



# GOLDEN WEST MEDICAL CENTER, P.C.

230 W. Ajo Way, Tucson, Arizona 85713 (520) 792-1966

<http://www.TucsonMedical.com>

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## New Patient Information

Your health and welfare are your number one priority, therefore, you must focus on three major areas. These would include proper nutrition, aerobic exercise and behavioral modification (eating habits).

Proper nutrition includes the consumption of all essential food groups, including grains, fruits, vegetables, meat and dairy. We decrease your total amount of calories and fat grams. We recommended 1200 calories and 20 fat grams daily as a starting point for women. For men, we recommended 1800 calories and 30 fat grams. Of course we will continue to adjust these amounts to best fit your individual needs. Please read all “**Nutrition Facts**” labels carefully and pay very close attention to the **calories** and **total fat**. Since not all foods contain labels (for example, vegetables and fruits), we recommended that you purchase one of the books we listed in order to look up these values.

Drink approximately 100 ounces of water daily. All other beverages must be sugar free. Avoid regular soda, fruit juices, “Gatorade” type drinks, and alcohol. Also, avoid “fast food” and “junk food,” pies, cakes, candy, cookies, ice cream, potato chips, donuts, nuts, seeds, olives, avocados and flour tortillas.

Eat 2-3 small fruits and 2-3 slices of whole grain bread per day. A small portion of pasta or potato is encouraged. Eat a moderate amount of salads and vegetables daily. Butter, margarine, cream cheese, mayonnaise, Miracle Whip, salad dressings and toppings must always be “**fat free**,” not “low fat” or “light.” Mustard, catsup, relish, salsa, lemon, lime or vinegar are all acceptable choices. Eat breakfast within the first hour of awakening, such as a small bowl of cereal (Special K, Product 19, oatmeal, etc.), using skim or 1% milk in the cereal. You could choose an alternative such as low fat or fat free yogurt or a Slim Fast shake. For lunch or dinner, you should limit your main course to 3 to 4 ounce portions of fish, turkey or chicken (without skin), lean meats, or beans. You can cook your food any way you desire (bake, broil, grill, microwave, steam, poach or boil), but no frying or deep-frying.

You should modify your habits and daily routine. Do not skip meals. You should eat on smaller plates if possible. You should not grocery shop when hungry. You should not eat when distracted, such as watching TV, talking on the phone or reading. You should try to eat your last meal of the day at least 2-3 hours before bedtime. You should stock up on the right types of foods and remove those foods that are fattening and/or tempting.

Please do aerobic (cardiovascular) exercise for 50 minutes to 1 hour - 5 days per week. You should always log your exercise in a journal. You should work up to the desired level by doing as many minutes as you could at the beginning and then add just 1 or 2 minutes more per session, until you could finally do 50 minutes to 1 hour. The best type of exercise equipment would include the treadmill (always elevated and going at 3-4 MPH), or an exercise bike, elliptical cross-trainer, stepper or Stairmaster. You could also swim, jog or use aerobic exercise videos. Walking around your neighborhood is OK at the beginning for some people who are really out of shape, but ultimately is not usually adequate because it is not intense enough to get into your fat stores.



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Aerobic activities are a type of exercise that works to increase the fitness and condition of the heart and lungs. Aerobic activities use large muscle groups (legs, hips, arms) and continuous, rhythmic movement to raise the heart rate. During exercise, your heart should be working hard enough to obtain a healthy effect but not so hard that the heart is overworked. See the recommended target pulse rates based on age in this chart. Select activities that you enjoy doing and keep your heart rate elevated to your target range for your age when you exercise.

The target ranges to the right are based on a commonly used formula that considers your maximum heart rate as 220 minus your age. Most people should use a target heart rate during exercise of 60% to 80% of their maximum heart rate. However, this target range may not apply to you, if you are taking medications (including beta-blockers) that slow your heart rate, if you have a pacemaker, if you have certain forms of heart disease, or other conditions that may affect your ability to exercise at this level. In these cases (or if the target heart rate for your age just does not feel right to you) consult your health professional for their advice on what target heart rate is best for you.

Age	Predicted Max Heart Rate	Target Heart Rate		
		60% Max	70% Max	80% Max
20	200	120	140	160
25	195	117	137	155
30	190	114	133	152
35	185	111	130	148
40	180	108	126	144
45	175	105	123	140
50	170	102	119	135
55	165	99	116	132
60	160	96	112	128
65	155	93	108	124
70	150	90	105	120
75	145	87	101	116

Call a health professional if you have symptoms during or after exercise, such as shortness of breath, chest pain, an irregular or rapid heartbeat, lightheadedness, dizziness, or fainting.

**Remember, you don't "diet" - you "live it". Your health and welfare are your number one priority; make the time for your exercise and proper nutrition. Make yourself number 1. You deserve it!**