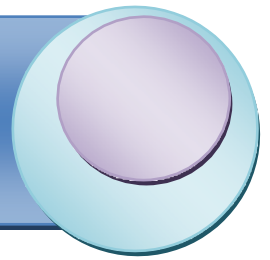


Your Best Health: Adult Weight Management Reflection Journal Your Best Health



Introduction to Your Best Health

Making changes, especially when it comes to health and weight, isn't always easy. It's normal that you may be more or less ready to make some changes over others. There are many reasons that you may or may not be ready to make a change; these might include 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?

Something to think about...

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

Does Weight Impact Your Life

How true are these statements for you? (1 isn't true, 2 is somewhat true, 3 is neutral, 4 is often true, and 5 is very true)

I have lots of energy.

1 2 3 4 5

Compared to a year ago, my health is better.

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 kind of 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 do.

1 2 3 4 5

I feel upbeat and hopeful.

1 2 3 4 5

Total /30

You've rated the quality of your life a ____ out of 30. After you've finished this self-learning module and have made some changes, review these questions once in a while. You might want to share your thoughts with your healthcare provider.

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: positive relationships with family, friends, and community members.

1 2 3 4 5

Physical wellness: taking care of one's body by making informed decisions.

1 2 3 4 5

Emotional wellness: positive feelings about oneself, sharing one's feelings and being optimistic.

1 2 3 4 5

Occupational wellness: satisfaction with one's job, working in a healthy environment, and balancing work and family life.

1 2 3 4 5

Intellectual wellness: engaging in stimulating activities, expanding knowledge and abilities.

1 2 3 4 5

Environmental wellness: living in and supporting a clean and safe environment.

1 2 3 4 5

Spiritual wellness: living a meaningful and purposeful life

1 2 3 4 5

Obesity is Complex

Check any of the statements you 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.”

Chronic Conditions Impacted By Weight

Different medical conditions are related to weight. Managing your weight can lower your risk for many medical conditions.

Check the statements that apply to you:

What parts of your health would you like to improve?

Healthy heart

By managing your weight you can lower your risk of or better control heart disease, including 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 (if you have it) and even lower your risk of developing arthritis and gout.

Gallbladder and liver problems

Having obesity increases the chance of having gallstones. It's also linked with 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 such as cataracts, problems becoming pregnant, skin problems, and mental health conditions, such as depression and anxiety.

Your Healthy 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 (e.g., social, family, travel)

Other:

Your Health Risk: Measuring your BMI and Waist

If you did any of the measurements today, how would you rate your measurements? (1 is worse than I expected. 5 is better than I expected.)

1 2 3 4 5

Your Healthy Weight – Obesity

Check the statements you relate to:

How is your weight affecting your life?

It doesn't affect my life

It affects my:

Physical Health

Mental or Emotional Health

Social Health

Economic Health

Stop Gaining Weight

What's worked for me so far in my weight management journey towards my best health?

Weight Loss

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

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