

Metabolism Myth VS Fact

Renew

A Weight Loss Rx Lifestyle Class

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Welcome to class!

Reflection Questions:

- What have you heard or what do you already know about metabolism?
- Have you experienced "yo-yo dieting" where your weight goes up and down?

Go grab your SECA results!

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Metabolism Myth VS Fact

MODULE 2: Building Lasting Change

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The SELF Principle

<p>Sleep is health</p> <p>Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.</p>	<p>Exercise is health</p> <p>Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.</p>	<p>Love is health</p> <p>Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.</p>	<p>Food is health</p> <p>Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.</p>
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Grab Your SECA Results

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Skeletal Muscle Mass

Skeletal Muscle Mass (SMM):
44.28 lbs

This is what we're trying to preserve as you lose weight.

Region	Left Arm	Right Arm	Left Leg	Right Leg
Upper Arm	2.73 lbs	2.34 lbs	2.46 lbs	2.46 lbs
Forearm	1.87 lbs	1.87 lbs	1.87 lbs	1.87 lbs
Hand	0.87 lbs	0.87 lbs	0.87 lbs	0.87 lbs
Lower Arm	1.22 lbs	1.22 lbs	1.22 lbs	1.22 lbs
Upper Leg	2.54 lbs	2.54 lbs	2.54 lbs	2.54 lbs
Lower Leg	1.87 lbs	1.87 lbs	1.87 lbs	1.87 lbs
Foot	0.87 lbs	0.87 lbs	0.87 lbs	0.87 lbs

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What does Metabolism mean to you?

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What is Resting Metabolic Rate?

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the rate at which the body uses energy (calories) while at rest to support all your current tissues and cells.

Includes every process your body does to keep you alive.

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What is your Total Energy Expenditure?

RMR
Accounts for about 75%

Physical Activity
Focused Exercise
Digestion

*The higher your RMR, the more energy you use during PA and Exercise.

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Metabolism
Myth vs. Facts

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Certain conditions like PCOS and Thyroid function decrease metabolism.

Myth or Fact?

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Certain conditions like PCOS and Thyroid function decrease metabolism.

- Certain medical conditions and medications can make weight management more difficult.
- Luckily, metabolism is not affected.

MYTH!

Higher levels of fatigue = less movement
 Higher levels of hunger = more food consumption
 Higher levels of physical pain or discomfort = less movement and possible stress eating.


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Men have a faster metabolism, it's why they lose weight faster.

Myth or Fact?

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Men have a faster metabolism, it's why they lose weight faster.

- The majority of your metabolism is based on the amount of muscle mass you have.
- Men genetically have higher amounts of muscle.
- They also have significantly higher levels of testosterone, which aids in muscle building.

FACT!


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Defining Fat and Muscle


Fat

- Purpose: Energy storage
 - When we consume more energy than we use our body saves it for later...in case of famine!
- Low cost of energy to maintain.




Muscle


- Purpose: Movement
- High cost of energy to maintain.
- The foundation of your metabolism.



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Fat and Muscle



5 lbs of fat and 5 lbs of muscle

1 lb of fat and 1 lb of muscle


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Metabolism decreases as we age.

Myth or **Fact**?

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Metabolism decreases as we age.

...but we don't see significant changes until after the age of 60, where it declines 0.7% per year.


FACT!

- Most difficulties in weight management as we age is associated with prolonged decline of activity.
- Less activity equals loss of muscle mass.

Hormone decline can affect hunger, fatigue, mood leading to further inactivity.

- For women, around peri-menopause can be a good opportunity to have your hormone levels checked.
- For men, around 45-60 is a good time to get hormone levels checked.

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Without Strength Training:


- Up to 50% of the weight you lose can come from lean mass (fat free mass).
- As we age, we lose around 8% muscle mass per decade starting around 40 years old.

↓ Metabolism

↓ Strength and Mobility

↓ Bone Mass


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You will lose more muscle mass on the injectables.


Myth or **Fact**?

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You will lose more muscle mass on the injectables.

- Weight loss from dietary changes, bariatric surgery, or weight loss injectables all have similar rates of lean mass loss.
- Up to 50% of the weight you lose can come from lean mass (fat free mass) with any weight loss interventions.
- Strength training is the key to reducing muscle loss no matter how you lose weight.




MYTH!

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Your Metabolism While Losing Weight

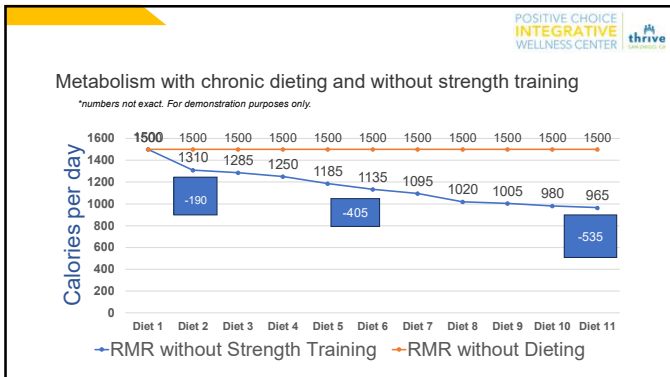
Losing weight by restricting calories and doing only cardio. i.e losing weight through calorie deficit alone.




Losing weight while in a small calorie deficit to burn fat AND strength training AND prioritizing protein.



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You are born with a set metabolic rate. There's nothing you can do about it.

Myth or **Fact**?

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You are born with a set metabolic rate. There's nothing you can do about it.

Genetics certainly play a role in your default body composition. However:

↑ METABOLISM


- Strength training
- Slow weight loss
- Prioritizing lean protein

↓ METABOLISM


- Sedentary lifestyle
- Chronic dieting
- Losing weight as fast as possible
- Eating as little as possible

MYTH!

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Body Composition: Female



Weight: 120 lbs
 Height: 5'1"
 RMR: 1210 cals

Component	Percentage
Muscle	37%
Fat	29%




Weight: 120 lbs
 Height: 5'1"
 RMR: 1450 cals

Component	Percentage
Muscle	42%
Fat	23%

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Body Composition: Male

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Weight: 220 lbs
Height: 5'11"
RMR: 1880 cals

25% Muscle
40% Fat



Weight: 220 lbs
Height: 5'11"
RMR: 2420 cals

70% Muscle
5% Fat

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Strength Training Basics

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- The best way to build/maintain muscle and boost metabolism.
- Consistency and progressive overload are the keys to success.



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Modes of Strength Training

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- **Equipment**
 - Body Weight
 - Resistance Bands
 - Hand Weights
 - Barbells
- **Aim for 2-3 days per week**
 - No time limit/minimum
 - All major muscle groups
 - 48 hours rest in between workouts
- **Sets: 2 to 4**
 - Rest 30 seconds to 2 minutes between sets
- **Repetitions: 6 to 12**
 - Fatigue is the goal!
 - Choose enough resistance to get tired at around 12 repetitions.
 - Once 12 reps feels easy, time to increase resistance.


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How to Get Started


- YouTube
- Workout Apps
- Gym classes
- Personal Trainers

Do you have a favorite resource?



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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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Resources



positivechoice.org/renew

- Optional Meal Plan 
- Getting Started with Strength Training 
- KP Health Resources 

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