin

**Fruit**
- 17 grapes
- 1/2 banana
- 3/4 cup pineapple
- 3/4 cup blueberries
- 1 1/4 cup watermelon
- 4 oz fruit juice
- 1 oz cheese (size of 2 dominoes)
- 1 cup milk
- 1/4 cup cottage cheese
- 4 - 6 oz yogurt

**Protein**
- 3 pieces of turkey bacon
- 2 small turkey sausage links
- 2 eggs (1/2 cup substitute)
- 1 - 2 tbsp peanut butter

**Dairy**
- ~80 Calories per serving
  - low fat or fat free
- 1 oz cheese (size of 2 dominoes)
- 1 cup milk
- 1/4 cup cottage cheese
- 4 - 6 oz yogurt

**Dr. Rick’s Tips for Success**
1. Calculate your body mass index (BMI) by using a BMI chart. One is provided on the Southern Remedy Food Challenge.
2. Read labels - look at calories per serving and serving size for more exact measures.
3. Don’t go below 1,200 calories per day for women and 1,600 calories for men - your body needs it.
4. Don’t add salt or sugar.
5. Use salt-free spices for taste.
6. Shop the outside aisles in the grocery.
7. Avoid processed or fried foods.
8. Avoid food with high levels of salt, sugar, corn syrup & fat.
9. Use a measuring spoon or cup.

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11/9/2011 revision
One selection from each of the sections of the plate for breakfast, lunch and dinner plus 2 snacks provides about 1,400 calories per day. Adjust calories up as needed to lose only the recommended 1-2 pounds per week.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>17 grapes</th>
<th>1/2 banana</th>
<th>1 1/4 cup whole strawberries</th>
<th>3/4 cup pineapple</th>
<th>1 1/4 cup watermelon</th>
<th>3/4 cup blueberries</th>
<th>small apple</th>
<th>small peach</th>
<th>4 oz fruit juice</th>
<th>2 tbsp raisins</th>
<th>1/4 cup dried fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain/</td>
<td>1/2 cup cooked rice</td>
<td>1/2 cup cooked pasta</td>
<td>1 slice of bread</td>
<td>1 1/2 cup sweet potatoes</td>
<td>1 small baked potato</td>
<td>1/2 cup corn</td>
<td>1/2 cup English peas</td>
<td>1/2 cup beans (pinto or kidney)</td>
<td>1 low carb tortilla</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starchy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable</td>
<td>1/2 cup servings</td>
<td>green beans</td>
<td>broccoli</td>
<td>asparagus</td>
<td>tomato</td>
<td>okra</td>
<td>squash</td>
<td>zucchini</td>
<td>carrots</td>
<td>lettuce</td>
<td>cucumbers</td>
</tr>
<tr>
<td>Protein</td>
<td>3 oz serving of meat</td>
<td>pork tenderloin</td>
<td>40 calories/oz</td>
<td>boneless, skinless chicken breast</td>
<td>30 calories/oz</td>
<td>sirloin</td>
<td>50 calories/oz</td>
<td>flank steak</td>
<td>40 calories/oz</td>
<td>grilled fish</td>
<td>40 calories/oz</td>
</tr>
<tr>
<td>Dairy</td>
<td>~80 Calories per serving</td>
<td>1 oz cheese (size of 2 dominoes)</td>
<td>1/4 cup cottage cheese</td>
<td>1 cup milk</td>
<td>4 - 6 oz yogurt</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td>~120 calories</td>
<td>A combo of a carb and protein is a good choice.</td>
<td>• 1/2 cup carrots &amp; 1/4 cup hummus</td>
<td>• 6 crackers &amp; 1 oz low fat cheese</td>
<td>• apple &amp; 1 tbsp peanut butter</td>
<td>• 17 grapes &amp; 1 oz low fat cheese</td>
<td>• small serving of cereal and milk</td>
<td>• 2 tbsp raisins &amp; 1 oz almonds</td>
<td>• 4 - 6 oz Greek yogurt (0% fat) &amp; 1/2 cup fruit</td>
<td>• 1/2 cup light ice cream</td>
<td>• 1/2 oz almonds</td>
</tr>
<tr>
<td>Beverages</td>
<td>0 calories - unsweetened</td>
<td>• tea</td>
<td>• coffee</td>
<td>• water</td>
<td>• diet soda</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

~ approximately equal to.

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The purpose of Southern Remedy’s Children’s Healthy Eating Plate is to guide children into healthy food choices and away from processed and fast food, high in salt, sugar and fat. Simply by avoiding these foods, controlling portions, increasing exercise and decreasing screen time, the majority of children will achieve a normal body mass index (BMI). This is facilitated by the fact that if overweight children do not gain weight with growth and height, their BMI and their health risks will normalize.

We strongly encourage using a BMI chart, such as the one below in conjunction with regular consultation with the child’s physician on all elements of healthy living. We also recommend that trips to fast food restaurants be kept to a minimum and when those are made, healthy choices be substituted for less healthy ones. For instance, choose the fresh fruit option instead of French fries as a side item, choose low fat milk instead of sugar drinks, and choose grilled chicken instead of fried chicken or hamburger. If wheat buns are available, white bread should definitely be avoided.
In order to calculate a child’s BMI percentile, you must first calculate their BMI. You can use a BMI calculator on a website, such as http://apps.nccd.cdc.gov/dnpabmi/ or by using the formula: weight (lb)/height (inches)/height (inches) X 703 = BMI.

Once you have the BMI value, you must plot that number on the appropriate BMI chart such as the ones below to determine the child’s BMI percentile based on the child’s sex and age. Children who are less than the 5th percentile are underweight. Children who are in the 5th percentile to less than the 85th percentile are a healthy weight. Children who are in the 85th percentile to less than the 95th percentile are overweight and children who are equal to or greater than the 95th percentile are obese.

A Different Approach to Overweight and Obese Children

Most children who are overweight or obese will have normal BMIs with growth and height if they do not gain additional weight. The secret is to change their unhealthy eating habits to healthy ones. The Children’s Healthy Living Plate is based on making healthy eating choices, not dieting.
Body Mass Index
FOR AGE PERCENTILES

AGE (YEARS)

GIRLS
BOYS
Tips to help children make good choices on
HEALTHY FOOD & LIFESTYLE

1. Drink water or low fat milk instead of sugary drinks
2. Make half your plate fruit and vegetables – buy them in season
3. Make half your grains whole grains, for example whole grain bread, pasta, tortillas, bagels
4. Select low or reduced sodium or no salt added products
5. Use a smaller plate
6. Be creative – make food fun – for example prepare fruity peanut butterflies or bugs on a log (celery sticks, peanut butter, and raisins)
7. Offer choices and let your child participate in meal planning – for example let them choose the vegetable for dinner (such as broccoli, spinach or carrots)
8. Take time to enjoy your food and the time together
9. Try new foods (especially fruits and vegetables) – variety is key!
10. Encourage physical activity
11. Limit screen time to no more than 2 hours a day (including tv, phone, video games and computer time)

12. Focus on Dairy
   a. Low fat or fat free
   b. Provides vitamin D, potassium, and protein for healthy life and growing bones
   c. Include with meals and snacks - yogurt is great for dipping both fruits and veggies

13. Focus on Fruits
   a. Keep visible - a bowl of whole fruit on the table or counter is tempting!
   b. Eat at meals and for snacks
   c. Add to recipes – for example salads and muffins

14. Focus on Vegetables
   a. Choose those that are rich in color – red, orange, dark green; eat less starchy ones – such as potatoes, corn, peas
   b. Add to sandwiches and meat dishes. They are great grilled!
   c. Munch on raw ones – keep cut up veggies ready to eat in the fridge for snacking (for example carrots, broccoli, bell pepper and celery)

15. Focus on Protein
   a. Eggs are good for breakfast or supper
   b. Eat lean or low fat meat
   c. Chose unsalted nuts for snacks, salads and main dishes
   d. Grill, broil, bake or roast for a healthy option
   e. Think small in portion size
No matter what your age or fitness level, there are easy to use fitness suggestions for you right here. The payoff is big and worth your effort! Please see the chart on the right to get started.
Southern Remedy
FITNESS NAVIGATION CHART

Ready To Get Fit

Which one are you?

I AM Not sure

I AM Not regularly active* over the age of 45 years for men or 55 years for women, or with medical problems

I AM Not regularly active* under the age of 45 years for men or 55 years for women, with no medical problems

I AM Already active** but ready for more

Try

Try

Try

Southern Remedy Advanced Fitness Program: Walking/Jogging

Southern Remedy Flexibility and Resistance Program

Southern Remedy Advanced Fitness Program

Southern Remedy Beginner Fitness Program: Walking

Speak to your health care provider first. You may need evaluation prior to starting a fitness program.

*I Not regularly active= less than 150 minutes of physical activity per week

**Already active= 150 minutes or more of physical activity per week

SEE NEXT PAGE

Problem Solution Chart

Try

Try
Problem & SOLUTION

LACK OF TIME
Solution: Starting with as little as 10 minutes of physical activity per day can have positive health benefits.

LACK OF MOTIVATION/SUPPORT
Solution: Physical activity has many great health benefits. Try to find a friend, co-worker, or family member who is physically active. Exercising together is a great way to stay motivated. Get jump-started with a quick and easy change. (Keep reading for tips!)

LACK OF KNOWLEDGE AND FACILITIES
Solution: Being physically active doesn’t require a gym membership or a personal trainer. This toolkit will give you easy and inexpensive ways to get active.

CURRENT DISEASE/DISABILITY OR FEAR OF INJURY
Solution: Being physically active is an important part of becoming and staying healthy. In most cases, light to moderate intensity activity is safe for everyone. Speak with your healthcare provider before beginning a new program if you are concerned. Don’t forget to warm up and cool down with each workout.

PAST FAILURES
Solution: To be successful, you need realistic goals. Our program walks you through each step of the activity and gives you clear goals for each week or month. See Losing Focus: Don’t Give Up! on page 4 for more tips.
Quick and Easy Changes

TIP TO JUMP-START!
1. Take the stairs instead of the escalator or elevator.
2. Park in the back of the lot at the grocery store, mall, or work, and walk to the entrance.
3. Take a trip to the mall to “window shop.”
4. March in place during commercial breaks on television.

Pick Your Activity

The Southern Remedy Fitness Prescription is designed as a walking/jogging program. Other activities can be substituted, just remember to match up the intensity using the “Talk Test.”

SWIMMING  BICYCLING  DANCING

Know Your Limits

The “Talk Test” is an easy way to judge the intensity of your activity.

LIGHT
No noticeable changes in breathing. You can carry on a full conversation or even sing.

MODERATE
Breathing effort increases without being out of breath. You can have a conversation but not sing.

VIGOROUS
Breathing is deep and rapid. You can’t say more than a few words without pausing for breath.

WARNING SIGNS

Exercise is usually a safe and beneficial activity. However, there are certain warning signs you should never ignore if they happen during exercise. You should contact your healthcare provider immediately if these occur.

• Dizziness, nausea, clammy skin
• Hot, flushed, dry skin (you have stopped sweating)
• Chest pain, arm tingling, jaw pain, or sudden shortness of breath

To help prevent problems

Avoid exercising during the hottest part of the day.
Drink plenty of fluids.
Remember to always warm-up and cool-down.
Don’t do too much too quick.
Beginner
FITNESS PROGRAM

We recommend a warm-up and cool-down activity each time you exercise. We suggest slow, easy walking pace for 5 minutes before and after activity.

<table>
<thead>
<tr>
<th>Light</th>
<th>Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td><strong>Week 8</strong></td>
</tr>
<tr>
<td>60 minutes weekly</td>
<td>150 minutes weekly</td>
</tr>
<tr>
<td>Light intensity walking* for a total of 20 minutes per day (may be done in two 10 minute bursts), 3 days per week</td>
<td>Continue moderate intensity walking* for 30 minutes per day, 5 days per week</td>
</tr>
<tr>
<td><strong>Week 2</strong></td>
<td><strong>Week 7</strong></td>
</tr>
<tr>
<td>75 minutes weekly</td>
<td>135 minutes weekly</td>
</tr>
<tr>
<td>Continue light intensity walking.* Increase to 25 minutes per day, 3 days per week</td>
<td>Continue moderate intensity walking* for 30 minutes per day, 4 days per week. Add another day of moderate intensity walking for 15 minutes.</td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td><strong>Week 5&amp;6</strong></td>
</tr>
<tr>
<td>90 minutes weekly</td>
<td>120 minutes weekly</td>
</tr>
<tr>
<td>Continue light intensity walking.* Increase to 30 minutes per day, 3 days per week</td>
<td>Increase to moderate intensity walking* for 30 minutes per day, 4 days per week.</td>
</tr>
</tbody>
</table>

If at any point you don’t feel ready to move to the next stage, spend another week in your current stage. This does not equal failure.
# Keep Track of YOUR PROGRESS

Use this form to write down the amount and intensity of the exercise you are doing. You can compare your weekly total to the total weekly time goals provided in the program.

<table>
<thead>
<tr>
<th>Week</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td>3</td>
<td>minutes</td>
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<td>intensity</td>
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<td>4</td>
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<td>6</td>
<td>minutes</td>
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<td>minutes</td>
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<td>8</td>
<td>minutes</td>
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<td>intensity</td>
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</tr>
</tbody>
</table>

**Weekly Total**

- minutes
- intensity
WHAT IS Flexibility Training
is the use of weights and/or machines to increase muscle strength and endurance.

If you have a history of heart disease or high blood pressure, you should speak with your healthcare provider prior to starting a resistance training program.

WHAT IS Flexibility Training
Involves stretching exercises to improve joint and muscle function.

Stretching can be an important part of a complete physical activity program when combined with aerobic exercises (walking or jogging) and anaerobic exercises (lifting weights).

STEPS FOR the Flexibility and Resistance Training Program

WARM UP 5 minutes of walking at a comfortable pace.
WORKOUT Resistance Exercises
COOL DOWN Flexibility Exercises

Do It Yourself DUMBBELLS

No gym membership? No worries. These exercises use only your own body, dumbbells, steps, and chair. Dumbbells are available at most sporting goods stores. Don’t have those either? Make your own.

For Dumbbells: 15oz. soup cans, 16-20oz. water bottles or half-gallon plastic milk jugs filled halfway with water (for heavier weights)

Remember to always start with the lowest weight that is comfortable for you before moving up.
**Resistance TRAINING PROGRAM**

### Beginner (1-2 months)

**Number of Repetitions:** 8 - 12 (one set)  
**Number of Sets:** 1  
**Exercises:**  
- WALL SITTING  
- BEGINNER CURL-UP  
- KNEELING HIP EXTENSION  
- SIDE-LYING LEG RAISES  
- MODIFIED INCLINE PUSH-UP  
- CALF RAISES

---

**Wall Sitting**  
Stand 1-2 feet away from a wall and place your back against the wall. Slide your body down the wall until your knees form a 90 degree angle. Hold this position for 20-30 seconds and return to the starting position. This is one repetition. Only 6-8 repetitions of this exercise are required to equal one set.

**Beginner Curl-Up**  
a. While lying flat on your back, bend your knees and hips to 90 degrees and place your arms by your sides. Lift your shoulders and upper back off the floor.  
b. Hold this position briefly and then return your back to the floor. This is one repetition.

*Try using your kitchen counter instead of a wall. This increases the incline and makes you work harder.*

**Kneeling Hip Extension**  
a. Place your palms and knees on the floor in the crawl position.  
b. Lift and straighten your right leg until it is parallel with the floor. Keep your shoulders and hips level. Hold this position briefly and return your right knee to the floor. Repeat with the left leg. This is one repetition.

**Side-Lying Leg Raises**  
a. Lie on your right side with your right leg slightly bent and your left leg straight. Place your right arm under your head and your left arm, palm down in front of your chest for balance.  
b. While keeping your abdominal muscles tight, lift your left leg until it is level with the hip. Hold this position briefly and then return to the starting position.

---

**Modified Incline Push-Up**  
a. Standing a few feet from the wall, place your palms on the wall at shoulder height, slightly wider than your shoulders.  
b. Bend your elbows until your face almost touches the wall. Your back should stay straight. Hold this position briefly and then return to the starting position. This is one repetition.

*Try using your kitchen counter instead of a wall. This increases the incline and makes you work harder.*

**Calf Raises**  
a. Place the balls of your feet on a step with your heels hanging off the back of the step. Use a handrail to help maintain your balance.  
b. Raise your heels until you are standing on your tip-toes. Hold this position briefly and then return to the starting position. This is one repetition.
Stretches for Flexibility

GOOD STRETCHES

Stretching works best when done for at least 10 minutes, 2-3 days per week. Stretching has the most benefit when performed after your fitness or resistance exercises when your muscles are already warmed up. Stretches should be held for 15-60 seconds and repeated 4 times. You should never stretch to the point of pain.

**Forward Flexion:** Face forward and move your head forward like you are placing your chin on your chest. You should feel this stretch in the back of your neck and upper back.

**Lateral Flexion:** Face forward and move your head to the side like you are placing your ear on your shoulder. Repeat with both sides of the neck. You should feel this stretch on the opposite side of your neck.

**Retraction:** Sit upright in a chair and rest your arms by your sides. Pick a spot on the wall to focus on and keep your head level. Keep your back against the chair and extend your neck by sticking your chin out. You should feel this stretch behind your ears and down your neck.

**Shoulder Arms across chest:** Face forward, straighten your right arm, and move it across your chest. Hold your right arm with your left hand and use gentle pressure on your right arm. Repeat with the left arm. You should feel this stretch in your shoulder.

**Upper Back:** Crisscross your arms over the front of your upper chest, point your elbows forward, and give a gentle squeeze. This is just like giving yourself a hug. You should feel this stretch in the middle of your upper back between your shoulder blades.
Stretch For Flexibility
TRAINING PROGRAM

Hips
Butterfly stretch: Sit on the floor, bend your knees, and touch the soles of your feet together. Lean slightly forward and use your elbows to gently press down on your knees. You should feel this stretch in your upper thighs.

Lower Back
Lie flat on your back with your legs straight out in front of you and your heels on the floor. Pull your right knee up toward your chest. You can keep your other leg straight or bend it. Repeat with the other leg. You should feel this stretch in your lower back. Do not perform this stretch if you have osteoporosis.

Triceps
Elbow behind the head: Face forward, lift your right arm straight up, bend at the elbow and reach for your left shoulder. You can support your right arm with your left hand. Repeat on the left side. You should feel this stretch in your triceps (underside of the top part of your arm).

Biceps
Wall Stretch: Touch the wall with your right palm and forearm and slowly turn your body away from the wall. Repeat on the left side. You should feel this stretch in your bicep muscle (top part of your upper arm) and across your upper chest.

Chest Stretch
Chest Stretch: Face forward, straighten your arms, and raise them up to your sides and slightly toward your back. Make sure to keep your shoulders relaxed and your arms slightly lower than your shoulders. You should feel this stretch across your upper chest.
**Kneeling Hip Flexor Stretch**

a. Kneeling Hip Flexor Stretch: Place your left foot and right knee on the floor. Both of your legs should now form a 90 degree angle. b. Shift your weight forward to your left knee. Repeat on the right side. You should feel this stretch on the inside of your hip.

**Calves**

Standing Calf Step Stretch: While standing straight on a step, move your right foot slightly backward. Your heel should be off the edge of the step. Lower your right heel slowly to stretch your calf. Repeat on the left side. Remember to use a handrail to keep yourself steady. You should feel this stretch in your calves (back of your lower leg).

**Hamstring**

Seated Hamstring Stretch: Sit on the floor with both legs straight out in front of you. Place your hands on your thighs and slowly move your hands toward your feet. Keep your chest lifted up. You should feel the most stretch in your hamstring (back of your thighs) and some stretch in your calves.

**Quadriceps**

Standing Quadriceps Stretch: While standing, bend your left knee toward your buttocks. Hold your left ankle with your right hand and gently pull back on your thigh. You may use a chair or the wall for support. Repeat with the right leg. You should feel this stretch in your front thigh.
Physical activity is a very important part of overall health, especially in children. Regular physical activity improves the function of the heart and lungs, strengthens muscles, makes bones stronger, decreases body fat, and improves mood. The results are healthier children and adolescents who will grow into healthy adults.

How often and how much of each? Endurance activities should make up the largest portion of the 60 minutes of daily exercise. Muscle-strengthening or bone-strengthening activities should be included in the 60 minutes of daily exercise for three days of each week.
HOW MUCH ACTIVITY IS ENOUGH?

The Goal
How much activity is enough? The best evidence suggests that children and adolescents 6-17 years of age need 60 minutes of physical activity EVERY day.

What Kind of Activity is Best?
There are 3 kinds of activity: cardio, muscle-strengthening, bone-strengthening. Each is important in its own way.

How Often and How Much of Each?
Cardio activities should make up the largest portion of the 60 minutes of daily exercise. Muscle-strengthening or bone-strengthening activities should be included in the 60 minutes of daily exercise for three days of each week.
### Representative Exercise for CHILDREN AND ADOLESCENTS

<table>
<thead>
<tr>
<th><strong>Cardio</strong></th>
<th><strong>Muscle-strengthening</strong></th>
<th><strong>Bone-strengthening</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Children (6-12 years of age)</strong></td>
<td><strong>Children (6-12 years of age)</strong></td>
<td><strong>Adolescents (6-12 years of age)</strong></td>
</tr>
<tr>
<td>Bicycle riding</td>
<td>Climbing monkey bars</td>
<td>Playing hopscotch</td>
</tr>
<tr>
<td>Running</td>
<td>Playing tug of war</td>
<td>Jumping rope</td>
</tr>
<tr>
<td>Soccer</td>
<td>Sit-ups</td>
<td>Running</td>
</tr>
<tr>
<td>Basketball</td>
<td>Climbing rope</td>
<td>Hopping/skipping</td>
</tr>
<tr>
<td>Swimming</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Active games</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(such as freeze tag)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Adolescents (13-17 years of age)</strong></td>
<td><strong>Adolescents (13-17 years of age)</strong></td>
<td><strong>Adolescents (13-17 years of age)</strong></td>
</tr>
<tr>
<td>Bicycle riding</td>
<td>Push-ups</td>
<td>Jumping rope</td>
</tr>
<tr>
<td>Lawn mowing (push)</td>
<td>Pull-ups</td>
<td>Running</td>
</tr>
<tr>
<td>Baseball/Softball</td>
<td>Sit-ups</td>
<td>Tennis</td>
</tr>
<tr>
<td>Soccer</td>
<td></td>
<td>Volleyball</td>
</tr>
<tr>
<td>Basketball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Running</td>
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</tr>
</tbody>
</table>
Children should increase their physical activity gradually over time. If your child is active for 60 minutes per day but not EVERY day, increase the number of days that he or she is active. If your child is active EVERY day but not for at least 60 minutes, increase the time he or she is active. Remember that short bursts (10 minutes) count! Add them up to reach the goal!!

Do even more! In general, children should not be inactive for more than 2 hours at a time when awake.

Continue current physical activity routine!
Sample Weekly Exercise Program
CHILDREN AND ADOLESCENTS

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardio (40 minutes)</td>
<td>Cardio (40 minutes)</td>
<td>Cardio (40 minutes)</td>
<td>Cardio (40 minutes)</td>
<td>Cardio (40 minutes)</td>
<td>Cardio (40 minutes)</td>
<td>Cardio (60 minutes) - or - any of the Bone and Muscle strengthening</td>
</tr>
<tr>
<td>Muscle-strengthening (20 minutes)</td>
<td>Bone-strengthening (20 minutes)</td>
<td>Muscle-strengthening (20 minutes)</td>
<td>Bone-strengthening (20 minutes)</td>
<td>Muscle-strengthening (20 minutes)</td>
<td>Bone-strengthening (20 minutes)</td>
<td></td>
</tr>
</tbody>
</table>

Safety First
- Remember to use appropriate safety gear during physical activity (bicycle helmets, elbow pads, knee pads)
- Never swim alone.
- Avoid obvious dangers such as allowing children to ride on all terrain vehicles.
Southern Remedy Healthy Living Program

Sources


Southern Remedy Healthy Living Program

Acknowledgements

Many individuals played important roles in the production of Southern Remedy Healthy Living. Debbie Minor, PharmD, Olivia Henry, PhD, RD, and I worked with Leigh Wright, BA, on the original version, and Josie Bidwell, CNP, led the effort on the Fitness Prescription component. The Healthy Living plate was adapted from the USDA’s Choose My Plate program. Southern Remedy Healthy Living is a work in progress. It will be updated on the MPB website www.southernremedy.org. We anticipate others will come along to help.

A superb committee of medical experts contributed at many levels and reviewed the final product. These include: Hillary Freeman, PhD; Lissa Kay, PharmD; Yana Nikitina RN, MD; Faiza Qureshi, MD; Paula Stubbs, PT; Lindsey Tillman, PharmD; Mark Weber, PT. We would also like to thank Monica Watkins, administrative assistant III at UMMC and Christy Chamblee, graphic designer; Tara Wren, public relations director; Thomas Lambert, Marketing & development; and Kathryn Rodenmeyer, executive producer with MPB.

Scientific data strongly suggests that any weight management and fitness program is more successful when implemented with a group. We strongly encourage the use of the materials in small groups to include church, civic, and at-work groups. For instance, hosting weigh-ins at regular intervals with prizes for success are effective and fun. The body immediately releases gastrointestinal hormones after weight reduction, which increase appetite and tend to decrease interest in physical activity. It is a constant fight to overcome these hormones, which stay elevated for many months after weight loss. Doing this as a group and making sure the exercise component is always a part of the calorie restriction are key.

All of us wish you success in moving toward a more healthy lifestyle. Remember, a little effort goes a long way!

Richard D. deShazo, MD
Professor of Medicine and Pediatrics
University of Mississippi Medical Center