Module 5: The Plan Part I
What You Will Learn

• Required Personalized Metrics
• Factors to Take into Consideration
• Equations
• How to Use the Daily Caloric Calculator
Required Personalized Metrics

• Client’s name
• Contact information
• Age and date of birth
• Gender
• Current weight in pounds
• Height in inches
• Body fat percentage
• Water weight percentage
• Measurements: neck, chest, biceps, natural waist, waist at the biggest point, hips, thighs
• BMI and WHR
Required Personalized Metrics

- Weekly exercise routine
- Number of days per week
- Type of activity
- Time of each activity
- Intensity of each activity
- How long has the client been doing this for?
Required Personalized Metrics

• Before and after photos

• Close and far – front, side & back (2 of each)

• Testimonial release form

• If clients won’t sign the release that’s okay... do the pics anyways
Factors to Take into Consideration

- How long has the client been participating in exercise?
- Sleep habits
- Stress levels
- Medications
- Health symptoms
- Food sensitivities
- Daily routine
- Lifestyle
- Past experiences
Equations

• Harris Benedict Equation
• Estimation of total calories needed
• MOST widely used equation for calculating basal metabolic rate and total calories
• Takes into consideration energy expenditure through exercise
• Provides activity-adjusted daily caloric amount
• Additional step is required to reduce calories for weight loss
Harris Benedict Equation

- **Women:** $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

- **Men:** $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$
Harris Benedict Equation

• Sedentary: Little to no exercise
• Daily calories needed =
• BMR x 1.2
• Mild activity level: Intensive exercise for at least 20 minutes, 1 to 3 times per week. This may include such things as bicycling, jogging, basketball, swimming, skating, etc. If you do not exercise regularly, but you maintain a busy lifestyle that requires you to walk frequently for long periods, you meet the requirements of this level.
• Daily calories needed =
• BMR x 1.3 - 1.375
Harris Benedict Equation

• Moderate activity level: Intensive exercise for at least 30 to 60 minutes 3 to 4 times per week. Any of the activities listed above will qualify.

• Daily calories needed =

• BMR x 1.5 - 1.55

• Heavy (or labour-intensive) activity level: Intensive exercise for 60 minutes or greater, 5 to 7 days per week (see sample activities above). Labour-intensive occupations also qualify for this level. Labour-intensive occupations include construction work (brick laying, carpentry, general labour, etc.) Also farming, landscape worker or similar occupations.

• Daily calories needed =

• BMR x 1.7
Harris Benedict Equation

• **Extreme activity level**: Exceedingly active and/or very demanding activities. Examples include: athlete with an almost unstoppable training schedule with multiple training sessions throughout the day or a very demanding job, such as shovelling coal or working long hours on an assembly line. Generally, this level of activity is very difficult to achieve.

• Daily calories needed =

• BMR \times 1.9
Daily Caloric Calculator

How to use:
Module 5:
The Plan Part 2
What You Will Learn

• Food Categories
• Explaining the Personalized Plan (Program Delivery)
• Customizing the Plan
• Calculating Food Categories
• Food Journaling
# Food Categories

## Food Category Breakdown

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Number of Servings</th>
<th>Calories</th>
<th>Grams Fat</th>
<th>Grams Carbs</th>
<th>Grams Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>1</td>
<td>45</td>
<td>5</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Fruit</td>
<td>1</td>
<td>60</td>
<td>0</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td>Vegetable</td>
<td>1</td>
<td>20</td>
<td>0</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>Protein</td>
<td>1</td>
<td>150</td>
<td>5</td>
<td>0</td>
<td>25</td>
</tr>
<tr>
<td>Carb</td>
<td>1</td>
<td>80</td>
<td>1</td>
<td>15</td>
<td>3</td>
</tr>
<tr>
<td>Dairy</td>
<td>1</td>
<td>90</td>
<td>2</td>
<td>12</td>
<td>6</td>
</tr>
</tbody>
</table>
Customizing the Personalized Plan

• Choose the caloric plan that matches the activity-adjusted daily caloric requirements

• Insert your company’s name, client’s name, date and meal categories

• Move them around to suit your client’s needs

• Allocate calories to different categories if needed
Example

• If the client didn’t want carbs at dinner, then you would remove the carbs and replace it with a food category equivalent to 80 calories

• If the client wanted to split up their afternoon snacks, then allocate food categories accordingly, making sure the snacks stay balanced with macronutrients

• The client is supposed to consume all of the food listed on the plan each day
Calculating the Food Categories

• It will never be exact
• Sometimes it’s easier just to replace straight calories for calories
• At the end of the day, just make sure they are eating enough and making wholefood choices
Food Journaling

• Look for food categories that are missing or additional food categories
• Add up the number of calories consumed in one day versus what they are supposed to have
• Show them how much they are undereating or overeating based on the plan you provided
• Look for hidden fats
• What about alcohol?
Food Journaling

• Look for proper portion sizes
• Did they skip snacks?
• Share 1–2 recommendations and things on what to improve for next week
Module 5:
Week 1 - Nutrition Education Lesson
What You Will Learn

• The specific points to touch upon
• Overcoming challenges
• How to modify the information
• Best practices for presenting the information
Week 1 - Program Delivery

- Client Contract Agreement
- The Big 3 Macronutrients
- The Fundamentals
Client Contract Agreement

• Verbal and written agreement outlining roles and responsibilities to one another
• Clearly outlines the responsibilities of the client - add in additional responsibilities if necessary
• Provides a level of safety and commitment from you
• Demonstrates a co-commitment and a 2-way process
The Big 3 Macronutrients

• Ask if they know what the real food groups are? Fat, carb and protein
• Explain what macronutrients are - how all whole foods either fall into one, two or three of the macro categories
• Ask for examples of their favorite foods and get them to classify them
The Big 3 Macronutrients

• Start with carbs - explain what carbs are
• Define all types of carbs - dairy, fruit, veg, etc.
• Go through the blood sugar story
• Highlight the difference between fast and slow carbs
The Big 3 Macronutrients

- Protein - explain what it's made of
- Why we need protein and how it helps to slightly increase metabolism through thermogenesis
- Identify favorite types of protein - both animal and vegetable
The Big 3 Macronutrients

- Fat - stress the importance of consuming fat in the diet
- Ask them to discuss their fears around fat, what they believe about fat and weight loss
- Identify their favorites types of fat and give examples of portion sizes
- Distinguish from mono, poly and sat fats
The Fundamentals

• Ask them to read the fundamentals at home
• Stress fundamental # 1 - eat breakfast within 1 hour of waking up
• Ask them to focus on breakfast for the first week
• Ignore the rest of the meals if too overwhelmed
The Plan

• Sample meal creation using the food list
• Review the handy kitchen equipment
• Ask them if there are specific things that would make their lives simpler?
Weekly Nutrition Education Lessons

Module 5:
Week 2: Understanding Food Labels
Week 3: Fiber 101
What You Will Learn

• How to explain a food label based on the food categories
• How to use Google to break down any food labels into proper portion sizes
• How to get clients to increase their fiber content
# LABEL READING 101

## Nutrition Facts

<table>
<thead>
<tr>
<th>Amount</th>
<th>% Daily Value</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>180</td>
</tr>
<tr>
<td>Fat</td>
<td>2.5 g</td>
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<tr>
<td></td>
<td>4 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
</tr>
<tr>
<td>+ Trans</td>
<td>0 g</td>
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<tr>
<td>Trans Fat</td>
<td>0 grams per day</td>
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<tr>
<td>Cholesterol</td>
<td>10 mg</td>
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<tr>
<td>Sodium</td>
<td>75 mg</td>
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<tr>
<td></td>
<td>3 %</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>25 g</td>
</tr>
<tr>
<td>Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td></td>
<td>0 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>24 g</td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
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<tr>
<td>Vitamin A</td>
<td>2 %</td>
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<tr>
<td>Vitamin C</td>
<td>0 %</td>
</tr>
<tr>
<td>Calcium</td>
<td>17 %</td>
</tr>
<tr>
<td>Iron</td>
<td>0 %</td>
</tr>
</tbody>
</table>

### Serving Size:
- always read the serving size and ensure this is the amount you will be eating.

### Sodium:
- 1400 – 2400 mg per day

### Sugar:
- 4 grams = 1 teaspoon

### Protein:
- refer to your food list for protein portion sizes. Extra lean sources are the best.

### Carbohydrates:
- total carbohydrates are comprised of starch, sugar and fiber. There should be less than 2g of sugar for every 5g of carbohydrate.

### % Daily Value:
- a percentage of the amount of a nutrient based on a 2,000 cal/day diet.
Examples

• Ask the clients for some of their favorite foods and brands
• Google ‘calories in ________’ whatever the food is to pull up the food label
• Break the food down into the appropriate categories
Fiber 101

• Share the difference between soluble and insoluble
• Make a list of the foods they believe are high fiber
• Look up the fiber content
• Add up the fiber content as per a day on their food tracker
Fiber 101

• Clients should be getting between 25 - 35 grams of fiber per day

• 10 grams of fiber at lunch

• Add in fiber slowly

• Keys to good bowel movements - water, fiber, lubrication and good bacteria
Weekly Nutrition Education Lessons

Module 5:
Week 4: All About Exercise
What You Will Learn

• Assessing target heart rate
• Integrating exercise
• HIIT
• Resistance Training
Assessing Target Heart Rate

• What is target heart rate versus resting heart rate?
• Heart rate max
• Target heart rate zone
• How to measure
Target Heart Rate Equation

- MHR = 220 - age
- 60% of MHR = MHR \times .6
- 80% of MHR = MHR \times .8

<table>
<thead>
<tr>
<th>Age</th>
<th>Target HR Zone 50-85%</th>
<th>Average Maximum Heart Rate, 100%</th>
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</thead>
<tbody>
<tr>
<td>20 years</td>
<td>100-170 beats per minute</td>
<td>200 beats per minute</td>
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<tr>
<td>30 years</td>
<td>95-162 beats per minute</td>
<td>190 beats per minute</td>
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<tr>
<td>35 years</td>
<td>93-157 beats per minute</td>
<td>185 beats per minute</td>
</tr>
<tr>
<td>40 years</td>
<td>90-153 beats per minute</td>
<td>180 beats per minute</td>
</tr>
<tr>
<td>45 years</td>
<td>88-149 beats per minute</td>
<td>175 beats per minute</td>
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<tr>
<td>50 years</td>
<td>86-145 beats per minute</td>
<td>170 beats per minute</td>
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<tr>
<td>55 years</td>
<td>83-140 beats per minute</td>
<td>165 beats per minute</td>
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<tr>
<td>60 years</td>
<td>80-136 beats per minute</td>
<td>160 beats per minute</td>
</tr>
<tr>
<td>65 years</td>
<td>78-132 beats per minute</td>
<td>155 beats per minute</td>
</tr>
<tr>
<td>70 years</td>
<td>75-128 beats per minute</td>
<td>150 beats per minute</td>
</tr>
</tbody>
</table>
Integrating Exercise

• Ask if they want to exercise

• What type of exercise do they like?

• Set a SMART goal around exercise

• Start small and build up

• Be creative and think outside of the box
HIIT

- High Intensity Interval Training
- Good for beginners and advanced
- Best cardio for fat burning
- Can be done on machines or by walking
HIIT

• Beginner phase: 30 second sprint with 90 second rest
• Intermediate: 30 to 1 minute sprint with 1 minute rest
• Advanced 30:30 or 1:1
Resistance Training

• Bring in a personal trainer if you feel this is beyond your scope
• Discuss the benefits of resistance training
• Focus on major muscles
• I recommend Jillian Michael’s 30-Day Shred Program
Exercise Nutrition

• Cardio on an empty stomach?
• Macro balance pre/post exercise
• Recovery drinks
• Vega Recovery Accelerator, Protein Powder, Protein Smoothies, Whole Foods
Exercise Nutrition

• Pre-workout meal should be carbs and protein
• Pre-workout meal should be consumed 45 minutes to 1 hour prior to the workout
• Post workout meal should be carbs and protein
• Post workout meal should be consumed within 30 to 45 minutes post workout
• Avoid high fiber and fat pre and post workout
Exercise Nutrition

- Ratio of carbs to protein is 4 grams of carb to 1 gram of protein per every 100 calories burned
- 2:1 ratio of carbs to protein
- These are specific for resistance training workouts
Weekly Nutrition Education Lessons

Module 5:
Week 5 and Week 6
What You Will Learn

• How to explain carb sensitivity
• The difference between the Glycemic Index and the Glycemic Load
• How to assess carb sensitivity in clients
• How to grocery shop like a nutritionist
• Get clients engaged in grocery shopping
Carb Sensitivity

• Start by reviewing types of carbs
• Ask clients to explain how they feel after eating certain types of carbs
• Bring awareness to energy levels and cravings after eating carbs
Gl versus GL

• Explain the Glycemic Index - standardized amount of carbs (50 grams/serving)
• Compare the GI to the GL
• Highlight specific carbs you feel would be best - gluten free, wheat free, low GL based at certain times of the day
Carb Sensitivity Test

• Remove certain carbs if symptoms suggest it’s important
• Start by replacing grains with starchy veggies at dinner
• Avoid fruit after dinner
• Swap breakfast grain for fruit
Remove Carbs

• If no weight loss remove grains and starchy carbs for 7 days - replace calories with fruits, proteins and fats
• Food track
• Add back in grain at lunch for another 7 days and then re-assess
• Add back in starchy veggie at dinner for 7 days and re-assess
Special Diets

• Gluten-free, wheat-free
• Menopause
• Sedentary
• Injury recovery
• Athletes
Grocery Shopping

• Start with tips
• Ask clients if they have any helpful tips
• Ask clients what they assess at the grocery store
• This is where you can have the discussion about organic, local and non-GMO foods
Sugar & Sugar Alternatives

• Explain what happens when fat is removed from food products - increases the amount of sugar
• Review common names of sugar in the ingredients
• Give brands that you like
Interactive Ideas

• Create a group grocery list
• Get everyone to list one brand they like and share why they like it
• Time saving tips
Weekly Nutrition Education Lessons
Module 5: Week 7 and Week 8
What You Will Learn

• All about stages of change
• Goal setting to increase compliance
• How to accommodate to clients who eat out
• An interactive game you can play with a group
Week 7 Goal Setting
Stages Of Change

- Recognize that what clients say and how they behave are two different things
- Change is fluid and ever changing
- Clients will change along a continuum
- The point is to figure out limiting factors, obstacles to change and mindset beliefs holding them back
Stages Of Change

- Ask what changes they’ve already experienced - what kind are they?
  - Behavior, emotional, physical?
- Ask why they haven’t made any changes
- Listen to the language they use - are they taking responsibility or are they holding someone or something else responsible?
Stages Of Change

• Focus on where the client is presently and not where they want to be when you goal set
• Is the focus on the behavior change or the outcome?
• Focus on the 1 behavior change that will likely lead to the desired outcome
Stages Of Change

READINESS-TO-CHANGE STAGES:

Pre-contemplation: Not ready to change. You are in denial. What might happen in the future isn’t enough of a motivator to change your behaviour today.

“My weight is just fine. So what if none of my clothes fit and my doctor suggested I lose weight because Type II Diabetes runs in the family.”

Contemplation: Thinking of changing. You may have good intentions but you haven’t made the mental commitment to make change happen.

“I know I need to lose weight but it’s just not something I can do right now.”

Preparation: Ready to change. Now you’re ready. You haven’t started yet but you are committed.

“I have decided to lose weight and have joined the WOW! Weight Loss Program.”

Action: Making change. You’re seeing the result of change but need to continue the commitment to stick with it.

“I have joined a weight loss group and have been exercising twice a week at the gym and have stopped eating take out food.”

Maintenance: Staying on track. Congratulations! You have successfully overcome the challenge of change.

“In less than one year I lost 40 pounds, quit smoking, exercised at least twice a week, and have reduced my chances of getting Type II Diabetes. I didn’t realize how bad I felt until I started to feel good!”

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<table>
<thead>
<tr>
<th>Stage of Change</th>
<th>Characteristics</th>
<th>Techniques</th>
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</thead>
<tbody>
<tr>
<td>Pre-contemplation</td>
<td>Not currently considering change: “Ignorance is bliss”</td>
<td>Validate lack of readiness.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Clarify: decision is theirs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Encourage re-evaluation of current behavior</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Encourage self-exploration, not action</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Explain and personalize the risk</td>
</tr>
<tr>
<td>Contemplation</td>
<td>Ambivalent about change: “Sitting on the fence”</td>
<td>Validate lack of readiness</td>
</tr>
<tr>
<td></td>
<td>Not considering change within the next month</td>
<td>Clarify: decision is theirs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Encourage evaluation of pros and cons of behavior change</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Identify and promote new, positive outcome expectations</td>
</tr>
<tr>
<td>Preparation</td>
<td>Some experience with change and are trying to change: “Testing the waters” Planning to act within 1 month</td>
<td>Identify and assist in problem solving re: obstacles</td>
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<td>Help patient identify social support</td>
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<tr>
<td></td>
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<td>Verify that patient has underlying skills for behavior change</td>
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<tr>
<td></td>
<td></td>
<td>Encourage small initial steps</td>
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<tr>
<td>Action</td>
<td>Practicing new behavior for 3-6 months</td>
<td>Focus on restructuring cues and social support</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bolster self-efficacy for dealing with obstacles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Combat feelings of loss and reiterate long-term benefits</td>
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<tr>
<td>Maintenance</td>
<td>Continued commitment to sustaining new behavior Post-6 months to 5 years</td>
<td>Plan for follow-up support</td>
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<tr>
<td></td>
<td></td>
<td>Reinforce internal rewards</td>
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<tr>
<td></td>
<td></td>
<td>Discuss coping with relapse</td>
</tr>
<tr>
<td>Relapse</td>
<td>Resumption of old behaviors: “Fall from grace”</td>
<td>Evaluate trigger for relapse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reassess motivation and barriers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plan stronger coping strategies</td>
</tr>
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</table>
SMART Goals

• Set a SMART goal every week - individual or group goal
• Co-create the goal
• Goals should be behavior based
• Based on the stage of change the client is currently in
• Foster positive feelings by setting easy to achieve goals
Track Progress

- Keep client notes re the goals
- What did the client achieve, what didn’t they achieve and why?
- Praise them for goal achievement - text message, email, phone call
- Reinforce the positive behavior
SMART Goals

- Specific
- Measurable
- Action
- Realistic
- Timed
- Set big goal and then weekly goals - the weekly goals get them to the big goal
Week 8: Eating On The Go
Restaurant Rules

- Ask questions - How often do they eat out? Where do they eat? What do they order that they believe to be healthy?
- Discuss feelings around changing the menu - embarrassment, insecurities, questions about what to order
- Brainstorm restaurants that are more suitable
- Review restaurant rules and pick 2 to 3 rules to focus on
Eating On The Go

• Mentality around eating out
• Deceptive menu words and calorie counts
• Co-create healthy whole food choices based on their favorite places to go
• Come up with some strategies that help them overcome challenges
Interactive Game

• Find a restaurant that has the calorie counts on the menu - download and print the menu
• Put people into groups - breakfast, lunch, dinner
• Get them to create a fantasy meal but they have to guestimate the total calories and grams for the meal
• Each group will share their fantasy meal and caloric amount guess
• You reveal the truth from the menu you have
• Most people grossly underestimate the caloric value of most foods
Weekly Nutrition Education Lessons

Module 5: Week 9
What You Will Learn

• Re-assess and renewal
• Supplement disclaimer
• Steps to good digestion
• How to discuss supplements
• Recommended brands
• How to give supplement recommendations
Re-Assess

• Ask the client how they feel they are doing?
• Ask what positive experiences have they had so far?
• Review major goal - Are you on target to hit goal?
• No measurements just a discussion to plant the seed for renewal
• Inform them that their program is almost over and give recommendations on next steps
Supplement Disclaimer

• I am not a medical doctor nor am I licensed to prescribe supplements. We will be discussing supplements from an educational perspective. If you are interested in taking any supplements please speak with your doctor or pharmacists.
Steps To Good Digestion

• Reassess digestive system issues

• Review the link between a healthy gut and the ability to lose weight - leptin, ghrelin, etc

• Discuss the steps to good digestion

• Focus on chewing and not drinking with meals
Discussing Supplements

- Research suggests...
- The formulator claims...
- The brand is known for...
- Clients may not disclose their medications and there are too many supplements that are contraindicated with medications.
Natural Health Product Regulations

• To be legally sold all NHPs must have a product license and the Canadian sites that manufacture, package, label and import these products must have site licenses

• Concerned with labeling and packaging requirements

• Not required for compounded supplements
Goods and Manufacturing Practices

• Good manufacturing practices (GMP) refers to guidelines laid down by agencies which control authorization and licensing for manufacture and sale of food and drug product or a medical device, active pharmaceutical products and pharmaceutical excipients. These guidelines are laid down with the intention of providing minimum requirement that a pharmaceutical or a food product manufacturer must meet while manufacturing of drug or a food product or a medical device, which then assures that the product manufactured in compliance with (GMP) practices are of good quality and does not pose any risk or hazard from cross contamination. Good manufacturing practice guidelines provides guidance for manufacturing, testing, and quality assurance in order to ensure that drug product is safe for human consumption.
Probiotics

• All should be taking this
• Healing dose: 30 - 200 billion per day
• Maintenance dose: 1 - 15 billion per day
• If the addition of a probiotic creates gas, cramps and/or nausea the probiotic is too strong so scale back
Probiotics

• Enteric coated to survive digestive system bile and enzymes
• Contains a variety of strains including human strains
• Skip the ones that don’t need to be refrigerated
• CFU stands for colony forming units, which is the measure of viable microbes in a probiotic
Probiotics

- Genestra
- Renew Life
- Metagenics
- Bio K
Omega 3

- Fish oil
- EPA/DHA
- Omega 3
- EFA’s
Omega 3

• Aim for 6-12 daily grams of total fish oil (about 3-6 grams of EPA + DHA) per day from supplements

• Add up the amounts of EPA & DHA listed on the back of the product and make sure the total is at least 300 mg per 1000 mg capsule

• Liquid is better because it’s easier to consume more of it

• Look for a product with smaller fish - not cod liver oil
Digestive Enzymes

• If the body doesn’t secrete enough enzymes we aren’t able to breakdown the nutrients in food

• Digestion starts in the mouth with saliva and the pancreas and small intestines, which secrete enzymes

• Low stomach acid, inflammation, stress, certain diseases and medication decrease enzyme production
Digestive Enzymes

• Chronic stress. This is the most common reason for digestive enzyme problems. The body has two modes: sympathetic “fight or flight,” and parasympathetic “rest and digest.”

• When in “fight or flight” mode, digestion is given a very low priority, which means digestive function (including digestive enzyme output) is dialed down. Chronic stress = constant “fight of flight” mode = impaired digestive enzyme output

• Reduce stress during meal time and then continue to reduce stress after meals
Types Of Enzymes

- Plant based
- Plant based with HCL - *hydrochloric acid
- Fermented foods
- Raw foods
- Certain fruits - pineapple, papaya, apples
Multi Vitamins

• Gender and age specific
• No fillers, binders or artificial ingredients
• Skip the one-a-day types
• Capsules are easier to digest than tablets
• Rotate or take half doses
Vitamin D

- Liquid form D3
- 5000 - 10,000 IU’s per day
- Taken with Vitamin C for better absorption
- Check to see what other supplements or medications include vitamin D
- Take vitamin D with your largest meal
Weekly Nutrition Education Lessons
Module 5: Week 12
What You Will Learn

• Final Assessment
• Maintenance Options
• Maintenance Mentality
Final Assessment

• Repeat measurements, pictures, weight, body fat %

• Review initial health symptoms/complaints and re-assess

• Provide positive feedback on improvements

• Based on starting symptoms/goals and final assess how do you proceed?
Updated Personalized Plan

• Based on the amount of weight lost the client may need an updated personalized plan at renewal time

• It’s best to redo their plan for every 10 to 20 pounds that are lost

• Clients can get a maintenance plan based on their goal weight
Continuity

• What happens after the 12 weeks are over?
• Renew for another 12 weeks and provide more advanced education
• Renew on a maintenance plan - bi-weekly or monthly sessions
• Pay as you go option
• Email check in program
Maintenance Plans

• Give price discount for a 12 week renewal

• Monthly renewal - 4 session minimum but they can use the sessions over 4 months

• Pay as you go would be at a premium price
Maintenance Mentality

• Did a shift occur from diet to lifestyle change?

• What challenges would cause them to return to old behavior patterns?

• What specific strategies did they learn and implement that will support them in the future?
Weekly Nutrition Education Lessons
Module 5: Week 10
What You Will Learn

• The fight or flight response explained to clients

• Stress and the relationship to weight

• Interactive exercise to do with clients
Fight or Flight

- To produce the fight or flight response, the hypothalamus activates two systems: the sympathetic nervous system and the adrenal-cortical system.
- The sympathetic nervous system uses nerve pathways to initiate reactions in the body, and the adrenal-cortical system uses the bloodstream.
- The combined effects of these two systems are the fight or flight response.
- ACTH moves through the bloodstream and ultimately arrives at the adrenal cortex, where it activates the release of approximately 30 different hormones that get the body prepared to deal with a threat.
Fight or Flight

• The sudden flood of epinephrine, norepinephrine and dozens of other hormones causes changes in the body that include:
  • heart rate and blood pressure increase
  • pupils dilate to take in as much light as possible
  • veins in skin constrict to send more blood to major muscle groups (responsible for the "chill" sometimes associated with fear -- less blood in the skin to keep it warm)
  • blood-glucose level increases
Fight or Flight

• muscles tense up, energized by adrenaline and glucose (responsible for goose bumps -- when tiny muscles attached to each hair on surface of skin tense up, the hairs are forced upright, pulling skin with them)
• smooth muscle relaxes in order to allow more oxygen into the lungs
• nonessential systems (like digestion and immune system) shut down to allow more energy for emergency functions
• trouble focusing on small tasks (brain is directed to focus only on big picture in order to determine where threat is coming from)
Questions To Ask

• Do you go to sleep feeling stressed or anxious?
• Do you wake up feeling stressed or anxious?
• What situations feel stressful?
• How do you typically cope with stress or anxiety?
• What are 3 things (behaviors) that would help to decrease stress?
• Is there another perspective?
Strategies

• Start with balancing blood sugar - when blood sugar is low it’s more common to feel anxiety and overwhelm

• Removing trigger foods - caffeine, alcohol, sugar, wheat, MSG

• Implement grounding foods - fats, root vegetables, less raw foods

• Remove all negative images - TV, books, internet
Belly Breathing

• Follow the instructions on the 4-part breath
• Have clients do 4 to 6 rounds of the 4-part breath
• How do they feel after they breathe like that?
• Create one goal around reducing stress
Supplements To Help Manage Stress

• Make sure they are not on any SSRI’s or any other types of anti-anxiety or anti-depressant medications

• 5-HTP, Multi B Complex For Stress, Adrenal Support, Maca, Hyland’s Calm Forte

• Omega 3, digestive enzymes, greens powder
Weekly Nutrition Education Lessons

Module 5: Week 11
What You Will Learn

• Hormones and sleep
• Sleep hygiene
• Supplements to help promote quality sleep
Hormones and Sleep

• Trouble falling asleep or staying asleep?
• Wired at night? Cortisol levels are unbalanced
• High cortisol levels contribute to night waking
• Peri-menopause - lowered levels of progesterone and estrogen make it hard to fall asleep
• Fluctuating levels of progesterone and estrogen can actually wake you up
• Lack of quality sleep increases appetite and drops leptin levels
Sleep Hygiene

- Review sleep hygiene
- Pick 1 or 2 behaviors that the client will commit to doing
- Create a nighttime routine
- Balance blood sugar
- Remove stimulating foods
Sleep Hygiene

• Consume a nighttime snack 1-2 hours before bed
• Should consist of protein (turkey) and/or fat
• If consuming carbs then choose high fiber carbs and pair it with a protein
Supplements

• Melatonin: 0.5 mg taken 2 hours before bed
• 5-HTP 1 to 2 before bed
• Hyland’s Calm Forte
• Lavender scent on pillow