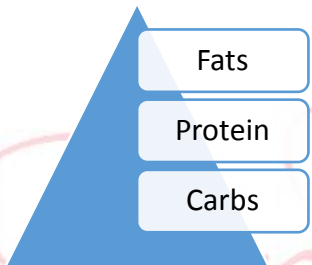
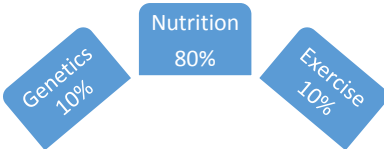


DIETSMART Plan Program Outline

Week 1	Week 2	Week 3
<p style="text-align: center;">The Food Pyramid</p> <p>What are 3 causes of Degenerative Diseases?</p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ <p>Why do I struggle with weight loss? _____</p> <p style="text-align: center; background-color: yellow;">What is DIETSMART?</p> <div style="text-align: center;">  </div> <p>7-Day Baseline Results</p> <p>Carbohydrates _____ cals.</p> <p>Proteins _____ cals.</p> <p>Fats _____ cals.</p> <p style="text-align: center;">Body Beautiful Formula</p> <div style="text-align: center;">  </div> <p style="text-align: center; background-color: yellow;">My Action Plan</p> <p>Primary Goal:</p> <p>Short Term Goal:</p> <p>Long Term Goal:</p>	<p style="text-align: center;">DietMATH</p> <p>Your Goal Weight is _____</p> <p>Calories IN = _____</p> <p>Calories OUT = _____</p> <p>Take Goal Wt. X 10 _____ = <small>Your Weight Loss DRA / DAILY RECOMMENDED ALLOWANCE</small></p> <p style="text-align: center; color: red; font-size: 1.2em;">METABOLIC NUTRITION</p> <p>Caloric Nutritional Value:</p> <p>Carbohydrates = 4 Cal / Gram</p> <p>Proteins = 4 Cal / Gram</p> <p>Fats = 9 Cal / Gram</p> <p>Metabolic Balance</p> <p>Carbs = DRA X .55 = _____ Cal.</p> <p>Protein = DRA X .30 = _____ Cal.</p> <p>Fat = DRA X .15 = _____ Cal.</p> <p style="text-align: center; color: red;">CONVERT Cal. To Grams</p> <p>Divide Carb Cal. by 4 = _____ g</p> <p>Divide Protein Cal. By 4 = _____ g</p> <p>Divide Fats Cal. by 9 = _____ g</p> <p style="text-align: center; color: red;">Compare with 7 Day Baseline</p> <p>Calories Intake Before: _____</p> <p>Caloric Intake NOW: _____</p> <p>The non-Diet Nutrition Concept is to help free yourself from the "Dieting Mentality"</p> <p>Dieting often results in cycles of starvation, bingeing, purging, guilt and mood swings.</p> <p>Only 5% of Diets result in long term weight loss, and dieting actually causes weight gain due to an ongoing cycle of hormone disturbance and imbalances.</p>	<p style="text-align: center;">Macronutrients</p> <p>Metabolic Nutrients: Carbohydrates, Proteins and all Fats are responsible for supplying the body & brain with CALORIES for Energy.</p> <p style="background-color: yellow;">Carbohydrates: <u>Fruits, Vegetables, and all Grains</u> – break down into sugar and starch – a primary source of energy for all living things – a structural component of cell walls and plasma membranes</p> <p>3 Types of Carbohydrates:</p> <ol style="list-style-type: none"> 1. Complex _____ 2. Simple _____ 3. Refined _____ <p style="color: red;">Carbs are the ONLY source of FIBER</p> <p>List 4 Good Quality Carbs:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>List 4 Poor Quality Carbs:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p style="background-color: yellow;">Proteins: <u>Meats, Poultry and Dairy</u></p> <p>- breaks down into peptides and amino acids</p> <p>-the main structural ingredient of human cells – the main structural ingredient for enzymes that keep the cell running</p> <p>2 Types of Proteins:</p> <ol style="list-style-type: none"> 1. Complete _____ 2. Incomplete _____ <p>Are you getting enough Protein? N Y</p> <p style="background-color: yellow;">FATS: <u>Oils, nuts, meats, cheese, baked goods, processed & prepared food</u></p> <p>- breaks down into triglycerides and fatty acids</p> <p>- a structural component of cell membranes</p> <p>- a source of insulation</p> <p>Good Fats _____</p> <p>Bad Fats _____</p> <p>Essential Fatty Acids _____</p> <p>Tropical Fats _____</p> <p>Trans Fats _____</p>

Week 4

Portion Control: Containers
 – Follow the Meal Plan for your Daily Recommended Allowance
 - Write down Shopping List
 - Be consistent with portions

Control Glucose Levels
Manage your Carbohydrates
Glycemic Index: Glucose levels can easily be controlled with this old fashion metabolic principle: The GI Diet. For long term weight loss and wellness, the fat storing hormone Insulin must be controlled. It’s important to be mindful of the carbs that naturally control blood sugar levels for the treatment of Heart Disease, Diabetes Type 2 & Obesity.
 G.I. Food Chart is at the Back of your Smartrack Journals

FATS – FATS – FATS

The Good, Bad and the Ugly
 Types of Fats
 Nutritional Value of Fat
 Butter vs Margarine
 The truth about Coconut Oil
 Why are Saturated Fats considered unhealthy?
 What are Essential Fatty Acid and their benefits to health?

Fitness Level Test (Pedometer)

Track Steps for 3 Days

Instructions:

1. Sun up to sun down
2. Work, Activity, Leisure
3. Write down you Steps
 Day 1 _____
 Day 2 _____
 Day 3 _____
 My fitness level is: _____

**Week 5
 HORMONES**

Metabolic Cycles:

1. Rejuvenate & Replenish:
Digestion Cycle: 11am – 8 pm
2. Rest and Rebalance:
Assimilation Cycle: 8 pm – 4 am
3. Awake & Eliminate:
Eliminate Cycle: 4 am – 11 am

Follow the 5 Leptin Rules:

1. Never eat after dinner
2. Eat 3 meals a day
3. Do not eat large meals
4. Eat protein at breakfast
5. Reduce carbohydrates

Weight Loss Hormones

Assessment:

1. Insulin Resistance _____
2. Cortisol/Stress _____
3. Digestion/PH _____
4. Auto-Immune _____
5. Thyroid – Energy _____
6. Fatty Liver _____
7. Sleep – Melatonin _____
8. Leptin Resistance _____

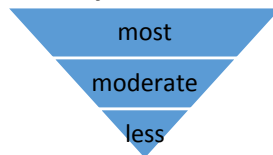
Test Results:

Metabolic X Syndrome Y or N

1. Hormone? _____
2. Hormone? _____
3. Hormone? _____

BALANCE

Calories/Hormones/Behaviors
 Inverted Pyramid – CortiZone



DO NOT EAT PAST 8 PM
STRESS EATING RISK
THE CORTIZONE

Weight Control Hormones

- Insulin
- Cortisol
- Leptin

Week 6

**Calories IN & Calories OUT
 METABOLIC BALANCE**



Calories In: decrease 500/day
Calories Out: expenditure of 500/day for 2 pounds a week.

Advanced DietMATH FORMULA

Examples of Caloric Expenditure during 1 hour

Sitting.....	35
Standing.....	43
Walking.....	177
Cycling.....	222
Dancing.....	265
Skating.....	311
Swimming.....	696
Running.....	1253

Review: Eating Disorders Assessment

Results:

- o Behavior A - Carbs
- o Behavior B – Mixed
- o Behavior C – Protein

Eating Out: Tips

Think before you order

- Pick restaurants that offer healthy choices
- Choose the salad bar over already dressed salads
- Choose entrees that are prepared with whole foods
- Stay away from anything fried or covered with heavy sauces
- When you’re full, STOP EATING
- Take home your leftovers
- Drink water with your meal not carbonated soda drinks
- Think twice about the dessert
- Share the dessert, just a taste is satisfying
- Enjoy your surroundings and relax
- Eat slowly, and savor every bit
- Unless you’re sharing, never ask for the Plus Size serving, ever!

Homework:

- Complete and hand in all Weight Loss & Eating Disorders Assessments
- Complete Fitness Step Test
- Hand in Journals for evaluation
- Complete 2 independence workouts weekly

Week 7

Types of Obesity

Exogenous – excessive caloric intake
 Endogenous – inherent metabolic defect
 Hyperplastic – fat cells increase in numbers
 Hypertrophic – fat cells increase in size
 Android – fat distribution – upper body
 Gynoid – fat distribution – lower body

1 Pound = 3500 Calories

Obese Therapy – to lose 2 pounds a week
 Diet = Decrease 500 calories per day
 Activity = Expend 500 calories per day
 For a natural automatic weight loss of 2 pounds a week.

Reasons for Eating

Boredom	Social Events
Loneliness	Depressed
Frustration	Happy
Anger	Sad
Rushed	Cravings
Tension	Tired
Low self Esteem	Insomnia
Satisfaction	Hormones

Factors that affect your

Metabolic Rate:

- Age
- Heredity
- Stress
- Insulin Levels
- Brown Fat
- Mealtimes
- Thyroid
- Activity
- Gender
- Body Type
- Quality of Sleep
- Adrenal Hormones

Body Types: inherited

Ectomorphs – naturally thin

Mesomorphs – natural muscle

Endomorphs - YOU.

- Tend to be soft and round
- Have little muscle development and small bones
- Look pudgy or pear shaped because weight mainly centers in the front and around the abdomen
- Worsens with sedentary lifestyle
- exercise will firm the endomorphs body nicely.
- consistency is key
- lifestyle matter most

Week 8

Rapid Fat Burning

F.I.T.T Principles

F - Frequency 3 – 5X a week

I – Intensity Are you working hard enough?

T – Type of Workout.

T – Time. How long should I work out?

Training Target Heart Rate

$(220 - \text{Age}) \times .70$ divide by 6
 = _____ your THR.

Fat Burning Systems

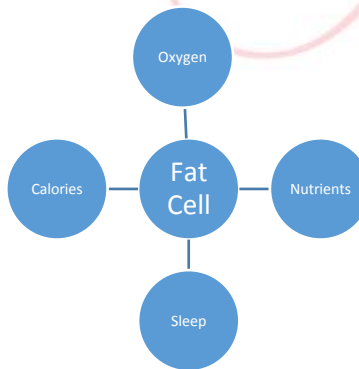
1. Aerobic exercise
2. Anaerobic exercise

What is the difference between the two

Fat Burning Stages

- a. Glucose - blood
- b. Glycogen – muscle
- c. Fatty Acid – stored fat

Cellular Metabolization



Cellular Metabolization is

- the continuous balance of biochemical nutrients, to maintain homeostasis every day for a natural fat burning metabolism for permanent weight loss.

Week 9

Nutritional Supplements

NATURAL MEDICINE

Studies indicate that most people do not meet the Daily Recommended Allowance for nutrients from diet alone. Many people will take vitamin and mineral supplements to help meet their nutritional needs for optimal health and metabolic functions.

The Daily Recommended Allowances are the guidelines set for the prevention of nutritional deficiencies and diseases.

Fat Burners: or thermogenic stimulators or metabolic enhancers will help speed up metabolism thereby promoting fat loss.

Sport Supplements: are for building muscle, increase strength and endurance, and aid in recovery from exercise.

Disease Fighting Supplements

1. Vitamin A
2. Folate
3. Vitamin C
4. Vitamin E
5. Copper
6. Magnesium
7. Zinc
8. EFA's

Favorite Weight Management Supplements

- Conjugated Linoleic Acid (CLA)
- Enzymes – break down food
- Kelp – rich source of iodine
- Alpha-lipoic Acid – antioxidant
- Leptin – appetite regulator
- Citrus aurantium vs ephedra

Protein: essential for metabolic rate

- Build lean muscle
- Repair and maintain muscle
- Made up of 22 amino acids
- 1 gram per kilogram or ½ gram per pound of body weight daily is recommended.

Water: most important guideline

- Drink 8+ 8 oz glasses per day
- Easier for liver and kidneys
- Prevents constipation
- Prevents fluid retention
- Prevents bloating
- Prevents sagging skin
- Supports hormones
- Supports fat burning
- Supports brain functions

Oxygen: most important for fat burning

- Sustains life
- Supports fatty acid metabolism for fat burning
- Cellular metabolization – a living cell
- A healthy metabolism depends on the homeostasis of cellular metabolization.

Week 10
Behavior Modification for
PHYSICAL ACTIVITY

Repeat this to yourself several times a day: To Control Weight you must EXERCISE

How to accelerate fat burning

1. Food in, Energy out
2. Afterburn, burns up to 24 hrs
3. Increased Lean Body Mass

Benefits of Physical Activity

- a) Improved mood
- b) Reduced risk of heart disease
- c) Increased mental acuity
- d) Reduced risk of diabetes
- e) Pain relief
- f) Increased bone density
- g) Longevity
- h) Increased strength
- i) Improve quality of sleep
- j) Improve digestion
- k) Improve cellular metabolism
- l) Improve posture
- m) Strengthen immune system
- n) Improve metabolic rate
- o) Improve sexuality

Strength Training: polish the body

- Slows down muscle loss and aging
- Improve balance and posture
- Rev up the metabolism
- Feel full longer
- Reduce blood glucose levels
- Increase lean muscle
- Reduce osteoporosis
- Change your set point
- Fix a plateau

Stretching – reward your body

- Before a workout to reduce risk of injury and muscle strain
- Improves flexibility
- Improves blood flow
- Get body ready for exercise
- Integral part of warming up and cooling down the body
- Ultimate reward for the muscles

Set Point: each person is born with a genetically predetermined weight range that he body strives to maintain. Cosmetically speaking, this may explain why reaching your goal may be so frustrating. Set points aren't set in stone.

Week 11
Appetite Control

Are you really hungry?

Did you know that DIETING and food restrictions can trigger the body's chemistry to increase cravings and hunger? Hunger and feeling full are regulated by a complex system of chemicals that communicate with the brain. What starts hunger depends on whether the signal comes from sensory or mechanical origins.

The Brain The hypothalamus is responsible for processing eating behaviors. The hypothalamus communicates with the cells in other parts of the brain to coordinate the release and uptake of chemicals that regulate how much you eat.

When the body needs nourishment, neurotransmitters (chemicals that transmit information to the brain cells) will be released. The neurotransmitter called Neuropeptide Y (NPY) is responsible for the want to eat and full signals. The two eating behavior chemicals that circulate in the blood and that communicate with NPY are Ghrelin and Leptin.

Ghrelin: is a compound that's secreted in the lining of the stomach and its role is to make you feel hungry.

Leptin: is secreted by the fat cells, this hormone talks to the brain NPY to help control; hunger, you fill fuller, have less cravings and reduces overeating. This hormone has become very significant in weight loss today.

Leptin levels are highest in the morning after a sound sleep. Sleep habits matter! Sleep Well.

Week 12
Behavior Modification for
Weight Loss Success

- ✓ Believe that you can.
- ✓ Take responsibility.
- ✓ Set realistic goals.
- ✓ Make a commitment.
- ✓ Have a Plan.
- ✓ Keep Diet/Exercise Log.
- ✓ Rebound, learn from it.
- ✓ Stay motivated – remember why you started.
- ✓ Moderation is Key.
- ✓ DietMATH is golden.
- ✓ Plan meals ahead.
- ✓ Avoid emotional eating.
- ✓ Stop worrying about your weight.
- ✓ Reduce stress, Let it go.
- ✓ Get a grip on your body's genetic reality – Endomorph.
- ✓ DietSmart is the basic formula for calories in and out, smart eating, smart exercise, and smart behaviors. Lifestyle.
- ✓ Drink your water.
- ✓ Get a good sleep.
- ✓ Love your body and your body will love you back.
- ✓ Diet Smart for weight loss control, wellness and longevity.
- ✓ Stay focused on YOU.
- ✓ Only you can make the change for you.

✓ **Maintain these Metabolic Principles for a healthy fat burn metabolism:**

1. The Food Pyramid
2. DietMath – Macronutrients
3. 80/20 Principle
4. Fabulous 5 Principle
5. Glycemic Index- Glucose Control
6. Portion Control
7. The Metabolic Cycles – Hormones
8. Inverted Pyramid – Hormones
9. F.I.T.T & Training Heart Rate
10. The Fat Burning Zone - Insulin
11. Leptin Patch – Appetite Control
12. Dietary Supplements
13. Set Backs and Plateaus
14. How to stay Motivated
15. Behavior Modification – staying of track for long term success.

Final Weight in _____ pounds

- Successful completion
- Certificate of Completion granted

Dr. Penny.ca