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**Getting Started**

# Renew

A Weight Loss Rx Lifestyle Class

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## Class Syllabus

**Module 1: Creating a Healthy Lifestyle**

- Week 1: Getting Started
- Week 2: Nutrition Foundations
- Week 3: Your New Relationship with Food Part 1
- Week 4: Getting Active
- Week 5: Motivation

**Module 2: Building Lasting Change**

- Week 6: Hydration and Sleep
- Week 7: Stress Resilience
- Week 8: Metabolism Myth VS Fact
- Week 9: Environmental Messages
- Week 10: Understanding Habits

**Module 3: Mastering Your Health**

- Week 11: Optimizing Nutrition
- Week 12: Body Image
- Week 13: Overcoming Plateaus
- Week 14: New Coping Strategies
- Week 15: Your New Relationship with Food Part 2

Find class materials and health resources on our home page!  
[positivechoice.org/renew](https://positivechoice.org/renew)

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## Class Goals

- Help you cultivate courage, compassion, and connection with community support.
- Guide you to examine your new relationship with food and your body.
- Encourage new ways to nurture your physical, emotional, and mental needs.
- Support you during the work it takes to change habits for life.
- Educate you on nutrition and exercise to help you preserve your metabolism during weight loss and reduce medication side effects.

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**The SELF Principle**



**Sleep is health**  
Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.

**Exercise is health**  
Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.

**Love is health**  
Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.

**Food is health**  
Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

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*Resources*



[positivechoice.org/renew](https://positivechoice.org/renew)

Optional Meal Plan 

Getting Started with Strength Training 

KP Health Resources 

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**Facebook Support Group**



**Renew**  
Weight Loss Injectables Support

- Group support anytime of the day
- Moderated

Renew: Weight Loss Injectables Support  
Private group

[facebook.com/groups/pciwc renew](https://facebook.com/groups/pciwc renew)





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### Ozempic/Wegovy (*Semaglutide*)

**Expected Weight Loss: 10-15% Body Weight (over 68 weeks)**  
At 4 years, average 10% body weight reduction and 20% reduction in major adverse cardiovascular events.

<b>Ozempic</b>	<b>Wegovy</b>
<p><b>Starts at 0.25mg &gt; 0.5mg &gt; 1mg &gt; 2mg</b></p> <p>Increases may happen every 4 weeks, based on a balance of negative and positive effects.</p>	<p><b>Starts at 0.25mg &gt; 0.5mg &gt; 1mg &gt; 1.7mg &gt; 2.4 mg</b></p> <p>Increases may happen every 4 weeks, based on a balance of negative and positive effects.</p> <p><small>*Higher available dose may account for higher body weight loss.</small></p>

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### Mounjaro/Zepbound (*Tirzepatide*)

**Expected Weight Loss: 15-21% Body Weight (over 38 weeks)**  
At 88 weeks, average 25% body weight reduction.

**Same Dosing for Both**

**Starts at 2.5mg > 5mg > 7.5mg > Up to 15mg**

Increases may happen every 4 weeks, based on a balance of negative and positive effects.

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### Stages of Injectable Medications

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**First Month:** Medication adjustment phase. Symptoms and side effects vary widely by person.
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**Dose Increase Phases:** Side effects (temporarily) increase or new side effects come up.
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**Shot day to end of week:** Symptoms/side effects are strongest on shot day (or next day) and wane over the week.

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## How Do I Know What Dose is Best?

*After at least 4 weeks:*

Minimal Side Effects

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Hunger is Reduced  
Fullness Signals are Strong  
Food Noise/Cravings are Reduced

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Best Dose

\*Side effects will be strongest when you first increase the dose.

\*If hunger and food noise increase, it may be time to talk to your prescriber about a higher dose or different medication.

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## Get a Free Sharps Disposal Container

Order a free sharps disposal or medicine return container

This program is intended to support patients who are taking a Novo Nordisk product. If you are a hospital, clinic, health care office, etc., please do not request a sharps or medicine return container.

\*Indicates required field.

**Select the container you need:**

Sharps disposal container

Medicine return container

First name\*

Last name\*

Email address\*

You should not be throwing needles in your regular trash. Novo Nordisk offers free sharps container and disposal.



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## Common Medication Side Effects

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## Hunger/Lack of Hunger


### Hunger

- Dose might be too low
- You may be undereating
- You may be lacking fiber and protein



### Lack of Hunger

- Normal
- Honor that and let the medication do it's work
- Know that you need food, so make healthy nutrient-dense choices that contain protein, fruits, and veggies.



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## Constipation

### Prevention

**Fiber + Water**

- Psyllium Husk
- Ground Flaxseeds
- Fruits, veggies, beans

**Hydration**

- Water
- Fruits and veggies
- Non-caffeinated drinks

**Movement**


- Exercise increases movement of the bowels

### Treatment

Liquid Magnesium Citrate

- 2 TBSP per day until relieved

If you don't have a bowel movement after 3 days, contact your prescriber.



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## Nausea

- Empty stomach can cause.
  - The lack of hunger can lead to forgetting eating.
- Overeating fatty food can cause.
- Eat until you feel 80% full.
- Slow down eating, chew food to an applesauce texture, and eat slower.
- Ginger chews or ginger tea.



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# Fatigue

Very common around shot day!  
Moving the time of the shot to accommodate that can be beneficial.

**Undereating**  
Try getting a meal in with plenty of protein, veggies, and fruit.



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# Heartburn



- Too much food/overeating.
- Eating too close to bedtime.
- Improve diet
  - Lean proteins, plenty of fruits and veggies, reduce fatty and highly processed foods.



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What's one thing that stood out in today's class?

What is one small step you could take to incorporate that this week?

*Add this to your journal.*

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