

**Getting
Active**

Renew

A Weight Loss Rx Lifestyle Class

Welcome to class!

Reflection Questions:

- What are some goals you have for what you would like your body to feel like?
- Do you have any movement goals?

Getting Active

MODULE 1:

Creating a
Healthy Lifestyle

Renew

A Weight Loss Rx Lifestyle Class

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.

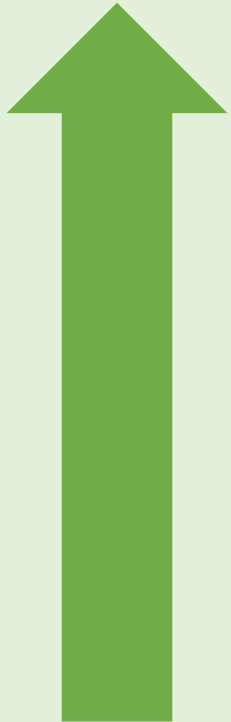


Food is health

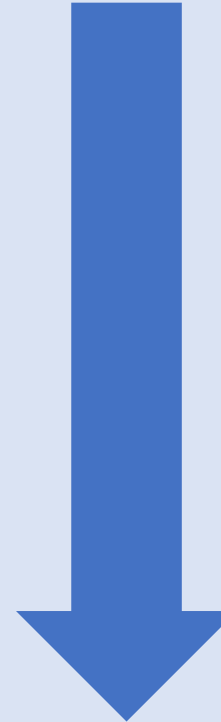
Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

What comes to mind when you think about exercise?

Benefits of Exercise



- Increased insulin sensitivity
- Improved cholesterol levels
- Increases muscle mass
- Increases metabolism
- Improves activities of daily living (ADL)
- Stronger heart
- Increased lung function
- Improved bone density



- Reduced HbA1C
- Reduces visceral fat storage
- Reduces potential for injury
- Reduced blood pressure
- Reduced risk of cardiovascular disease
- Reduced inflammation
- Lower mortality risk

Reframing Exercise

What exercise is:

- Any movement of your body.
- A celebration of what your body can do.
- A break dedicated to yourself.
- An opportunity to connect with your body.
- An investment in your mind and body that will pay off for a lifetime.

What exercise is NOT:

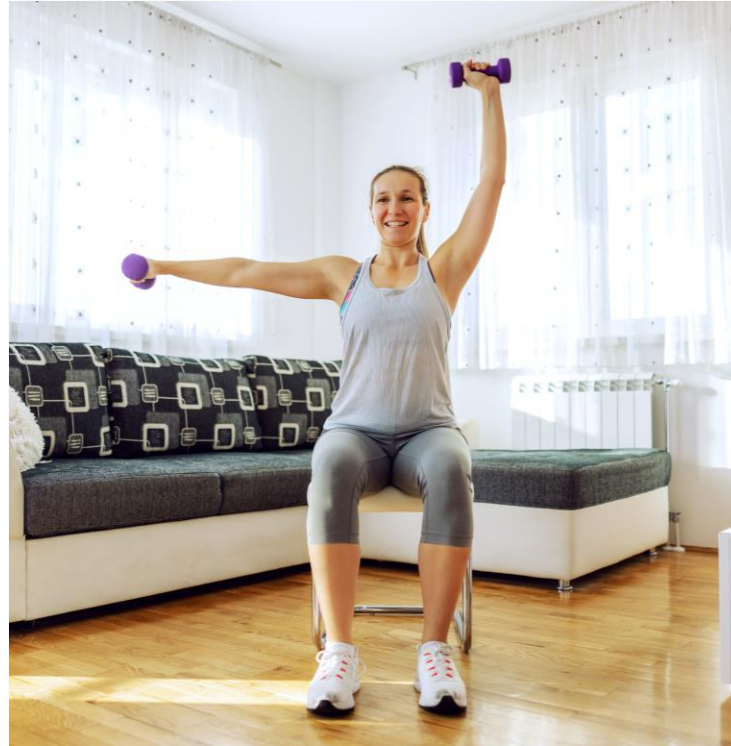
- A penance for overeating.
- About burning off calories you eat.
- About fixing your body.
- Punishment
 - For eating too much
 - For being in a bigger body
 - For resting an entire day.

What physical activities do you enjoy now or have enjoyed in the past?



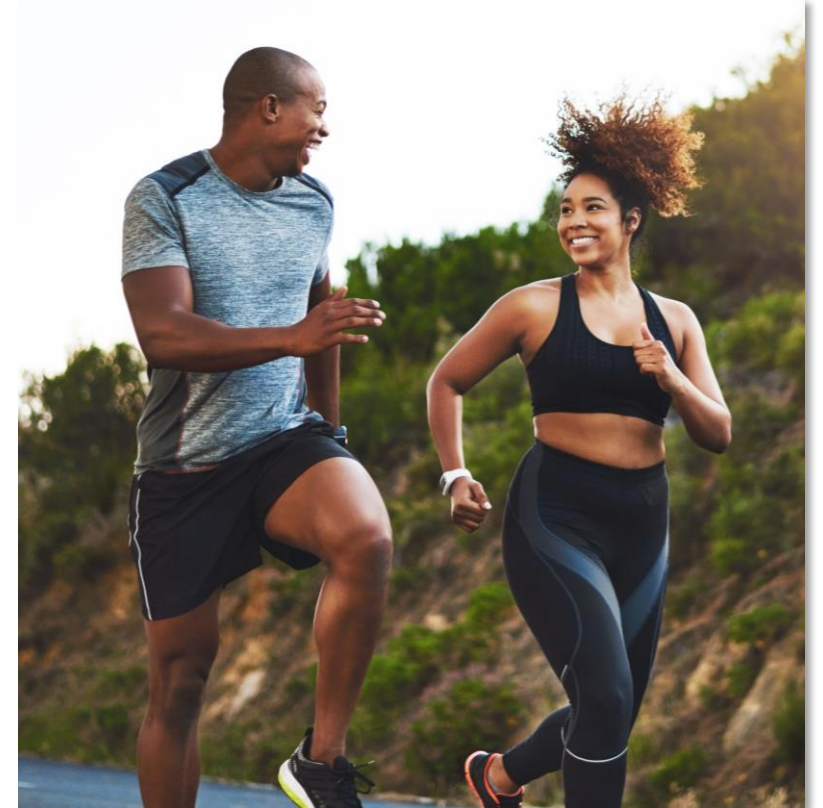
What gets in your way of exercising?

What *can* you do?



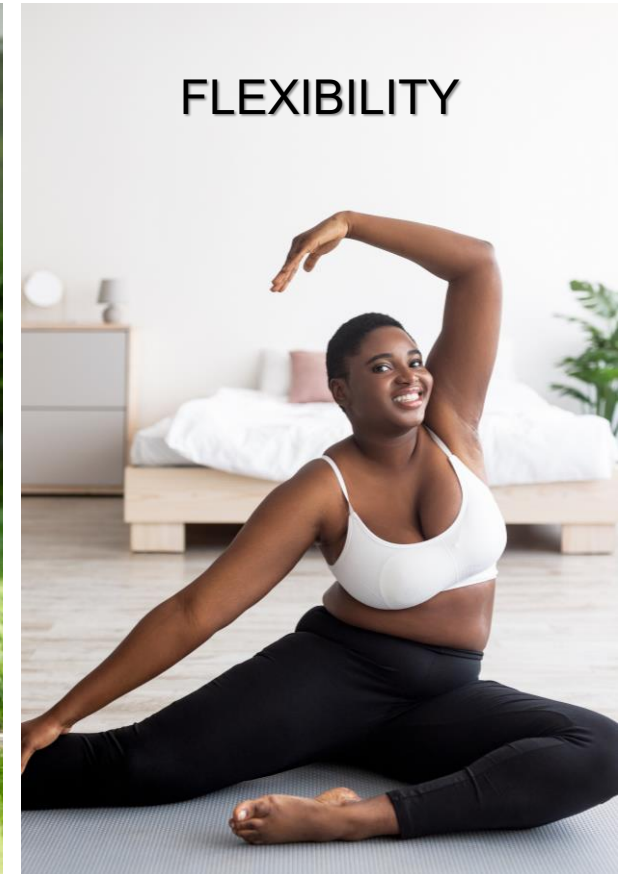
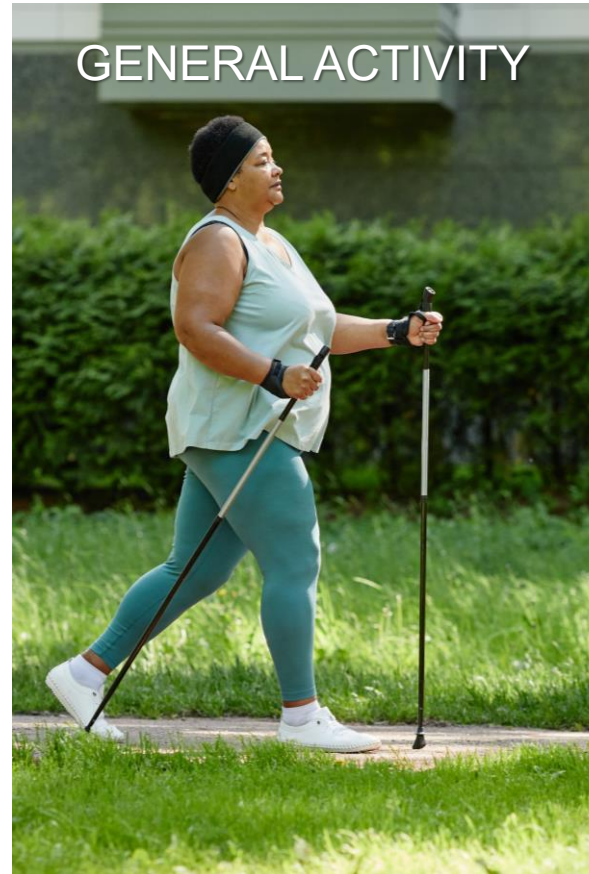
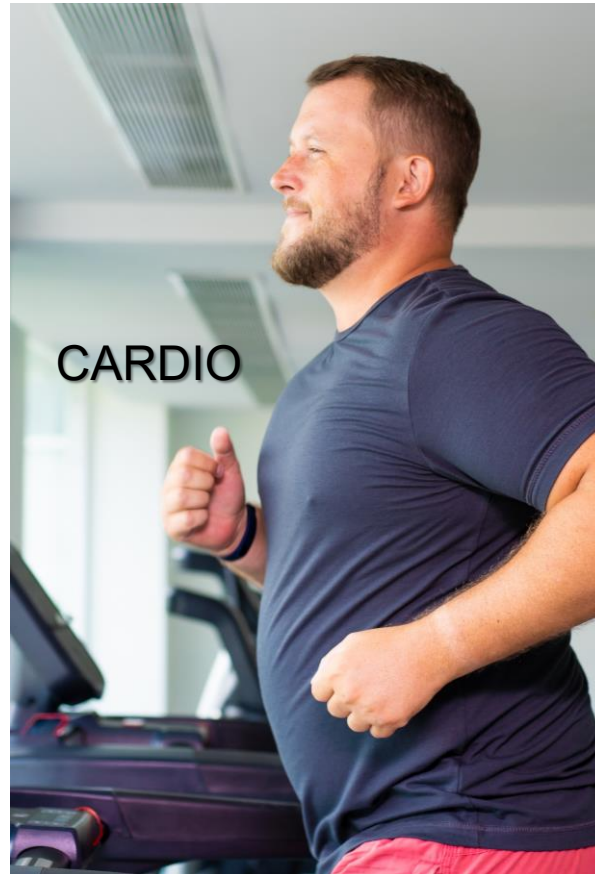
Which is the best exercise?

- The one you will do!
- Consistency matters the most.
 - What can you do today?
 - What is a doable amount?
 - What equipment do you have available?
 - What do you enjoy?
 - What makes your body feel good?



Some is better than none. More is better than less. Everything counts.

Types of Exercise



Strength Training Basics

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



Modes of Strength Training

- **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.

Benefits of Strength Training

Builds muscle

Increases
metabolism

Improves
blood
cholesterol

Improves
bone density

Improves
tendon and
ligament
strength

Reduces
potential for
injury

Improves
cardiac
function

Decreases risk
of
cardiovascular
disease

Improves
mood and
sleep

Improves
activities of
daily living
(ADL)

Improves
blood glucose
levels

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.



Metabolism



Strength and Mobility



Bone Mass



How to Get Started

YouTube

Workout Apps

Gym classes

Personal Trainers

PositiveChoice.org/Renew

Program Resources

[Download a simple meal plan](#)

[Purchase meal replacements](#)

[Get started with strength training](#)

[Kaiser Permanente Health Resources](#)

[Register for personal training](#)

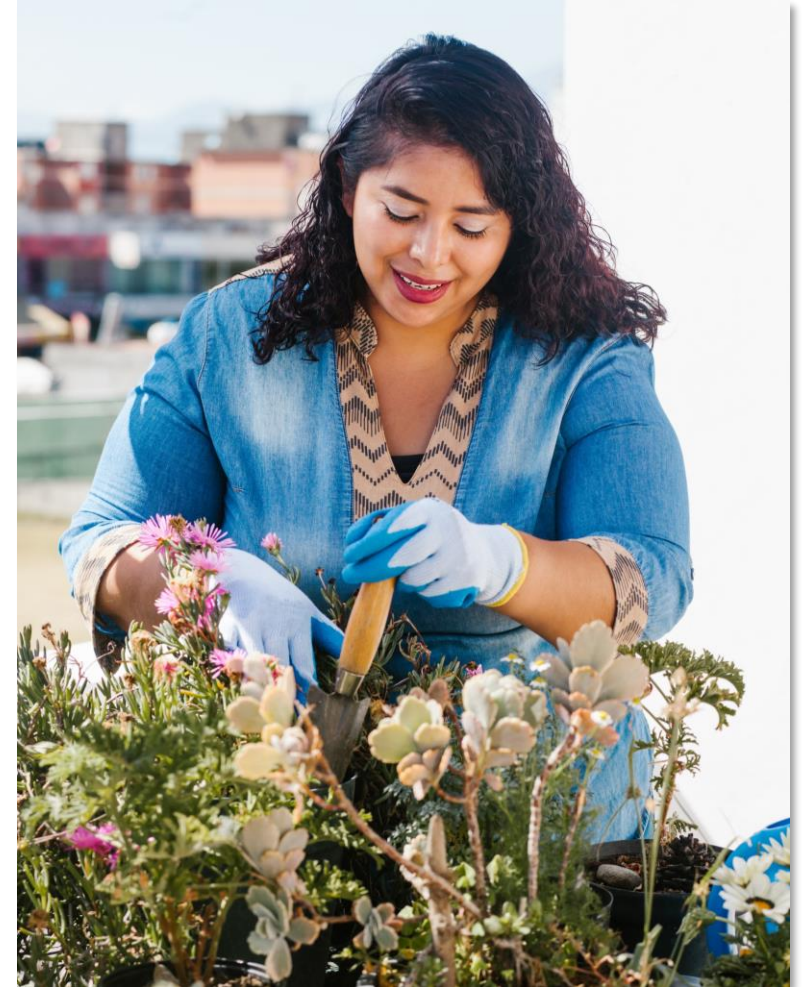
Do you have a favorite
resource?

**What ways can you start to
incorporate strength training
this week?**

General Activity

(or Non-Exercise Activity Thermogenesis: NEAT)

- The energy expended for tasks that are not sleeping, eating, or sports-like exercise.
 - Brushing teeth, walking to and from your car, cleaning, shopping, etc.
- Uses calories throughout the day.
- Lowers blood sugars.
- Increases stamina.
- What ways can you start increasing your physical activity?



Cardiovascular Exercise

Walking, running, biking, hiking, rowing, dancing, aerobics, boxing

- Heart rate up, breath rate up.
- Benefits the heart, circulation, and lung capacity.
- Improves mood and decreases stress.
- Should be done most days.
- What's your favorite cardio activity?



Flexibility

Yoga, stretching, tai chi, mobility

- Decreases risk of injuries
- Improves range of motion
- Increases blood flow
- Improves activities of daily living
- Improves performance during exercise and physical activity
- Can do daily
- Best to stretch after exercise



Common Myths

- To lose weight, I just need to do cardio.
- Lifting weights will make you gain weight.
- Being generally active during the day is enough.
- I'm too old to strength train.
- I need to lose weight first before I work on my exercise routine.



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

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

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 75-100 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4 oz protein supplement OR 2 cups vegetables 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
Moderate 1,000-1,400 calories 80-100 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4-6 oz protein supplement OR 1 healthy fat 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein supplement OR 2 cups vegetables 1 healthy fat
HIGH 1,400-1,700 calories 100-140 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 2 grains, legume, or starch	1 protein supplement OR 2-4 oz protein 1 healthy fat	4-6 oz protein supplement OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 fruit 1 probiotic	4-6 oz protein supplement OR 2 cups vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

