

THRIVE FIVE

A Work Place Wellness Program



support



fitness



mindfulness



nutrition



resiliency



POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

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THRIVE FIVE

Schedule and Homework

Date	Week	Topics	Homework
	1	The New Thrive Five Way <ul style="list-style-type: none"> • Meditation • Fitness • Eating Plan Week 1 to 3 • Goal Setting 	Review Week 1 in your <i>Thrive Five</i> notebook. <ul style="list-style-type: none"> • Keep food/exercise records. (Use your favorite app or use form provided.) • Follow eating plan week 1 to 3. • Exercise goal: Move 150 to 300 minutes this week. • Practice <i>Mindful Eating</i> at home.
	2	Energy Balance and Eating Out <ul style="list-style-type: none"> • Meditation • Eating Plan Week 1 to 3 • Fitness • Goal Setting 	Review Week 2 in your <i>Thrive Five</i> notebook. <ul style="list-style-type: none"> • Keep food/exercise records. • Exercise goal: Schedule formal exercise into your life. • Follow eating plan week 1 to 3. • Practice <i>Mindful Eating</i> at home.
	3	The Plate Method and Meal Prep <ul style="list-style-type: none"> • Meditation • Eating Plan Week 1 to 3 • Protein, Fats, and Carbs • Fitness • Goal Setting 	Review Week 3 in your <i>Thrive Five</i> notebook. <ul style="list-style-type: none"> • Keep food/exercise records. • Follow eating plan week 1 to 3. • Include protein at meals and snacks. • Exercise goal: Use the FITT principle. • Practice <i>Mindful Eating</i> at home.
	4	Gut Health, Antioxidants, and Superfoods <ul style="list-style-type: none"> • Meditation • Fitness • Eating Plan Week 4 to 8 • Mindful Eating • Goal Setting • Recipe Demo 	Review Week 4 in your <i>Thrive Five</i> notebook. <ul style="list-style-type: none"> • Keep food/exercise records. • Follow eating plan week 4 to 8. • Strive for 25 to 35 grams of fiber per day. • Exercise goal: Improve flexibility. After you work out, stretch. Hold stretches for 10 to 30 seconds. Practice the Basic Stretches in the appendix. • Practice <i>Mindful Eating</i> at home.
	5	Label Reading <ul style="list-style-type: none"> • Meditation • Fitness • Eating Plan Week 4 to 8 • Goal Setting 	Review Week 5 in your <i>Thrive Five</i> notebook. <ul style="list-style-type: none"> • Keep food/exercise records. • Follow eating plan week 4 to 8. • Practice reading labels at home and in the store. • Exercise goal: Continue and increase cardio and resistance training. • Practice <i>Mindful Eating</i> at home.
	6	Eating Mindfully and Maintaining Motivation <ul style="list-style-type: none"> • Meditation • Eating Plan Week 4 to 8 • Fitness • Goal Setting 	Review Week 6 in your <i>Thrive Five</i> notebook. <ul style="list-style-type: none"> • Keep food/exercise records. • Follow eating plan week 4 to 8. • Complete the exercises not covered in class. • Exercise goal: Use the FIRST principle. • Practice <i>Mindful Eating</i> at home.

	7	Stress and Building Resiliency <ul style="list-style-type: none"> • Meditation • Eating Plan Week 4 to 8 • Fitness • Mindful Eating • Goal Setting 	Review Week 7 in your <i>Thrive Five</i> notebook. <ul style="list-style-type: none"> • Keep food/exercise records. • Follow eating plan week 4 to 8. • Set your SMART Goals • Exercise goal: This week take one of your cardiovascular days and push it a little longer. • Practice <i>Mindful Eating</i> at home. • Complete the Supermarket/Pantry Scavenger Hunt
	8	Supermarket/Pantry Scavenger Hunt Review <ul style="list-style-type: none"> • Virtual Supermarket Trip 	Review Week 8 in your <i>Thrive Five</i> notebook. <ul style="list-style-type: none"> • Keep food/exercise records. • Follow eating plan week 4 to 8. • Exercise goal: Practice Standard Method timed intervals. • Complete the Post-Program Questionnaire

Workout Videos: Access exercise videos for all levels, from 5 minutes to 45 minutes including Yoga, Cardio Dance, Functional Strength, Strength Rx, Senior Strength, and much more! Visit: <https://positivechoice.org/nutrition-and-fitness/exercise-videos-2/>

Name: _____

Measurements

Week 1

Week 8

Date: _____ Date: _____

Waist: _____ Waist: _____

Hip: _____ Hip: _____

My Mantra: _____

MY MOTIVATION BOX

Thrive Five SMART* Goal Worksheet

Week	Fitness Goal	Y or N	Nutrition Goal	Y or N	Mindful Eating Goal	Y or N
1						
2						
3						
4						
5						
6						
7						
8						

Thrive Five Activity and Intake Record Name: _____

Week # _____

All Weeks

	Monday Date: _____	Tuesday Date: _____	Wednesday Date: _____	Thursday Date: _____	Friday Date: _____	Saturday Date: _____	Sunday Date: _____																																																								
Water- # of 8 oz servings	<table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>									<table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>									<table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>									<table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>									<table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>									<table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>									<table border="1"><tr><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td></tr></table>								
Lean Proteins (up to 14 oz.)																																																															
Cleansing Vegetables (unlimited)																																																															
Low-Sugar Fruits (2 servings)																																																															
Probiotic Foods (2 servings)																																																															
Healthy Fats (4 servings)																																																															
(Weeks 4-8) Add - High Fiber Grain and Legume or Starchy Veg (1 serving ea.)																																																															
(Weeks 9-16) Add-Fruit and Probiotics (1 serv.) / HF Bread/ Cereal or Pasta																																																															

Cardio Exercises

Date	Activity Description	Duration	Distance / Steps	Calories Burned

Strength Exercises

Date	Time	Exercises	Weight	Reps	Sets	Calories Burned

ON YOUR JOURNEY OF WEIGHT CONTROL...

Your weight loss can:

- Prevent or delay type 2 diabetes
- Ease sleep problems, arthritis, and depression
- Lower your blood pressure and cholesterol level
- Make you feel better about yourself

Getting more active can:

- Prevent or delay type 2 diabetes
- Give you more energy
- Help you sleep better
- Improve your memory, balance, and flexibility
- Lift your mood
- Lower your blood pressure and cholesterol
- Lower your risk of heart attack and stroke
- Lower your stress level
- Strengthen your muscles and bones

By the end of the Thrive Five Program, my goal is:

- Lose at least _____ of your starting weight
- Get at least _____ of physical activity each week
- Other: _____

Activity Goal

In the next six months, I will get at least 150 minutes of activity each week at a moderate pace or more.

Example: Take a brisk walk for 30 minutes, five days a week.

The program's goals are safe and can be reached.

Even small changes can have big rewards for your health.

We will help you reach your goals by making gradual, healthy, and reasonable changes in your eating and activity.

From: (© 2012, University of Pittsburgh, based on the DPP research trial supported by cooperative agreement number U01-DK48489 from the U.S. Department of Health and Human Services. Source: CDC)

THRIVE FIVE EATING PLAN

Weeks 1 to 3

Detoxifying Cleansing Vegetables

Unlimited amount, minimum of 2 cups/day.

Artichoke
Asparagus
Bell peppers: green, orange, red, yellow
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumbers
Eggplant
Garlic
Green Beans
Green, leafy, vegetables (beet greens, turnip greens, collard greens, etc.)
Jicama
Kale
Lettuce, all varieties
Mushrooms
Nopales
Onions
Spinach
Tomatoes
Watercress
Zucchini

High Quality Proteins — up to 14 oz. per day.

1 oz. of protein has approx. 7 grams of protein.

Fish — wild-caught rather than farm-raised.

Canned light tuna (in water)
Catfish
Flounder
Salmon
Sole
Tilapia

Poultry

Chicken Breasts
Eggs (1 egg = 1 ounce)
Egg whites (2 whites = 1 ounce)
Ground Turkey Breast
Turkey Breast

(Condiments – For flavoring you may use fresh or dried herbs, broth, spices, lemon or lime juice, hot sauces, mustard, salsa, relish, and vinegar)

Proteins for Vegans/Vegetarians - CONSUME UP TO 650 CALORIES (or 14 Servings) AND UP TO 100 GRAMS CARBS COMBINED PER DAY FROM THESE FOODS. ONE SERVING BELOW CONTAINS:

Approx. 45 cal, 4 to 15 g. carbs, 4-7 g. pro and 1 to 4 g. fat

Beans – ¼ cup or 2 oz	Nutritional Yeast – 2 Tbsp.
Meatless Deli Slices -2	Seitan – 1 oz.
Vegetarian Burgers: “Chicken”	Tempeh- ¼ c. or 25g
“Prime”	Tofu – ¼ c.
“Turkey” – ½ patty	Vital Wheat Gluten – ½ oz.

Low Glycemic Index Fruits — 2 per day. 1 cup or the size of a baseball.

Apples
Berries, all types (1 cup)
Grapefruit (½)
Oranges
Peaches
Pears
Plums
Prickly pear cactus
Prunes (dried plums) (3)
Red Grapes (15)

Probiotics — 2 per day.

Dairy Sources of Probiotics:

Kefir (1 cup)
Lassi
Live-active cottage cheese (½ cup)
Yakult (50 calories worth)
Yogurt (6 oz.)

Vegetarian Sources of Probiotics:

Miso (1.5 ounce)
Natto (1 ounce)
Fermented Vegetables
Kimchi (½ cup)
Sauerkraut (½ cup)
Tempeh (4 oz.)

Fats — 3 to 5 per day.

Almond or other nut Milk (6 oz.)
Avocado (1/4 medium)
Butter spreads, trans fat-free (1 tsp.)
Canola oil (1 tsp.)
Flaxseed oil (1 tsp.)
Nuts (almonds, walnuts, etc.) (6-10 nuts)
Nut Butters (peanut, almond, etc.) (1 tbs.)
Seeds (chia, sunflower, etc.) (⅓ cup)
Olive oil (1 tsp.)
Olives (8 olives)

Weeks 4 to 8

- Consume the same foods as Weeks 1 thru 3.
- Choose from expanded protein list, if desired.
- **Add in one high-fiber grain or starchy vegetable and one legume serving per day.**

Expanded list of Proteins — Up to 14 oz. per day

Seafood

Clams
Crab
Mussels
Oysters
Scallops
Shellfish
Shrimp

Lean cuts

Beef — flank, loin, round, round tip, sirloin
Lamb — shanks, sirloin roast
Pork — loin chops, loin roast, sirloin chops, tenderloin
Veal cutlet

High Fiber (3 to 5 grams or more of fiber per serving) Grains

— 1 per day.
(1 serving = ½ cup or 100 calories worth)

Amaranth
Barley
Brown rice
Bulgur
Freekeh
Whole wheat couscous
Millet
Oat Bran
Quinoa
Steel cut oats
Teff

OR

Starchy Vegetables

Corn (½ cup)
Green Peas (1/2 cup)
Potato (1 medium)
Sweet potato (1 medium)
Taro (½ cup)
Winter squash — acorn, spaghetti, butternut (1 cup)
Pumpkin (½ cup)
Yam (1 medium)

AND

Legumes

— 1-2 serv. per day
(1 serving = ½ cup).

Black beans
Black-eyed peas
Butter beans
Garbanzo beans (chickpeas)
Great Northern Beans
Kidney beans
Lentils
Lima beans, baby
Navy beans
Pinto beans
Soy beans
Split peas

Maintenance

- Consume the same foods from the previous weeks. Choose from expanded lists of vegetables, proteins, and fruits, if desired.
- **Add in one additional probiotic serving per day.**
- **Add in one grain or pasta serving per day.**

Additional Vegetables — Unlimited.

All vegetables (excludes starchy vegetables)

Additional Proteins — Up to 14 oz. per day.

Canadian bacon
Cornish hen

Fruits — 2 to 4 per day

All fruits

Dairy Sources of Probiotics — 1 per day.

Cheeses (1 oz., use as a condiment)
Camembert, Edam, Feta, Fontina, goat,
Limburger, low-fat cheddar, Parmesan, and
part-skim mozzarella
Low-fat cottage cheese (½ cup)
Low-fat or skim milk (1 cup)
Low-fat ricotta cheese (½ cup)

Choose 1 more serving of high fiber grains, starchy vegetables or legumes or add one per day of any of the following Bread, High Fiber Cereal or Pasta from the lists below.

Breads — 1 slice, 3 to 5 grams fiber minimum.

Cracked wheat
Gluten-free
Multigrain
Pumpernickel
Rye
Whole grain bagel (½) or whole grain
bagel, thin (1)
Whole wheat pita
Whole wheat tortilla (10")
Corn tortilla (2-6")

High Fiber Cereal — ¾ cup.

All-Bran
All-Bran Buds
Fiber One
High Fiber Cereal (Trader Joe's brand)

OR

Pasta — ½ cup cooked

Gluten-free pasta	Udon Noodles
Whole-wheat pasta	Tofu Noodles
Miracle Noodles	Edamame Noodles

THRIVE FIVE EATING PLAN

The following table is a guideline of how to best incorporate the foods from the lists above into your Thrive Five meal plan to maximize weight loss. Because timing is so important to metabolize food appropriately, space your meals and snacks every 3 to 5 hours.

SUGGESTED FOOD AND TIMING

	Breakfast	Lunch	Snack	Dinner	Snack
Week 1 to 3 Approximately 1,100-1,200 Calories	2 oz. protein 1 fruit 1 probiotic 1 healthy fat	4 oz. protein 2 cups vegetables 1 healthy fat	2 oz. protein 1 fruit 1 healthy fat	4 oz. protein 2 cups salad 2 cups cooked vegetables 1 healthy fat	1 probiotic
Weeks 4 to 8 Approximately 1,300 Calories	2 oz. protein 1 fruit 1 probiotic 1 healthy fat 1 high fiber grain	4 oz. protein 1 cup vegetables 1 healthy fat 1 legume	2 oz. protein 1 fruit 1 healthy fat	4 oz. protein 2 cups salad 2 cups cooked vegetables 1 healthy fat	1 probiotic
Maintenance Approximately 1,300 - 1,450 Calories	2 oz. protein 1 fruit 1 probiotic 1 healthy fat 2 high fiber grains	4 oz. protein 1 cup vegetables 1 healthy fat 1 legume or starchy vegetable	2 oz. protein 1 fruit 1 healthy fat	4 oz. protein 2 cups salad 2 cups cooked vegetables 1 probiotic 1 healthy fat	1 probiotic

MINDFULNESS FOR WEIGHT CONTROL

Anyone who has struggled to stay within a healthy weight range knows that it can be very challenging. Exercise and eating healthy foods are only part of the battle. Another piece is adjusting your mindset to make a change in your life. Mindfulness can help rewire your brain to make the necessary changes.

Mindfulness and meditation has been practiced for thousands of years all over the world. This practice, in which the mind and body join to relax and focus, can be done in many ways. Some forms of mindfulness like tai chi and yoga involve physical movement while others require stillness. The goal of the mindful meditation method we will use in class is not to empty your mind, but to allow it to be quiet, yet stay alert.

Mindfulness Benefits:

- Alleviate anxiety, depression, pain and stress
- Bring healing to the body
- Give strength to intentions including acceptance
- Boost motivation
- Increase energy

People eat because of physical hunger and emotional hunger. If a person makes a fist, that is the size of an empty stomach. If both hands are open and folded inward just slightly, that is about two cups of food which fills up approximately $\frac{2}{3}$ of the stomach, leaving $\frac{1}{3}$ of the stomach for digestion. If the stomach is filled to capacity, it can make a person feel bloated and sick. Over several months of overeating, however, the stomach muscles become used to stretching, and the overextended feeling becomes the norm. The result is the need to eat more food to feel comfortably full, which results in overeating and weight gain.

Mindfulness focuses on *emotional hunger*, but mindfulness also addresses *physical hunger* by raising your metabolism up to the point that it becomes self-regulating and in a state of homeostasis, which means that the body's internal environment remains stable.

In the *Thrive Five Program*, you will practice mindfulness during every class for 16 weeks to clear your mind of stresses and refocus on your goals and direction at hand. While doing this, you will also learn to alleviate anxiety associated with reaching your weight loss goals. In addition, mindfulness helps you practice acceptance of yourself as a valuable and loveable human being.

MINDFUL EATING

What is Mindful Eating?

- Allowing yourself to become aware of your positive inner wisdom when it comes to preparing and consuming food.
- Intuitively choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Learning to be aware of physical hunger and satiety cues to guide your decision to start and stop eating.

Why Eat Mindfully?

- To free yourself from unhealthy, reactive, and habitual eating patterns.
- To promote balance, choice, wisdom, and acceptance.
- To acknowledge responses to food without judgment.
- To experience insights about how to achieve healthy eating goals.
- To accept that your eating experiences are unique to you.

In other words, mindful eating involves paying full attention to the experience of eating and drinking, both inside and outside the body. We pay attention to the colors, smells, textures, flavors, temperatures and even the sounds of our food. We pay attention to the experience of the body. Where in the body do we feel hunger? Where do we feel satisfaction? What does half full feel like, or three quarters full?

We also pay attention to the mind. While avoiding judgment or criticism, we watch when the mind gets distracted, pulling away from full attention to what we are eating or drinking. We watch the impulse that arises to grab a book, turn on the TV, or call someone on our cell phone, after we have taken a few sips or bites. We notice the impulse and return to just eating.

We notice how eating affects our mood and how our emotions, like anxiety, influence our eating. Gradually we regain the sense of ease and freedom with eating that we had in childhood. Eating returns to an intuitive process; one we do not need to constantly think (and stress) about.

Weekly At-home Exercises for Week One.

Exercise

If you are already exercising — GREAT! Keep up the good work and be ready to step things up in the coming weeks. If you have not started an exercise routine yet, start now. This week adopt the mentality of moving more and sitting less. Take every chance there is to burn an extra calorie. A great way of measuring your *movement* during the day is to get a pedometer and track your steps. Strive for close to 10,000 steps per day. Research shows that **150 to 300 minutes (2.5 to 5 hours) is the amount of time per week you need to move for weight loss and future weight maintenance.**

Mindful Eating

Learn to be aware of physical hunger and satiety cues to guide your decision to start and stop eating.

PUTTING KNOWLEDGE INTO ACTION

Learning About Changing Habits by Setting Goals

If you've decided to change a habit — becoming more active or doing something else to improve your health — congratulations! Making that decision is the first step toward making a change. What happens next? Have a reason. Set goals you can reach. Prepare for slip-ups. And get support.

What's your reason?

Your reason for wanting to change a habit is important. You want to eat a healthier diet so you can lose weight. You need to feel ready to make a change. If you don't feel ready now, that's okay. You can still be thinking and planning. When you truly want to make changes, you're ready for the next step. It's not easy to change habits — but you can do it. Taking the time to really think about what will motivate or inspire you will help you reach your goals.

How do you set goals?

- **Focus on small goals.** This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it. For example, your large goal may be to lose 50 pounds. Your small goal could be to lose five.
- **Write down your goals.** This will help you remember, and you'll have a clearer idea of what you want to achieve. Use a journal or notebook to record your goals. Hang up your plan where you will see it often as a reminder of what you're trying to do.
- **Make your goals specific.** Specific goals help you measure your progress. For example, setting a goal to eat five helpings of fruits and vegetables five days a week is better than a general goal to *eat more vegetables*.
- **Focus on one goal at a time.** By doing this, you're less likely to feel overwhelmed and then give up.
- **When you reach a goal, reward yourself.** Celebrate your new behavior and success for several days, and then think about setting your next goal.

What's the best way to make a plan?

Once you have set specific goals for health and fitness, it's time to make a plan to help you achieve those goals. Remember that a plan is a specific strategy to take action in a way that brings you closer to your goal. Making a plan requires breaking things down into small, manageable steps:



Goal: Walk one mile without stopping by (date).

Plan: Gradually increase walking distance.

- Steps:**
1. Choose starting distance/time.
 2. Decide how much to increase each day.
 3. Create calendar plan with walking days and daily goals.
 4. Record and Reward progress, or Review and Revise goals.



Goal: Include at least five servings of fruits and vegetables daily.

Plan: Add produce to every meal and snack.

- Steps:**
1. List fruits and vegetables that are familiar and appealing.
 2. Internet search for recipes and ideas to try new preparations.
 3. Make meal schedule with plan for fruits and vegetables each meal and snack.
 4. Create shopping list including planned produce.
 5. Choose one new fruit and vegetable to try each week.
 6. Record and Reward progress, or Review and Revise goals.



Goal: Perform 30 minutes of strength training exercises twice a week.

Plan: Gradually increase strength training exercises.

- Steps:**
1. Assess starting strength training fitness level.
 2. Identify method of training (class, DVD, trainer, equipment).
 3. Choose starting level of training (duration and frequency).
 4. Create calendar plan with training days and goals (time or exercises).
 5. Record and Reward progress, or Review and Revise goals.

Having a specific plan and being flexible with your goals makes it possible to accomplish anything over time. As you succeed at achieving each goal you build confidence and motivation to work on new goals, and each success builds on the last!

How can you get support?

- **Get a partner.** It's motivating to know that someone is trying to make the same change that you're making, like being more active or changing your eating habits. You have someone who is counting on you to help him or her succeed. That person can also remind you how far you've come.
- **Get friends and family involved.** They can exercise with you or encourage you by saying how they admire what you are doing. Family members can join you in your healthy eating efforts. Don't be afraid to tell family and friends that their encouragement makes a big difference to you.
- **Encourage yourself.** When you feel like giving up, don't waste energy feeling bad about yourself. Remember your reason for wanting to change, think about the progress you've made, and give yourself a pep talk and a pat on the back.
- **Get professional help.** A dietitian can help you make your diet healthier while still allowing you to eat foods that you enjoy. A trainer or physical therapist can help design an exercise program that is fun and easy to stay on. A counselor, a social worker, or your doctor can help you overcome hurdles and reduce stress.

The more you practice your goals, the more automatic your new behavior will become. Your new behaviors will become new habits. Any step you take today will make forming good new habits easier to do in the future.

USING GOALS TO MAKE LIFESTYLE CHOICES

Once you have figured out where you are and where you want to be, you can create goals for what you want to accomplish. Setting specific goals that are SMART can help you make a detailed plan, stay on track, and know how to make changes to the plan if you are not making progress.

S Specific

Specific goals are clear and state exactly what you want to happen. You should know when you've reached your goal.

Past goal: *I want to exercise more.*

SMART goal: *I want to be able to walk one mile without stopping.*

M Measurable

Measurable goals are manageable goals! How will you measure your progress? Remember that for a goal to be measurable, it must have a number in it.

Past goal: *I want to eat more fruits and vegetables.*

SMART goal: *I will include at least five servings of fruits and vegetables in my meals and snacks every day.*

A Action-oriented

Action-oriented goals focus on what you need to do, rather than what you want the end result to be.

Past goal: *I want to build strength.*

SMART goal: *I will do 30 minutes of strength training exercises twice a week.*

R Realistic

Realistic goals are challenging but achievable. It's not uncommon to set high goals in the excitement of beginning a new program — but unfortunately if goals are unrealistically high they can set you up for failure.

Past goal: *I want to lose 20 pounds by the end of summer.*

SMART goal: *I will decrease my food intake and increase my activity to change my energy balance to negative by 300 to 500 kcal each day.*

T Time-limited

Time-limited goals give you a clear target to work towards, to help you stay motivated. They also have an end point for you to take a look at your progress and make changes to the goal or plan if necessary.

Past goal: *I want to be more fit.*

SMART goal: *I will exercise six days per week for 30 minutes until the end of the month.*

MOVING FORWARD — WHAT TO DO:

Taking care of your health and managing your weight is an ongoing process. Taking things step by step can help you move forward in a positive way:



What's your goal?

Decide on a specific, realistic, time limited goal. Use the SMART principles to make sure that your goal motivates you for action but is not too intimidating.

My Goal: _____



Make a plan.

How will you take steps toward your goal? Create a plan that has specific things to do that you can check off your list for a feeling of accomplishment.

My Plan: _____



Identify obstacles in advance.

What might keep you from following your plan? Consider limits that time, energy, other people and the weather might place on you and come up with an alternate plan just in case.

My Obstacle: _____



Ask for support.

Sharing your goal and having someone support you in your efforts can go a long way in helping you stay motivated. Find someone that can be there for you every step of the way.

My Support Person: _____



Measure your Progress.

The only way of knowing how you're doing is to measure the steps along the way. This helps shift the focus away from the end result and toward taking each step one by one, which makes things more manageable.

My Measurement: _____



Review and Revise.

Based on your progress, do you need to revise your plan or your goal? Expect to have obstacles and setbacks and then they won't be as frustrating. Make changes as needed so you can feel successful.

My Review Plan: _____



Reward yourself.

How can you reward yourself for the efforts you make along the way? Find non-food rewards and use them to celebrate the changes you have made to improve your health and your life.

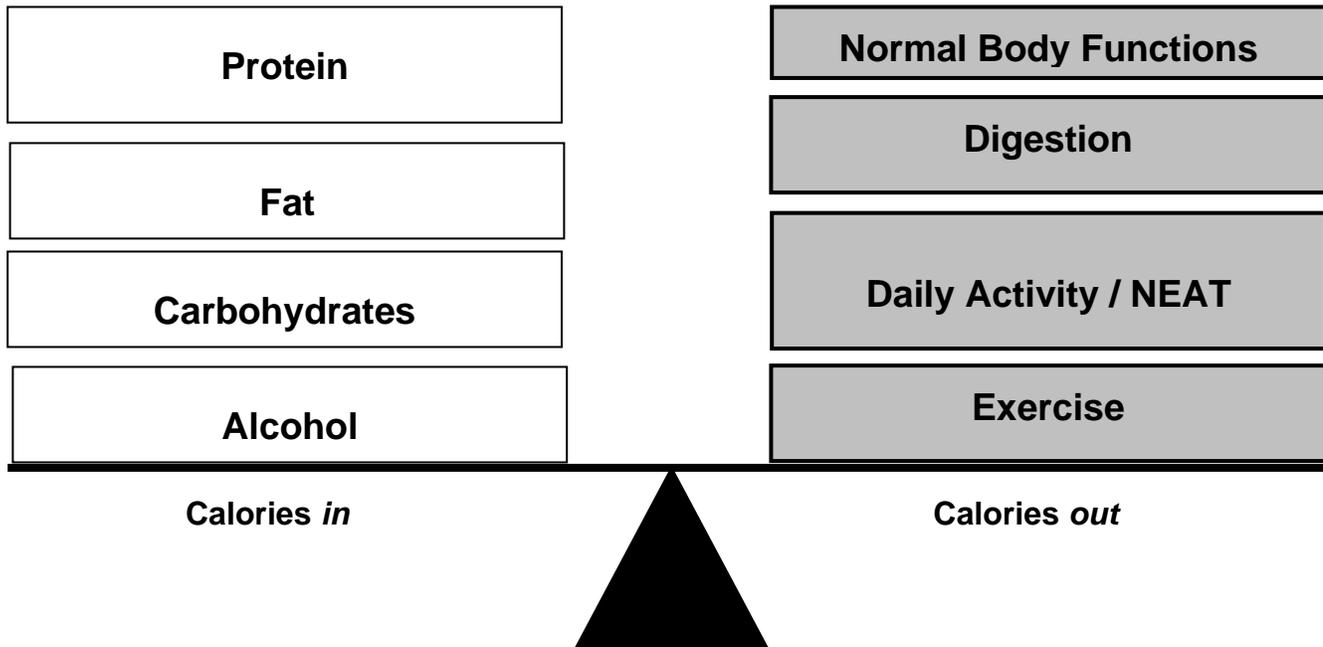
My Reward: _____

Notes:

WEEK 2 — ENERGY BALANCE, DINING OUT, AND MEAL PREP

The First Step in Understanding Weight Management

CALORIES = ENERGY



Achieving and maintaining a healthy weight is without a doubt your goal. Becoming a calorie burner rather than a calorie hoarder is one of the secrets to accomplishing this. Unfortunately, many people resort to drastic measures in order to achieve a certain number on the scale, forgetting what truly matters — your body’s health. Good nutrition, proper meal timing and sound exercise are all integral parts of a program that can help solve your weight issue indefinitely.

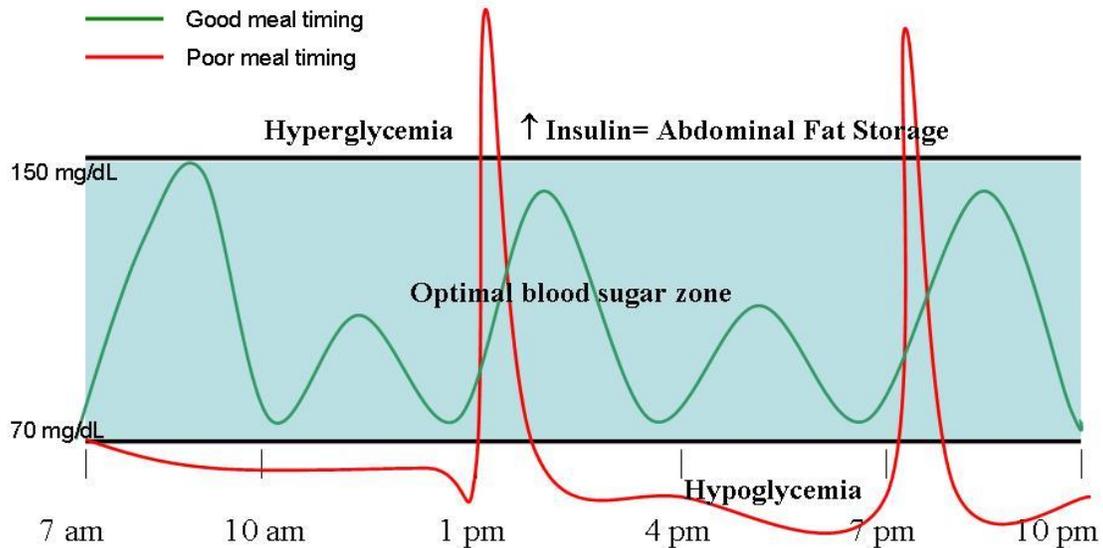
1. Eat enough

Less is not necessarily better! You must eat to feed your metabolism and avoid *starvation* mode. Most females have a resting metabolic rate higher than 1,100 to 1,200 calories per day and males 1,400 to 1,500 calories per day. Be sure not to go below these levels or you risk sending your body the wrong signals (i.e., *preserve to survive* rather than *burn to lose*). The first thing to go when you starve yourself isn’t fat — it’s calorie burning muscle!

2. Eat more frequently

Keep your hunger in check by avoiding blood sugar lows and spikes. To do this, try to eat smaller meals every three to four hours. Be sure to include some lean protein, healthy fat and/or fiber at each meal to keep blood sugar levels from rising too quickly.

The Importance of Meal Timing



3. Be a fat burner with cardio

Cardiovascular exercise is the best way to teach your body how to burn fat as a fuel. It also helps to immediately regulate blood sugar levels.

- For beginners, strive for a minimum of 20 minutes, four to five days per week at easy to moderate intensity.
- For those who have been exercising, strive for five hours (300 minutes) at a moderate intensity.
- For advanced, increase your intensity and weights. Get a minimum of five hours (300 minutes a week.)

4. Muscle: Build more, burn more

Consistent resistance training is paramount in building lean body mass and maximizing daily calorie burn. It also improves blood sugar levels by enhancing your cells receptivity to insulin.

- Do two to three sessions per week, safely overloading all muscle groups. Allow at least 48 hours of recovery between sessions to allow for repair of damaged muscle fibers. Begin with 10 to 20 minutes a session.

Dining Out

Ask — How is this dish prepared?

Ask — What ingredients are used?

Ask — Do you have any low-fat or low-calorie options?

Ask — What comes with the meal?

Ask — Can I make substitutions?

Ask — How large are the portions?

Don't be afraid to make special requests. You may be able to make substitutions.

If you don't see something you like, ask for it. As a paying customer, you have the right to eat not only what tastes good, but what's good for you. A good question to ask in a non-chain restaurant is *"I don't see anything I'd like to eat, could the chef please put together some lean poultry (or seafood) with a lot of vegetables for me?"*

Cut down on portions.

Order half a plate or share an entrée with a companion.

Watch those full-course meals at special prices.

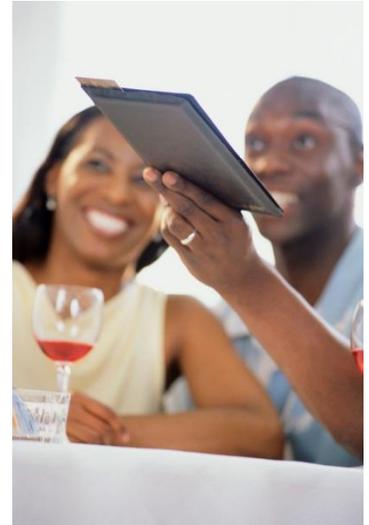
It is no bargain if you add on a few hundred extra calories just because an appetizer and dessert were included. Ordering à la carte is a safer way to go. Be aware that diet or vegetable plates may not be low-cal. They may contain high fat items, such as cheese.

Take some food home.

You don't have to eat everything on your plate just because the restaurant serves large portions or because you're paying for it. Consider asking for a doggy bag before the meal is served. Take it home and eat the rest the next day or give it to someone else.

Burn It to Earn It!

One way of handling an episode of dining out that doesn't include restricting yourself from your favorite foods is to account for the higher amount of calories you plan on eating with exercise. This practice is a great one because you are not only avoiding a caloric surplus, which over time if done again and again can lead to weight gain, you are doing something that your body needs anyway.



The Bottom Line...

If you choose not to eat healthily when out at the restaurant, then try to limit eating out to once or twice per week. This will allow you the freedom to have a *planned lapse* here and there, without your weight being affected. Be sure to get some extra exercise on those days as well. See the chart on the next page to get an idea of how much exercise is needed to burn the calories associated with some common restaurant meals:

Restaurant Meal	Calories	Exercise needed to burn it off (for 180 lb. person)
Chicken Fajitas	1484	2.5 hours aerobics class (moderate)
Spinach/Artichoke Dip	1161	2.5 hours easy cycling (10 mph)
Philly Cheesesteak/Fries	1593	3 hours easy swimming
Shrimp Pad Thai (3 cup)	900	2 hours kayaking (moderate)
Chicken Caesar Salad	720	2 hours golf (walking)
Bistro Shrimp Pasta (Cheesecake Factory)	2290	8 hours walking @ 3 mph
Islands Big Wave Burger with cheese	1040	3 hours water aerobics (moderate)
One basket of chips and salsa—Chili's Restaurant	480	1¾ hours light strength training
Vegetarian Pizza (½) (Sammy's Wood Fire)	885	3.5 hours bowling

Restaurant Desserts

If you want a taste of a dessert, go ahead and order it. Practice the three bites rule — take three bites and either offer the rest to others at the table, or call the waiter or waitress to remove the rest.

MEAL PREPARATION

Easy Meal Prep tips:

- **Start with the Protein.** Proteins can often be the most time consuming to prepare. Picking a couple protein sources for the week and preparing them beforehand can cut down on your mid-week cooking.
- **Chop, Slice, and Dice your Veggies.** Doing this ahead of time will allow you to easily create snacks, salads, and omelets loaded with vegetables.
- **Cook some Grains and Legumes.** These can be made in large batches for the week and will add texture and fiber to your meals.
- **Use Condiments, Salsas, and Dressings.** A dollop of salsa, tzatziki, pesto, or yogurt-based Ranch can make all the difference in taste.
- **Shop with convenience in mind.** Buy healthy frozen foods in bulk, such as fruits, vegetables, chicken breasts or fish fillets, and remove and thaw out only the amount you need. Don't like chopping? Buy pre-cut salad mixes, baby carrots, sugar snap peas, small bell peppers, etc.
- **Cook a batch and freeze single portions.** Many foods freeze well, including meats, fruits, vegetables, whole grains, nuts and seeds. Freezing food keeps it fresh longer and helps prevent waste. Make a high-protein, vegetable-rich casserole or stew and freeze individual-size servings. Then grab and go as needed. Be sure to write the date and contents on packages and move older servings forward as you add new foods to the freezer.
- **Prepare one-pan meals.** For quick and simple cooking, choose dishes that include foods from several food groups, such as meat or fish, quinoa or legumes and vegetables.
- **Use extras wisely.** Plan meals so that you can use the extra food in new dishes. For example, bake chicken for a meal and use the leftovers in soups or toss with greens, fruit, and nuts for a tasty salad.
- **Hit the books and/or look up recipes online.** Cookbooks and online recipes are great resources that can provide practical advice and helpful tips for cooking and selecting healthy foods, planning menus, shopping and reading food labels.

List the foods you consistently prep for the week:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Group Activity! Practice Creating a Healthy Breakfast, Lunch and Dinner

Breakfast

Lunch

1)
2)
3)

1)
2)
3)

Dinner

Snacks

1)
2)
3)

1)
2)
3)

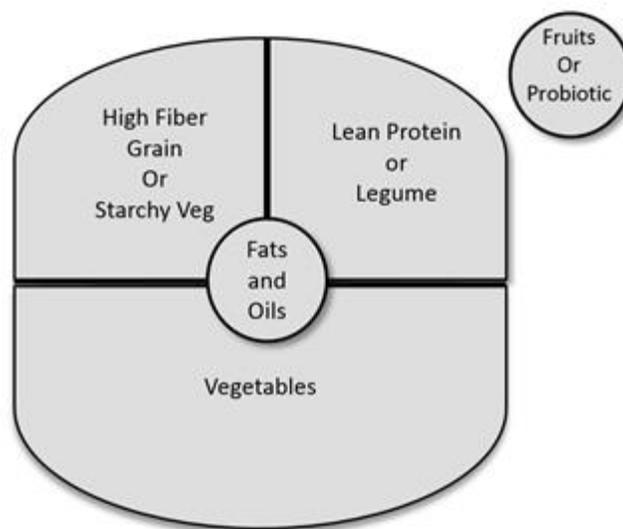
What are some foods you could prep ahead of time that would make meal planning easier?

WEEK 3 — THE PLATE METHOD: Protein, Carbs, and Fats

The plate method is a very easy and basic strategy to begin with when starting to eat healthfully. Use a 9-inch plate (large salad plate). Visualize your plate divided into three sections as described below.

- Fill half of your plate with raw, steamed, stir-fried, sautéed, baked, or roasted low-carbohydrate, above-ground vegetables like broccoli, cauliflower, green beans, cabbage, Brussels sprouts, squash, eggplant; or greens such as bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard, or beet greens; or lettuce and mixed greens such as romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory.
- Low-carb veggies are chock full of healthy vitamins, minerals, and antioxidants, water, and healthy fiber. Vegetables help your stomach feel full without adding a lot of calories to your meal. Think of the vegetable portion as being the centerpiece of the meal, with protein, whole grains, and healthy fats such as olive or canola oil, nuts and seeds, and avocado serving as the condiments or flavor-enhancers for the meal.
- Fill a fourth of your plate with healthy lean protein such as baked chicken, fish, eggs, lean meat or meat substitute, dairy (reduced fat yogurt or cheese), or raw nuts and/or seeds.
- Fill the remaining fourth of your plate with healthy complex carbohydrates (starches) such as brown rice, quinoa, amaranth, sweet potato, legumes or beans, or whole-grain bread. Avoid highly refined wheat-based foods, corn-based foods and potatoes.

For dessert, enjoy a serving of fruit (1 medium piece or 1 cup of fresh fruit). The picture below displays the plate method. Your plate won't look exactly like this. Usually, the fats will be part of your lean protein, as vinegar and oil dressing for your salad or olive oil on your vegetables, or as nuts and seeds, or grated cheese sprinkled on your salad or veggies. All foods, even lettuce and other simple greens, contain trace amounts of fats.



PROTEIN POWER



The Basics of Protein

Protein is the body's building block for nearly all tissues and organs. There are 20 amino acids that serve as the *mini* building blocks to build proteins. Several of these amino acids (nine to be exact) are called *essential* because we must get them from food. In other words, our bodies cannot manufacture them. Therefore, a diet lacking adequate protein is one that will not support a healthy system for very long.

For Weight Loss

Protein is the most important part of all meals and snacks. It is not, however, the largest part. Protein takes a longer time to be broken down and absorbed than carbohydrates do. Therefore, including a protein source at all meals and snacks helps keep blood sugar levels from rising too quickly.

From a weight management point of view, insulin spikes lead to visceral (abdominal) fat storage, so avoiding them is crucial. Including ample protein increases the production of the hormone glucagon. Glucagon signals the body to move dietary fat into the bloodstream and use it for energy rather than store it as fat. Most protein foods, especially fish, have been shown by research to trim belly fat.

Having enough protein boosts the metabolism by stepping up the action of the thyroid gland.

Here are three ways protein helps with weight loss:

1. Good lean protein sources including fish, seafood, poultry, lean cuts, selected probiotics, legumes and veggie meats move more slowly from the stomach to the intestine. Slower stomach emptying means you feel full for longer and get hungrier later.
2. Protein's gentle, steady effect on blood sugar prevents sharp blood sugar dips (and accompanying hunger) that often occurs after eating a quickly digested carbohydrate, like white bread or a baked potato.
3. The body uses more calories to digest protein than it does to digest fat or carbohydrate.

Eating higher amounts of protein also seems to help preserve lean muscle during weight loss, and this, too, can help boost the amount of energy burned.



ORDER OF ABSORPTION

Absorption Speed

Slow



Fast

Nutrient	Calories/gram
Fat	9
Protein	4
Carbohydrate	4
*Alcohol	7

* When ingested, alcohol passes from the stomach into the small intestine, where it is rapidly absorbed into the blood and distributed throughout the body.

To avoid spikes in blood sugar, strive to include a protein and or healthy fat source at all meals and snacks. For example, rather than having just berries for breakfast, pair it with some Greek yogurt. If you are making a large salad for dinner, throw in some chicken. Going for an apple in the afternoon? Have some almonds to go along with it.

Activity: Make a list of foods below that you can include at meals and snacks to keep your blood sugar from spiking, and your appetite from getting too hungry.

There are approximately 7 grams of protein in 1 ounce of meat. Yet, protein exists in other foods like dairy products, legumes, nuts and seeds.

1/2 cup low-fat cottage cheese: 10-14g	1/2 cup Greek or Icelandic yogurt: 12-15g
3 oz. tofu, firm: 7-13g	3 oz. fish fillet (depending on type of fish): 21g
1/2 cup cooked lentils: 9g	4 oz Tempeh: 20g
2 tablespoons nutritional yeast: 8 g	4 oz. Seitan: 25g

HEALTHY CARBOHYDRATES

The types of carbohydrates you eat are important. So is the amount. Sugar and refined carbohydrates (bagels, crackers, cookies, desserts, juice, sugary cereals, white bread, white pasta, white potatoes and white rice) cause your body to release more insulin which can lead to weight gain and type 2 diabetes.

At the other end of the spectrum from refined and high-glycemic carbohydrates are complex carbohydrates. Complex carbohydrates like vegetables, fruits, whole grains, legumes, and nuts can enhance your health in the following ways:

- Complex carbohydrates take longer to digest, and this slower absorption helps maintain healthier blood sugar and insulin levels, keeping moods more even and diminishes the risk for insulin resistance. In insulin resistance cells don't recognize glucose, and glucose is then barred from entering the cells for energy. Blood sugar rises, you are more fatigued, and you tend to gain weight around your waist and chest areas.
- The slower rate of absorption of the sugars complex carbohydrates provide means you have a steadier supply of energy and results in less sugar being converted into fat.
- Slow-acting, complex carbohydrates also satisfy hunger better and longer, limiting the vicious cycle of cravings you experience with refined carbohydrates.
- Choose from the slowly and moderately absorbed carbohydrate example given below:

Quickly absorbed carbohydrates	Moderately absorbed carbohydrates	Slowly absorbed carbohydrates
Bagels	Most fruits	Legumes: Black Beans, Lentils, Soy Beans
Crackers	Winter squash	Quinoa
Cookies	Sweet potatoes	Whole grains
Juice	Carrots	Sprouted grains
Sugary cereals	Beets	Dairy products
White bread, pasta, rice, and potatoes		Buckwheat



FIBER FACTS

Dietary fiber, also known as roughage or bulk, includes all parts of plant foods that your body can't digest or absorb. Your body doesn't digest fiber. Fiber passes virtually unchanged through your stomach and small intestine and into your colon.

The average person in the United States consumes about 10 to 14 grams of dietary fiber daily. Experts recommend that the average adult consume **25 to 35 grams of fiber per day**. High fiber foods usually contain fewer calories than many low-fiber foods. **Meat, milk, eggs, fats, and oils are virtually devoid of fiber**. By increasing the fiber content of your diet, you can feel full and satisfied while eating more food and less calories!



Fiber is often classified into two categories: those that don't dissolve in water (insoluble fiber) and those that do dissolve in water (soluble fiber).

- **Insoluble fiber:** This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts and many vegetables are good sources of insoluble fiber.
- **Soluble fiber:** This type of fiber absorbs water and forms a gel-like material. It can help lower blood cholesterol and glucose levels. You can find generous quantities of soluble fiber in oats, peas, beans, apples, citrus fruits, carrots, barley and psyllium.

A high-fiber diet has many benefits, which include:

- Prevents constipation. Dietary fiber increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fiber may also help to solidify the stool because it absorbs water and adds bulk to stool.
- Lowers blood cholesterol levels. Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or *bad*, cholesterol levels.
- Aids in weight loss. High-fiber foods generally require more chewing time, which gives your body time to register when you're no longer hungry, so you're less likely to overeat. Also, a high-fiber diet tends to make a meal feel larger and linger longer, so you stay full for a greater amount of time. And high-fiber diets also tend to be less *energy dense*, which means they have fewer calories for the same volume of food.

A Word of Caution: Increase your fiber intake gradually. Adding too much fiber too quickly can cause gas, bloating, and cramping. As you increase your fiber intake, be sure to drink plenty of fluids. Fiber absorbs fluids, thus increasing your fluid needs. Some studies have indicated that in rare cases, too much dietary fiber, especially overuse of fiber powders and pills, can block the absorption of other nutrients (calcium, magnesium, iron, zinc, and chromium).



SUGAR

Questions and Answers (Q and A)

Q: How many teaspoons of sugar does the average American eat and drink every day?

A: 38. Talk about a sweet tooth. We eat and drink 38 teaspoons, or over 3/4 a cup of added sugar each day. The American Heart Association recommends 6 teaspoons per day for women and 9 for men. Sweets add up: The average American eats about 152 pounds of sugar in just one year. Added sugars include any of the sugar sources listed below that are put in a product during processing to make it taste better. They have little nutritional value, other than giving you extra calories.

Names for Sugar

Agave nectar	Coconut palm sugar	Dextrin	Honey	Raw sugar
Barbados sugar	Coconut sugar	Dextrose	Icing sugar	Refiner's syrup
Barley malt	Confectioner's sugar	Evaporated cane juice	Invert sugar	Rice syrup
Barley malt syrup	Corn sweetener	Free-flowing brown Sugars	Malt syrup	Saccharose
Beet sugar	Corn syrup	Fructose	Maltodextrin	Sorghum Syrup
Brown sugar	Corn syrup solids	Fruit juice	Maltol	Sucrose
Buttered syrup	Date sugar	Fruit juice concentrate	Maltose	Sugar (granulated)
Cane juice	Dehydrated cane Juice	Glucose	Mannose	Sweet
Cane juice	Dehydrated Cane Sugar	Golden sugar	Maple syrup	Sorghum Syrup
Crystals	Demerara sugar	Golden syrup	Molasses	Treacle
Cane sugar		Grape sugar	Muscovado	Turbinado sugar
Caramel		HFCS (High-Fructose Corn Syrup)	Palm sugar	Yellow sugar
Carob syrup			Panocha	
			Powdered sugar	

Q: On food labels, the amount of sugar is listed in grams. What's 1 gram of sugar?

A: 1/4 teaspoon. Think about a teaspoon of sugar. That's what about 4 grams of sugar looks like. A 20-ounce bottle of regular cola has about 67.5 grams, or 16.25 teaspoons of sugar!

Q: True or False- You are born with a sweet tooth?

A: True. Humans are hardwired to prefer sweet from birth. Sugars are a type of carbohydrate. Carbohydrates stimulate the release of the feel-good brain chemical serotonin. Serotonin is the calming chemical that helps you feel relaxed or content; it plays a role in storing memories, learning new information, sleep and triggering your appetite.

Q: Which country leads the world in sugar production?

A: Brazil. Brazil is the top sugar producer in the world. Most of its harvest goes to more than 100 other countries. The United States ranks 9th when it comes to producing sugar.

FATS

Types of Dietary Fat — Fats and oils are made up of basic units called fatty acids. Each type of fat or oil is a mixture of different fatty acids. Some fats are found on multiple lists because of their mixed properties. Fat should make up about 25% to 30% of our daily intake. Based on a 1,500-kcal diet, the total daily fat allowance is about 42 to 50 g.



Monounsaturated Fats (MUFAs) Foods containing monounsaturated fats reduce low-density lipoprotein (LDL) cholesterol. Research also shows that monounsaturated fats may benefit insulin levels and blood sugar control. Food sources high in MUFAs include:



avocados	grapeseed oil	nut butters	olives	sesame oil
canola oil	macadamia nut oil	nuts (cashews)	olive oil	sunflower oil

Polyunsaturated Fats (PUFAs) contain omega-3 fatty acids. The polyunsaturated fatty acids omega-3* and omega-6 are *essential*, meaning that we cannot make them in our body and therefore must get them from food.



Polyunsaturated fats improve our cholesterol levels and boost your metabolism. Adding a minimum of two weekly servings of fish high in omega-3s (salmon, tuna, mackerel or sardines), while cutting back calories, helps you lose more fat than cutting calories alone. Food sources high in PUFAs include:

High in Omega-3*	canola oil, walnuts, flaxseed, wild fish, olive oil, sardines	High in Omega-6	chia seeds, hempseed, soybeans, sesame seeds, sunflower seeds, whole grain wheat, egg yolks
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Saturated Fats, which tend to be solid at room temperature and include animal, dairy and certain vegetable fats, are necessary in the diet, but too many can adversely affect cholesterol levels by increasing the LDL, or *bad* cholesterol. For this reason, they should be limited to 5-6 of your total fat per day, but not avoided.



Saturated fats play many important roles in our body chemistry. Some of these vital uses include cell membrane support, calcium deposition in bone, liver protection, and cardiac (heart) muscle support. Food sources high in saturated fats include:

bacon	cheese	cocoa butter	cream cheese	lard
butter	coconut oil	cream	shortening	palm (kernel) oil

Trans fats should be avoided at all costs! They are man-made and formed by hydrogenating oils. These fats not only increase our LDL cholesterol, but they also tend to decrease our HDL or *good* cholesterol. These fats are often found in processed foods and fast foods, due to their flavor enhancing and shelf life-extending properties. The main sources of trans fat in our diet are:



baked goods	biscuits	cakes	cookies	crackers
deep-fried foods	frosting	margarine	pastries	snack foods

The types of fats you eat can impact your health more than the amount you eat.

Always remember that the factor that has the most profound impact on cholesterol levels (aside from genetics) is being at a healthy weight. Fat is a concentrated source of calories (9 kcal/g compared to 4 kcal/g for carbohydrate and protein), eating too much may lead to weight gain.



The body needs fat! Not only does the integrity of every cell membrane depend on fat, but the absorption of fat-soluble vitamins (A, D, E and K) does as well. Fat satiates. Here are some major reasons why you should include fats in your diet:

- **Appetite suppressant** — fats help us feel full. Fats take four to eight times longer to digest than carbohydrates, therefore blood sugar levels are more stable when fats are included at meals. This makes them very important in a diabetic diet.
- **Energy** — muscles use fats as fuel during prolonged, easy to moderate intensity exercise. Fats are also utilized for energy to power the digestive process. Dietary fat increases body fat metabolism which can help burn stored fat.
- **Environmental protection** — healthy fats and oils keep skin and body hair healthy and functioning properly providing a barrier to infection, disease and toxins.
- **Hormonal system** — fats are necessary for hormone production and hormonal balance, particularly cholesterol, vitamin D, stress hormones adrenaline, noradrenaline, and cortisol, and sex hormones testosterone and estrogen.
- **Immune system** — fats are integral to optimal immune system function and a Thrive Five between the inflammatory and anti-inflammatory responses. Essential fats omega-6 and omega-3 control the inflammatory and anti-inflammatory responses in the body; both responses are necessary for healing injuries and repairing cellular damage.
- **Internal protection** — healthy fats help reduce the risk of, or prevent, heart disease, stroke, autoimmune diseases and certain cancers and reduce serum cholesterol levels.
- **Nutrient transport** — oils transport fat-soluble nutrients (vitamins A, D, E, K, and beta-carotenes) throughout the body.
- **Phospholipids** — fats constitute the membranes that enclose all cells in the body.

WEEK 4 - Gut Health, Antioxidants, and Superfoods

Weeks 4 to 8 Food Plan

- Consume the same foods as weeks 1 to 3.
- Choose from expanded protein list, if desired.
- **Add in one high-fiber grain or starchy vegetable and one legume serving per day.**

Expanded Proteins — up to 14 oz. per day

Seafood	Lean cuts
Clams	Beef — flank, loin, round, round tip, sirloin
Crab	Lamb — shanks, sirloin roast
Mussels	Pork — loin chops, loin roast, sirloin chops, tenderloin
Oysters	Veal cutlet
Scallops	
Shellfish	
Shrimp	

High Fiber Grains OR Starchy Vegetables — 1 per day (1 serving = ½ cup or 100 calories worth unless otherwise noted)		Legumes-1 per day (1 serving = ½ cup)
Amaranth	Corn (½ cup)	Black beans
Barley	Green Peas (1/2 cup)	Black-eyed peas
Brown rice	Potato (1 medium)	Butter beans
Bulgur	Sweet potato (1 medium)	Garbanzo beans (chickpeas)
Farro	Taro (½ cup)	Great Northern Beans
Freekeh	Winter squash — acorn, spaghetti, butternut (1 cup)	Kidney beans
Millet	Pumpkin (½ cup)	Lentils
Oat Bran	Yam (1 medium)	Lima beans, baby
Quinoa		Navy beans
Teff		Pinto beans
Steel cut oats		Soy beans
Whole wheat couscous		Split peas

DEMO Peanut Butter Yogurt Dip

Serves 4

1 cup nonfat unsweetened Greek or Icelandic yogurt
2 tbs. All-Natural unsweetened Peanut Butter
1 tsp. Pure Vanilla Extract
Dash of Cinnamon
Optional: (small amount of sweetener of choice)

Place all ingredients into a bowl, mix thoroughly.

2 Large Apples, sliced

Per Serving:



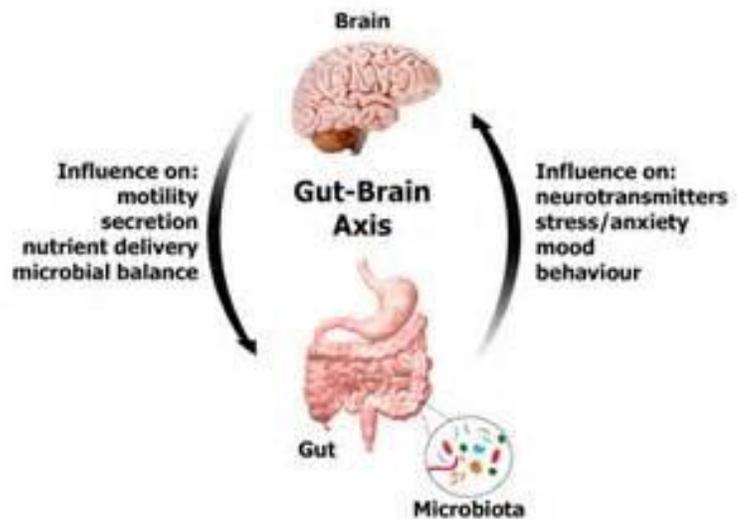
Calories	Carbohydrates	Protein	Fat	Fiber
134	18.8 g	6.1 g	4.2 g	3.2 g

*Use in weeks 1 to 16

MAINTAINING A HEALTHY GUT WITH PREBIOTICS AND PROBIOTICS

The Gut-Brain Axis: Two Brains are Better than One!

The gut, which is comprised of the stomach, small intestine and large intestine, strongly influences various centers of the brain that govern behavior, immune function and even emotions. This has led many to refer to the gastrointestinal (GI) tract as the second brain, or *Gut Brain*. Both brains, the cranial brain and gut brain, communicate back and forth along a pathway of nerves that form what is known as the *Gut-Brain Axis (GBA)*. This interaction between microbiota and GBA appears to be bidirectional, namely through signaling from gut-microbiota to brain and from brain to gut-microbiota.



The living entity within the lower GI tract, or large intestine, referred to as the *Microbiome*

- Consists of approximately 100 trillion bacterial cells of varying types.
- Can directly affect cognitive function, leading to states of anxiety, depression, as well as suppressed immunity leading to disease.
- Can affect chronic stress and anxiety, as well as infection can be the direct cause of a microbiome disruption, leading to problems with the lower GI tract. Some common forms include irritable bowel syndrome (IBS) and colitis.
- Are affected by certain food additives/preservatives, toxins from harmful bacteria overgrowth, direct ingestion of harmful bacteria (i.e. salmonella or e-coli) can also destroy healthy microbiota, thus throwing off the balance of the microbiome. The overuse of antibiotics is another common offender.

Gut Microbiota and Obesity

- Gut microbiota influences obesity by acting on the various mechanisms that are central to energy homeostasis and development.
- Low grade inflammation is understood as the prime mechanism by which gut microbiota induces obesity.
- It is believed that the science of prebiotics and probiotics have the potential to tackle obesity and associated metabolic disorders.
- To date, it is not clear which microbial communities contributes more to obesity. In some studies, a species was positively influenced, while contrasting results were obtained in other studies. This might be due to the complex nature of gut microbiota.
- The next challenge is to figure what would be the appropriate dose of these dietary modulators for improving health.
- Although probiotics are known to be safe for human consumption, some probiotics could also cause gastrointestinal disorders.
- There is a need for a stricter regulatory framework globally. Products containing probiotics should be analyzed for safety risks before sale in the market.
- There is an emerging need to look for those strategies that would not only positively modify the gut microbiota, but also be safe for use.

Taking Care of your Microbiome

There are several ways that you can maximize the health of your microbiome so that your gut brain functions at full capacity.

- Eat a diet high in whole plant fibers. Some of these fibers are fermented by the healthy strains of bacteria in the colon, allowing them to produce a by-product called butyric acid. This compound has many beneficial roles, but perhaps the most important is how it acts as a fuel source for the microbiota to keep them healthy, well fed and proliferating. It also serves as a regulator for gastric motility, as well as an anti-inflammatory agent. These factors contribute to a healthier lining of the large intestine. Foods that are high in whole fibers are referred to as **prebiotic** foods.

- Consume foods that have live strains of healthy bacteria in them. Fermented foods such as sauerkraut, kimchi, tempeh, miso, kefir, and yogurt to name a few, are referred to as **probiotic** foods. By consuming foods that contain these healthy bacteria, we can help ensure that the balance of our microbiome remains intact.
- To get the maximum benefit from fermented foods, choose foods that contain *active, live cultures* and contain raw, unpasteurized, perishable ingredients. Organic brands are the best choices, as they are not typically heat-treated after fermentation, so more of the good bacteria are present. Fermented foods can also be made at home. Though the probiotic content will vary by batch, home fermenting is a safe way to ensure that you are ingesting beneficial bacteria, as various cultures around the world have done for centuries.

Food can be your strongest ally in fighting your weight management and to prevent diseases. To understand how, let's start from the very beginning of how many diseases begin: free radicals.

What is a Free Radical?

Living cells are continuously burning fuel for energy. A by-product of this process are compounds referred to as *free radicals*. Free radicals interfere with healthy cells, causing damage to the cell structure. Sometimes this damage is on the cell membrane, which causes an inflammatory response. Inflammation is the first step in heart disease. Other times the damage occurs with the DNA center of the cell, causing uncontrolled growth. This is how precancerous polyps and tumors begin to form. In other words, free radicals are **BAD NEWS!** Free radicals can also be found in air pollution, car exhaust, toxic chemicals found in foods, compounds formed when meats are grilled and charred, and tobacco smoke. They are virtually everywhere and are a part of living.



Antioxidants: The Body's Weapon against Free Radicals

Since it is nearly impossible to completely avoid free radicals, it is important that we consume a diet high in *antioxidants*. Antioxidants are compounds that are naturally found in certain foods that neutralize and dispose of free radicals, limiting the harm they can do inside the body. The following is a list of the most antioxidant-rich vitamins and minerals, along with some food sources that contain them:

- Vitamin A: Dairy foods, dark green, and yellow/orange vegetable (beta carotene form).
- Vitamin C: Citrus fruits, broccoli, asparagus, berries.
- Vitamin E: Leafy greens, cold pressed oils, nuts, legumes, whole grains.
- Selenium: Grains, meat, tuna.
- Zinc: Meat, sea food, and grains.
- Coenzyme Q-10: Meat, poultry, and fish.

The Power of Plants

Certain plants have high concentrations of chemicals that can act as potent antioxidants. These compounds are collectively called *phytochemicals* (or phytonutrients). Different colors of plant-derived foods represent different classes of phytochemicals. For this reason, it is important to eat a variety of colors of fruits and vegetables every day. Below is a list of colors, their associated phytochemicals and examples of food sources:

Know Your Colors		
Food Color	Phytonutrients	Best food sources
Green	Thiocyanates, indoles, lutein, zeaxanthin, sulforaphane, isothiocyanates	Cabbage, beet greens, collard greens, arugula, broccoli, Brussels sprouts, kale, mustard greens
Yellow	Limonene	Lemons and other citrus fruits
Orange	Carotenes	Mangos, carrots, apricots, cantaloupe, peppers, squash, sweet potatoes, yams, pumpkins
Red	Lycopene	Tomatoes, watermelons, pink grapefruit
Purple, orange, red	Resveratrol, ellagic acid, cyanidin, quercetin	Red wine, grapes, grape juice, strawberries, raspberries
Brown	Genistein, phytosterols, saponins, protease inhibitors	Soybeans, mung beans, peanuts, dried beans
White	Allium, allyl sulfide, quercetin	Chives, leeks, garlic, onions, apples

WEEK 5 — LABEL READING

LABEL READING GUIDELINES and DAILY GOALS

Reading a label can be extremely tricky. Use these tips to help you navigate the numbers.

- **How many calories, and what type of calories are best?**

On average a woman needs 1,200 calories and a man needs 1,500 calories for their basal metabolism to function properly. To meet the body's daily energy and nutritional needs while minimizing risk for chronic disease, adults should get 45 percent to 65 percent of their calories from carbohydrates, 20 percent to 35 percent from fat, and 10 percent to 35 percent from protein. (45% Carbs + 30% Fat + 25% protein on 1200 or 1500 calories = 135 to 169 grams of carbs, 40-50 grams of fat and 75 to 94 grams of protein).

- **How much fat, and what type?**

Shoot for less than or equal to three grams of fat per 100 calories for prepared entrees and nutrition bars. Limit saturated fat to less than 10 grams a day and avoid all trans fats.

- **Check the sodium status**

The recommended daily sodium intake is about 2300 mg/day. If you have high blood pressure, diabetes or kidney disease limits your sodium intake to 1,500 mg a day. Watch for high sodium levels in low fat foods. Keep frozen entrees to less than 700 mg.

- **Check the sugar and fiber content**

According to the American Heart Association (AHA), the maximum amount of added sugars you should eat in a day are: Men: 150 calories per day (37.5 grams or 9 teaspoons). Women: 100 calories per day (25 grams or 6 teaspoons). A good rule of thumb is if the sugars are over half the number of carbs, avoid that food. Strive to get 25 to 35 grams of fiber a day. Fiber helps your food move through the digestive track.

- **Check the serving size**

Pay attention to the serving size and the servings per container. All the nutrition information is based on the serving size. Serving sizes are set by the FDA not by the manufacturer.

- **Check the ingredients**

The first five ingredients make up the majority of the product. Remember, the ingredients are listed in order of greatest to least present in the food. As a rule, the shorter the ingredient list, the more natural the product.

New Labels - Manufacturers of packaged foods will be required to use a new label by July 26, 2018. The new Nutrition Facts label hopes to make it easier for consumers to make better informed food choices.

Original vs. New Format

Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 72
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Note: Both labels represent fictional products.

What's Different?

- An increased type size for *Calories*, and the *Serving size*.
- Manufacturers must declare the actual amount, in addition to percent Daily Value of vitamin D, calcium, iron and potassium.
- The footnote is changing to better explain what percent Daily Value means.
- *Added sugars*, in grams and as percent Daily Value, will be included on the label.
- The list of nutrients that are required or permitted to be declared is being updated. Vitamin D and potassium will be required on the label along with Calcium and iron.
- While continuing to require *Total Fat*, *Saturated Fat*, and *Trans Fat* on the label, *Calories from Fat* is being removed because research shows the type of fat is more important than amount.
- By law, serving sizes must be based on amounts of foods and beverages that people are eating, not what they should be eating. How much people consume has changed since the previous serving size requirements were published in 1993. For certain products that are larger than a single serving but that could be consumed in one sitting or multiple sittings, manufacturers must provide *dual column* labels to indicate the number of calories and nutrients on both a *per serving* and *per package*.

It's important to know what you're eating, not just the calories it has. Check the ingredient list.

CORN TORTILLA	
Ingredients	Ingredients
Corn masa flour, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), phosphoric acid (preservative), guar gum, amylase.	Ground corn, water, lime

CEREAL	
Ingredients	Ingredients
Whole-grain wheat and wheat bran.	Sugar, wheat flour, whole-grain oat flour, contains 2% or less of partially hydrogenated vegetable oil, marshmallows, (sugar, modified corn starch, corn syrup, dextrose, gelatin, calcium carbonate, yellow 5, yellow 6, blue 1, red 40, artificial flavor), salt, brown sugar syrup.

YOGURT	
Ingredients	Ingredients
Cultured pasteurized grade A nonfat milk	Cultured pasteurized grade A low-fat milk, sugar, strawberries, modified corn starch, kosher gelatin, citric acid, tricalcium phosphate, colored with carmine, natural flavor

Notes:

COME TO TERMS WITH THESE TERMS

When the Label Says...	It Means ...
Fat-free	Less than, or equal to .5 grams per serving.
Low Cholesterol	No more than 20 mg cholesterol in a typical serving.
Low-fat	No more than 3 grams of fat in a typical serving, stricter fat limits for serving sizes less than two tablespoons.
Low in Saturated Fat	Individual foods can have no more than 1 gram of saturated fat per typical serving. A main dish must have less than 10% of its calories from saturated fat to use this term.
Light or Lite	Can mean one of the following: <ol style="list-style-type: none">1. The main dish or meal is either low-fat or low calorie.2. The color or texture; must specify which.3. Half the usual sodium content. The label must say <i>light in sodium</i>.4. At least half the fat has been reduced.5. Calories have been cut by a third.
Lean (Referring to lower fat cuts of fresh meat and poultry.)	Less than 10 grams of fat, less than 4 grams of saturated fat, and less than 95 mg of cholesterol per serving.
Extra Lean	Less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 mg of cholesterol per serving
High in Vitamins, Minerals, or Fiber	At least 10% of the Daily Value for that nutrient: 5 grams or more fiber per serving.
Low Sodium	140 mg or less of sodium per serving. Main dishes can have 140 mg or less per 100 calories.
Calorie-free	Less than five calories per serving.
Sugar-free	Less than .5 grams of sugar per serving. Means sucrose-free only. It can contain other sugar sources.
Fortified	Addition of nutrients that were never present in the original food, e.g., iodine to salt, vitamins to cereal, vitamin C to juice drinks.
Enriched	Addition of iron, thiamin, niacin, riboflavin and folic acid that were lost in the processing of refined grains and grain products.

EXPEMPTIONS FROM FOOD LABEL REQUIREMENTS

- Food produced by small businesses.
(FDA definitions of this category are available.)
- Restaurant food.
- Food served for immediate consumption.
- Ready-to-eat food prepared primarily on site.
(e.g., bakery, deli, and candy store items)
- Food sold by food service vendors.
- Food shipped in bulk.
- Medical foods.
(Special diets for certain diseases.)
- Coffee, tea, spices.

WHAT'S IN A NAME?

SODIUM SOURCES

Iodized Salt	Sodium/Nitrite/Nitrate
Sea Salt	Sodium Bisulfate
Table Salt	Sodium Bicarbonate
Kosher Salt	Garlic Salt
MSG (monosodium glutamate)	Onion Salt
Baking Soda	Celery Salt
Sodium Chloride	Soy Sauce

A product labeled as sugar-free has less than .5 grams of *sucrose* (table sugar) per serving. By law, a sugar-free product may contain other sugars besides sucrose, such as corn syrup, fructose (fruit sugar), or any of the sugar sources listed below.

SUGAR SOURCES

Sugar	Dextrose
Dehydrated Cane Sugar	Lactose
Raw Sugar	Maltose
Brown Sugar	Glucose
Powdered Sugar	Galactose
Granulated Sugar	Fructose
Lump Sugar	Mannose
Beet Sugar	Sucrose
Sugar Cane	Turbinado
Invert Sugar	Sorbitol
Corn Sweeteners	Sorghum Sugar
Xylitol	Brown Sugar Syrup
Mannitol	Corn Syrup
Molasses	High Fructose corn syrup
Honey	Maple Sugar

Week 6 - EATING MINDFULLY AND MOTIVATION TIPS FOR EVERYDAY MINDFULNESS

- When you first awake in the morning, before you get out of bed, observe five mindful breaths.
- Notice changes in your posture. Be aware of how your body and mind feel when you move from lying down to sitting, to standing, to walking. Notice each time you make a transition from one posture to the next.
- Whenever you hear a phone ring, a bird sing, a train pass by, laughter, a car horn, the wind, the sound of a door closing — use any sound as the bell of mindfulness. Really listen and be present and awake.
- Throughout the day, take a few moments to bring your attention to your breathing. Observe five mindful breaths.
- Whenever you eat or drink something, take a minute to breathe. Pay attention as you eat, consciously consuming this food for your physical health. Bring awareness to seeing your food, smelling your food, tasting your food, chewing your food, and swallowing your food.
- Notice your body as you walk or stand. Take a moment to notice your posture. Pay attention to the contact of your feet with the ground under them. Feel the air on your face, arms, legs, as you walk. Are you rushing?
- Bring awareness to listening and talking. Can you listen without agreeing or disagreeing, liking or disliking, or planning what you will say when it is your turn? When talking, can you just say what you need to say without overstating or understating? Can you notice how your mind and body feel?
- Whenever you wait in a line, use this time to notice standing and breathing. Feel the contact of your feet with the floor and how your body feels. Bring attention to the rise and fall of your abdomen. Are you feeling impatient?
- Be aware of any points of tightness in your body throughout the day. See if you can breathe into them and, as you exhale, let go of excess tension. Is tension stored anywhere in your body? For example, your neck, shoulders, stomach, jaw, or lower back? If possible, stretch once a day.
- Focus attention on your daily activities such as brushing your teeth, washing up, brushing your hair, putting on your shoes, doing your job. Bring mindfulness to each activity.
- Before you go to sleep at night, take a few minutes to bring attention to your breathing. Observe five mindful breaths.

MINDFUL EATING MANAGEMENT

Mindful Emotions

At times the desire for food is enormous, but even when you eat, you don't feel satisfied — emotionally satisfied. Feelings like jealousy, longing, loneliness, and sadness continue to haunt you whether you eat or not.

A common misperception is that only negative emotions spark mindless eating. In fact, it is quite the contrary. Negative *and* positive feelings urge most people to eat. Admittedly, eating tasty foods makes you feel happy. We often want to hang onto that feeling of happiness in any way possible.

Provide some examples below:

Positive feelings that prompt mindless eating: (For example, “*The chocolate candies at work tasted so good. They were a bright spot in my day and I didn't want it to end*”).

Negative feelings that prompt mindless eating: Make a list of feelings that are tough to handle, the emotions that prompt you to engage in mindless eating. Notice how your emotions change when you eat (for example, eating pushes away uncomfortable feelings, numbs them, or covers them up).

Mindful Eating Tip: Observe Feelings from a Distance

To step out of your feelings, try the following:

Instead of saying:

- “I'm angry at myself for overeating.”
- “I'm afraid of losing control”

Add the word “the”:

- “The *anger* I'm experiencing regarding overeating is difficult.”
- “I'm having the feeling of *fear* that I'm losing control”.

This new language helps you remember that what is going on inside is just a thought or a feeling. It doesn't have complete power over you.

Try this exercise:

Before you eat, pause and look at the food. Listen inwardly to hear what the mind is saying about this food before you.

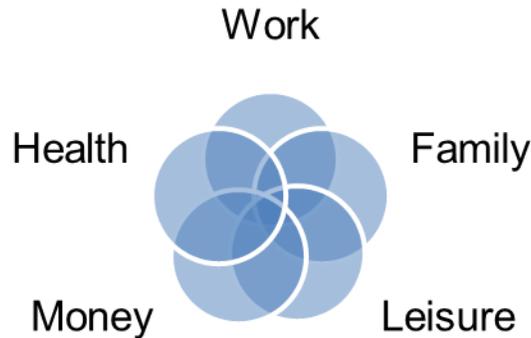
What is the mind saying about hunger? Is hunger *good* or *bad*? Check your emotions, eyes, stomach, body and mind to see where your hunger might lie. Move your awareness to your emotions, eyes, mouth, stomach, and body.

The mind is content when it becomes quiet. When the many and contradictory voices around eating are still, when the awareness function is dominant over the thinking function, then we can be fully present as we eat. When we are filled with awareness, we are filled with satisfaction.

Notes:

MOTIVATION: THE FORCE THAT MOVES YOU

Have you ever thought about what is most important to you in your life? You may have a general idea but may not have ever taken the time to think about what your values really are.



How does your list of values compare to how you spend your time? If your values don't match your actions, you may find that you don't feel satisfied with your life. Most people find that they have trouble finding enough time, energy and motivation to do the things that need to be done, and often food and exercise choices are left at the end of each day's to-do list.

When your values, your priorities and your actions are lined up in a way that puts your health first, it opens up a world of possibilities! With good eating and exercise you can have more energy and more time for family, friends, hobbies, and other activities that are important to you.

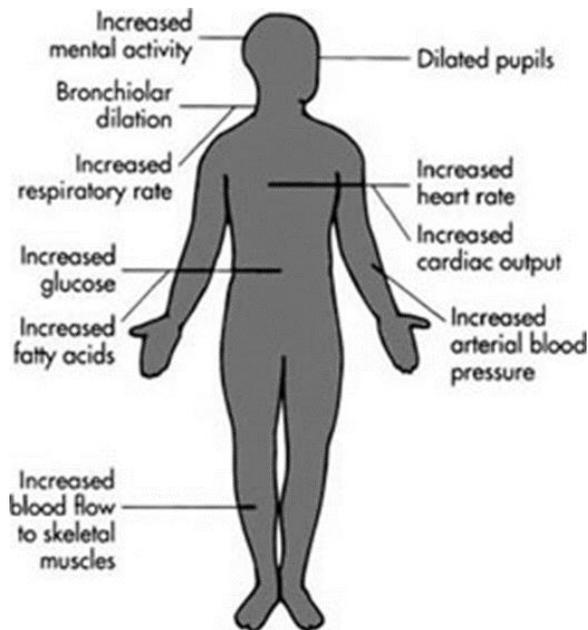
List five things you value, then list a specific goal to use with each one of your values:

Value	Specific Goal
1.	
2.	
3.	
4.	
5.	

WEEK 7 — STRESS RESILIENCY

Weight gain is linked to stress. In the short term, a structure in the brain called the hypothalamus produces corticotropin-releasing hormones, which send messages to the adrenal glands atop the kidneys to pump out the hormone epinephrine (also known as adrenaline) and suppress appetite. Epinephrine helps trigger the body's *fight-or-flight* response and temporarily puts eating on hold.

Physiological reactions to stress

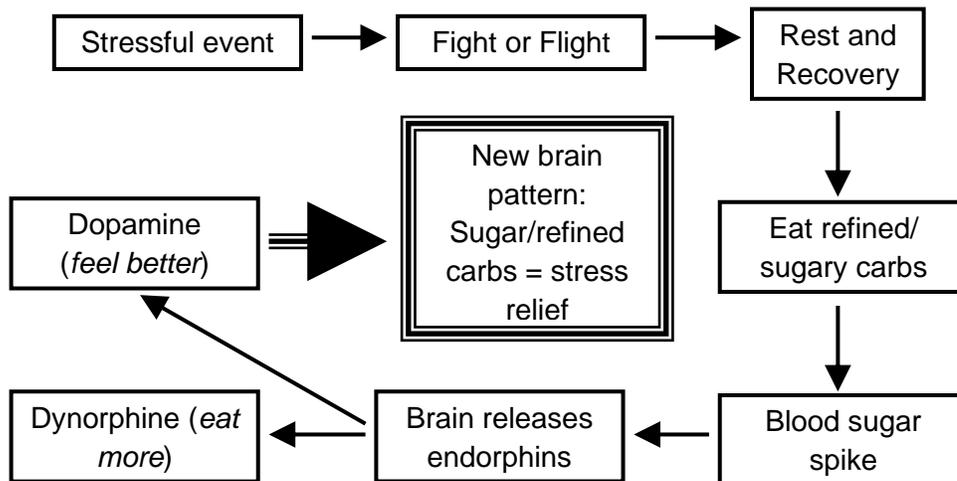


If stress persists, however, it's a different story. The adrenal glands release another hormone called **cortisol**. Cortisol increases your appetite and may also ramp up motivation in general, including the motivation to eat! Once a stressful episode is over, cortisol levels should fall, but if the stress doesn't go away — or if your stress response gets stuck in the *ON* position, cortisol may stay elevated. Cortisol increases blood sugar and increases insulin production. Visceral (abdominal fat) is most receptive to insulin. This is why cortisol is often deemed the *belly fat hormone*. Chronically elevated levels of cortisol can also lead to decreased muscle mass, reduced bone density, and gum disease (which can be a contributor to heart disease). Starvation and long gaps between meals can prompt the body to release cortisol into the system.

WHY DESSERTS?

STRESSED = DESSERTS

There's a reason why most of us tend to choose sugary or refined carbohydrates (i.e., cookies, ice cream, candy, bread, crackers, cake, etc.) in response to a stressor. See the diagram below.



How much stress have you experienced in the last year? Do you believe that stress is harmful for your health?

One study tracked 30 thousand adults in US for 8 years and used public death records to find out who died. People who experienced a lot of stress within one year had a 43% higher risk of death, but this was only true for the people who also believed that stress was harmful to their health. The people in the study who experienced a lot of stress in one year but did not view stress as harmful were no more likely to die. In fact, they had the lowest risk of dying even when compared to those that had relatively low stress in one year.

The researchers estimated that over the 8 years they were tracking deaths, 182,000 people died prematurely, not from stress but from the belief that stress was bad for them.

Is stress bad for you?

It appears that those who are trained to think that the stress response is helping them rise to meet challenges have less anxiety, and lower blood pressures. In fact, their blood vessels stay relaxed during stress and their physiological response to stressors look more like joy, courage and excitement. How you think about stress matters, and you can improve your perception of stress through practice.

Foods to consume under stress include:

Antioxidants are substances that may protect your cells against the effects of free radicals. Free radicals are unstable molecules produced by chemical reactions utilizing oxygen in the body's cells. Antioxidants like carotenes, lycopene, and resveratrol neutralize the process of molecular oxidation that lead to free radical formation.



B Vitamins — function in the development or maintenance of the nervous system. Harmful effects of vitamin deficiencies on the nervous system might increase the risk of developing stress-related symptoms such as irritability, lethargy, and depression. Vitamin B-rich foods include — whole grains, nuts, legumes, potatoes, eggs, milk, cheese, green vegetables, fish, peanuts, and cabbage.

Vitamin C — is essential for maintaining the immune system. Consequently, a cycle develops whereby stress depletes vitamin C levels in the body, which in turn reduces the body's resistance to infection and disease and increases the likelihood of further stress. Vitamin C-rich foods include — broccoli, cantaloupe, kiwi fruit, oranges, pineapple, pepper, strawberries, asparagus, kale, lemons, mangoes, onions.



Vitamin E — Some environmental stressors such as air pollution might increase your need for the antioxidant nutrient vitamin E. Vitamin E protects lung tissue from free radical damage, thus potentially increasing resistance to disease and possibly cancer. Vitamin E-rich foods include — soybean, corn and safflower oils, spinach, whole grains, wheat germ, sunflower seeds.



Magnesium — Magnesium deficiency increases secretion of the stress hormones aggravating the stress response, and results in depression and irritability. Magnesium-rich foods include — brown rice, avocados, spinach, oatmeal, broccoli, yogurt, bananas, apples, apricots, brewer's yeast, tofu, cantaloupes, grapefruit, green leafy vegetables, lemons, nuts, salmon, sesame seeds, wheat.



Calcium helps nerve impulse transmission, eases anxiety and mood swings. Calcium-rich foods include — skim milk, nonfat yogurt, kale, cheese, collard greens, canned salmon and sardines with bones, mustard greens, broccoli, figs, carob, oats, prunes, asparagus, sesame seeds, soybeans, tofu, watercress, whey.



WHEN STRESS GETS TO YOUR HEAD — WHAT TO DO:

There are also many things you can do to help you cope with stress and depression and manage your mood:



Exercise is medicine when it comes to weight management. It helps with depression, regulates stress hormones, and brings your body back to a balanced state when you have been in *fight-or-flight* for a long time.



Your mood is affected by changes in your environment, which trigger your brain to release chemicals that affect how you feel. One of the most powerful triggers is sunlight, which affects levels of serotonin in the brain. As little as 20 minutes outside in the morning light can help with mood, energy levels, and improve your sleep.



Keep your blood sugar stable with small, frequent meals and snacks that include protein, healthy fat, and fiber. Remember that constant fuel to the brain helps it to function properly.



Sharing your concerns with a caring friend, family member or therapist can be very helpful in managing your mood. You may also find the support of a group helpful, especially if you are with other people who are losing weight.



Meditation, yoga, guided imagery, and biofeedback are all tools to help you learn how to relax. Developing a regular relaxation practice can help your body cope with stress and improve your mood, your sleep, and your quality of life.

Activity

List 1 to 2 Stressors you experience on a regular basis:

Identify 1 to 2 ways you can support yourself to do healthy behaviors when you experience the Stressor(s) this week:

WEEK 8 — SUPERMARKET/PANTRY SCAVENGER HUNT

Know What Supermarket Managers Know

Understanding some of these tricks of the trade may help you save money and shop more healthfully.

- The more time you spend in a supermarket, the more money you spend. Shop with a list.
- Supermarket layouts are carefully planned so that you spend the maximum amount of money on as many unplanned purchases as possible. In fact, only a third of shoppers come with a list and only one third of purchases are planned.
- Fifty percent of supermarkets open with produce; the rest open with flowers. This gives the consumer the impression of freshness, crispness, color, and beauty. This first impression influences where you will shop.
- The more time you spend shopping along the sides and back of the supermarket, the more money the store makes. Usually about half a store's profits come from items from the store perimeter, such as produce, dairy, and meat. Processed foods have a lower profit margin.
- Every inch of space for items in the middle of the store is carefully planned. There is tremendous competition for shelf space. Large supermarkets often charge slotting fees for shelf space. The center aisles of the store are where the less profitable items are compared to the store perimeter.
- Products shelved at eye level, the best viewing angle — 51 to 53 inches off the floor — sell best. When items are placed in special in-aisle gondolas or endcaps, sales increase five times.
- The UPC price code scanner allows retailers to know what customers are buying, where the item was located, when they are buying, and at what price.

Complete all 11 tasks either in the grocery store or in your own pantry. Have fun!

1. Go to the produce section and check out the different fruits and vegetables. Remember that different colors mean different vitamin and nutrient content. List at least two vegetables or fruits for each of the following colors: dark green, orange, red, purple.
Bonus: Can you find a fruit or vegetable that presents more than one color?

2. Find three omega 3-rich food items in the grain/cereal/nut section.

- Look through the frozen entrée aisle. List the nutrition facts for two that you think pass the test as healthy choices. 3-6-12 rule: 3g fat, 6g protein, 12g carbs per 100 calories; sodium < 2x calories.

Name/Brand	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium(mg)
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- Go to the dried pasta section. List two that have at least 7 g of fiber per serving. *Hint: think outside the wheat box.*

- Find an olive oil that is *cold pressed*

- Find two foods that have been *fortified* with the Omega 3 DHA.

- Go to the nutrition/food bar section. Using the *Core Score method $*[(Total\ Carbs + Sugar - Fiber) / (Protein + Fat) = ?]$ for packaged foods, list two that could be used as a stand-alone snack. (*Desired Core Score is <2*).

- Search the store and list two non-dairy foods that feature probiotic properties.

HEALTHY COOKING

Healthy cooking doesn't mean that you have to become a gourmet chef or invest in expensive cookware. Use the following basic cooking techniques to prepare food in healthy ways.

How Do You Start?

Do A Recipe Makeover.

1. Reduce the amount of fat, sugar and salt

You often can reduce the amount of fat, sugar and salt without sacrificing flavor in healthy recipes. General guidelines:

Fat. For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree. Remember that each tablespoon (about 15 grams) of oil you use when frying adds about 135 calories to your meal.

Sugar. Reduce the amount of sugar by one-third to one-half. Instead, add spices such as cinnamon, cloves, allspice and nutmeg, or flavorings such as vanilla or almond extract to boost sweetness.

Salt. For most main dishes, salads, soups and other foods, you can reduce the salt by half or even eliminate it. You can reduce salt by half in baked goods that don't require yeast too.

2. Make healthy substitutions

Healthy substitutions not only reduce the amount of fat, calories and salt in your recipes but also can boost the nutritional content.

- **Increase vegetables.** When making meals, use less meat or poultry or fish and increase the amount of vegetables. You will gain more vitamins, minerals and fiber.
- **Whole wheat instead of white flour.** Use whole wheat flour instead of enriched. Whole wheat flour includes the outer shell of the grain and provides vitamins, minerals and fiber.
- **Use natural peanut butter over reduced-fat peanut butter.** Reduced fat versions of peanut butter can have added sugar, hydrogenated fat, and an extra-long list of artificial additives.
- **Fat-free products.** Try using fat-free substitutes if they are not loaded with added sugar or salt to maintain flavor. For example, by using fat-free milk instead of whole milk in recipes you can save 66 calories and almost 8 grams of fat per cup.

3. Reduce or Eliminate Some Ingredients

In some recipes, reduce or eliminate an ingredient.

- **Condiments:** Reduce condiments such as butter, mayonnaise, syrup, and jelly, which can have large amounts of salt, sugar, fat and calories. Instead of syrup or jelly, try fresh berries that are mashed, or thin slices of fresh apples, peaches or pears. Use less soy sauce (or use reduced sodium soy sauce) than a recipe calls for to decrease the amount of salt.
- **Reduce cheeses:** If a recipe calls for 1 cup of shredded cheese (455 calories), use ¼ cup (115 calories) instead. A savings of 340 calories!
- **Toppings:** In baking eliminate items you generally add out of habit or for appearance, such as frosting, coconut or whipped cream toppings, which are all high in fat and calories.

Reduce the Amount of Fat, Sugar and Salt in Baked Goods

Reduce the amount of fat, sugar and salt without sacrificing flavor in healthy recipes by using these general guidelines:

- **Reduce fat:** For baking, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree.
- **Reduce sugar:** Reduce the amount of sugar by one-third to one-half by adding spices such as cinnamon, cloves, allspice and nutmeg, or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the sugar traditionally used.
- **Reduce salt:** Reduce salt by one-half in baked goods that don't require yeast. (For foods that require yeast, don't reduce the amount of salt, which is necessary for leavening. Without salt, such foods may become dense and flat.) For most main dishes, salads, soups and other foods, reduce the salt by one-half or even eliminate it completely.

Downsize Your Portion Sizes and Slow Down Your Eating

No matter how much you reduce, substitute or eliminate ingredients, some recipes may still be high in sugar, fat and/or salt. Maintain your calorie intake by downsizing portion sizes.

Check portion sizes. Many portions today are so large you may not recognize a true portion. Retrain yourself by using 9 inch plates. Concentrate on reducing servings of calorie-dense foods (grains, meats, etc.) and eating more of calorie-sparse but nutrient-dense foods (salads and above-ground vegetables). Learn to use common visual cues to understand serving sizes. One serving of meat, poultry or fish is about the size of a deck of cards, for example.

Slow down. Eat your meals slowly to give your hunger feedback systems time to register that you are filling up. Give your digestive system a chance to absorb the vitamins, minerals and other micro-nutrients you need to be healthy. Your brain and stomach register feelings of fullness after about 20 minutes. During this time, receptors inform the brain that your body is receiving nutrients by sending hormone signals. The hormone cholecystokinin is released by your intestines and the hormone leptin is released by your fat cells. Leptin tells your brain about your long-term needs and overall feeling of fullness based on how much energy your body is storing. If you eat too fast, these hormones may not have enough time to properly communicate. Slow down your eating to optimize your health and allow your body to respond appropriately to feeling full.

KP/Positive Choice Weight Loss, Healthy Eating, Fitness Options

WEIGHT LOSS, FITNESS, AND HEALTHY EATING AT THE POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER

- **Virtual SLIM:** Four weekly individual virtual personal training sessions/consultations. Includes two OPTIFAST 800® meal replacements a day to help with weight loss. \$350
- **Virtual Personal Training:** Workout with a personal trainer to achieve personal fitness goals. \$55*
- **Online Exercise Classes:** <https://positivechoice.org/nutrition-and-fitness/exercise-videos-2/>
- **Virtual Solutions - Recovery from Food Addiction:** 12-session program. \$420*
- **Virtual Biofeedback — Stress management:** Individual appointments with a therapist using biofeedback sensory equipment to help learn relaxation responses. \$95*

*Fees for these services/programs are subject to change. Please call or check online for current fees: positivechoice.org

- **Kaiser Permanente Health Education:** Members have many health education classes and program available to them as part of their health plan. Classes/programs include: Tobacco Cessation, Pregnancy/Parenting, Mind Body Stress Management, Depression/Anxiety Recovery, Headache Relief, Insomnia Recovery, Urinary Incontinence, Diabetes/pre-diabetes, Child and Teen Nutrition, Preventing Falls. Call for information and scheduling: (619) 641-4194.
- **Wellness Coaching by Phone** — Kaiser Permanente members may receive individual coaching by phone for these topics: Quitting Tobacco; Get Active; Eat Healthy; Manage Weight; or Reduce Stress. No fee. (866) 862-4295.
- **Help for Depression and Anxiety:** Kaiser Permanente Department of Psychiatry and Addiction Medicine, members only. (877) 496-0450. **Psychiatric Emergency:** Kaiser Permanente 24-hour Behavioral Health Hotline, members only. (800) 900-3277.

*Fees for these services/programs are subject to change. Please call or check online for current fees.

COMMUNITY SUPPORT OPTIONS

- **Free On-line calorie and Fitness Trackers:** Sparkpeople.com; Loseit.com; Calorieking.com; Myfitnesspal.com.
- **Food Addicts in Recovery:** A 12-step recovery program that offers a structured food plan and weekly support meetings throughout San Diego County. No FEE. Call (510) 505-4141 or visit foodaddicts.org for meeting times/days and more information.
- **Overeaters Anonymous:** A 12-step program that provides support for compulsive overeating, bingeing, and bulimia. See website for details, meeting locations, and times: oasandiego.org
- **City of San Diego Crisis Line:** (800) 479-3339
- **San Diego County Drug and Alcohol Services:** (619) 692-8200

FITNESS RESOURCES

Fitness Challenges and Coping Strategies

Tips for Fitting in Fitness

It can be challenging to find time to reach your fitness goal. Check off each tip you try.

To fit in fitness anytime:

- Break your 150-300 minutes into 10-minute chunks.
- Schedule it. Put it on your calendar and make it a priority.
- Tweak your schedule. For instance, get up 30 minutes sooner so you can walk before work. Or have dinner 30 minutes earlier so you can walk after dinner.
- Use a fitness app or tracker. These help you make the most of your time.

To fit in fitness while you watch TV:

- Dance, or do side steps.
- Lift weights or use resistance bands.
- March or jog in place.
- Pedal a stationary bike or walk on a treadmill.

It can be challenging to fit in 150 to 300 minutes of exercise a week. The following is Mark's story and how he found time to work in fitness:

Mark is overweight and at risk for heart disease and type 2 diabetes. His doctor asks him to get from 150 to 300 minutes of activity each week, at a moderate pace or more. But Mark is a busy guy.

On weekdays, Mark takes care of his grandkids while their parents are at work. On the weekend, he works at the library. In the evening, he likes to relax by watching TV.

Mark is having trouble finding time to reach his fitness goal.

Mark decides to make some changes. He gets up 30 minutes sooner so he can take a morning walk. He lifts weights or marches in place while he watches TV. He also plays soccer with his grandkids. It's great exercise for all of them. Plus, it's fun. Mark is finally reaching his fitness goal.

Underline or write in each idea you will try.

Challenge

Solutions

Other Solutions?

I don't have time.

To fit in fitness at work:

Take a brisk walk during your coffee or lunch break. Ask a friend to go with you.

Take part in an exercise program at work.

Join a nearby gym. Stop off before or after work, or during your lunch break.

Join the office softball team or walking group.

Use a copy machine on the other side of the building.

I don't have child care.

Be active with your kids.

Swap child care with a friend.

Ask friends or family to help.

Use gym child care.

It costs too much.

Do free activities like walking.

Buy workout clothes and equipment on sale.

Look for free fitness classes at your library or community center.

It's boring.

Dance.

Play with your kids.

Work out with a friend.

Use a fitness app.

Listen to music, watch TV, or talk on the phone while you are active.

Keep trying new things until you find something you like.

From: (© 2012, University of Pittsburgh, based on the DPP research trial supported by cooperative agreement number U01-DK48489 from the U.S. Department of Health and Human Services. Source: CDC)

Weekly at Home Exercise Goals for Thrive Five

Week 1: If you are already exercising — GREAT! Keep up the good work and be ready to step things up in the coming weeks. If you have not started an exercise routine yet, start now. This week adopt the mentality of moving more and sitting less. Take every chance there is to burn an extra calorie. A great way of measuring your *movement* during the day is to get a pedometer and track your steps. Strive for close to 10,000 steps per day. Research shows that **150 to 300 minutes (2.5 to 5 hours) is the amount of time per week you need to *move* for weight loss and future weight maintenance.**

Week 2: It's time to start scheduling in *formal exercise* into your life routine. This is on top of the basic movement you are doing each day. This teaches you to drop everything and focus on the task at hand, which is to healthily stress the body and force it to burn calories — more specifically FAT. This week, schedule three 15 to 20-minute sessions of continuous movement. If you want to do more then go for it! Don't worry about intensity yet, just focus on not stopping!

Week 3: It's time to take your exercise to the next level — increasing the intensity. We will call this *cardiovascular exercise* from here on out. Use the **F.I.T.T.** principle on the Three Facets of Fitness page. This week try to bump up the intensity during at least one or two sessions.

Week 4: Let's improve flexibility. After you work out, stretch. Hold stretches for 10 to 30 seconds. Repeat four times for each major muscle group. Practice the Basic Stretches in the appendix.

Week 5: Continue your cardiovascular fitness and strength training regimen this week. Be sure to increase resistance and or repetitions as you get stronger with your strengthening exercises.

Week 6: It's time to build muscle! Your goal this week is to strength train two times on non-consecutive days. Use the **FIRST** principle on the Three Facets of Fitness page, along with the Basic Loop Band Workout in the appendix to help you.

Week 7: This week take one of your cardiovascular days and push it a little longer, to 30 minutes. This should be done on a day when you have more time available to you.

Week 8: It's time for intervals! Pick one of your 20-minute cardiovascular workouts this week and do it in the following manner: 5 min easy, then 5 x (1 minute very hard/1 minute very easy), 5 minute cool down.

THE THREE FACETS OF FITNESS

(Vital Strategies for Healthy Weight Management)

	Benefits	Recommendations	Suggestions
Cardiovascular (Aerobic Training)	<ul style="list-style-type: none"> • Strengthens heart/lungs • Burns fat for fuel • Burns calories consumed • Speeds up muscle cell metabolism • Helps regulate your metabolism 	<p>F.I.T.T. Principle:</p> <ul style="list-style-type: none"> • Frequency: 3 – 5 times/week • Intensity: $(220 - \text{your age}) \times .60 \text{ to } .85 = \text{your training heart rate}$ • Time: 10 minutes working up to 60 minutes as you become more conditioned • Type of exercise: rhythmic continuous movement (walking, bicycling, etc.) 	<ul style="list-style-type: none"> • Always warm up: 3 – 5 minutes of light activity to stretch muscles and ease the stress on the heart. • Always cool down: 3 – 5 minutes of light activity to minimize muscle soreness and prevent cramping.
Flexibility Training	<ul style="list-style-type: none"> • Increases range of motion in the joints • Improves elasticity of tendons, ligaments, and muscles • Uses up calories • Reduces risk of injury • Improves circulation to extremities 	<ul style="list-style-type: none"> • Frequency: 2 – 3 times/week • Hold stretches for 10 – 30 seconds. • Repeat four times per stretch for each major muscle group.* 	<ul style="list-style-type: none"> • Yoga, personal training with emphasis on flexibility, gym flexibility classes, stretching and yoga videos are all good options.
Strength Training	<ul style="list-style-type: none"> • Builds muscles • Increases resting metabolic rate • Uses up calories • Helps strengthen bones 	<p>F.I.R.S.T. Principles:</p> <ul style="list-style-type: none"> • Frequency: 2 – 3 times/week (48 hours between sessions) • Intensity: low to moderate with goal to progressively challenge muscles • Repetition: 8 – 15 per exercise • Sets: 1 – 2 for each muscle group • Type: full range of motion resistance for major muscle groups* 	<ul style="list-style-type: none"> • Personal training, strength training equipment, strength/sculpting classes, home weights, strength training videos

Question: Is it worth it to exercise? I’m just trying to lose some pounds or maintain my weight.

Answer:

A combination of exercise and diet helps maintain or increase fat-free mass (muscle, bone, etc.) and keeps your resting metabolic rate elevated, which helps both weight loss and weight maintenance.

***Major Muscle Groups:**

Compared to dieting alone, a combination of exercise and diet leads to a larger percentage of fat loss. Dieting alone causes a DECREASE in lean tissue, which can lower the rate at which you burn calories!

Obviously, this makes it harder to maintain your weight **and** harder to lose weight!

Legs — quadriceps, hamstrings, glutes, calves; Chest — pectorals; Back — latissimus, dorsi, rhomboids, trapezius, Shoulders — deltoids; Arms — triceps, biceps; Core — abdominals, obliques, erector, spinae, lower back.

“MIXIMIZE” Your Cardio with Interval Training

The benefits of cardiovascular exercise are well understood. To name a few, these include fat loss, lowered blood pressure, improved cholesterol profile, better blood sugar balance, reduced depression and even improved sleep. However, did you know you can squeeze even more benefits out of your workouts by simply incorporating intervals? These can include improved fitness levels, better post exercise fat burn, and augmented endorphin release leading to the elusive “exercise high”. Intervals can also help add variety to a monotonous routine, and even spark new weight loss during plateaus.

What is an interval?

In an exercise sense, it is a brief period of time where you increase the intensity to go beyond the aerobic zone. Cardio workouts should generally be done at a conversational pace (i.e. able to talk to someone while exercising). Intervals, however, should push you above this zone. You should feel like you couldn’t sustain this intensity for very long. The interval is followed by an easy period, or *recovery*. This allows the heart rate to come back down in to the aerobic zone. The process is then repeated.

How can intervals be incorporated into a cardio session?

No matter what your current ability or fitness level is, there are ways to mix it up and maximize (hence the word “miximize”) your workouts so the beneficial returns will be even greater. The most important thing is to be smart and safe about it. As with all workouts, a proper easy warm up of 5 min should be done beforehand. Always listen to your body. If you feel that you need a longer recovery or a shorter, less intense interval, then so be it, *particularly if you are new to exercising*. Lastly, consult with your physician periodically to make sure you are medically fit to exercise at higher intensities.

Try these three methods of interval training:

- 1) **Fartlek Training** — This method is the easiest to do because it requires no time keeping, but generally works only for those exercising outdoors. The term *fartlek* is a Swedish term that literally means *speed play*. Choose a number of intervals you'd like to incorporate into your workout. Then simply complete them by picking a spot or object in the distance and increasing your speed to get to it. Recover until you feel conversational again. Repeat. Choose objects of varying distances to change up your interval lengths.
- 2) **Standard Timed Intervals** — This method uses specifically timed periods, therefore a stopwatch is necessary. Generally, the longer time interval will be at an easy, or recovery pace, and the shorter interval at a high, close to maximal effort intensity. A very basic example would be splitting a 3-minute block into two minutes easy and one minute hard. This is a great method for gym goers who use treadmills and other cardio machines. Incline can be used in place of speed for walkers.
- 3) **Build Intervals** — this is a more complex method of #2 which involves an easy interval, a moderate interval and a hard interval. So in essence, the intensity builds throughout the time block. A basic example (4 min time block): Two minutes easy, 1-minute moderate and one minute hard.

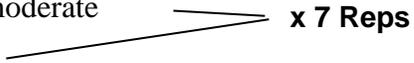
SAMPLE INTERVAL WORKOUTS

Assuming a cardio session of 30 min, here are some examples of incorporating intervals using the three methods. For longer sessions, simply add more repetitions of the intervals/time blocks.

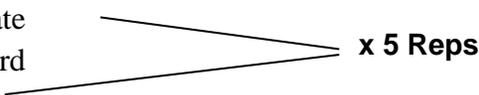
Fartlek Method:

- 5 min easy warm up.
- 50 yd interval (pick a tree, or a street sign that appears to be about half a football field away), recover until comfortable breathing returns.
- 100 yd interval (choose an object double the distance of the first interval), recover.
- 25 yd interval, recover.
- 50 yd interval, recover.
- *Repeat for 20 min.
- 5 min easy cool down.

Standard Timed Method:

- 5 min easy warm up.
 - 2 min easy to moderate
 - 1 min hard
 - 5 min easy cool down (I know, this adds up to 31 min—so sorry!).
- x 7 Reps**
- 

Build Interval Method:

- 5 min easy warm up.
 - 2 min easy to moderate
 - 1 min moderate to hard
 - 1 min hard (max)
 - 5 min easy cool down.
- x 5 Reps**
- 

BASIC LOOP BAND WORKOUT



Squat with Wide Pull: Stand with your feet about hip distance apart, toes facing forward, and slightly bent knees. Reach arms forward with the band around the outside of your hands. Sit back into the squat keeping the weight in the heels, leading with your tailbone. Push up through the heels, feeling the muscles along the back of the leg contract. Open arms wide and squeeze the shoulder blades together as you return to standing. (Note: Squat only to a 90° angle at the knee.)

Works: Legs (glutes, quadriceps, hamstrings, and calves) and Arms (rhomboids, pectorals, and deltoids)



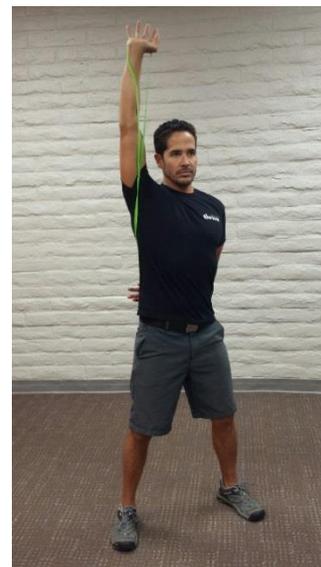
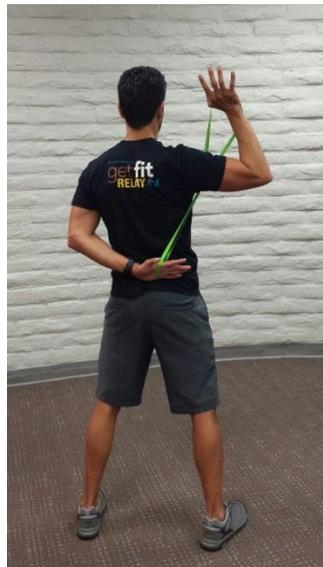
One Arm Row: Begin by placing one loop of the band under your foot, with the other loop in your opposite hand. Keeping your back straight, hinge forward at the hips, bringing the chest down. Use your shoulder blade to slowly pull the band back, keeping your elbow in by your side. Slowly return to the starting position. For an added balance challenge, lift the back leg (third picture). Repeat on the other side.

Works: Back (lats, rhomboids, trapezius, erector spinae)



Chest Press with Reverse Lunge: Begin with your feet together and the band behind your back. Hold the band loops in your hands with arms extended forward. Inhale as you draw the elbows back squeeze the shoulder blades together, while simultaneously stepping one foot back into a reverse lunge. Keep weight over the front foot. Use the front leg to return the back leg to starting position, while simultaneously pressing the palms forwards and squeezing the chest. Alternate legs each rep.

Works: Chest (pectorals), Arms (triceps), Legs (glutes, calves, hamstrings, and quadriceps)



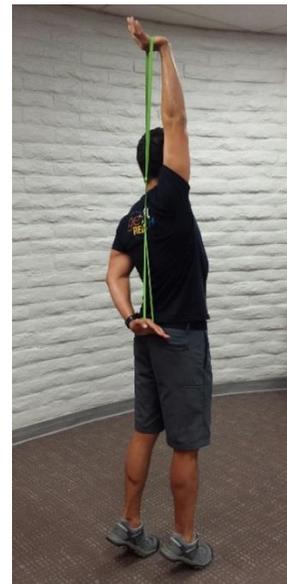
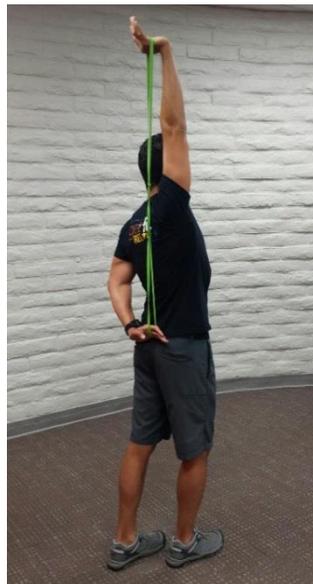
One Arm Overhead Press: Place one loop of the band in hand at shoulder height. Grab the other end of the loop in your opposite hand behind your lower back. Start in a goal post position with palm open and facing upwards. Exhale as you press your palm up towards the ceiling, straightening the arm. Slowly lower your palm back to eye level.

Works: Shoulders (deltoids), Back of the upper arm (triceps)

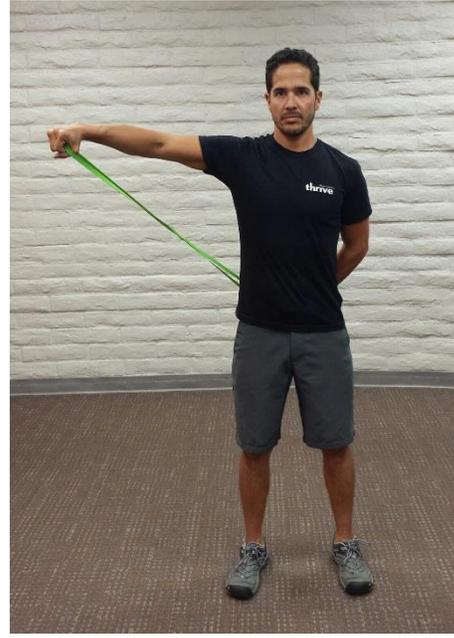


Biceps: With a staggered stance, loop the band under your front thigh and grab both loops with your hands. Exhale as you lift your hands up to chest level, keeping the elbows to your sides and stationary. Inhale as you slowly straighten the arms and lower the hands back to the starting position.

Works: Front of the upper arm (biceps)



One-Arm Triceps Extension: Hold one loop of the band with your hand behind your head and grab the other end of the loop with your opposite hand behind your back. Keeping the elbow close to your head and pointed up towards the ceiling, press the palm of the hand straight up until the arm is straight and the tricep is fully contracted. Inhale as you slowly lower the hand back to the starting position. Add heel lift for an added challenge (third picture). Repeat on other side. **Works:** Back of the upper arm (triceps)



Lateral Raise: Hold one end of the band behind your back, hold the other end in your opposite hand. Extend your arm out to the side, keeping arm straight, and using your shoulder to extend to shoulder height. Slowly lower arm back to starting position at your hip.

Works: Shoulder (Deltoids)

STRETCHING

Why Stretch? Soft tissue in the body, (e.g., your muscles, tendons, and ligaments) acts to both limit and allow for body movement. Poor flexibility suggests that these tissues are not allowing for an adequate range of motion for safe and efficient movement. Most over-use (or over-stress) injuries result from problems with flexibility, muscle weakness, and poor posture.

Specific problems with poor flexibility:

1. Increases tension and stress

Many work activities include repetitive, small, but intense movements where the task itself is repeated over and over through a limited range of motion. This limited range of motion actually increases stress, much like concentrating weight over a small area increases the pressure on that area.

2. Causes weakness in the muscles

Poor flexibility (tighter than normal muscles) can cause weakness in opposing muscle groups. For example, if your hips are too tight then the curve of your low back is accentuated which in turn can cause increased compression force on your vertebrae.

3. Interrupts natural rhythm of joints

Muscle tightness interferes with the natural rhythm of movement in the joints. For example, when your hamstrings (muscles behind the leg) are too tight, pelvic rotation is restricted and you may feel pain in the low back muscles and ligaments.

4. Creates poor posture

If your muscles are too tight, your posture is worsened and when your posture is poor, your flexibility is decreased. Your ears, shoulders, and hips should be kept in a straight line.

Unfortunately, many people thrust their head and neck forward from poor posture over the years. This causes reflexive muscular tightness, and weakness of opposing muscle groups, particularly in the neck, upper back, and hip areas.

Benefits from regular stretching:

1. Warming up the muscles before strenuous activity prevents injury.
2. Stretching provides increased blood supply to muscles (nourishment).
3. Stretching increases elasticity (flexibility).
4. Stretching promotes more oxygen reaching the brain (increased alertness, reduced psychological stress).
5. Stretching increases the ease with which you perform everyday activities.

You FEEL Well When You MOVE Well!

BASIC STRETCHES

Stretching Tips:

- Always warm up properly prior to any flexibility program. Never stretch cold muscles!
- Perform 2 to 3 repetitions of each stretch, holding them for 10 to 30 seconds each.
- Be sure to hold the stretch evenly, and refrain from bouncing.
- Breathe! Try to exhale as you increase the intensity of the stretch.
- **DO NOT BOUNCE!** Often referred to as **ballistic stretching**, this form of stretching can cause a reflex inhibition response that may actually make muscles tighter and may lead to injury.

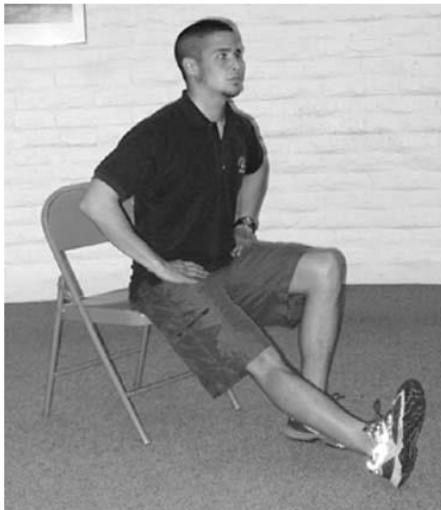
Note: Range of motion is developed and maintained through consistency in your stretching — not through brute determination or force.

Seated Hamstring Stretch

Sitting on the edge of a chair with a straight back, extend one leg out in front, knee straight and toes flexed upwards.

On an exhalation, hinge at the hips, dropping the navel first, followed by the chest and shoulders. Hold the stretch evenly (no bouncing) for 10 to 30 seconds. Be sure to keep the knee from bending. Repeat on other side.

Muscles stretched: Back of thigh (hamstring), and calf (gastrocnemius)



Chair Quadriceps Stretch

Sitting with one leg on the edge of a chair, drop the other knee so that the thigh is perpendicular to the floor, knee is an inch or two off the floor. Tuck the tailbone in as you continue to push the knee back. Hold the stretch evenly (no bouncing) for 10 to 30 seconds. Repeat on other side.

Muscles stretched: Front of thigh (quadriceps) and hip flexors.

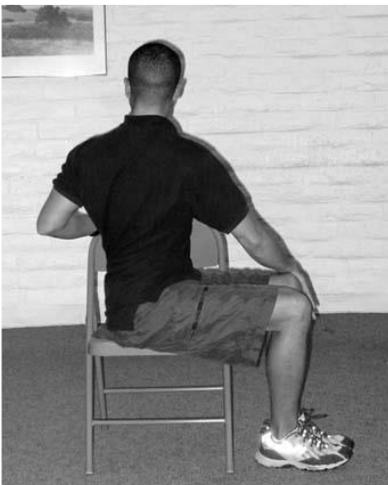
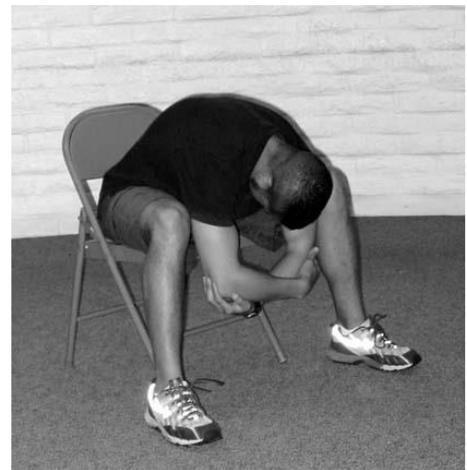


Chair Elbow Hang

Sitting in a chair, feet outside of the chair legs, grasp both elbows and slowly drop them towards the floor in front of the chair as you exhale. Drop one vertebrae at a time, starting with the head, followed by the shoulders, chest, middle back and lower back.

Hold the stretch evenly (no bouncing) for 10 to 30 seconds. On an inhalation, slowly breathe yourself up, lifting one vertebrae at a time. The head should come up very slowly to avoid light headedness.

Muscles stretched: back (erector spinae), legs (glutes and hamstrings).



Spinal Twist

Sit in a chair, feet to the left side, back straight. Place the right hand on outside of the left knee, left hand on the back of the chair. On an inhalation, raise the sternum to lengthen the spine. On an exhalation, twist to the left, starting with the navel, followed by the chest, shoulders and head.

Imagine *wringing out the spine* like a towel. Hold the stretch evenly (no bouncing) for 10 to 30 seconds. Repeat on other side.

Muscles stretched: Core (back, abdominals and obliques).

Calf Stretch

Stand behind a chair or wall, one foot forward Two-foot lengths in front of the other. Both feet should be pointing directly forwards. Push the back heel into the ground, keeping the back knee locked, and lifting upwards on the toes of the back foot. Hold the stretch evenly (no bouncing) for 10 to 30 seconds. Repeat on other side.

Muscles stretched: Calf (gastrocnemius, soleus)



Soleus Stretch

Stand behind a chair or wall, one foot forward, one foot length in front of the other. Both feet should be pointing directly forwards. Drop your body weight directly down towards the floor in between your feet. Bend the back knee, keeping the heel flat on the floor. Hold the stretch evenly (no bouncing) for 10 to 30 seconds. Repeat on other side.

Muscles stretched: Calf (soleus, gastrocnemius)



Chest Stretch

Sitting or standing, lift the sternum as you pull the elbows back. Hands are out to the side, back is straight. Relax the neck and upper back muscles. Hold the stretch evenly (no bouncing) for 10 to 30 seconds.

Muscles stretched: Chest (pectoralis major and minor), shoulders (deltoids)

Upper Back Stretch

Sitting or standing, press the sternum back as you extend the arms forward, interlacing the fingers. Drop the head in between the arms, and continue to *spread* the shoulder blades apart.

Hold the stretch evenly (no bouncing) for 10 to 30 seconds.

Muscles stretched: Upper Back (rhomboids, trapezius)



MINDFUL EATING

The Seven Kinds of Hunger

You may find yourself saying, *When I am hungry, I eat*. It sounds so simple, but really it is not; at least not now that we are adults. As children, it actually was that simple. Infants and young children have an intuitive sense of what and how much to eat. They may even eat just one food and ignore all the variety that was put on their plates. Studies have shown that if the parents would just wait and relax, over the course of a week the baby will eat a balanced diet as if prompted by some inner dietitian. Young children are tuned in to the messages from their bodies. If given more freedom, children would take short but necessary meals between times of play. This is a skill we are all born with, but somehow we forgot this skill as we grew older.

As naturally intuitive eaters get older, eating is no longer a fueling stop. Food begins to serve many purposes. It is used to soothe, distract, procrastinate, numb, entertain, seduce, reward and even to punish. The once simple relationship between hunger, eating, and satisfaction became tangled up in all sorts of thoughts and emotions. What happened? First, our environment taught us unhelpful habits related to eating and food. Then secondly, our minds took over from our bodies. The intuition we had as infants disappeared under pressure from anxious caretakers. However, there is no need to look outside or inside ourselves for blame. The question is, can we move forward and change this? Can we regain our natural intuition? The answer is YES! But only we can do this for ourselves by becoming truly mindful when we eat. With mindfulness we can untangle and separate these different experiences of hunger. Only then can we respond to each one in an appropriate way. But before learning how to respond and regain our intuition, let's learn about those different types of hunger. Here they are:

1. **Eye Hunger:** Advertisers and restaurants know about eye hunger. They devise lovely food ads or tempt you with the dessert cart even though you feel stuffed. The eye sees, clings, and sends signals to the mind saying, *I am hungry for that!* The eye can convince the mind to override the signals from the stomach and body, even when we are not hungry at all.
2. **Nose Hunger:** Smells exert a primitive and potent effect upon the subconscious mind. This could be a survival mechanism that allowed our ancestors to use their senses of smell to locate food, as well as distinguish friends from enemies. A good sense of smell was protective, indicating what foods might be safe to eat and giving warning when food was spoiled. What we call *taste* is almost entirely the *smell* of food. Our tongues are actually able to taste only five flavors: sweet, salty, sour, bitter, and amino acids.
3. **Mouth Hunger:** This is the mouth's desire for pleasurable sensations. What our mouth experiences as pleasant depends upon factors such as genetics, family food habits, cultural traditions, and conditioning, which means the association of certain foods with pleasant or unpleasant experiences. The mouth is easily bored, because it has difficulty staying in the present. When bored, it asks for another bite ignoring signals of *full* coming into the stomach. This causes us to eat more food than the stomach needs.
4. **Mind Hunger:** This is influenced by what we take in through eyes and ears in the form of words we read and hear. This is often based upon absolutes and opposites; good food versus bad food and should eat versus should not eat. To make matters worse, what is good to eat and what is bad to eat has reportedly changed over the years. Our minds don't always know the truth. This is why we have a

disturbed relationship with eating and food. Therefore, we must learn to listen to the deeper intuitive wisdom of our body.

5. **Heart Hunger:** Many people are aware that they eat in an attempt to fill a hole, not in the stomach, but in the heart. We eat when we are lonely, when a relationship ends, when someone dies, etc. These are the ways we try to take care of ourselves and others, but we must understand that food put into the stomach will never ease the ache in the heart. Many comfort foods are the things our mother or another nurturer gave us when we were sick, or they are the foods we ate with loved ones on holidays. For each person, the particular foods that are flavored with love are different. Once you learn to identify who inside of you is hungry and why, only then can you make more informed decisions about whether or not to eat.
6. **Stomach Hunger:** The stomach gives us signals when we are hungry such as a feeling of emptiness, growling, hunger pangs, gnawing, etc. If we did not have these feelings, we might starve to death. These sensations can be uncomfortable so we feel an urgency to do something to relieve them. However, the notion that the stomach tells us when we are hungry is incorrect. We actually tell the stomach when to be hungry. This occurs through our eating habits. When we eat three times a day, the stomach becomes conditioned to expect food at those times. If you never eat breakfast, you will not be hungry in the morning for breakfast. The abdomen feels flat, quiet and comfortable. This tells us that stomach hunger is not a permanent, solid feature of our lives, one who's urging we must obey.
7. **Cellular Hunger:** As infants, we were tuned in to the signals from our body that told us when to eat and when to stop. Given a choice, we had an instinctive awareness of what foods and how much food our body needed. As we grew older, this inner wisdom became lost in a host of other inner and outer voices that told us how we should eat. These voices and messages came from our parents, peers, schools, TV advertisements, movies, etc. these messages created confusion that have caused us to be unable to just eat and to eat just enough.

Keep this important concept in mind as you practice your mindful eating:

Only food or drink will satisfy *Stomach* and *Cellular* hunger. However, there are many alternatives other than food for satisfying *Eye*, *Nose*, *Mouth*, *Mind* and *Heart* hunger.

SIX EASY GUIDELINES FOR MINDFUL EATING

1. Eat Slowly

It is very *American* to stuff ourselves as fast as possible. Asians and Europeans are astonished when they observe this habit. Americans also tend to eat standing up or on the way to doing something else. It is as if we want to just get it over with. There are many disadvantages of eating quickly. For one, we barely taste the food. Chewing longer causes the flavors to be released and enjoyed longer. Chewing exercises the mouth and helps us get more nutrients from what we eat. When eating slowly, we also know more when we are full, instead of eating quickly past the point of satiety. Here is how to slow down your eating and drinking:

- Pause before beginning your meal. Look at each item on your plate taking it in with your eyes. Notice colors, textures, shapes and the arrangement on the plate.
- Thank the animals, plants and people who brought this food to you.
- Begin the meal by pausing to inhale the fragrance of the food. Imagine that you are being nourished by just the smell.
- Take a small taste. Roll it around in your mouth, savoring it. Chew slowly and swallow. When the mouth is empty of food and flavor, repeat the process putting down your fork or spoon between each bite.
- If you notice that you are eating without tasting, stop and pause to look at the food again.

2. Eat the Right Amount

What is the right amount to eat? *Right* can mean appropriate, beneficial, or leading to happiness and freedom. It is known that *normal* portion sizes have grown dramatically over the years. When we use bigger plates, bowls, and serving utensils, we serve ourselves more and eat more. Children have a well-functioning ability to determine the amount that they can eat. As they are taught to clean their plates, no matter what size, they lose that innate ability to stop eating when they are full. Here is how you can learn to eat the right amount:

- Before you eat, stop to look at the food you will be eating and assess how much you would need to eat to be just two-thirds full. As you take a smaller portion and eat it mindfully, say to yourself, “*I am eating this portion for the good health of my body and mind.*”
- Take at least 20 minutes to eat. When you feel two-thirds full, drink some liquid.
- Now assess the seven hungers, especially *stomach hunger*, *cellular hunger*, and *mind hunger*. Are they satisfied or not? If one kind of hunger wants more to eat, why does it want it?
- If you take second helpings, reflect, *I am taking this second portion to benefit _____*? See if and how the mind fills in the blank.

3. Be Aware of the Energy Equation

Food is energy. When we live our lives, we are releasing and spending that energy. If our weight stays constant, it is a sure sign that the energy flowing into our body is equal to the energy flowing out. We are in energy balance. If we are losing weight, it means that the energy out is greater. If we gain weight, it means the energy in is greater. Once we gain extra weight, it is not easy to lose it. Fat cells act like an endocrine organ. They try to keep themselves alive and full of fat by secreting various chemicals and hormones. It is best to lose weight slowly about two to four pounds a month. This means taking in 100 to 250 fewer calories a day or using up 100 to 250 calories a day in exercise. Make small changes, such as:

- Parking farther away from your destination and walking.
- Taking the stairs whenever possible. You may even want to walk up and down several times.
- Not buying candy, chips, or soda.
- Keep substitutes for ice cream in the freezer, like frozen fruit.

- When taking second helpings, ask yourself, *hunger or habit?*
- Eat a meal first and wait a while before deciding to have dessert and how much to have.

4. Substitute Mindfully

We have many voices in our minds. We have a childish voice that may say something like, *I want something sweet*. Our parental voice may say, *It is almost dinnertime, so no dessert until after dinner!* Our critical voice may say, *I need to lose weight, so I should never have sweets!* How do we work with these conflicting voices? It does no good to ignore them, because they become rebellious, but it does no good to indulge them, because they gain strength. How do we deal with the conflict? First, we must be aware of the voices. Each one contains some truth. But how do we honor the truths? Find a substitute reward. We must take care of ourselves the way a loving and wise parent would do. Here is how to substitute:

- When you go grocery shopping, look for an appealing, but healthy treat. When you have an urge for a treat, take time preparing your substitution. Serve it to yourself on a nice plate and practice mindfully eating it.
- Assess the seven hungers. Assess the level of satisfaction in your body and heart. Eat the treat slowly, without distractions.
- Again, assess the seven hungers and the level of satisfaction in your body and heart.
- Share your substitutions and experience with your weight loss group as you make them.

5. Out of Sight, Out of Mind

The treats that you crave can be conditioned out of your life by putting them in a place that is out of your sight. At first, you will remember they are there, but as time goes on, they actually do move from the forefront of your mind, to the back of your mind, and then become very forgettable. The body feeds on material food, but the mind also feeds on information, thoughts, opinions, and ideas. News about suffering in the world creates anxiety and despair. In this state of mind, you are more likely to eat in an unbalanced way. To make matters worse, conflicting information in the media about food or diets can lead to anxiety about what to eat or not eat. To give yourself a rest from information that leads to stress eating, try this:

- Put yourself on a *media fast* for at least one week or for as long as a month.
 - Do not watch TV news, listen to the news on the radio or read newspapers, news magazines, or computer news.
 - Use the time for meditation, creative endeavors, or relaxation.
 - Investigate how the mind reacts to this *media fast*. What does it fear or not fear?

6. Balance Inner Critic with Loving Kindness

When your relationship with eating and food is out of balance it is easy to be overcome with negative emotions. Chatter in your mind may point you to three ways of destructive thinking:

- **The Inner Perfectionist.** The job of this voice is to look around for examples of perfection that you cannot obtain. An inner perfectionist that is concerned with the body, looks at magazines or movies.
- **The Inner Pusher.** The job of this voice is to push yourself and tell you what to do in order to achieve perfection. The Inner Pusher loves to make lists and will nag and push you all day long.
- **The Inner Critic.** The job of this voice is to criticize. It is never satisfied, because you are constantly comparing yourself to unrealistic images of what you consider to be better or more *perfect* than you.

The way to sort out all the critical voices about you is through meditation. Meditation helps to settle and quiet the mind. We have been practicing this in class, so you are off to a good start.

Thrive Five Recipes

Week 4 DEMO Peanut Butter Yogurt Dip

1 cup nonfat unsweetened Greek or Icelandic yogurt
 2 tbs. All-Natural unsweetened Peanut Butter
 1 tsp. Pure Vanilla Extract
 Dash of Cinnamon
 Optional: (small amount of sweetener of choice)

Place all ingredients into a bowl, mix thoroughly.

2 Large Apples, sliced

Makes 4 Servings.

Per Serving:

Calories	Carbohydrates	Protein	Fat	Fiber
134	18.8 g	6.1 g	4.2 g	3.2 g

*Use in weeks 1 to 16



Thai Lentil Salad

1 pkg Steamed Lentils
 1 pkg Cruciferous Crunch Salad mix (kale, red cabbage, brussel sprouts)
 2 cups Shredded Carrots
 Handful chopped cilantro
 1 tbs. Sesame Oil
 Juice of 1-2 Lemons
 Sea Salt to taste
 Red Pepper flakes (optional)

Mix all ingredients. Makes 5 servings.

Per Serving:

Calories	Carbohydrates	Protein	Fat	Fiber
182	28.7 g	10.6 g	2.8 g	11 g

*Use in weeks 4 to 16.



Chicken Burrito Wraps

1 lbs Cooked Chicken breast
 ½-1 cup Salsa of your choice
 1 cup Nonfat Plain Greek Yogurt
 1 12 oz can Black Beans
 Handful chopped cilantro
 ½ Lime, juiced
 1 Avocado, sliced
 1 cup Red Cabbage, shredded
 12 Butter or Romaine Lettuce leaves

Combine chicken, salsa, greek yogurt, black beans, cilantro, and lime juice in a bowl. Scoop into lettuce leaves. Top with sliced avocado and shredded cabbage. Makes 4 servings. Per Serving:

Calories	Carbohydrates	Protein	Fat	Fiber
268	13.8 g	31.4g	9.8 g	6 g

*Use in weeks 4 to 16



Salad in a Sandwich

- ½ cup alfalfa or broccoli sprouts
- 1 tablespoon finely chopped onion
- ¼ cup garbanzo beans, drained
- 1 tablespoon light Caesar salad dressing
- 2 slices fresh tomato
- ½ whole-wheat pita



In a small bowl, mix sprouts, onion, and beans. Toss with salad dressing. Place tomato slices inside pita and stuff the pocket with the beans-sprouts mixture. Serves 1.

Per Serving:

Calories	Carbohydrates	Protein	Fat	Fiber
287	15 g	11 g	12 g	6 g

*Use in weeks 4 to 16

Blueberry Smoothie

- ½ cup water or coconut water
- ½ cup plain nonfat yogurt
- 1 cup fresh or frozen blueberries
- ½ overripe banana, peeled and sliced
- 2 ice cubes



Put all the ingredients in the blender. Turn the blender to a medium setting and blend until the mixture is smooth, about 2 minutes. Pour the smoothie into cups and scrape out the rest with a spoon. Serve right away—or store in a thermos or cover and refrigerate up to 4 hours. Serves 2.

Per Serving:

Calories	Carbohydrates	Protein	Fat	Fiber
152	22 g	7 g	7 g	7 g

*Use in weeks 1-16

Healthy Dessert: Tofu Surprise

You'll be using tofu instead of heavy cream and egg yolks, but the creamy texture and dominant flavors (maple, almond) will make this a delightful confection.

- 14-16 ounces of tofu (preferably soft, but any variety will do); remove water
- 8 Tablespoons of almond butter
- 8 Tablespoons maple syrup

Almonds or fresh fruit to garnish, if desired

Place tofu, almond butter and maple syrup in food processor (blender will work, too) and process until very creamy. Spoon into decorative serving containers (martini glasses, shot glasses, custard cups, ramekins, etc.). Refrigerate 3-4 hours. Serve chilled. Serves 6.



Per Serving:

Calories	Carbohydrates	Protein	Fat	Fiber
208	21 g	5 g	12 g	1.5 g

*Use in weeks 4 to 16

Mason Jar Salads

The secret to a perfect and tasty Mason jar salad is all in the order.

1. The dressing goes in first. **This guarantees that your salad ingredients don't get soggy.**
2. **Then go with a grain or a protein, or anything else big and chunky.** This protects your more delicate ingredients from getting wet.
3. **Next, the fixings.** Little things like shaved nuts or fruits. The ingredients that you want to stay dry until just before you eat it.
4. **Leafy greens go in last.** That way when you turn the Mason jar over and unload it all into a bowl, the greens will make the salad bed.



Quinoa Asian Salad

For the Salad

1. Asian dressing
2. .3/4 cup cooked quinoa
3. Chopped cucumber, red cabbage, broccoli, and shredded carrot
4. Chopped Romaine and spinach



Asian Dressing:

- 1 T. Tahini
- 1 Tbsp. lemon juice
- 1 Tbsp. red wine vinegar
- 1 tsp. sesame oil
- 1 tsp. honey
- ¼ t. EACH - salt, pepper, ground ginger, garlic powder

Add everything to a small mason jar, put on the lid, and shake until well combined. Makes enough dressing for about 3 salads in a jar.

To assemble the salad:

In a pint mason jar add the dressing, quinoa, chopped "extras" and then greens (in that order). Pack the jars pretty tight. Add a lid and store in the fridge. When you are ready to eat dump the jar into a bowl and stir to combine or shake the jar very well and eat from the jar.

Per Serving:

Calories	Carbohydrates	Protein	Fat	Fiber
Dressing 63	6 g	2 g	4 g	0 g
Quinoa 55	10 g	2 g	1 g	1.5 g
Vegetables 50	6 g	6 g	0 g	3 g
Total 168	22 g	10 g	5 g	4.5 g

Use in weeks 4 to 16

Mediterranean Super Salad

1 cup cooked quinoa
 1 cup prepared steamed lentils
 1 package baby spinach
 1 medium red bell pepper, chopped
 2 cups baby heirloom tomatoes
 3 sliced Persian cucumbers
 12 Kalamata olives, sliced

For the dressing:
 1 Tbsp. unfiltered cold pressed olive oil
 2 lemons, juiced
 2 cloves of garlic, minced
 salt and pepper to taste
 1 tsp anchovy paste (optional)



In a blender or food processor combine all dressing ingredients and blend until smooth. In a large bowl, combine all ingredients, pour dressing over the top, toss salad. Store in the fridge for meals all week! It gets better as it marinates. Serves 6.

Per Serving:

Calories	Carbohydrates	Protein	Fat	Fiber
152	22 g	7 g	7 g	7 g

*Use in weeks 4 to 16