

*The Agave One-Plus-Two Weight Regulation Program* helps you apply thought to these goals and achieve them:

- The *pursuit of mental challenges* means using your intelligence to “figure out ways” to maintain a healthy diet and do regular exercise.
- Cultivating *self-efficacy* means developing the ability to achieve the goals and develop the feeling that “I can do it.”
- Participating in *social support* means developing socially supportive relationships in which “we can help each other do it together.”

*The Agave One-Plus-Two Weight Regulation Program* is based on:

- The United States Department of Agriculture’s *MyPyramid.gov* dietary guidelines for Americans. Go to this web site to develop your individualized diet plan.
- Common *aerobic conditioning exercises* that include walking, running, outdoor and indoor cycling, outdoor skiing and indoor skiing machines, treadmills, step master machines, and anything that brings heart rate up to your **approved target levels** for 30 to 60 minutes a day 3 to 6 times a week.



**FLUSHING HOSPITAL MEDICAL CENTER  
DEPARTMENT OF PSYCHIATRY AND  
ADDICTION SERVICES**

*“So is it important to think?”*

Michel Foucault  
French Philosopher

*“Every word we utter sets in motion a breath of air that extends around the earth, and for these wandering utterances earth has a scheme, a scale of moral music, which controls the casts of thought and the contagion is literally and figuratively “in the air.” An echo seems to hand our speech, not word for word, but line by line, up to the recording angel, and just as our breath, in that case, strikes the rock, so our words strike a negative mind, and go forth into the universe of electric thought.”*

Jane Addams  
First Female Nobel Peace Laureate

**The Agave Project for Successful Aging  
@  
Flushing Hospital**

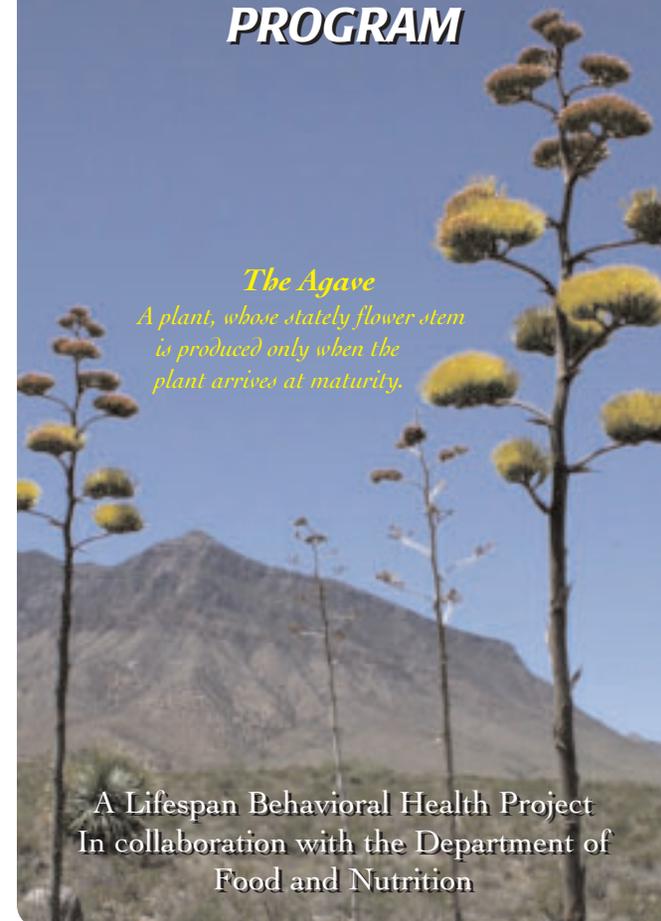
A Lifespan Behavioral Health Project  
Department of Psychiatry and Addiction Services  
718-670-4545

**FLUSHING HOSPITAL MEDICAL CENTER  
DEPARTMENT OF PSYCHIATRY AND  
ADDICTION SERVICES**

**THE AGAVE PROJECT  
FOR  
SUCCESSFUL AGING  
@  
FLUSHING HOSPITAL**

**THE AGAVE  
ONE-PLUS-TWO  
WEIGHT REGULATION  
PROGRAM**

*The Agave*  
*A plant, whose stately flower stem*  
*is produced only when the*  
*plant arrives at maturity.*



A Lifespan Behavioral Health Project  
In collaboration with the Department of  
Food and Nutrition

## The Agave Project for Successful Aging @ Flushing Hospital

Longitudinal research has shown that the basic ingredients for successful aging are:

- Diet
- Exercise
- The pursuit of mental challenges
- Self-efficacy
- Social Support

We increase our chances of aging successfully by applying thought to these life-style factors and incorporating them into our days. Aging successfully means living a fully functional intense life that is filled with purpose and meaning, until we reach life's final stage with more integrity than despair or disgust.

Most of us are health literate and know that we must incorporate a healthy diet and exercise into our days.

We know that we must consume a moderate caloric diet that consists of a high proportion of complex carbohydrates such as fruits and vegetables, whole grains, plant proteins, fish and their oils, a moderate proportion of other proteins, and a low proportion of saturated fat.

We know that we must bring our heart rate up to aerobic target levels by exercising 30 to 60 minutes a day 3 to 6 times a week.

We also know that it is difficult to achieve these *behavioral goals*.

## The Agave One-Plus-Two Weight Regulation Program

The purpose of *The Agave One-Plus-Two Weight Regulation Program* is to help you regulate your weight by *slowly* and gradually changing your daily diet and aerobic exercise routine until you achieve your *weekly behavioral goals*. The idea is to think of this as a long-range process. First, think that you are creating a weight-regulation repertoire that will remain with you for the rest of your life. Second, think that you are slowly creating this repertoire over the course of the next year.

### Diet

Three healthy meals a day for 7 days each week is the ideal to strive for. Therefore, there are 21 meals each week that can be changed. The idea is to change 1 meal a week every 2 weeks using the *MyPyramid.gov* food guidelines. And, to keep to this schedule until you have changed the number of meals each week that you feel helps you regulate your weight at the desired level. If you decide to change all 21 weekly meals, then it should take you 42 weeks to reach this *behavioral goal*. However, you may decide to change any number of meals between 1 and 21 as your *behavioral goal*.

### Exercise

Thirty minutes a day of aerobic exercise 6 days a week to your target heart rate is the ideal to strive for in the weight-regulation program. The idea is to begin doing 2 minutes of aerobic exercise a day for up to 6 days each week and to increase this by adding 2 minutes every 2 weeks until you achieve your *behavioral goal*. For example, exercise 2 minutes a day 3 to 6 days a week for the first 2 weeks, add 2 minutes a day for the second two weeks for a total of 4 minutes a day, and continue until you have reached 30 minutes a day or until you have reached your *behavioral goal*. If you decide to incorporate 30 minutes a day, then it would take you 30 weeks to achieve this *behavioral goal*. However, you may decide to incorporate any number of minutes of aerobic exercise into your day as your *behavioral goal*.

### Self-Efficacy

You will build self-efficacy, which is the feeling that "I can do it", if you stick to the *One-Plus-Two-Plan*, which asks you to change 1 meal every 2 weeks *and* to add 2 minutes of exercise every 2 weeks. You must resist going too fast because the steps feel so small. You must also resist going too slow. You will find that you build the feeling that "I can do it" by gradual change.

### Social Support

Social support means establishing a reciprocal relationship with another person to take the weight regulation and exercise steps. Develop one or more change partnerships. Agree to help each other stick to the *One-Plus-Two-Plan*. Each should agree:

- To change
- To change first
- To change "as if" you expected to be successful at weight regulation
- To change in small steps in the pursuit of the long-range goal of successful aging
- To change your behavior even if you don't feel like doing so

