



Welcome to Maintenance!

Today's Topic:
Balancing Food and Fitness

During the session, please mute your audio unless you have a question.

Group Check-In

• What has worked well for you since last week?

Nutrition Note:

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



Balanced Plate:
Fiber + Protein



Daily Activity






Tracking



Support

Traffic Light: A Tool To Help Keep You On Track

	Definition	Examples
	Red Light Behaviors Warning signs that you are starting to fall off track.	
	Yellow Light Behaviors Warning signs that you are slipping back into behaviors you want to avoid.	
	Green Light Behaviors Behaviors that you know you want to keep up because they support your goals.	

What Can You Do?

- Something Different
 - Booster Support Group
 - 3D's Of Coping Strategies
 - Affirmations And Positive Self-talk
 - Get A Good Night's Sleep
 - SELF-Care: Fill Your Bucket
 - Other
- Continue
 - Celebrate Your Success

Action Item: Have you shared this tool with one of your support people?

Key Messages

You can learn to balance calories *IN* with calories *OUT* to manage weight.

Be Mindful of Drinking Your Calories
 Eat Balanced to Feel Full
 Move More
 Build Muscle

Calories IN Calories OUT

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What Is Energy?

Internal Work
 External Work
 Digestion

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?

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Energy Balance: Nutritional Science

Category	Sub-category	Percentage
Recommended Total Daily Calorie Intake	Alcohol	0%
	Carbohydrate	45-65%
	Protein	10-35%
	Fat	20-35%
Average % Calories Burned	Resting Metabolic Rate	60%
	Daily Activity	30%
	Exercise	
	Digestion	10%

Calories IN Calories OUT

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

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Energy Balance: How Many Calories Do You Need?

Alcohol

Carbohydrate

Protein

Fat

Calories IN

Resting Metabolic Rate

Daily Activity

Exercise

Stress

Calories OUT

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					

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Energy Balance: What Can You Control?

1. Eat Enough

2. Choose Your Portion Sizes

3. Eat Balanced to Feel Full

Calories IN

1. Eat Regularly

2. Move More

3. Burn Calories with Cardio

4. Build Muscle

5. Increase Exercise Routine: Frequency, Duration, Intensity

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

May feel cold, hangry, and sluggish

Increase risk to overeat


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!


✓




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




Sugar Sweetened Beverages




Alcohol



Water




Sparkling Water



Unsweetened Iced Tea

Calories IN: 3) Eat Balanced To Feel Full



Fruit: Cantaloupe



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



Water: Unsweetened Herbal Iced Tea

9 inches

Healthy Fat: Avocado

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

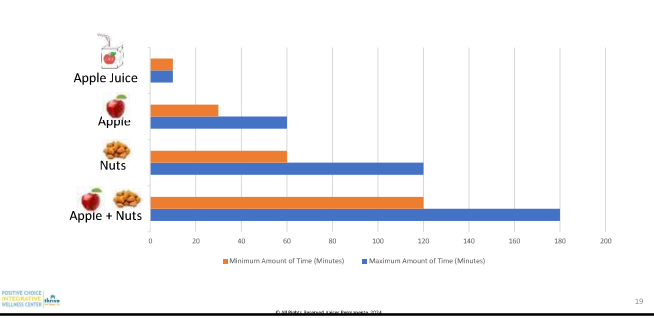
Probiotic: Yogurt Tartar Sauce

Calories IN: Nutrient Absorption Rate

Absorption Rate	Nutrient	Calories/gram	Impact on fullness
Fastest	Alcohol	7	<ul style="list-style-type: none"> ✓ Can increase hunger ✓ Can lower inhibitions around eating
	Carbohydrate	4	<ul style="list-style-type: none"> ✓ Refined carbohydrates absorb quickly ✓ Complex carbs have fiber and absorb slowly over time
	Protein	4	<ul style="list-style-type: none"> ✓ Feels substantial ✓ Absorbs slowly over time
Slowest	Fat	9	<ul style="list-style-type: none"> ✓ Slowest absorption, longest energy ✓ Signals fullness (leptin)

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

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

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

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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.

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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 unsteady. Short of breath, can speak a sentence.
4-6	Moderate Activity Feels like you can exercise for hours. Breathing heavily, can talk about 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:



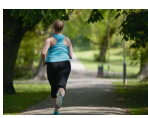
- To minimize injury, wait at least 48 hours between strength training sessions to allow for muscle recovery.
- Begin with light weight and increase resistance as you build strength.

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:


➔

➔


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?

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

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!

Healthy Expectations and Self Compassion

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?

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.

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Next Week...What Makes A Balanced Plate?
