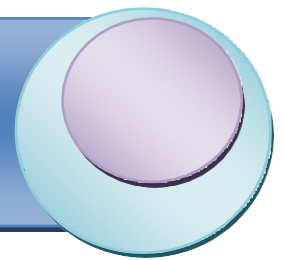


Your Best Health: Adult Weight Management

Reflection journal

Your best health



Introduction to Your best health

So you know that making changes, especially when it comes to health and weight, isn't easy. You may be ready to make some changes but not others. This is normal. You may have many reasons for why you're not ready to make a particular change. It might just be that it's not the right time or you have other priorities.

For each action you're thinking about taking, ask yourself:

- With everything else going on in my life, is this a good time to start this?
- Is this something that's important to me?
- Am I confident that this is something I'll do?

What are your reasons for wanting to make changes to your life?

Go back to the learning module to find out how weight can impact your life.

How does weight impact your life?

How true are these statements for you?

1 – not true

2 – somewhat true

3 – often true

4 – very true

5 – I don't know

I have lots of energy.

1 2 3 4 5

My health is better than it was a year ago.

1 2 3 4 5

My health doesn't get in the way of my social life.

1 2 3 4 5

My health doesn't limit the activities I want to do.

1 2 3 4 5

My health doesn't limit me at work.

1 2 3 4 5

Pain doesn't get in the way of what I want to do.

1 2 3 4 5

I feel upbeat and hopeful.

1 2 3 4 5

Your answers to these statements tell you about the quality of your life.

After you've finished this learning module and have made some changes, come back to these questions again and see if your number has changed. You might want to share your thoughts with your healthcare provider.

Go back to the learning module to find out more about quality of life and your wellness.

How well is your wellness quiz

Rate your wellness for each of the statements on a scale of 1 (poor) to 5 (excellent).

Social wellness: You have positive relationships with family, friends, and community members.

1 2 3 4 5

Physical wellness: You take care of your body by making informed decisions.

1 2 3 4 5

Emotional wellness: You have positive feelings about yourself, you share your feelings, and are optimistic.

1 2 3 4 5

Occupational wellness: You're satisfied with your job, work in a healthy environment, and balance work and family life.

1 2 3 4 5

Intellectual wellness: You're involved in activities that interest you, keep learning, and gain new abilities.

1 2 3 4 5

Environmental wellness: You live in and support a clean and safe environment.

1 2 3 4 5

Spiritual wellness: You live your life with meaning and purpose.

1 2 3 4 5

Go back to the learning module and find out about weight and obesity.

Obesity is complex

Check any of the statements that you can relate to:

- “I seem to gain a little more weight year after year”
- “It’s complicated. My mom struggled with weight her whole life so I know it’s in my genes.”
- “I work at a desk all day and I’m very stressed by the end of the day, so I rarely get the exercise I need.”
- “My weight has been getting away on me and now my heart isn’t happy.”
- “I tried one of those quick fix diet plans but ended up gaining back all the weight. I need a long-term plan.”
- “Trying to deal with this on my own wasn’t working. My health team has really helped over the years.”
- “I really try to make healthy decisions every day. I take the stairs on my coffee breaks.”

Go back to the learning module and find out more about your weight and being healthy.

How is your weight affecting your life?

Check the statements you relate to:

my weight doesn't affect my life

My weight affects my:

quality of life: I just can't do the things I want to do

the way my body functions

my enjoyment with family and friends

my ability to do my job

Go back to the learning module and find out more about how your health can be affected by your weight.

Chronic conditions impacted by weight

Some medical conditions are affected by weight. Managing your weight can lower your risk for many medical conditions.

What areas of your health would you like to work on?

Healthy heart

By managing your weight you can lower your risk of or better control heart disease. This includes hardening of the arteries, heart attack, high blood pressure, high cholesterol, and stroke.

Breathe easier

By managing your weight you can breathe better, lower your risk of or improve sleep apnea. Obesity is also linked with poor asthma control.

Lower risk for prediabetes or diabetes

By managing your weight you can lower your risk of high blood sugars, type 2 diabetes, and high cholesterol.

Healthy joints and muscles

By managing your weight you may be able to move easier and with less pain, especially in your joints and lower back. You may also be able to manage your arthritis better, and even lower your risk of developing arthritis and gout.

Gallbladder and liver problems

By managing your weight, you can lower your risk of having gallstones, or other liver problems such as an enlarged liver, a fatty liver, and cirrhosis.

Cancer

By managing your weight you can lower your risk for different types of cancer, such as: endometrial cancer, breast cancer (after menopause), colorectal cancer, and kidney cancer.

Other conditions:

By managing your weight, you can lower your risk of other health conditions. These include cataracts, problems becoming pregnant, skin problems, and mental health conditions, such as depression and anxiety.

Come back every so often to look at this list to remind yourself why you're making the changes you've decided to make.

Go back to the learning module to find out about what your healthy weight might be.

Your best weight

How will you know if you've made progress?

Check the statements you relate to:

- the quality of my life will improve
- I'll feel better about myself
- I'll have more energy
- my overall health will be better
- my risk of health problems will go down
- I'll be able to do the things I want to do (for example, social, family, travel)

other:

Gaining and losing weight

What has worked for you so far in your weight management journey toward your best health?

Weight loss

As you start to set goals and make changes to lose weight ask yourself these questions:

Are the healthy choices I have made, or plan to make, to lose weight something I can do for the rest of my life?

Are these choices something I can keep doing and still enjoy my life?