

Getting  
Started

# Renew

A Weight Loss Rx Lifestyle Class

# Class Syllabus

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## 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)



# 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.

# 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.

# Resources



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

## Optional Meal Plan

| Plan                                                           | Breakfast                                                                                     | Snack                                                               | Lunch                                                                                          | Snack                                        | Dinner                                                  |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------|
| LOW<br>1,000-1,200<br>calories<br>70-110 grams<br>protein      | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>1 grain,<br>legume, or<br>starch   | 1 protein<br>supplement<br>OR<br>2 oz protein<br>1 healthy<br>fat   | 4 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 healthy<br>fat                   | 1 protein<br>supplement<br>OR<br>1 probiotic | 4 oz protein<br>2 cups<br>vegetables<br>1 healthy fat   |
| Moderate<br>1,000-1,400<br>calories<br>80-130 grams<br>protein | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>1 grain,<br>legume,<br>or starch   | 1 protein<br>supplement<br>OR<br>2 oz protein<br>1 healthy<br>fat   | 4-6 oz protein<br>supplement<br>OR<br>1 cup<br>vegetables<br>1 grain,<br>legume,<br>or starch  | 1 protein<br>supplement<br>OR<br>1 probiotic | 4 oz protein<br>2 cups<br>vegetables<br>1 healthy fat   |
| HIGH<br>1,400-1,700<br>calories<br>90-140 grams<br>protein     | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>2 grains,<br>legumes,<br>or starch | 1 protein<br>supplement<br>OR<br>2-4 oz<br>protein<br>1 healthy fat | 4-6 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 grain,<br>legume,<br>or starch | 1 protein<br>supplement<br>OR<br>1 probiotic | 4-6 oz protein<br>2 cups<br>vegetables<br>1 healthy fat |

## Getting Started with Strength Training



## KP Health Resources



# Facebook Support Group



## Renew: Weight Loss Injectables Support

Private group

Join group



[facebook.com/groups/pciwcrenew](https://facebook.com/groups/pciwcrenew)



- Group support anytime of the day
- Moderated



# 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.

### Ozempic

**Starts at 0.25mg > 0.5mg > 1mg > 2mg**

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

### Wegovy

**Starts at 0.25mg > 0.5mg > 1mg > 1.7mg > 2.4 mg**

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

*\*Higher available dose may account for higher body weight loss.*

# Mounjaro/Zepbound (*Tirzepatide*)

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**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.

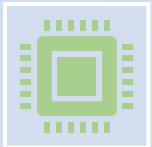
# Stages of Injectable Medications



First Month: Medication adjustment phase. Symptoms and side effects vary widely by person.



Dose Increase Phases: Side effects (temporarily) increase or new side effects come up.



Shot day to end of week: Symptoms/side effects are strongest on shot day (or next day) and wane over the week.

# How Do I Know What Dose is Best?

*After at least 4 weeks:*

Minimal Side  
Effects

+

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

=

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.

# 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.



# Common Medication Side Effects

POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER

 **thrive**  
SAN DIEGO, CA

# 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 its work
- Know that you need food, so make healthy nutrient-dense choices that contain protein, fruits, and veggies.



# 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.

# 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.



# 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.

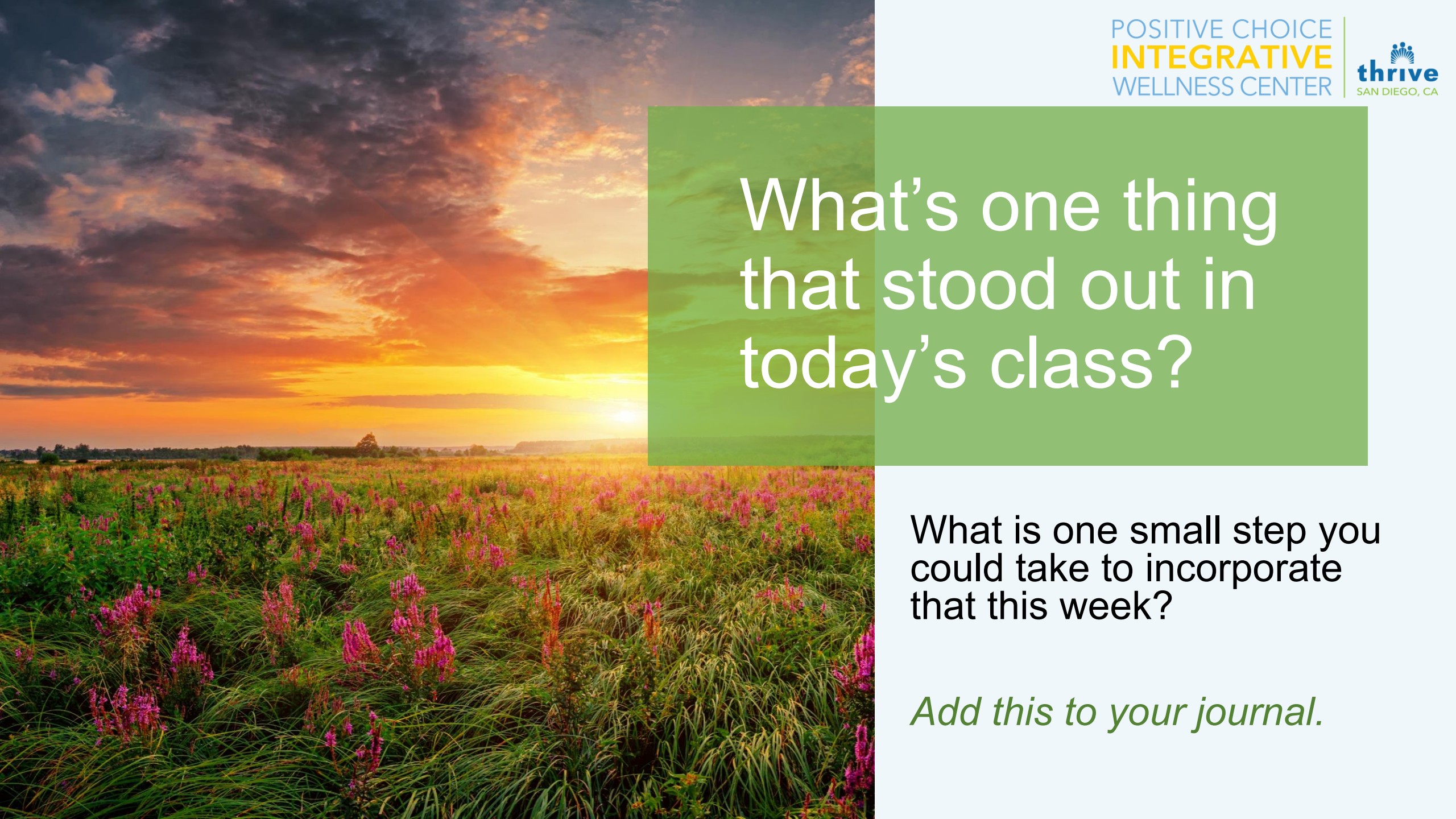


# Heartburn



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





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.*