The Body and Soul intervention offers a unique opportunity to increase fruit and vegetable intake among African Americans. The program includes three church–wide nutrition activities, one event with the church pastor, and one policy change, such as establishing guidelines for the type of food served at church functions. Lay counselors, who make at least two 15–minute calls to five participants, are given 12–16 hours of training. The program is suitable for implementation in home and church settings for African–American church members, aged 17–89 years. Implementation time varies based on length of church involvement. strategies For maintaining reCommenDeD WeigHt Weight maintenance is a lifelong health goal to reduce the multiple health problems that result from obesity (see Tables 7–1 and 7–2). The physical basis for excessive weight gain is relatively simple and straightforward: Overweight and obesity result from an imbalance in energy because of too many calories and not enough physical activity. Weight management means balancing the number of calories consumed with the number of calories burned. Despite the multiple factors involved, diet and exercise are the cornerstones of prevention of overweight and obesity. Homes, schools, work sites, and the community must all work together to promote healthy eating and physical activity. Strategies to promote healthy eating habits and physical activity may be accessed at the National Institute of Diabetes, Digestive and Kidney Diseases weight control information network website. Strategies include the following: ● Choose sensible portions of foods lower in fat. Watch portion sizes. ● Learn healthier ways to make favorite foods. ● Learn to recognize and control environmental cues that make you want to eat. ● Have a healthy snack an hour before a social gathering. ● Engage in moderate–intensity physical activity for 30 minutes every day. ● Take a walk instead of watching television. ● Do not eat meals in front of the television. ● Keep records of your food intake and physical activity. Weigh yourself weekly. ● Pay attention to why you are eating.

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