

# Your Lifestyle



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## NOTES

### PERSONAL INFORMATION:

Name \_\_\_\_\_ Age \_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Activity (hours/wk) \_\_\_\_\_ Fruit/vege servings/day \_\_\_\_\_

Your Motivation \_\_\_\_\_

### LIFESTYLE RECOMMENDATIONS:

- Avoid tobacco use
- Maintain BMI under 25 kg/m<sup>2</sup>; Your target weight is: \_\_\_\_\_ lb.
- Total 2.5-5 h/week exercise (aerobic and muscle fitness); reduce sitting time
- Follow a plant and whole food-based diet:
  - Eat ≥4.5 cups of fruits and vegetables each day (emphasize wide variety of both)
  - Select whole grains, nuts, seeds, legumes (beans, soy products)
  - Limit intake of high-fat meats and dairy products; substitute fish and poultry
  - Limit intake: sugar beverages, salt, saturated & hydrogenated fat, refined grains
  - Don't eat more than you burn up every day (*develop "caloric awareness"*)
- Keep alcohol intake moderate (≤1 drink/d F; ≤ 2 drinks/d M)
- Sleep 7-8 h per night (regular schedule)
- Keep stress under control (reduce stressors)

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