






Welcome to Maintenance!

Today's Topic:
Balancing Food and Fitness

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


Check-In

 and  or 


- What has been working well?
- Where are some learning opportunities?

Nutrition Note:


- Long term weight management is possible with **SUSTAINED** behavior change.




Balanced Plate:
Fiber + Protein



Daily Activity



Tracking



Support

Key Messages

Balance calories *IN* with calories *OUT* to maintain weight.

Be Mindful of Drinking Your Calories

Eat Balanced to Feel Full

Move More

Build Muscle

Calories IN

Calories OUT

What Is Energy?

FOOD FOR THOUGHT: Exercise requires energy or calories to do the 'work'...how do you think exercise helps in using stored energy (fat) in weight management? Does the intensity of exercise matter?

Energy Balance: Nutritional Science

FOOD FOR THOUGHT: What can you control on a daily basis?

Energy Balance: How Many Calories Do You Need?

The Full Meal Replacement Program:

- ✓ 5 Low-Calorie Portioned Meals
- ✓ 3-4 Hours Apart
- ✓ 500-800 Calories (kcal) a Day

	7:30 am	10:30 am	1:30 pm	4:30 pm	7:30 pm
Meal Replacement					
Maintenance					

Energy Balance: What Can You Control?

1. Eat Enough

2. Choose Your Portion Sizes

3. Eat Balanced to Feel Full

1. Eat Regularly

2. Move More

3. Burn Calories with Cardio

4. Build Muscle

5. Increase Exercise Routine: Frequency, Duration, Intensity

Calories IN

Calories OUT

FOOD FOR THOUGHT: How can you balance your food and fitness if you want to maintain your weight? What if you want to lose more weight?

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Calories IN: 1) Eat Enough

- To avoid sending your body the message that you are starving.
- When your body is in starvation mode, you may experience the following:

Increase risk of malnutrition

Increase risk to overeat

May feel cold, hangry, and sluggish

Lose muscle

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Calories IN: 2) Choose Your Portion Sizes

Nutrition Note: *Portion Distortion* is the increasing food serving sizes that have become 'normal' portion sizes. Look at the serving size changes of a muffin!

✗



Today, I am 4 oz., I am 500 calories, the amount of an entire meal!



Sugar Sweetened Beverages



Alcohol

✓



20 years ago, I was 1.5 oz., I was 210 calories.



Water



Sparkling Water



Unsweetened Iced Tea

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Calories *IN*: 3) Eat Balanced To Feel Full



Fruit: Cantaloupe



Lean Protein: Fish **Starch:** Corn Tortilla

9 inches

Non-Starchy Vegetables: Cabbage, Carrot and Radish Slaw and Pico De Gallo



Healthy Fat: Avocado



Water: Unsweetened Herbal Iced Tea



Probiotic: Yogurt
Tartar Sauce

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Calories *IN*: Nutrient Absorption Rate

Absorption Rate

Fastest

↓

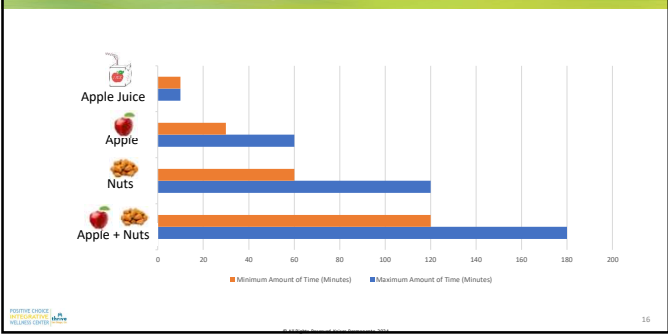
Slowest

Nutrient	Calories/gram	Impact on fullness
Alcohol	7	✓ Can increase hunger ✓ Can lower inhibitions around eating
Carbohydrate	4	✓ Refined carbohydrates absorb quickly ✓ Complex carbs have fiber and absorb slowly over time
Protein	4	✓ Feels substantial ✓ Absorbs slowly over time
Fat	9	✓ Slowest absorption, longest energy ✓ Signals fullness (leptin)

Nutrition Note: Notice that fat provides more than double the amount of calories than carbohydrates or protein.

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Calories *IN*: How Long Do You Feel Full?



Balanced Snacks Pairing Ideas

Balanced Snacks Pairing = Fiber + Lean Protein +/- Healthy Fat

Fiber-Containing Carbohydrates

- Whole Grain
- Fruit
- Non-Starchy Vegetables

Lean Protein

- Dairy or Dairy-Alternative
- Eggs
- Legumes
- Nuts

Healthy Fat (Optional)

- Nuts or Seeds
- Avocado


Nutrition Tip:

- To best manage weight, don't forget to be mindful of portion sizes!
- Consider portioning snacks ahead of time.

Healthy Snack Pairing Ideas



Fiber: 5 Whole-Wheat Crackers
Lean Protein: 1 Mozzarella String Cheese



Fiber: 1 Small Apple
Lean Protein With Healthy Fat: 1 Tbsp Peanut Butter



Fiber: 1 Small Orange
Lean Protein With Healthy Fat: 9 Pistachios



Fiber: 1 Cup Baby Carrots
Lean Protein: 3 Tbsp Of Hummus



Fiber: 1 Cup Berries
Lean Protein: 1/2 Cup Of Low-Fat Cottage Cheese



Fiber: 1 Cup Of Air-Popped Popcorn
Lean Protein: 1 Reduced Fat Cheese


Maintenance Bookshelf: Ideas For Meals And Snacks

Maintenance

Day	Time	Instructor & Link
Monday	6:30 PM	Teresa L.B.
Wednesday	10:00 AM	Teresa L.B.
Thursday	4:00 PM	Lizzy K. (Elizabeth)
Thursday	6:00 PM	Lizzy K. (Elizabeth)

Program Materials

- [Link For Meals And Snacks](#)
- [Meal Planning Worksheet](#)
- [Healthy Cooking Resources](#)
- [Mindful Eating Prompts](#)
- [Vitamin and Mineral Guide](#)
- **Exercise Videos:**
 - [Fitness Packet](#)
 - [SECA Results](#)
- **Tracking Tools:**
 - [Daily Behavior Record](#)
 - [Daily Wellness Planner](#)
- [Positive Choice Prompts](#)




Ideas for Meals and Snacks

Healthy Snack Pairing Ideas




More Lunch or Dinner Ideas



Thin Crust Veggie Pizza




Deli Sandwich



Kebabs


Balanced Breakfast Pairing Ideas

Butter & B. Miesons (Mexican Scrambled Eggs)




Fiber: Corn Tortilla, Tomato, Serrano Pepper, Onion
Lean Protein: Pinto Beans, Egg

Breakfast Burrito



Fiber: Whole-Wheat Tortilla, Tomato, Red Onion, Serrano Pepper, Red Bell Pepper
Lean Protein: Saus, Beans, Egg, Low Fat Cheese
Healthy Fat: Avocado

Egg Breakfast Muffins



Fiber: Whole-Wheat Bread, Cheese, Scallions, Red Bell Pepper, Avocado
Lean Protein: Eggs, Low-Fat Cheese

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Calories Out: 1) Eat Regularly

	Meal Replacement	Maintenance
7:30 am		
10:30 am		
1:30 pm		
4:30 pm		
7:30 pm		

Now that you are on full food, you may choose to...

Continue to have small meals or snacks every 3-4 hours throughout the day. Great!

OR

Have 2-3 meals a day (This is okay too!)

Recommendation: Regardless of the eating pattern you choose, consider the following:

- Have regularly timed meals
- Eat earlier in the day

Calories Out: 2) Move More

All movements counts! What activities do you enjoy?

Nutrition Note: Start where you are. Celebrate what your body CAN do.

Move More With Stretches


Recommendation:

- Stretching at least 2 to 3 days a week targeting each major muscle group.
- Hold each stretch to the point of tightness or slight discomfort for 10 to 30 seconds.
- Remember to **breathe into the stretch**.
- To avoid injury, do not stretch cold muscles, lock joints or bounce. Stop immediately if you feel pain or lightheaded.

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Calories Out: 3) Burn Calories With Cardio




Recommendations:

- Bouts of 10 minutes counts!
- People vary greatly in how much activity they need and what their bodies can do.
- For cardiovascular health, work your way up to 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity aerobic activity per week. (That's about 30-60 minutes most days.)
- To lose weight or keep it off you may need more, National Weight Control Registry suggests 60 to 90 minutes on most days.

If you have a chronic condition, then recommendations on exercise times and intensity may vary. Talk with your doctor before starting an exercise routine.

The Sing Talk Test, Rate of Perceived Exertion (RPE)



RPE CHART	
RATE OF PERCEIVED EXERTION	
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe and speak a single word.
7-8	Vigorous Activity On the verge of becoming uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Feels like you can exercise for hours. Breathing freely, can hold short conversation.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry conversation.
1	Very Light Activity Anything other than sleeping, watching TV, riding in a car, etc.

Calories Out: 4) Build Muscle – Why?

Increases metabolism

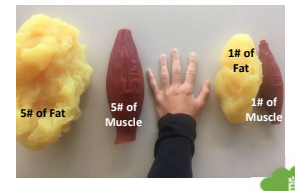
Improves bone density

Reduces potential for injury

Improves glucose absorption/insulin sensitivity

Improves mood & sleep

Improves activities of daily living (ADL)




FOOD FOR THOUGHT: If you had not scheduled your post weight loss SECA appointment yet, then please call (858) 616-5600 to make your appointment.


If you have a chronic condition, talk with your doctor before starting an exercise routine.

Calories Out: 4) Build Muscle – How?


Types of Strength Training




Body Weight



Free Weights or Dumbbells



Weight Machines



Resistance Bands

One Muscle Strengthening Activity

- Do 8 to 12 reps of each exercise (this is one set) for all major muscle groups.
 - If you cannot complete 8 reps, then reduce the amount of weight.
- Repeat each set 1 to 3 times.
- Rest 2 minutes between sets of each exercise.

Do this 2-3 days a week!

Recommendation:


- To minimize injury, wait at least 48 hours between strength training sessions to allow for muscle recovery.
- Begin with light weight and increase resistance as you build strength.

If you have a chronic condition, talk with your doctor before starting an exercise routine.


Calories Out: 5) Increase Exercise Routine

- As you become more fit, your body adapts and exercise becomes easier.


Example Of Progression Of Increasing Intensity:



Walking on flat ground



Walking on an incline



Jogging

Nutrition Note:

You can continue to challenge your body by increasing your minutes, distance, intensity or by adding an additional day.

Fitness Plan Example

Day Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio	Zumba 60 Minutes	Brisk Walk 30 Minutes	Swim 30 Minutes	Brisk Walk 30 Minutes		Bike Ride 45 Minutes	
Strength		Strength Training 30 Minutes		Strength Training 30 Minutes	Get your STEPS in!		Get your STEPS in!
Flexibility		Stretch 10 Minutes		Stretch 10 Minutes		Stretch 10 Minutes	

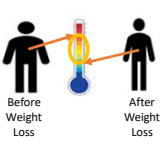
What is Your Fitness Plan?
 
 and
 
 or
 

Day Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio 5 days/week							
Strength 2-3 days/week							
Flexibility 2-3 days/week							


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Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years









Nutrition Note:

- Long term weight management is possible with **SUSTAINED** behavior change!


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Healthy Expectations and Self Compassion
 
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A weight range of 10-15 pounds is more **sustainable** than a set number.


It **takes time** to learn to care for your new healthier body.

Remember the **80/20 rule**.

Progress over perfection!







FOOD FOR THOUGHT: How do you support and encourage yourself?



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What change would you like to work on this week?


This week, I will _____
(Action Plan)




 Pair up macronutrients


 Eat regularly


 Practice strength training

 Increase cardio and daily activity

 Other

NUTRITION NOTE:
• Motivation is built by the frequency, not the size, of successful changes.





Next Week...What Makes A Balanced Plate?

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