

Recipe to Look Better Naked

Group Coaching #1 and 2

23 October 2008

Presented by

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PAC/Wellness Coach



EVENT: Recipe to Look Better Naked - Group Coaching – 1&2

DATE & TIME: Thursday, October 23rd at 8:30pm Eastern

FORMAT: Simulcast! (Attend via Phone or Webcast -- it's your choice)

TO ATTEND THIS EVENT, CLICK THIS LINK NOW...

<http://www.BruceBairClass1.info>

Session One – 30 minutes

Finding your why – Why do you want to lose your excess fat?

1. To Look Better Naked
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Are You ready for a change?

Which of these questions best describes your attitude about making a change?

I can't or I won't

I want to but not yet

I am going to soon

I started less than 6 months ago

I started more than 6 months ago

Is it safe for you to start?

A PAR-Q form is on the site Recipe to Look Better Naked (Oct 22, 2008)

Download it and answer the questions. If you answer yes to any, see your Doctor before you begin to exercise.

Session One continued

What is a BMI? Body Mass Index

Ratio of Weight to Height. Old formula from a Belgium Statistician in the 1800s. It is still accurate if you are not lean and very muscular.

Then it may give you a falsely high BMI. It is a measure of

_____.

The formula for BMI is _____/_____.

[BMI Calculator](#) can be found here on my blog. Calculate your BMI.

If it is over 24.9 it is too high. If it is over 30 you are in the obese category. If it is over 40 you are in the morbidly obese category and really need the help of a medical professional to get the weight off and keep it off.

Three decisions:

What diet will you follow? You need a primary and a back up

[Diet Program Solution](#) Weight Watchers TOPS Jenny Craig MyPyramid

What kind of exercise program will you do?

Walking, Nordic Walking, Treadmill, Elliptical, Swimming, Water

Aerobics, Flow Yoga, Personal Trainer

Keep cool, Extra water, Don't do what you can't do, Nothing high impact!

Who will be your coach? Friend, Mentor, Professional

Session Two

MY Pyramid

What is it?

What do those stripes mean?

Orange is Grain

Red is Fruits

Green is Vegetables

Blue is Milk products

Purple is Meat and Beans

How do I use it?

Eating a 2000 calorie diet you need

6 oz Grain

2 cups Fruit

2 1/2 cups vegetables

5 1/2 oz of meat and beans

3 cups milk products

See the PDFs on at this [link](#)

How fast can you expect to progress?

10-20% of your excess weight every 6 months.

Why?

Make progress permanent. Actually lose fat, not muscle, glycogen and water.

Section two con't.

Your wellness path?

Where are you going:

Exercise – Standard is 30 minutes of moderate intensity activity 5 days per week

Diet – how much should you eat each day?

Write your weight here _____.

Multiply your weight by 10. Answer ____ equals number of calories per day need to maintain your weight at complete rest.

Multiply the BMR (calories needed to lie in bed all day and not lose weight) or Basal Metabolic Rate by .1 for the calories needed for digestion.

Multiply the total of BMR plus .1 times the BMR by your activity factor.

If you exercise not at all but are sedentary use .1

Exercise by walking 20-30 minutes per day 2 days per week use .2

Exercise 30 minutes 3 days a week use .3

Exercise 30 minutes 4-5 days per week use .4

Exercise 30 minutes 6-7 days per week or run or do other high intensity activity for 30 minutes 3 times a week use .5

The number of (10 x weight in pounds) + ({10xwt.}x.1) + ([{10xwt.}x.1]xactivity factor) = daily caloric need to maintain your weight at that activity level. To lose weight cut calories by 250-1000 calories per day. Do not go below 1200 and better not to go below 1500 calories per day. Shoot for 500 calories less per day than needed which is about 1 pound of weight loss per week.

You can not lose more than one pound per week without 4 exercise sessions per week of 30 minutes each.

What size is your waist?

Measure at the belly button (umbilicus). Stand up, don't hold your stomach in! You need to know how big it is – how much fat is inside. Women, you should be below 34 inches to be safe (convert to metric by dividing inches by 2.54)

Men, your waist should be less than 40 inches.

Why? Metabolic syndrome. What is this condition?

If you have it you have several potential problems?

Glucose fasting Normal is _____

Cholesterol normal is _____

HDLc normal is _____

Triglycerides _____

BMI _____

Waist size_____

Blood Pressure normal is _____/_____

What kind of exercise should you do?

Walking is great especially at first. What piece of exercise equipment do you need more than any other? _____

Use a pedometer and record your steps per day. Increase them by 250-500 per day week after week. If you average 3000 steps per day this week shoot for 3500 per day next week and 4000 the next week. At that rate you would reach 10,000 steps per day in 14 weeks. That is about 5 miles per day and will net you good fitness and weight loss if you keep your calories to just what you need to maintain a lean body your ideal weight. If your ideal weight is 150 pounds, then the ideal number of calories would be 2310 per day using the formula above. I like the Omron H-112 pocket pedometer to record my walking. I have reviewed it on the blog [RecipetoLookBetterNaked.com](http://www.recipetolookbetternaked.com)

NOTES: