



Break Through Your Set Point

Finally Lose the Weight and Keep it Off!

Lesson Five Activity Workbook



Lesson Five Weekly Topics and Activities

This Week's Topics

- » Exercise vs. Physical Activity
- » Strategies for Moving More
- » Substitutes in the Kitchen
- » Choosing Carefully on a Menu

This Week's Tasks

- » Keep track of your daily intake and assess R-K-O status daily
- » Practice using Eat Less Strategies: 450 in 20 minutes, measure portion sizes
- » Add more activity minutes
- » Record any questions, thoughts or feelings you have throughout the week to share during the group chat.
- » Weigh yourself to get a starting measurement

This Week's Activities

- » Identify common excuses that get in the way of exercise
- » Learning more about substitutions
- » Chat with Kristina Spellman Wednesday, August 12 at 1 p.m.



Activity 1: What is getting in the way of exercise?

Common excuses that get in the way of exercise:

- » Write down some common excuses for not fitting in exercise. Brainstorm some ways to overcome those excuses. During our online chat this week we will share some of our common excuses and strategies for breaking through them.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Which ones do you identify most with:

Strategies for overcoming excuses to exercise:

1. _____
2. _____
3. _____
4. _____



Activity 2: Substitutions to eat well

Common excuses that get in the way of exercise:

- » Take a look at a few menu items below. What are some substitutions that you could ask your server for or “eat well” strategies you would put into practice once you were served?

Menu Item	Substitutions
Fried cod served with asparagus drizzled with hollandaise sauce and garlic mashers.	
Bacon Blue Cheese Burger served with pickle and your choice of curly fries, chips or chowder.	
Marinated steak tips served over white rice and yellow-squash in lemon butter sauce.	
Haddock drizzled with lemon butter sauce, fried zucchini strips and rice pilaf.	
Chopped salad with blue cheese, avocado, bacon, tomatoes, crouton strips and creamy dill dressing.	