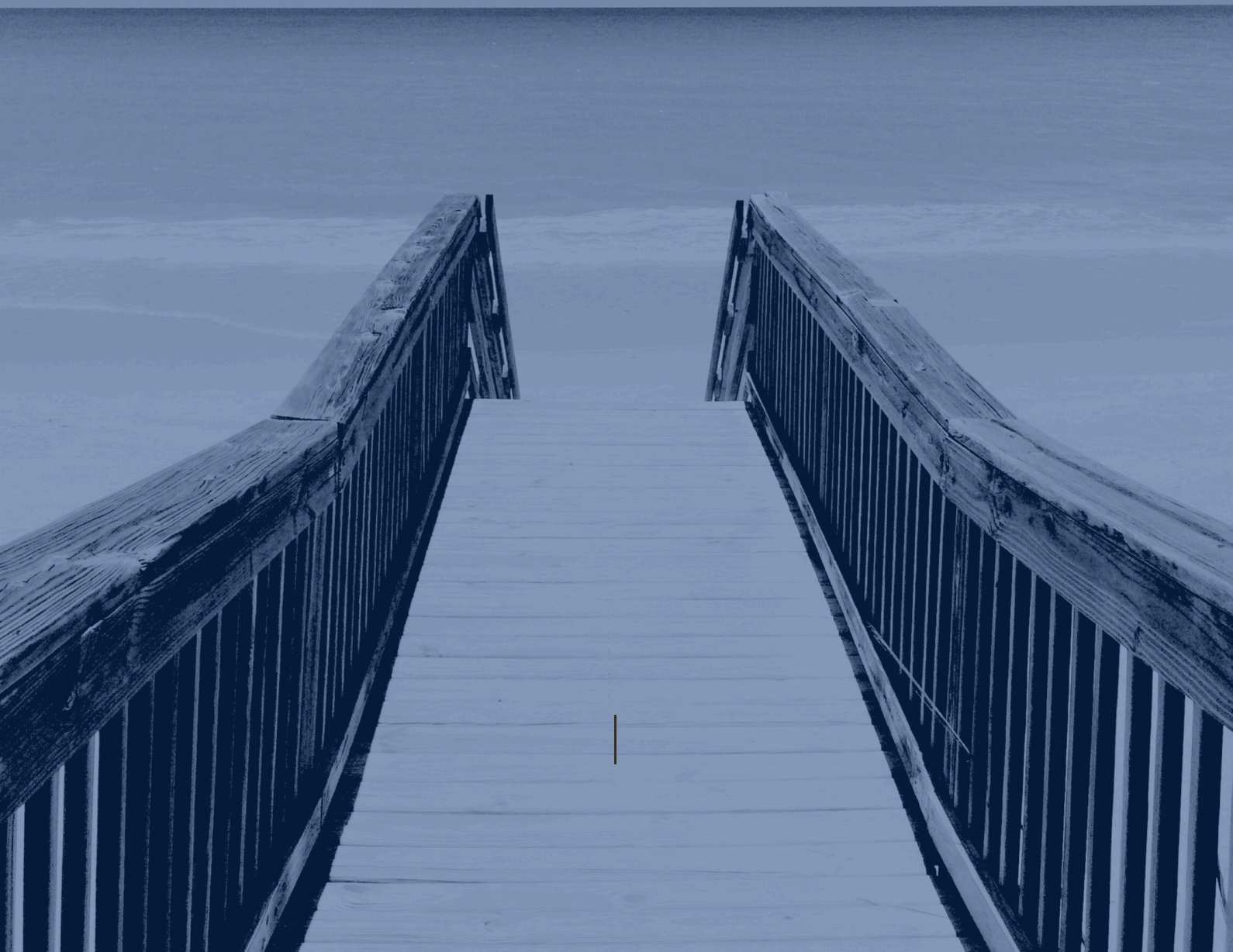


# ***VIDEO COURSE WORKBOOK***





W O R K B O O K

# Outline

## Month 1

• **01**

### Creating Goals

Effective goal setting will allow you to visualize your goal in your mind & also the required steps to making that happen. This chapter will help you identify potential barriers to your success.

• **02**

### Creating Healthy Habits

The creation of healthy habits will help eliminate the potential barriers to your success. this chapter will focus on skills to establish healthy habits.

• **03**

### Developing A Growth Mindset

Individuals with a growth mindset believe that skills, talents & general qualities have a capacity to grow & can be improved by hard work & persistence.

• **04**

### Control Your Environment

Our environment has major impact on our health choices. By improving your environment, you can decrease temptations & make healthier choices much easier.



# W O R K B O O K

# Outline

## Month 2

05

### Nutrition Fundamentals

A basic understanding of nutrition can greatly increase the likelihood of making healthy choices. This chapter will focus on the 3 macronutrients & the benefits & disadvantages of each one.

06

### The Healthy Diet

The key to creating a true healthy lifestyle change is not only finding a diet that helps you lose weight, but finding a diet that fits into your lifestyle & will exist long term.

07

### Managing your Hunger

Hunger is driven by physiological & psychological components. Although it is usually a combination of both, there will usually be a driving force from one of the two. Sometimes it can be difficult to know which one is leading.

08

### Fitting Exercise Into your Life

Just like there is no perfect diet, there is no perfect exercise. Regardless of how many calories you can burn performing a given exercise, it won't burn any calories if you don't do the exercise. Therefore, your best choice is to perform the exercise that you are more likely to perform on a regular basis.



W O R K B O O K

# Outline

## Month 3

09

### Managing Stress

We will all suffer from high states of stress at some point in our lives, and in today's busy society we are involved in regular stressful life situations, along with frequent and exhausting schedules.

10

### Maintaining Motivation

Motivation is needed to get the ball rolling, but momentum keeps it rolling. The key to maintaining momentum is accomplishing challenging & meaningful goals.

11

### Ensuring Continued Success

This week, will focus on strategies to help ensure that you maintain that healthy mindset & healthy habits, but more importantly, how to continue to improve on all the changes & benefits that you have obtained.

12

### Program Review

This weeks course will review the most important content discussed during this course. In addition, you will receive a link so that you can easily review any of the past videos.





# Week 1

## Creating Goals

Effective goal setting will allow you to visualize your goal in your mind & also the required steps to making that happen.



# Week 1

## THIS WEEK Creating Goals

### Lesson 1

#### Setting Goals

The SMART principle helps ensure that the goals we create are effective & measurable. This helps with evaluating progress & will assist in making changes to your routine.

### Lesson 3

#### Goal Relevance & ST Goals

By identifying the true importance of obtaining your goal, you will ensure that you have all the motivation that you will need to endure any challenges that may stand in your way.

### Lesson 2

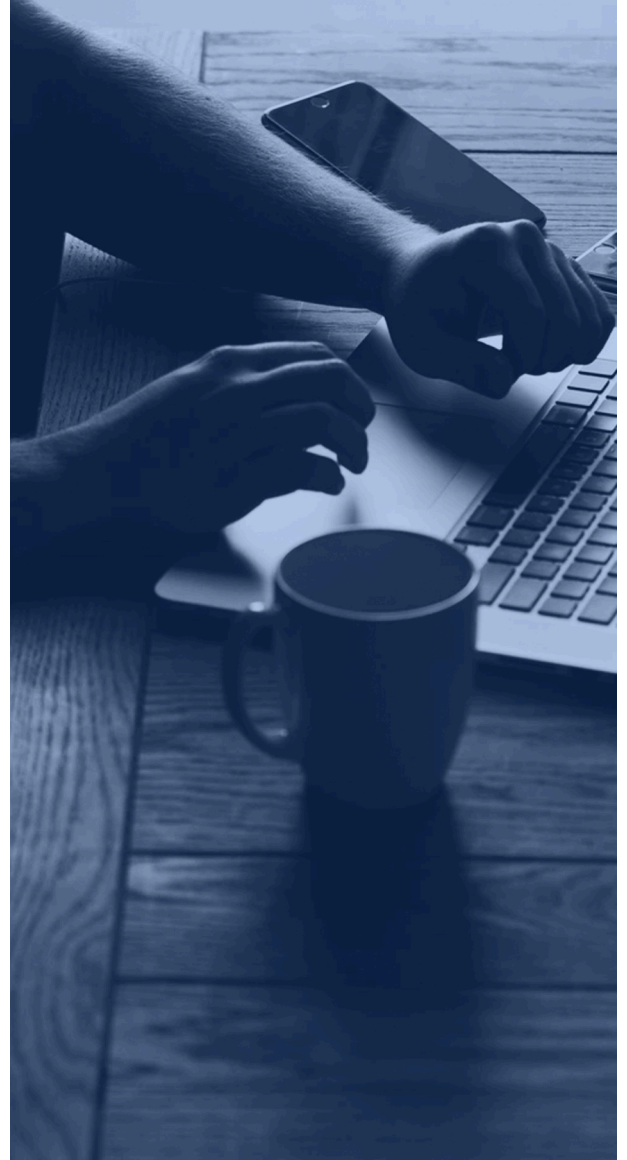
#### Identifying Barriers

By identifying potential barriers to success, we can address them before they arise. This can also help in identifying areas that require focus when creating goals and habits.

# Week 1

## Lesson 1

# Setting Goals



## Lesson 1 Video





# LESSON 1 WORKSHEET

## REVIEW OF THE SMART PRINCIPLE

**S**

### **SPECIFIC**

Is the goal clearly written? Is it clear who needs to accomplish the goal, & any support that might be expected?

**M**

### **MEASUREABLE**

Does the goal answer the questions of how many, how much &/or how often?

**A**

### **ACHIEVABLE**

Can you get the support needed to achieve the goal by the target date? Do you have all the resources needed to achieve the goal? Are the results realistic?

**R**

### **RELEVANT**

Does the goal make a difference to your career/health/wellbeing? Is it going to make an improvement in your personal life?

**T**

### **TIME-BOUND**

Does the goal state a clear & specific completion date?

# LESSON 1 WORKSHEET

## Long Term Goal

**GOAL**

### SMART GOAL CHECKLIST

(Use information on previous page to assess your goal, check off as appropriate)

- ☐ Specific
- ☐ Measurable
- ☐ Achievable
- ☐ Realistic
- ☐ Time-based

**WHY IS THE GOAL IMPORTANT TO YOU?**

**WHERE ARE YOU NOW IN RELATION TO YOUR GOAL?**

# LESSON 1 WORKSHEET

**HOW WILL YOU KNOW WHEN YOU HAVE ACHIEVED YOUR GOAL?**

## **GOAL 1 : Action Steps**

What needs to be done to achieve this goal? Be as specific as possible.

## **ON A SCALE 0 TO 10**

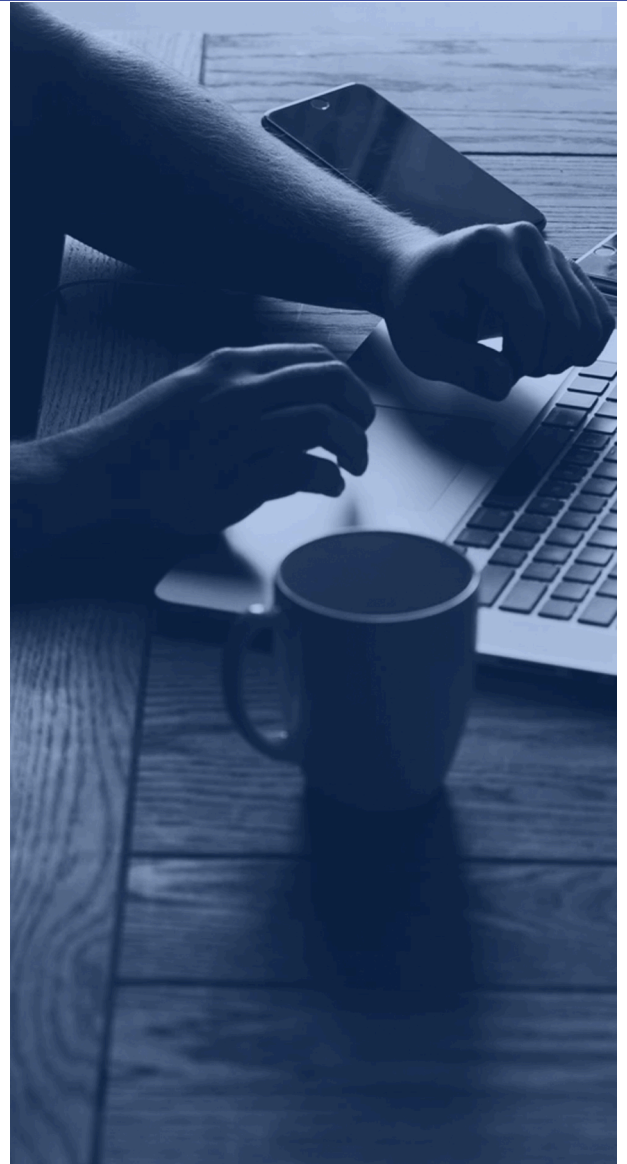
How ready are you to make changes in order to achieve your set goal?



# Week 1

## Lesson 2

# Identifying Barriers



## Lesson 2 Video



# LESSON 2 WORKSHEET

## Identify Your Barriers

In the spaces below, enter a barrier that you identified & a couple solutions for each

Barrier

Solution

Solution

---

Barrier

Solution

Solution

# LESSON 2 WORKSHEET

Barrier

Solution

Solution

---

Barrier

Solution

Solution

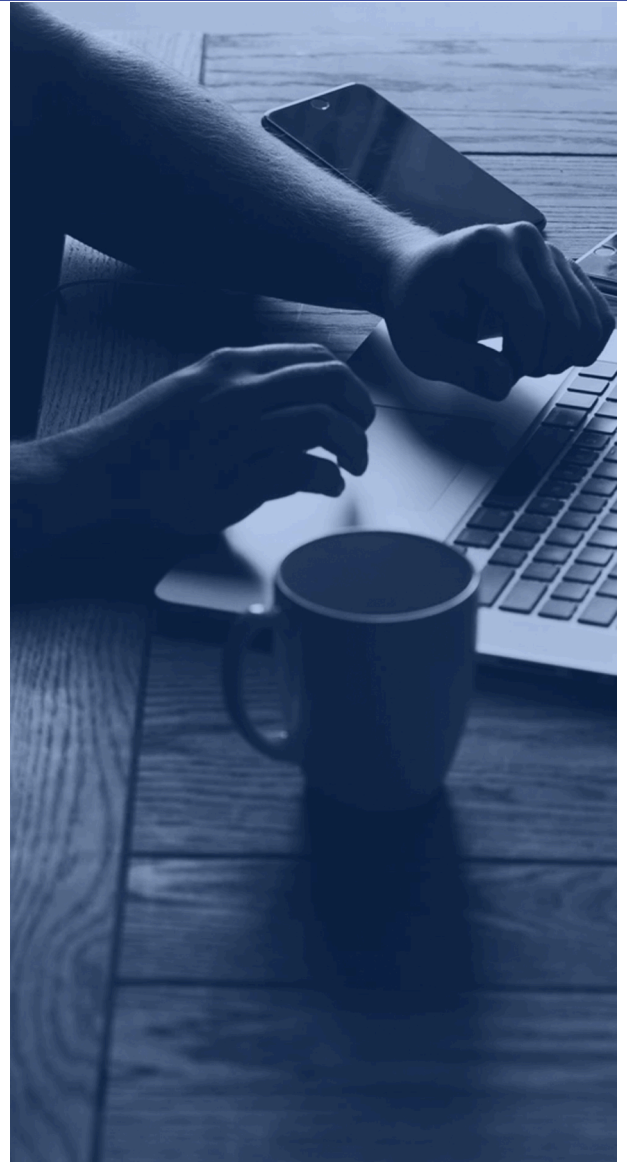
Notes



# Week 1

## Lesson 3

### Goal Relevance & ST Goals



## Lesson 3 Video



# LESSON 3 WORKSHEET

## The 5 Why's



I won't hold you to the 5 why's, but the goal is to find that compelling reason for your wanting to change. If you find it in less than 5, that is ok

**Why**

**Because**

**Why**

**Because**

# LESSON 3 WORKSHEET

**Why**

**Because**

**Why**

**Because**

**Why**

**Because**

# LESSON 3 WORKSHEET

## Short Term Goals

By setting short term goals we can better see how our performance is helping us progress towards our main goal. By breaking the goal down into weekly & monthly performances, progress is much easier tracked & noticed.

### **Create 2 short term goals**

- ▷ 1 Weekly Goal
- ▷ 1 Monthly Goal

These goals should be unique goal, but directly related to your long term goal. For example, If losing weight is your long term goal, your monthly goal will assist in losing weight. An example could be an exercise related goal as it will help in achieving your weight loss goal.

### **Set yourself up for success.**

Although some focus should be on targeting a challenge or barrier that you may have, make sure that you are at least 85% certain that you will achieve the goal. This will help gain confidence and momentum.



# LESSON 3 WORKSHEET

## My Goals

**My Long term Goal**

**My Monthly Goal**

**My Weekly Goal**



# Week 2

## Creating Habits

The creation of healthy habits will help eliminate the potential barriers to your success.

# Week 2

## THIS WEEK Creating Habits

### Lesson 4

#### Creating Healthy Habits

Creating healthy habits will be the key to sustaining your new healthy lifestyle. This also an opportunity to shine light on any behaviors that may limit your progress.

### Lesson 6

#### Self Efficacy & Ambivalence

To truly achieve you full potential, it is important to believe in yourself. In addition, it is important to ensure that your thoughts & opinions on your efforts are kept positive.

### Lesson 5

#### Positive & Negative Motivation

Motivation is an important aspect of achieving any goal. Motivation can come from different ways, but some are more helpful than others.

# Week 2

## Creating Healthy Habits

### Lesson 4



### Lesson 4 Video





# LESSON 4 WORKSHEET

## Creating Healthy Habits

**Remember that your habit needs to follow a trigger**

The trigger can be anything that you already perform consistently everyday

**Trigger**



Could be the morning alarm, meal time, getting home etc.

**Habit**

**Celebration**

Can be as simple as a pat on the back or saying “good job”

# LESSON 4 WORKSHEET

## Feedback Loops

We discussed positive & negative feedback loops.

### Positive Feedback Loop

You eat chocolate which tastes great and gives  
you great pleasure  
(**positive feedback**)

Not eating the chocolate creates cravings  
(**negative feedback**)

In this example, the feedback loop is set up so that you  
are likely to continue with the activity repeatedly,  
which leads to habit formation

### Negative Feedback Loop

You dislike exercise & experience discomfort when  
you exercise  
(**negative feedback**)

Not exercising allows you to relax  
(**negative feedback**)

In this example, the feedback is set up so that you will not  
perform the habit enough to truly form the habit

# LESSON 4 WORKSHEET

## MY Feedback Loops

List an example of how a positive feedback loop is creating a challenge for you

List an example of how a positive feedback loop will assist with your health goals

List an example of a negative feedback loop that has interfered with your health goals

Notes

# Week 2

## Positive & Negative Motivation

### Lesson 5



## Lesson 5 Video



# LESSON 5 WORKSHEET

## Positive Motivation

I want you to identify 2–3 ways that you will use positive motivation with your habit. You can use your own idea or one of the examples from the video. Regardless, make sure it is personalized to you.

**After I complete my habit, I will...**

**After I complete my habit, I will...**

**After I complete my habit, I will...**

# LESSON 5 WORKSHEET

## Negative Motivation

In the video, we discussed that we want to rely on positive motivation as much as possible & to use negative motivation only as needed. However, we all need a little extra motivation every once in a while.

**Identify 2 ways that you can use negative motivation to your advantage**

**Notes**



# Week 2

## Self Efficacy & Ambivalence Lesson 6



### Lesson 6 Video



# LESSON 6 WORKSHEET

## Intrinsic Motivation

Having a drill sergeant giving you orders & telling how to exercise or what to eat can definitely be motivating. However it is not the type of motivation that will aid in truly transforming your health & lifestyle

### Believe In Yourself

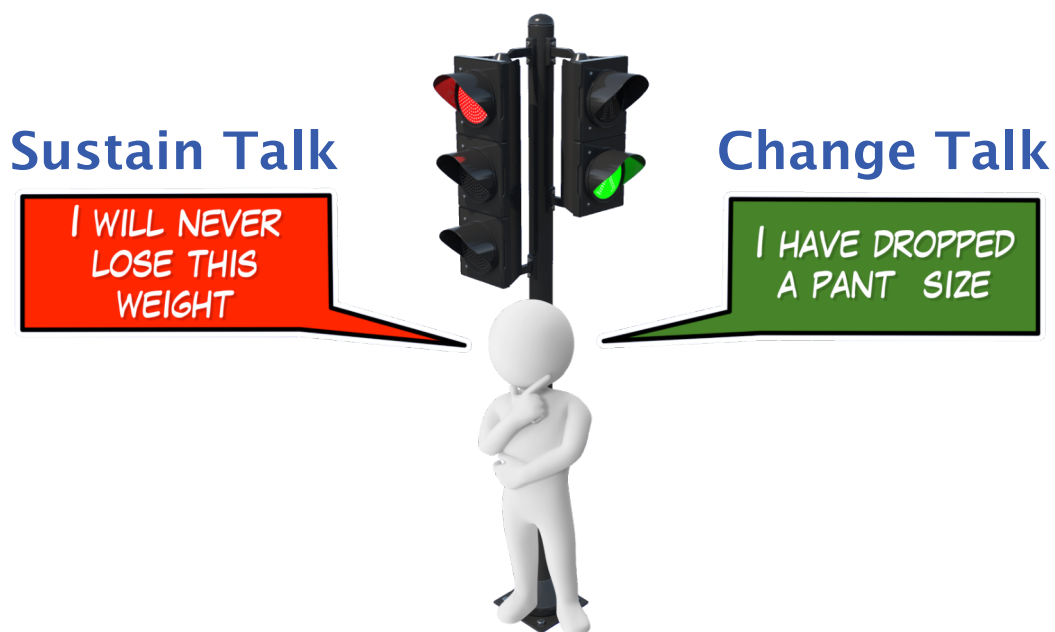
**Identify an aspect of your health routine that is lacking in motivation**

**Now identify 2 ways that you can increase you intrinsic motivation towards completing this activity**

# LESSON 6 WORKSHEET

## Ambivalence

A state of having mixed feelings about a change; arguing for and against change simultaneously



It is ok to have a small degree of sustain talk, but the goal is to be able to identify it, prevent continuing sustain talk and turn it into change talk.

The idea is to be aware of your thought patterns or what you are saying & the affects that it may have on your progress & decision making

# LESSON 6 WORKSHEET

## Ambivalence

**Can you identify a situation or activity that tends to lead to self talk**

**What are a couple strategies or approaches that you could utilize to promote change talk**



# Week 3

## Developing A Growth Mindset

Individuals with a growth mindset believe that skills, talents & general qualities have a capacity to grow & can be improved by hard work & persistence.

# Week 3

## THIS WEEK

# Developing A Growth Mindset

### Lesson 7

#### **Growing A Healthy Mindset**

Individuals with a growth mindset believe that skills, talents & general qualities have a capacity to grow can be improved by hard work & persistence.

### Lesson 9

#### **View Challenges As Opportunities**

Consider new challenges as opportunities & new experiences that you can learn from & grow.

### Lesson 11

#### **The Pause Button Mindset**

Instead of hitting the pause button, adjust the dial. Think of ways that your routine can fit into the current situation.

### Lesson 8

#### **Embrace Your Weaknessess**

Addressing your weaknessess will help improve & maintain motivation, momentum & confidence.

### Lesson 10

#### **Focus On The Process Not The End Result**

Fully engage & put effort into the process. Focusing on the process will improve the reults that you aim for.



# Week 3

## Growing A Healthy Mindset

### Lesson 7



## Lesson 7 Video



# LESSON 7 WORKSHEET

## Growth Mindset

### PEOPLE WITH A GROWTH MINDSET:

- 1** ▶ Believe Talents Can Be Developed
- 2** ▶ Believe Effort Is A Path To Growth
- 3** ▶ Believe Mistakes Are Part Of Learning
- 4** ▶ View Failure As An Opportunity
- 5** ▶ Believe Failure Is Temporary
- 6** ▶ Embrace Challenges
- 7** ▶ Welcome Feedback
- 8** ▶ Are Inspired By Success Of Others

# LESSON 7 WORKSHEET

## Its Time For Growth

Now you will select a couple of the topics below that would be most beneficial in contributing to your growth mindset

**Choose option 1**

**How will you apply this to your daily life?**

**Choose option 2**

**How will you apply this to your daily life?**

# Week 3

## Embrace Your Weaknesses

### Lesson 8



## Lesson 8 Video



# LESSON 8 WORKSHEET

## Embrace Your Weaknesses & Strengths

Remember that you are only as strong as your weakest link. Therefore, it is important to focus on improving your weaknesses as well as taking advantage of your strengths.

Identify 2 **WEAKNESSES** that you have in relation to your health routine

Identify 2 **STRENGTHS** that you have in relation to your health routine

# Week 3

## View Challenges As Opportunities Lesson 9



## Lesson 9 Video



# LESSON 9 WORKSHEET

## View Challenges As Opportunities

Consider new challenges as opportunities & new experiences that you can learn from and grow. Think of different ways you can approach the challenge & remember that fear is only natural.

If you feel that you are not prepared for a challenge, ask yourself what you can do to better prepare yourself for the challenge.

**Identify a challenge that you are currently facing at this time**

**What are a couple solutions to the above challenge.**



# Week 3

## Focus On The Process, Not The End Result

### Lesson 10



## Lesson 10 Video



# LESSON 10 WORKSHEET

## Focus On The Process Not The End Result

There will always be ups & downs when pursuing any goal. On the days that things don't seem to be going so well, it is important to consider all the things that you have already achieved & health improvements that you have gained.

**Lets take a look at the past few weeks**

**What has been you greatest accomplishment?**

**What are challenge have you overcome?**

**What is the greatest thing that you have learned?**

# LESSON 10 WORKSHEET

## Don't Forget The Little Wins

What are 3 little wins that you have experienced the  
past couple of week

# Pause Button Mindset

## Lesson 11

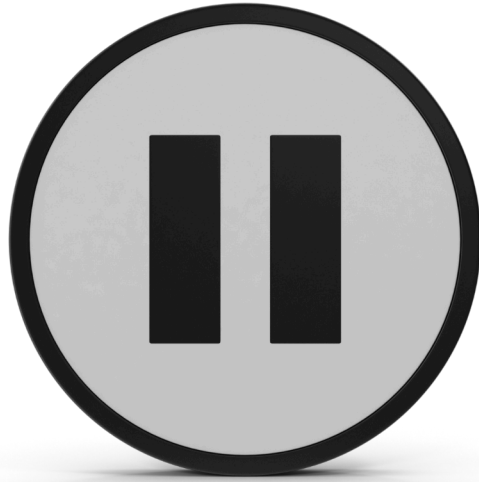


## Lesson 11 Video



# LESSON 11 WORKSHEET

## The Pause Button Mindset



An “**ALL OR NOTHING**” approach  
usually doesn’t get us **ALL**,  
it usually gets us **NOTHING**

The point is that a little is better than none. It is better to complete an abbreviated session or less sessions during a busy week than to skip the workouts altogether.

Sometimes, life can take us by surprise, but often we are aware of busy weeks are coming up.

# LESSON 11 WORKSHEET

## A Look Into The Future

**Lets prepare for your next event. Thnk of an event that you have coming up in the next 1-2 months**

**What is the event & when will it occur?**

**How will you adjust your exercise routine to fit the schedule of this activity?**

**How will you adjust your eating routine to fit the schedule of this activity?**





# Week 4

## Control Your Environment

Our environment has major impact on our health choices. By improving your environment, you can decrease temptations & make healthier choices much easier.



# Week 4

## THIS WEEK

# Control Your Environment

### Lesson 12

#### Introduction

By improving your environment, you can decrease temptations & make healthier choices much easier.

### Lesson 14

#### Meal Planning

What strategy that works best for you. Is it better to prepare meals on the weekend or easy to prepare meals each night.

### Lesson 16

#### Away From Home

When away from home it is important that you can enjoy yourself without feeling overly restrained,, but still make progress towards your goals

### Lesson 13

#### Kitchen Overhaul

Your kitchen is where you prepare most of your meals. Therefore, we want to make that it is easy to make the healthy choices.

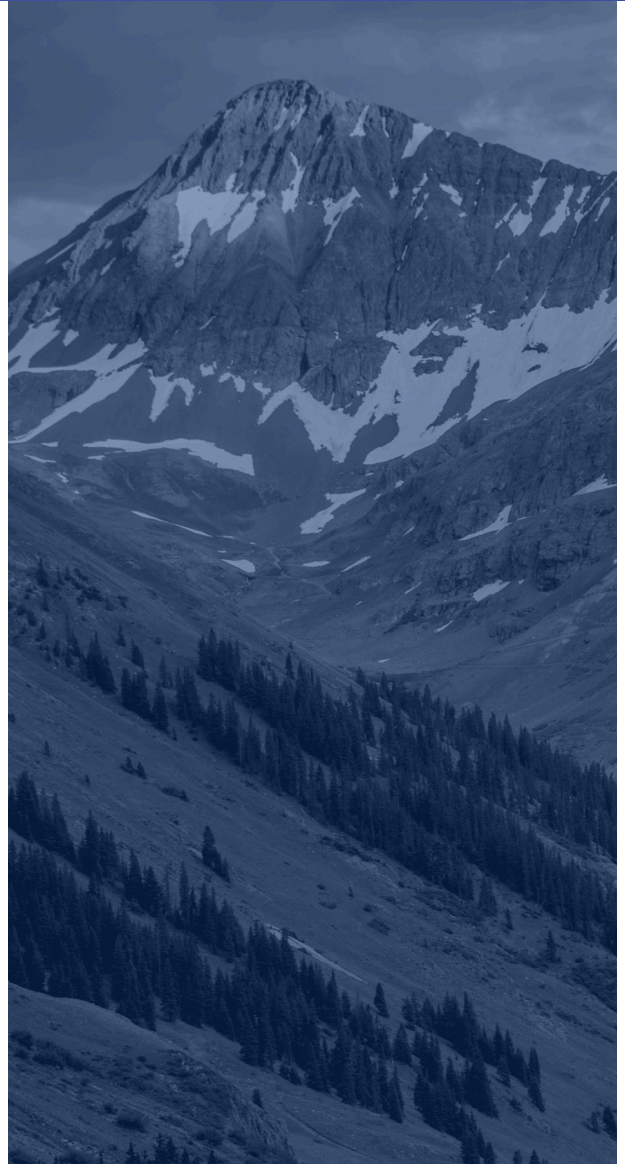
### Lesson 15

#### Create Your Environment

Focus on the areas of your life that can impact your stress levels. By managing these areas, you can create an environment that better facilitates your goals.

## Introduction

## Lesson 12



## Lesson 12 Video



# LESSON 12 WORKSHEET

## Health Promoting Environment

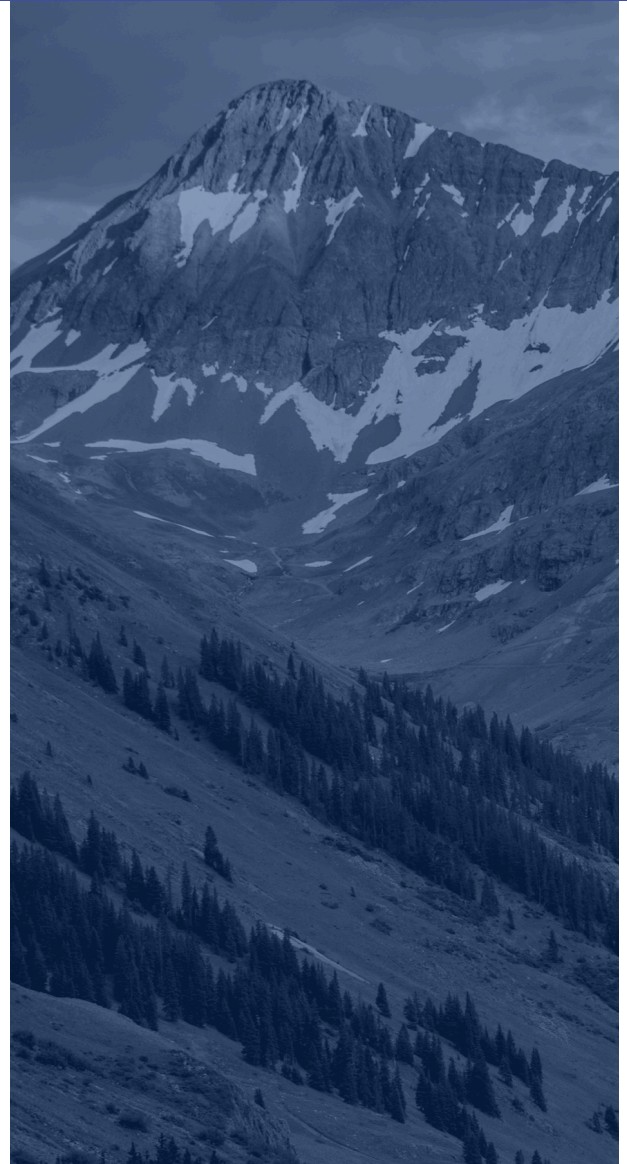
### To Create A Healthy Environment:

- 1** Make Problem Behaviors Inconvenient
- 2** Make Healthy Behaviors Convenient

Identify 3 things in your environment that may contribute to making bad health choices

# Kitchen Overhaul

## Lesson 13



## Lesson 13 Video



# LESSON 13 WORKSHEET

## Kitchen Overhaul

### Stimulus Control

Stimulus control is the act of removing reminders & cues to engage in unhealthy behaviors & replacing them with cues with healthy behaviors

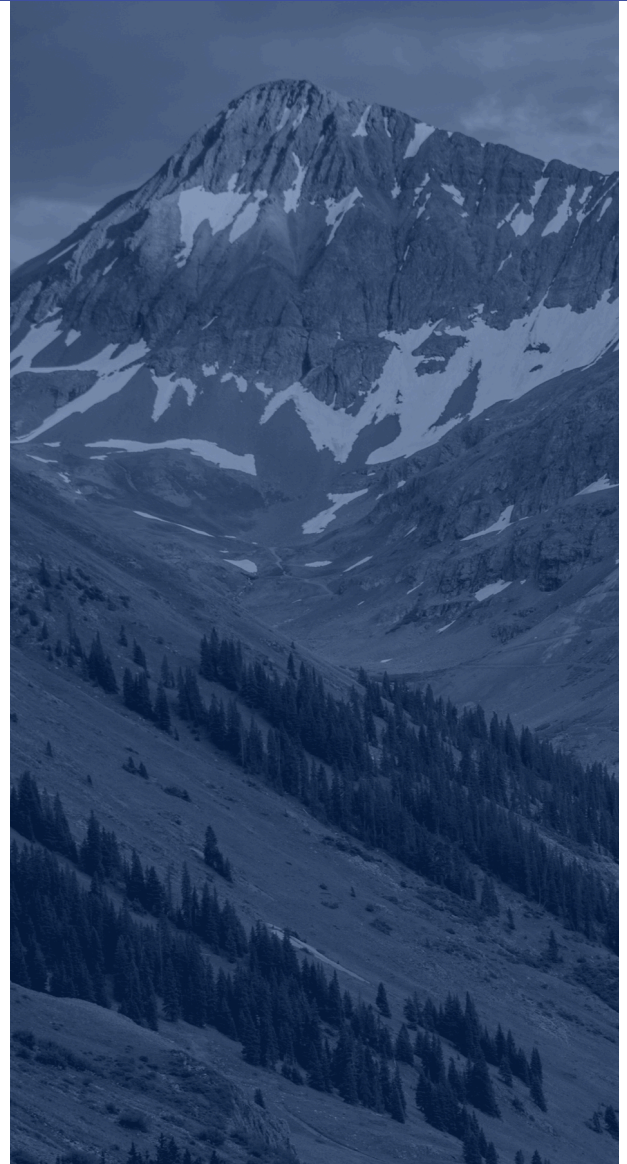
Stimulus control is the basis of your kitchen overhaul.

**What are 2 challenges that your kitchen creates with your ability to make healthy choices?**

**What is a solution for each of the above challenges?**

# Meal Planning

## Lesson 14



## Lesson 14 Video





# LESSON 14 WORKSHEET

## Meal Planning

Having a plan greatly increases your chance of success. By pre-planning your meals, you can help decrease the likelihood that a busy schedule will leave you vulnerable to making poor health choices.

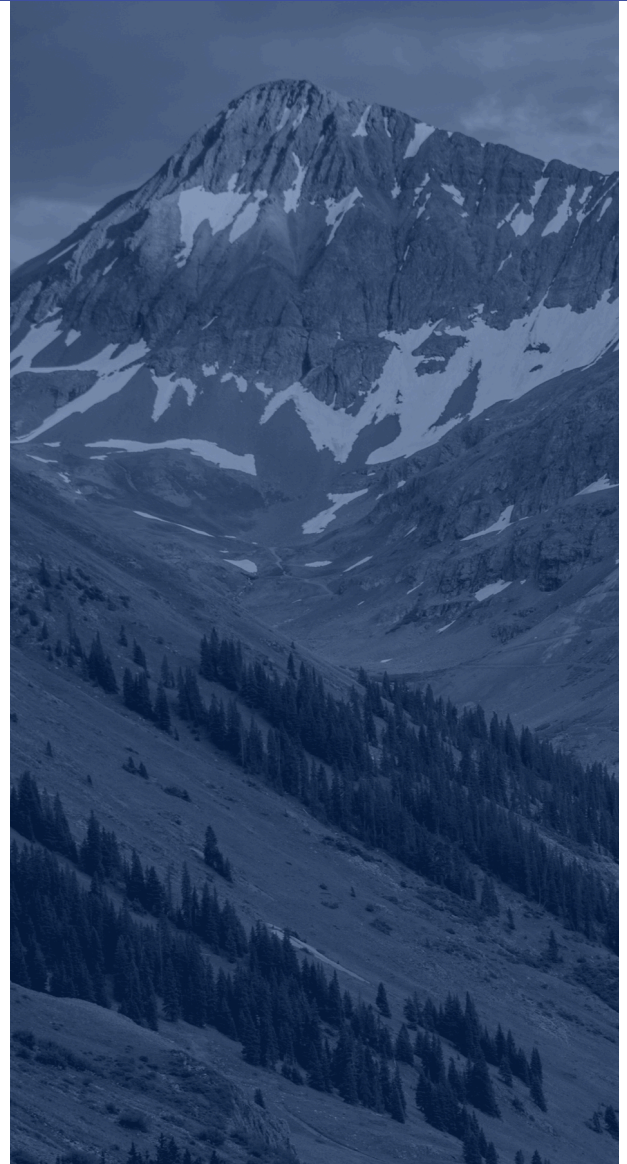
**What meals do you struggle with the most?**

**What are a couple solutions to addressing this challenge?**

**Are there any strategies that you could utilize to address any challenges snack foods?**

## Create Your Environment

### Lesson 15



## Lesson 15 Video





# LESSON 15 WORKSHEET

## Create Your Environment

Identify environment related challenges. These can come from stress, friends/family, lack of convenience etc. Once you identify these challenges, you can identify strategies to minimize their impact.

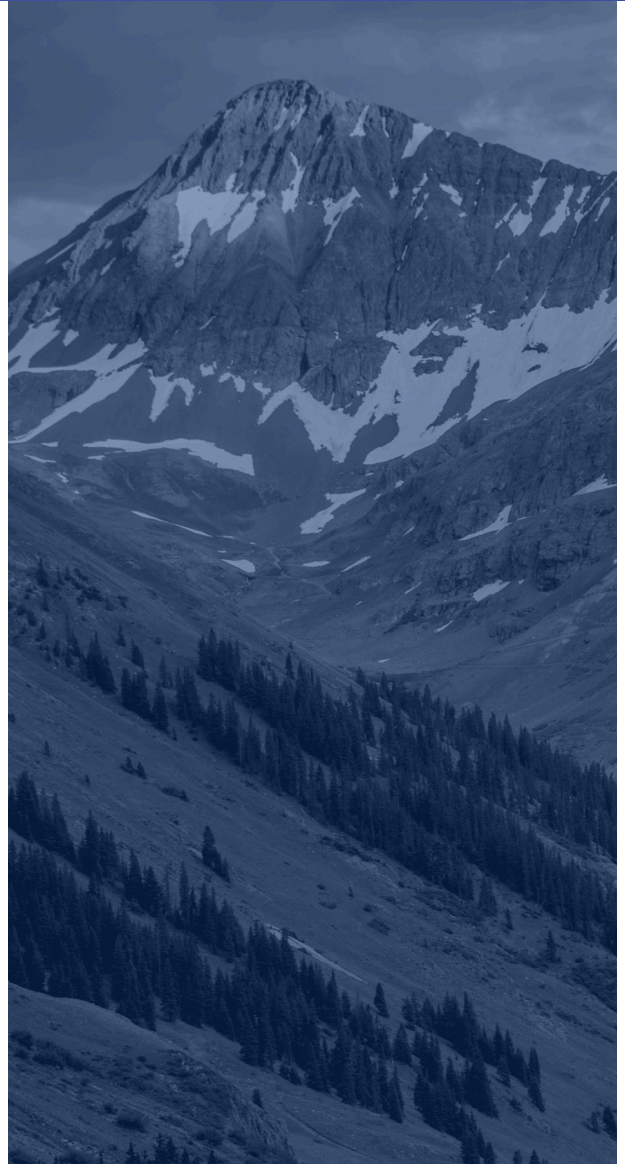
**What aspect of your environment has the greatest impact on your health routine?**

**Can you identify a couple solutions to the above challenge?**

**What is the greatest (non weight loss related) benefit that you have experienced since beginning your journey?**

# Away From Home

## Lesson 16



## Lesson 16 Video



# LESSON 16 WORKSHEET

## Away from Home

We have discussed numerous strategies to help minimize the negative impact that our environment has on our health choices. However, we would all agree that temptations are always the greatest when we are in an uncontrolled environment.

**Are there typical situations that you experience?**

**Are there any strategies that could better set you up for success?**

It has been emphasized that your health routine needs to fit into your life. If your routine restricts your social activities too much, it will greatly impact your long term adherence.

**Do you have any social events or trips in the near future?  
If so, what is your plan during this event?**



# Week 5

## Nutrition Fundamentals

You don't have to be an expert in nutrition, but an understanding of the basics can be very helpful when looking for the foods that fit into your new healthy lifestyle.



# Week 5

## THIS WEEK

# Nutrition Fundamentals

### Lesson 17

#### What Are Proteins?

Protein is incredibly important, & without it our body composition & health greatly suffer as a result.

### Lesson 19

#### What Are Fats?

Fat is the most energy dense macronutrient, & it is also easily stored and transported within the body. The body can store unlimited amounts of fat.

### Lesson 21

#### Don't Forget The Water

The most important nutrient in our body is water. It is the most widely used nutrient at work within the body's functions & processes.

### Lesson 18

#### What Are Carbs?

Carbohydrates are a major macronutrient & the primary source of energy for the body & brain. In terms of structure, there are two types of carbohydrates: SIMPLE & COMPLEX.

### Lesson 20

#### Understanding Macronutrients

Now that you know a little more about protein, carbs & fat, we need to discuss the how & when. We will discuss all the common questions & misconceptions related to macronutrients.

# What Is Protein?

## Lesson 17



## Lesson 17 Video



# LESSON 17 WORKSHEET

## What Is Protein?

The debate still continues on how much protein we need daily, but there appears to be a general agreement that active individuals need a higher intake than sedentary people.

### The Average Intake

For a healthy person of a healthy weight who is mainly sedentary & is not seeking changes in body composition – then an intake of **0.4 – 0.6 grams** of protein per pound bodyweight is sufficient.

### When Losing Body fat

Having a high protein intake during a calorie deficit is also important, as it is very anabolic, meaning we are more likely to preserve lean body tissue in the process. A good range would be a moderate level of **0.6 – 0.8 grams** per pound of bodyweight.

### When Building Muscle

The studies that look at muscle mass & protein intake tend to vary from 0.8–1.0+ gram per pound bodyweight, so it's safe to say a balanced approach would be most beneficial, so around 1g per pound bodyweight is highly effective.

# LESSON 17 WORKSHEET

## Lets Take A Look At Your Protein Intake

**How would you rate your overall protein intake?**

**How is your protein intake at breakfast time?**

**What are your favorite protein sources?**

**Do You have any ideas for new protein sources?**



# What Are Carbs?

## Lesson 18



## Lesson 18 Video



# LESSON 18 WORKSHEET

## What Are Carbs?

There's no precise definition of exactly how many carbs should make up someone's diet, as what might be right for one person may not be for the next. An optimal intake depends on age, gender, body composition, activity levels, personal preference, food culture & current metabolic health.

### High Carb Diet – 200g+ per day

Some people do very well on a higher carb diet, eating even up to 300–400g per day while still losing body fat. Those who can, usually fall into the same category – young, lean, active lifestyle & metabolically efficient.

### Moderate Carb Diet – 100–200g per day

This is a very common daily carb range for the majority of active & healthy people looking to lose body fat. This still allows for some starch in the diet, yet limits the amount quite significantly.

### Low Carb Diet – <100g per day

This can be described as a ketogenic diet – one in which no starchy carbs (or very little) are consumed daily. This is when the body is forced to use fat for energy.

# LESSON 18 WORKSHEET

## Lets Take A Look At Your Carb Intake

How would you rate your overall carb intake?

How is your carb intake at breakfast time?

How is your carb intake at dinner time?

What are your favorite carb sources?

# What Are Fats?

## Lesson 19



## Lesson 19 Video



# LESSON 19 WORKSHEET

## What Are Fats?

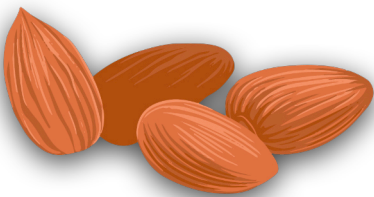
For a healthy individual seeking a balanced macronutrient diet, 30% of daily caloric requirements should come from healthy fat.

**This can be broken down into the 3 different types:**

- 10% should be consumed from monounsaturated fat
- 10% should come from polyunsaturated fat (omega 3 & 6)
- 10% should be from saturated fat
- Hydrogenated fat should be avoided

**Some examples of healthy fats:**

Almonds



Salmon



Cashews



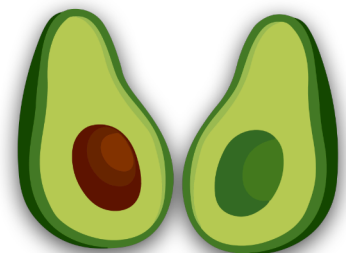
Peanut Butter



Cooking Oils



Avocados



# LESSON 19 WORKSHEET

## Lets Take A Look At Your Fat Intake

**How would you rate your overall fat intake?**

**How is your fat intake at breakfast time?**

**What are your favorite fat sources?**

**Do have any ideas of healthy fats that could be added to your diet (if needed)?**



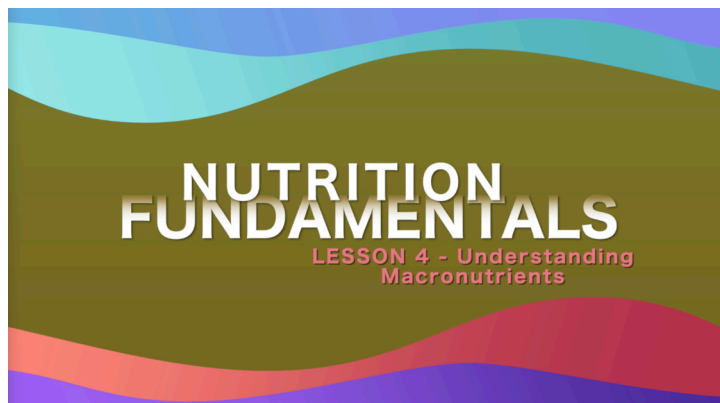
# Week 5

## Understanding Macronutrients

## Lesson 20



## Lesson 20 Video



# LESSON 20 WORKSHEET

## Understanding Macronutrients

Tracking macronutrients can be very helpful, but it takes time and for many it is not necessary. However, it is A good idea to ensure that there is a proper balance.

For example, you will usually need to limit caloric intake when trying to lose weight. Regardless of the calories that you consume, you may not be successful if the majority of those calories come from carbs.

## The Target Ranges

**Protein**  
10–35 %



**Carbs**  
35–60 %



**Fat**  
20–35 %



Think of these as starting guidelines. Adjust the above ratios to the best fit for you. Remember that carb intake will usually correspond with your activity level.



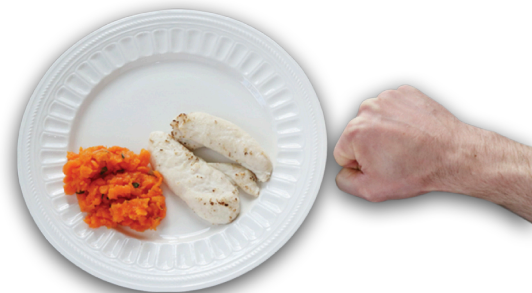
# LESSON 20 WORKSHEET

## Convenient Macro Tracking

Protein



Veggies



Carbs



Fats



# LESSON 20 WORKSHEET

**How would you rate your macro ratios?**

**Do you feel that you need to make any changes to your breakfast?**

**Have you struggled to incorporate healthy fats into your diet?**

**Do you tend to have issues with hunger or cravings during the day?**

**If so, could you add protein or fat into your daily diet?**

# Drink Your Water

## Lesson 21



## Lesson 21 Video



# LESSON 21 WORKSHEET

## The Importance Of Water

Aside from the health benefits & the bodies requirement, water will assist greatly with weight loss. In addition, proper fluid intake will help maintain your energy levels.

Water can help manage hunger & cravings. Obviously, since its just water it won't magically take away all your cravings, but it will definitely help you feel fuller. Drinking a glass before a meal can help tame you appetite.

## Tips For Increasing

- 💧 If you truly dislike water, consider adding flavor to the water
- 💧 Have a water bottle near by you at all times
- 💧 Refill the water bottle as soon as you finish it
- 💧 Use an app to track your intake and as a reminder
- 💧 Drink water before each meal
- 💧 Drink seltzer, mineral water or Propel etc instead of soda
- 💧 Set a water goal for various times of the day

# LESSON 21 WORKSHEET

## Recommended Water Intake

The general recommendation is to consume between **60 – 120** ounces of water per day. Remember to adjust the level depending on your activity level.

**Do you get the recommended water intake on most days?**

**Do you find that water intake affects your hunger?**

**If necessary, what is your strategy for increasing your water intake?**





# Week 6

## The Healthy Diet

The key to creating a true healthy lifestyle change is not only finding a diet that helps you lose weight, but finding a diet that fits into your lifestyle & will exist long term.

# Week 6

## THIS WEEK

# The Healthy Diet

### Lesson 22

#### Dieting 101

The key is to find a diet that fits into your lifestyle & will exist long term. This will not only help you lose weight, but keep it off.

### Lesson 24

#### Processed & Refined Grains

Reducing processed foods in your diet can be challenging because these are the foods that we often develop the cravings for & they are also convenient foods.

### Lesson 26

#### The Best Strategy

The best strategy is to find the best parts of all the different strategies that we have discussed to find what works best for you.

### Lesson 23

#### Sugar

Sugar is a carb that is naturally found in many foods. These need to be considered but it's the processed & added sugars that pose the biggest dangers

### Lesson 25

#### Intuitive Eating

Intuitive Eating is a specific diet approach that is different than most dieting plans that you are likely familiar with.



# Dieting 101

## Lesson 22



## Lesson 22 Video



# LESSON 22 WORKSHEET

## Dieting 101

As stressed in the previous video & others before it, the key to long term health change is finding a diet that fits into your lifestyle. Therefore, we need to change the perception that diets are a short term fixes. In the context of this course, I think it is best to consider the term “Diet” as your “eating routine”, but for simplicity we will continue to use the term diet.

## Resting Metabolic Rate RMR

### Factors That Affect RMR

- 🔥 Gender
- 🔥 Age
- 🔥 Weight
- 🔥 Body composition

## RMR Equations

Female =  $655 + (4.35 \times \text{Weight lbs}) + (4.7 \times \text{Height in}) - (4.7 \times \text{Age yrs})$

Male =  $66 + (6.23 \times \text{Weight lbs}) + (12.7 \times \text{Height in}) - (6.8 \times \text{Age yrs})$

If you prefer, you can click link below for an online calculator

<https://www.mdapp.co/resting-metabolic-rate-rmr-calculator-36/>

# LESSON 22 WORKSHEET

## Self Assessment

**How do you feel about your progress at this time?**

**How well is your diet fitting into your lifestyle?**

**Have you noticed any body composition changes?**

**Do you feel that there is a need to track your diet intake?**

# Sugar

## Lesson 23



## Lesson 23 Video



# LESSON 23 WORKSHEET

## Sugar

In addition to the adverse health effects, sugar has a major impact on weight loss efforts. The consumption of sugar & simple carbs lead to spikes in blood sugar levels followed by a sudden drop. This drop in blood sugar levels creates further cravings for sugar.

## Decreasing Sugar Cravings

### Protein

Protein helps slow down the rate that sugar is released into your bloodstream. If your protein intake is on the low side, your blood sugar can fluctuate a lot more. Add increased protein to your diet, especially at breakfast time.

### Healthy Fat

Fat is broken down to ketones instead of glucose. Therefore, it will not increase your blood sugar levels. In addition, fat is broken down slowly which leads to longer lasting energy levels.

### Fiber

Fiber helps slow down the absorption of sugar in your body. Fiber also helps keep you feeling fuller. If you're genuinely satisfied after eating, you're less likely to have sugar cravings

# LESSON 23 WORKSHEET

**What are the sugary foods that you crave?**

**Are there healthier alternatives that you could identify to help manage the cravings?**

**If you are struggling with a general craving for Sugar, have you looked at you Macro balance?**

## **The Target Ranges**

**Protein**  
**10–35 %**

**Carbs**  
**35–60 %**

**Fat**  
**20–35 %**

**What adjustments could you make?**

# Week 6

## Processed Foods & Refined Grains

### Lesson 24



## Lesson 24 Video





# LESSON 24 WORKSHEET

## Processed Food & Refined Grains

We are not concerned about the minimally processed foods. However, we are concerned about and want to limit the highly processed foods as much as possible.

### Reading Food Labels

Remember that the ingredients are always listed in descending order. This is important in determining the nutritional content of the chosen food. For example, a food that has sugar listed as the first ingredient would be a much worse choice than a food that has sugar listed at the bottom of the list.

### Pay Attention To serving Sizes

This is a trick that some food manufactures will use. For example, if you look at the two labels below, you will see that the serving calories & sugar content appear to be pretty similar. However, If you take a look at the serving sizes, you will see that the serving size of item 2 is half of what item 1 is. When you account for serving size, Item 2 is a much worse choice.

Nutrition Facts		
Serving Size 1.0 cup		
Servings Per Container about 9		
Amount Per Serving		
Calories 110		
Calories from Fat 10		
% Daily Value*		
Total Fat	1g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	150mg	6%
Potassium	45mg	1%
Total Carbohydrate	25g	8%
Dietary Fiber	3g	13%
Sugars	10g	
Protein	2g	
Vitamin A	10 %	Vitamin C 25 %
Calcium	0 %	Iron 25 %
*Percent Daily Values are based on a 2,000 calorie diet.		

Nutrition Facts		
Serving Size 0.5 cup		
Servings Per Container about 10		
Amount Per Serving		
Calories 160		
Calories from Fat 0		
% Daily Value*		
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	0.5g	
Monounsaturated Fat	1g	
Cholesterol	0mg	0%
Sodium	180mg	8%
Potassium	0mg	0%
Total Carbohydrate	33g	12%
Dietary Fiber	1g	5%
Sugars	12g	
Protein	2g	
Vitamin A	10 %	Vitamin C 10 %
Calcium	10 %	Iron 20 %
*Percent Daily Values are based on a 2,000 calorie diet.		

# LESSON 24 WORKSHEET

## Refined Grains

Refined grains are grains that have had their bran & germ stripped away through milling providing all the carbs with hardly any of the nutrients found in whole grains.

### List Of Common Whole Grains

🌾 Brown rice

🌾 Quinoa

🌾 Couscous

🌾 Barley

🌾 Whole oats

🌾 Whole wheat

🌾 Buckwheat

### Adding Whole Grains To Your Diet

You should try to ensure that at least half of your grains come from whole grains. Shifting from refined to whole-grain versions of commonly consumed foods, such as from white to 100% whole wheat breads, white to whole-grain pasta, and white to brown rice—would increase whole-grain intakes and lower refined grain intakes to help meet recommendations.

Strategies to increase whole grains in place of refined grains include using the ingredient list on packaged foods to select foods that have whole grains listed as the first grain ingredient. Another strategy is to cut back on refined grain desserts & sweet snacks such as cakes, cookies, and pastries, which are high in added sugars, solid fats, or both, and are a common source of excess calories.

# LESSON 24 WORKSHEET

**How much of your diet comes from processed foods?**

**What would be some healthier alternatives for the foods listed above?**

**Do most of your pasta and grains come from whole grain sources?**

**If needed, do you have any strategies for adding more whole grain sources?**

**Notes**

# Intuitive Eating

## Lesson 25



## Lesson 25 Video



# LESSON 25 WORKSHEET

## Intuitive Eating

Intuitive Eating may not be a perfect fit for everyone. However, it can be a tremendous help in sparking long lasting behavioral change

### The 10 Principles

- ① Reject the Diet Mentality
- ② Honor Your Hunger
- ③ Make Peace With Food
- ④ Challenge The Food Police
- ⑤ Respect Your Fullness
- ⑥ Discover The Satisfaction factor
- ⑦ Honor Your Feelings Without Food
- ⑧ Respect your Body
- ⑨ Exercise & feel the Difference
- ⑩ Honor Your Health

# LESSON 25 WORKSHEET

**Have hunger and food cravings been a challenge for you the past few weeks?**

**What principles are most applicable to your diet?**

**How could some of the Intuitive Eating principles apply to your diet?**

**Notes**

# The Best Strategy

## Lesson 26



## Lesson 26 Video





# LESSON 26 WORKSHEET

## The Best Strategy

The best strategy for you will depend on your specific needs. If your progress has been steady the past 6 weeks, then you know the saying, “if its not broke, don’t fix it”. If you have experienced any difficulty at all adhering to your program, I would strongly consider adopting some of the principles we discussed in Intuitive Eating.

### Macronutrient Tracking

As mentioned, macro tracking can be very beneficial, but it also requires additional time & effort. If your progress has been slow & you don’t know why, then tracking can help identify the problem. However, if you that the problem is do specific challenges, such as food selection, then macro tracking will not remedy the situation.

### My Best Strategy

Eliminating or reducing processed foods will be the most impactful change in any diet. In addition, this will help address the potential for having too much added sugar in your diet. Finally, reducing refined grains in your diet is another important way to improve your healthy lifestyle. However, as mentioned before, Your specific needs may vary. Identify your specific weaknesses & identify strategies to address these to help build your momentum towards long lasting health change.

# LESSON 26 WORKSHEET

**What is going well with your diet?**

**What has been the greatest challenge with your diet?**

**What are some strategies to address any challenges that you are experiencing with your diet?**

**Do your goals need to be adjusted to better address your weaknesses & strengths?**

**Notes**



# Week 7

## Managing Your Hunger

Hunger is driven by physiological & psychological components. Although it is usually a combination of both, there will usually be a driving force from one of the two. Sometimes it can be difficult to know which one is leading.

# Week 7

## THIS WEEK

# Managing Your Hunger

### Lesson 27

#### What Is Hunger?

I promise I will not make it too scientific, but a little understanding the physiology can help in understanding the overall process.

### Lesson 29

#### Emotional Eating

Breaking the link between your food and your emotions is a key mindset shift to master if you want to lose weight and keep it off.

### Lesson 31

#### It's The Weekend

The weekends can often make or break our diets. The solution may be focusing on your weekdays to improve the weekends.

### Lesson 28

#### The Hunger Scale

If you have lost touch with how physical hunger & fullness actually feel, then the Hunger Scale can help you tune in to your body & help you decide whether your desire to eat comes from real hunger or other reasons.

### Lesson 30

#### Food Cravings

We all crave certain types of foods. Unfortunately, many of the foods that we crave are not of the healthy variety.

# What Is Hunger?

## Lesson 27



## Lesson 27 Video



# LESSON 27 WORKSHEET

## What Is Hunger?

### Why Do We Eat?

#### Homeostatic Eating

We eat to get the energy  
our body needs

#### Hedonic Eating

We eat for pleasure or to  
manage our emotions

### The Hormones

#### Grehlin

Increases appetite  
as need for  
calories increases

#### Leptin

Decreases appetite  
as storage of  
body fat increases

#### Cortisol

Increases blood  
sugar as a  
result of stress

### What Does All this Mean?

The goal of discussing the hormones that effect our hunger is to help increase awareness. In addition, it can help to understand the reason for some of the challenges that we are having. Obviously, you can't directly change these hormone levels, but with time you will adapt & these hormones will begin to work in your favor.

Keep the stress and cortisol connection in mind. Consider strategies to manage stress such as going on a walk, meditation, deep breathing etc. & minimize using eating as stress management.

# LESSON 27 WORKSHEET

**Do you experience hunger patterns that could be connected to the hormones discussed in this video?**

**What affect do emotions have on your eating?**

**What affect does stress have on your eating?**

**What is your ideal way to help manage stress?**

**Notes**



# The Hunger Scale

## Lesson 28



## Lesson 28 Video

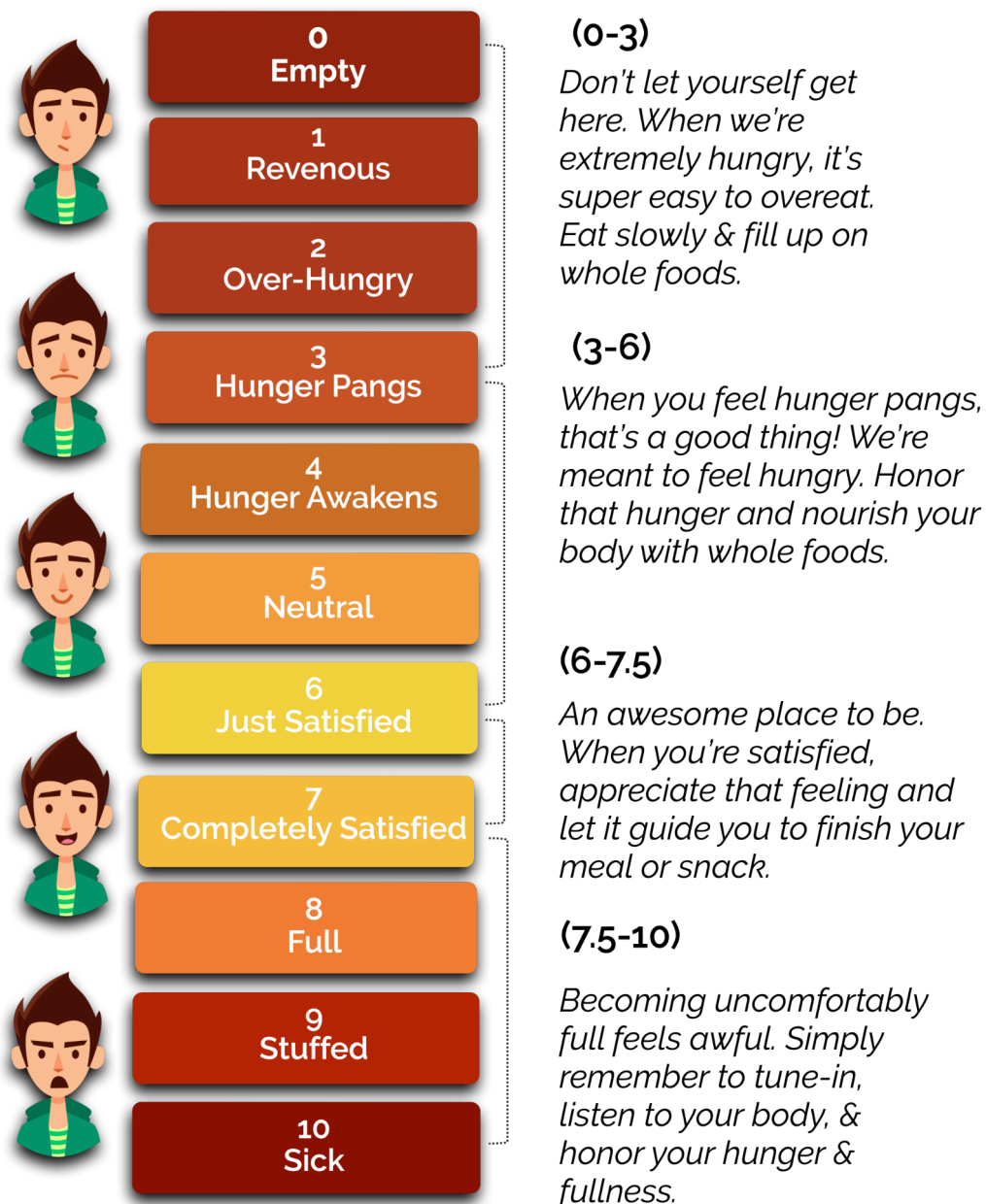


# LESSON 28 WORKSHEET

## The Hunger Scale

The Hunger Scale can help you tune in to your body & help you decide whether your desire to eat comes from real hunger or other reasons.

Use the information in this booklet, as well as the scale & diary to describe your level of hunger & recognize the best times to start and stop eating during your day.

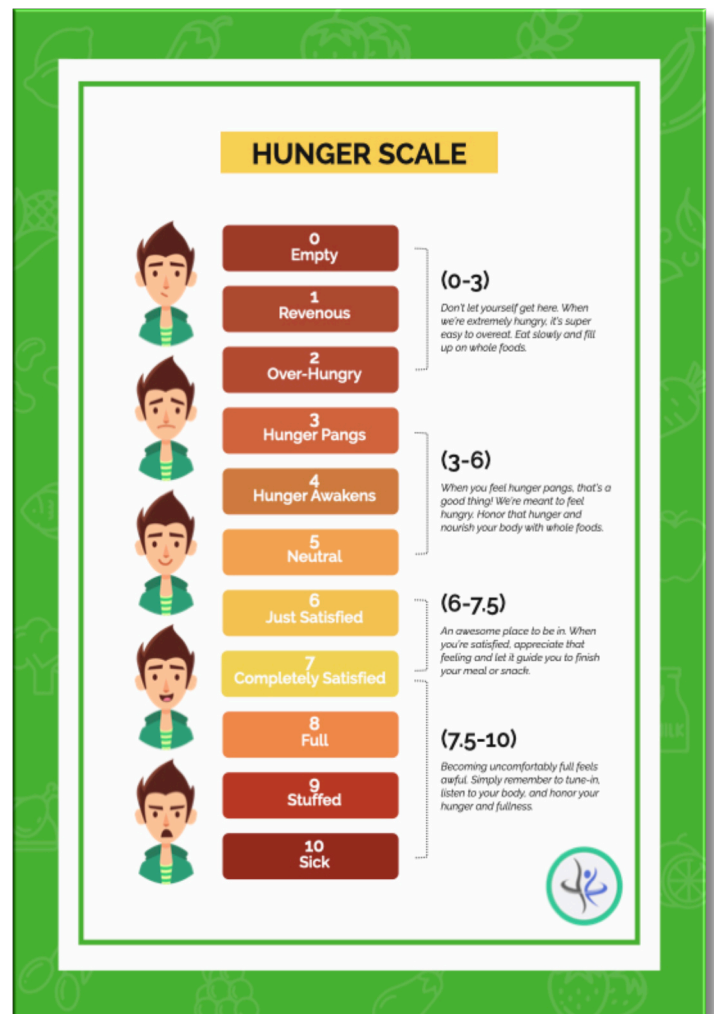
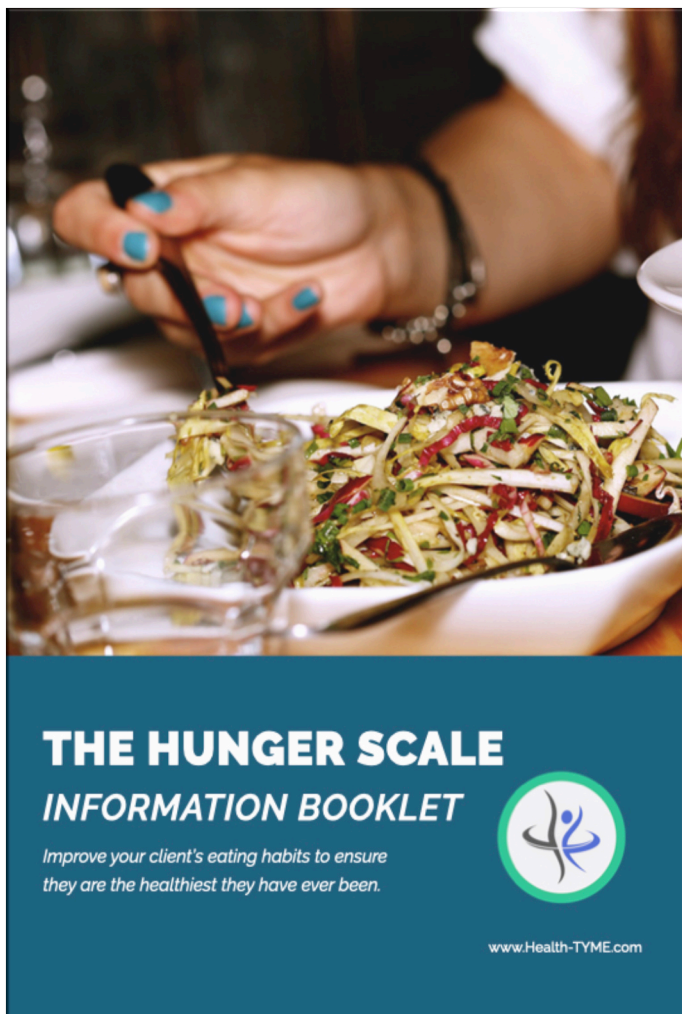


# LESSON 28 WORKSHEET

## The Hunger Scale

The Hunger Scale can help you tune in to your body & help you decide whether your desire to eat comes from real hunger or other reasons.

Use the information in this booklet, as well as the scale & diary to describe your level of hunger & recognize the best times to start and stop eating during your day.



# LESSON 28 WORKSHEET

**Do you think that physical or psychological hunger is the main driving force in your hunger? Why?**

**How could the hunger scale help with any hunger issues that you have?**

**Do you struggle with eating your meals slowly?**

**Do you have any strategies for increasing mindfulness during your meals?**

**Notes**

# Emotional Eating

## Lesson 29



## Lesson 29 Video



# LESSON 29 WORKSHEET

## Emotional Eating

Moving away from emotional eating helps you to react to genuine hunger cues so you'll eat to fuel your body & not in line with how you're feeling. Mindful eating is a great way to get back in touch with your body's hunger signals but it can be a big challenge to master, especially if you're used to emotional eating.

### Tips For Incorporating Mindful Eating

- Check in with your body while you're eating & ask yourself how you feel. One of the best things to ask? How full you are feeling? When you put this question to yourself, the break from eating can help you to recognize that you might be feeling fuller than you realized.
- Sit down (preferably at a table) when you eat, even if you're only having a quick snack. Putting your sole focus on your food makes it easier to be mindful. If you tend to eat on the go or while you're watching television or using devices, this is a big one to switch up.
- Notice the tastes, textures & smells linked to what you're eating. It can help to keep your eyes closed when you take that first bite & let your senses take over.
- Take deep, calming breaths between bites. When you're used to eating fast, you'll often barely breathe in between bites but taking a bit of time to rectify this can slow things down and help you to be more mindful.



# LESSON 29 WORKSHEET

**Do you experience emotional hunger? If so, what are the typical triggers?**

**Do you have any strategies to help minimize the impact of these triggers?**

**Do you think mindful eating will be helpful with your diet and how? No pressure if the answer is no.**

**Would keeping a food diary be beneficial for you?**

**Notes**



# Food Cravings

## Lesson 30



## Lesson 30 Video



# LESSON 30 WORKSHEET

## Food Cravings

We all crave certain types of foods. Unfortunately, many of the foods that we crave are not of the healthy variety.

### All Or Nothing

Telling yourself that you absolutely can't have a particular food can work against you in the long term.

It can also encourage a "now or never" way of thinking if you do give in to the craving. Often, this means that you'll eat far more than you intended. After all, you're not supposed to be eating it again seeing as it's off limits, right? In reality, it will most likely happen again and you'll carry on feeling super bad about it.

### More Mindful Eating

You're not giving into your cravings and letting them take control but you are allowing yourself a little bit of what you enjoy and taking the opportunity to relish it. Your mind knows that there will be other chances to satisfy the craving so the "now or never" mentality isn't a big issue. The end result? It's a whole lot easier to keep your cravings in check.

The trick is to be super mindful with how you eat. When you take that first bite of something you've been craving, resist the urge to dive straight into the next one. Put your fork, knife or spoon down in between bites or keep putting your food down if you're eating with your hands. The more you can chew each bite before swallowing, the better.

# LESSON 30 WORKSHEET

**What are the foods that you crave?**

**What is your strategy for managing these cravings?**

**What would be an acceptable healthy alternative for your food craving?**

**Does eating in moderation work for you or is it best to avoid it all together?**

**Notes**

## It's The Weekend

### Lesson 31



## Lesson 31 Video



# LESSON 31 WORKSHEET

## It's The Weekend

When the the weekend arrives, most of us like to kick back & relax from the busy & stressful week. It's nice to have a day or two with a lighter schedule, less structure & less commitments. This can create challenges with a diet that for the most part has been structured around your weekday routine.

### **Be Less Perfect**

Consider striving for less perfection during the week. In doing this, you will be less likely to feel restrained from your diet & less likely to have the urge to take a day off.

### **Forget Cheat Days**

The problem with cheat days is that you are essentially undoing some of the good habits that you have created. In addition, you may be setting a potential trap that may catch you further down the road.

### **Limit Rationalizing**

Rationalizing can also be a sort of sub-conscious tactic of holding onto your bad habits, which will get in the way of creating the true healthy habits required for long term success.

### **Best Of Both Worlds**

The goal is to create a consistent weekly routine that allows you to follow healthy habits with manageable weekly indulgences. Therefore, there will not be the need to rationalize or make deals with yourself.

# LESSON 31 WORKSHEET

**Do you struggle with managing your diet on the weekends?**

**Of the topics mentioned above, what one do you tend to struggle with the most?**

**What is your strategy for managing the weekends?**

**Notes**





# Week 8

## Fitting Exercise Into Your Life

Just like there is no perfect diet, there is no perfect exercise. Regardless of how many calories you can burn performing a given exercise, it won't burn any calories if you don't do the exercise. Therefore, your best choice is to perform the exercise that you are more likely to perform on a regular basis.



# Week 8

## THIS WEEK

# Fitting Exercise Into Your Life

### Lesson 32

#### What Is The Best Exercise?

The most common answer is based on how many calories you will burn. As your goal is to lose weight, this seems like a good way to identify the best exercise, right?

### Lesson 34

#### Make It Convenient

We all have those days when we are deciding whether we should do our exercise that day. On these days it is not hard to find excuses. The trick is to make it harder to find these excuses

### Lesson 36

#### Exercise Progression

The more calories that you burn, the more effective the workout will be. Therefore, it is helpful to know how to progress your workouts when the time is right.

### Lesson 33

#### Resistance Training

Resistance training is not just about lifting heavy weights. In fact, it often does not require any equipment at all.

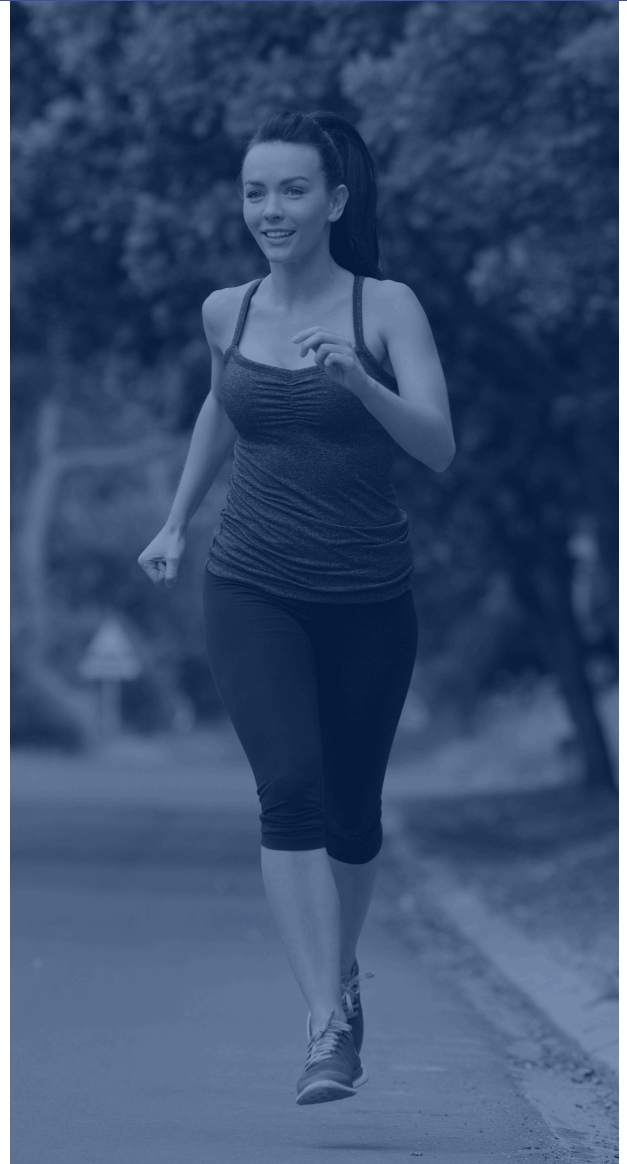
### Lesson 35

#### Make It Fun

It is much easier to do activities that we enjoy. Although choosing activities that you enjoy is an important consideration, there are other ways to make your workouts more fun.

# What Is The Best Exercise?

## Lesson 32



## Lesson 32 Video



# LESSON 32 WORKSHEET

## What is The Best Exercise

Regardless of how many calories you can burn performing a given exercise, it won't burn any calories if you don't do the exercise. Therefore, your best choice is to perform the exercise that you are more likely to perform on a regular basis.

### Cardio Or Weights For Weight Loss?

Resistance training burns calories, and in some cases, more calories than cardio vascular exercise. However, to burn really high calories with resistance training, it will require higher intensities and slightly more advanced techniques. For example, resistance training can be performed in a way that you can gain the benefits of resistance training & cardio vascular training together.

In addition to being easier to learn, cardio vascular exercise will often give better weight loss efforts in the beginning weeks of a weight loss program.

Resistance training will not only help with weight loss, it will help maintain weight loss better than cardio alone. The reason for this is that when losing weight you are at risk of losing muscle tissue. If you remember our discussion on metabolism, you want to keep your metabolism as high as possible.

The problem with this is that as you lose muscle tissue, your metabolism will decrease with it. Therefore, resistance training will not only limit the loss of muscle tissue, it will obviously increase muscle which will increase your metabolism. With an increased metabolism, weight maintenance becomes much easier.

# LESSON 32 WORKSHEET

**What forms of exercise do you enjoy the most?**

**Do you complete most of your workouts as planned?**

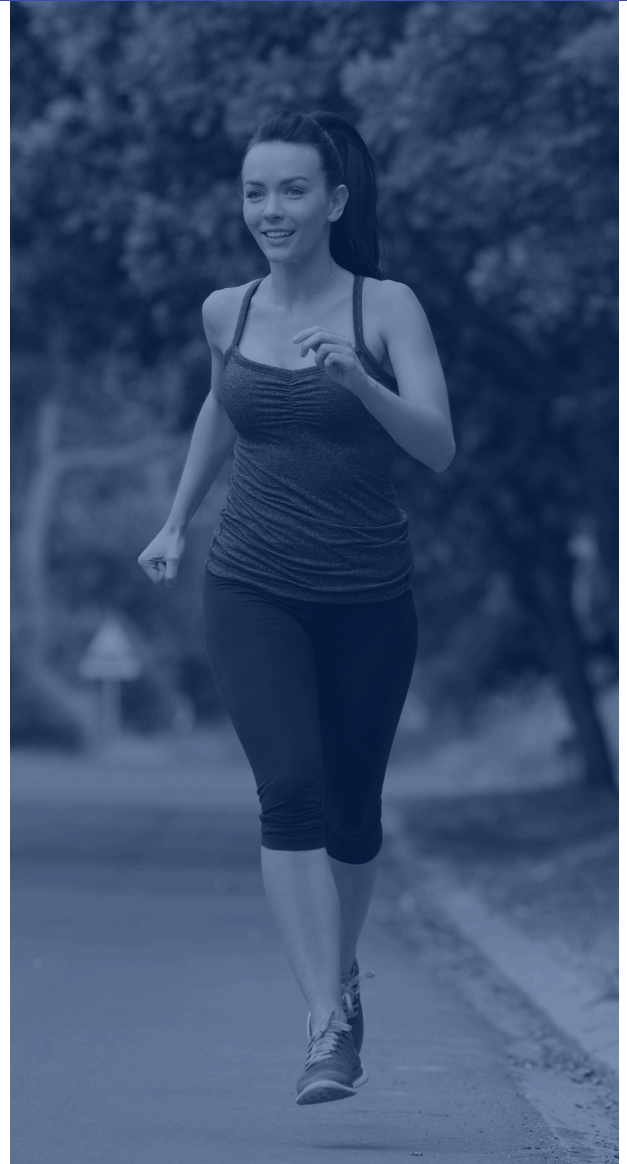
**Are you currently performing any type of resistance training at this time?**

**Do you feel that your workout routine needs an overhaul?  
If so, do you have any ideas for changing the program?**

**Notes**

# What Is The Best Exercise?

## Lesson 33



## Lesson 33 Video



# LESSON 33 WORKSHEET

## Resistance Training

### How Much & How Often?

How many days a week you perform resistance training will vary depending on your goals and fitness level. The general recommendation will usually be 3–5 days per week. Of course an important consideration will be your available time. As I have stressed before, it is important to identify a plan that you are able to perform long term.

A typical beginning routine would likely consist of 20–30 minutes of exercise 3 days per week.

### Circuit Training

A list of exercises performed in a set order without rest.

### Interval Training

Interval training can be applied to resistance training and cardio as well. Interval training consists of performing an exercise at higher intensity followed by low intensity.

### Circuit & Interval Training Benefits

The benefit of circuit & interval training is that they are great for increasing fat and calorie burning. In addition, they can make the standard resistance training, consisting of exercise and rest, more exciting. They are also great at helping you get a workout in less amount of time.

# LESSON 33 WORKSHEET

**What is your current comfort level with resistance training?**

**What equipment, if any, do you have available to you?**

**Will resistance training fit into your routine at this time?  
If so, how many days per week would be ideal?**

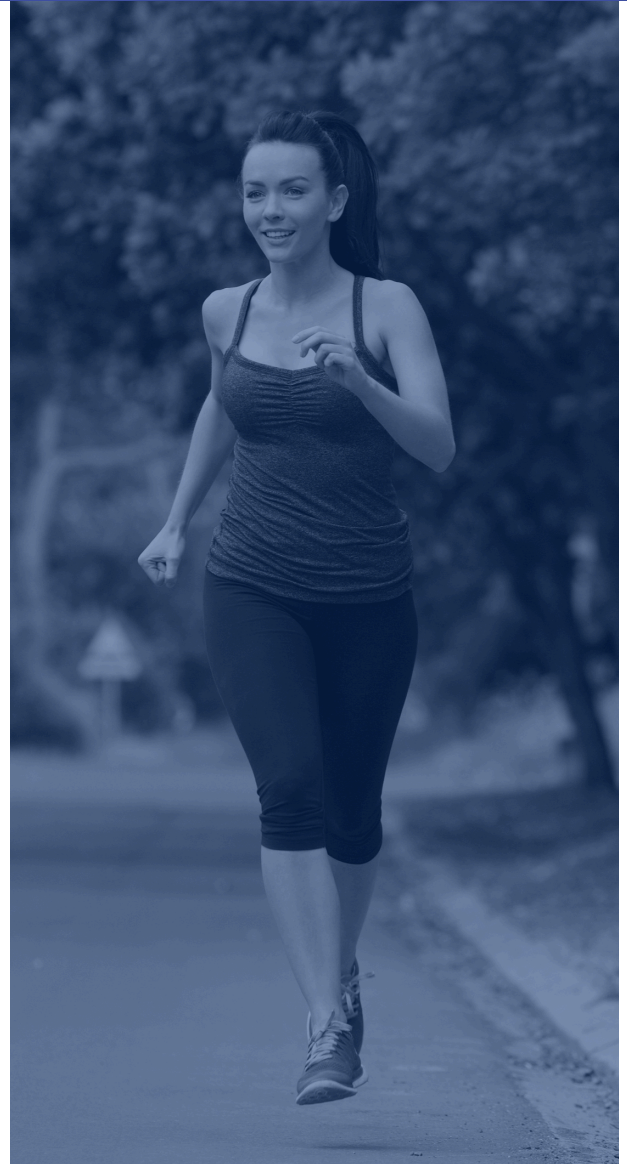
**Depending on you comfort level, would circuit or  
interval training be a good fit for you?**

**Notes**



# Take No Excuses

## Lesson 34



## Lesson 34 Video



# LESSON 34 WORKSHEET

## Take No Excuses

The more convenient your exercise routine is, the easier it will be to perform regardless of what ever challenges may arise during the day.

### Consider A Shortened Session

If you are limited with time and don't have time for your usual 45 minute walk, consider a quick 20 minute walk. A short walk is better than nothing at all. Afterwards, you will feel good that you made the best of the situation.

### Alternate Exercises

Have a list of alternate exercises that you can perform if unable to do your planned exercise. Consider having a couple options for exercise videos that you can do in the living room.

### Add It To Your Schedule

Be sure to add your workouts to your daily schedule. This will make it easier to reschedule with the rest of your day. Scheduling your workouts also helps avoid the "it's the end of the day & I don't have time to work out" excuse.

### Don't Allow Time For excuses

The best strategy to make sure you get your exercise in each day is to do it in the morning. For some, that just is not possible. In that case, do it as soon as you can. If you are getting home late, do the workout as soon as you get home. that way you won't have the time to sit and begin rationalizing why you should not do you workout that day.

# LESSON 34 WORKSHEET

**How challenging is it to complete your exercise routine each day?**

**How do you feel when you miss a workout?**

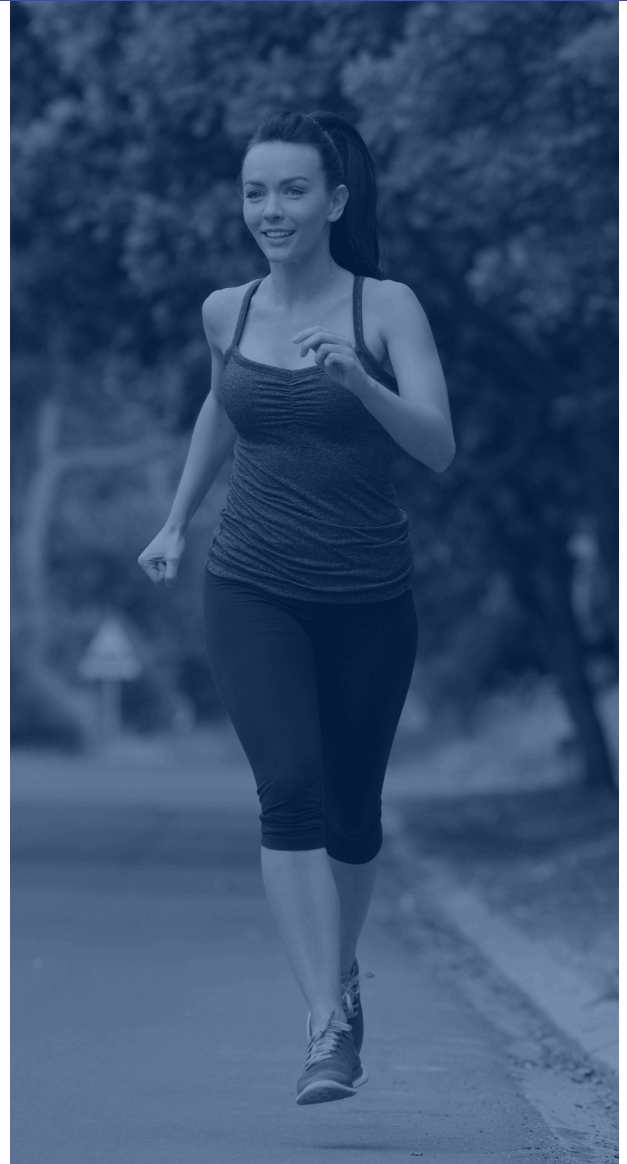
**What is the greatest barrier or challenge in performing your scheduled exercise sessions?**

**What are some possible solution for these challenges?**

**Notes**

# Make It Fun

## Lesson 35



## Lesson 35 Video



# LESSON 35 WORKSHEET

## Make It Fun

### Challenges

Create challenges for yourself. For example, setting a daily number of steps to complete each week or miles to walk or run. It can be a fun game to see if you can beat your previous weeks total. You can also challenge yourself to increase your pace by finishing a set distance in less time.

### Working Out With Friends

Activities are always more fun with friends. Walking groups are a great option, but group exercise classes are another great option. Most all of the fitness apps have social components built in that allow you to share your accomplishments with others, and of course, encourage each other.

### Competition

You can compete with family or friends to see who can close the most fitness rings, achieve the most steps or the longest streak of non-missed workouts. Once again, all the fitness apps have social features that make this easy & fun.

### Variety

Be sure to mix up your workouts to keep them fun & exciting. You can change your walking or running routes. You can take advantage of more time on the weekends and perform your workouts at the park or on a trail. Choose a couple or few other exercises that you can do such as adding in a session or two of swimming, group classes, bike riding, etc. The important thing is to prevent workout boredom.

# LESSON 35 WORKSHEET

**Is your exercise enjoyable or more of a chore?**

**How could you increase the enjoyment of your exercise?**

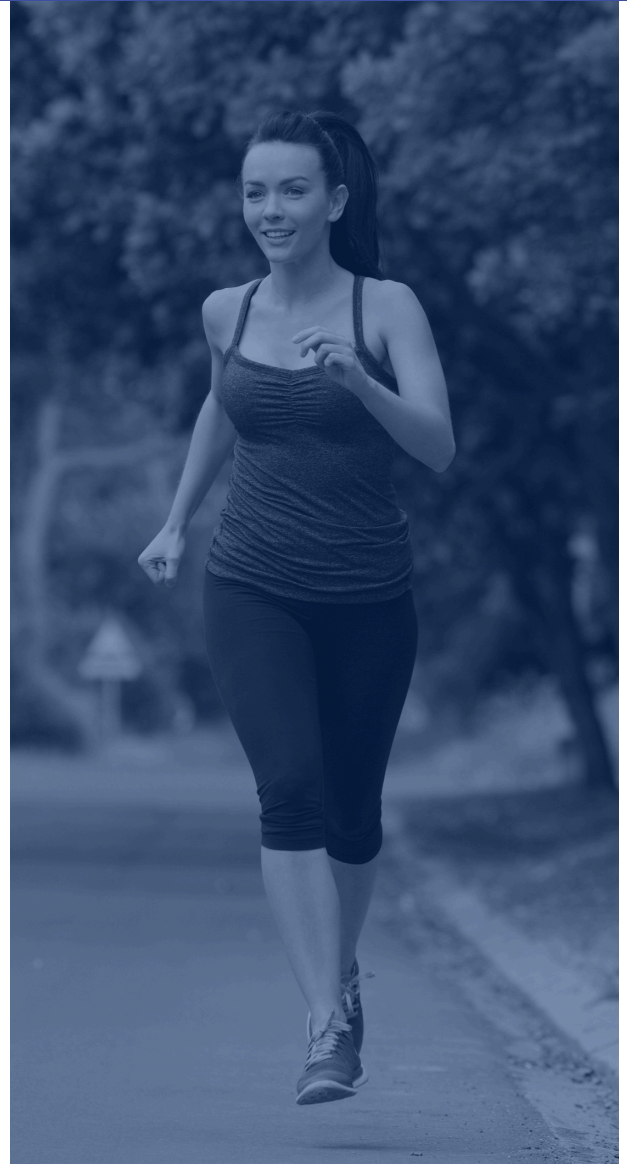
**Do you enjoy friendly competition or challenges with others?**

**Do you feel that your workouts could use more variety?**

**Notes**

# Week 8

## Exercise Progression Lesson 36



### Lesson 36 Video





# LESSON 36 WORKSHEET

## Exercise Progression

### Ratings Of Perceived exertion

RPE is a subjective way to rate your exercising intensity. It is simply rating your perceived level of exertion on a 1–10 or 6–20 scale. The 1–10 scale is simpler to follow, but the idea of the 6–20 scale is that it will relate to your HR. For example, 6 would correspond with 60, a typical resting heart rate.

RPE	Category Ratio Scale
6	0 Nothing at all
7 Very, very light	0.5 Very, very weak
8	1 Very weak
9 Very light	2 Weak
10	3 Moderate
11 Fairly light	4 Somewhat strong
12	5 Strong
13 Somewhat hard	6
14	7 Very strong
15 Hard	8
16	9
17 Very hard	10 Very, very strong
18	* Maximal
19 Very, very hard	
20	

Source: American College of Sports Medicine (2018). ACSM's Guidelines for Exercise Testing and Prescription (10<sup>th</sup> ed.). Philadelphia: Wolters Kluwer.

### Intensity Recommendations

70–80% of your maximal heart rate is a suitable range for most healthy individuals. There are various ways to determine your ideal target heart rate, but the simplest is to **subtract your age from 220**. This will be your maximal heart rate. Now **multiply that number by .70 & .80** to determine your heart rate range.

### Signs of Over Training

THE MOST COMMON **SIGNS** ARE

- 1 Increase In Resting Heart Rate**
- 2 Increased General Fatigue**
- 3 Decreasing Performance With Out Changes In Intensity**
- 4 Difficulty Sleeping**
- 5 Increased Muscle Soreness That Is Not Going Away**
- 6 Increased Agitation & Moodiness**
- 7 Increased Occurrence Of Injuries**

# LESSON 36 WORKSHEET

**How do you track your cardio workouts? Distance, pace etc?**

**Do you feel that your workouts are at an appropriate intensity?**

**If needed, how could you increase your intensity?**

**Do you feel that your daily calorie expenditure is where it  
Needs to be? If Not, do you have any solutions?**

**Notes**



# Week 9

## Managing Stress

We will all suffer from high states of stress at some point in our lives, and in today's busy society we are involved in regular stressful life situations, along with frequent and exhausting schedules.

# Week 9

## THIS WEEK

# Managing Stress

### Lesson 37

#### Stress 101

Stress is a burden on the body, & if the stress becomes chronically elevated, we can end up massively fatigued & run down. We will discuss the Stress sequence in our body.

### Lesson 39

#### Stress Release

We have discussed activities to help reduce stress, but chances are that it may get the best of you. Therefore, we will discuss strategies to help relieve stress.

### Lesson 41

#### Managing Stress With Nutrition

It is important for those suffering from elevated stress levels to eat regularly with consistent meal timings throughout the day.

### Lesson 38

#### Stress & Health Behavior Change

Stress is one of the most commonly cited reasons why people abandon their behavior-change plans. Stress can lower self-efficacy, decrease motivation, and negatively impact feelings of self-control.

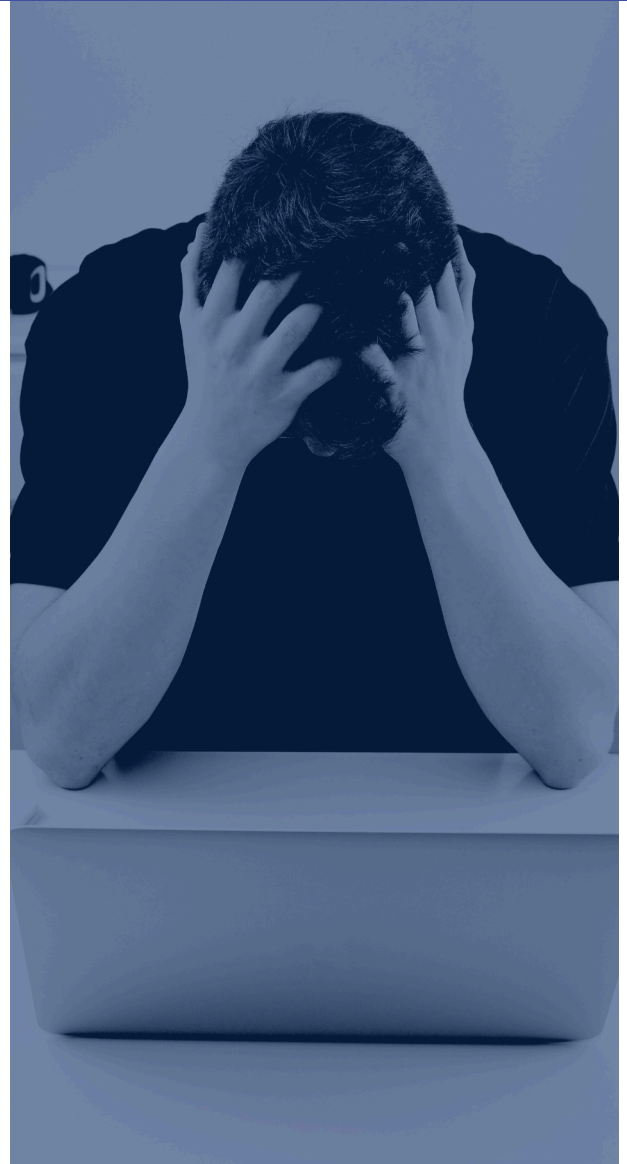
### Lesson 40

#### Busy & Healthy

As I am sure you have experienced, healthy eating & exercise can become a little more challenging during busy periods. When you get home from a long day at work, it is so much easier to grab fast food on the way home.

# Stress 101

## Lesson 37



## Lesson 37 Video



# LESSON 37 WORKSHEET

## Stress 101

This stress is a burden on the body, and if the stress becomes chronically elevated & prolonged, we can end up massively fatigued & run down.

### Eustress

known as positive stress. This type of stress is usually in an ideal level and is within an individuals coping ability. It typically involves excitement, fulfillment, meaningful challenge & focused energy. An example would be the nervous energy that one will experience when participating in their first 5K race.

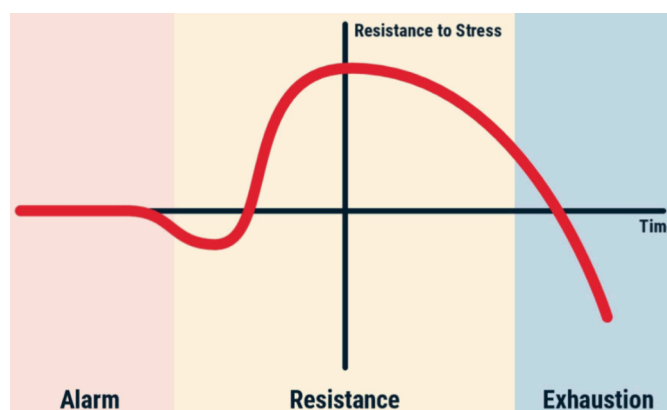
### Distress

known as negative stress. Distress is a situation or event perceived as being outside one's coping abilities & is often marked by frustration, feeling overwhelmed, and demotivation..

### Allostatic Load

Allostatic load is known as the accumulated “wear & tear” on the body. It occurs when the body's ability to respond to stress & to adapt accordingly is exceeded or inefficient as a result of an intense, repeated, or prolonged stress response..

### Selye's 3 Stages Of Stress



# LESSON 37 WORKSHEET

**How is your overall stress level?**

**Does your stress tend to come from internal or physical sources?**

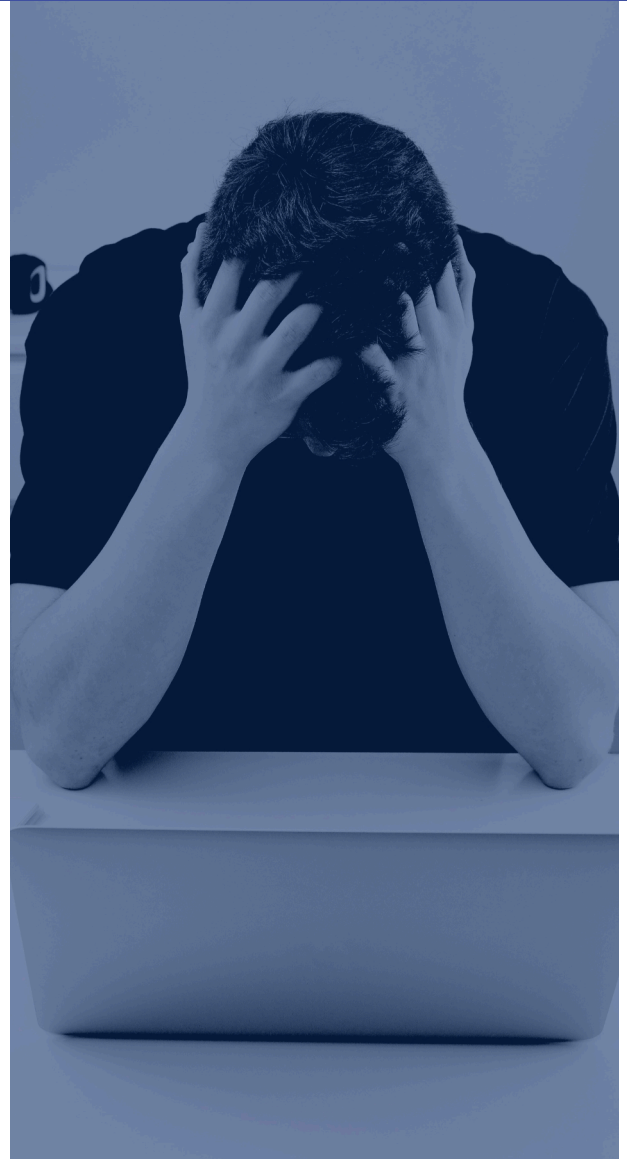
**Do you think your allostatic load is excessive?**

**Do you have any strategies that could help decrease your  
allostatic load?**

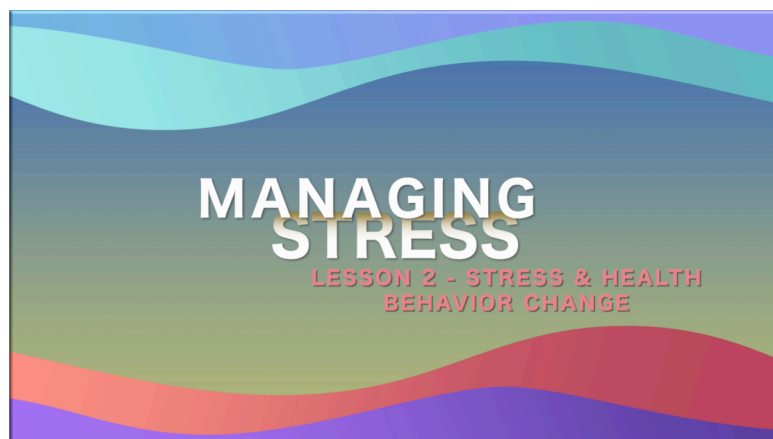
**Notes**



## Stress & Health Behavior Change Lesson 38



### Lesson 38 Video



# LESSON 38 WORKSHEET

## Stress & Health Behavior Change

Stress is one of the most commonly cited reasons why people abandon their behavior-change plans. Stress can lower self-efficacy, decrease motivation, and negatively impact feelings of self-control.

Studies indicate that experiencing stress can impair physical activity and exercise efforts, thereby impacting exercise adoption and maintenance. Ongoing stress can also lead to the craving and consumption of energy-dense “comfort” foods.

Sleep is also negatively impacted by stress, causing disrupted patterns with decreases in both quality & duration of sleep. Lack of sleep can further exacerbate stress, as cortisol levels increase as a result of shortened and disturbed sleep cycles.

### Resilience

The ability to successfully adapt in the face of significant sources of stress. This adaptation requires effective responses to challenges as they arise in order to mitigate the harmful effects of stress.

### Self-regulation

The ability to monitor and manage emotions, thoughts, & behaviors in accordance with the demands of the situation.

Self-regulation plays a vital role in emotional well-being & the process of change, enabling you to persist in the face of challenges and distractions and reach your desired goals.

# LESSON 38 WORKSHEET

## 7 Pillars Of Mindful Practice

1. **Non-judging:** Serving as an impartial witness to one's own experience, which includes being aware of thoughts as they arise, irrespective of what those thoughts might be (e.g., positive, negative, or neutral).
2. **Patience:** Being with oneself and the events of one's life in the present moment and allowing things to unfold & emerge in their own time, within a larger context
3. **Beginner's mind:** Releasing what it is one believes he or she knows in order to truly see things as they really are. Being open and receptive to new and unique possibilities as they exist in the present moment
4. **Trust:** Honoring one's own feelings, experiences, wisdom, and intuition, and trusting them to provide valuable guidance in various facets of one's life. irrespective of any particular outcome
5. **Non-striving:** Choosing to strive less toward a particular outcome, instead willingly being with, & paying attention to one's self moment by moment; by doing this, movement toward one's goals will take place
6. **Acceptance:** Embracing things, including oneself. as they truly are. instead of how one may like them to be, & recognizing that doing so is an important first step toward meaningful change
7. **Letting go:** Choosing to acknowledge and embrace the fluidity and dynamic nature of life moment by moment in whatever ways it may shift, change, and unfold, without attachment to any particular aspect of the experience

# LESSON 38 WORKSHEET

**How does stress effect your health behaviors?**

**How do you adapt to periods of sustained stress?**

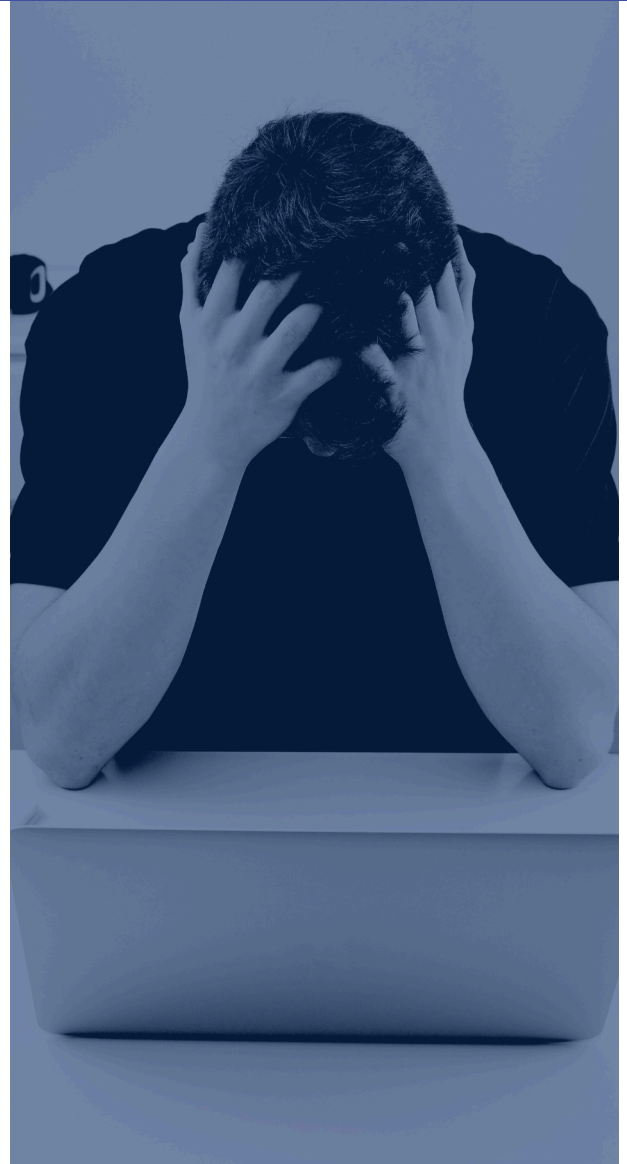
**Do you have a strategy that you use to help with self-regulation?**

**Which of the 7 pillars of mindful practice would be most beneficial for you?**

**Notes**

# Stress Release

## Lesson 39



## Lesson 39 Video



# LESSON 39 WORKSHEET

## Stress Release

The sympathetic nervous system is responsible for responding to stress. The opposite of the sympathetic nervous system (SNS) is the parasympathetic nervous system (PNS). Where as the SNS is know as the “fight or flight” response, the PNS is known as the “rest & digest” response. Therefore, the solution is to activate the PNS to help counteract the activity of the SNS.

### PARASYMPATHETIC ACTIVITIES

- 1** Walking Outside
- 2** Enjoying Nature
- 3** Low-Key Music
- 4** Deep Breathing
- 5** Laughing
- 6** Yoga, Slow Stretching
- 7** Mindfulness/Meditation

## Exercise & Stress

Exercise relieves stress by increasing blood flow, burning calories, & stimulating your parasympathetic nervous system. However, it is important to adjust the intensity of your exercise sessions.

If you are currently managing high levels of stress, high intensity exercise can often activate your sympathetic nervous system. Therefore, it is best to decrease the intensity of the exercise you perform at these times.

# LESSON 39 WORKSHEET

**What is the most beneficial activity for reducing your stress?**

**Have you tried mediation or feel that it would be beneficial for you?**

**What effect does exercise have on your stress?**

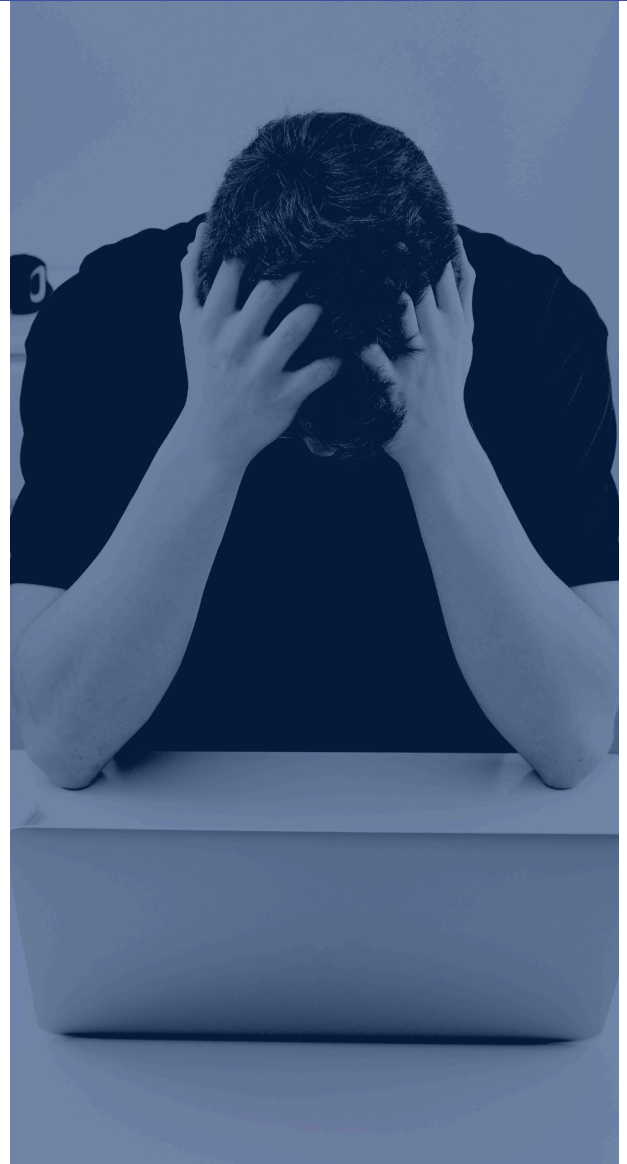
**How is your quality of sleep? If necessary, what are some to help improve your sleep?**

**Notes**



# Busy & Healthy

## Lesson 40



## Lesson 40 Video



# LESSON 40 WORKSHEET

## Being Busy & Healthy

As I am sure you have experienced, healthy eating and exercise can become a little more challenging during busy periods. When you get home from a long day at work, it is so much easier to grab fast food on the way home or grab some convenience food when you walk in the door. In addition, the thought of whether you should work out is also on your mind.

In these situations, the most important thing is to be fair with yourself. Sometimes things happen and you just don't have the time to exercise. Therefore, be honest with yourself and act accordingly, but make sure you are not cheating yourself.

### Should I Or Shouldn't I?

You should be careful when asking yourself this question. Just like with anything, you can develop a habit about how you react to this question. Therefore in the earlier stages, it is important to establish the foundation of how you feel and react to this question.

### Some Is Better Than None

During busy periods, the most important thing is to maintain the habit. Therefore, performing a shortened workout is better than skipping it altogether. By completing the session, you continue to re-enforce the importance and likelihood of completing your next scheduled workout sessions.

# LESSON 40 WORKSHEET

## Prepare For Success

If you fail to prepare, you will prepare to fail. We have talked before about meal planning to help improve your chances of maintaining healthy habits. If you know you will have a busy week ahead, make sure that you have put forth the effort to have meals and healthy snack foods available during the week.

In regards to exercise, consider changing the time that you work out. If it is at all possible, working out in the morning will greatly help reduce the “should I or Shouldn’t I” issue at the end of the day. Consider breaking up your workout. A 20 min session in the morning & a 20 min session in the evening is just as beneficial as one long session.

## Adjust As Necessary

If you will have a busy week or two, adjust your routine as needed. You want to maintain the mindset & habits that you have have worked so hard to obtain. If needed, create a plan with adjusted goals to better fit the busy schedule.

Approach it just like you did on week one. At that time we discussed the importance of creating goals that were obtainable & fit into your life.

## Major Life Events

The thing to keep in mind is that taking a few days or even a week or more off due to an event that was out of your control will not have major impact because you would be doing what you needed to do. Don’t feel pressured to return back to your routine, but it can help to have a general plan in mind. That way, when the time is right you will be able jump back into the routine.

# LESSON 40 WORKSHEET

**Can you identify any busy or stressful weeks coming in the next month or so?**

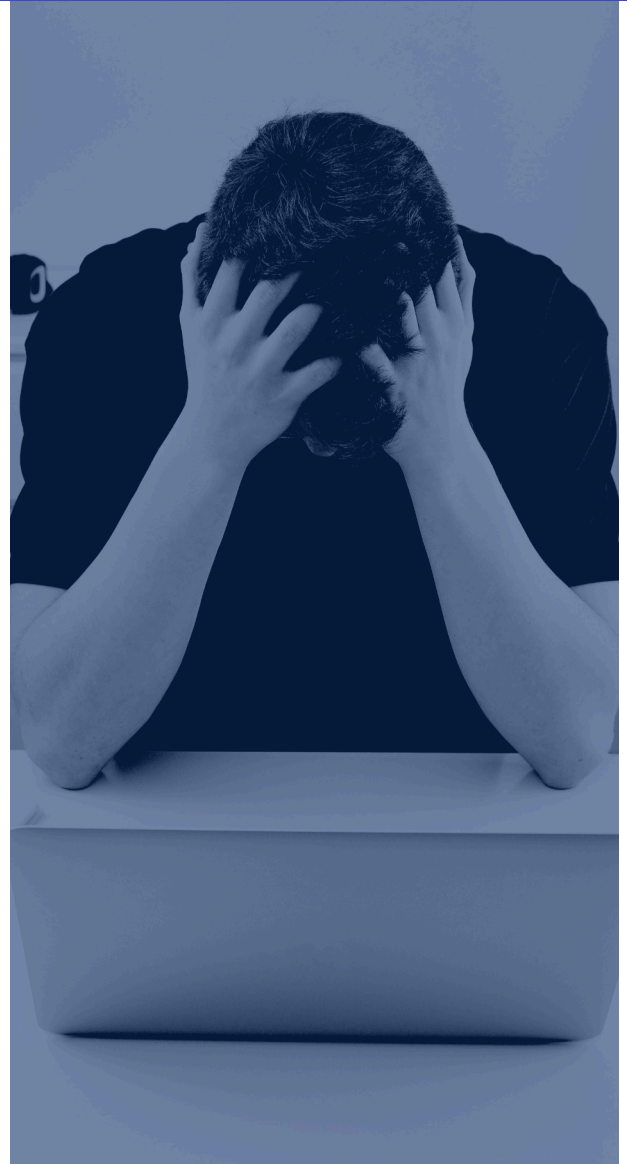
**What is your strategy for managing this week?**

**Do you have any strategies in mind to help keep you focused during busy periods?**

**Do you have flexibility in being able to change your current routine if needed?**

**Notes**

## Managing Stress With Nutrition Lesson 41



### Lesson 41 Video



# LESSON 41 WORKSHEET

## Managing Stress With Nutrition

### **Eat Small Portions & Often**

In times of stress, your body is burning through more carbs for energy. It's therefore common for those under stress to experience low blood sugar levels, as demand for glucose is higher. This can result in hypoglycemia, or at the very least, increased cravings for sugar.

### **Eat Multiple Small Meals**

Uncontrollable food urges are likely to cause overeating, as the body constantly strives for homeostasis to balance blood sugar levels. Meals should be nutritionally balanced with adequate protein, fats and carbs from high-quality food sources. Sugary food, caffeine and alcohol should be limited as these have a negative effect on blood sugar levels.

### **Avoid Intermittent Fasting**

Fasting should never be used by those under a lot of stress as it will call on the adrenals to produce glucocorticoids to maintain a level of blood glucose, thus resulting in further overuse of the adrenals. Basically, don't skip breakfast or go extra long periods without food.

Therefore, you should look to eat at calorie maintenance level or a slight surplus during highly stressful times

# LESSON 41 WORKSHEET

## Adjust Your Calories

You should look to eat at a calorie maintenance level or a slight surplus during stressful times. Although, be sure that the calories you are adding are from healthy sources. This may not seem ideal when your goal is to lose weight, but your long term success will be improved.

## Comfort Foods

Planning your meals wisely is key to not only staying physically fit and healthy, but also staying mentally strong & being able to best manage your levels of stress. Knowing which foods to avoid and which foods to reach for when needing a snack when you're feeling worried and anxious. This is important in helping you gain control over your emotions & fears.

## Good Stress Foods

### STRESS-BUSTING SNACK IDEAS

- 1 Fresh Berries
- 2 Dark Chocolate
- 3 Yogurt
- 4 Walnuts
- 5 Pistachios
- 6 Fruit Smoothie



# LESSON 41 WORKSHEET

**What impact does stress have on your healthy eating?**

**Do your food cravings increase when stressed?**

**What types of foods could you add to help during stressful situations?**

**Notes**



# Week 10

## Maintaining Motivation

Motivation is needed to get the ball rolling, but momentum keeps it rolling. The key to maintaining momentum is accomplishing challenging & meaningful goals. A close second is being able to measure & see progress. Therefore, if motivation begins to decline, it is time to take a closer look at your goals & progress.

# Week 10

## THIS WEEK

# Maintaining Motivation

### Lesson 42

#### Are Your Goals Still Motivating?

If your motivation seems to be declining, consider taking a close look at your goals. Obviously, your long term goal is not going to change, but you may need to tweak your short term goals.

### Lesson 44

#### Health Is About More Than Weight Loss

Naturally, it is easy to focus on your weight loss as the main indicator of your progress. This can often hide other forms of progress.

### Lesson 46

#### Falling Off The Wagon

At some point in your health journey, it is possible that you may lose the path or as they say “fall off the wagon”. If this does happen, remember that none of us are perfect.

### Lesson 43

#### Re-Evaluating Your Plan

Anything new is always exciting, but as the newness wears off the excitement can go with it. I am not suggesting a new plan, I’m just suggesting that at a certain point you may want to re-arrange things a little bit

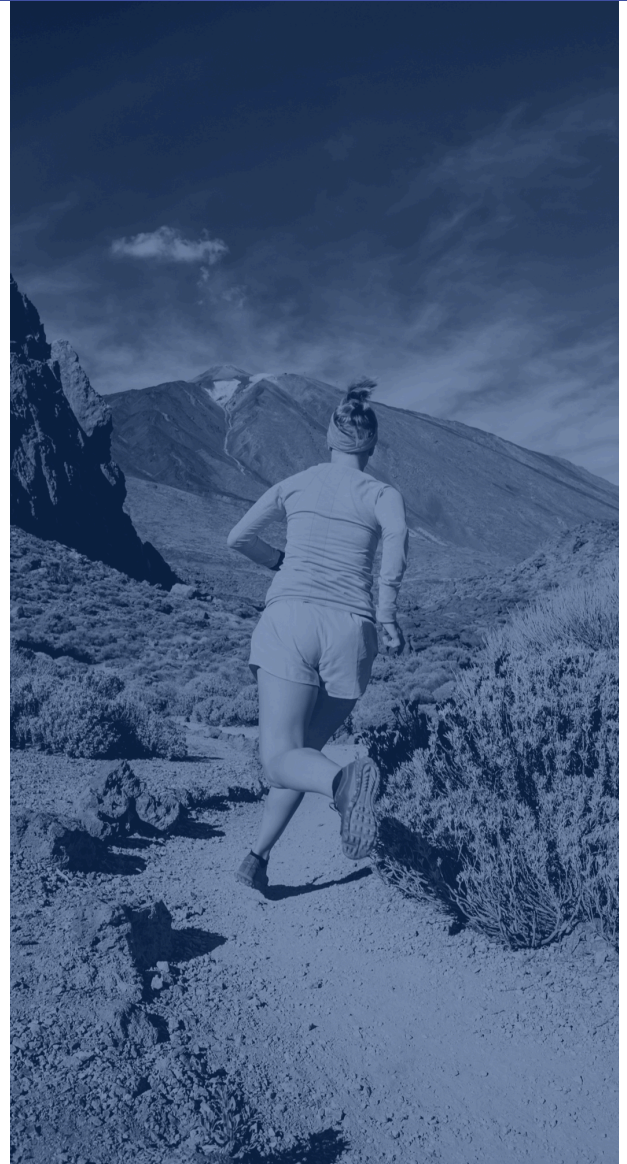
### Lesson 45

#### Alternate Ways To Track Progress

As I am sure you have experienced, the scale does not always give you accurate feedback on your progress. Therefore, I am going to help you identify the progress that the scale is hiding from you.



## Are Your Goals Still Motivating? Lesson 42



### Lesson 42 Video



# LESSON 42 WORKSHEET

## Are Your Goals Still Motivating?

When we discussed goals back in week 1, I stressed that it was important to create manageable & obtainable goals. The importance of this was to help create a new healthy routine, gain confidence & gain momentum. Now that you are well on your way to mastering those habits, it is time to consider setting the bar a little higher.

### Adjust Your Goal

The trick in creating motivating goals is to create goals that are challenging enough that you receive a feeling of accomplishment.

Although you want to be careful that, along with challenging, your goals are still obtainable. Obviously, not achieving a goal can have an adverse effect on your motivation, but for some missing a goal can increase motivation to achieve the goal next time.

You know yourself the best, so make sure you adjust your goals to help gain &/or maintain motivation as well as your confidence and mindset.

### Create A New Goal

At a certain point, simply increasing the number of steps taken or miles walked per week will become a little boring. In addition, you may reach the limit of what you are able to manage on a daily or weekly basis.

# LESSON 42 WORKSHEET

## **Finding A New Goal**

A good idea for finding a new goal would be identifying some of the things that you have struggled with over the past few weeks. This will help improve your habits further and improve your motivation.

## **Goal Ideas**

### **Food Diary**

If you have struggled with your diet at all, adding a food diary into your routine would be very beneficial.

### **New Exercise**

If you have been walking for exercise, consider incorporating some running into your sessions. You can also consider trying a completely new activity. If it is possible, joining a gym would give you a variety of equipment that you could use.

### **Resistance Training**

If you have not incorporated resistance training into your routine yet, this would be a great opportunity, especially if you are considering joining a gym.

### **Join An Exercise Class**

This can be a great way to learn or become more familiar with a new activity. In addition, it may be more fun doing exercise with a group of other people.

# LESSON 42 WORKSHEET

**Are you experiencing any challenges with your diet or exercise at this time? If so, explain.**

**What are your strategies for addressing these challenges?**

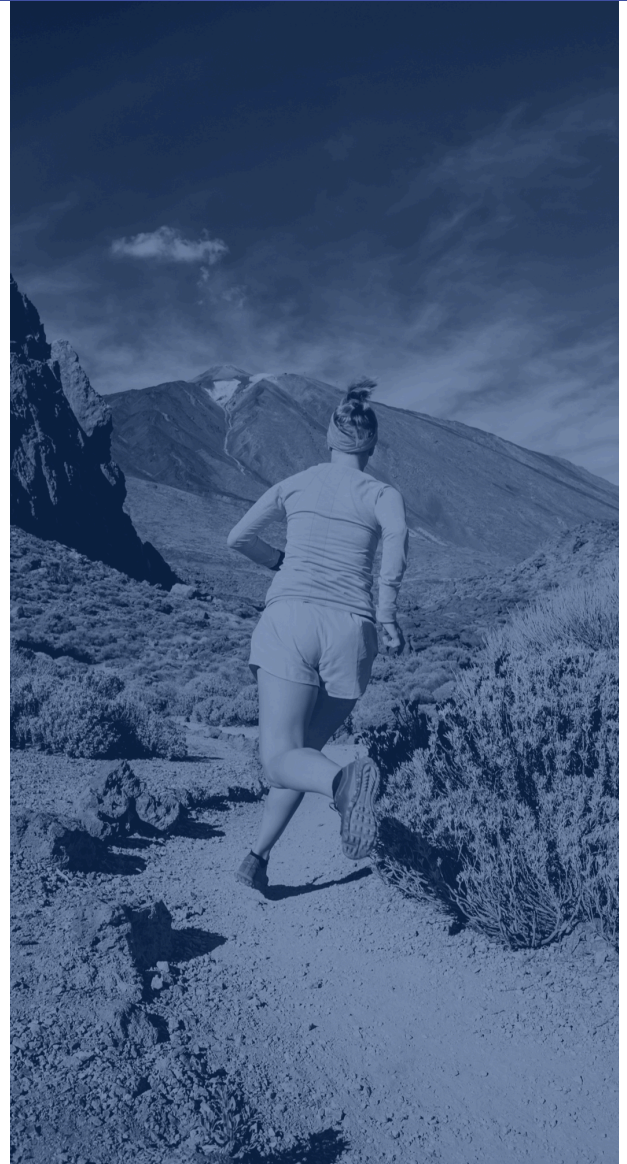
**Are Your Goals Still Sufficiently Challenging?**

**Notes**



## Re-Evaluating Your Plan

### Lesson 43



## Lesson 43 Video



# LESSON 43 WORKSHEET

## Re-Evaluating Your Plan

### Spicing Up Your Diet

Make sure that you have not gotten bored with your diet.

We all tend to fall into a routine and our meals are no exception. When we begin a new diet, we will usually spend time looking for new recipes that will fit into the new diet. The new recipes create new experiences that can help offset some of the unhealthy foods that you are cutting out.

### How Is Your Progress

If your progress has slowed, you definitely want to address it, as this will definitely have an impact on your motivation.

The first thing to do is trying to identify possible causes for the slowed progress. Is it due to obvious causes like challenges with your diet or performing regular exercise?

If it is due to diet or exercise challenges, make sure you address these challenges now. You don't want to wait until your motivation drops to the point that you lose focus on your long term goals. If you are completing these videos as the self-guided plan, consider scheduling a session, so that we can get you back on track

### Don't Know What Is Wrong?

Consider tracking your diet for at least a week or two. This can often reveal that you are eating more than you think. Then you can simply adjust the calories that you are eating to gain further progress. In addition to adjusting calories, diet tracking will also help you in adjusting your macronutrient intake ratios.

Once you know what your typical ratio is, you can adjust the amount of each macro (ie, decreasing your carb or fat intake).

# LESSON 43 WORKSHEET

**How is your current level of motivation?**

**Are you experiencing any boredom with your diet?**

**Are you experiencing any boredom with your exercise?**

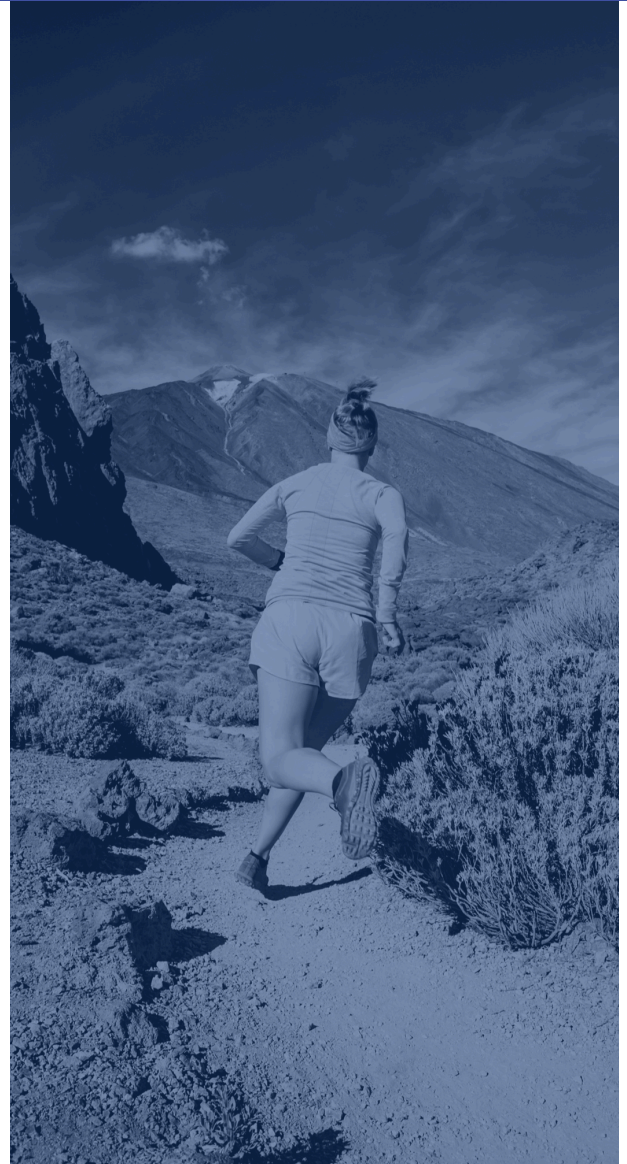
**What strategies do you have in mind to address lack of progress now or in the future?**

**Notes**

# Week 10

**Health Is About  
More Than  
Weight Loss**

## **Lesson 44**



## **Lesson 44 Video**



# LESSON 44 WORKSHEET

## Health Is About More Than Weight Loss

### Mindset

Of all the topics that we have discussed, mindset is the most important. Your mindset has likely improved as you have gained confidence, gained new habits & achieved previous goals. With this new healthy mindset you should feel more empowered & more in control of your health & well being. Be sure to take some time to assess & compare your current mindset versus your mindset that you had a couple months ago.

### Fitness Level

Think about the improvements that you have experienced such as being able to keep up of with friends & family during various activities. Have you noticed decreased difficulty performing daily chores or work related tasks?

### Physical Health

#### HEALTHY DIET & EXERCISE **BENEFITS**

- 1 Lower Blood Pressure**
- 2 Decreased Resting Heart Rate**
- 3 Improved Blood Lipid Levels**
- 4 Decreased Cholesterol Levels**
- 5 Improved Blood Sugar Levels**
- 6 Decreased Risk For Heart Disease**
- 7 Decreased Risk For Diabetes**

# LESSON 44 WORKSHEET

## Mental Health

There is strong evidence of the effects that exercise has on our mental well being. Your stress tolerance may have improved. Regular exercise has given you a healthy & affective way of managing your stress.

How has your mood and level of irritability changed over the past couple months?

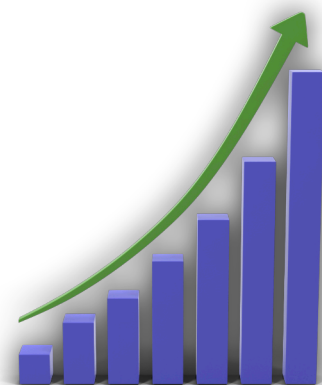
Most importantly, how has your self confidence and self-esteem changed since you began your journey?

## Find Your Progress

Think of other ways that your life has changed since beginning your journey a couple months ago, and more importantly, make sure you continue to give yourself credit for all the improvements that you have made.

At the very beginning, I stressed the importance of creating goals to help guide you and gauge your progress. Just because it wasn't a goal does not mean that it was a not a major accomplishment.

If you are able to identify all the progress you have made your level of motivation is sure to improve.





# LESSON 44 WORKSHEET

**How is your current level of motivation?**

**Are you experiencing any boredom with your diet?**

**Are you experiencing any boredom with your exercise?**

**What strategies do you have in mind to address lack of progress now or in the future?**

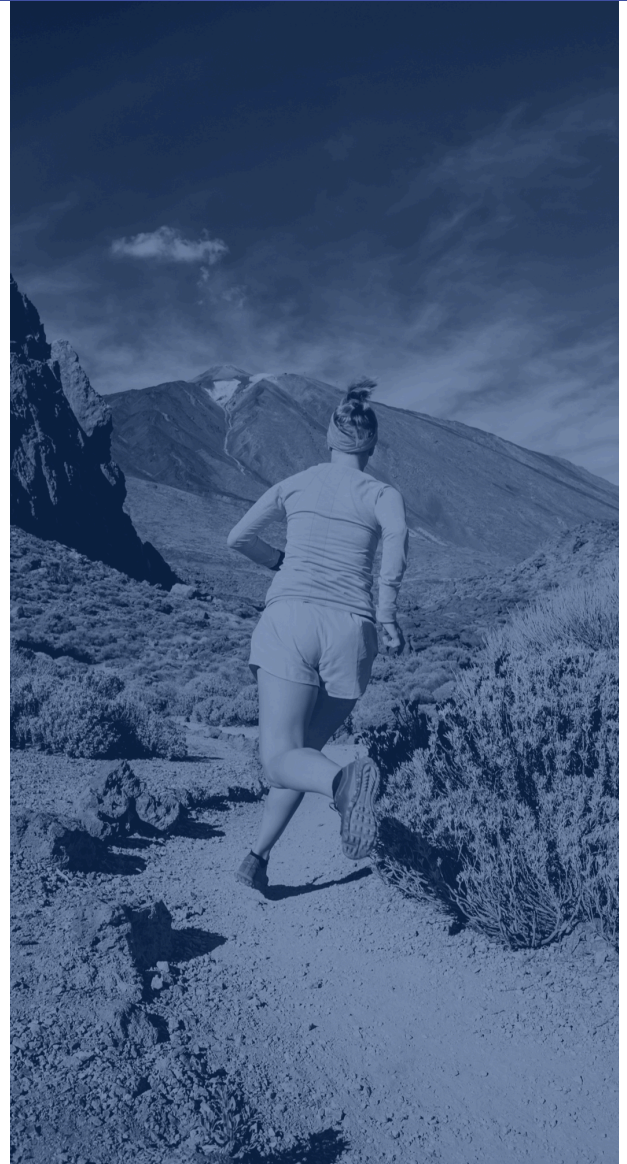
**Notes**



# Week 10

## Alternate Ways Of Tracking Progress

### Lesson 45



## Lesson 45 Video



# LESSON 45 WORKSHEET

## Alternate Ways Of Tracking Progress

### What Is Body Composition

In contrast to body weight, that only accounts for your total body weight, body composition distinguishes between fat mass and lean mass.

Fat mass is exactly what you think it is. Fat mass is what you are trying to get rid of. Lean tissue accounts for everything other than your fat mass. The majority of your lean tissue will not change, but your muscle tissue will definitely be changing as a result of exercise & diet.

### Measuring Body Fat

Many scales will have a body fat assessment built in. This works by what is called bioelectrical impedance, which measures the rate that electrical impulses move through the body. This option is definitely not 100% accurate, but it can be helpful in giving you a general trend of how your body fat is changing.

Testing using a skin fold caliper is another option, but it does require some practice in being able to take reliable measurements.



# LESSON 45 WORKSHEET

## Body Circumference

Measurements can be taken at a variety of places such the arms, chest, hips & thigh. Although, the most common site is taken around the waist.

## The Fit Test

The fit test can be an excellent indicator of progress. It may not be as accurate of measurement, but over longer periods of time, it will reveal the inches that you have lost around your waist or other areas.

The important thing to remember is that you will not experience weekly changes in how your clothing fits. However, when you look at a monthly difference you will see some changes.

## Look & Feel

Don't discount the way you look and feel. I have heard individuals say many times that they have not lost any but they feel that they have.

Also, you may see improvement when you look in the mirror or others may comment on how good you look. When this happens, make sure that you are accepting this feedback along with the feedback you are receiving from the scale.

Now that we have talked about some of the reasons and explanations for not seeing weight loss, it should be easier to minimize your frustration with checking your weight.

# LESSON 45 WORKSHEET

**Have you experienced any frustration with the scale?**

**Are you currently assessing your body composition?**

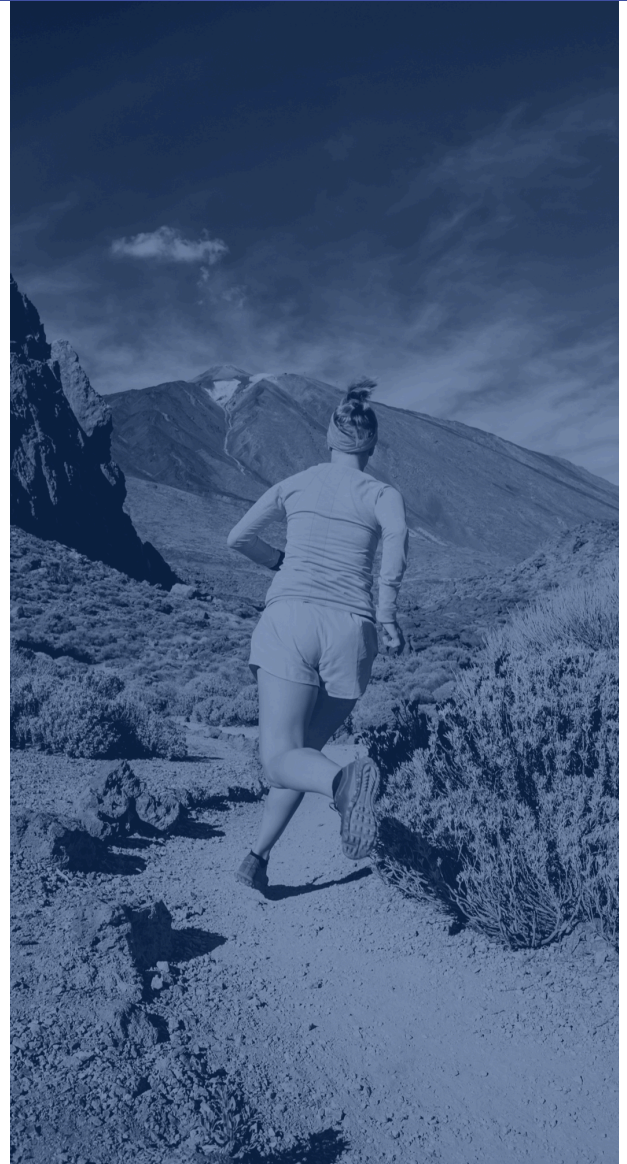
**How do you feel about your overall progress?**

**What are some successes that you have experienced regarding your body composition?**

**Notes**

# Falling Off The Wagon

## Lesson 46



## Lesson 46 Video



# LESSON 46 WORKSHEET

## Falling Off The Wagon

At some point in your health journey, it is possible that you may lose the path or as the say “fall of the wagon”. If this does happen, remember that none of us are perfect.

The important thing is to identify you have fallen off & pick yourself back up. Don’t blame yourself or consider that you failed. As you know, we can’t change the past, but we can change the future.

### Getting Back On The Wagon

Try to avoid dwelling on any mistakes that you have made. The sooner you get back on track the better you will feel. Be sure to complement yourself on identifying & correcting your actions. Depending on how long you have been off track, you may want to consider making adjustments to your goals to help ease the transition.

### Looking Back

Once you get back to your routine, it can be helpful to look back to see if you can identify any possible issues that may have lead to the trip-up. If so, then you can identify strategies to help prevent similar issues from occurring later down the road.

### Make Adjustments As Needed

If you identified any challenges or issues that lead to falling off track, try to identify some strategies to help decrease the impact of the challenges that you were experiencing.

# LESSON 46 WORKSHEET

**How is your current level of motivation at this time?**

**Do you feel that adjusting any of your goals is necessary?**

**Even if you are not ready yet, what are some ideas for new activities that you would like to try?**

**Notes**





# Week 11

## Ensuring Continued Success

This week, we will discuss strategies on helping ensure that you maintain that healthy mindset & healthy habits, but more importantly, how to continue to improve on all the changes & benefits that you have obtained over the past 11 weeks.

# Week 11

## THIS WEEK

# Ensuring Continued Success

### Lesson 47

#### Keys To Continued Success

Strategies to help ensure that you maintain your healthy mindset & healthy habits, but more importantly, how to continue to improve on all the changes & benefits that you have achieved.

### Lesson 49

#### Proper Expectations

Keep in mind all the things you have accomplished and will accomplish. You will likely have a target weight that you are trying to reach. Just keep in mind that, depending on the size of your goal, it will take time.

### Lesson 48

#### Experiencing Plateaus

Weight loss plateaus will be a part of most all weight loss and fitness plans. Most of the time it will not be due to anything you are doing wrong. Plateaus are often a Result of our body adapting to our plan.

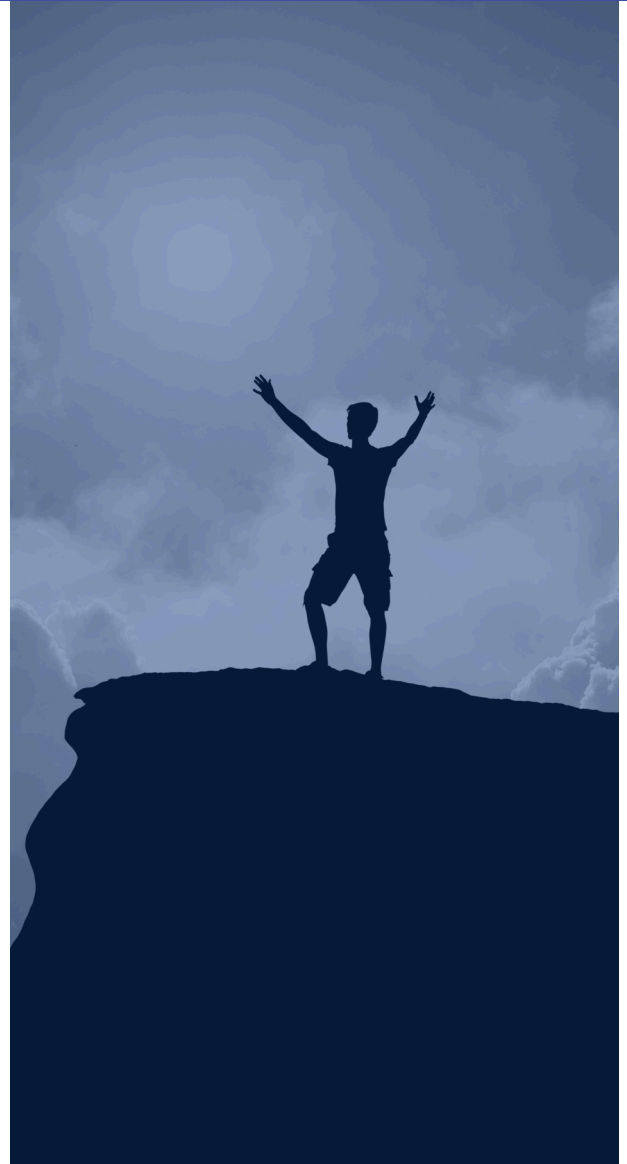
### Lesson 50

#### Maintaining Your Goal

When you reach your long term goal, you can celebrate and then kick back & relax. To a point this is true, but it may help to have a few measures in place to make sure you maintain your achievement.

## Keys To Continued Success

### Lesson 47



## Lesson 47 Video



# LESSON 47 WORKSHEET

## Keys To Continued Success

We are now in week 11 of your life transformation. You have made a lot of progress and you are well on your way to making your long term goal a reality.

### Keep Yourself Accountable

It is easy to lose accountability over time. You can help hold yourself accountable by continuing to monitor & track your goals. By monitoring your goals, you will have important feedback on the rate of your progress. Continue to monitor your weight & other body composition changes.

By keeping an eye on your progress, you can identify at an early stage when you may need to make any changes. That way you can make minor adjustments to keep yourself on track.

### Keep An Eye On Your Diet

If you have not been tracking your diet, consider adding this to your routine. Diet tracking will be extremely helpful in maintaining your accountability with your diet. You will be surprised how much your diet can change over time without you realizing that your calories have increased.

The few minutes a day that you spend tracking your diet each day can save you a lot of time and struggles in the long term.

# LESSON 47 WORKSHEET

## **Keep An Eye On Your Exercise**

Make sure you have a way to keep yourself accountable & completing your scheduled exercise. Similar to those sneaky calories, you may experience a missed session here & there. Eventually, a few missed sessions leads to no exercise for a couple weeks.

Using an app to track your exercise can be very simple & helpful. You don't even have to track the details of the exercise. Simply tracking the days you do workouts can be enough. Most diet tracking apps will have exercise tracking integrated into the app.

## **Prevent Boredom**

Remember how excited you were to begin this program. You were likely excited with the new opportunity & were focused on applying everything that you learned. It was also a high priority & a major focus through out your daily routine.

As time passes, it is natural that the focus & excitement will decrease as it becomes more of your daily & weekly routine. This is good & bad. It is good because it has become part of your routine & requires less conscious effort. The downside is that this can also allow you to gradually veer off your path without realizing it.

## **Keep It Exciting**

If you begin experiencing lack of progress or motivation, it may be time to tweak things. The idea is to help regain engagement with your program. Changing your goals or creating a new habit can help give you new tasks or priorities to focus on. You can cater this to whatever you determine is more likely to address your boredom & lack of progress.

# LESSON 47 WORKSHEET

**How will you maintain accountability with your diet?**

**How will you maintain accountability with your exercise?**

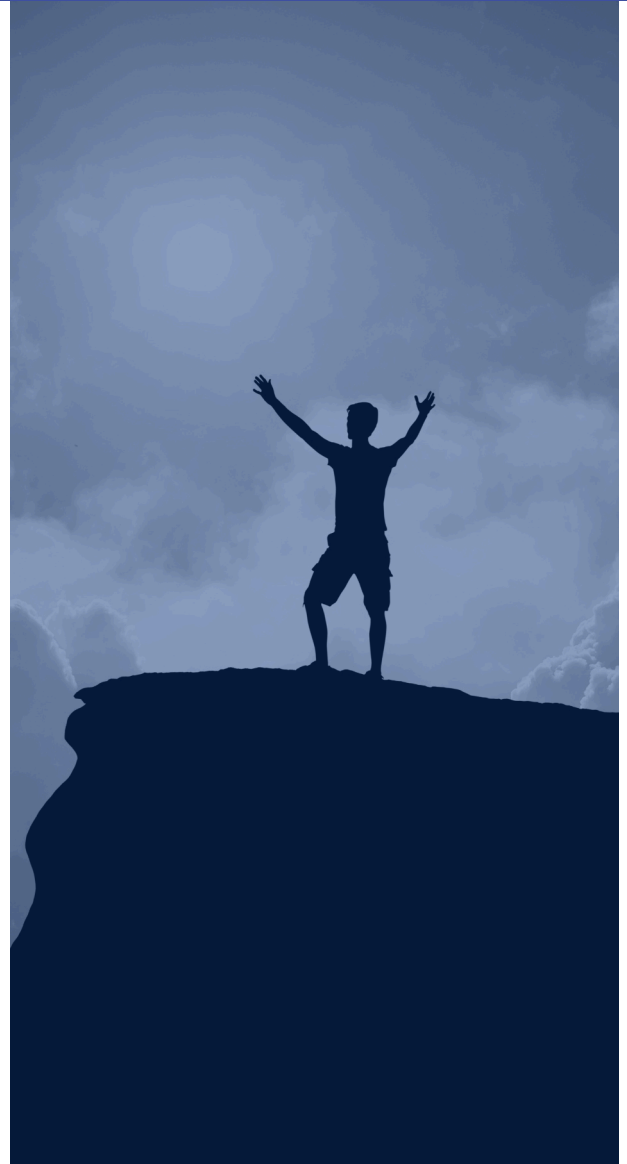
**Have you experienced any boredom with you diet or exercise?**

**If necessary, what solutions do you have in mind to address the boredom with your diet or exercise?**

**Notes**

## Experiencing Plateaus

### Lesson 48



### Lesson 48 Video





# LESSON 48 WORKSHEET

## Experiencing Plateaus

Weight loss plateaus will be a part of most all weight loss & fitness plans. Most of the time it will not be due to anything you are doing wrong.

When we begin a diet or exercise program, the progress that we experience is due to our body needing to adapt to a changing condition. This will vary due to our individual differences & goals.

### Time For A New Program?

Although an entirely new program is an option, this will usually not be required. A large part of your decision will depend on your comfort level. Changing too much can create the challenge of having to adjust to a new program.

Most often small changes to your existing routine will be enough to push you through the plateau.

### Problem Solving

Instead of over-hauling your entire program, you may want to do a little investigation. The first thing is to try to identify what could be the greatest contributor to the lack of progress.

Consider both your diet & exercise routines. Have there been any issues with adhering to either one? If so, then address this issue first. If this has not been an issue, then you will want to tweak your diet or exercise routine. Of course both is an option, but let's keep it as simple as possible.

# LESSON 48 WORKSHEET

## Dieting Adaptation

We often talk about calories in & calories out. If you eat less calories than you burn, you will lose weight. This is often the case, but sometimes it can be a little more complicated than that, but decreasing your calorie intake could be worth a try.

The next option would be looking at the macronutrient ratio that you are consuming. If you have been eating a moderate or high carb diet, then consider decreasing your carb intake by 10%. If either your protein or fat intake have been on the lower side, increase one of them by 10%.

Once you make a change, be patient and give it two weeks before trying any further changes.

## Exercise Adaptation

As we adapt to exercise, the benefits that we obtain will slow down. Most importantly, the calories that you burn performing the exercise will plateau or may decrease as your fitness level has increased.

One option would be increasing the intensity of your current exercise. Consider one of the options that we discussed previously such as incorporating interval or circuit training.

Starting a new exercise may be needed to create more challenge for your body to adapt to. Also, considering an exercise requiring a different intensity can also change, not only the calories burned, but whether those calories are coming from carbs or fat.

# LESSON 48 WORKSHEET

**Have you experienced any plateaus the past few months?**

**Has there been any need to change your diet the past few months?**

**How have you progressed your exercises?**

**If necessary, how could you progress your exercise or what are some options for a new exercise?**

**Notes**

## Proper Expectations

### Lesson 49



## Lesson 49 Video



# LESSON 49 WORKSHEET

## Proper Expectations

Keep in mind all the things you have accomplished & will accomplish. You will likely have a target weight that you are trying to reach. Just keep in mind that, depending on the size of your goal, it will take time.

When we begin a diet or exercise program, the progress that we experience is due to our body needing to adapt to a changing condition. This will vary due to our individual differences & goals.

### The Ups & Downs

No matter how much effort you put forth, you are almost guaranteed to experience some speed bumps along the way.

Remind yourself that this is normal & that you will work through it just like the challenges you have overcome in the past. Just keep that growth mindset that you have developed over the past few months.

### Weight Loss Will Slow Down

Sometimes when we begin a weight loss program, we lose weight easily & quickly due to making changes in a number of bad eating & health habits. In addition, the greater the excess weight you have, the more you will lose in the beginning.

As you approach your target weight, the last few pounds will be the hardest to lose. Therefore, be prepared that you may experience multiple weeks with very minimal or no weight loss at all. However, losing those last few pounds will be the most rewarding part of the whole process.

# LESSON 49 WORKSHEET

## **Interruptions & Distractions**

Be prepared for the surprises that life can bring. If life does get in the way, adjust as needed. Try to maintain your progress if you can, but if you can't, that is ok. As long as you get back on track as soon as possible, you will still reach your goal.

The most important thing to remember is that if you experience non health related challenges, just make sure you adjust your expectations during this period. Adding a week or month to your long term goal is much better than becoming frustrated & quitting all together.

## **Frustration**

Periods of frustration are likely to occur, but as I have stressed before, don't dwell on any mistakes that you have made. If your progress has halted, put your problem solving hat on & explore potential reasons that could explain the issue.

If you are unable to identify the reason, be sure to get some advice from a family, friend or your health coach. Just be careful with allowing your frustration to occur for too long of a period. Eventually, the frustration will weaken your motivation & mindset.

## **Mindset**

Of all the things that you monitor on a regular basis, make sure you pay attention to your mindset. Every week or so, take the time to look at your progress and your plan for the future. By doing this, you may notice that your mindset has changed. For example, not losing weight for a week or so may not have any adverse effect, but after a period of time your mindset will likely be impacted.

# LESSON 49 WORKSHEET

**How have you felt with your progress so far?**

**Have you experienced any frustration with your program so far?**

**Do you continue to feel challenged with your workouts?**

**If necessary, how could you progress your exercise or what are some options for a new exercise?**

**Notes**



## Maintaining Your Goal

## Lesson 50



## Lesson 50 Video



# LESSON 50 WORKSHEET

## Maintaining Your Goal

When you reach your long term goal, you can celebrate & then kick back and relax. To a point this is true, but it may help to have a few measures in place to make sure you maintain your achievement.

As we discussed before, the goal in this program was to create long lasting habits that fit into your life. You will have achieved your goal without using a restricted diet. Actually you will have achieved your goal without an actual “diet”. Your “diet” has actually been a new eating lifestyle. Therefore, there really will not be a change in your diet after you have achieved your goal.

### Watch Your Weight

It can be helpful to check your weight on occasion. You can check weekly, monthly or whatever time you decide. By checking your weight occasionally, you will be able to identify if your weight begins creeping up. Then you can make some minor adjustments before things get out of hand.

### Stay Active

By stopping exercise, you will have much less room for error. If you are burning less calories, increased calorie intake will have a greater impact on your weight.

The good news is that since your goal will be weight maintenance, it won't require the volume that you performed while losing the weight.

# LESSON 50 WORKSHEET

**Once You Achieve Your Goal, What Are 2–3 Challenges You May Experience In Maintaining Your Weight?**

**Challenge & #1**

**Challenge #2**

**Challenge #3**

**Notes**



# Week 12

## Putting It All Together

This weeks course will review the most important content discussed during this course. In addition, you will receive a link so that you can easily review any of the past videos.

# Week 12

## THIS WEEK

# Putting It All Together

### Lesson 51

#### Creating Goals & Habits

Goals are the road map to reaching your long term goals. Creating healthy habits will help keep you on the right path

### Lesson 53

#### Healthy Eating

Specific & restrictive diets tend to be short term fixes. The key to long term success is finding a healthy eating plan that fits your own unique lifestyle.

### Lesson 52

#### Mindset & Environment

Developing a growth mindset is most important aspect of a true healthy life transformation. The proper environment can greatly help in promoting a healthy mindset.

### Lesson 54

#### Exercise Plan & Progress

In addition to the health benefits, exercise is extremely important in maintaining your motivation & healthy mindset. Proper exercise progression helps to further ensure your success.



# Creating Goals & Habits

## Lesson 51



## Lesson 51 Video



# LESSON 51 WORKSHEET

## Creating Goals

### Creating Goals

Your goals are the most important aspect of your program.

Make sure that you continue to adjust your goals to keep your motivation & feeling of accomplishment as positive as possible. In addition, continue to emphasize your weekly & monthly goals. Sometimes the tendency can be to forget about the short term goals & just rely on achieving your long term goal.

Doing this will greatly increase your chances of becoming discouraged or frustrated as you may lose site of the progress that you are making.

To ensure you set **effective & measurable goals**, you should use the **SMART principle**. This means that all goals should be:

#### SPECIFIC

**S**

Is the goal clearly written? Is it clear who needs to accomplish the goal, & any Needed support

#### MEASURABLE

**M**

Does the goal answer the questions of how many, how much &/or how often?

#### ACHIEVABLE

**A**

Are the results realistic? Do you have the support needed to achieve the goal by the target date?

#### RELEVANT

**R**

Does the goal make a difference to your health & wellbeing? Is it going to make an improvement in your personal life?

#### TIME-BOUND

**T**

Does the goal state a clear & specific completion date?



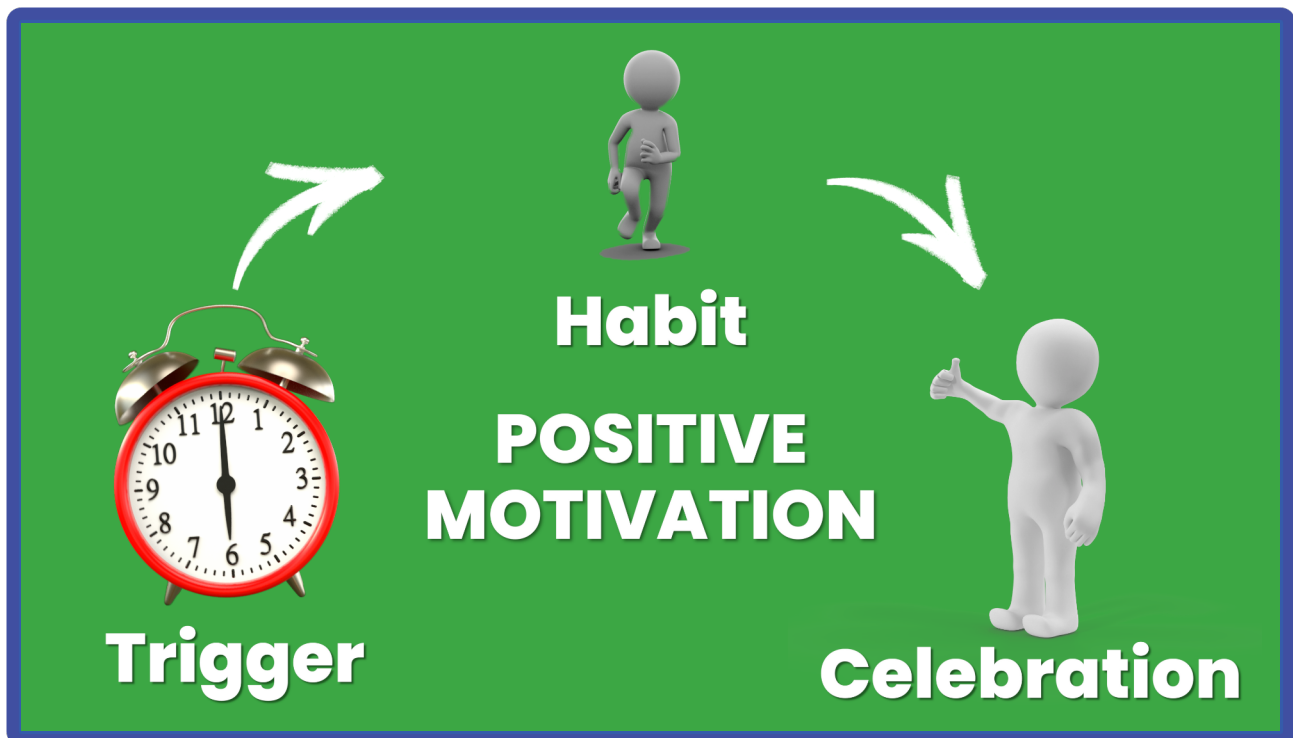
# LESSON 51 WORKSHEET

## Creating Habits

### Creating Habits

Habits are best used for improving behaviors that may be interfering with your long term success. It is best to only focus on one habit at a time and make sure that you have completed the habit successfully for a minimum of two weeks before moving onto another habit. The best idea for new goals are to use them to force you to overcome challenges that you are facing.

Remember to tie the habit to a reliable trigger. The trigger should be something that you already do on a consistent basis every day. An example could be entering your food at the completion of each meal.



# LESSON 51 WORKSHEET

**How have you done in achieving your weekly & monthly goals?**

**What was the most exciting goal that you achieved?**

**What habit are you most proud of achieving?**

**Are there any lingering bad habits that you could improve?**

**Notes**

## Mindset & Environment

### Lesson 52



## Lesson 52 Video



# LESSON 52 WORKSHEET

## Mindset

I know we have talked a lot about mindset, but I truly feel that it is, without a doubt, the most important aspect of truly transforming your health & life. With a growth mindset, I assure you that you will be able to overcome any hurdle that will be in your way in achieving your long term goal.

### Positive Self Talk

You can use positive self-talk to highlight how you'll feel when you achieve your long term goal. Don't forget to focus on how you'll feel with your health, fitness and wellbeing and not just how much better you'll feel about being thinner.

Even though this is going to happen in the future, keep your self-talk in the present tense & not the future to make visualization a more affective mindset shift. Tell yourself that you have the power to change your body through the power of your mind as the finishing touch.

### Negative Self Talk

Avoid negative self-talk at all times. Negative self-talk will have major impact on your mindset. In addition, it is focusing on mistakes or things that have occurred in the past.

A growth mindset is about learning from past experiences. If you feel discouraged, begin by reminding yourself of what you have done right, and then if you need, take a little time to clear your mind & then identify what you can do to address the problem.

# LESSON 52 WORKSHEET

## Environment

By Improving your environment, you can decrease temptation & increase the chance of making good decisions. The ultimate goal is to make **healthy behaviors convenient** & make **problem behaviors inconvenient**

### Stimulus Control

The Act Of Removing Reminders/Cues To Engage In Unhealthy Behaviors & Replacing Them With Cues For Healthy Behaviors



**Reduce Foods That Don't Support Your Goals**  
**Make Those Foods Very Inconvenient**



**Add Foods That Do Support Your Goals**  
**Make Them Readily Available**



**Clear Your Counter Tops**  
**Of All Food Temptations**



**Replace With Fruits Or**  
**Other Healthy Snacks**

# LESSON 52 WORKSHEET

**How do you feel about your mindset at this time?**

**How has your mindset changed in the past few months?**

**Have you experienced situations that have tested your mindset?**

**How have you utilized stimulus control to improve your success?**

**Notes**

# Healthy Eating

## Lesson 53



## Lesson 53 Video





# LESSON 53 WORKSHEET

## Healthy Eating

As you recall, we did not discuss any specific diet protocol during this program. As we discussed, specific diets are almost always short term fixes. As we are looking for life long change, we focused on developing a healthy eating style that fit your own unique life style.

I urge you to continue to adjust your diet to fit your health goals while also ensuring that it fits your life. You want to be sure to hold yourself accountable, but you don't need to be perfect.

### Macronutrients

There is no perfect macronutrient ratio that works for everybody. We discussed the following general guidelines that can serve as a starting point.

**Protein**  
**10-35 %**

**Carbs**  
**35-60 %**

**Fat**  
**20-35 %**

At this time, you should have a good idea whether your current diet is working. We have also discussed that for some people, there is no need to track you macro intake. Although, keep in mind that at some point, you may reach a plateau in your progress & looking at your macros may address the issue.

Don't forget the benefit that protein, fat and fiber intake can offer in managing hunger. Especially helpful, is ensuring that you have adequate healthy fats or protein with your breakfast.

# LESSON 53 WORKSHEET

## Healthy Eating

### Sugar

Added sugars are the the most important thing to reduce in your diet. In addition to many adverse health effects, sugar causes blood sugar spikes that lead to hunger & food cravings. Be especially careful of sugar during breakfast. Also, be careful with artificial sweeteners as increasing research is linking artificial sweeteners to increased sugar cravings.

#### IDENTIFYING **ADDED SUGAR**

- 1 Most Low-Fat Items, Including Yogurt & Ice Cream**
- 2 Breakfast Cereals, Especially Those Aimed At Children**
- 3 Sauces & Soups Including Basic Tomato Sauce**
- 4 All Condiments & Salad Dressings, Especially Low-Fat**
- 5 Most Canned Foods, Especially Baked Beans**
- 6 Muffins, Even Those With Seeds & Nuts**
- 7 White Bread**

# LESSON 53 WORKSHEET

## Healthy Eating

### Processed Foods

Coming in a close second to added sugars are processed foods. Keep in mind that reducing processed foods will greatly reduce your intake of added sugars. Processed foods often have had many of the healthy nutrients removed leaving little nutritional content. In addition, processed foods will be loaded with additional calories.

### Refined Grains

Refined grains are one of the most common types of processed foods. By replacing refined grains with whole grains, you will not only reduce calories, you will maintain blood sugar levels much better as whole grains are digested much slower. In addition, whole grains are much more satisfying, which leads to less issues with hunger.

### WHOLE GRAIN EXAMPLES:

- 1** ▶ Quinoa
- 2** ▶ Brown & Wild Rice
- 3** ▶ Whole Wheat Breads & Pastas
- 4** ▶ Oatmeal (Not The Packaged Stuff)

# LESSON 53 WORKSHEET

**How have you felt with your progress so far?**

**Have you experienced any frustration with your program so far?**

**Do you continue to feel challenged with your workouts?**

**If necessary, how could you progress your exercise or what are some options for a new exercise?**

**Notes**

## Exercise Plan & Progression

### Lesson 54



## Lesson 54 Video



# LESSON 54 WORKSHEET

## Exercise Plan

As you progress further along on your journey, exercise will become increasingly more important in obtaining your ultimate goal. In addition to the health benefits, exercise is extremely important in maintaining your motivation & mindset. I am sure you have already experienced the connection that exercise has on your diet. When you complete your exercise, the success in your diet follows. Of course when you miss your workouts, your diet tends to suffer.

### Choose Wisely

Remember that the best exercise for “you” is the exercise that you enjoy the most. Burning calories is a part of exercise, but it only works if you are performing the exercise on a regular basis. As you progress in your journey, you will want to consider strategies to make sure you remain consistent with your exercise. Regardless of your strategy, you need to decide on a set schedule of when you plan to complete your exercise. For some, completing some form of exercise each day works best in maintaining the needed consistency. Be sure to find what works best for you.



# LESSON 54 WORKSHEET

## Exercise Plan & Progression

### Resistance Training

Although it is easy to push resistance training aside in place of cardiovascular exercise, it should be a part of your program. The importance of resistance training will increase further as you continue to progress towards your long term goal. I would try to incorporate a minimum of two days per week dedicated to resistance training. If necessary, you can mix your cardio exercise in with your resistance training. As always find what works best for you. Also, remember that resistance training involves more than just barbells & dumbbells.



### Exercise Progression

Exercise progression can come from a variety of options. The goal with exercise progression is to continue to increase the benefits that you receive and to also increase the challenge and satisfaction that you receive from improving your fitness level. It would be best to dedicate one of your weekly or monthly goals to improving your exercise intensity or volume. Just remember that increasing volume does not require increasing the duration. In fact, exercise duration can often decrease as intensity increases.



# LESSON 54 WORKSHEET

**How has the consistency of your exercise been?**

**How have you progressed your exercises?**

**What is your greatest exercise related accomplishment?**

**How have or will you incorporate resistance training into your exercise routine?**

**Notes**