

## MAKING A CHANGE OF HEART

# Diet and Exercise Log



a change of heart®  
inspiring and improving heart health

Heart disease is the leading cause of death in the United States. Fortunately, there have been important advances in preventing and treating heart disease. Specialists at The University of Kansas Hospital have the knowledge and experience to provide care that is tailored to meet your needs. We want you to enjoy an active, heart-healthy lifestyle.

One of the best steps you can take to be successful with achieving and maintaining health is it to keep a journal. While it may take a few extra minutes out of your day to do so, if you want to see success, this is one way to measure it. It will make you more accountable for your actions and allow you to make the changes you need to live a healthy lifestyle.

### GETTING STARTED

Making a personal decision to have an active lifestyle is the first step. Start by checking with your physician to ensure that you can safely begin without restrictions. Once you have approval, surround yourself with supportive people and role models. Accountability and motivation are very important to success.

### PHYSICAL ACTIVITY IS CRITICAL FOR MANY REASONS

- Reduces the risk of heart disease
- Helps prevent certain types of cancer
- Tones and strengthens muscles
- Builds stamina
- Improves blood cholesterol
- Helps prevent and manage high blood pressure
- Helps manage diabetes
- Helps prevent bone loss
- Boosts energy levels
- Helps fight the blues
- And many more!

### WALK YOUR WAY TO BETTER HEALTH!

The goal for better health and to lead an active lifestyle is to walk at least 10,000 steps a day! How active are you?

< 5,000 steps per day	Sedentary
5,000-7,499 steps per day	Low Active
7,500-9,999 steps per day	Somewhat Active
10,000-12,499 steps per day	Active
> 12,500 steps per day	Very Active

### EAT YOUR WAY TO BETTER HEALTH!

Eating a healthy and balanced diet is far more satisfying than following a strict weight-loss diet that leaves you feeling deprived, hungry and obsessed with food.

Make changes in your eating habits slowly and stick to them. Changing the type of snacks you eat can be an easy place to start. Keep nutritious and satisfying snacks, like fruit or nuts, available at home and work.

Here are some tips for choosing your food sensibly:

- Watch your portion sizes.
- Limit high-fat foods to less than 30% of total calories from fat.
- Limit foods and liquids that are high in sugar. Substitute water for high-sugar drinks and juices.
- If you drink alcohol, drink in moderation.

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## TOP FIVE REASONS TO KEEP AN EXERCISE LOG

Logging your workouts is an easy way to stay on a healthy track and meet your diet and fitness goals. Here's what an exercise log can do for you:

### 1. IT KEEPS YOU ON TRACK BY TELLING YOU THE TRUTH.

It's easy to fool yourself about how much you're exercising. Your log holds you accountable and helps you realistically evaluate your workouts.

### 2. IT MOTIVATES YOU BY MEASURING YOUR PROGRESS.

A record of your exercise sessions will tell you if you're getting stronger and have more endurance. Note details like the type of activity, how long it lasts and how you feel while working out. When you look back and see how far you've come, you'll be excited to work out again.

### 3. IT TELLS YOU WHAT'S WORKING AND WHAT ISN'T.

By listing the details of your workouts, you find out which activities help you feel stronger, go farther and meet your weight goals. At the same time, you can identify activities that don't get results.

### 4. IT HELPS YOU GET THROUGH A PLATEAU.

Everyone hits an exercise plateau, where all progress seems to stop. Don't let these moments sabotage your efforts. The more fit you become, the more challenging it is to improve your performance. If you stick with it, you'll see good results again. Your log helps you look back and remember just how far you've come.

### 5. IT CAN CHANGE YOUR LIFE!

With a log, you'll see how your workouts influence your daily habits and your overall mood.

There are many reasons that keeping an exercise log can help you meet your fitness goals. But the main reason you should keep one is that it works!

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## HOW DO I MEASURE UP?

Body mass index (BMI) is a good way to check whether you are at a healthy weight. To measure BMI, find your height and weight on the chart below.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
HEIGHT (inches)	BODY WEIGHT (pounds)																
58"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

If your BMI is higher than recommended, your health care provider may recommend an overall health assessment.

BMI	Category
<24.9	Normal Weight
25 - 29.9	Overweight
> 30	Obese

	CURRENT	3 MONTHS	6 MONTHS	9 MONTHS	GOAL
Exercise hours per week	_____	_____	_____	_____	_____
Weight	_____	_____	_____	_____	_____
Measurements	_____	_____	_____	_____	_____
Chest	_____	_____	_____	_____	_____
Arms	_____	_____	_____	_____	_____
Waist	_____	_____	_____	_____	_____
Hips	_____	_____	_____	_____	_____
Thighs	_____	_____	_____	_____	_____
Calves	_____	_____	_____	_____	_____