



## Introduction

What we all want is to feel good in our own skin. After all, isn't that what health is about? We want to feel connected to those we love most. We want to have the emotional resilience needed to cope with life's challenges, and to have a positive attitude that helps us feel grateful and enjoy living. To do this, we need healthy bodies, minds, and spirits. The authors of this guide believe that when the body gets into motion, it unlocks parts of the mind and spirit that are a reservoir of energy and goodness. This indescribably wonderful source of energy is amplified when we Run/Walk/Run with others. Our physical bodies function at their highest level when they are nourished by healthy foods. Chances are you're not eating as well or being as active as you'd like to be — hardly anyone is. That's why we got together to write this guide to the HER Prescription program. HER stands for Healthy Eating and Run/Walking. It's for us...It's for her...it's for you!

This book guides you through a proven sequence of actions you can take over the next 30 weeks to change your habits and start a path to feeling better, more energetic, and more connected to others. Think of this book as an action guide that combines the knowledge and experience of a highly respected Run/Walk coach with real world advice from two primary care medical doctors. All three of us have used what we present here in our own lives, the lives of our families, and the lives of thousands of women we have

coached or seen as patients. We know it works.

Every day, each of us can take control over our exercise, our eating and our attitude by having specific cognitive strategies. Having a specific strategy is key for motivation. Our step by step process gives you control and focus—it can empower you to make many positive changes in your life. Your health, the health of your family and community ALL benefit.



The first chapter (chapter 1) focuses on journaling and teaches you how and what to record about your health. You learn to log the essentials for health: sleep, exercise, quality of food and meals. You also learn how to track and record the health numbers of interest to you. You will create a “Starting Line” for yourself as you begin recording and envision the "Finish Line."

Chapter 2 helps guide you to a successful start. We cover common health considerations for women beginning the HER Prescription program.

In Chapter 3, we help you choose the HER Prescription that is right for you. We cover the specifics of three different training program options: Rx Run/Walk GET STARTED, Rx Run/Walk KEEP GOING, and Rx Run/Walk BURN FAT. Each Rx Run/Walk has a 30 week training program proven to help you reach the fully prescribed dose.

To reach your health goals, your Rx Run/Walk should be combined with a prescription about what you eat. We call this your Rx Eat. Your prescribed Rx Eat (Chapter 4) tells you what to eat, how often to eat, and how to record this in your health journal.

In Chapter 5, we set you up for success with healthy eating. You learn why sleep is fundamental to health and helping us choose healthy foods. We give you tools for meal planning, grocery shopping, and “perfect score” recipes that fit with your Rx Eat. We offer tips to address common challenges while following your Rx Eat.

In Chapter 6, we rely on best available medical evidence to tell you how your HER Prescriptions can help you meet specific health goals. We take a look at how the prescribed Rx Run/Walk and Rx Eat improve common health conditions including: high blood pressure, high cholesterol or lipids (fat in the blood), heart disease, osteoarthritis (aching bones or joints), breathing difficulties such as asthma or COPD, diabetes, and anxiety/depression. For some women, these health conditions are related to excess weight. That’s why, throughout the book, we provide specific details for finding your healthy weight. Those seeking to lose weight are coached up to the 30 week fully prescribed dose of Rx Run/Walk and Rx Eat and asked to maintain it for at least 3 months. On the weight loss track, you can expect to lose about 0.5 to 1lbs weekly (20 to 50 pounds over 1 year) and be feeling a whole lot better!

For those who have been hospitalized with medical conditions such as a heart attack (myocardial infarction), heart rhythm problems, cancer, stroke, or lung disease, we strongly recommend you discuss and follow a specific rehabilitation program under the supervision of your doctor. For the millions who have not been hospitalized but have been diagnosed with a chronic condition or illness for which you see a primary care provider, this book uses medical evidence, quality meal plans, and a well-established training program’s approach to provide the fundamentals you need to know to improve your health.

Use this book as an action guide and follow it step by step. Cut out and copy the journal pages and tape them to your refrigerator. Like prescriptions for medicines, these prescriptions only work if you take them regularly and carefully follow the instructions.

Are you ready? Let’s get started. Look forward to feeling better, happier, more alive and engaged in your everyday life as you move through this. It’s an amazing feeling and worth your time and dedication. You can do it...and will be so glad you did!



**Chapter 1) Journal -- Your Journal will Inspire You** (and will be a pivotal part of your success in reaching your health goals)

Improving your health depends on becoming an expert on your own mind, body, and spirit. The key to becoming such an expert is being rigid about organization, note-taking/record-keeping, and time for personal reflection. Women who are most successful in achieving their health goals have cultivated the habit of recording four variables each day: sleep, exercise, food, and health numbers. We believe the reason these women are so successful in achieving their health goals relates to their habit of keeping a health journal that harnesses focus, attention, motivation, and insight. A journal is not only essential in gaining knowledge about yourself. The act of gathering the data and recording in your journal is the most important action you can take because it activates your problem-solving brain—giving you control over your daily activities and food choices. This puts you in command of each area of your health, every day.

The Health Journal prompts you to record daily and reflect weekly. Each day has the following four parts: 1) Sleep Metrics 2) Exercise Matters 3) Food Score 4) Meal Log. In addition, there is a three-part Weekly Report Card to help you summarize progress, chart important health numbers, and hone-in on what works for you.

The Health Journal is designed to help you navigate meaningful conversations with your doctor. Share your journal with your doctor with the following goals:

- ✓ Your doctor reviews information you feel is important to your health and well-being.
- ✓ Your doctor has better numbers upon which to base medical decisions.
- ✓ You are an active partner with your doctor in recognizing trends and patterns

related to how you feel.

### **Getting Started: How to Create Your Own “Starting Line” Using the Health Journal**

Where are you starting from? Knowing this will help you develop the right expectations of yourself and others. It will also give you a better understanding of your progress when you look back over the weeks and months.

What you will need:

- a digital scale that can also measure body fat composition
- a flexible tape measure
- Pedometer or other device that counts steps such as a smart phone or watch
- commitment to filling out the Health Journal for 7 consecutive days starting with Monday



Your Starting Line consists of the following measurements:

1. Body Weight
2. Body Fat Composition
3. Waist Circumference

AND

One week's worth of recording sleep metrics

AND

One week’s worth of exercise matters

AND

One week’s worth of recording everything you eat.

Step 1) Locate the “Starting Line” Journal Pages in the Appendix. Tear them out and copy them (or use the originals). They look like this:

WEEK # \_\_\_\_ Date: \_\_\_\_\_ - \_\_\_\_\_

MONDAY			STARTING LINE REPORT CARD		
SLEEP METRICS	EXERCISE MATTERS	MEALS	HEALTH NUMBERS		REFLECTIONS
Sleep Estimate: _____ continuous/interrupted	Run/Walk (min): _____	BREAKFAST	Weight: _____		I feel...
Quality: _____	Steps: _____	AM SNACK	Waist: _____		
Time I got in bed: _____		LUNCH	Body Fat%: _____		What works well for me?
Time I woke up: _____		PM SNACK	BP: _____ / _____		
		DINNER			
TUESDAY			FRIDAY		
Sleep Estimate: _____ continuous/interrupted	Run/Walk (min): _____	BREAKFAST	Sleep Estimate: _____ continuous/interrupted	Run/Walk (min): _____	BREAKFAST
Quality: _____	Steps: _____	AM SNACK	Quality: _____	Steps: _____	AM SNACK
Time I got in bed: _____		LUNCH	Time I got in bed: _____		LUNCH
Time I woke up: _____		PM SNACK	Time I woke up: _____		PM SNACK
		DINNER			DINNER
WEDNESDAY			SATURDAY		
Sleep Estimate: _____ continuous/interrupted	Run/Walk (min): _____	BREAKFAST	Sleep Estimate: _____ continuous/interrupted	Run/Walk (min): _____	BREAKFAST
Quality: _____	Steps: _____	AM SNACK	Quality: _____	Steps: _____	AM SNACK
Time I got in bed: _____		LUNCH	Time I got in bed: _____		LUNCH
Time I woke up: _____		PM SNACK	Time I woke up: _____		PM SNACK
		DINNER			DINNER
THURSDAY			SUNDAY		
Sleep Estimate: _____ continuous/interrupted	Run/Walk (min): _____	BREAKFAST	Sleep Estimate: _____ continuous/interrupted	Run/Walk (min): _____	BREAKFAST
Quality: _____	Steps: _____	AM SNACK	Quality: _____	Steps: _____	AM SNACK
Time I got in bed: _____		LUNCH	Time I got in bed: _____		LUNCH
Time I woke up: _____		PM SNACK	Time I woke up: _____		PM SNACK
		DINNER			DINNER

Step 2) Record your starting body weight and body fat composition. Starting on Monday morning, get up, pee, and get onto the digital scale. Weigh yourself in the nude before taking a shower, then record it. Record your body fat composition percentage, a number you get from your digital scale.

Reasons for knowing your starting body weight are self-explanatory, but why should you also know your body fat composition? Two reasons. First, body

weight fluctuates. From day to day, the amount of water our bodies hold changes our weight without giving us much information that pertains to health. Second, in the first few weeks and months, your weight might not change at all. This is because as you exercise, your muscles will strengthen and grow. Muscles weigh more than fat. So, as you lose fat, you might not lose weight. Nevertheless, you'll be healthier than you were before you started. One way to measure this healthy trend is by checking to see if your body fat composition goes down. Health, not weight loss, is the real goal here.



Step 3) Before you put on any clothing, measure your waist circumference. To do this correctly, stand up straight. Your waist is located above your belly button and below your rib cage. Hold the end of the tape measure just above your belly button and bring it around your waist to the front. Be sure to place the tape measure directly on your skin and snugly but without digging into it. The measuring tape should be parallel to the floor. Don't try to suck your gut in! Look at the place on the tape where the zero end meets the other end of the tape measure. The location of this meeting point is your waist measurement. (Resource: Wiki How <http://www.wikihow.com/Measure-Your-Waist>).



Step 4) Record the total time you spend walking or running. Record the number of steps you took each day.

Step 5) Start estimating how much you sleep. Note whether sleep was interrupted. Describe sleep quality as poor, fair, or good. Note the time you get into bed and the time you wake up.

Step 6) Write down everything you eat and drink. Note the approximate time of day. For now, don't worry about trying to count calories, but do try to estimate your portion sizes.

### **Your First Week -- How to Begin and Continue**

In order to get the most accurate record for your Starting Line, you'll have to keep the journal with you at all times. It should be on your night stand at night and in your purse or brief case if you go out. If you forget to record something, note it down later in the correct place as best as you can and as soon as you can. Consider setting an alarm or even several alarms to help you remember to write down your meals and snacks. At the end of every day, review the entry and plug any holes you find.

### **Keep Going with Journaling for Healthy Weight**

As you make your way through this book, we will make recommendations for

increasing the level of detail in your journal. Here are some overarching suggestions:

- ✓ Weigh yourself once weekly at most. Do this in the morning. Get up, pee, and weigh yourself in the nude (before taking a shower), and then record your body weight and composition. Weighing yourself more than once per week is probably a waste of time. Since it takes about one to two weeks to lose 0.5 to 1 pound of fat, you are not likely to see meaningful changes in your weight in less than one week's time.



- ✓ Reflection on daily, weekly, and monthly frequencies will help you identify the most useful strategies for weight loss. You will feel some enthusiasm as you learn more about yourself.
- ✓ Record the health metrics/numbers of interest to you. Not every number will fit with your needs. For example, fasting blood sugar, resting heart rate, and blood pressure are not necessarily something you need to track if you don't have health conditions that relate to these. In chapter 10, we will teach you more about medical conditions and make recommendations for additional health numbers which might be important for you to measure and record in your journal.
- ✓ Your journal should help keep you on track and help you identify specific areas where you need to improve so that you can reach your health goals. For this

reason we recommend you total and chart your numbers week-by-week. At the end of each week, add summary information to the Week Log found in the Appendix. The Week Log looks like this:



My Progress Week By Week								
	# Days Slept ≥7 hours	Resting Heart Rate	Blood Pressure	Fasting Blood Glucose	Total Distance Walk/Run	# Days Food Score ≥ 6	Weight (lbs)	Fat %
Starting Line								
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								
Week 13								
Week 14								
Week 15								
Week 16								
Week 17								
Week 18								
Week 19								
Week 20								
Week 21								
Week 22								
Week 23								
Week 24								
Week 25								
Week 26								
Week 27								
Week 28								
Week 29								
Week 30								

Cross out any column you do not intend to record. For example, if you do not have a glucometer (a machine for checking blood sugar) you will not be recording in the fasting blood sugar column.

### **Know Where You're Going -- How to Create a "Finish Line"**



When it comes to healthy habits like exercise and eating, these are lifelong endeavors that never finish. If you Run/Walk 150 minutes per week and eat a balanced diet like the one we advocate for in this book, you can maintain a healthy weight throughout your life.

However, it seems like "lose weight" is a never-ending goal on the list of New Year's Resolutions. Our view is that this fixation with weight loss is just not healthy for anyone. Instead, in this book, we give you evidence-based prescriptions to Run/Walk, Eat Right, and feel better. We give you tools to learn about yourself in the level of detail needed to make choices that meet your health goals and have meaningful conversations with your doctor.

If your goal is to treat a medical condition related to excess weight (the focus of Chapter 6), we recommend partnering with your doctor to decide on a weight loss finish line that's right for you. Here's how to have a meaningful conversation with your doctor about weight loss:

- ✓ Schedule a visit with your doctor specifically to discuss weight loss without any other concern on your agenda. You want the focus of the visit to be obtaining professional advice about weight loss.
- ✓ When the assistant checks your blood pressure, heart rate, weight, and blood glucose (if applicable), record the numbers in your health journal for the week and compare them to those at home for accuracy.
- ✓ Tell your doctor you are looking to lose weight and why.
- ✓ Ask your doctor about which of your medical conditions might be helped by weight loss.
- ✓ Ask your doctor how much weight you need to lose to help treat your medical condition.
- ✓ Show your doctor the Rx Run/Walk (Chapter 3) and Rx Eat (Chapter 4) you plan to follow and ask if any modifications are recommended.
- ✓ If you have remaining questions or concerns, ask for a referral to a nutritionist.

Your Weight Loss Finish Line should be informed by the above conversation with your doctor. Know that evidence shows moderate weight loss, defined as losing 5 to 10% of your baseline weight is associated with meaningful improvement in health risk factors. At one year, people who lose 8.6% of their baseline weight have significant decreases in their blood pressure, decreased triglycerides (fat in the blood), and improved diabetes control. Larger weight loss means larger improvements. (NEJM, DM Prevention Trial)

We advocate choosing a weight loss goal for the year that is no more than about 10% of your current body weight. For example, if you weigh 200lbs, your weight loss goal should be 20lbs or less in 1 year -- that's about 0.5 lbs per week not including holidays. That's an ambitious goal. A good goal. A goal that is likely to improve health problems related to excess weight such as those we discuss in Chapter 6.

Don't cross your personal Finish Line only to return to old habits. In terms of achieving and then maintaining good health, there is a "finish line" to weight loss. But there's no finishing the Rx Run/Walk and Rx Eat required to maintain good health or a healthy weight.

