

A top-down view of various healthy ingredients on a teal wooden surface. In the center is a halved avocado. To its right is a glass dish of yellow oil. Above the oil is a bowl of mixed nuts including almonds, cashews, walnuts, and peanuts. To the left of the avocado is a bowl of green pumpkin seeds. Below the avocado is a bowl of black chia seeds. In the bottom right corner, there are sliced avocado pieces and scattered seeds. The text 'Bienestar Adult Healthy Lifestyle Program' is overlaid in the center in a large, white, bold font with a drop shadow. A faint watermark 'Duplicate' is visible diagonally across the image.

Bienestar Adult Healthy Lifestyle Program

**Program
Training Guide**



Introduction To The Program

Introduction

The first and second most expensive medical diseases in the U.S. have a common denominator — obesity. The health care cost for diabetes and ischemic heart diseases in 2013 were estimated at \$101 billion and \$88 billion, respectively. Obesity is not only associated with these two diseases, but also with stroke, high cholesterol, high blood pressure, asthma, several cancers and musculoskeletal conditions. Therefore, it is no surprise that obesity is associated with significant higher mortalities. So if obesity is the cause of chronic diseases and increasing health care cost, obesity is what we must prevent and control.

The Bienestar Adult Healthy Lifestyle Program was created exactly for this purpose—to prevent and control obesity in adults. The Bienestar is an education-based, lifestyle modification program. It consists of 20 sessions a year: 1 session every week during the first month; 2 sessions a month for the next 2 to 6 months; and 1 session a month for the next 6 months. It is an intensive behavior therapy for obesity. The sessions cover nutrition, physical activity, mental health, oral health, and prevention of obesity and its associated chronic conditions such as diabetes and cardiovascular disease. The two key behavior techniques of the Bienestar are goal-setting and self-monitoring.

Introduction To The Program

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Session 2 – Carbohydrates

I. Objectives

- Explain survey results
- Describe simple carbohydrates
- Describe complex carbohydrates
- Explain the role of carbohydrates in chronic disease

II. Introduction

The aim of session 2 is to educate the client on carbohydrates and their role in nutrition.

The human body depends on a simple sugar known as glucose for energy to walk, talk, play and think

It is important to understand that there are two types of carbohydrates and this session will illustrate which carbohydrates should be incorporated into a healthy diet.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will proceed to ask the client what they know about carbohydrates and take note of their response.

The health educator will educate the client.

Carbohydrates are converted into sugars called glucose that our body uses as energy. It can be an apple, a piece of toast or a piece of cake. The result will be the body converting that into sugar and using it as energy. When it is consumed and not used by the body as energy it is then

converted to fat and stored in adipose tissue (around the waist and in the liver).

Two Types of Carbohydrates

Complex (Good) Carbohydrates (CH) are a good source of fiber. Fiber is beneficial to the body because it delays the process at which our body breaks down sugar. Following are examples of complex CH:

- Fruits
- Vegetables
- Whole grains (breads, corn tortillas, brown rice, pastas)
- Beans

Simple carbohydrates are rich in sugar. Sugar is rapidly digested which can cause the pancreas to overwork because of the quick need for insulin to breakdown the sugar. Following are examples of simple CH:

- Table sugar
- Honey
- Syrup
- Sodas
- Jams/Jelly
- Candy
- Cake
- Donuts
- Fruit drinks

The health educator will then explain to the client the importance of consuming a combination of 5 fruits and vegetables a day (e.g. 4 fruits + 1 vegetable or 3 vegetables +

Session 2 – Carbohydrates

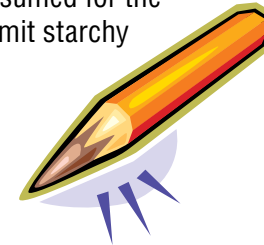
2 fruits or however you want to combine them as long it equals 5) and whole grains daily. These can be consumed in any of the following meals:

- Breakfast
- Lunch
- Dinner

A guide that lists all serving sizes for carbohydrates, fruits, grains, and non-starchy vegetables is included in this manual.

V. Activity

Using the food journal the client will record the number of fruits, vegetables, and whole grains they consumed for the day. The goal is to aim for a combination of 5 servings a day of fruits, whole grains and vegetables; and limit starchy vegetables such as potatoes, and corn.



Weekly Log: Carbohydrates Consumed

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fruits							
Non – starchy vegetables							
Whole Grains							
Daily Total							

Session 10 – Tips to Get Active

I. Objectives

- Understand the importance of staying active
- List different physical activities



II. Introduction

Being physically active is important to prevent or control type 2 diabetes. When people exercise frequently the muscle builds up and makes a protein called Glutamine 4. Glutamine 4 acts like insulin. It grabs sugar and drags it inside the cell to use like fuel. It is like gasoline in your car's tank.

When the muscle works, the pancreas can rest. Being active also helps to sleep better, strengthen bones and muscles, have more energy and contribute to a better self-image.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will provide the client the following tips to be physically active.

Make Time – Schedule a regular time for physical activity. Schedule your time so that your family engages in physical activity a minimum of 150 minutes per week. Studies have shown that getting a minimum of 150 minutes (average 30 minutes daily) of physical activity per week and following a healthy diet reduced the chances of developing diabetes by 58 percent. Metformin, a strong anti-diabetes drug reduced the chances of developing diabetes by only 31 percent.

Use a family activity log – Use the log to help you schedule days of physical activity, physical activities performed, time spent working out and total time per week.

Take turns – allow everyone to have a chance at picking an activity. This is important so that children do not feel left out and your work outs do not become chores.

Limit TV and video time – The most common complaint people have when starting to work out is that they do not have enough time. Limiting TV, video games and computer has a tendency to unearth quite a bit of time. As an alternative there are now video physical activity games.

Find community activities – If your scenery at home starts to become stale find activities in the community. Go to the park, find hiking trails or go jump into the local swimming pool.

Incorporate household chores – Have the entire family help with chores like yard work, washing the car, and cleaning house.

Go to the mall on the weekends – Go walk inside the mall on weekends. The temperature is always right and the view is pleasant. Just refrain from wanting to purchase everything you see.

Dancing – Get some dancing in on the weekends.

In conclusion the key concept here is to **MOVE, MOVE, MOVE**, in a way you and your family find enjoyable. Try walking 10,000 steps daily during your daily activities. Use a

Session 10 – Tips to Get Active

pedometer, fitness watch or apps in your smartphone to track the amount of steps walked on a daily basis.

V. Activity

Record the number of minutes of physical activity completed.

Set a goal to incorporate physical activity at least 150 minutes a week.



Weekly Log: Physical Activity

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Daily							Weekly Total

