DROP THE POUNDS SEMINAR 2022

DSCC MWR Fitness Center

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Nutrition

- Diets trends. How do they work?
- Choosing a diet and set goals according to calories calculators
- Creating or transforming habits tip

Fitness

- How to create healthy Fitness habits with realistic goal settings
- Technology help to achieve healthy habits goals
- Basic recommendation for Aerobic and Strength goal settings

Mind and Wellness

- Stress: negative effects
- Self care importance as a whole
- Relaxation and beathing techniques
- Yoga, chair yoga, meditation, tai chi concepts

How Named Diets Work for Weight Loss

Diet Name	Short Description	How it Works
Low Carb	Eat fewer carbs and more foods rich in protein and fats	**By creating a caloric deficit**
Ketogenic	Eat almost no carbs, some protein and mostly fats	**By creating a caloric deficit**
Low Fat	Avoid foods high in fats and eat mostly protein and carbs	**By creating a caloric deficit**
Intermittent Fasting	Restrict your eating period to only a few hours every day	**By creating a caloric deficit**
Weight Watchers	Points based system to help with portion control	**By creating a caloric deficit**
Paleo	Eat only minimally-processed "paleolithic" foods	**By creating a caloric deficit**

Nutrition Basics
Diets trends:

- Paleo
- Keto
- Low Carbs
- Mediterranean
- ATKINS
- Fasting

The Paleo Diet:

Includes	Excludes
Whole foods	Processed foods
Lean protein	Sugar
Vegetables	Dairy
Fruits	Grains
Nuts	
Seeds	

Paleo Diet

Pros

- Clean diet without additives, preservatives, or chemicals.
- Anti-inflammatory.
- More red meat = more iron.
- May improved satiety.
- Proved to help losing weight.

Cons

- It can get expensive.
- You don’t eat any grains or dairy which may affect energy levels.
- Difficult for vegetarians (no beans).
- Not recommended for athletes or very active people that needs between 3 to 6 grams of carbs per pound of their body weight, per day.

The Keto Diet

- Cut carbs and eat more fat.
- 5 percent of calories from carbohydrates, including low-carb, non-starchy vegetables and small amounts of leafy greens.
- 20 percent of calories from protein, such as meat, eggs and cheese.
- 75 percent of calories from fat, such as oils, unprocessed nuts, butter and avocado.
- NO carb-rich foods like grains, beans, fruits and starchy vegetables.

Keto Diet

Pros

- Reductions in blood sugar and insulin levels.
- Increased ketones.
- Lowers blood sugar.
- Increase insulin levels.
- shifts the body's metabolism away from carbs and toward fat and ketones.
- Reductions in blood sugar and insulin levels.
- Increased ketones.
- Lowers blood sugar.

Cons

- Could cause low blood pressure.
- Kidney stones.
- Constipation.
- Nutrient deficiencies.
- Increased risk of heart disease.
- Strict diets could cause social isolation or disordered eating.
- NOT safe for those with conditions involving their pancreas, liver, thyroid or gallbladder.

Low Carbs Diet

Involves limiting carb intake to 20-150 grams per day.

Emphasize unlimited amounts of protein and fat while severely limiting your carb intake.

Low-carb diets severely limit carb intake and push your body to use fat for fuel.

Low Carb Diet

Pros

- May benefit improving:
  - blood triglycerides
  - cholesterol levels
  - blood sugar levels
  - insulin levels
  - blood pressure
- Tend to reduce your appetite.
- Effective at reducing dangerous belly fat (around your organs).

Cons

- Increase in “bad” LDL cholesterol In extremely rare cases.
- Very low-carb diets can cause a nondiabetic ketoacidosis.
- Not recommended for lactating women.

Atkins Diet

Lose weight by eating as much protein and fat as you like, as long as you avoid carbs.

Phases:

Phase 1 (induction): Under 20 grams of carbs per day for 2 weeks.

Phase 2 (balancing): Slowly add more complex carbs.

Phase 3 (fine-tuning): close to your ideal weight, add more carbs.

Phase 4 (maintenance): eat healthy carbs without regaining weight.

ATKINS PROS AND CONS

Pros

- There is no need to restrict fluid or calorie intake.
- No need of weighed and measured portions, and recipes do not need to be precise.
- Proteins are not restricted; around 35% of the calories come from protein.
- There is no need to fast before starting the diet.
- The diet can lead to weight loss.
- It is unusual to develop kidney stones.

Cons

- Ketosis (increased ketone level in bodily tissues).
- Not sufficient minerals and vitamins.
- Constipation.
- Some people find their cholesterol level increases.

Mediterranean Diet

Build meals around vegetables, beans and whole grains.

Plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices.

Olive oil is the main source of added fat.

Fish, seafood, dairy and poultry are included in moderation. Red meat and sweets are eaten only occasionally.

Wine is often associated with the Mediterranean diet. It can be included but only in moderation.

Mediterranean Diet

Pros

- Covers all major food groups.
- Diverse flavors.
- May be easier to adhere to.
- Comes close to American Heart Association dietary recommendations.
- Low saturated fat.
- Omega-3 fatty acids help decrease triglycerides, reduce blood clotting, and lower the risk of stroke and heart failure.
- Polyunsaturated fats help fight inflammation in the body.

Cons

- May be more expensive to follow.
- Cooking fresh food takes time.
- Not designed as diet for weight loss.

Fasting and Intermittent Fasting

Intermittent fasting cycles your body between periods of fasting and eating, more of an eating pattern than a diet.

The 16/8 method: Involves skipping breakfast and restricting your daily eating period to eight hours, subsequently fasting for the remaining 16 hours of the day.

The eat-stop-eat method: Involves 24-hour fasts once or twice per week on non-consecutive days.

The 5:2 diet: On two non-consecutive days of the week, you restrict your intake to 500–600 calories. You do not restrict intake on the five remaining days.

The Warrior Diet: Eat small amounts of raw fruits and vegetables during the day and one huge meal at night.

No food restrictions.

Fasting Pros and Cons

Pros

Intermittent fasting is generally very successful for weight loss.

Could cause weight loss of 3–8% over a period of 3–24 weeks.

Causing less muscle loss than standard calorie restriction, it may increase your metabolic rate up to a 14% faster.

May reduce markers of inflammation, cholesterol levels, blood triglycerides, and blood sugar levels.

Linked to increased levels of human growth hormone.

Cons

Although intermittent fasting is safe for well-nourished and healthy people, it does not suit everyone.

Some studies note that it's not as beneficial for women as it is for men.

Not recommended for those sensitive to drops in blood sugar levels, pregnant women, breastfeeding moms, teenagers, children, and people who are malnourished, underweight, or nutrient deficient.

Useful Links about Diets

https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/hlv-20049483

https://www.nutrition.gov/topics/diet-and-health-conditions

https://www.health.harvard.edu/topics/diet-and-weight-loss

Your doctor or certified nutritionist are your best sources.

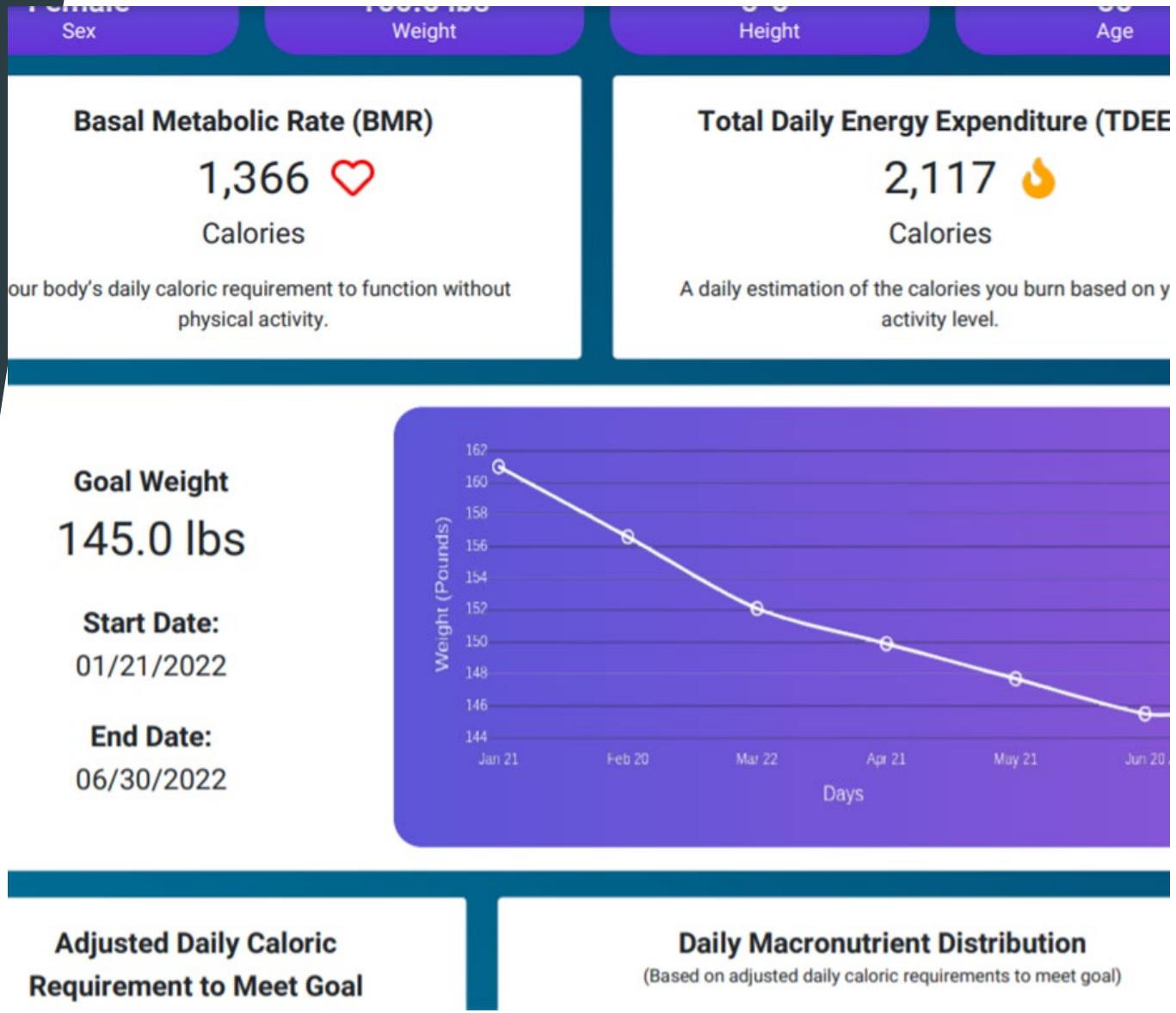
Where to start?

- Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.
- Calculate Your Body Mass Index
- Example: https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

BMI	Weight status
Below 18.5	Underweight
18.5-24.9	Normal weight
25.0-29.9	Overweight
30.0-34.9	Obesity class I
35.0-39.9	Obesity class II
Above 40	Obesity class III

Data that you need to know to jump start a path to a healthy you and set goals.

- Weight loss calculators work by measuring: Basal Metabolic Rate (often called Resting Metabolic Rate), Total Daily Energy Expenditure (TDEE), a goal weight by a desired date, and your current intake ratio of carbs, fats, and protein.
- Calorie calculators, are a great resource for quickly determining a weight loss plan based on calorie expenditure, activity levels, and overall goals.
- Example: https://www.nasm.org/resources/calorie-calculator



Keep in mind that...

A weight loss of 0.5 to 2 pounds (0.2 to 0.9 kilograms) a week is the typical recommendation.

In some situations, faster weight loss can be safe if it's done right — such as a very low-calorie diet with medical supervision, or a brief quick-start phase of a healthy-eating plan.

Successful weight loss requires a long-term commitment to making healthy lifestyle changes in eating, exercise and behavior. Behavior modification is vital, and could have the greatest impact on your long-term weight-loss efforts.

Some interest facts about the "HUNGER" Hormones…

- Leptin is a hormone, made by fat cells, that decreases your appetite.
- Ghrelin is a hormone that increases appetite, and also plays a role in body weight.
- Sleep deprivation was associated with an increase in ghrelin levels, appetite, and hunger.
- Some researches found that high fat or high carbs diets can have influence IN LEPTIN PRODUCTION.
- Leptin resistance.
- https://www.hormone.org/your-health-and-hormones/glands-and-hormones-a-to-z/hormones/leptin
- https://www.webmd.com/diet/features/your-hunger-hormones
- https://www.webmd.com/diet/obesity/features/the-facts-on-leptin-faq

The link between insulin and weight…

- Insulin plays a role in regulating blood sugar levels and converting food energy into fat. It also helps break down fats and proteins.
- During digestion, insulin stimulates muscle, fat, and liver cells to absorb glucose. The cells either use this glucose for energy or convert it into fat for long-term storage.
- Eating more calories than the body needs will lead to excess glucose levels. If the cells do not remove glucose from the blood, the body will store it in the tissues as fat.
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1490021

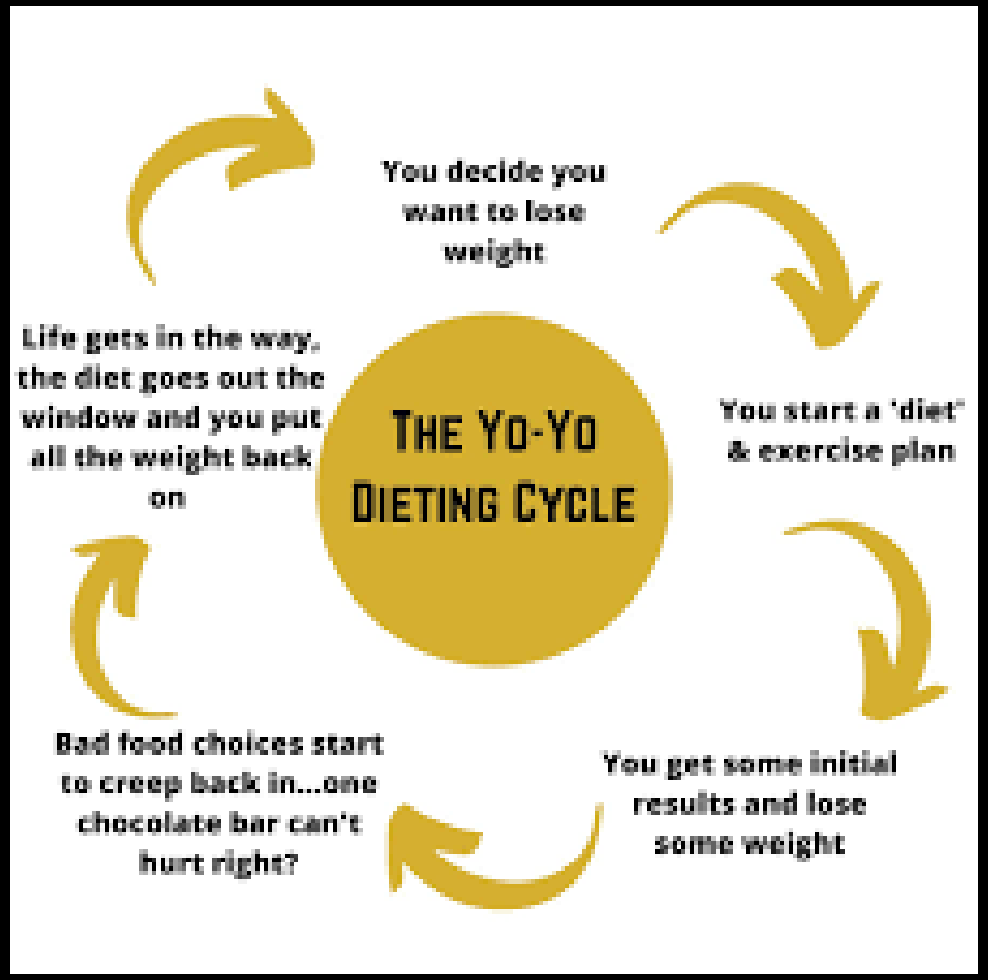
How Long Does It Take To Form A Habit?

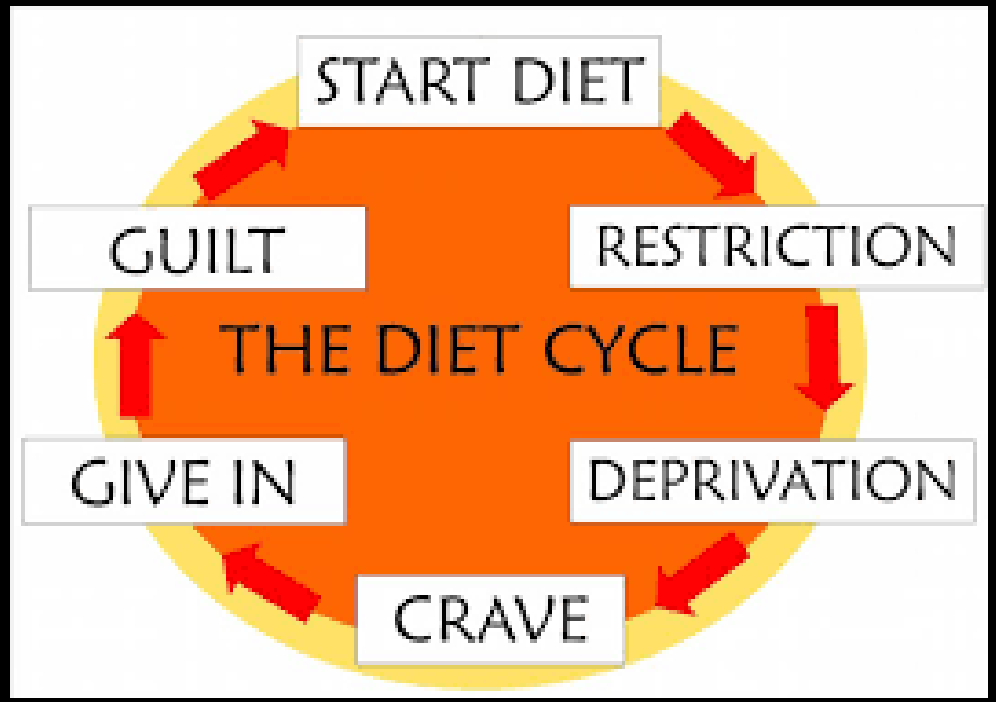
21 Days To Break A Habit Or Make A Habit!

- According to the experts, it takes about 21 days to break or form a habit pattern of medium complexity. Habits which are more complex or difficult to incorporate with your lifestyle may take longer.

How To Develop A Habit

Make	Make A Decision. . Decide clearly that you are going to begin acting in a specific way 100% of the time.
Allow	Never Allow An Exception To Your New Habit. . Don't make excuses or rationalizations. Don't let yourself off the hook. Discipline makes the difference.
Tell	Tell Others You Are Practicing A New Behavior. We tend to be more disciplined and determined when you know that others are watching you to see if you have the willpower to follow through on your resolution.
Visualize	Visualize Your New Habit. visualize yourself performing or behaving in a particular way in a particular situation. The new behavior will be accepted by your subconscious mind and become automatic.
Create	Create An Affirmation. Create an affirmation that you repeat over and over to yourself. This repetition dramatically increases the speed at which you develop the new habit.
Resolve	Resolve To Persist in the new behavior until it is so automatic and easy that you actually feel uncomfortable when you do not do it.
Reward	Reward Yourself. Each time you reward yourself, you reaffirm and reinforce the behavior. Soon you begin to associate, at an unconscious level, the pleasure of the reward with the behavior.


THE YO-YO DIETING CYCLE
You decide you want to lose weight
You start a 'diet' & exercise plan
You get some initial results and lose some weight
Bad food choices start to creep back in...one chocolate bar can't hurt right?
Life gets in the way, the diet goes out the window and you put all the weight back on


START DIET
RESTRICTION
DEPRIVATION
CRAVE
GIVE IN
GUILT
THE DIET CYCLE

REWARDING YOURSELF FOR EVERY SMALL VICTORY
gives our brain the incentive to repeat the action

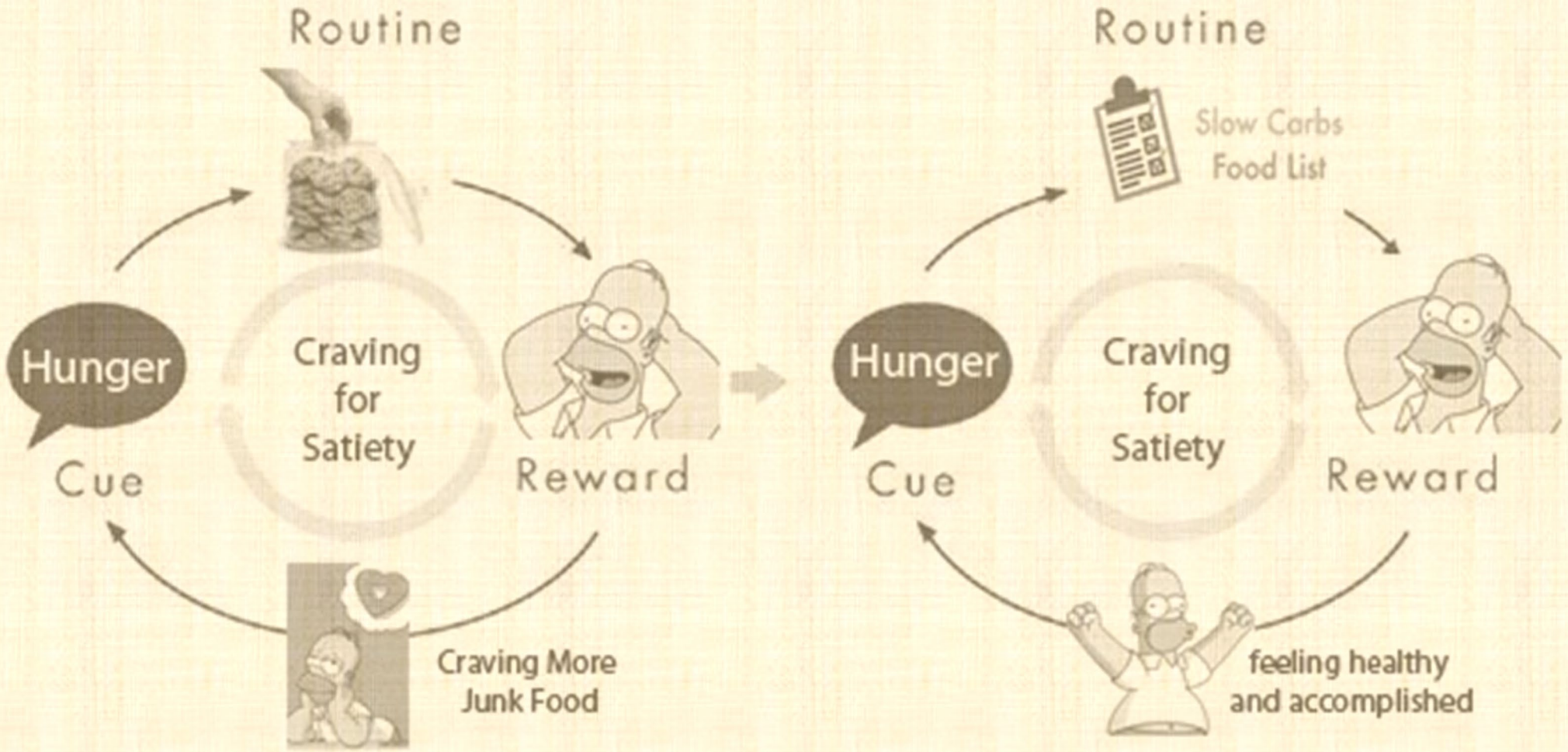
Reminder, Routine, and Reward

Reminder (the trigger that initiates the behavior)

Routine (the behavior itself; the action you take)

Reward (the benefit you gain from doing the behavior)

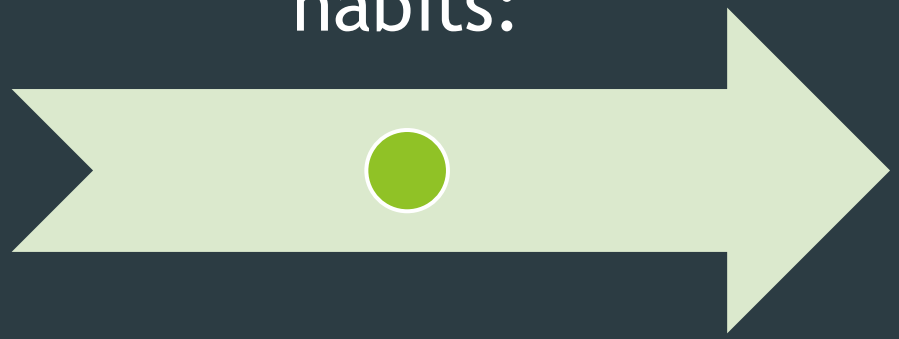
You Can't Extinguish a Bad Habit, You Can Only Change It.



HOW IT WORKS: USE THE SAME CUE. PROVIDE THE SAME REWARD. CHANGE THE ROUTINE.

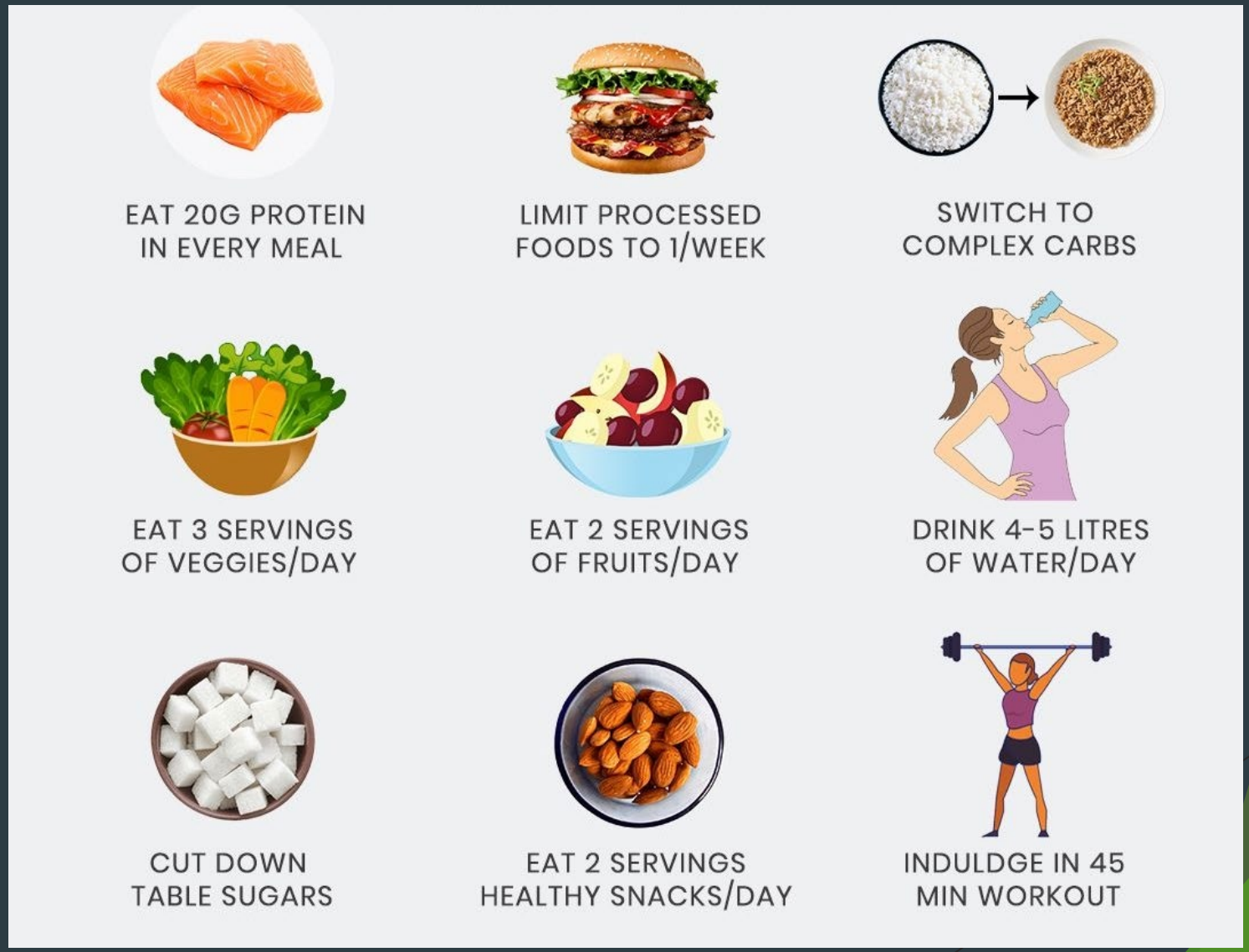
Endless Snacking/ Emotional eating

Tools to improve those negative habits:



- Use a food and activity diary app
- Eat protein and fiber with every meal
- Get enough sleep
- Highly palatable foods
- Meditation
- Do something that makes you feel good about yourself. Find a Hobby
- Look for external support.
- Find Triggers to change patterns
- Get rid of any temptation
- Water/ Sugarless low sodium drinks
- Avoid skipping dinner
- Brush your teeth early
- Think about the nice Breakfast next day as a reward.
- If a craving hits, wait 10 minutes.
- Have healthy low calories snacks ready

Add one or two healthy habit every week:



Best tracking apps

- Best Overall: Lifesum.
- Best for Motivation and Community: SparkPeople Calorie Tracker.
- Best for Diet Support: MyNetDiary.
- Best for Weight Loss: Lose It!
- Best for Keto: Carb Manager.
- Best for Simplicity: ControlMyWeight.
- Best with Lots of Features: MyFitnessPal.
- Best Completely Free: Calorie Counter by FatSecret.

Fitness

- How to create healthy Fitness habits with realistic goal settings
- Technology help to achieve healthy habits goals
- Facts and Myths debunked
- Basic Recommendation for Aerobic and Strength goal settings

American Heart Association Recommendations for Physical Activity in Adults and Kids

Cardiovascular

- At least 150 minutes of moderate aerobic activity.
- Or 75 minutes of vigorous aerobic activity a week.
- Or a combination of moderate and vigorous activity.
- Spread out this exercise during a week. at least 300 minutes a week is recommended.

Strengthening

- Strength training for all major muscle groups at least two times a week.
- Aim to do a single set of each exercise using a weight or resistance level heavy enough to tire your muscles after 12 to 15 repetitions resting 30 to 90 seconds in between sets or more according to work out plan.

When you set fitness goals, think:

- S
- M
- A
- R
- T

How to Design a Fitness Training Plan

- Determining Your Goals : Make a list of your personal fitness goals.
- Design a plan with realistic timeline for achieving your goals.
- Measure your current fitness level: what level of physical fitness you're starting to start with the according fitness training.
- Make dietary changes to help yourself meet your fitness goals.
- Including 150-300 minutes of moderate and vigorous aerobic exercise a week in your fitness training plan can help you achieve your weight-loss goal.
- Do weight-training exercises if your goal is to gain muscle mass. Thirty minutes of weight-training exercises 2-3 times a week.
- Design your training plan so you're alternating between aerobic exercises and strength-training exercises with each workout session.
- Start with low-intensity workouts and progress slowly. Gradually increase the intensity of your exercises.
- Take time to recover after your workouts for muscles repairing and injury prevention. Add stretching.

Example of a basic first day at the gym training:

- Warm Up : walking at a medium pace or using a machine or combination for about 10 minutes.
- Cardio or Resistance training or a combination of both.
- Resistance Training.
- Exercise with weight machines (no free weight).
- Whole body targeting big important body muscles group.
- 2 sets of 6 to 12 repetitions, light to medium resistance, 30 to 90 seconds rest in between sets.
- Cardio Training : interval training 8 to 10 minutes in 2 to 3 cardio-machine of your choice.
- Cool down: stretching important muscle groups for 8 to 10 minutes.

Create a balanced routine, don’t do drastic changes start low and progress slowly.
Be patience.

Build activity into your daily routine.
Steady and constant progress.

Plan to include different activities.
Diversity helps to stay engaged.

Try high-interval intensity training.
Go out of your comfort time sometimes.

Allow time for recovery. Rest. Don’t burn yourself too fast.


20
Exercise Benefits
1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk

As you design your fitness program, keep these points in mind:

Start slowly and build up gradually. Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching.

Break things up if you have to.

Be creative.

Listen to your body.

Be flexible.

10 TIPS | FOR BETTER FITNESS

YOU CAN ACCOMPLISH **A LOT** IN 30 MINUTES

KNOWING THE BASIC MOVES IS REALLY ALL YOU NEED

YOGA IS HARDER AND MORE EFFECTIVE **THAN YOU THINK**

MICRO WORKOUTS COUNT

THE BEST WORKOUT IS THE ONE YOU ENJOY :)

YOU CAN'T GO WRONG BY MOVING

Weight loss will happen slowly

FUELING WORKOUTS IS IMPORTANT

THE KEY IS TO KEEP COMING BACK

PLANS WORK WELL FOR **MOTIVATION**

myfitnesspal™

Body-Mind Wellness

What is stress?

Body's reaction to pressure from a certain situation or event.

Can be a physical, mental, or emotional reaction.

In some cases, stress can give you strength and help you get more done.

Acute Stress : positive stressors are short-lived, and your body's way of helping you get through what could be a tough situation.

Chronic stress : for too long can have damaging effects on your physical, mental, and emotional health, it becomes chronic.

Symptoms:

- Physical effects of chronic stress include:
- Headache
- Trouble sleeping, or sleeping too much
- Muscle pain or tension
- Digestive issues
- Change in sex drive
- High blood pressure
- Emotional effects of chronic stress include:
- Feeling you can’t get things done
- Moodiness
- Anxiety
- Restlessness
- Lack of motivation
- Irritability
- Sadness or depression

Signs of stress overload include:

Drinking/Overeating/Smoking

Exercise Helps!

Stimulates your body to release hormones such as:

Endorphins: chemicals produced naturally by the nervous system to cope with pain or stress

Endocannabinoids: regulate mood, emotion, motivation, memory, pleasure perception, appetite, metabolism, etc.

Relaxation

- Deep breathing.
- Massage.
- Meditation.
- Tai chi.
- Yoga.
- Biofeedback.
- Music and art therapy.
- Aromatherapy.

Physiological effects of meditation:

The various meditative disciplines encourage a focus on heightened awareness, slower breathing, and increased acceptance.

Benefits of Meditation

The physical, emotional, psychological, and spiritual benefits of meditation might include:

- higher levels of energy, creativity, and spontaneity
- lower blood pressure
- increased exercise tolerance
- better concentration
- decreased stress, depression and anxiety
- fewer cravings for alcohol and cigarettes
- increased job satisfaction
- better relationships with others.

Yoga

- Ancient Hindu practice used for wellness and relaxation.
- Combines meditation and deep breathing with the various poses that stretch and strengthen muscles.
- It’s a practice that focuses on the physical and mental well-being of a person.
- Teaches that the body is the vehicle of the spirit.

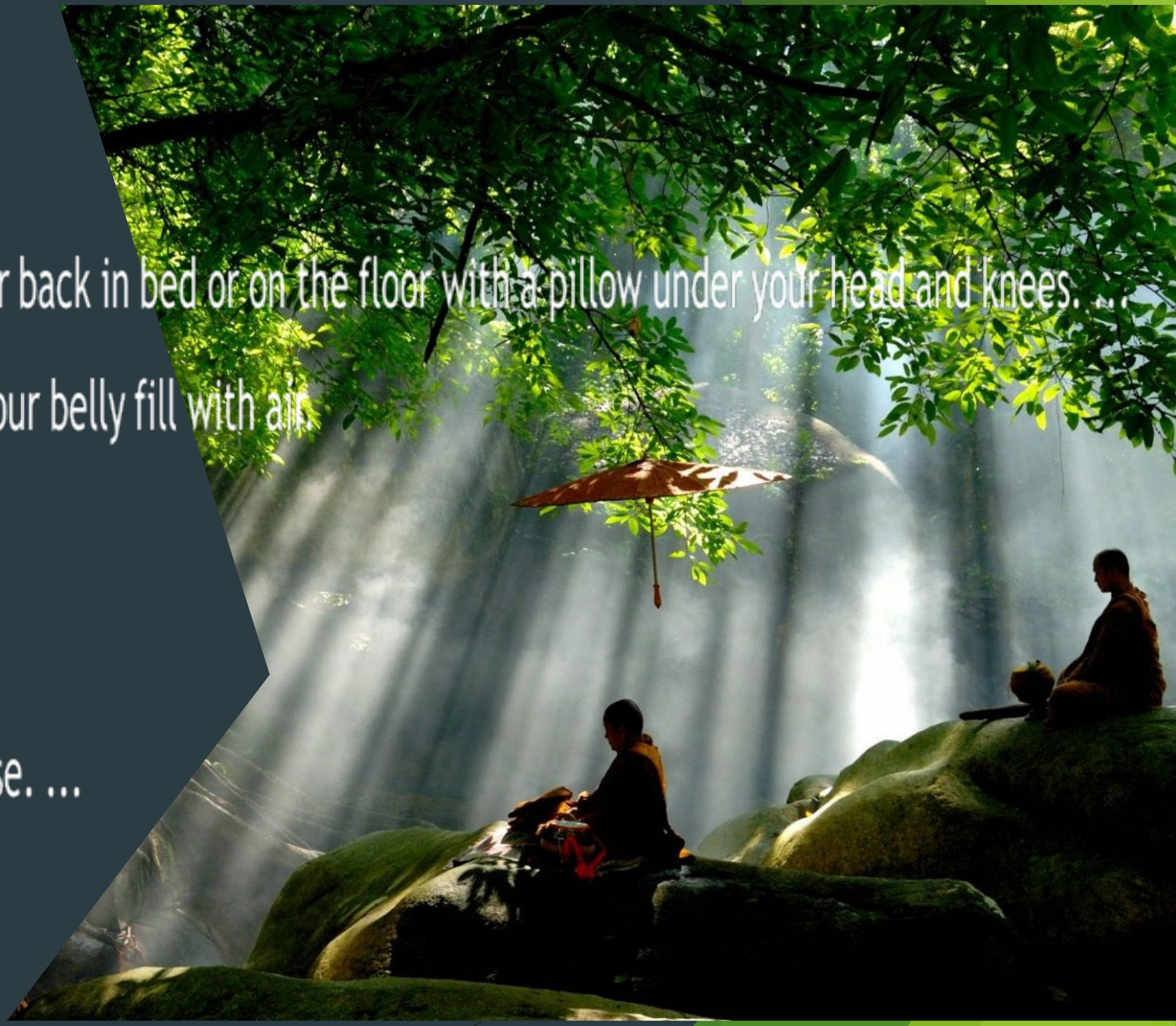
The five basic principles of Tai Chi are:

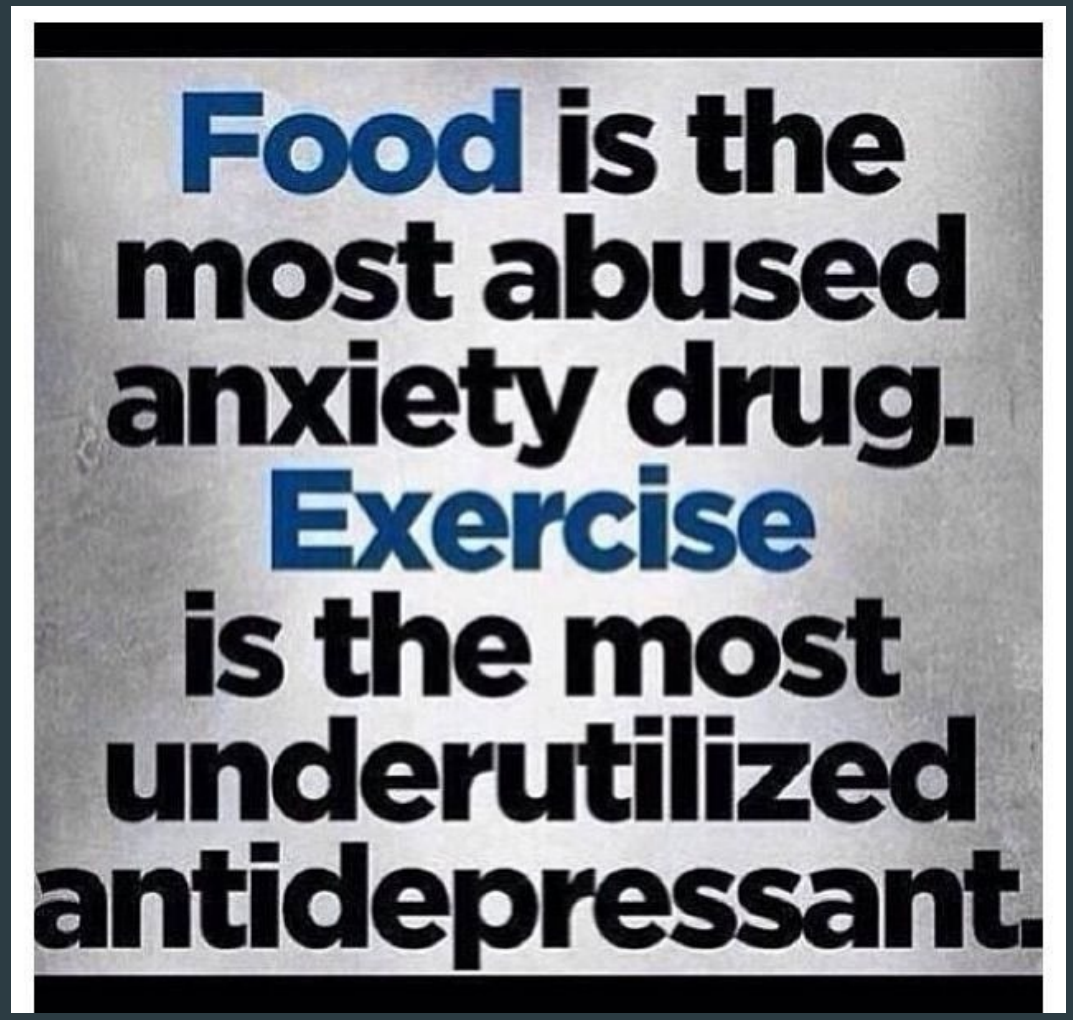
- relax/sink.
- move from the waist.
- separate full and empty.
- straight spine.
- fair lady's wrist.

- Keeps the body moving and light.
- It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Let’s Try this…

- Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. …
- Breathe in through your nose. Let your belly fill with air.
- Breathe out through your nose.
- Place one hand on your belly. …
- As you breathe in, feel your belly rise. …
- Take three more full, deep breaths




Food is the
most abused
anxiety drug.
Exercise
is the most
underutilized
antidepressant.

Thoughts? Questions?

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THANKS FOR PARTICIPATING!!!