

Appendices

AIM-HI Tools:

- A. Fitness Inventory
- B. Fitness Prescription
- C. Food and Activity Journal

Physical Activity:

- D. Every Little Bit Counts
- E. One Step at a Time — Starting a Walking Program
- F. Getting Started with an Exercise Program
- G. Overcoming Exercise Obstacles

Healthy Eating:

- H. All Foods Fit — Balance, Variety and Moderation
- I. Getting Where You Need to Be
- J. Fat Facts
- K. Think Your Drink!
- L. Am I Hungry?
- M. End Mindless Eating
- N. Search the Shelf!
- O. How to Measure Your Meal

Emotional Well-Being:

- P. Life balance — Investing in You!
- Q. Manage Your Stress
- R. Guidelines for Adult Obesity

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