

**Your New
Relationship
with Food**
Part 2

Renew

A Weight Loss Rx Lifestyle Class

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Relationship
with Food** Part 2

MODULE 3:

Mastering Your
Health

Welcome to class!

Reflection Questions:

- What has already shifted in your relationship with food?
- What would you like your relationship with food to be?

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.

Relationship with Food

How would you describe your current relationship with food?

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Because food lacks interest, I find myself skipping the healthy stuff and going for convenience foods.

I find myself still binging sometimes, even though it brings discomfort later.

I used to like cooking but now it doesn't interest me as much.

I feel completely released from my previous food shackles. I can take it or leave it now.

The food noise is still less but has come back and I find myself making unhealthy decisions.



Roles of Food

What role has food played in your life? And what ways do you see this need/role being filled now?

Best Friend
or
Protector

Reward
or
Punishment

Distraction
or
Comfort

Factors that Influence Your Relationship

- Habits
- Family and social messaging
- Psychological Tendencies
- Senses
- Food as a Reward
- Cultural Practices
- Socioeconomic Status
- Chronic Dieting



Relationship with Food Visualization



What is “Normal”?

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Being Hungry and Desiring Food

It is critical for our survival and built into our fundamental wiring to find, consume, and store food.

This is why diets heavily restricting food or certain foods can be so damaging.



Food and Feelings Will Always Be Connected

Eating is naturally an emotional experience as it brings feelings of enjoyment, pleasure, or satisfaction.

However, using food as a primary way to manage feelings and meet needs creates more challenges in the long-term



Food as Enjoyment



It is normal to have birthday cake at a party, try the new restaurant with friends, and comfort yourself with a wholesome meal.

Establishing a Positive Relationship

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Avoid assigning moral value to food

- There are no good foods or bad foods.
- Foods can be high in nutrients or low in nutrients.
- We can eat for more pleasure or more nutrient content.
- But what we choose to eat is not a representation of our own worth.



It's Not All or Nothing



Health is an “average over time” equation.

It's not about the foods you eat sometimes, it's about what you eat most of the time. Which means there is room for everything you enjoy.

View Meals as Positive Affirmations

Honoring Your Hunger	Affirms your physical needs are important and will be met
Prioritizing Meal-Time	Affirms that you are a priority in your own life. Affirms that your fundamental needs are worth meeting.
Preparing Healthy, Nourishing Meals	Affirms that you are worth the time it takes. Affirms that you are worth the effort it takes.

Avoid Comparing Yourself to Others

- We are all unique and our eating habits have zero bearing on our worth or value.
- Do you:
 - Compare the meal or portions you have compared to other people you're dining with?
 - Compare your body to the body of others you're dining with?
 - Compare or try to match the speed with which you are eating to others around you?



Mindful Eating



Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom.



Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.



Acknowledging responses to food (likes, dislikes or neutral) without judgment.



Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.

Building a better relationship with food does not happen overnight!

Give yourself patience to develop these positive thinking patterns.





What's the most
valuable thing you
learned during this
whole class?

Add this to your journal.

What's Next?

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graph TD; A[What's Next?] --> B[Renew Support Group]; A --> C[JAM]; A --> D[Making Peace with Food on Injectables];
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Renew Support Group

Virtual group support for anyone on the weight loss injectable medications.

Mondays at 7pm

JAM

Joy And Movement

- 30-minutes of exercise
- 30-minutes of Q&A
- Online
- All fitness levels welcome!

Mondays at 5pm

Making Peace with Food on Injectables

10 week virtual class focusing on improving the relationship with food.

Mondays at 4pm

Sign up at positivechoice.org/renew

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 2 cups vegetables OR 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables OR 1 healthy fat
MED 1,000-1,200 calories 60-100 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 1 healthy fat OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables OR 1 healthy fat
HIGH 1,000-1,200 calories 50-100 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 2 cups vegetables OR 2-4 oz protein 1 grain, legume, or starch	1 protein supplement OR 1 fruit 1 probiotic	4-6 oz protein 2 cups vegetables OR 2 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



- Group support anytime of the day
- Moderated



Elevate Your Fitness (at Garfield Specialty Center)

positivechoice.org/fitness-services/

One-on-one with a fitness professional

30-minute appointment for \$60

4-pack of 30-minute appointments for \$220

8-pack of 30-minute appointments for \$400

45-minute appointment for \$80

4-pack of 45-minute appointments for \$300

8-pack of 45-minute appointments for \$560

60-minute appointment for \$100

4-pack of 60-minute appointments for \$380

8-pack of 60-minute appointments for \$720



Group Classes: \$120 for 8 60 minute classes

Simple Yoga

Senior Strength

You can
try both for
free!



Boosters

positivechoice.org/other-services/

- We offer a variety of workshops, classes, and support groups throughout the month to address trending topics and build your wellness skills.

*These classes are both online and in-person.
Offerings change monthly.*

Course topics include:

- ✓ Intermittent fasting
- ✓ Tai chi
- ✓ Coping skills
- ✓ Managing emotions
- ✓ Label reading
- ✓ Yin Yoga
- ✓ Basics of acupressure
- ✓ Practicing gratitude
- ✓ Habit building
- ✓ And much more!



\$90 for a 6-month membership

Stress Management

positivechoice.org/stress-management/

Mindful Living

Mindful Living is a 12-session online program to reduce stress, improve focus, increase self-awareness and self-compassion to support a healthy lifestyle.

\$540/12-sessions

You'll learn about...

- ✓ What mindfulness is, how it can help, and a variety of mindfulness practices such as mindful breathing, mindful movement, etc.
- ✓ Being mindful of thoughts and emotions and why that matters
- ✓ Understanding the stress cycle and how to interrupt
- habitual reactions
- ✓ Learning to create a space between impulse and action
- ✓ Stress-reduction without food and/or other substances
- ✓ Discovering your inner resources for coping and resiliency

Mindfulness Coaching

When life is at its busiest, it can be a challenge to set aside time for self-care. Connect with a mindfulness coach for sessions incorporating guided mindfulness and relaxation practices, coaching around stress management, and support creating a self-care plan you can carry into your daily life. Appointments are conducted virtually, and are customized to suit your individual wellness needs.

Including:

- ✓ Find self-care techniques that work for you
- ✓ Deepen your well of resources
- ✓ Feel safe in a non-judgmental space
- ✓ Accountability for your health and wellness goals



Healthy Balance

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thrive
SAN DIEGO, CA

positivechoice.org/weight-loss/healthy-balance/

Healthy Balance

A lifestyle change program

Reach your health and wellness goals by attending weekly sessions that include education on creating healthier habits through nutrition, fitness, stress management and mindfulness. This program can help you get started on a diet of whole, unprocessed, nutrient-dense foods, that aid in weight loss and disease prevention.

ENROLL IN A CLASS →

or call [\(858\) 616-5600](tel:(858)616-5600)

