



JEFF GALLOWAY  
RUTH PARKER  
CARMEN PATRICK MOHAN

# THE WOMEN'S GUIDE TO HEALTH

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RUN WALK RUN<sup>®</sup>,  
EAT RIGHT,  
AND FEEL BETTER

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# The Women's Guide to Health

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# Acknowledgments

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# INTRODUCTION



What we all want is to feel good in our own skin. After all, isn't that what health is about? We want to feel connected to those we love most. We want to have the emotional resilience needed to cope with life's challenges, and to have a positive attitude that helps us feel grateful and enjoy living. To do this, we need healthy bodies, minds, and spirits. The authors of this guide believe that when the body gets into motion, it unlocks parts of the mind and spirit that are a reservoir of energy and goodness. This indescribably wonderful source of energy is amplified when we run-walk-run with others. Our physical bodies function at their highest level when they are nourished by healthy foods. Chances are you're not eating as well or being as active as you'd like to be—hardly anyone is. That's why we got together to write this guide to the HER Prescriptions™ Program ([www.HERprescriptions.com](http://www.HERprescriptions.com)). HER stands for **healthy eating and run-walking**.

This book guides you through a proven sequence of actions you can take over the next 30 weeks to change your habits and start a path to feeling better, more energetic, and more connected to others. Think of this book as an action guide that combines the knowledge and experience of a highly respected Run-Walk coach with real world advice from two primary care medical doctors. All three of us have used what we present here in our own lives, the lives of our families, and the lives of thousands of women we have coached or seen as patients. We know it works.

Every day, each of us can take control over our exercise, our eating, and our attitude by having specific cognitive strategies. Having a specific strategy is key for motivation. Our step-by-step process gives you control and focus—it can empower you to make many positive changes in your life. Your health and the health of your family and community ALL benefit.



## THE WOMEN'S GUIDE TO HEALTH

The first chapter focuses on journaling and teaches you how and what to record about your health. You learn to log the essentials for health: sleep, exercise, quality of food, and meals. You also learn how to track and record the health numbers of interest to you. You will create a starting line for yourself as you begin recording and envision the finish line.

Chapter 2 helps guide you to a successful start. We cover common health considerations for women beginning the HER Prescription program.

In chapter 3, we help you choose the HER Prescription that is right for you. We cover the specifics of three different training program options: Rx Run-Walk Get Started, Rx Run-Walk Keep Going, and Rx Run-Walk Burn Fat. Each Rx Run-Walk has a 30-week training program proven to help you reach the fully prescribed dose.

To reach your health goals, your Rx Run-Walk should be combined with a prescription about what you eat. We call this your Rx Eat. Your prescribed Rx Eat (chapter 4) tells you what to eat, how often to eat, and how to record this in your health journal.

In chapter 5, we set you up for success with healthy eating. You learn why sleep is fundamental to health and helping us choose healthy foods. We give you tools for meal planning, grocery shopping, and perfect score recipes that fit with your Rx Eat. We also offer tips to address common challenges while following your Rx Eat.

In chapter 6, we rely on best available medical evidence to tell you how your HER Prescriptions can help you meet specific health goals. We take a look at how the prescribed Rx Run-Walk and Rx Eat improve common health conditions including high blood pressure, high cholesterol or lipids (fat in the blood), heart disease, osteoarthritis (aching bones or joints), breathing difficulties such as asthma or COPD, diabetes, anxiety, and depression. For some women, these

health conditions are related to excess weight. That's why, throughout the book, we provide specific details for finding your healthy weight. Those seeking to lose weight are coached up to the 30-week, fully prescribed dose of Rx Run-Walk and Rx Eat and asked to maintain it for at least 3 months. On the weight loss track, you can expect to lose about 0.5 to 1lbs weekly (20 to 50 pounds over 1 year) and feel a whole lot better!

For those who have been hospitalized with medical conditions such as a heart attack (myocardial infarction), heart rhythm problems, cancer, stroke, or lung disease, we strongly recommend you discuss and follow a specific rehabilitation program under the supervision of your doctor. For the millions who have not been hospitalized but have been diagnosed with a chronic condition or illness for which you see a primary care provider, this book uses medical evidence, quality meal plans, and a well-established training program's approach to provide the fundamentals you need to know to improve your health.

Use this book as an action guide and follow it step by step. All the charts, tables, and journal pages can be found on our website, [www.HERprescriptions.com](http://www.HERprescriptions.com). Download them, print them out, and tape them to your fridge. Like prescriptions for medicines, these prescriptions only work if you take them regularly and carefully follow the instructions.

Are you ready? Let's get started. Look forward to feeling better, happier, and more alive and engaged in your everyday life as you move through this. It's an amazing feeling and worth your time and dedication. You can do it...and will be so glad you did!



# CHAPTER 1

# JOURNAL

Your journal will inspire you and will be a pivotal part of your success in reaching your health goals!



Improving your health depends on becoming an expert on your own mind, body, and spirit. The key to becoming such an expert is being rigid about organization, note taking and record keeping, and time for personal reflection. Women who are most successful in achieving their health goals have cultivated the habit of recording four variables each day: sleep, exercise, food, and health numbers. We believe the reason these women are so successful in achieving their health goals relates to their habit of keeping a health journal that harnesses focus,

attention, motivation, and insight. A journal is not only essential for gaining knowledge about yourself. The act of gathering the data and recording in your journal is the most important action you can take because it activates your problem-solving brain, giving you control over your daily activities and food choices. This puts you in command of each area of your health, every day.

The health journal prompts you to record daily and reflect weekly. Each day has the following four parts: sleep metrics, exercise matters, food score, and meal log. In addition, there is a three-part weekly report card to help you summarize progress, chart important health numbers, and hone in on what works for you.

The health journal is designed to help you navigate meaningful conversations with your doctor. Sharing your journal with your doctor helps in the following ways:

- ✓ Your doctor reviews information you feel is important to your health and well-being.
- ✓ Your doctor has better numbers upon which to base medical decisions.
- ✓ You are an active partner with your doctor in recognizing trends and patterns related to how you feel.

## **Getting Started: How to Create Your Own Starting Line Using the Health Journal**

Where are you starting from? Knowing this will help you develop the right expectations of yourself and others. It will also give you a better understanding of your progress when you look back over the weeks and months.

## THE WOMEN'S GUIDE TO HEALTH

What you will need:

- a digital scale that can also measure body fat composition
- a flexible tape measure
- a pedometer or other device that counts steps such as a smart phone or watch
- commitment to filling out the health journal for 7 consecutive days starting with Monday

Your starting line consists of the following measurements:

1. Body weight
2. Body fat composition
3. Waist circumference

AND

4. One week of recording sleep metrics

AND

5. One week of exercise matters

AND

6. One week of recording everything you eat

## Step 1

Locate the Starting Line Journal Pages in the appendix. Tear them out and copy them (or use the originals). Look for the table shown on the following page.



## THE WOMEN'S GUIDE TO HEALTH

SLEEP METRICS	EXERCISE MATTERS	MEALS
<b>Monday</b>		
Sleep estimate: _____ continuous/uninterrupted  Quality: _____  Time I got in bed: _____  Time I woke up: _____	Run-walk (min): _____  Steps: _____	Breakfast  AM snack  Lunch  PM snack  Dinner
<b>Tuesday</b>		
Sleep estimate: _____ continuous/uninterrupted  Quality: _____  Time I got in bed: _____  Time I woke up: _____	Run-walk (min): _____  Steps: _____	Breakfast  AM snack  Lunch  PM snack  Dinner
<b>Wednesday</b>		
Sleep estimate: _____ continuous/uninterrupted  Quality: _____  Time I got in bed: _____  Time I woke up: _____	Run-walk (min): _____  Steps: _____	Breakfast  AM snack  Lunch  PM snack  Dinner
<b>Thursday</b>		
Sleep estimate: _____ continuous/uninterrupted  Quality: _____  Time I got in bed: _____  Time I woke up: _____	Run-walk (min): _____  Steps: _____	Breakfast  AM snack  Lunch  PM snack  Dinner

## Step 2

Record your starting body weight and body fat composition. Starting on Monday morning, get up, pee, and get onto the digital scale. Weigh yourself in the nude before taking a shower, then record it. Record

Starting Line Report Card		
HEALTH NUMBERS		REFLECTIONS
Weight: _____ Waist: _____ Body fat % _____ BP: ____ / ____		I feel...   What works well for me?
Friday		
Sleep estimate: _____ continuous/uninterrupted Quality: _____ Time I got in bed: _____ Time I woke up: _____	Run-walk (min): ____ Steps: ____	Breakfast AM snack Lunch PM snack Dinner
Saturday		
Sleep estimate: _____ continuous/uninterrupted Quality: _____ Time I got in bed: _____ Time I woke up: _____	Run-walk (min): ____ Steps: ____	Breakfast AM snack Lunch PM snack Dinner
Sunday		
Sleep estimate: _____ continuous/uninterrupted Quality: _____ Time I got in bed: _____ Time I woke up: _____	Run-walk (min): ____ Steps: ____	Breakfast AM snack Lunch PM snack Dinner

your body fat composition percentage, a number you get from your digital scale.

Reasons for knowing your starting body weight are self-explanatory, but why should you also know your body fat composition? Two reasons. First, body weight fluctuates. From day to day, the amount of water our bodies hold changes our weight without giving us much

information that pertains to health. Second, in the first few weeks and months, your weight might not change at all. This is because as you exercise, your muscles will strengthen and grow. Muscles weigh more than fat, so as you lose fat, you might not lose weight. Nevertheless, you'll be healthier than you were before you started. One



way to measure this healthy trend is by checking to see if your body fat composition goes down. Health, not weight loss, is the real goal here.

### Step 3

Before you put on any clothing, measure your waist circumference. To do this correctly, stand up straight. Your waist is located above your belly button and below your rib cage. Hold the end of the tape measure just above your belly button and bring it around your waist to the



front. Be sure to place the tape measure directly on your skin, snugly but without digging into it. The measuring tape should be parallel to the floor. Don't try to suck your gut in! Look at the place on the tape where the zero end meets the other end of the tape measure. The location of this meeting point is your waist measurement (Resource: WikiHow, [www.wikihow.com/Measure-Your-Waist](http://www.wikihow.com/Measure-Your-Waist)).

## **Step 4**

Record the total time you spend walking or running. Record the number of steps you took each day.

## **Step 5**

Start estimating how much you sleep. Note whether sleep was interrupted. Describe sleep quality as poor, fair, or good. Note the time you get into bed and the time you wake up.

## **Step 6**

Write down everything you eat and drink. Note the approximate time of day. For now, don't worry about trying to count calories, but do try to estimate your portion sizes.



## Your First Week: How to Begin and Continue

In order to get the most accurate record for your starting line, you'll have to keep the journal with you at all times. It should be on your night stand at night and in your purse or briefcase if you go out. If you forget to record something, note it down later in the correct place as best as you can and as soon as you can. Consider setting an alarm or even several alarms to help you remember to write down your meals and snacks. At the end of every day, review the entry and plug any holes you find.

## Keep Going With Journaling for Healthy Weight

As you make your way through this book, we will make recommendations for increasing the level of detail in your journal. Here are some overarching suggestions:

- ✓ Weigh yourself once weekly at most. Do this in the morning. Get up, pee, and weigh yourself in the nude (before taking a shower), and then record your body weight and composition. Weighing yourself more than once per week is probably a waste of time. Since it takes about one to two weeks to lose 0.5 to 1 pound of fat, you are not likely to see meaningful changes in your weight in less than one week's time.
- ✓ Reflect on daily, weekly, and monthly entries to help you identify the most useful strategies for weight loss over time.
- ✓ Record the health metrics or numbers of interest to you. Not every number will fit with your needs. For example, fasting

blood sugar, resting heart rate, and blood pressure are not necessarily something you need to track if you don't have health conditions that relate to these. In chapter 6, we will teach you more about medical conditions and make recommendations for additional health numbers which might be important for you to measure and record in your journal.

- ✓ Your journal should help keep you on track and help you identify specific areas where you need to improve so that you can reach your health goals. For this reason, we recommend you total and chart your numbers week by week. At the end of each week, add summary information to the Week Log found in the appendix. See pages 24 and 25 for a sample Week Log.

Cross out any column you do not intend to record. For example, if you do not have a glucometer (a machine for checking blood sugar) you will not be recording in the fasting blood sugar column.



## Know Where You're Going: How to Create a Finish Line

When it comes to healthy habits like exercise and eating, these are lifelong endeavors that never finish. If you run-walk 150 minutes per week and eat a balanced diet like the one we advocate for in this book, you can maintain a healthy weight throughout your life.

However, it seems like losing weight is a never-ending goal on the list of New Year's resolutions. Our view is that this fixation with weight loss is just not healthy for anyone. Instead, in this book, we give you evidence-based prescriptions to run-walk, eat right, and feel better. We give you tools to learn about yourself in the level of detail needed to make choices that meet your health goals and allow you to have meaningful conversations with your doctor.

If your goal is to treat a medical condition related to excess weight (the focus of chapter 6), we recommend collaborating with your doctor to decide on a weight loss finish line that's right for you. Here's how to have a meaningful conversation with your doctor about weight loss:

- ✓ Schedule a visit with your doctor specifically to discuss weight loss without any other concern on your agenda. You want the focus of the visit to be obtaining professional advice about weight loss.
- ✓ When the assistant checks your blood pressure, heart rate, weight, and blood glucose (if applicable), record the numbers in your health journal and compare them to those at home for accuracy.
- ✓ Tell your doctor you are looking to lose weight and why.



- ✓ Ask your doctor about which of your medical conditions might be helped by weight loss.
- ✓ Ask your doctor how much weight you need to lose to help treat your medical condition.
- ✓ Show your doctor the Rx Run-Walk (chapter 3) and Rx Eat (chapter 4) you plan to follow and ask if any modifications are recommended.
- ✓ If you have remaining questions or concerns, ask for a referral to a nutritionist.

**My Progress Week By Week**

	Number of days slept $\geq 7$ hours	Resting heart rate	Blood pressure	Fasting blood glucose	Total distance run-walk	Number of days with a food score $\geq 6$	Weight (lbs)	Fat %
Starting line								
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								
Week 13								

Week 14																																							
Week 15																																							
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