

Medical Weight Management

Partial Meal Replacement Program

WELCOME

We will begin shortly.

By default, you have been placed on mute. In the event the audio feature is turned on, please mute your audio unless you have a question.

Today's Topics:

Resistance Training & Motivation

What you'll need for class today...Something to record questions and take notes.



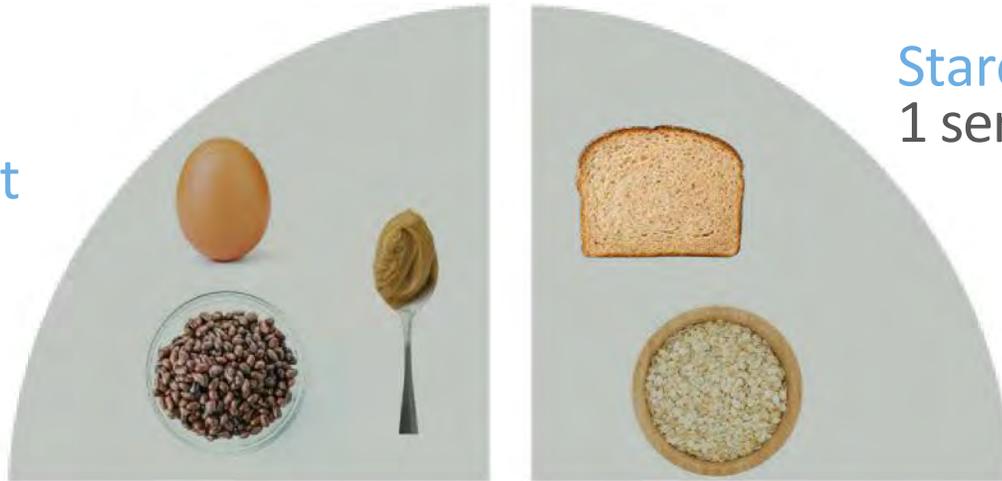


Mindful Minute

PARTIAL Meal Replacement Breakfast (Weeks One & Maintenance)

Use this plan when you're starting the program or when transitioning off meal replacements.

Protein
2 servings
Healthy Fat
1 serving



Starch
1 serving



Water
9-13 cups a day



Milk, Yogurt,
and/or Dairy
Alternative
1 serving

Fruit

Vegetables 1 serving
1-2+ servings
(optional)

PARTIAL Meal Replacement Lunch and Dinner (Week One and Maintenance)

Use this plan when you're starting the program or when you're transitioning off the product.



Black-eyed peas with sweet potato and collard greens



Vermicelli noodles, edamame, cabbage, carrots, red onion, and bean sprouts with mint and chili lime sauce



Salmon fillet with brown rice and mixed vegetables



Chicken breast with corn on the cob and fresh vegetables

Protein
4 oz
serving

Starch
1 serving

Vegetables
1-2+ servings



Water
9-13 cups a day



Fruit
2-3 servings a day



Fats
4 servings a day

PARTIAL Meal Replacement Weight Loss Food Plan

Typically, Weeks 2-14

4 NUMETRA™ meal replacements combined with 400 to 600 calories of food spaced throughout the day. Approximately 1100 to 1400 calories/day.

1 serving
healthy
fat



1 serving
grain/bean
/starchy
veg.



1 serving
fruit



2 c. salad/
½ cup raw
veggies
plus
1-2+ c.
cooked
or raw

2 servings
plant proteins
or
4 servings
meat proteins



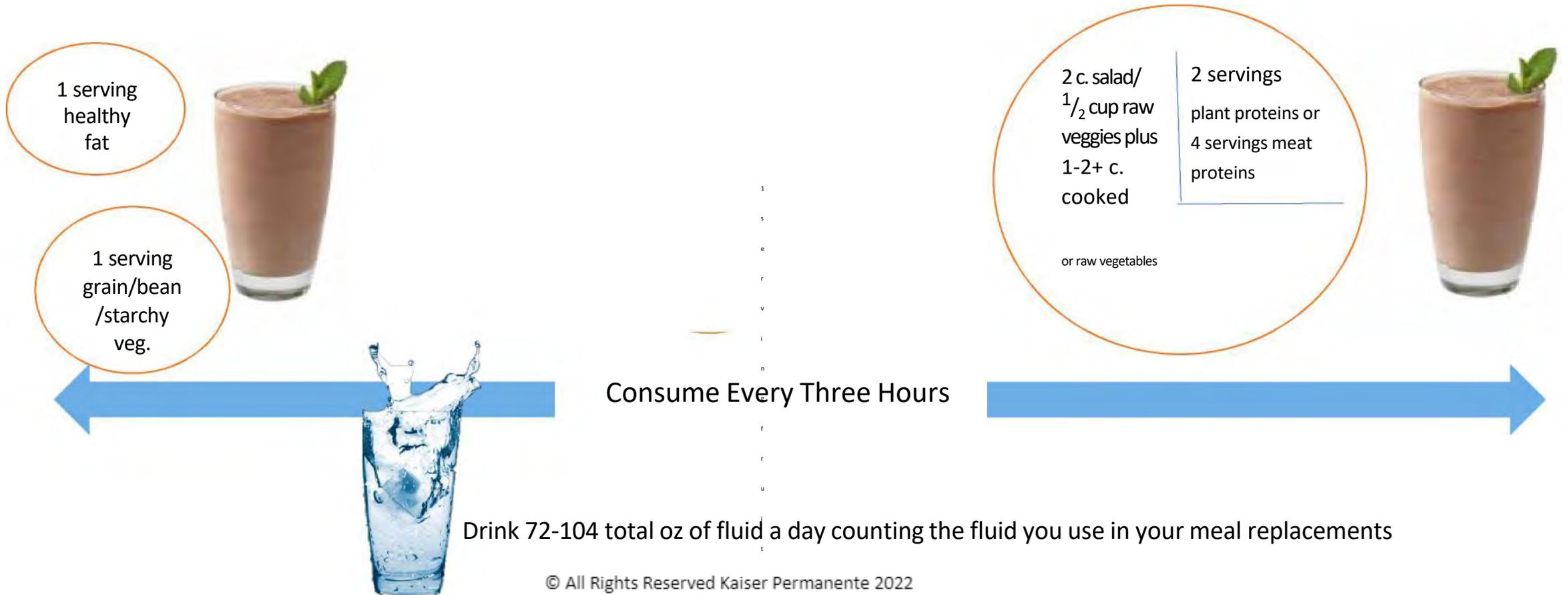
Drink 72-104 total oz of fluid a day counting the fluid you use in your meal replacements

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PARTIAL Meal Replacement Weight Loss Food Plan

Typically, Weeks 2-14

4 NUMETRA™ meal replacements combined with 400 to 600 calories of food spaced throughout the day. Approximately 1100 to 1400 calories/day.



PARTIAL Meal Replacement

(Typically, Weeks 2-14)

Four NUMETRA™ meal replacements combined with 400 to 600 calories of food spaced throughout the day. Approximately 1100 to 1400 calories/day.



Drink 72-104 total oz of fluid a day counting the fluid you use in your meal replacements

Exercises for Partial Meal Replacement



Cardiovascular/Aerobic



Strength/Resistance
Flexibility



Flexibility

Strength/Resistance Training Benefits

	Benefits	Recommendations	Suggestions
<p>Resistance/Strength Training</p> 	<p>Builds muscles.</p> <ul style="list-style-type: none">• 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• Intensity: low to moderate• Repetition: 8 to 15 per exercise.• Sets: 1 to 2 for each muscle group.• Type: full range of motion resistance for major muscle groups.	<p>Personal training, strength training equipment, strength/ sculpting classes, home weights, strength training videos.</p>

18-week Workout Plan

Goal = 2.5-5 Hours (150-300 Minutes) each Week

Welcome Packet: 18-week Exercise Plan



WK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Time
1	ST 20	CVM 30	MINS CVL 50	MINS AR	CVM 30	MINS ST 20	AR	150 MINS
2	ST 20	CVM 30	MINS CVL 50	MINS AR	CVM 30	MINS ST 20	AR	150 MINS
3	ST 20	CVM 45	MINS CVL 50	MINS AR	CVM 35	MINS ST 20	AR	170 MINS
4	ST 20	CVM 45	MINS CVL 50	MINS AR	CVM 35	MINS ST 20	AR	170 MINS
5	ST 20	CVM 50	MINS CVL 60	MINS AR	CVM 40	MINS ST 20	AR	190 MINS
6	ST 20	CVM 50	MINS CVL 60	MINS AR	CVM 40	MINS ST 20	AR	190 MINS
7	ST 20	CVM 50	MINS CVL 60	MINS AR	CVM 45	MINS ST 20	AR	220 MINS
8	ST 20	CVM 50	MINS CVL 60	MINS AR	CVM 45	MINS ST 20	AR	220 MINS
9	ST 20	CVM 50	MINS CVL 60	MINS CVH 20	MINS CVM 45	MINS ST 20	AR	240 MINS
10	ST 20	CVM 50	MINS CVL 60	MINS CVH 20	MINS CVM 45	MINS ST 20	AR	240 MINS
11	ST 20	CVM 55	MINS CVL 60	MINS CVH 40	MINS CVM 45	MINS ST 20	AR	270 MINS
12	ST 20	CVM 55	MINS CVL 60	MINS CVH 40	MINS CVM 45	MINS ST 20	AR	270 MINS
13	ST 20	CVM 55	MINS CVL 65	MINS CVH 40	MINS CVM 45	MINS ST 20	AR	280 MINS
14	ST 20	CVM 55	MINS CVL 65	MINS CVH 40	MINS CVM 45	MINS ST 20	AR	280 MINS
15	ST 20	CVM 55	MINS CVL 70	MINS CVH 40	MINS CVM 45	MINS ST 20	AR	290 MINS
16	ST 20	CVM 55	MINS CVL 70	MINS CVH 40	MINS CVM 45	MINS ST 20	AR	290 MINS
17	ST 20	CVM 55	MINS CVL 70	MINS CVH 50	MINS CVM 45	MINS ST 20	AR	300 MINS
18	ST 20	CVM 55	MINS CVL 70	MINS CVH 50	MINS CVM 45	MINS ST 20	AR	300 MINS

Cardiovascular Exercise: activities that elevate heart rate for the duration of the workout. Try brisk walking, jogging, cycling, swimming, hiking, elliptical and/or playing sports.

CVL: Cardiovascular Long Easy — Keep your intensity in the conversational zone throughout the workout, or about a 5-6 on a scale of 1-10. You should not be able to sing.

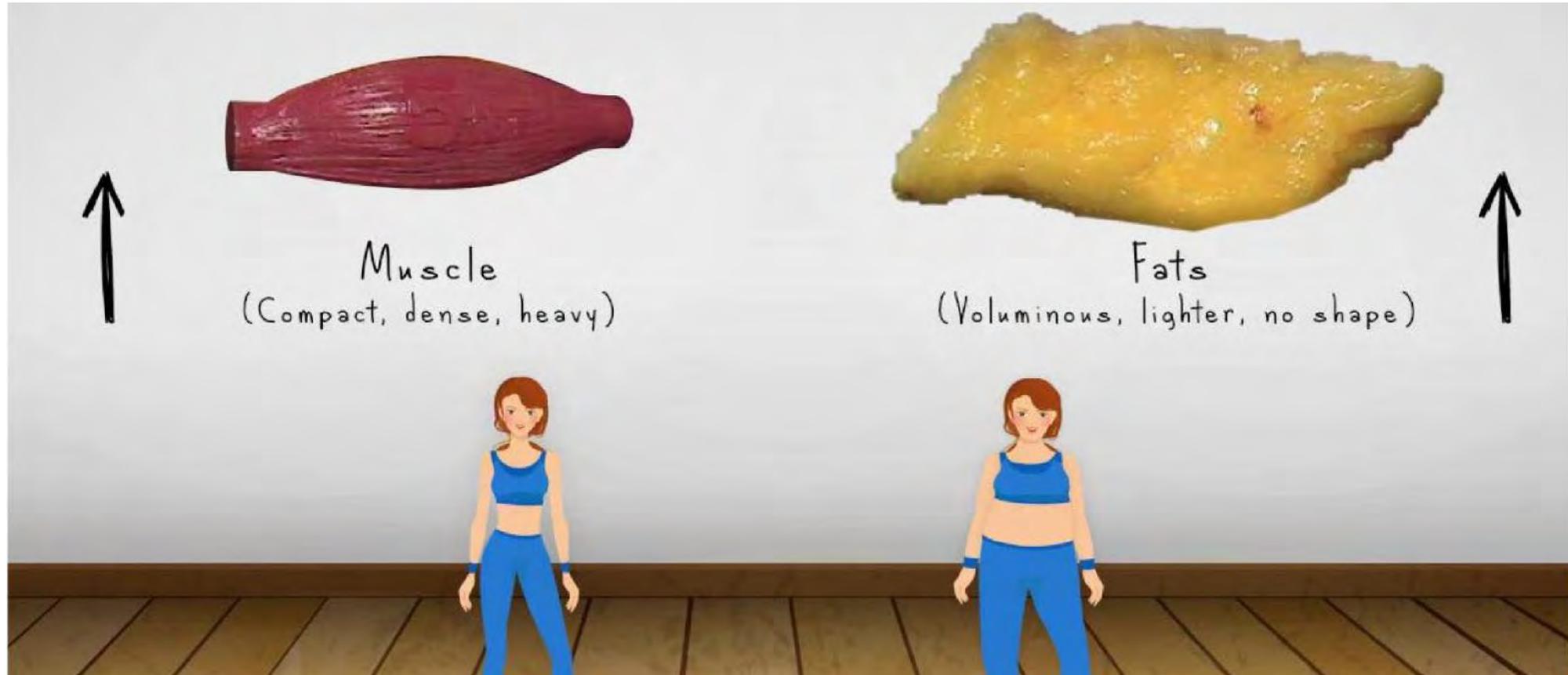
CVM: Cardiovascular Moderate — Aim Your intensity at a 6-7 on a scale of 1-10. You're should feel your pushing it but can sustain the effort for a prolonged period.

CVH: Cardiovascular Hard — After an easy 5 min warm up, push the intensity beyond your comfort zone, or an 8-9 on a scale of 1-10. You can still talk, but with pauses between sentences. The duration will be shorter to account for the higher effort.

ST: Strength Training — Use free weights, resistance bands, machines or body weight exercises. Be sure to overload the muscles so you are slightly sore the next day.

AR: Active Recovery — Continue to move more and sit less but take a break from working out.

Strength/Resistance Benefits

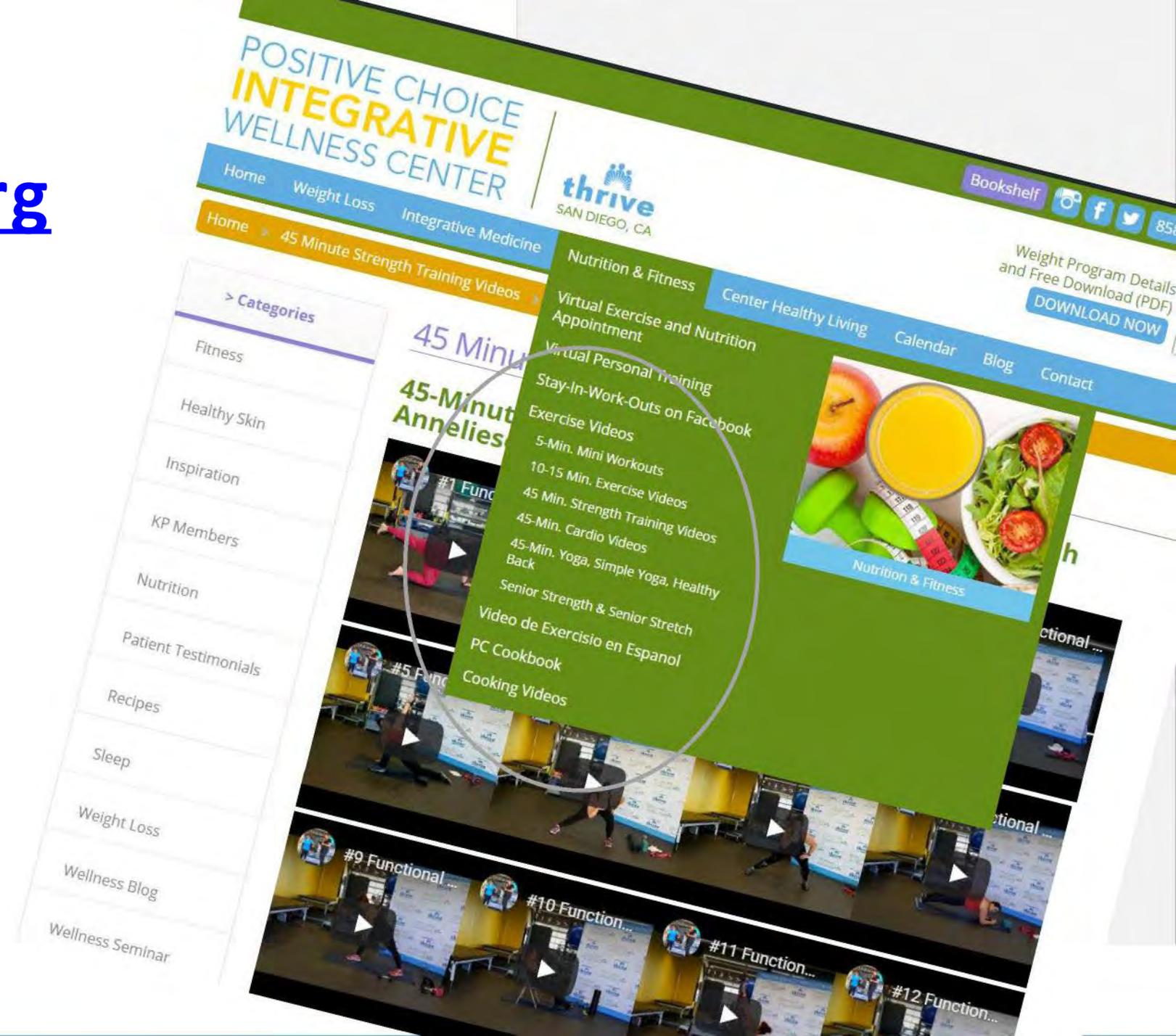


Muscle is Beneficial for Calorie Burn

- The more muscle you have, the more calories you burn.
- Exercise helps you maintain and build your lean muscle tissue so your body will pull stored energy from the fat cells.

Positivechoice.org

- Strength training, Yoga, and Cardio Videos
- Specialty videos for Seniors



Three Steps to Build Muscle and Burn Fat



Eat Enough

Respect minimum
calorie requirements



Eat Often

Frequent and regular
intake of healthy food



Move!

Resistance training and
high intensity interval
training (HIIT)

Maximize Your Metabolism – EAT ENOUGH!!

Respect minimum calorie requirements.



Find out your resting metabolic rate with a SECA or RMR (Resting Metabolic Rate) test. Call 858-616-5600 to get started.

Maintain calorie levels above resting metabolic rate.

Too much food is not good but excessively less food is not necessarily better!

The first thing to go when you starve isn't fat, it is calorie-burning muscle!

Maximize Your Metabolism – EAT OFTEN

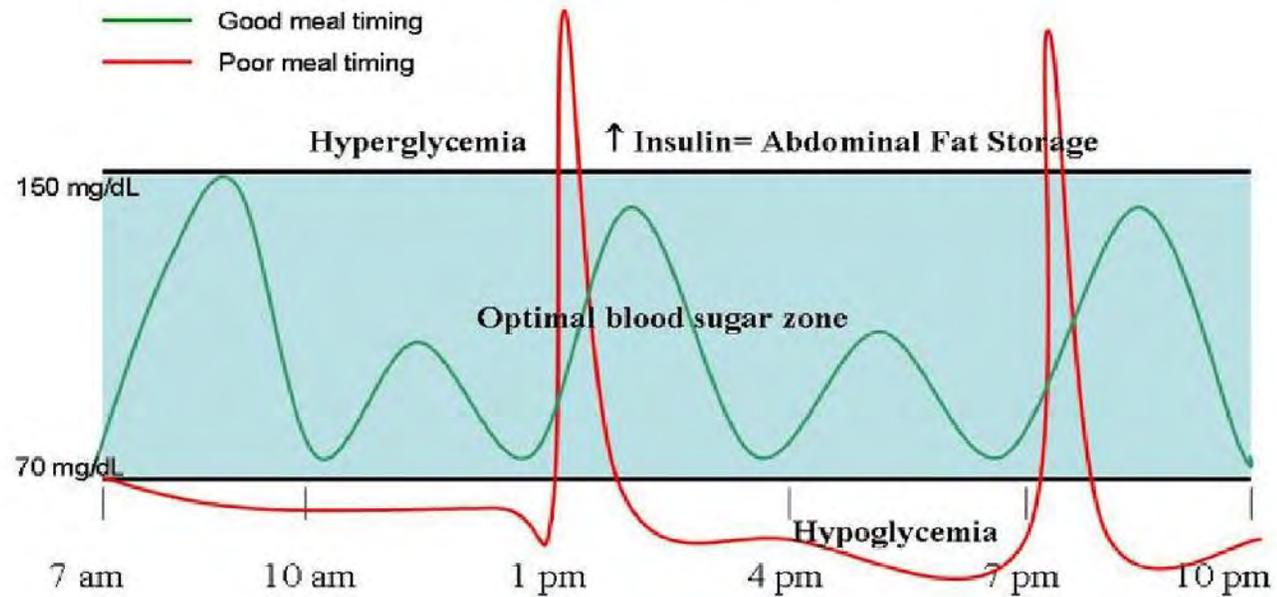
- Metabolic rate can be affected by blood sugar levels.
- Eating the right foods every 3 to 4 hours helps keep blood sugar level stabilized.
- Protein, fat, and fiber are important to include at meals to promote stabilized blood sugars and satiety.
- Goal: throw a “log on the fire” every 3-4 hours to keep blood sugar levels stable and metabolism firing.



Keep the fire hot with proper meal timing

Consume Your Foods and Beverages at the Right Times....

The Importance of Meal Timing



Eat Regularly

Try these approaches:

- ✓ Eat regular timed meals or snacks to curb extreme hunger.
- ✓ Eat earlier in the day to start your metabolism.
- ✓ Avoid late night meals to optimize digestion and absorption of nutrients.



Muscle is Beneficial for Calorie and Fat Burn

- The more muscle you have, the more calories you burn.
- Exercise helps you maintain and build your lean muscle tissue so **your body will pull stored energy from the fat cells.**



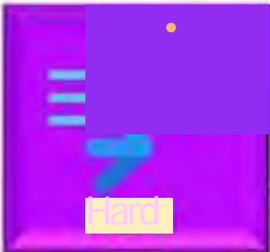
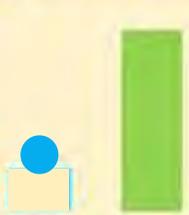
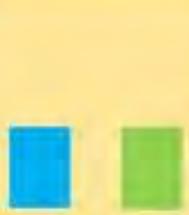
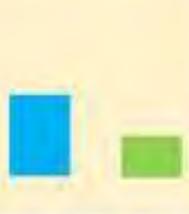
MOVE ... Become a “calorie burning machine”

Strength Training

- Recommendations 2- 3 days/week (nonconsecutive days)
- Target all major muscle groups
- 1-3 sets of 8 to 15 reps
- Burns calories during the workout, and up to 24 hours afterwards.

Goal: turn the body into a “calorie burning machine” through consistent cardiovascular exercise and resistance training.



	TALK TEST	BENEFIT	WELLNESS ZONE	ACTIVITY	CALORIES BURNED	FUEL TIME in BURNED* ZONES	
	"I can't talk comfortably"	Get Fast	Performance	All-Out-Effort	Burn more calories		Short
	"I can talk, Get Fitter Fitness but it is not comfortable"			Endurance	Burn lots of calories		Most of your time
	"I can talk, Get Fit Health and it is comfortable"			Brisk	Burn some calories		Long

*Amount of Fat Burned *Amount of Carbohydrate Burned

Interval Training

- A brief period of time where you increase the intensity to go beyond the aerobic zone.
- Pushes you above the conversational pace where you feel like you cannot sustain the intensity exceedingly long.
- Is followed by an easy period, or *recovery* to allow your heart rate to come back down into the aerobic zone.
- Is repeated.



Incorporate High Intensity Interval Training (HIIT) Into Your Cardio Session

HIIT Provides:

- an elevated metabolism hours after exercise.
- additional calories being burned even after you have finished exercising
- extra benefits of intense exercise without a negative or unpleasant experience

- Consult with your physician periodically to make sure you are medically fit to exercise at higher intensities.



Standard *Timed* Intervals

- longer time interval at an easy, or recovery pace
- shorter interval at a high, close to maximal effort intensity

Standard Timed Method

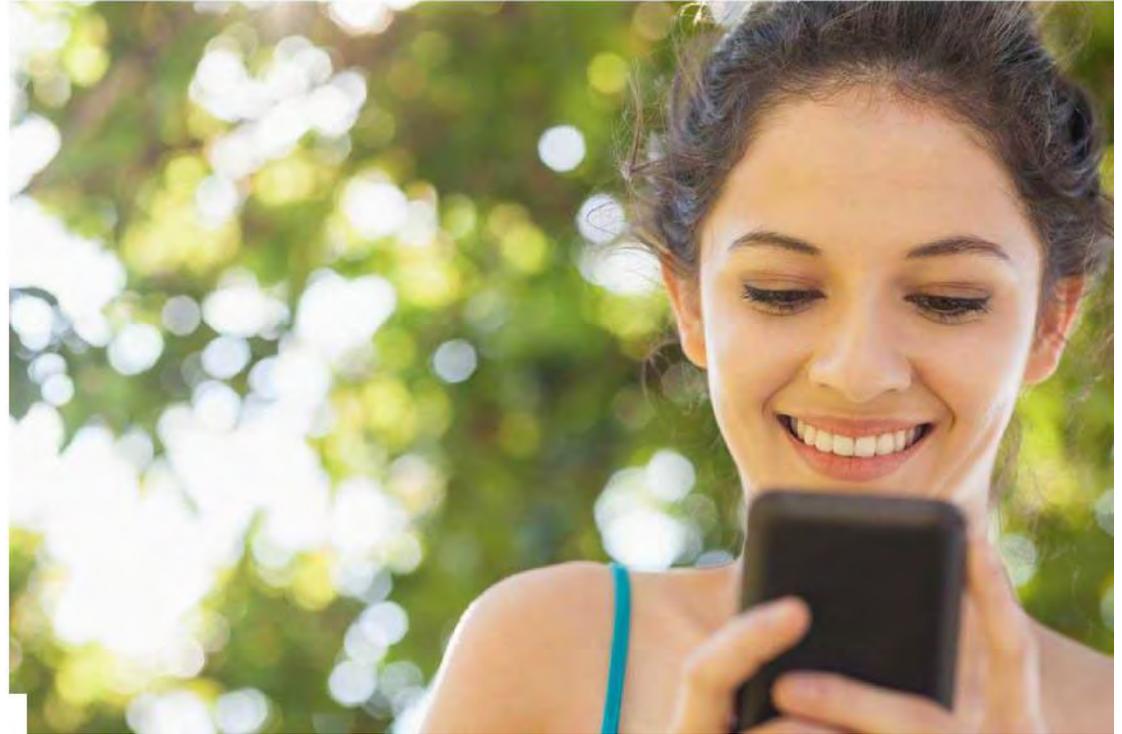
Example: -5 min easy warm up.

-2 min easy to moderate*

-1 min hard* x 7 Reps

-5 min easy cool down

*Repeat the moderate and hard phases 7 times



Physiological Changes That Occur Initially With Exercise

Why is it so difficult the first few weeks?

Your brain needs time to construct new motor pathways: a system for telling...

- which muscles to contract,
- which muscles to relax,
- how much force is necessary.

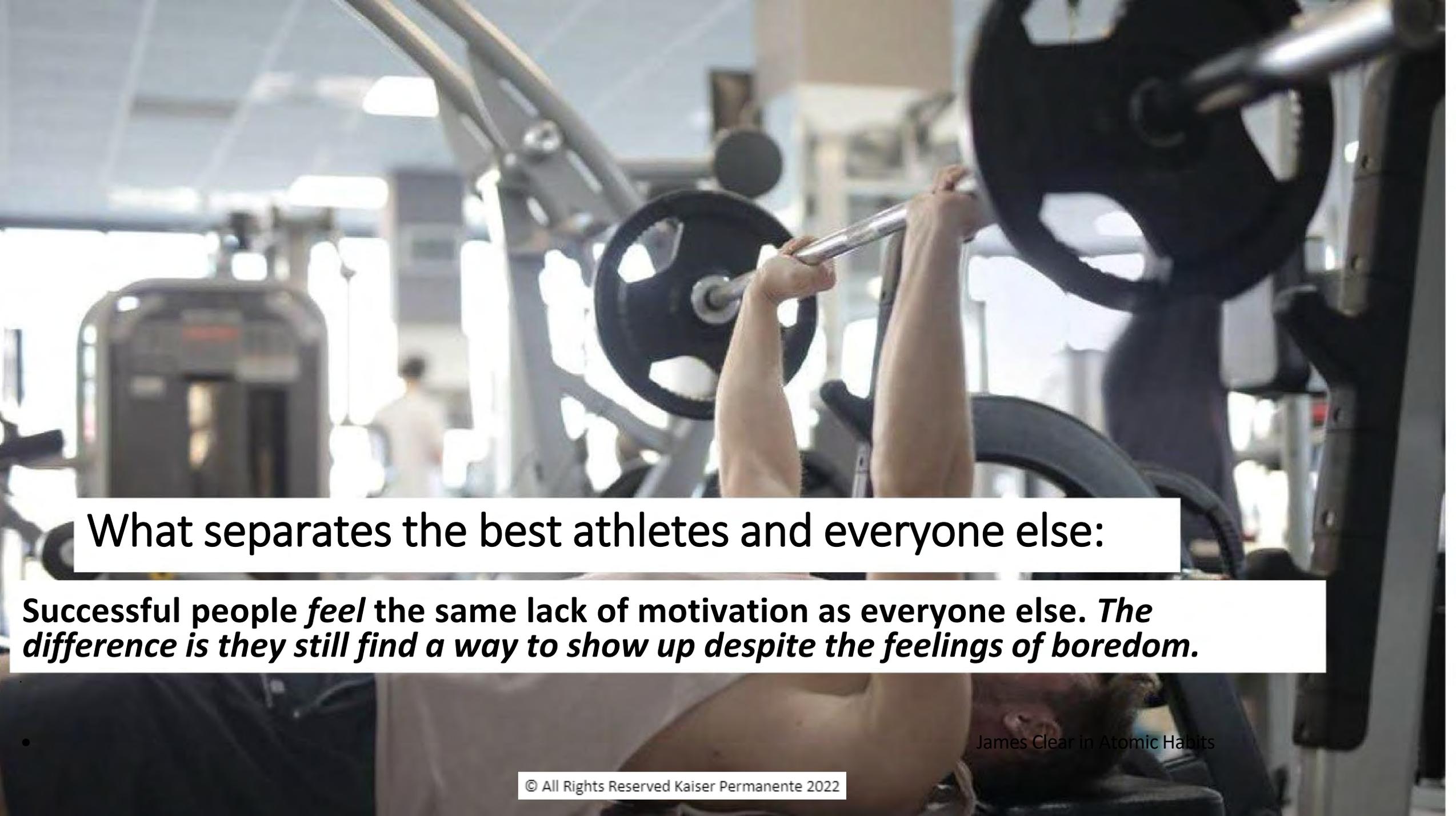


Let's Move



The secret to staying motivated

- “The greatest threat to success is not failure, but boredom.” – James Clear
- How can you challenge yourself in a way that keeps you motivated but doesn't feel overwhelming?
- Think about people you know that are living a lifestyle that you admire. What behaviors do they do that you think you would like to do as well?

A person is shown from the chest up, lying on a bench and performing a bench press. Their arms are extended upwards, holding a barbell with two large black weight plates. The background is a blurred gym setting with various pieces of equipment and bright lighting.

What separates the best athletes and everyone else:

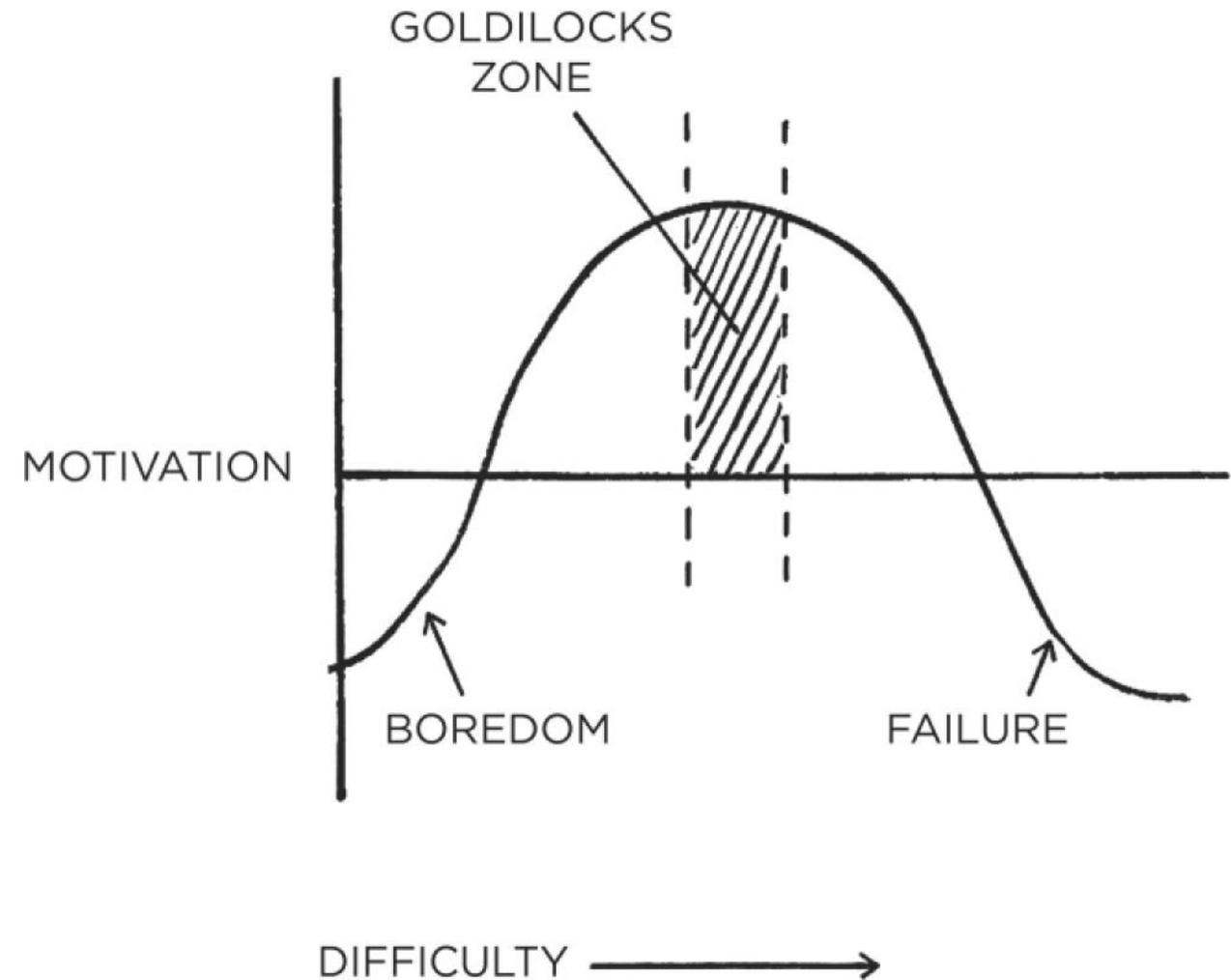
Successful people *feel* the same lack of motivation as everyone else. The difference is they still find a way to show up despite the feelings of boredom.

James Clear in Atomic Habits

The Goldilocks Rule



- The more we do something, the more boring and routine it becomes (decreasing motivation) and we can more easily rationalize going back to old behaviors.
- If it's too difficult, we can lose motivation.
Example: going completely back to old behaviors can feel like a challenge to start healthy behaviors again because it's overwhelming of knowing where to start.



James Clear in Atomic Habits

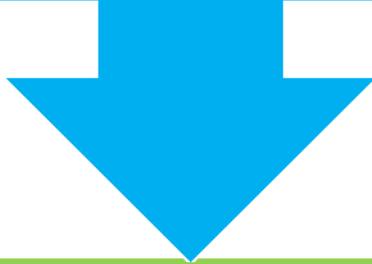
The Big Why

When you connect with your “WHY” you desire something, you are aligning your behaviors to things that are truly important to you.



The Big Why

What's your WHY behind losing weight?



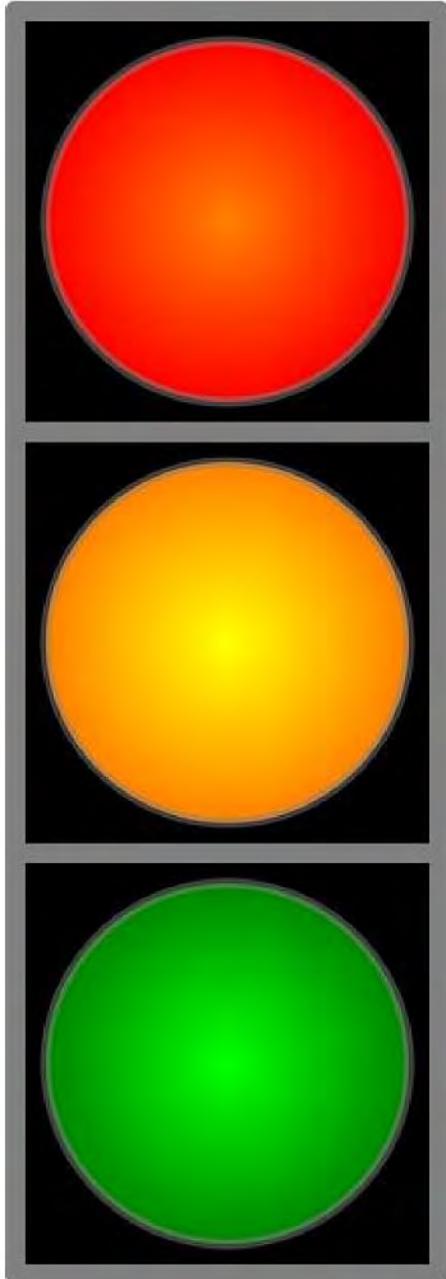
Writing out your WHY to have it be easily accessible can also help establish small things you can do everyday that fit into the lifestyle that is important to you.

For instance, if I see myself as an individual with a healthy lifestyle, I will be more likely to choose a physical activity for a social event.

Use your workbook under Topic #18 to record your response.

Signs that we are returning to old behaviors

- It is critical that we become aware of behaviors that are “slippery slope” behaviors before they become the old behavior patterns.
- As hard as it would be to start a new behavior or return to a desired behavior now it only gets harder the longer you wait (think about the Goldilocks principle from before).
- Think about a traffic light to make a visual representation of our behaviors:



RED

Behaviors, thoughts, and actions fully in unhealthy behaviors

Ex – eating in private, one meal a day, “I am a failure”

YELLOW

Behaviors, thoughts, and actions that are slippery slope behaviors

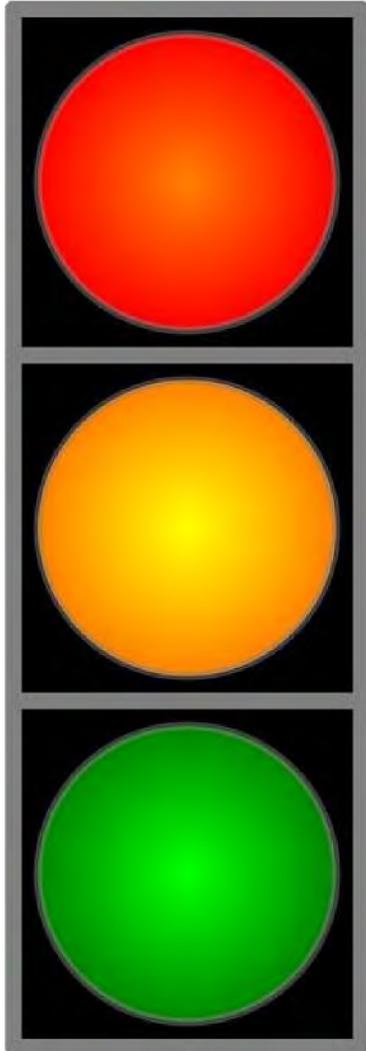
Ex – picking up fast food instead of cooking, “it’s just this one time” multiple times a week, “I’ve been so good, I deserve a treat.”

GREEN

Behaviors, thoughts, and actions that are healthy habits

Ex – sticking with an eating schedule, keeping food records, allowing foods you enjoy in moderation, “I overdid it at lunch, I will get back to my plan for dinner.”

Take a few minutes to fill out your traffic light



- **RED** (unhealthy behaviors)
- **YELLOW** (“slippery slope” behaviors)
- **GREEN** (healthy behaviors)

Group Questions

- What are your red light behaviors?
- What are your yellow light behaviors?
- What are your green light behaviors?

Use your workbook under Topic #18 to record your responses.





- Allowing people you trust to point out when you're slipping into yellow or red-light behavior can be helpful.
- It's important to have a conversation about how you want to be made aware of yellow or red-light behaviors.
- If you give someone the words you want to hear, it can feel less critical.



What would you like someone to say to you that would make you feel supported?

- “Honey, you told me that eating out for lunch everyday at work was a slippery behavior for you. Tell me what I can pick-up at the store, so we have healthy lunch options at home.”
- “I haven’t seen you out walking as much, want to go for a fun hike this weekend?”

Something to think about...

- What two days will you schedule resistance training this week?
- If you could share your traffic light plan with a loved one for accountability, who would that be?

Use your workbook under Topic #18 to record your responses.



- **Time Frame** — i.e., this week

I will—

- **Action** — (i.e., do strength training on Mondays and Thursdays and find a healthy daily action that keeps me happy.)

- **Desired Result** —

Set a Goal



Questions?

Thank You for
Attending Today!