

Patient Nutrition and Physical Activity Plan -- Crystal

Name _____ DOB _____ Date _____

Height _____ Weight _____ = BMI _____

Weight goal in 3 months _____

____ I would like to meet with a Registered Dietitian. To schedule:

____ I am interested in Northwest Family Physicians' weight management group visit. To schedule:

Body Mass Index (kg/m ²)	
< 18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
≥ 30	Obese

Nutrition Goals—What can I do now? Small steps make a big difference! (Check one *new* step.)

____ Eat a healthy breakfast every day (whole grain breads/cereals, low-fat dairy, fruit, low-fat protein).

____ Control portions—limit serving sizes.
Ex: ½ cup of cooked pasta or potatoes (size of computer mouse)
3-4 oz. meat. (size of deck of cards)

____ Eliminate sugary drinks or decrease to ____ per day.

____ Eat whole grain breads and cereals.

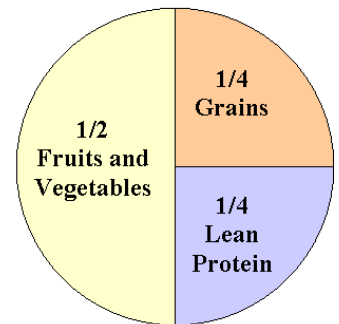
____ Substitute fruits or vegetables for a snack, dessert, or side each day.

____ Eat out less—no more than ____ times per week. Choose healthy, smaller portions. Save ½ for next day.

____ Choose low-fat dairy (skim or 1% milk, low-fat cheese, low-fat yogurt).

____ Other _____

Healthy Plate



Physical Activity Goals—What can I do now? Small steps make a big difference! (Check one *new* step.)

____ Walk _____ min. _____ times per week.
Goal: 30 minute brisk walk most, preferably all, days of week

____ Take the stairs (*at work, parking ramp, etc.*)

____ Move during TV commercials (*walk in place, stretch*).

____ Trade screen time for activity time ____ hours each day.

____ Go to the health club or gym _____ days per week.

____ Do more of what I love _____ days per week

____ Other _____

Follow-up appointment _____

Nurse visit for weight check _____

Provider signature _____ **Patient signature** _____

Serious Health Conditions Related to Being Overweight

- Diabetes (Type 2)
- High blood pressure
- Heart disease and stroke
- Elevated LDL “bad” cholesterol and triglycerides
- Cancer (colon, breast, uterine, and prostate)
- Osteoarthritis (knees, hips)
- Sleep apnea and other respiratory problems
- Gallbladder disease
- Low back pain
- Depression and low self-esteem
- Social discomfort

Community Resources

General Healthy Lifestyle Information

[My Plate - USDA Center for Nutrition Policy & Promotion](#)
www.familydoctor.org/online/famdocen/home/healthy.html

Home Physical Activity Programs

Fitness DVD of your choice
Comcast Fitness on Demand

Community Education Programs

Community Education programs offer opportunities for variety of fitness classes, open/lap swimming, and indoor walking. Check the Web site or call for information.

[Community Education \(Robbinsdale\)](#) Phone: 763-504-6999 or 763-504-6990. Request to have a catalog mailed to you.

Link—click on community education catalog icon→Exercise and Fitness bookmark

City Parks and Recreation

City Parks and Recreation departments maintain parks and trails for play and walking. Some departments also offer adult sport/activity programs. Explore the Web site, or call and ask about your activity interests.

www.ci.crystal.mn.us Phone: 763-531-0052

Link—Community Center/Parks and Recreation

www.ci.new-hope.mn.us Phone: 763-531-5151

Link—Recreation→click on In Motion brochure→Adult section

Indoor Walking

Crystal Gallerie Phone 763-513-5542 Hours: Open at 8 a.m. M-F; 9 a.m. Sat.

Brookdale Center Phone: 763-560-7122 Hours: 8 a.m.-9 p.m. M-F; 8 a.m.-8 p.m. Sat.; 8 a.m.-6 p.m. Sun.

County Parks and Trails

Three Rivers Parks www.threeriversparks.org Phone: 763-559-9000

Dining Out?—Check the menu

www.fastfoodbook.com

Grocery Shopping—Check your list

Farmers’ Markets—Fresh, healthy produce

New Hope: Saturdays June 13–October 17 8 a.m.-1 p.m.

4300 Xylon Ave. N. (K-mart parking lot)

Brooklyn Park: Wednesdays June 23–October 20 3–7 p.m.

Zane Sports Park, 8717 Zane Ave.



The Statewide Health Improvement Program (SHIP), an integral part of Minnesota's nationleading 2008 health reform law, strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. For more information, visit <http://www.health.state.mn.us/healthreform/ship>.