

Medical Weight Management Full/Modified Meal Replacement Program

What you'll need for class today...
Something to write with. We will begin promptly



Session 5: **Exercise**



Mindful Minute



Check-In

- Successes/wins?
- Challenges/struggles?
- Questions?



“The difference between
TRY and TRIUMPH...
is a little UMPH!”

Marvin Phillips

“Exercise is a celebration of what
your body can do. Not a punishment
for what you ate.”

Anonymous



Myths and Facts of Exercise



MYTHS

You shouldn't exercise while on meal replacements.

Exercising will slow down weight loss.

You can't build muscle on a very low-calorie diet.

FACTS

Don't stop exercising to satisfy a diet! Instead, modify your diet to support your exercise.

Exercise accelerates fat loss and preserves muscle mass. You will see more results in inches lost rather than pounds on the scale.

Numerous studies show that strength and resistance training can build muscle while in ketosis.

Why Exercise?

- Sleep better
- Feel better
- Clothes fit better
- Better mood
- More energy
- Reduces stress and anxiety
- Improves memory
- Helps reduce risk of cardiovascular disease
- Reduces risk of osteoporosis
- Helps post-program weight maintenance
- Increases metabolism
- Builds muscle mass



Why Exercise?

Exercising while on Meal Replacements is good!

Aim for **150 Min/ week** of moderate Cardiovascular exercise

Moderate intensity = Being able to have a conversation but not be able to sing!

It builds healthy habits and assists in weight maintenance after weight loss

Muscle tissue is a very beneficial tissue!

One pound of muscle burns 10 calories
One pound of fat burns 3 calories/day.

The more muscle you have, the more calories you burn!

Resistance training builds muscle with exercise bands or weights

Types of Exercise

Aerobic

Flexibility

Strength

Aerobic Exercise Benefits while on Meal Replacements



Helps sustain your metabolic rate as you lose.



Helps you tolerate a higher weight maintenance calorie level.



It replaces food as a coping tool for stress.



Building an exercise routine during weight loss provides a great start to long-term success.

Aerobic

Rhythmic, Continuous Exercise

Walking, jogging, swim, run, bicycle, stairs, etc.

- ✓ Ideally 3x per week or more.
- ✓ Intensity that challenges the heart and muscles.
- ✓ Working hard enough that you can talk but not so hard that you can sing.
- ✓ Start small, perhaps only 5-minute sessions.
Work up to maintaining intensity for 20 minutes.
Then work on increasing time.
- ✓ Cardio Videos on
positivechoice.org/exercise-videos

Flexibility

- Increases range of motion of muscles and joints
- Decreases the risk of injury.
- Do after 5-10 minutes of a light warm-up or after a workout.
 - Stretching on “cold” muscles can increase the risk for injury
- Yoga/Stretching videos on Strength [positivechoice.org/exercise-videos](https://www.positivechoice.org/exercise-videos)



Strength/Resistance

- Muscle tissue is “calorically expensive” so the more you have, the more calories you burn with every movement you make.
- Build muscle strength by progressively overloading your muscles with resistance.
- Effective forms of strength/resistance training include free weights, machines, stretch bands, and body weight exercises.
- Recommend 2 times per week on non-consecutive days for minimum of 20 minutes.
- Strength Training Videos on positivechoice.org/exercise-videos



Exercising Safely on Meal Replacements



Start slowly! If you're new to exercise, be sure to consult with a physician prior to engaging in physical activity.



Scale back your intensity by about half as a starting point, then increase in intensity as needed



Time your meal replacements! You can split your meal replacement both before or after a workout or take an extra meal replacement on vigorous workout days.



Feeling sore after resistance training is normal. To build muscle you need to **rest muscles for at least 48 hours** before resistance training the same muscle group.

Signs to Decrease Exercise Intensity or Frequency:

**Persistent Fatigue,
Feeling Drained,
Lack of Energy**

**Recurring
Headaches**

Depression

**Moodiness,
Irritability**

**Inability to Sleep
Despite Fatigue**

**Unexplained Pain
in Muscles and
Joints**

**Decreased Immunity
(increased number of
colds and sore
throats)**

**Extreme Hunger
May need an
additional daily MR
Check with medical
staff about adding a
MR to your program**

Tips for starting a new exercise routine

Start where you are, do what you can, use what you have...



CHOOSE
ACTIVITIES
YOU ENJOY.



AIM FOR
VARIETY
IN YOUR
EXERCISE
ROUTINE
TO PREVENT
BOREDOM.



START
OUT
SLOWLY.



INCREASE
ACCOUNTABILITY
AND SOCIAL
ENJOYMENT BY
JOINING AN
EXERCISE CLASS OR
GROUP.



REINFORCE YOURSELF
EACH TIME YOU
EXERCISE (WITHOUT
FOOD).



HAVE FUN!

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thrive SAN DIEGO, CA

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Senior Strength

22 videos · 71 views · Last updated on Mar 2, 2021

Public

This 20-minute class is designed to strengthen the whole body gently. Utilizing a chair, light weights, and bands.

With Norma Solomon, BA

Want to work with a Positive Choice Trainer or Nutritionist Virtually? Click here: <https://positivechoice.org/contact-us/>

Positive Choice Integrative Wellness Center

#5 Senior Strength: Balance with Norma Positive Choice Integrative Wellness Center 20:22

#4 Senior Strength with Norma Positive Choice Integrative Wellness Center 20:32

#3 Senior Strength with Norma Positive Choice Integrative Wellness Center 17:40

#2 Senior Strength with Norma Positive Choice Integrative Wellness Center 19:02

#1 Senior Strength with Norma Positive Choice Integrative Wellness Center 19:13

#6 Senior Strength with Norma Positive Choice Integrative Wellness Center 20:47

#7 Senior Strength with Norma Positive Choice Integrative Wellness Center 19:38

#8 Senior Strength with Norma Positive Choice Integrative Wellness Center 20:12

#9 Senior Strength with Norma Positive Choice Integrative Wellness Center 19:13

#10 Senior Strength with Norma

Full Exercise collection on YOUTUBE Channel
Smaller collection on positivechoice.org/exercise-videos

- 
- What are your exercise goals?
 - What are your barriers to consistent exercise?
 - What strategies or small changes can help you manage these barriers?

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- How can you help yourself establish habits around exercise?
 - What types of movement activities do you enjoy? (alone/with others, gym/at home, solo/in a class)
 - What new activities can you try?



Something to think about...

- What movement can you commit to for the next week?
- Be specific- how often/for how long.



A wide-angle photograph of a lush, green field filled with tall grasses and numerous yellow wildflowers. The field extends to a distant horizon line under a bright blue sky with scattered white clouds. A few trees are visible on the horizon. The overall scene is vibrant and natural.

Questions?

- Please have yourself on mute when you are not speaking.
- If you would like to share or ask a question, use the chat box or raise your hand then unmute yourself.
- If connection is lost on my end, please give me about 15 minutes to reboot my router. If it takes longer than 15 minutes for me to return, that means there is an issue with the internet service in the area. We will resume class next week.
- Ensure that you are in a private room, by yourself to ensure the privacy of your classmates. If you are unable to be in a room away from others use headphones.
- Remember that everything discussed in class is confidential. No recording.

