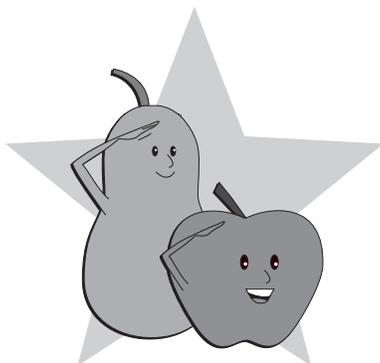


# Wellness and Community Resource Guide





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**The content in this guide was developed by the VAPAHCS HealthierUS Veterans Committee using the VA National Center for Health Promotion and Disease Prevention (NCP) VA MOVE! weight management program and local community resources.**

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# Introduction

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The U.S. Department of Veterans Affairs (VA) and the U.S. Department of Health and Human Services (HHS) have joined forces to improve the health of the nation by creating a program called HealthierUS Veterans.

The focus of HealthierUS Veterans is to educate veterans, their families, and communities about the health risks of obesity and diabetes. The VA Palo Alto Health Care System developed this Wellness and Community Resource Guide as a tool for you to use in your journey to healthy living. Maintaining a healthy lifestyle and healthy weight are essential elements for achieving overall health. People who are overweight or obese have an increased risk for health problems such as high blood pressure, Type 2 diabetes, heart disease, stroke, some types of cancer, sleep, respiratory problems, depression and eating disorders.

The information in this guide serves as an introduction to healthy eating, shopping and exercise. This guide contains information on nutrition, the benefits of regular physical activity and how to get started exercising for all levels of physical ability. This guide also contains a list of community resources spread throughout the VA Palo Alto Health Care System coverage area that are accessible to all members of the community. The contact information and online resources for the community facilities are included in this guide.

The VA Palo Alto Health Care System also offers MOVE!, a weight management program, plus a number of other educational classes. Your VA health care providers will be happy to answer any additional questions you may have about the MOVE! program, any of our classes and healthy living.

# How Do I Start Changing My Eating Habits?

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- Set short-term goals and write them down (see the Daily Food and Physical Activity Log on page 26 of this guide).
- Make one or two changes at a time and start with something easy.
- Tell yourself to eat until you are satisfied, not until you are stuffed.
- Take your time, eat slowly and enjoy your food.
- Keep a food record to help you see where changes can be made.
- Consider some of the following to get started:
  - Eat more fruits, vegetables, whole grains and low fat dairy products. These are good for you and help to fill you up.
  - Drink a glass of water before eating.
  - Drink water, diet sodas or artificially sweetened drinks instead of sugar-sweetened beverages.
  - Get rid of snack foods high in calories, fat and sugar. If you don't have these foods available, you won't be as tempted.
  - Have healthy snacks easily available.
  - Broil, bake, steam or grill your food instead of frying it.
  - Choose lean cuts of meat; cut off visible fat.
  - Plan snacks and meals ahead of time.
  - Avoid alcohol.

# **Making Healthy Food Choices**

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*Living a healthier lifestyle does not mean that you have to skip meals, run a marathon, or take away your favorite foods.*

*Being Heart Healthy means lifestyle changes. You can make permanent changes, and these changes can become habits!*

*Heart Healthy living includes exercising daily, eating more fiber, drinking more water, eating less meat, eating fewer greasy or fried foods, and using less salt.*

## ***Eat more fiber:***

- Have 6-11 servings a day of grains. A serving size is equal to one slice of bread, 1/2 cup of cereal, or 1/2 cup of cooked pasta or rice.
- Eat 5 or more servings per day of fruits, vegetables, dried beans and peas.
- It is better to eat the fruit than drink juice when it comes to getting fiber.

## ***Drink more water:***

- Thirst is not always a good indicator of how much water you need, so throughout the day, drink eight-8oz cups of water. A high fiber diet can cause constipation without the addition of water.

## ***Eat less fat, less saturated fat, and less cholesterol:***

- Reduce saturated fat and cholesterol intake. Saturated fats are mostly found in animal products.
- Limit total fat such as margarine, oil, fried foods, gravy and cheese sauces. Canola oil, olive oil and peanut oil are the most beneficial fats for your heart, but these are still fat, so limit how much you use.
- Limit how much meat, cheese, butter and whole milk you use. When eating meats, try to limit the cooked serving to the size of a deck of cards. Choose chicken, turkey and fish more often, but do not to fry them.

## ***Eat less salt:***

- Too much salt can cause swelling, raise blood pressure or cause problems with your heart.
- Use herbs that do not contain the word “salt” to spice up your food. For example, choose garlic powder instead of garlic salt.
- Try to limit most processed foods. They are high in sodium. Examples include regular frozen dinners, pot pies, macaroni and cheese, canned soups and luncheon meats.
- Avoid adding salt during cooking or at the table.

## ***Be active:***

- Do the activities you enjoy! Try a variety of exercises. Ask your provider how much exercise you should do.
- Start gradually and increase slowly. If you can handle 5 minutes at first, that is fine. Keep it up. You will build more energy with time!
- Make exercise a daily routine. If you only exercise 3 times a week, you may put it off. Consistent exercise will help you have more energy.
- Exercise with a friend or family member. It can be a social activity!

## ***Eat more often with smaller meals:***

- Do not skip meals!
- Eat three small meals with two or three small snacks between.
- Try to eat a fruit and vegetable first; the fiber helps you feel full.

## ***Sample Menu***

### **Breakfast**

1 cup oatmeal  
1 banana  
1 cup skim milk  
1 slice whole wheat toast  
1 tsp. low fat margarine

### **Snack**

1 peach  
1 cup sugar free, low fat yogurt

### **Lunch**

2 slices whole grain bread  
1 slice turkey  
1 cup salad (mixture of raw vegetables)  
1 Tbsp. fat free or light Italian dressing  
10 grapes

### **Dinner**

3 oz roasted chicken (size of a deck of cards)  
1/2 cup green beans seasoned with basil  
1 baked potato (the skin has fiber!)  
1 Tbsp. fat free sour cream  
1 cup canned light fruit (in its own juice)  
1 whole wheat roll  
1/2 cup sugar free, low fat ice cream

### **Night Snack**

3 cups light, low salt (low sodium) popcorn

Be sure to read nutrition labels. Note the serving size first.

Look for calories, fat, saturated fat, cholesterol and sodium content.

# **Smart Shopping**

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Some food choices are better than others. Next time you're buying groceries, remember these smart-shopping tips.

## ***Produce Section***

- Fresh vegetables are always a good choice; when you prepare them, you control the added fat and salt.
- Citrus isn't the only good vitamin C choice. Peppers, tomatoes, broccoli, cabbage, potatoes, greens (collard, mustard and turnip), cantaloupe, honeydew melon, kiwi-fruit, mango, papaya and strawberries are all rich in vitamin C.
- Edible skins of fruits and vegetables and seeds (berries, tomatoes, sunflower seeds) are good sources of fiber.
- Fruits and vegetables that are deep-colored green, yellow or orange throughout are high in vitamin A.

## ***Deli-Counter***

- Sliced roast beef, turkey and lean ham are good low fat choices.
- Pressed meats, lean ham and Canadian bacon are low fat but high in sodium.
- Turkey and chicken franks do not always have less fat than beef franks; some are merely smaller. Check nutrition label for sodium and fat content.
- To limit fat, try salads made without creamy dressings.
- If processed lunch meats are used, select those marked 95% fat free.

## ***Dairy Case***

- Look for part-skim mozzarella, scamorza and string cheese; part-skim or low fat ricotta; and "light" and reduced-calories cheeses that contain less than 5 grams of fat per ounce.
- Choose milk, buttermilk, cottage cheese and yogurt that are low fat and have less than 200 calories per serving.
- A little sharp cheese has more flavor and less fat than a larger amount of milder cheese.

## ***Bread and Cereal Shelves***

- Look for cereal with at least 2 grams of fiber, 8 grams or less sugar and 2 grams or less fat per serving.
- Compare portion sizes and calories on cereal labels; servings range from 3/4 to 1 cup.
- Look for the words "whole wheat" or "whole grain" at the beginning of the ingredient listing. "Wheat flour" is nutritionally equal to white flour.

## ***Canned Food Aisles***

- Choose 100% pure fruit juices instead of fruit "drinks" or "punches".
- The edible bones of canned salmon and sardines provide calcium. Canned beans, peas, corn and vegetables are quick and easy sources of vitamins, minerals and fiber.
- Check sodium levels of canned foods if your sodium level is restricted.

## ***Packaged Products***

- Limit products with palm, palm kernel or coconut oil high on their ingredient lists.
- Thick, unsalted pretzels are lower in fat and sodium than most other packaged snacks.
- Graham crackers, animal crackers, gingersnaps and fig bars have less sugar and fat than most other cookies.
- Most microwave popcorn is high in fat and sodium. Make your own in an air popper or with a limited amount of oil and butter-flavored substitute or cooking spray.
- Rice and pasta mixes are high in sodium; use only one-half the seasoning packet.

## ***Fat, Oil and Dressing Selections***

- Soft, tub margarines and spreads are made with unsaturated oils.
- Regular butter and margarine have 100 calories per tablespoon; spreadables have 80 calories per tablespoon; whipped varieties have 70 calories per tablespoon.
- Some "light" oils are light only in color and flavor, not in fat or calories. "Light" mayonnaise has about half the calories of regular mayonnaise.
- To cut fat, use diet dressings with less than 10 calories per tablespoon on salad and as a marinade for meat, poultry or vegetables.

## ***Meat Counter***

- Select lean, well-trimmed cuts: flank steak, round steak or roasts, sirloin or tenderloin, loin pork chops or 85% lean ground beef.
- Meat graded “Select” has less fat than “Choice” or “Prime” grades.
- Lean beef, pork and lamb are not much higher in dietary cholesterol than poultry or fish, but they have more saturated fat.
- Beef liver is very high in iron, zinc and many vitamins but also high in dietary cholesterol.
- Limit high-fat meats: ribs, corned beef, sausage, and bacon.

## ***Fresh Fish and Poultry Section***

- Half of chicken’s calories are in the skin. Buy skinless parts or remove skin of cooked poultry before eating.
- Fish from deep waters have heart-healthy omega-3 fatty acids: salmon, tuna, mackerel, sea trout, bluefish, herring, bonito and pompano.
- Most chicken and turkey nuggets, patties and rolls are made with ground skin and have a lot of salt.

## ***Frozen Food Cases***

- Purchase frozen fish and poultry without breading to limit fat and sodium.
- Look for frozen dinners with less than 15 grams of fat, 400 calories and 800 milligrams of sodium.
- Frozen concentrates are often the least expensive form of fruit juice.
- Ice milk and low fat frozen yogurt have less fat than ice cream.
- Plain, frozen vegetables have less fat and salt than those in sauces.
- Frozen juice and fruit bars with no added sugar or cream are good choices.
- Portion-packed frozen desserts help curb the tendency to eat large helpings.

# How Can A Registered Dietitian Help?

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A Registered Dietitian (RD) is an expert in food and nutrition. Dietitians promote good health through proper eating. Dietitians can offer suggestions for meal planning and smart shopping. Dietitians can also provide nutritional guidance that when followed, results in a healthier nutritional lifestyle. Eating right is a powerful tool that can help prevent health problems, or improve current conditions.



# Nutritional Counseling Resources

## Classes

### Nutrition

*This nutrition education class teaches basic nutrition and how to make healthy food choices. Spouses or family members are welcome to accompany the veteran. VA employees are also welcome to attend.*

	<b>PALO ALTO</b>	<b>LIVERMORE</b>	<b>MONTEREY</b>	<b>SAN JOSE</b>
<b>DAY</b>	Monday Once per month ONLY (Call for specific dates)	Monday Weekly	Tuesday Weekly	Monday Weekly
<b>TIME</b>	10:00 am- 12:00 pm	10:30 am- 11:30 am	10:00 am- 11:00 am	10:30 am- 11:30am
<b>PLACE</b>	Building 101 Auditorium	Building 62, Room 326	Dermatology Conference Room	Room F-100

*The following classes offer nutrition education specifically focused on high blood pressure, diabetes, and weight reduction. Spouses or family members are welcome to accompany the veteran. VA employees are also welcome to attend.*

### High Blood Pressure (Hypertension)

	<b>PALO ALTO</b>
<b>DAY</b>	Thursday (3rd Thursday in January, April, July, October)
<b>TIME</b>	8:15 am-12:30 pm
<b>PLACE</b>	Bldg 5, 2nd floor Conference Room

### Diabetes Care (Nutrition section)

	<b>PALO ALTO</b>
<b>DAY</b>	Monday (2nd Monday in January, March, July, September, November)
<b>TIME</b>	10:00 am-11:30 am
<b>PLACE</b>	Building 101, Auditorium

### Individual Appointments

*Individualized outpatient nutrition counseling by a Registered Dietitian is offered at Palo Alto, Livermore, Monterey and San Jose Clinics. Menlo Park New Horizons Program veterans may also be seen by consultation through a primary care provider. Appointments are usually 30 minutes long and spouses or family members are welcome to accompany the veteran.*

To schedule an individual appointment:

- a. Request a referral from any provider or
- b. Call Patient Scheduling at 1-800-455-0057 and ask for an appointment with the dietitian.

*(Please note: Appointments cannot be scheduled by calling Nutrition Clinics or dietitians)*

*If you need to leave a message for the dietitian, please call Nutrition and Food Service at (650) 493-5000 ext. 64659.*

### To attend any of the above classes:

*(Note: VA employees do not need to schedule appointment for classes)*

- A) Request a referral from your primary care (GMC) provider or
- B) Call Patient Scheduling at 1-800-455-0057 and ask to be scheduled into the class of your choice

# Change Your Thinking About Food, Exercise, and Yourself

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*What you think drives what you do.*

*You can change your thinking. Here are some tips:*

- Make a firm decision to get serious.
- Make your weight management program one of your top priorities.
- Realize that you have control over your weight.
- Eating and other lifestyle behaviors have been learned; therefore, they can be replaced or changed.
- Think positively!
- Tell yourself you're worth the effort!
- Think about exercise and physical fitness as increasing your energy, vitality and well-being.
- Think of eating and physical activity as needing a balance. You have the power to tip the scales.
- Think about weight management as a life-long effort and a way to be good to yourself.

# Benefits of Regular Physical Activity

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- Gives you more energy.
- Helps you sleep better.
- Improves your heart and lungs.
- Decreases blood pressure.
- Reduces body fat and weight gain.
- May decrease bad (LDL) cholesterol and raise good (HDL) cholesterol.
- Controls/prevents diabetes.
- Strengthens bones and helps prevent injury.
- Increases muscular strength and endurance.
- Increases flexibility and range of motion.
- Improves your mood.
- Helps with stress and depression.
- Improves self-esteem.
- Makes you feel better.

# How Do I Get Started With Increasing My Physical Activity

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## *General tips on increasing physical activity:*

- Start slowly; choose the type and amount of activity that is right for you.
- Increase your everyday activity. Take the stairs. Park farther away and walk. Clean your house. Get up to change the TV channel. Walk to check your mail.
- Walking is a great way to increase your physical activity. It's free and you can do it almost anywhere.
- Use a pedometer to count the number of steps you take everyday.
- You don't have to belong to a gym. Choose any activity that gets you moving.
- For weight loss, exercising longer is better than exercising harder. Mild to moderate exercise will do the job.
- Aim to be physically active for at least 30 minutes on most days of the week. Even longer would be better, but try not to overdo it at first.
- Wear comfortable shoes and clothes that are right for the activity and weather.
- Listen to your body. You are the best judge of how hard and how long you should exercise.
- Recruit an activity buddy; someone who likes the same activity and can keep you motivated.
- Warm-up, cool-down, and stretch before, during and after activity to prevent injury and reduce muscle soreness.
- Whether it's summer or winter, drink plenty of water before, during and after activity.

Increasing your physical activity levels does not mean you have to join the local gym or athletic club. There are many fun ways to increase activity slowly and safely. The best thing about physical activity is that even a little can make you feel a whole lot better. In no time at all, you will have more energy, sleep better and feel fitter.

## ***Safety First:***

- Check with your primary care provider before beginning a program of physical activity.
- Stop exercising immediately if you experience any of the following:
  - Severe pain, tightness, pressure or discomfort in your chest
  - Severe shortness of breath
  - Severe nausea or vomiting
  - Sudden onset weakness or changes in sensation in your arm and/or leg on one side of your body
  - Difficulty swallowing, talking or seeing
  - Severe headache or dizziness

***CALL 911 immediately if the symptoms do not disappear within a few minutes.***

***If you have less severe, new or worsening symptoms when beginning or increasing physical activity, see your primary care provider.***

# Exercise Can Be Fun!

*So you don't like physical activity? There are lots of ways to be physically active without doing what you might consider a workout or exercise.*

- Go walking with others.
- Dance.
- Get the whole family involved in some physical activity like walking in a park.
- Find a beginner's exercise class that you might enjoy.
- Do housework to music.
- Try out a new sport or activity.
- Go bicycling with family or friends.
- Check out your local community center for upcoming events.
- Play golf – carry your clubs to burn more calories or use a pull cart.



# Increasing Physical Activity for Veterans with Physical or Medical Limitations

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## *Do I need to see my healthcare provider before beginning a program of physical activity?*

Mild to moderate activity is generally safe. However, it may be necessary for you to check with your healthcare provider before starting an exercise program. In general, the following veterans should always see their provider before starting:

- Veterans with heart and/or lung conditions
- Veterans planning a program of vigorous activity

## *What is the difference between mild, moderate, and vigorous levels of activity?*

- Mild activities should feel like slow walking. They should not cause much of a sweat or cause you to have trouble catching your breath.
- Moderate activities are like fast walking. These activities will make your heart beat a little bit faster. This may cause light sweating but should never cause you to be out of breath or exhausted.
- Vigorous activities such as running will cause the heart to beat very fast. With these activities, you will sweat heavily and have some difficulty breathing.

### ***Will I make my condition worse by exercising?***

Physical activity almost always helps improve medical conditions. It is wise to avoid or reduce physical activity during times when your condition worsens.

### ***Will my medicines affect my ability to be physically active?***

Physical activity is compatible with all medications. However, some medications require a close watch.

### ***What if I'm in too much pain to be physically active?***

Regular physical activity often improves chronic pain conditions. It can sometimes take several weeks to begin to see a benefit. See your healthcare provider to discuss options if you feel your current pain is at a level that will keep you from even getting started with physical activity.



# **Indoor Physical Activities**

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***If the weather is bad or you prefer the indoors, there are still lots of physical activities you can do.***

- Put on some music and dance.
- Do strength exercises at home using items such as water bottles and canned foods as dumbbells.
- Walk around the mall (most open early for walkers).
- Do chair stretches.
- Exercise to a TV program.
- Borrow an exercise video from the library or a friend (examples include chair dancing, step walking and beginner aerobics).
- Go to a gym or recreation center (join the YMCA).
- Get involved with fitness activities at a local community center or senior center.
- Too hot outside ... take a swim at an indoor pool.
- Take a water aerobics class.
- Look for sales or visit second hand stores for used exercise equipment.
- Do indoor activities such as racquetball, tennis, roller-skating, bowling, etc., at a sports center/gym.

***Ask your health care provider for more information on stretch and flexibility activities as well as strength exercises.***

# **Walking**

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***Walking is a great way to be more physically active. It's free, fun and you can do it almost anywhere.***

## ***Here are 6 reasons to get up and walk:***

1. Regular walking burns calories, which in addition to a healthy diet, can help you to manage your weight.
2. More than half the body's muscles are designed for walking; it is a natural movement that is almost injury-free.
3. Regular brisk walking has many health benefits.
4. Brisk walking is an aerobic activity. It makes your heart, lungs and muscles stronger.
5. Walking refreshes the mind, reduces fatigue, increases energy and improves sleep.
6. Walking can be a great time for sharing and socializing with friends and family.

## ***Getting started:***

- A little walking everyday is better than an occasional weekend bout of activity. Start with short walks and build from there.
- Choose routes that are interesting, safe and convenient. Avoid heavy traffic, loose dogs and rough ground. Remember hills are more difficult.
- Walking with others can help motivate you.
- Be safe. Take a friend when it is dark outside. Tell someone where you are going, and bring a cell phone if you can.
- When it is very hot, walk during the coolest hours, choose a shady route and walk a little slower.
- When it is cold, avoid icy surfaces.
- Dress in loose, comfortable clothing. In cold weather, dress in layers and wear mittens and a hat.
- Wear comfortable, appropriate shoes.
- Consider using a pedometer to measure the number of steps you walk.
- Warm-up before and cool-down after activity.

## ***Sample 10-week walking plans to get you started:***

This plan is for those who are not used to physical activity:

<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Minutes walking</b>	10	10	15	18	20	20	25	30	32	35
<b>Walks per week</b>	2	3	3	3	3-4	4	4	4	4	4

This plan is for those who are already physically active.

<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Minutes walking</b>	20	22	25	30	30	35	35	40	42	45
<b>Walks per week</b>	3	3	3	3	4	4	4-5	4-5	4-5	4-5



# Calories Burned During Physical Activities

*Ever wonder how many calories you burn while physically active?*

The following is a list of activities along with the number of calories burned during 10 minutes of activity. The figures given are for men ranging in weight from 175-250 lbs and women ranging from 140-200 lbs. If you weigh more than this you will burn more calories per minute.

Physical Activity	Calories Burned in 10 minutes	
	Man	Woman
<b>Light Activities</b> Cleaning house Office work Playing baseball Playing golf with a motor-cart	<b>50</b>	<b>40</b>
<b>Moderate Activities</b> Walking briskly (3.5 mph) Gardening Leisurely bicycling (5.5 mph) Playing basketball Washing windows Wheeling self in wheelchair Shoveling snow Walking stairs Water aerobics Dancing fast	<b>80</b>	<b>60</b>
<b>Strenuous Activities</b> Jogging (9 min/mile) Playing football Swimming	<b>120</b>	<b>100</b>
<b>Very Strenuous Activities</b> Running (7 min/mile) Racquetball Cross-country skiing	<b>150</b>	<b>120</b>

The number of calories you burn during physical activity varies depending on a number of factors including weight, age and environmental conditions.

# Body Mass Index

WEIGHT (LBS)

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40
6'5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38
6'7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36
6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35

HEIGHT (ft/in)



Underweight:  
BMI = less than 18.5



Normal weight:  
BMI = 18.5 to 24.9



Overweight:  
BMI = 25 to 29.9



Obesity:  
BMI = 30 to 39.9



Extreme Obesity:  
BMI = 40 and above

M06 - Version 2.0

Source: National Obesity Educational Initiative

# Daily Food and Physical Activity Log



WEEKLY GOAL: \_\_\_\_\_

DATE: \_\_\_\_\_

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Record everything you eat and drink, and the time of day.							
Physical Activity: Type and Time in minutes							
Pedometer steps							

Record everything you eat and drink in the boxes provided. Record any physical activity. You can also log your pedometer steps. Review this log at the end of each week to see if you met your weekly goal/s. Use it to help you decide what goal/s to set for the next week.

# Community Resources

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## ***South Bay***

*(Cupertino, Los Gatos,  
Morgan Hill, San Jose,  
Santa Clara and Saratoga)*

**De Anza College**  
21250 Stevens Creek Blvd.  
Cupertino, CA 95014  
408-864-8954  
Wheelchair Accessible

**Jewish Community  
Center-Club One**  
14855 OKA Road  
Los Gatos, CA 95032  
408-358-3636

**Morgan Hill Aquatics  
Center**  
16200 Condit Road  
Morgan Hill, CA 95037  
408-782-2134

**City Of San Jose  
Camden Community  
Center**  
3369 Union Avenue  
San Jose, CA 95124  
408-369-6444  
Wheelchair Accessible

**Easter Seals  
Timpany Center  
Health and Wellness  
Program**  
730 Empy Way  
San Jose, CA 95128  
408-295-0228  
Wheelchair Accessible

**San Jose City College**  
2100 Moorpark Ave.  
San Jose, CA 95128  
408-298-2181  
Wheelchair Accessible

**AVAC- Almaden Valley  
Athletic Club**  
5400 Camden Ave.  
San Jose, CA 95124  
408-267-4032  
Wheelchair Accessible

**South Valley YMCA**  
5632 Santa Teresa Blvd.  
San Jose, CA 95123  
408-226-9622

**East Valley YMCA**  
1975 S. White Rd.  
San Jose, CA 95148  
408-258-4419

**Central YMCA**  
1717 The Alameda  
San Jose, CA 95126  
408-298-1717

**Club One-Almaden Valley**  
5435 Thornwood Drive  
San Jose, CA 95123  
408-363-1010

**Santa Clara Adult  
Education**  
1840 Benton St.  
Santa Clara, CA 95050  
408-423-2102

**West Valley College**  
14000 Fruitvale Ave.  
Saratoga, CA 95070  
408-741-2420  
Wheelchair Accessible

**Southwest YMCA**  
13500 Quito Rd.  
Saratoga, CA 95070  
408-370-1877

## ***Peninsula***

*(Belmont, Burlingame,  
Menlo Park, Palo Alto,  
Redwood City and  
San Mateo)*

**Twin Pines Senior and  
Community Center**  
20 Twin Pines Lane  
Belmont, CA 94002  
650-595-7441

**Burlingame Aquatic  
Center**  
400 Carolan Ave.  
Burlingame, CA 94010  
650-558-7322  
Wheelchair Accessible

**Trefethen Aquatic Center  
- Mills College**  
5000 MacArthur Blvd.  
Oakland, CA 94613  
510-430-2170  
Wheelchair Accessible

**Menlo Park Senior Center**  
110 Terminal Avenue  
Menlo Park, CA 94025  
650-330-2280

**Lucie Stern Community Center**  
1305 Middlefield Road  
Palo Alto, CA 94301  
650-463-4900

**Cubberley Community Center**  
4000 Middlefield Road  
Palo Alto, CA 94303  
650-329-2418

**Betty Wright Swim Center @ C.A.R.**  
3864 Middlefield Road  
Palo Alto, CA 94306  
650-494-1480  
Wheelchair Accessible

**YMCA of the Mid-Peninsula**  
3412 Ross Road  
Palo Alto, CA 94303  
650-856-9622

**Canada College Adult Physical Education Program**  
4200 Farm Hill Blvd.  
Redwood City, CA 94061  
650-306-3473  
Wheelchair Accessible

**Veteran's Memorial Senior Center**  
1455 Madison Avenue  
Redwood City, CA 94061  
650-780-7270

**Sandpiper Community Center**  
797 Redwood Shores Parkway  
Redwood City, CA 94065  
650-780-7323

**Red Morton Community Center**  
1120 Roosevelt Avenue  
Redwood City, 94061  
650-780-7311

**Mills-Peninsula Health Center**  
100 S. San Mateo Dr.  
San Mateo, CA 94401  
650-696-5600

**Senior Center**  
2645 Alameda de las Pulgas  
San Mateo, CA 94403  
650-522-7490

**Joinville Swim Center**  
2111 Kehoe Avenue  
San Mateo, CA 94403  
650-522-7460  
Wheelchair Accessible

**The Taft Pool, owned & operated by the Farley Family**  
57 E. 40th Ave.  
San Mateo, CA 94403  
650-349-7946

**College of San Mateo Adapted Physical Education Program**  
1700 W. Hillsdale Blvd.  
Building 8  
San Mateo, CA 94402  
650-378-7219  
Wheelchair Accessible

## ***North Bay***

*(Daly City, Mill Valley, Pacifica, Richmond and San Francisco)*

**Giammona/Westmoor Pool**  
131 Westmoor Ave.  
Daly City, CA 94015  
650-991-8022  
Wheelchair Accessible

**Mill Valley Community Center**  
180 Camino Alto  
Mill Valley, CA 94941  
415-383-1370

**Scott Valley Swimming & Tennis Club**  
50 Underhill Road  
Mill Valley, CA 94941  
415-383-3483  
Wheelchair Accessible

**Anderson's Scuba Diving**  
541 Oceana Blvd.  
Pacifica, CA 94044  
650-355-3050

**Oceana Pool**  
401 Paloma Ave.  
Pacifica, CA 94044  
650-738-7460  
Wheelchair Accessible

**Hilltop YMCA**  
4300 Lakeside Dr.  
Richmond, CA 94806  
510-222-9622  
Wheelchair Accessible

**Richmond Plunge**  
1 E. Richmond Ave.  
Richmond, CA 94801  
510-620-6820

**Balboa Park Swimming Pool**  
51 Havelock St.  
San Francisco, CA 94112  
415-337-4701

**Hamilton Swimming Pool**  
Geary Blvd. & Steiner St.,  
San Francisco, CA 94115  
415-292-2001

**Jewish Community Center of San Francisco**  
3200 California St.  
San Francisco, CA 94118  
415-292-1268  
Wheelchair Accessible

**Janet Pomeroy Center – Herbst Pool**  
207 Skyline Boulevard  
San Francisco, CA 94132  
415-665-4100  
Wheelchair Accessible

**Martin Luther King Jr. Pool**  
5701 3rd St.  
San Francisco, CA 94112  
415-822-5707

## *East Bay*

*(Alameda, Albany, Berkeley, Fremont, Hayward, Milpitas and Newark)*

**Mariner Square Athletic Club**  
2227 Mariner Square Loop  
Alameda, CA 94501  
510-523-5517

**Albany Pool**  
1311 Portland Ave.  
Albany, CA 94706  
510 559-6640  
Wheelchair Accessible

**Berkeley YMCA**  
2001 Alston Way  
Berkeley, CA 94704  
510-848-9622  
Wheelchair Accessible

**El Cerrito Swim Center**  
7007 Moeser Lane  
El Cerrito, CA 94530  
510-559-7008  
Wheelchair Accessible

**Fremont Swim School Inc**  
42400 Blacow Road  
Fremont, CA 94539  
510-657-SWIM

**Chabot College Disabled Student Resource Center Building 2400**  
25555 Hesperian Blvd.  
Hayward, CA 94545  
510-723-6725  
Wheelchair Accessible

**Hayward Plunge**  
24176 Mission Blvd.  
Hayward, CA 94544  
510-881-6703

**Treeview Swimming Club**  
301 Gresel Street  
Hayward, CA 94544  
510-471-5242  
Wheelchair Accessible

**Milpitas Sports Center**  
1325 E. Calaveras Blvd.  
Milpitas, CA 95035  
408-586-3225

**Silliman Family Aquatic Center**  
6800 Mowry Avenue  
Newark, CA 94560  
510-739-2620  
Wheelchair Accessible

## **Monterey and Santa Cruz County**

*(Live Oak, Monterey, Santa Cruz and Watsonville)*

### **Chamisal Tennis and Fitness Club**

185 Robley Road  
Coral de Tierra, CA 93908  
831-484-1135  
Wheelchair Accessible

### **Simpkins Family Swim Center**

979 17th Avenue  
Live Oak, CA 95062  
831-754-7946  
Wheelchair Accessible

### **Monterey Sports Center**

301 E. Franklin St.  
Monterey, CA. 93940  
831-646-3700  
Wheelchair Accessible

### **Josephine Kernes Memorial Pool**

15 Portola Avenue  
Monterey, CA 93940  
831-372-1240  
Wheelchair Accessible

### **Duncan Holbert Pool**

25 Penny Ln.  
Watsonville, CA 95076  
831-722-3500  
Wheelchair Accessible

## **Central Valley**

*(Livermore, Modesto, Pleasanton, Stockton, Tracy and Walnut Creek)*

### **Fremont Swim School –Livermore**

2821 Old First Street  
Livermore, CA 94550  
925-373-SWIM

### **Modesto Junior College Disability Services Center**

Journalism Bldg. 160  
435 College Avenue  
Modesto, CA 95350  
209-575-6225  
Wheelchair Accessible

### **Dolores Bengston Aquatic Center**

4455 Black Ave.  
Pleasanton , CA 94566  
925-484-8171  
Wheelchair Accessible

### **San Joaquin Delta College Disabled Student Programs and Services**

5151 Pacific Ave.  
Stockton, CA 95207  
209-954-5330  
Wheelchair Accessible

### **Joe Wilson Community Pool**

900 West Lowell Ave.  
Tracy, CA 95376  
209-831-4220

### **Clarke Memorial Swim Center – Heather Farm Park**

1750 Heather Drive  
Walnut Creek, CA 94596  
925-943-5856  
Wheelchair Accessible

### **Service First of Northern California Aquatic Therapy Program**

102 W. Bianchi Rd.  
Stockton, CA 95207  
209-644-6324  
Wheelchair Accessible

# Online Resources:

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**American Diabetes Association:**

<http://www.diabetes.org>

**Arthritis Foundation:**

<http://www.arthritis.org>

**MOVE!:**

<http://www.move.va.gov>

**Community Based Exercise Programs:**

<http://www.pamf.org/patients/communityexercise.html#Arthritis%20Programs>

**DASH Diet:**

<http://dashdiet.org/>

**De Anza College:**

<http://www.deanza.edu/specialed/ape/register.html>

**Easter Seals:**

[http://bayarea.easterseals.com/site/PageServer?pagename=CABY\\_ESCC\\_Intro](http://bayarea.easterseals.com/site/PageServer?pagename=CABY_ESCC_Intro)

**HealthierUS:**

<http://www.healthierus.gov/nutrition.html>

**Modesto Junior College:**

<http://www.mjc.edu/mjcAthletics/PE%20web%20sit/PE%20Adapted%20Program.htm>

**Monterey Sports Center:**

<http://www.monterey.org/sportscenter>

**My HealthVet:**

<http://www.myhealth.va.gov>

**National Center for Health Promotion and Disease Prevention:**

<http://www.prevention.va.gov>

**Santa Clara County YMCA:**

<http://www.scvymca.org>

**Swimming Pools within your Area:**

<http://www.clubswim.com>

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Reviewed by the  
Patient Education Committee

CO-036