

# Franklin Township

## Weight Management Resources Guide



# Community Resource Guide

The following resource guide will assist you in locating facilities near you that offer weight loss programs as well as other resources to increase your physical activity and help you lose weight.

## Contents

- Tips for increasing physical activity
- Information on local contacts, internet and telephone resources
- Tips on making healthy food choices
- Township maps which feature:
  - IUMG clinic locations
  - sites with formal weight loss programs
  - other community resources for physical activity
  - community parks and trails
  - addresses and contact information for each resource



## Acknowledgements

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# Why use a community resource to increase your physical activity and lose weight?

Becoming more physically active is recommended by many experts

The Centers for Disease Control and Prevention  
The U.S. Surgeon General  
The U.S. Preventative Service Task Force  
American Heart Association  
American Diabetes Association  
Numerous other expert organizations

Physical activity lowers your risk for major health problems, including...

Diabetes	Osteoporosis
Heart disease	Stroke
Falls and injuries	Depression
Obesity	Colon cancer
High blood pressure	Premature death

## PREVENTING TYPE 2 DIABETES



If you have Pre-Diabetes, losing just 5 to 7% of your body weight (about 10 to 15 pounds for a 200-pound person) can cut your risk for getting diabetes by 60%

# Getting Started

## Becoming more active is very safe for most people

Even small increases in physical activity will improve your health if you are not currently active. It is important to **start slowly** and check with a doctor before you get started.

If you are inactive or have a chronic medical problem, try starting with 5 minutes a day doing something you like to do, then gradually increase your activity level.

If you think that there might be any reason that you should not exercise, and you have not discussed this issue with your doctor, you should first talk with your doctor before you start any new activities.

## Choose a variety of activities from 3 major areas

### Endurance Activities

“Continuous” activities like walking, jogging, bicycling, swimming, dancing, and aerobics

### Flexibility Activities

Gentle reaching, bending, and stretching

### Strength and Balance Activities

Resistance exercises and lifting weights

## Getting started is easier than you think

- Build physical activity into your **daily routine**
- Pick activities that you like the most
- Do the activities you are doing now, more often
- Set a goal you can reach and stick to it
- **Start slowly** with easy stretching
- Walk wherever and whenever you can
- Take the stairs instead of the elevator
- Try new activities with a **partner or a group**



## Local Contacts

### Contact these community resources for additional help

- Talk to local **recreation departments** to see what programs they offer adults
- Ask your local **health department** about resources near your home or work
- Ask about safe **walking paths** and mall-walking programs in your community
- If you are 65 or older, check out the **senior centers** in your neighborhood
- Ask the local **fitness clubs** if they have programs at a reduced cost

## Internet Resources

### Check out these internet resources for additional information

- **FitCity** - <http://www.fitcity.org>  
FitCity is a collaboration between The Health Foundation of Greater Indianapolis, United Way of Central Indiana, Information and Referral Network, and more than 100 programs across Central Indiana. The mission of FitCity is to educate residents in this region about obesity and prompt them to move more and eat less.
- **INShape Indiana** - <http://www.in.gov/inshape>  
Search INShape Indiana for a comprehensive list of high quality physical activity and nutritional resources throughout the state of Indiana.
- **Healthier US** - <http://www.healthierus.gov/>  
This resource provides useful information regarding physical activity and nutrition. It is provided by the U.S. Department of Health and Human Services.
- **NDEP** - <http://ndep.nih.gov/>  
The National Diabetes Education Program is a federally funded program sponsored by the NIH, CDC and over 200 partners at the federal, state and local levels working together to educate the public about diabetes. Check out the NDEP's free publications available by mail or downloadable to your computer.

## 2-1-1 Resource

- Sponsored by the United Way, **2-1-1** is a 24-hour available number that connects callers to information about health and human services available in your community.
- Contact **2-1-1** for more information about physical activity resources and nutritional information to help you succeed in losing weight and preventing diabetes.

## Making Healthy Food Choices

A healthy diet focused on reducing fat and calorie intake is a key component to losing weight and preventing diabetes. Here are some nutritional tips that may help to prevent diabetes.

- **Eat a variety of fruits and vegetables**

Fruits and vegetables deliver vitamins, minerals and fiber that your body needs to stay healthy. Buy a new fruit or vegetable during each shopping trip and try eating at least one serving during each meal.

- **Eat plenty of fiber**

Fiber plays an important role in a well-balanced diet. Whole grains, fruits and vegetables are an excellent source of fiber and are generally low in calories and fat. Experts recommend consuming 20 to 35 grams of fiber per day.

- **Lean meats and fish**

The leanest cuts of meat end in “loin” such as pork loin or sirloin. Remove the skin and fat from poultry for the healthiest option. Try eating fish 2-3 times per week.

- **Watch portion sizes and don't skip meals.**

Eating too much of even healthy foods can lead to weight gain. Try eating three well balanced meals a day and avoid skipping meals, which leads to overeating later on.



# Reading Food Labels

Reading food labels is an important step in losing weight and maintaining a healthy, balanced diet. Be sure you pay close attention to the serving size. For example, if you eat double the serving size you would need to double the amounts listed in the nutrition facts. The following is a general guideline to reading food labels. Visit [www.cfsan.fda.gov](http://www.cfsan.fda.gov) for more detailed information about food labels.

## Sample Label for Macaroni and Cheese

**Start Here**

**Limit these  
Nutrients**

**Get Enough  
of these  
Nutrients**

**Footnote**

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g






**Quick Guide  
to % DV**

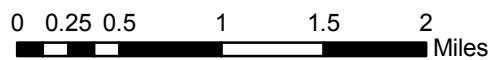
**5% or less  
is low**

**20% or more  
is high**

# Franklin Township Resources & Parks



Physical Activity and Nutrition Resources	
	Resource sites
	Parks
	Bus Routes
	Streets
	Interstates



# Franklin Township Community Resources

## Community Resources

### **Curves**

Curves for Women  
5202 E. Thompson Rd.  
Indianapolis, IN 46237  
317-788-8508

### **Description:**

Largest fitness franchise in the world offering one-stop exercise and nutritional information for women.

### **Wellness Rosegate**

New Energy Wellness: Rosegate  
7510 Rosegate Dr.  
Indianapolis, IN 46237  
317-889-9300

### **Description:**

Offers a unique program designed to improve your current fitness level and give you more energy for people 50 years or older.

### **St. Francis Hospital & Health Center**

3145 East Thompson Road  
Indianapolis, IN 46237  
317-782-7997

### **Description:**

St. Francis offers diabetes, weight management, and fitness classes to improve the health of its patients.

### **St. Francis Change of Heart Classes**

8111 S. Emerson Ave  
Indianapolis, IN 46237  
317-782-4422

### **Description:**

Aimed at individuals who have had past heart problems, promoting a healthy lifestyle and exercise programs.

## **Parks**

### **Southeastway Park**

5624 South Carroll Road  
Indianapolis, IN 46163  
317-861-5167

### **Description:**

188-acre nature park offering hiking trails as well as environmental education programs.

### **Franklin Township Community Park**

8801 E. Edgewood Ave  
Indianapolis, IN 46239  
317-327-7461

### **Description:**

99-acre park containing nature trails, a pond, playground and basketball courts.

# Finding a Weight Loss Program That Works For You

Before you begin a weight loss program, see your primary health provider for advice about your overall health risks and the weight loss options best for you. Health experts agree that the best and safest way for most adults to lose weight and improve their health is to modestly cut calories, eat a balanced diet and be physically active each day. The following are some questions to ask when evaluating a weight loss program.

## Questions to Ask

### **What's involved in following the program?**

Ask for details about what foods and how many calories you'll eat each day, and whether the program includes regular physical activity. A weight loss program that claims you can lose weight and keep it off without changing the foods you eat or increasing your physical activity is selling a fantasy.

A sensible program encourages you to follow advice from the Dietary Guidelines for Americans, such as eating at least five daily servings of fruits and vegetables, and choosing grains, lean meats and low-fat or fat-free dairy products.

People usually do best when they reduce their usual calorie intake or increase the calories they use by about 500-1000 calories per day.

### **What are the staff qualifications?**

If a program includes assistance from staff members, ask about their training, experience and credentials. Find out what type of attention you'll receive (for example, individual counseling or group support) and how often.

### **What are all the costs of this program?**

Ask for an itemized price list that includes:

- membership fees
- fee for weekly visits
- diagnostic tests
- food meal replacements
- dietary supplements
- other products in the program

### **How successful are other people who follow this program?**

Ask whether the program can provide studies that document its success. If so, ask what percentage of all customers have completed the program, how much weight they lost, and how successfully they've kept the weight off over a one-year period or longer.

### **What are the risks of using the product or services?**

Some methods for losing weight are riskier than others.

- Diets that require drastic food restriction should be under the supervision of a physician.
- Check with your primary health care provider before you take prescription or over-the-counter weight loss drugs or other products that are part of the weight loss program.
- Steer clear of harmful "self help" weight loss tactics, such as smoking, fasting, purging, or abusing laxatives.



Adapted from "Weight Loss: Finding a Weight Loss Program that Works for You", Partnership for Healthy Weight Management, Federal Trade Commission

# Checklist for Evaluating Weight Loss Programs

Use this checklist to gather and compare information from all weight loss programs you are considering. If you need help to evaluate the information you gather, talk with your primary health care provider or a registered dietitian.

1. My daily caloric intake will be: \_\_\_\_\_ My daily caloric intake is determined by: \_\_\_\_\_
2. My progress is supervised by (check all that apply):
  - Physician  Nurse  Registered Dietitian  Company-trained employee
  - Licensed Psychologist
3. My progress will be monitored:
  - Weekly  Biweekly  Monthly  Other: \_\_\_\_\_
4. My weight loss plan includes (check all that apply):
  - Nutrition information about healthy eating  suggested menus and recipes
  - At least 1200 calories/day for women or 1400 calories/day for men  Portion control
  - Prepackaged meals  Prescription weight loss drugs  Surgery
  - Liquid meal replacements  Keeping food diaries or other monitoring activities
  - Dietary supplements  Help with weight maintenance and lifestyle changes
  - Family counseling  Lifestyle modification advice  Group support
5. My plan includes regular physical activity that is (check all that apply):
  - Supervised (at the program site) \_\_\_\_\_ times per week, \_\_\_\_\_ minutes per session
  - Unsupervised (on my own time) \_\_\_\_\_ times per week, \_\_\_\_\_ minutes per session
6. The physical activity includes (check all that apply):
  - Walking  Strength training  Swimming  Aerobic dancing
  - Stationary cycling  Other \_\_\_\_\_
7.  The staff explained the risks associated with this weight loss program. They are:  
\_\_\_\_\_
8.  The staff explained the costs of this program (check all that apply and fill in the blanks).
  - I will be charged a one-time entry fee of \$ \_\_\_\_\_.
  - I will be charged a \$ \_\_\_\_\_ per visit.
  - Food replacements will cost about \$ \_\_\_\_\_ per month.
  - Prescription weight loss drugs will cost about \$ \_\_\_\_\_ per month.
  - Vitamins and other dietary supplements will cost about \$ \_\_\_\_\_ per month.
  - Diagnostic tests are required and will cost about \$ \_\_\_\_\_.
  - Other costs include \_\_\_\_\_ at \$ \_\_\_\_\_.

**Total cost for this program \$ \_\_\_\_\_.**
9. Other information to ask for:
  - Participants in this program have lost an average of \_\_\_\_\_ lbs. over \_\_\_\_\_ months/years.
  - Participants have kept off \_\_\_\_\_ % of their weight loss for \_\_\_\_\_ year(s).
10. This information is based on the following (check one):
  - All participants  Participants who completed the program  Other \_\_\_\_\_



Adapted from "Weight Loss: Finding a Weight Loss Program that Works for You", Partnership for Healthy Weight Management, Federal Trade Commission

# Marion County Townships

