UT Extension
SP 706

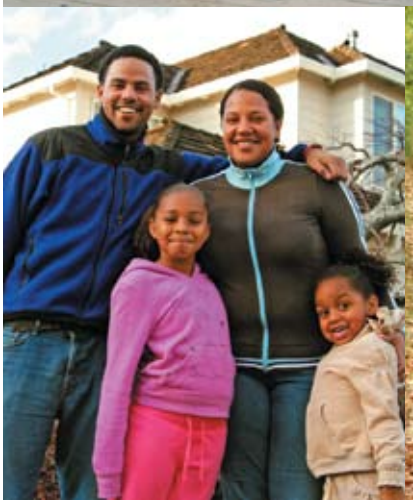
TENNESSEE Shapes UP

Department of Family and Consumer Sciences

A Weight Management Program for GOOD HEALTH

Betty Greer, PhD, RD, Professor and Nutrition Specialist






Do you need to lose weight?

If you are like most people, you answered "yes." Did you know that being overweight is **DANGEROUS** for your health?

If you answered no, you should avoid gaining excess weight. Extra pounds can gradually increase until you become overweight. Practices adopted while you are at your best weight can prevent obesity. If you are already overweight, losing a few pounds may help you prevent diabetes and other diseases.

Excess body fat, especially fat around your waist, produces substances that act like slow poisons in your body. This can lead to diseases such as diabetes, arthritis, heart disease, high blood pressure, some types of cancer, strokes, Alzheimer's disease and other forms of dementia, disability and EARLY DEATH.

Tennessee Shapes Up, an educational program, consists of a series of lessons to help you gain the tools you need for healthy living. You will learn how to control your weight and reduce your risk for chronic diseases.

You can improve your health as well as your family's health. It is never too late to adopt healthy habits. However, when your children adopt healthy habits early, it has the greatest impact on their health. Remember, children are like sponges; they absorb everything around them...even eating habits!

You will learn how to lose weight safely.

Many popular diets promise incredible weight loss in a short period of time. This may lead to serious health problems. The ***Tennessee Shapes Up*** program promotes sound, healthy weight loss practices that fit each person's individual lifestyle. You will be able to make healthy living a habit.



You will learn how to choose a healthy diet on a tight food budget.

You will learn how to choose healthy foods your family will like, yet stay within your budget.



Tennessee Shapes Up Lessons



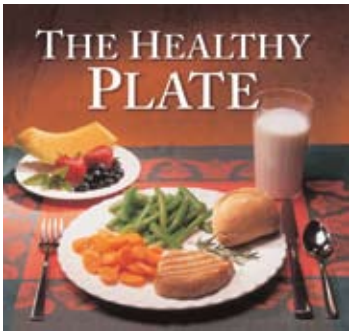
Shaping Up and Slimming Down

You will learn simple steps for weight management. The knowledge and tools gained in this lesson will help you get started toward a healthy life.

Estimate Your Calorie Needs

Most people do not know how many calories they eat each day or how many they need. In this lesson, you will learn how to estimate your calorie needs and how to choose a balanced diet to avoid eating too many calories.

Balance Your Calories for Weight Control



Many overweight people eat most of their calories between the hours of 5 and 8 at night. Distributing calories over the entire day can be difficult. You will learn easy strategies to help you visualize your portion sizes and receive tools to help you balance your calories over the entire day.

Eat Breakfast

Overweight people tend to skip breakfast more often than those who are of normal weight. Children learn better in school and adults do better on the job when they eat breakfast. You will learn how to ensure that your family eats a healthy breakfast while juggling a busy schedule.

Move More

You don't have to go to a gym to be physically active. You will learn how to add physical activity into your daily routine.

Make Small Changes for a Big Difference

Did you know that you can gain 26 pounds in a year just from drinking a 20-ounce soft drink each day? You will learn how you can make small changes to prevent a lot of weight gain.



Make Family Mealtime a Priority

Our lives seem to be more and more hectic. Family time is very limited, but eating together as a family is important for good nutrition and preventing obesity. This lesson focuses on ways to promote family mealtime.

Eat a Rainbow of Colors

Did you know that filling your plate up with colorful fruits and vegetables helps protect you from disease? You will learn why green, red, yellow, orange, blue, purple and white fruits and vegetables protect your health.



Curb Emotional Eating

Do you catch yourself eating because you are stressed, frustrated, unhappy or lonely? This lesson will help you learn how to be sensitive to when, what and why you eat throughout the day and help you curb emotional eating to avoid eating too many calories.

Choose Healthy Carbs

You will learn the difference between healthy and unhealthy carbohydrates (carbs) and why healthy carbs are important for weight management.



Shop for Good Health

Making healthy choices in the grocery store is a critical step in keeping your family healthy. You will learn how to choose healthy foods that fit into your food budget.

Tennessee Shapes Up was developed by specialists in the UT Extension Family and Consumer Sciences Department. These specialists are Betty Greer, PhD, RD; Carrie Barker; Denise Brandon, PhD; Janie Burney, PhD, RD; and Barbara Clarke, PhD, RD. Mansi Barot, UT nutrition student, worked on this publication.

Tennessee Shapes Up is available through your county UT Extension office.

For more information, contact your county Extension agent or Betty Greer, PhD, RD, Professor, UT Extension Family and Consumer Sciences. (bgreer@utk.edu, 865-974-7402.)

local contact:

THE UNIVERSITY of TENNESSEE UT
INSTITUTE of AGRICULTURE

Visit the UT Family and Consumer Science Web site at http://fcs.tennessee.edu

10-0010 SP706-10M-7/09 E12-5315-00-004-10

Copyright 2005 The University of Tennessee. All rights reserved. This document may be reproduced and distributed for nonprofit educational purposes providing credit is given to University of Tennessee Extension.
Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.