

***ENERGIZE ME: DIET MEAL PLANNING AND
EXERCISE***

Lets Get Started

Planning Weight Loss

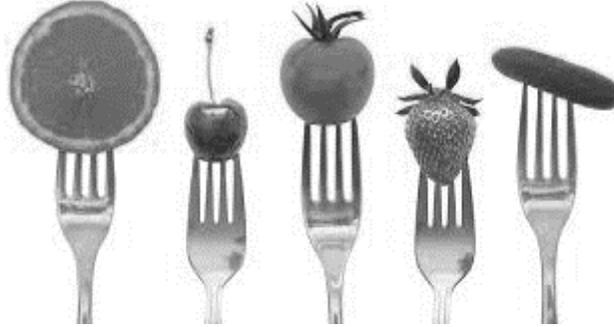
Focus

- Start with Positive Self Talk
- Commit
- Be Consistent
- Life Style not a Diet

Choices

- Make right food choices not easy food choices
- Discover reasons why we eat
- Discussion of hungry signs
 - Body shakes, headaches, irritable, tired
- Make sure each meal last 3-4 hours
- Snack on fruits and veggies in between meals
- Include protein for satisfaction

Planning Weight Loss



Reduce

- **C:** Carbonated Drinks - soda
- **R:** Refined Sugars - candy, cakes, doughnuts, cookies, fruit juices, flavored coffees and lattes, sugary cereals (Daily sugar intake for women 100 calories per day 25 grams or 6 teaspoons)
Men 150 calories per day 37.5 grams or 9 teaspoons
- **A:** Artificial Foods – fast food
- **P:** Processed Foods - frozen meals

Planning Weight Loss Activity

- Plan _____ meal
- Include _____ 30 minutes at least _____ times a week.
- It takes _____ calories to burn 1 pound.
- I enjoy these types of exercises _____
- Goals need to _____, _____, _____.
- List distractions that are in your way

- List how you eliminate distractions

- What foods do you need to Avoid

- Accept that _____ is part of the process, use it has a _____
- When a person _____ they are twice as likely to lose weight.
- Healthy weight loss is _____ weekly.

LIFESTYLE MODIFICATION

HOW TO HAVE AN EFFECT ON WEIGHT LOSS

- Eliminate negative thoughts
- Establish positive thoughts
- Evaluate your behavior
- Manage your thoughts

Identify unhelpful thoughts and behaviors that get in the way of your success

Lists unhelpful thoughts

- _____
- _____
- List unhelpful behaviors
- _____
- _____

LIFESTYLE MODIFICATIONS

- **Adjusting Expectations**
- *Safe and healthy weight-loss recommendations: one to two pounds a week*
- *Managing thoughts to reflect realistic goals for weight loss can be beneficial.*

List realistic weight loss goals

- **Focusing on Positive Outcomes**
- Believe in the ability to succeed
- Develop confidence in the ability to control weight
- Confidence can increase your belief and ability to make wise food choices to help weight loss

List a Positive Outcome

LIFESTYLE MODIFICATIONS



LIFESTYLE MODIFICATIONS

YOU CAN

Understand the
Process of Change
How Prepared Are YOU?

PRE-CONTEMPLATION

Denial not thinking of changing

CONTEMPLATION

Thinking about and talking about change
Weighing the benefits of Change

PLANNING

Planning what it would take to make Change

ACTION

Taking positive steps by placing the plan into action

MAINTENANCE

Achieving positive and concrete developments with continuing and potentially little support

RELAPSE

Falling back into old patterns, actions, and behaviors.

LIFESTYLE MODIFICATIONS

STAYING PREPARED STRATEGIES

- **Discover what time of the year is easier for you to stay focused.**
- Work harder during this time
- Focus on what makes you veer off track
- **Create a targeted plan**
- Write down your most challenging task
- Write down what can be done to make it easier
- Plan for Challenges, Summer Events, Family Reunions, Weddings, etc.
- **Always Re-Think your goals**
- Better to readjust expectations rather than ditch the overall goal
- Understand and accept that losing weight can be difficult but it is achievable
- Monitor how you feel about your progress regularly

LIFESTYLE MODIFICATIONS

- **Stay consistent**
- Always pack healthy snacks in purse, keep a cooler, always drink water
- Always start over
- **Keep Moving**
- Commit to exercise (slowly) if not regularly exercising “Our Body craves movement, but our minds stands in the way.”
- Move more walk at least five minutes each hour
- Don’t work out on an empty stomach, it does not help burn fat
- Increase energy with high carbs, moderate in protein, low in fat
- Don’t eat up the calories you just burned
- Too hot or cold outside find inside exercise
- Schedule work out like your doctor’s appointment
- Housework, gardening, mowing grass can be considered exercise

Focus on the journey not the destination. Joy is found not in finishing an activity but doing it.

EXERCISE

- Activity is key to a healthy lifestyle, but exercise is not an effective stand-alone weight-loss method.
- Exercise burns calories but exercise alone as a weight-loss method produces minimal results. It takes a lot of exercise to burn a significant amount of calories. A person needs to exercise enough to burn 3500 calories to burn 1 pound of fat. That means that a 170-pound adult would need to walk another 5-10 miles (the equivalent of 500 to 1,000 calories) per day to lose 1-2 pounds per week. This amount of exercise every day is not always realistic for most people.
- **Overestimating Activity Level**
Another limiting factor in exercise for weight loss is that people don't estimate their food and exercise levels accurately. When exercising, it is common for a person to underestimate calories consumed.
- If a person is not careful and paying attention to both food and exercise, it is easy to "eat" the calories burned in exercise. For example, it takes about an hour on the treadmill for a man of 170 pounds to burn off a bagel (without butter or cream cheese), a few cookies, or a donut. Each 30-minute workout at a circuit training gym for women (e.g., Curves) burns about 150 calories for a 150 pound woman or the equivalent of a 12-ounce glass of orange juice.

EXERCISE

- **Different Regimens, Same Results**

There is no "right" exercise for weight loss. What is key is making exercise a regular routine.

- Focus on increasing time and effort spent in exercise everyday whatever exercise you use.
- The actual contribution of exercise to weight loss is modest, it is helpful and additive to the weight loss achieved with diet.
- It may be a few hundred calories that are burned with regular physical activity but this can make the difference between a weight loss that feels depriving and one that is sustainable.

EXERCISE

- What does your daily Exercise Routine Look Like?

- How can you start physical activity?

EXERCISE

Benefits

- Endorphins makes you feel happy
- Improves your mood
- From a physical standpoint, exercise can strengthen parts of your body that maybe affected by lupus (heart, lungs, bones, and joints)
- Help reduce inflammation by regulating some of the chemicals involved in the inflammation process.
- Exercise can help control weight gain caused by corticosteroid medications and keep your body conditioned
- Reduce fatigue
- Exercise and or low impact movements helps muscles less stiff
- Increase range of motion
- Reduce heart disease
- Boost your mental health
- Easier to cope with life stressors
- Improve mood and self-esteem
- Vary exercises in order for different muscle groups will get regular workout

EXERCISE

Things to be aware of

- Swollen joints or muscle pain avoid or limit activities that are too demanding on your joints (jogging, weightlifting, or high-impact aerobics)
- If you are easily tired pace yourself
- Most important thing to remember is not to give up exercising, muscles that are not used will quickly become weak.

Types of Exercise to Try

- Walking
- Bicycling
- Low-impact
- Yoga
- Pilates
- Stretching
- Water exercise
- Elliptical exercise machine

Meal Planning

- Spend time each week looking for recipes
- Create a place to save recipes and keep it SIMPLE
- Ask your partner, family, and roommates what they like to eat
- Check the weather
- Keep a meal journal
- Go with themes (soup night, pasta night, beans etc.)

Meal Planning

For best results, balance meal plans with ingredients from all food groups

Vegetables 2-3 servings per day

Fresh Fruits 2-3 servings per day

Protein (Meat) 5-6 ounces per day

Whole grain 5-6 ounces per day

Low fat dairy products 2 servings

Oils/Fat 2-3 servings

Meal Planning

Sample Meal Plan

Breakfast 2 medium-sized blueberry pancakes with reduced sugar syrup

1 cup of skimmed milk or 1%

Morning snack 1 fresh peach

Lunch Lean chili with reduced fat cheese and onion

4 whole grain Crackers

1 cup of yogurt

Afternoon Snack 1 cup of blueberries

Dinner Fish (cod or trout) prepared on grill with salt

Half a cup of beans

EMOTIONAL EATING

- **What situations can lead to emotional Eating?**
- **Emotional Eating and Weight**
- Everyone has specific patterns of emotions. Learn to recognize your emotional pattern.
- Not everyone is susceptible to overeating because of *emotions*. For those who are, the impact on weight can be significant.
- Emotional eating is not limited to bad times.
- Good moods and happy events can also lead to overeating for those who eat from emotion.
- **Emotional Eating and Weight-Loss Success**
- Eating in response to emotions can interfere with weight loss.
- Focus on becoming aware of emotional eating and developing strategies to manage eating.
- Reduction in eating in response to emotions can sustain weight-loss.
- Understanding your emotions in connection with eating helps reveal how behavior can impact weight.
- Focus on developing ways to cope without food. This is vital for lasting weight loss.

EMOTIONAL EATING

- H-Hungry (only time to eat)
- A-Anger
- L-Lonely
- T-Tired
-
- *Address the emotion don't feed it*

SELF-CARE

- **Examples of self-care:**

- Rewarding yourself with other things than food
- Accept gratification as a reward for doing the right thing
- Focus on self-care such as massage
- Buying something nice for yourself
-

- **Develop a Healthy Self-Image**

- Rely on your resources, past successes
- Believe you can achieve weight loss
- Forgive yourself daily
- Look for acceptance from yourself and God or your higher power
- Be willing to let go of people, places, and things

MOTIVATION

Activity

- The core key to weight loss...
- **What does your motivation look like?**
- _____
- *Motivation comes in Levels:*
- **Signs that motivation is at its highest level and you are telling others about weight loss success**
- **Regular exercise and enjoying it**
- **Grocery shopping is regular and focus on healthy choices**

Describe your behavior when highly motivated:

-
- **Signs that Motivation is slowing down**
 - **Red flags**
 - **Returning to previous habits slowly**

Describe your behavior when motivation is low:

Motivation

- Describe tiny slowdowns in Motivation:

- _____
-

- **Motivation is Noticeably Slower**

-
- Describe what that looks like:
- _____
-

- **Completely Unmotivated**

-
- Describe what that looks like:
- _____

Weight Maintenance

Losing Weight is Hard

The results of Gaining Weight is Hard

Maintaining Weight is Hard

Pick your hard.

MOTIVATION

- There are just some things that are hard to get motivated for:
- losing weight,
- house cleaning, and
- work.
- **Motivation** is the wood that sets our lives aflame with meaning and focus. It can keep us going when the going gets tough. It can turn us on!
- ***Do you take the time to think the things, people, places, situations that motivate you?***
- Motivation is best when it comes from inside of you, and you don't have to have someone else motivating you. You do it because you want to. There may be only a few things that motivate you, but whatever they are they are powerful igniters.
- If you are no longer motivated to act or accomplish something in your life, you may be discouraged, tired, or depressed.
- **Be encouraged!** It only takes a small fire to kindle a dream or pursuit.
- Once you tap into that thing that stirs your interests, and desires, you will find that it stayed there waiting on you. Just pick it up and start off where you left off.

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QUESTIONS