

**Metabolism
Myth VS Fact**

Renew

A Weight Loss Rx Lifestyle Class

Metabolism Myth VS Fact

MODULE 2:

Building Lasting
Change

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!

Renew

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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.

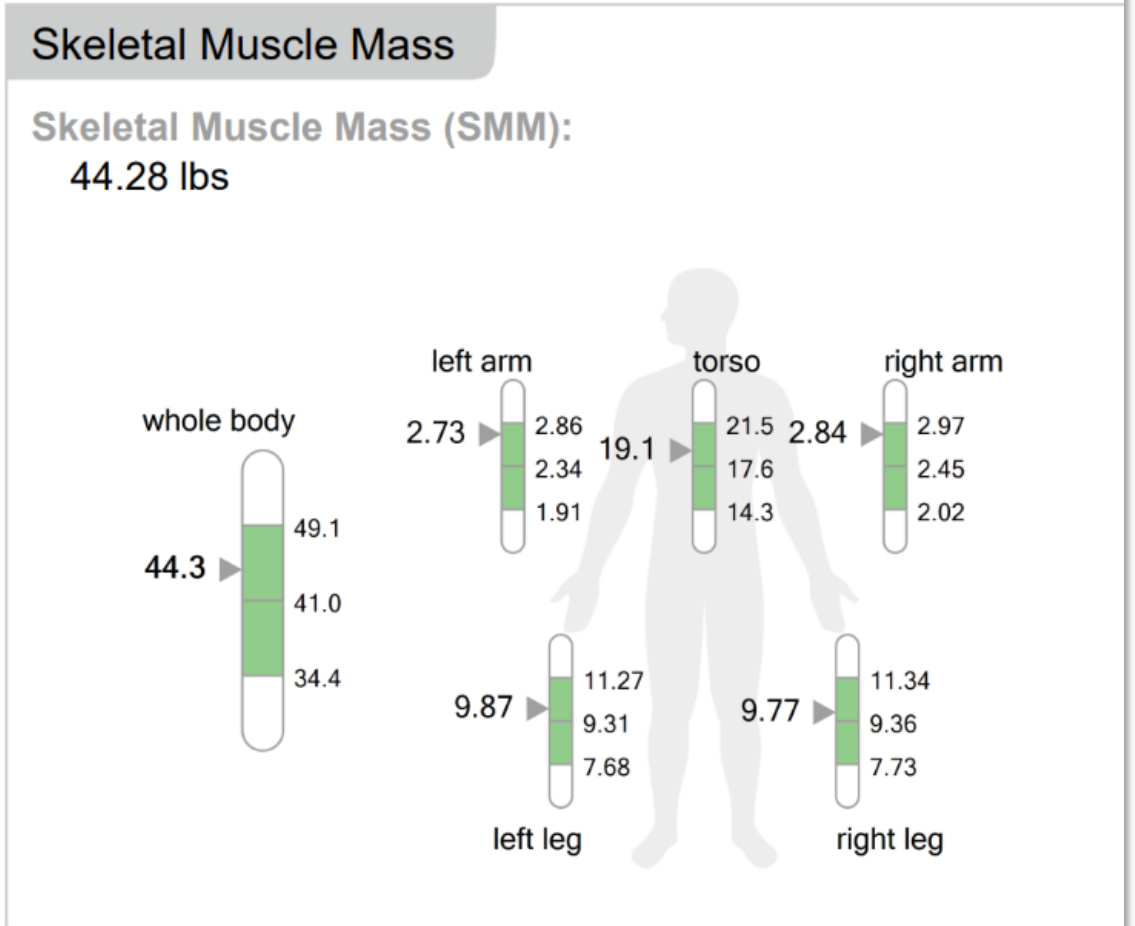


Food is health

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

Grab Your SECA Results

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



What does Metabolism mean to you?

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



What is Resting Metabolic Rate?

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.

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.

Metabolism Myth vs. Facts

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER



Certain conditions like PCOS
and Thyroid function
decrease metabolism.

Myth or Fact?

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.



Higher levels of fatigue = less movement

Higher levels of hunger = more food consumption

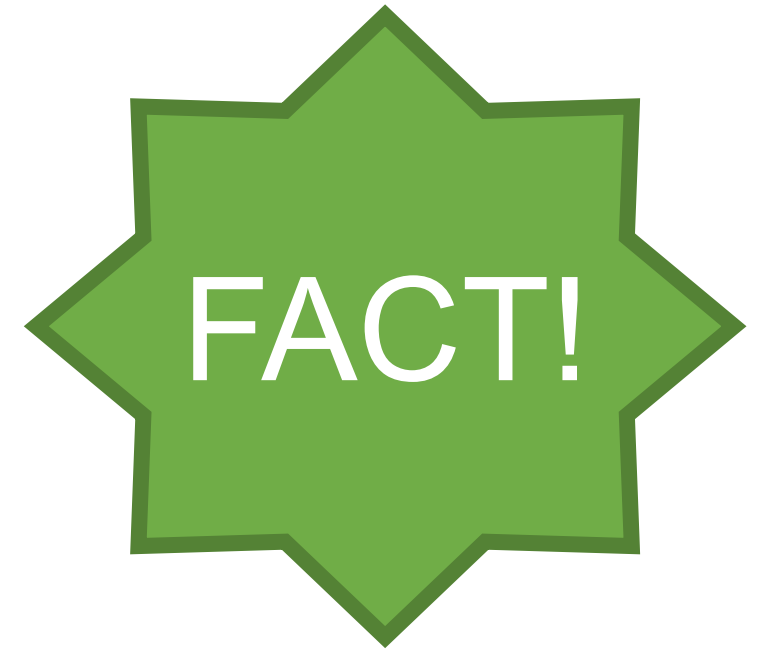
Higher levels of physical pain or discomfort = less movement and possible stress eating.

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

Myth or Fact?

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

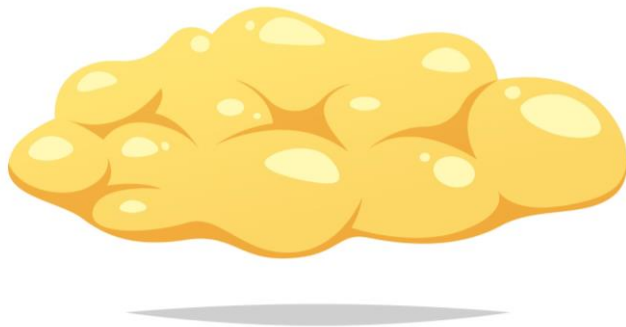
- The majority of your metabolism is based on the amount of muscle mass you have.
- Men genetically have higher amounts of muscle.
- They also have significantly higher levels of testosterone, which aids in muscle building.



Defining Fat and Muscle

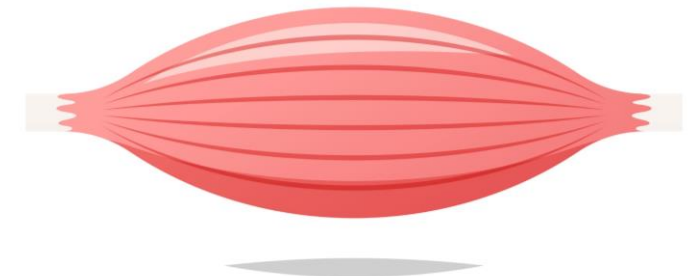
Fat

- 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.



Fat and Muscle

5 lbs of
fat and
5 lbs of
muscle



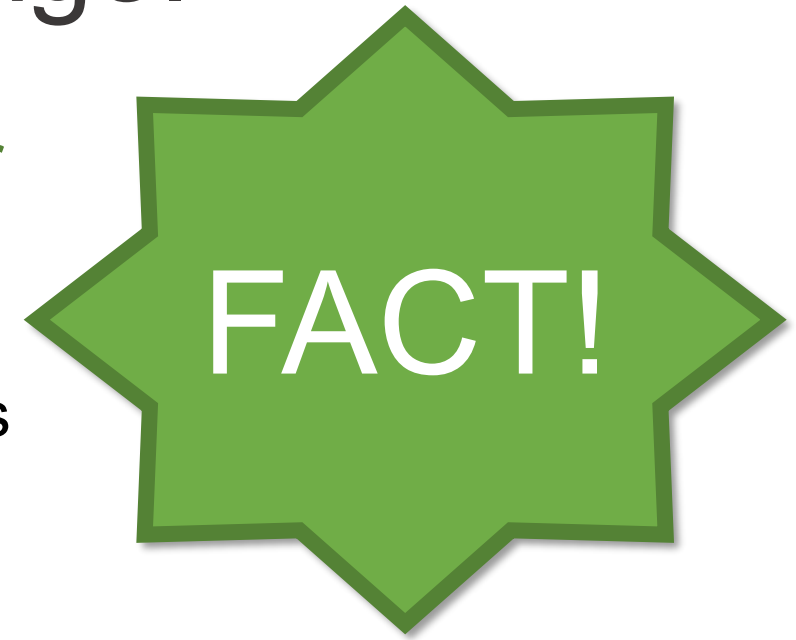
1 lb of
fat and
1 lb of
muscle

Metabolism decreases as we age.

Myth or Fact?

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.



- 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.

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

You will lose more muscle mass on the injectables.

Myth or Fact?

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.



Your Metabolism While Losing Weight

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

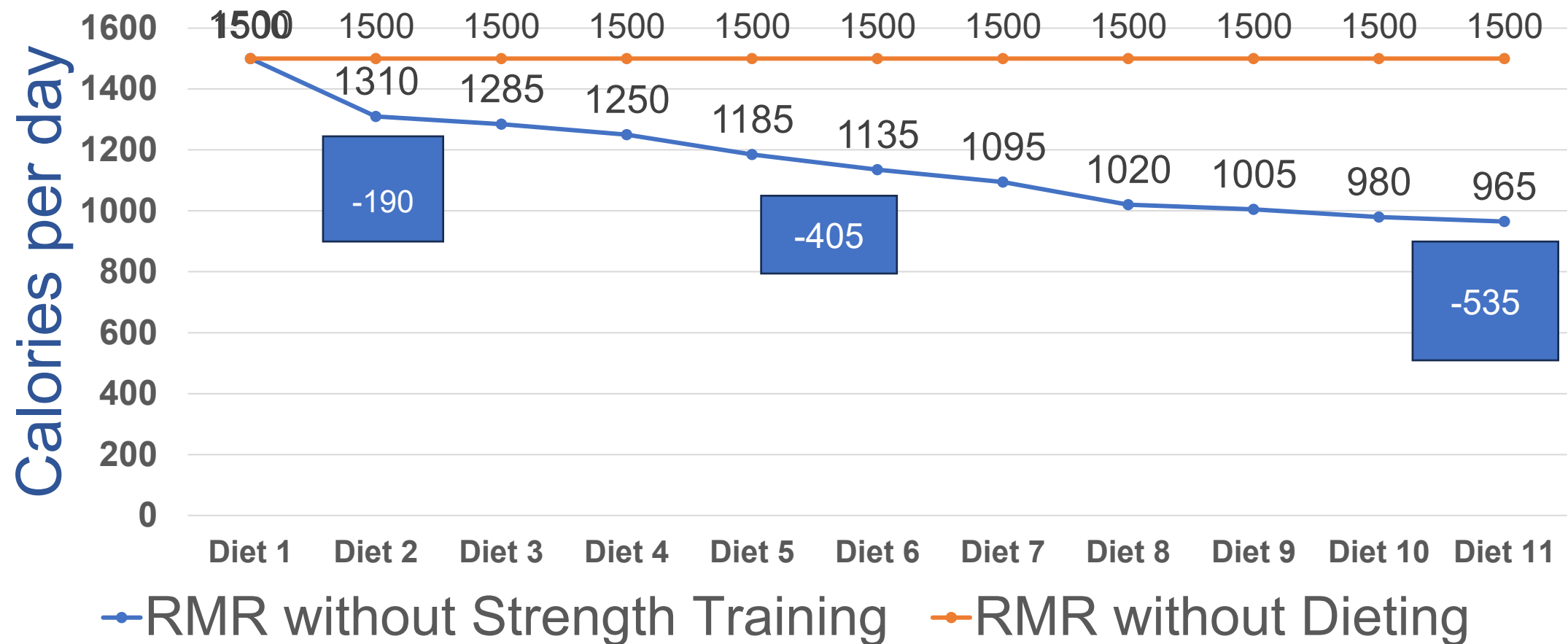


Losing weight while in a small calorie deficit to burn fat AND strength training AND prioritizing protein.



Metabolism with chronic dieting and without strength training

**numbers not exact. For demonstration purposes only.*

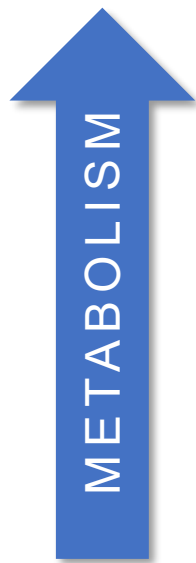


You are born with a set
metabolic rate. There's
nothing you can do about it.

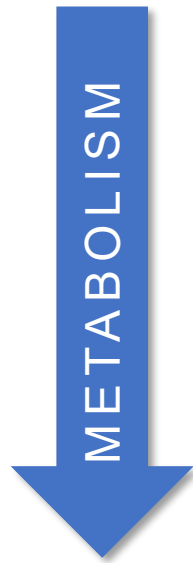
Myth or Fact?

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:



- Strength training
- Slow weight loss
- Prioritizing lean protein



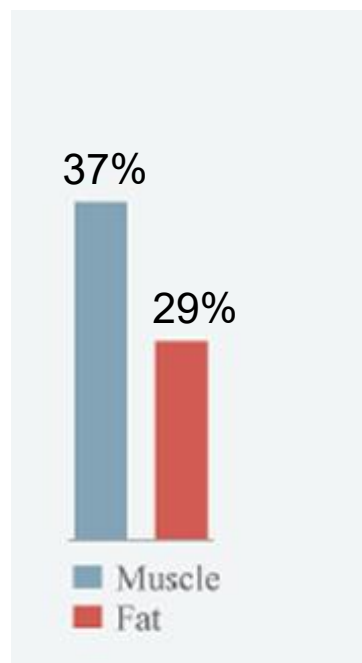
- Sedentary lifestyle
- Chronic dieting
- Losing weight as fast as possible
- Eating as little as possible

MYTH!

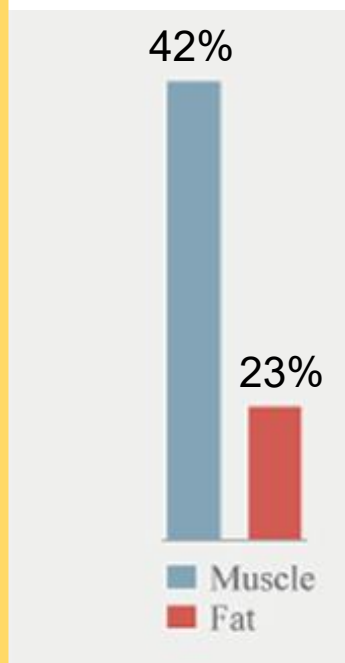
Body Composition: *Female*



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



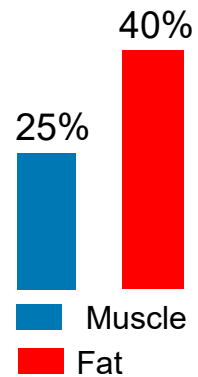
Weight: 120 lbs
Height: 5'1"
RMR: 1450 cals



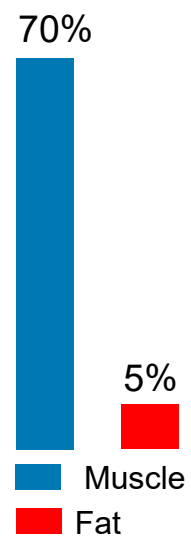
Body Composition: *Male*



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



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



Strength Training Basics

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



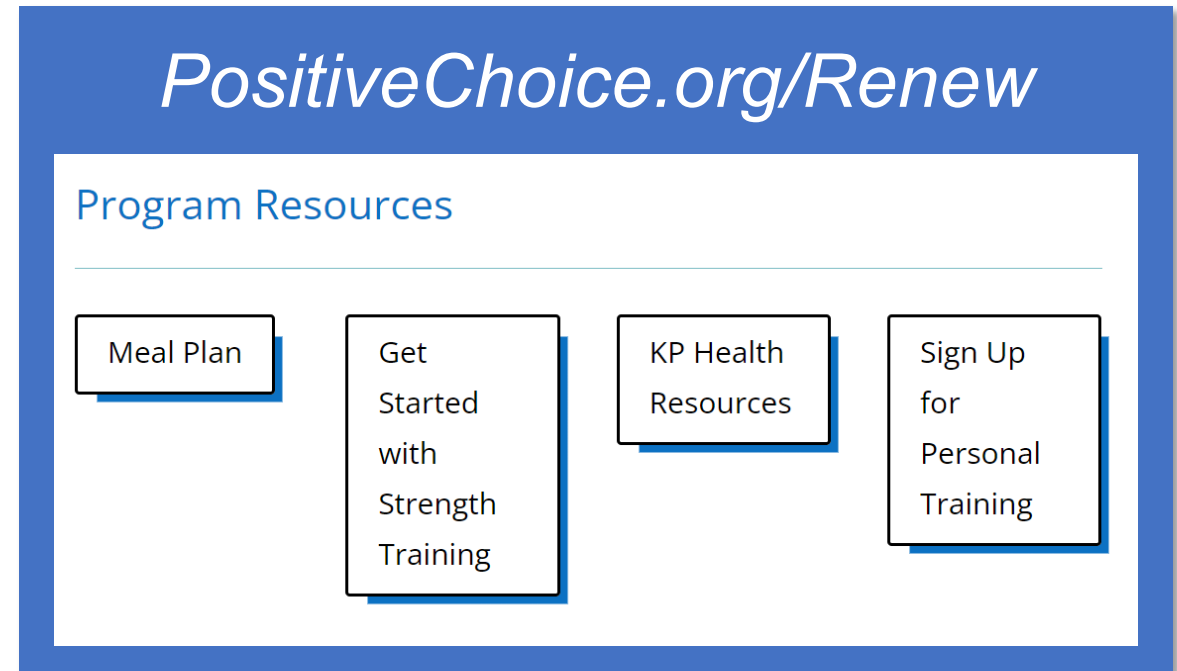
Modes of Strength Training

- **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.
 - Once 12 reps feels easy, time to increase resistance.

How to Get Started

- YouTube
- Workout Apps
- Gym classes
- Personal Trainers

*Do you have a
favorite resource?*





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.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 70-110 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 80-130 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 90-140 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

