

THE DIETSMART PLAN - OUTLINE

LEARN HOW TO CALCULATE, CONTROL & AND MANAGE YOUR CALORIES IN & OUT

The DietSmart Plan	Professional Services	Time Lines & Fees
<p>Step #1 SmartStart</p> <p>Lessons in Theory: Health Canada Guidelines for Body Weight Classifications Control Beyond Appearance Body Fat & Health SmartTrack Log for Baseline Assessment</p>	<p>Set-Up Inform & Consent Basic Specifications (Wt., Ht. goal Wt.) Advanced Specifications (age, sex, frame, activity, body fat%, BMI) Obesity Classifications Metabolic Health History Profile Blood Glucose Test pH Urine Alkaline Test Blood Cholesterol Home Test Basal Thyroid Home Test Eating habits & Behaviors Assessment Metabolic Hormones Assessment Vital Signs, + Blood Pressure & Pulse Before Photos Body Measurements 7 Day Diet - Baseline Assessment</p>	<p>1 Month (30 Days) 8 hours (2 hours a week) \$ 1000 service fee</p> <p>Case Study: FREE Service NOTE: some tests and assessments will overlap into Step 2 & 3</p> <p>Your personalized - Metabolic Health Report, Evaluation & Recommendations</p>
<p>Step #2 DietMath & SmartTrack</p> <p>Lessons in Theory: NUTRITION! Diet Check (Quiz) Healthy Eating Pyramid Macronutrients How To Change Your Diet Plan & Prepare Your Meals Know Your Fats Glycemic Index Fabulous 5 Mindful Eating Cellular Metabolism Fat Burning Mode</p>	<p>Review and recap of Step #1 Hand in the 7 Day Diet Baseline Assessment</p> <p>DietSmart Math- the scientific metabolic formula for calculating, monitoring and managing your Daily Recommend Allowance DRA calories with your goal weight for and accurate measure of calories IN – weight loss metabolism. <i>A must know for effective weight loss with any plan or program.</i></p> <p><i>Compare your baseline with your weight loss metabolism DRA and see your weakness and strengths in your Diet.</i></p> <p>Receive your personal 30 Day SmartTrack Journal for Logging Calories IN.</p> <p>Pedometer Fitness Level Test – 3 Days home test for an average fitness baseline for calories OUT. (Pedometer Included)</p> <p>Begin the Leptin Patch (Optional)</p> <p>Home Thyroid Test Home pH Urine Test</p>	<p>1 Month (30 Days) 8 hours (2 hours a week) \$ 1000 Service Fee</p> <p>Case Study: FREE Service</p> <p>The Leptin Patch is not an option with the CASE STUDY.</p>

<p>Step #3</p> <p>SmartTalk</p> <p>Counselling & Coaching</p> <p>Fitness Workout</p> <p>Weekly reviews form SmartTrack Journal</p> <p>Lessons in Theory:</p> <p>Digestion</p> <p>Protein</p> <p>Oxygen</p> <p>Fatty Acid Metabolism</p> <p>Hormones: Insulin, Cortisol, Thyroxin, Estrogen, Leptin and Cholesterol</p> <p>Metabolic Cycles</p> <p>Importance of Sleep</p> <p>Inverted Pyramid</p> <p>Diabetes</p> <p>Heart Disease</p> <p>Water</p> <p>Hunger & Full</p> <p>Supplement</p> <p>Vitamins & Minerals</p> <p>Eating Behaviours & Disorders</p> <p>Behaviour Modification Strategies for Navigating a change in Lifestyle</p> <p>Par-Q Fitness Readiness Test</p> <p>Waiver & Reliability Form</p>	<p>Educate and Motivate the Principles for hormonal balancing for a FAT BURNING METABOLISM</p> <p>Review Dietary Journal of calories coming from calories OUT</p> <p>Maintain a Fitness Log for a caloric expenditure</p> <p>Balance your Weight Loss Metabolism.</p> <p>ALL WORKOUTS ARE DONE ON THE REHAB TUB SEAT</p> <p>Breathing & Relaxation Exercises</p> <p>Stretching and Posture</p> <p>Upper Body Workout (neck, shoulders, arms)</p> <p>Lower Body Workout (hips, inner and outer thighs, butt)</p> <p>Abdominal (Core) Workout (stomach and back)</p> <p>Full Body Workout- Bands</p> <p>Full Body Workout – Hand balls</p> <p>Full Body Workout – Kettlebells</p> <p>Review – Health Profile</p> <p>Evaluation</p> <p>Concerns & Questions</p> <p>Re- assess all body specifications:</p> <p>Weight</p> <p>Body Fat %</p> <p>Body Mass Index</p> <p>Sugar Glucose</p> <p>pH Urine</p> <p>Vital Signs + BP. & P.</p> <p>Measurements</p> <p>After Photo</p> <p>Conclusion</p> <p>Hugs, Thank YOU.</p>	<p>1 Month (30 Days)</p> <p>8 hours (2 hours a week)</p> <p>Case Study – FREE Service</p> <p>All Fitness Equipment and supplies are included</p> <p>If for any reason you are uncomfortable or insecure about any type or mode of exercise and fitness, you MUST consult your doctor before signing your SERVICE CONTRACT AGREEMENT FOR SERVICES</p> <p>NO REFUNDS OR RETURNS ON ANY SERVICES OR PRODUCTS DUE TO HEALTH & SAFTY STANDARDS.</p> <p>Keep Going!</p> <p>Join my Workout Classes</p> <p>Book a Follow Up Consultation</p> <p>On-Line Support</p> <p>On-Line Continuous Education and Motivation</p> <p>Teach and share with others</p> <p>You are a DietSmarter!</p> <p>Keep Your Diet Smart and in Control with DietSmart.</p>
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