



Healthy Weight Resource Guide

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Horizon Health
1-866-882-9791
www.horizoncarelink.com
Login: pascoschools
Password: worklife

A Lifestyle Change



Eating well, exercising, and losing weight are all excellent ingredients for a healthy lifestyle. Choosing a healthy lifestyle - for yourself and your loved ones – lets you all look forward to being more active, feeling happier, and enjoying an overall fit and healthy lifestyle. And that's just the "shortlist" of benefits!

This guide provides you with general information on nutrition, exercise, and the special needs of children and the elderly. For more detailed information or personal guidance, contact the resources and services throughout this guide for professional assistance.

As you begin your journey toward a healthy weight, remember these tips:

- **Talk to your doctor.** It is essential to speak to your doctor before starting a weight loss program. He or she can help identify any areas that you should focus on or avoid, such as fad diets or specific exercises. Your doctor most likely has information on healthy eating, weight loss, and maybe some sample daily eating plans. He or she may also be able to refer you to nutrition professionals.
- **Get support.** Losing weight can be very difficult on your own. The world is full of temptations. Enlist your family and friends for support to help you achieve your goals.
- **Figure out your “triggers.”** Are there certain emotions that make you want to eat? Certain foods that you cannot resist? Do you use food as a reward for yourself? Identify your triggers and find alternative ways to deal with your feelings, resist temptations and reward yourself for your hard work.
- **Think of the “smaller” picture.** Setting an overall goal is a great idea, but you can also feel disappointed with the time it takes to reach that goal. Try to set smaller milestones that you want to reach. This will help you reach your overall goal and to stay positive.
- **Write down all the reasons why you want to lose weight.** It is important not just to recognize your overall goal, but also to identify the reasons behind it. It can be difficult to stay motivated, and a glance at all of those reasons may keep you on track.
- **Educate yourself about foods that are – and are not – nutritious.** Read the labels in the supermarket, and learn how to make more informed selections.
- **Think “exercise.”** We’re not all athletes. And it’s not necessary to become one to lose weight. However, walking more, taking the stairs instead of the elevator, bicycling, swimming, and doing aerobics are all calorie-burning activities that can be relatively easy to incorporate into most lifestyles. Exercise also increases self-confidence, strength and coordination, and can be a social opportunity as well. Each of these is a bonus for you, regardless of your weight goal.
- **Stay positive.** Everyone has good days and bad days. It is important to forgive yourself and move on. The “all or nothing” mindset can be counterproductive when it comes to losing or maintaining weight. No one is perfect, and a completely mistake-free life is not possible.

The Basics of Nutrition

According to the American Dietetic Association, the key to healthy eating is the time-tested advice of balance, variety and moderation. In short, that means eating a wide variety of foods without getting too many calories or too much of any one nutrient. These ten tips can help you follow that advice while still enjoying the foods you eat:

- **Eat a variety of nutrient-rich foods.** You need more than 40 different nutrients for good health, and no single food supplies them all. Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods. How much you should eat depends on your calorie needs.
- **Enjoy plenty of whole grains, fruits and vegetables.** Surveys show most Americans don't eat enough of these foods. Do you eat 6-11 servings from the bread, rice, cereal and pasta group, 3 of which should be whole grains? Do you eat at least 2 servings of fruit and at least 3 servings of vegetables each day? If you don't enjoy some of these at first, give them another chance. Look through cookbooks for tasty ways to prepare unfamiliar foods.
- **Maintain a healthy weight.** The weight that's right for you depends on many factors including your sex, height, age and heredity. Excess body fat increases your chances for high blood pressure, heart disease, stroke, diabetes, some types of cancer and other illnesses. But being too thin can increase your risk for osteoporosis, menstrual irregularities and other health problems. If you're constantly losing and regaining weight, a registered dietitian can help you develop sensible eating habits for successful weight management. Regular exercise is also important to maintaining a healthy weight.
- **Eat moderate portions.** If you keep portion sizes reasonable, it's easier to eat the foods you want and stay healthy. Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is 1 serving and a cup of pasta equals 2 servings. A pint of ice cream contains 4 servings.
- **Eat regular meals.** Skipping meals can lead to out-of-control hunger, often resulting in overeating. When you're very hungry, it's also tempting to forget about good nutrition. Snacking between meals can help curb hunger, but don't eat so much that your snack becomes an entire meal.
- **Reduce, don't eliminate certain foods.** Most people eat for pleasure as well as nutrition. If your favorite foods are high in fat, salt or sugar, the key is moderating how much of these foods you eat and how often you eat them.
- **Balance your food choices over time.** Not every food has to be "perfect." When eating a food high in fat, salt or sugar, select other foods that are low in these ingredients. If you miss out on any food group one day, make up for it the next. Your food choices over several days should fit together into a healthy pattern.



- **Know your diet pitfalls.** To improve your eating habits, you first have to know what's wrong with them. Write down everything you eat for three days. Then, check your list according to the rest of these tips.
- **Make changes gradually.** Just as there are no "superfoods" or easy answers to a healthy diet, don't expect to totally revamp your eating habits overnight. Changing too much, too fast can get in the way of success. Begin to remedy excesses or deficiencies with gradual changes that can add up to positive, lifelong eating habits. For instance, if you don't like the taste of skim milk, try low-fat. Eventually you may find you like skim, too.
- **Remember, foods are not good or bad.** Select foods based on your total eating patterns, not whether any individual food is "good" or "bad." Don't feel guilty if you love foods such as apple pie, potato chips, candy bars or ice cream. Eat them in moderation, and choose other foods to provide the balance and variety that are vital to good health.



Putting It Together

People who are overweight retain more calories than they burn. It is no big surprise then that to lose weight, you must consume less than you burn. One pound is equal to approximately 3500 calories. Decreasing your caloric intake by 500 calories per day will lead to one pound of loss per week.

It is important to understand food labels and portions to get an idea of what you eat per day. Try a food log – *and be honest* – to determine your caloric intake for three days in a row. See how that compares to your Daily Caloric Needs. If it is higher, cut your high caloric foods and portions. If your actual calories per day are too low, the starvation mode will shut down your body's fat-burning mechanisms. Sure, you might lose a few pounds of water weight in the beginning, but your weight loss will stop after a few days.

Use the enclosed Sample Food Log (next page) to help you determine approximately how many calories you eat daily.

Daily Caloric Needs

There is a minimum amount of calories that your body needs to sustain itself while doing *no activity* at all, called your "basal metabolic rate" (BMR). These are the calories burned while your body is at rest and fuels your breathing and organ functioning. This calculation may be based on factors like age, height and weight.

However, BMR is not enough. If you eat less than this many calories, your body enters starvation mode, slowing your metabolism and breaking down muscle – NOT fat – to survive. To determine your *daily caloric needs*, you take into account your BMR plus *activity level*. If you do any activity, your body will require additional calories – *fuel* – to perform those activities.

Try one of these online Daily Needs Calculators to estimate your daily caloric needs:

- www.mayoclinic.com/health/calorie-calculator/NU00598
- www.nutritiondata.com/tools/calories-burned

The Basics of Exercise

According to the Department of Agriculture and the Department of Health and Human Services, Americans should be exercising for at least 30 minutes per day, *every day!* You can get in activity in everyday ways, like taking the stairs instead of the elevator and parking far away from the door in your parking lot. But for even better results, set aside the time to take a brisk walk, bike ride, or attend a session at your health club.

Choosing a Health Club

1. **Choose one that's close** – no more than 10-15 minutes from work or home. If your club is too far away, the inconvenience of getting there can become an obstacle to your going regularly.
2. **Think about what you want to do at your gym.** Do you like aerobics, yoga, jazz, or "step" classes? Are you interested in weight lifting? Do you want certain machinery available like elliptical trainers, stationary bikes and treadmills? Do you want there to be a dietician, nutritionist or other health consultant? Do you plan to use the club to socialize, and, if so, is there a café, restaurant or a calendar of events? Will you want a trainer, and are there trainers available?



Need some extra motivation? Try a personal trainer. Here are some tips for choosing a trainer:

- **Education:** A personal trainer should be certified through a reputable fitness organization such as ASCM or ACE.
- **CPR:** Your trainer should have an updated certification in CPR and/or first aid.
- **Experience:** Make sure your trainer has several years of experience, especially in relation to your goals. For example, if you're a bodybuilder, you want someone knowledgeable in that area.
- **Specifics:** If you have a specific medical problem, injury or condition (such as being pregnant, heart problems, diabetes, etc.) make sure your trainer has education in these areas and will work with your doctor.
- **A good listener:** A good trainer will listen closely to what you say and make sure she understands your goals.
- **Attention:** A good trainer will be focused only on you during your sessions.
- **Tracking progress:** A good trainer will regularly assess your progress and change things if necessary.

For more information on training certifications, check out:

- American College of Sports Medicine (ACSM)
www.acsm.org
- American Council on Exercise (ACE)
www.acefitness.org



The Basics of Exercise

3. You probably won't know the answers to the questions in #2 until you are actually involved in working out. So find a club that seems acceptable for your needs, and then **ask for a trial membership** of a few weeks or a month. Don't hesitate to try out more than one club to see which you prefer.
4. **Remember your budget!** Shop around and be sure not to spend more than you really want to or can afford. Buying into a gym that is more than what's reasonable for you can be a real "disincentive" to continuing your exercise routine.

Children & Weight Control

Much has been said over the last few years about children and their weight. Childhood obesity is an epidemic in this country, and lifestyle changes during childhood can impact a person's entire adult life. By teaching our children to make healthy food choices and encouraging activity, we can help them to avoid chronic diseases such as diabetes and heart disease as adults.



Here are some tips for developing good habits:

- Lead by Example.** One of the most influential ways to teach your child is through example. Just as we teach our children to brush their teeth at least twice a day, we must teach them to develop good eating and exercise habits. Prepare healthy, balanced meals for your children. Cut up fruits and vegetables ahead of time for afternoon snacks instead of reaching for a bag of chips. Avoid keeping soda in the house and drink water and milk instead.
- A Family Who is Active Together is Healthy Together.** Take a bike ride with your children. Go for a nature walk. Take a family trip to the park. Go camping. All of these activities can be done as a family and show your children that there are ways to be active even if they are not athletes. And what a great way to spend the day together!
- Cook With Your Children.** Involving your children in meal preparation is a great way to teach them not only how to be independent, but also to show them how easy is to prepare a healthy meal. Children as young as three years old can get involved in cutting vegetables with a plastic knife; older children can help plan and execute a menu.
- Be Adventurous.** Whether it is through food or activity, have some fun. Use the opportunity to spend time with your children and try new things. Encourage your children to be outside rather than watch television or surfing the internet.

Activity Ideas for Kids

www.presidentschallenge.org

This website has a kids' section that offers activity ideas and an activity log.

www.actionforhealthykids.org

Action for Healthy Kids is an organization created to help children develop the lifelong habits necessary to promote health and learning.

www.nflrush.com/health

This is the website for NFL Play 60, which is a program created by the National Football League and the American Heart Association to encourage physical activity among children. Visit the site for ideas and an activity journal.

Healthy Recipe & Snack Ideas for Kids

www.teamnutrition.usda.gov

This website has a resource library for parents which contains a listing of cookbooks for kids and some "Food Pyramid" based snacks from the USDA.

www.nutritionexplorations.org

This site contains information on healthy family eating, including recipes that can be completed with children.

www.kidshealth.org

Visit this site for some child friendly healthy recipes.

The Elderly & Weight Control

There are a growing number of elderly people dealing with obesity. Old age does not exclude a person from weight gain, nor should it deter someone from trying to manage their weight appropriately or to attempt to address being overweight or obese. Healthy weight management in older people has its own special considerations:

- There are changes in eating habits that occur with growing older. Seniors usually require a lower calorie intake, which requires a change in the quantity and type of food consumed. Also, changes in health may force them (and their caregivers) to pay special attention to their diets. These changes can include diseases such as diabetes and heart disease or the use of certain medications.
- Living alone is a situation commonly faced by seniors. This may cause seniors to be less inclined to obtain or prepare healthy foods for themselves. Seniors who live alone may be having difficulty dealing with the loss of a spouse or social isolation, which may make cooking a meal “not worth it.” Also a senior living alone may have formerly relied on a now deceased spouse to prepare meals and may not know how.

Resources for Older Adults

National Institutes on Aging

Provides information on aging, including articles on exercise and nutrition.

www.nia.nih.gov

(800) 222-2225

AARP Recipe Database

This website allows for recipe searches based on ingredients, dietary restrictions and other criteria.

www.aarpmagazine.org/food/recipeguide

International Council on Active Aging

Provides information on fitness that is specifically geared to older adults.

www.icaa.cc

AARP Activity Calculator

www.aarpfitness.com

This website provides a fitness calculator and other fitness features for older adults.

- Seniors frequently live with fixed and/or limited financial resources. Thus, the cost of food may also be a deterrent to maintaining adequate nutrition habits.
- Deteriorating health can also cause a senior to not be physically able to obtain or prepare nutritious foods.

A Note on Exercise and the Elderly

As with any age group, seniors should consult a physician and possibly a credentialed fitness professional before starting an exercise program, especially if they have any health conditions.

Before starting, seniors should set realistic short and long-term goals they expect to reach by exercising. Seniors should also know when to stop exercising, for example when they encounter symptoms such as pain, dizziness or shortness of breath. Starting slowly is important, especially for a senior who has not been involved in regular exercise for a while.



Workplace Weight Management

It is not an easy task to stay motivated at work. Stress, temptation and time constraints can lead to fast food runs and overeating. Try to enlist support from your co-workers and even management to help you reach your goals.

Here are some workplace weight management tips:

- **Make a preemptive strike against unhealthy snacking.** Bring a piece of fruit, a container of yogurt or some cut up vegetables to work with you. When you feel the urge or need to snack, reach for your healthy alternative rather than a bag of chips.
- **Approach your HR about some “Get Healthy” teams.** Whether it is a weight-loss contest, walking teams or small support groups; getting healthy can be a great team building exercise.
- **Park just a little bit further...** Instead of driving around looking for the closest space, use that time to get in a quick walk. Park a little further and use the stairs instead of the elevator.
- **One less soda a day keeps the calories away.** Researchers from Harvard found that by drinking one less can of soda per day can add up to losing more than one pound per month.
- **Stand to speak.** You can burn more than 50 calories a day just by standing when you are on the phone. Even more if you pace!
- **When a bargain isn’t worth it.** Just because it says value does not mean it is so. It may be less expensive to buy a meal that comes with fries and a large soda, but the total calories are not worth it. Overeating at lunch can also make you feel bloated and tired. It is always better to avoid fast food, but when in a pinch try a salad or a grilled chicken sandwich – and leave off the fries and soda.



Exercise at Your Desk

Try some of these exercises at your desk for a quick “lift” while you burn some extra calories:

Wrist Stretch: Extend one arm out front, palm up and grab fingers with other hand. Gently pull your hand down to stretch the forearm. Repeat other side.

Back Twist: Sit upright in chair and place your left arm behind left hip. Twist to the left and hold, repeating on other side.

Leg Extension: Sit in your chair, abs in. Extend your left leg until level with hip. Hold for 2 seconds, repeat other side.

Hip Flexion: Sitting in your chair, lift your left foot off the floor a few inches, knee bent. Hold 2 seconds and repeat other side.

Inner Thigh: Place full water bottle between your knees and, keeping your abs in, squeeze bottle gently. Repeat.

Front Raise: Sit in your chair, abs in and spine straight. Hold water bottle in your right hand and raise your arm up to shoulder level. Hold 2 seconds and repeat other side.

Bicep Curl: Hold water bottle in your right hand and, with your abs in and spine straight, curl bottle towards shoulder. Repeat other side.

Ab Curls: Cross your arms over your chest and sit up straight. Contract your abs and curl shoulder towards hips, pulling abs in. Hold for 2 seconds and repeat.



Getting Support

If you or your loved ones need some extra support to reach your goals, don't forget about the many programs and support systems that are out there. Among them are:

- **Registered Dietician.** If you're having trouble figuring out your diet, consider contacting a Registered Dietician. These professionals have passed an extensive training, credentialing, and continuing education process.
- **Support Groups.** Provided through organizations such as Overeaters Anonymous and Obesity Action Coalition, support groups are a great way to meet with people of similar goals to help one another stay on track. These organizations have local chapters throughout the country – sometimes worldwide – which are typically free to attend.
- **Weight Loss Programs.** There are a myriad of weight loss programs out there, including Weight Watchers, Jenny Craig, and NutriSystem. There is a fee associated with these programs, often monthly. Many offer web-only programs. All of these programs offer different benefits and supports, and none are the perfect fit for everyone. Do your research if you decide to go this route.
- **Cognitive Therapy.** Cognitive therapy is relatively short-term and focuses not on your early childhood experiences, but on how you are thinking, functioning and communicating today. Cognitive therapy is action-oriented, helping the client learn self-help skills to gain freedom from real-life issues like overeating, smoking, alcohol abuse, marital conflict, panic and other problems.
- **Hypnotherapy.** Some clinicians use hypnosis as a form of treatment during which the patient enters a "trance" and is then more receptive to suggestion. Suggestions can include eliminating smoking, phobias, stress, and obesity, among other maladies.
- **Surgery.** In some extreme cases, a physician may suggest surgical options, such as gastric bypass surgery. These are very serious procedures that require an intensive screening process and long recovery.



National Support Resources

The information listed in this section is for referral purposes only. Horizon Health does not endorse, recommend or vouch for the quality of the services provided by the organizations listed in this section. We leave it to your good judgment to contact and select the people, products and services that best match your individual needs, costs, and standards. Please use caution in choosing services for yourself and/or your family.

My Pyramid.gov

Telephone: 1-888-7-PYRAMID (888-779-7264)

Website: www.mypyramid.gov

Description: From the United States Department of Agriculture, MyPyramid.gov offers a free personal eating plan, tips on balancing food and activity, and assessments and tools to stay within your daily caloric needs.

Weight Control Information Network (WIN)

Telephone: 1-877-946-4627

Website: www.win.niddk.nih.gov

Description: WIN is an information service of the National Institute of Diabetes and Digestive and Kidney Disorders (NIDDK). It is also associated with the U.S. Department of Health and Human Services. WIN provides the public, medical professionals, the media, and Congress with current and scientifically based weight-loss information. Publications on nutrition, physical activity and weight loss may be obtained by telephone or through their website.

American Dietetic Association

Telephone: 1-800-877-1600

Website: www.eatright.org

Description: The American Dietetic Association is an organization of nutrition professionals. Its mission is to promote healthy eating and good nutrition habits. This organization provides information on several nutrition-related topics, including weight loss, and also allows consumers to search for nutrition professionals, such as Registered Dietitians. The information is available on their website or by telephone.

Obesity Action Coalition (OAC)

Telephone: 1-800-717-3117

Website: www.obesityaction.org

Description: The goal of OAC is to educate patients, family members and the public on obesity. They also work to improve access to medical treatments for obese patients, advocate for safe and effective treatments, and strive to eliminate the negative stigma associated with obesity. They have a library of materials and local support group listings which can be accessed online.

Take Off Pounds Sensibly (TOPS)

Address: 4575 South Fifth Street

Milwaukee, WI 53207

Telephone: 1-414-482-4620

Website: www.tops.org

Description: TOPS is a worldwide non-commercial weight loss support organization. Meetings are available throughout the United States and usually include a private weigh-in followed by a discussion about weight-loss related topics. You may locate a meeting by visiting their website or calling.



National Support Resources

Overeaters Anonymous (OA)

Telephone: 1-505-891-2664

Website: www.oa.org

Description: OA is a group of people who, through their shared experiences, work together to overcome compulsive overeating. OA uses a twelve-step model, similar to the one used by groups like Alcoholics Anonymous. You may locate a meeting by calling or visiting their website.

Shape Up America!

Website: www.shapeup.org

Description: Shape Up America! is a not-for-profit organization committed to raising awareness of obesity as a health issue and to providing responsible information on healthy weight management. Through the website, you can access the most current resources on obesity and nutrition, use the Motivation and Maintenance Centers to reach your weight goals, share your own story with others who are struggling with weight, and request support.



Local Resources

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Pasco County Health Department

Address: 10841 Little Road, New Port Richey, FL 34654

Phone: (727) 861-5250

Description: This agency offers nutrition counseling services and educational services regarding weight management. The cost for nutrition counseling services is on a sliding scale based upon income. A physician referral may be required for some services through this agency. Programs are offered at the main office (listed above) and at additional locations in the county.

Pasco Regional Medical Center

Address: 13100 Fort King Road, Dade City, FL 33525

Phone: (352) 521-1100, x1483

Contact: Kathy Lamonda, Living with Diabetes Program Director

Description: This hospital offers a program called "Living with Diabetes", which provides services such as nutrition counseling and exercise planning. A physician referral is required to begin the program. Interested individuals must call to schedule an initial assessment. Individuals who decline to seek coverage through their health insurance and opt to pay privately are charged \$36 for the assessment and 6-week program. The current program takes place on Tuesdays and Thursdays from 1:00 PM to 3:30 PM. A new program will begin on October 27, 2009. Please contact Kathy to register or for further information.

Regional Medical Center – Bayonet Point

Address: 14000 Fivay Road, Hudson, FL 34667

Phone: (727) 869-5498

Website: www.rmchealth.com

Description: This hospital offers free community education for several topics. Some education events are related to nutrition. Currently, there is a glucose and cholesterol screening program scheduled for November 17th, 2009. For more information or to register, you may call. Listings of upcoming community education programs are available in the "Classes & Events" section of the website, which is listed under "Patients & Visitors". Community education programs are also announced in local newspapers.

New Port Richey Parks & Recreation Department

Address: 6630 Van Buren Street, New Port Richey, FL 34653

Phone: (727) 841-4560

Website: www.cityofnewportrichey.org

Description: In addition to public parks, the New Port Richey Parks & Recreation Department has a recreation and aquatic center. Membership at these centers is open to city residents (\$30/month for adults) as well as non-residents (\$60/month for adults). Different rates apply for family groups, children and senior citizens. Classes are available for additional fees.



Local Resources

East Pasco YMCA

Address: 37301 Chapel Hill Loop, Zephyrhills, FL 33542

Phone: (813) 780-9622

Website: www.tampaymca.org

Description: This is a branch of the Tampa Metropolitan Area YMCA, which offers fitness, recreation and aquatics facilities. An adult membership is currently \$50/month, plus a one-time \$39 joining fee. Different rates apply for family groups, children and senior citizens. Classes are available for additional fees. Information about programs and services available to members and non-members is available at the website.

NPR SunTrust YMCA

Address: 6130 US Highway 19, New Port Richey, FL 34652

Phone: (727) 844-0332

Website: www.ymcasuncoast.org

Description: This is a branch of the YMCA of the Suncoast, which offers fitness, recreation and aquatics facilities. An adult membership is currently \$44/month, plus a one-time \$75 joining fee. Different rates apply for family groups, children and senior citizens. Classes are available for additional fees. Information about programs and services available to members and non-members is available at the website.

Pasco County Parks & Recreation

Address: 4111 Land O' Lakes Boulevard, Suite 202, Land O' Lakes, FL 34639

Phone: (813) 929-2760

Website: www.pascocountyfl.net

Description: The county parks department operates several parks and recreation centers. They are free to use. There is no fitness equipment or programming at the recreation centers. Call or visit the "County Agencies" section of the website for more information.

TOPS-Taking Off Pounds Sensibly Gulf Coast Area Chapter

Toll-Free: (800) 932-8677

Area Contact: Nancy Hughes, Area Coordinator, (239) 348-7851

Description: This is the chapter of TOPS serving the Pasco County area. Those who are interested in attending a meeting may call to find convenient meeting times and locations. Generally, attendance at the first meeting is free. Membership is generally \$26/year, plus chapter dues. Meetings are held weekly and begin with a weigh-in. The meetings are peer led, but may have a guest speaker.

Overeaters Anonymous Freedom Intergroup

Phone: (800) 544-6353

Website: www.oafreedom.org

Description: This intergroup serves Pasco, Citrus and Hernando Counties in Florida. The toll-free number and the website provide information on meetings in those counties.



Support from Horizon Health

Telephonic Services

Call: 1-866-882-9791



Don't forget that you can also contact Horizon Health for additional counseling, research and referral services. In addition to local weight loss resources in your area, Horizon's WorkLife Specialists can help with almost any everyday need – child care, adult/elder care, convenience services – to take some of the stress off of you.

Online Services

You may also choose to take advantage of Horizon's web resources, or use the web in combination with telephonic consultation. To help provide maximum web-based assistance to members, Horizon's website offers articles and videos regarding health and wellness. All of this material can be accessed through the *My Health* section, and includes:

- Articles and Videos on Nutrition, Diabetes, Diet and Weight Loss
- Self Assessments
- Calorie Counters and Recipes
- Workout Planner
- Fitness Club Locator and more!



Visit: www.horizoncarelink.com

Username: pascoschools

Password: worklife



Using This Guide

Healthcare/Nutrition

Starting your journey towards healthy weight loss and healthy weight management should begin with a visit to your doctor. Your doctor can provide guidance about healthy weight management. You may also want to consult a nutrition professional, such as a Dietitian.

Support

Getting support from others is vital to achieving your weight-loss goals. In addition to friends or family, you may want to enlist outside help. Support groups offer the assistance and support of people dealing with a similar situation. Organizations such as OA, TOPS can provide information on local chapters/groups in your area.

If your eating habits are triggered by emotions or stress, you may want to consider individual counseling. You may obtain referrals for individual counseling through the District School Board of Pasco County's Employee Assistance Program. Call **(813) 794-2366** to schedule an appointment and visit the EAP website, <http://ebarm.pasco.k12.fl.us/pages/eap.html>

Exercise and Fitness

Your exercise needs will vary depending on your plan for weight loss and fitness. If you choose to go to a gym or fitness center, your Horizon program can provide information on gyms or fitness centers in any area. This service is available through the "My Health" section under "Self-Help" on the following website: www.horizoncarelink.com, login: pascoschools, password: worklife.

You may prefer to consult a professional trainer about an exercise plan. Professional trainers may be available at many gyms or fitness centers in your area. Professional trainers should be credentialed or certified through reputable professional fitness organizations (See "The Basics of Exercise").

WorkLife Services

Should you need any further assistance or if you have any questions regarding this or other needs please do not hesitate to call Horizon. The WorkLife division of Horizon can provide additional information or assistance regarding weight management and many other topics including child care, care for elderly or disabled adults and other day to day needs.