



Revere Health
**Weight Loss
& Nutrition Center**



REVERE HEALTH WEIGHT LOSS & NUTRITION CENTER

About Us

At Revere Health Weight Loss & Nutrition Center, your health comes first. Our weight loss program is carefully designed for long-term, sustainable, health and weight management. We do not use a “one size fits all” approach because we know that every patient and every situation is different. What may work for someone else may not work for you. We utilize a variety of tools and techniques in order to personalize a weight loss plan for each patient. Our team will work with you to design the best program for your needs.

How We Do It

Frequency: Most patients are seen every 2 weeks. This frequency maximizes our ability to both provide accountability, timely help with goals, and if you “fall off the bandwagon” we can pick you back up quickly. As patients lose weight and move into a “transition phase” the visits become less frequent.



Medical Providers: You will meet with a medical provider at every visit. This ensures a strong medical foundation for your weight loss and allows us to carefully monitor your health and wellness as lifestyle changes are made. We can also investigate other medical conditions such as sleep apnea, thyroid issues, glucose sensitivity, etc.



Registered Dietitians: Consultations with one of our dietitians will help you maintain your vision of long-term weight loss instead of short-term success. Customized meal plans that are calorically responsible for your medical needs will aid in your long-term success.



Fitness Specialists: Fitness is a personal journey, there is not a one-size fits all plan. Our fitness specialists discuss your personal needs and create an exercise plan that works for you. Don't worry if you feel like you're starting from nothing; our fitness specialists are experienced in working with all levels of fitness and various limitations.



Clinical Therapists: The mental and emotional aspects of weight loss are perhaps just as important as the nutritional and medical. It's important for patients to have an appropriate relationship with both food and their own bodies in order to lose weight. Our clinical therapists can help you process and get to a good place mentally and emotionally so you can continue to lose weight in a healthy and appropriate manner.



Health Coaches: These coaches are our “standard” visits. They each have a collegiate educational background in health and wellness as well as our own in-house training to become Certified Weight Loss Specialists. They provide accountability and help with setting goals, encouragement and motivation, and cover a wide variety of educational topics, based on your current needs, to assist you in your weight loss journey.



Group Classes: These are free of charge, open to the community, and taught right in our Orem clinic office. They are not “support group” based, but rather an educational topic is selected ahead of time and the class is taught by one of our specialists. See reverehealth.com/wm for the class schedule.



Body Composition Testing: Using the TANITA BC-418 Body Composition Analyzer, we are able to see composition measurements including metabolism, muscle mass and hydration at no extra charge. We use these measurements as we set goals, create plans, and monitor progress.



Meal Replacement Plans: Patients who qualify for an aggressive weight loss solution may incorporate the OPTIFAST® Full Meal Replacement Program into their weight loss plan.



Weight Loss Medication: Not all patients need weight loss medications, but for some, appropriate medications can aid in your weight loss journey. Our providers will help decide if medications are safe and suitable for your needs.

***Where appropriate Bariatric surgery could be considered with local surgeons.

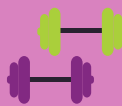
SMART GOALS

Do you ever feel like you are working hard but seeing few results from that effort? Setting SMART goals can help you clarify your ideas, prioritize your time and focus your efforts productively.

What is a SMART goal?

SMART is an acronym to help guide you as you set goals

S



SPECIFIC

A common goal to “be healthy” is too general. Break it down and be specific.

“I will go to the gym to lose weight.”

M



MEASURABLE

Determine a way to track your progress and add numbers to make it measurable.

“I will go to the gym 3x a week to lose weight.”

A



ACHIEVABLE

Understand your capabilities. Creating a measurable goal that motivates you and does not defeat you is important.

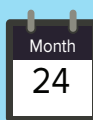
R



RELEVANT

If you are not concerned about muscle strength and instead are focused on weight loss, reevaluate your goal and clarify the results you desire.

T



TIME-BOUND

Include an end point to your goal to help motivate you to get started and stay on track.

“I will go to the gym 3x a week for 3 months to lose weight.”

3 AREAS TO HELP ACHIEVE YOUR WEIGHT LOSS GOALS

Now that you've learned all about SMART goals, it's time to put your knowledge to the test.



Eating a healthy, balanced diet is critical to your overall health and wellbeing. Without proper nutrition, your body is more prone to disease, infection and other conditions. Not sure where to start?

Here are some examples of SMART dietary goals:

- Swap five portions of refined grains for whole grains each week for two months.
- Use a salad plate to control portion sizes with no second helpings for at least five dinners a week for one month.
- Drink only water and no other sugary beverages for 10 meals a week for one month.



Exercise is an essential part of any weight loss plan, and it should be a permanent part of your lifestyle. There are many benefits to exercise including improved mood, lowered risk of disease and heightened heart and lung function.

You might choose one of the following as a SMART exercise goal:

- Walk for 15 minutes a day, five days a week for one month.
- Try one new type of exercise each month for three months.
- Do some form of aerobic activity for 10 minutes a day, at least three days a week for two months.



Though often overlooked, behavior plays a major role in both weight loss and maintaining a healthy lifestyle. Awareness of your behavior helps you make changes to those behaviors that contribute to weight gain.

Here are some examples of SMART dietary goals:

- Keep a food journal for all meals at least 5 days a week for one month.
- Limit sedentary behavior, like watching tv or playing video games, to 2 hours a day, 6 days a week for two months.
- Refrain from eating after 8 pm at least 4 days a week for three months.

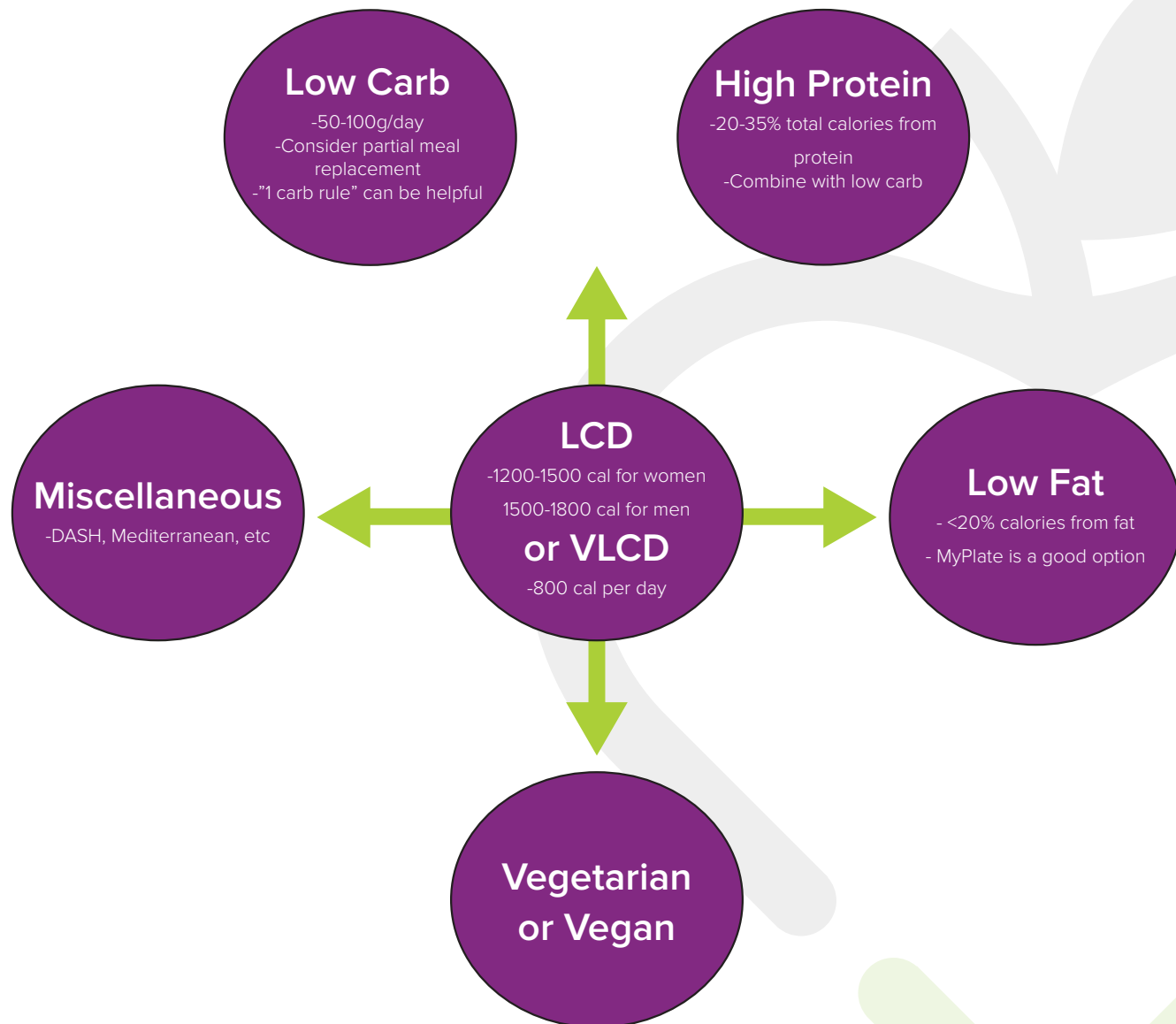
My Dietary Goal: _____

My Exercise Goal: _____

My Behavioral Goal: _____

PATIENT NUTRITION DECISION GUIDE

There is no specific “diet” that is best for weight loss. However, there are some dietary patterns that have been shown to be helpful for weight loss. Dietary patterns can also give you a helpful structure to help keep you on track to reach your health goals. The best “diet” is the dietary pattern that works best for you.



Reducing calories into an appropriate range to stimulate weight loss is the foundation of weight loss. If you are smart about your calories (consuming nutrient-dense foods that are high in fiber, protein, and water content), you will feel like you are able to eat plenty throughout the day and feel satisfied. If you mostly eat calorie-dense, low-nutrient foods (“empty calories” such as desserts, soda, etc.) then you will hit that calorie goal very quickly and will not fuel your body well. Talk with your provider, health coach or dietitian for a calorie goal that is right for you.

CALORIE COUNTING FOR WEIGHT LOSS

Calorie Counting Consists of Three Components

1. Identifying how many calories you need to consume in a day
2. Tracking what foods, and how many calories, you are consuming.
3. Journaling of how many calories you are consuming versus how many calories you are burning

Calorie Counting is Beneficial for Weight Loss

- Creates accountability.
- Helps identify the quantity and quality of nutrients consumed
- Creates awareness of overeating, and emotional eating, and encourages intuitive eating.
- Helps to identify how many calories are really needed.
- Research studies have shown very conclusively that people who track their food intake get the most consistent and most sustainable weight loss.

Calorie Counting and Activity Tracking Tools

1. **MyFitnessPal:** www.myfitnesspal.com (most popular and widely used calorie tracker.)
Available online or as a smartphone app. Track calories using the database with over 5 million foods that you can search and add to your daily journal.
2. **Journaling:**
You can keep track of what foods and how many calories you're consuming each day in a notebook or a journal. Look up individual calories online or use nutrition labels.
3. **Sparkpeople:** www.sparkpeople.com
Available online or as a smartphone app (the app does have an initial cost.) Also provides a recipe assistant that you can search or add your own recipes to. You can scan barcodes on food items to find the calories, as well as watch exercise demonstration videos to find what fits you.
4. **Loselt!:** www.loseit.com
Available online or as a smartphone app. Track calories and activity using their database and simple user interface.
5. **Cronometer:** www.cronometer.com
Available online or as a smartphone app. Cronometer is a free online diet and exercise tool that allows you to track your nutrition, fitness and health data.

MEAL PLANNING

Unlike other weight loss programs, we at the Revere Health Weight Loss & Nutrition Center do not provide specific pre-made meal plans for our patients to use. Research has shown when a pre-made meal plan is used the results are temporary and not sustainable.

We have found that when people are empowered to create their own personalized meal plans it lays the groundwork for long-term successful weight loss and lifestyle patterns.

Example Meal Plan (1300 cal/day)

Breakfast (400 Calories)

- Protein Shake (150 cal)
- Medium apple (80 cal)
- Wheat toast w/ peanut butter (170 cal)

Dinner (300 Calories)

- Thai Pork (sparkrecipes) (270 cal)
- Cauliflower rice (1 cup, 25 cal)
- Steamed Broccoli (1 cup, 30 cal)

Lunch (400 Calories)

- Salad with grilled chicken (2 cups, 400 cal)

Two Snacks (100 Calories each)

- 15 almonds (100 cal)
- 1/2 cup carrots/celery with hummus (100 cal)

Key Points

- Calorie Breakdown
- Get in your Vegetables
- Protein with every meal
- Avoid cheap carbs and sugars.

Preparation

1. Break down your Daily Caloric Goal into each meal. Try to space out the calories evenly. Don't skip meals. A small dinner is generally better than a large one.
2. Make sure to get in your vegetables! Vegetables are incredibly important for general health and wellbeing. Try for 3-5 servings a day.
3. Try to get a source of protein with every meal. Protein will keep you satiated longer; helping you keep your caloric goals.
4. Avoid "empty" carbs and sugars. Staying away from white bread, pasta, and rice will keep your calories low and help with weight loss. Lean towards high fiber/healthy carbohydrates and whole grains.
5. Plan a couple healthy snacks during the day. Protein or vegetables and moderate amounts of nuts make for particularly filling and healthy snacks.

Tips

It may be helpful to start out by identifying what are the least nutritious foods in your current diet and eliminating those; slowly replacing them with healthier choices.

There are lots of resources out there. Check online for ideas and then personalize them for yourself.

MEAL REPLACEMENT

Meal replacement plans can be one of the most effective tools for rapid weight loss and, if approached in the right way, can be a great tool for weight maintenance. At the Revere Health Weight Loss and Nutrition Center we have partnered with Nestle Health Sciences to provide a meal replacement called Optifast as an option for our patients. Optifast consists of bars, soups and shakes and can be used as a full meal replacement program (meaning that is all that you eat.) Typically 5 products per day are eaten which total 800 calories per day. There are some potential advantages to using Optifast meal replacement in your weight loss program including:

- Rapid weight loss - Most patients on a full meal replacement lose 3-5 lbs per week initially and 50-100 lbs in total
- Complete nutrition - No other food needs to be eaten if you are on a full meal replacement program.
- Stimulus narrowing - Limiting your food choices helps break the psychological dependence we sometimes have on food.
- Easy to plan and prepare - Little to no preparation or planning is necessary for pre-made food items.
- High quality proteins - Protein is particularly important for weight loss. It's satiating for the body and prevents loss of muscle mass. The protein in Optifast is Grade 1 meaning that it's the highest quality protein available. It's the most easily absorbed and utilized protein source for the body, Optifast also uses a mix of plant and animal proteins to ensure high variety of proteins as well as high quality.

Partial Meal Replacement Plans

Partial meal replacement plans are a great “in between” step for those people who would like the benefits of a meal replacement plan without the intensity of a full meal replacement plan. A partial program uses 2-4 meal replacement items per day combined with regular groceries and food. Typically someone will eat a shake, bar, or soup for breakfast, lunch and 1-2 snacks during the day and eat a healthy, low calorie dinner. Research has shown that full and partial meal replacement plans have similar long-term effects. Full meal replacements are a bit more aggressive and the short term effects are often more pronounced. However, partial meal replacement can also lead to meaningful and lasting weight loss.

Is Meal Replacement a Good Option for Me?

Examples of people who utilize meal replacement successfully include:

- Someone needing aggressive weight loss of 50-100 lbs.
- Someone with significant emotional eating issues who could use a “break from food.”
- Patients needing rapid weight loss prior to a surgery like a knee or hip replacement.
- People who skip meals frequently or find binge eating a problem
- People who have a hard time preparing food or planning meals ahead.

If you would like more information about using a partial or full meal replacement as one of your weight loss tools, ask your provider or other staff member at the Weight Loss and Nutrition Center.

HIGH PROTEIN DIET

Why is Protein Important?

1. Keeps you satisfied longer by stimulating appetite-reducing hormones.
2. Helps fuel fat burning (bodies first burn carbs and fats, then protein, so substituting protein for fats and carbs allows the body to burn fat that already exists.)
3. Promotes muscle growth after exercise, maintain muscle mass, & reduce muscle soreness.
4. Supports strong bones, prevents bone & muscle loss, & helps maintain a healthy weight.
5. Facilitates immune function and healing.

3 Tips to Increase Protein:

1. Spread protein through the day rather than eating it all at once (see recommendation below).
2. ALWAYS add protein to meals and snacks
For example:
 - Peanut Butter or almond butter with fruit
 - Hummus with carrots, cucumbers, or peppers
 - Cottage Cheese with fruit
 - Salad with chicken, spinach, and nuts.
3. If running out of time grab a protein shake or bar instead of cheap carbs and sugars.
 - Protein bar examples - Lara Bars, Kind Bars, Fix bars
 - Protein shake examples- Core power, Premier Protein, and Muscle Milk

Protein Recommendations:

20 - 30g of protein per meal
10 - 15g of protein per snack

Protein Ideas:

Meat-based proteins (g of protein per serving)

- Boneless, skinless chicken breast (15-20g per 3 oz)
- Lean turkey (25 - 30g per 3oz)
- White fish (cod, tilapia, or flounder 24g per 3oz)
- Tuna fish in water (20g per 3 oz)
- Pork tenderloin (20 - 25g per 3 oz)
- Ground sirloin (20 - 25g per 3 oz)
- Low sodium beef jerky (5 - 10g per piece)

Meatless proteins (g of protein per serving)

- Nut butters (peanut butter & almond butter, 8g per 2 tbsp)
- Oatmeal (8g per cup)
- Plain greek yogurt (10g per 0.5 cup)
- Eggs (6g per egg)
- Beans & Lentils (15g per 0.5 cup)
- Nuts & seeds (5-10g per 2 tbsp)
- Cheese (7g per 1 slice)
- Cottage cheese, low fat (14g per 0.5 cup)
- Tofu, firm (20g per 0.5 cup)
- Hummus (2 -5g per 2 tbsp)
- Protein Shakes & bars, low in carbs (between 15-30g/shake)

Portion Sizes:

3 oz of meat = deck of Cards

1/2 cup = light bulb

1 tbsp = poker chip

*** Check with a Dietitian for individual recommendations, especially if you have kidney disease.***

HEALTHY SNACK IDEAS

An important part of your weight loss is not feeling like you're starving. Cutting calories from your meals may leave you feeling hungry between meals. This is where snacks will help keep you satiated. Having pre-prepared healthy snacks or snack ideas will help you to avoid unhealthy snacks. If you have diabetes, CKD, food allergies, etc., it may be helpful to schedule an appointment with one of our dietitians to determine specifics for your diet.

Fruits

- 1/2 apple with 1 tbsp peanut butter
- 1 peach with 1/2 cup cottage cheese
- 1/2 cup plain Greek yogurt and berries
- 1/2 cup applesauce (no sugar added)
- 1 oz dried fruit
- Mini box of raisins

Vegetables

- Pickles & cheddar cheese slice
- 5 celery sticks & 1 tbsp peanut butter
- 10 baby carrots with 3 tbsp hummus
- 1/2 cup edamame (shelled)
- 1/2 cucumber & 2 tbsp light ranch dip or Greek yogurt dressing
- 1/2 cup veggies & 2 tbsp guacamole
- 1 cup kale chips

Nuts

- 5 almonds
- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 11 cashews
- 16 peanuts
- 25 pistachios
- 10 walnuts

Proteins

- 2 pieces beef or turkey jerky **
- 1 pepperoni stick **
- Turkey & swiss cheese roll ups (3 slices each)
- 3 pepperoni slices & 3 cheese cubes
- 1 hard boiled egg
- 1 string cheese
- Protein shake

Combos

- Whole wheat english muffin & 1 tbsp peanut butter
- 8 multigrain crackers & cheese
- 1 cup low-fat chocolate milk (great post-workout)
- Tuna & lettuce wraps
- Bacon, lettuce & tomato wraps
- Tuna on tomato slices
- 4 cups lightly buttered, air-popped popcorn
- 1/4 cup unsalted trail mix.

* Exact serving sizes are recommendations for approximately 100 calories.

** Choose low sodium options

EXERCISE BASICS

Here are some steps for how to start developing consistent exercise habits.

1. Self-assess - Where are you at with your personal fitness? Where do you want to be?
2. Look Forward - Set some goals! Find goals that are attainable/realistic and measureable. (waist circumference, weight, reps, time etc.)
3. Start - This is the hard part. Just get out and do something! Something is always better than nothing
4. Reassess - How did that feel? Am i working toward my goals?
5. Be Consistent & Don't Give Up - Lasting and dramatic changes rarely happen easily and quickly.
6. 80/20 Rule - When it comes to dropping weight, it's 80% from your diet and 20% from exercise.

According to The Centers for Disease Control and Prevention (CDC) adults need: "2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups." (to be considered "fit" is 4+ days of exercise a week.)

Here at the Revere Health Weight Loss & Nutrition Center we want you to succeed in all areas of your health and weight loss. We have Fitness Coaches, Medical Practitioners, Certified Weight Loss Specialists, Registered Dietitians, and many other resources designed to help you on an individual and personal level.

Ideas

- Go walking/biking/swimming for 20-30 minutes 4-5 times a week
- Find an exercise partner to workout with and to whom you can be accountable
- Do strength training at least twice a week (yoga, resistance bands, weight lifting, and bodyweight exercise, etc.)
- While you're exercising, maintain at least a moderate intensity (breathing hard enough that you can still talk, but not sing)
- If it hurts, stop.
 - Some pain is just the muscles and joints getting used to being used again. Some pain is injury. You know your body better than anyone else. If you have concerns about a specific exercise or movement then speak to one of our medical support staff.
- There's more to personal fitness than just cardio and strength. Stretching regularly (daily) and doing some balance exercises are very important as well.
- *Remember, the best exercise is what you enjoy doing most.*

MOTIVATION

“There is power in understanding that pain is part of the process, failing is part of the journey. Choosing the easy road doesn’t lead to growth, it leads to mediocrity. It’s not about avoiding the struggle, it’s about developing the ability to thrive in it.”

- Justin Su’a, sport psychologist.

Your mindset and motivation plays a huge role in succeeding your goals. We realize with making any kind of lifestyle change, you may lose motivation during the journey. We’ve come up with a few simple tips that can help guide you to get through potential obstacles and failures and prevent loss of motivation all together.

3 Tips to Prevent Losing Motivation

1. Have realistic expectations and set smaller goals to accomplish the end goal (progress not perfection)
2. Establish a support system (find someone to stay accountable to and that helps you reach your goals)
3. Focus on your “why” and visualize what success would feel like (why do you want change?)

What to do if you lose motivation

- Reconnect to WHY you started to make the change in the first place
- Surround yourself with your go-to supporters (attend group classes, gym buddy, etc.)
- Reward yourself (something other than food)
- Identify what you need to do to get back on track (what CAN you change? What are you going to do about it?)
- Choose NOT to believe any negative thoughts that may come with setbacks.
- Keep the end goal in mind (getting healthier, rather than focus on a specific number on the scale.)
- Stay positive

It can be difficult to find motivation to make a change in the beginning or after a setback. Taking the first step to change can be the toughest sometimes. With time and practice, you’ll find what works for you in order to push through any setbacks that may occur. If you find yourself stuck with no motivation, keep trying some of these suggestions until you find what works for you!

“Don’t think you have to do it all at once. Take it one day at a time. Little things lead to big things.”

-Justin Su’a, sport psychologist.

ADDITIONAL WEIGHT LOSS, NUTRITION, EXERCISE, AND HEALTH RESOURCES:

Nutrition

- **Eat Right** (eatright.org): Managed by the Academy of Nutrition and Dietetics (the governing body of Registered Dietitian Nutritionists). Quality, research-based info on food, health, and fitness for every age group, life stage, and gender. Articles on various nutrition topics, including how to manage chronic diseases through diet and lifestyle. Each article is reviewed by a registered dietitian.
- **Choose My Plate** (Choosemyplate.gov): Research and scientific-based information on nutrition, physical activity, and general nutrition/health recommendations. Popular topics include healthy eating on a budget, recipes and sample menus, MyPlate eating patterns, healthy food/beverage choices, and so much more!
- **Up to Date** (uptodate.com/contents/diet-and-health-beyond-the-basics) - A little more in-depth look at nutrition and dietary patterns.

Recipe tracking, recipe ideas, meal planning, budget-friendly recipes:

- **Recipe Tracking:** To calculate calorie and nutrition info of homemade meals:
 - Recipes.sparkpeople.com
 - Myfitnesspal.com
 - Verywellfit.com
- **Healthy eating food blogs:**
 - [Cookie and Date \(cookieandkate.com\)](http://CookieandDate.com) - whole foods, plant-based nutrition blog
 - [Bite of Health Nutrition \(biteofhealthnutrition.com\)](http://BiteofHealthNutrition.com) - dietitian blog w/ recipes and nutrition tips.
- **Meal Planning:**
 - [Eating Well: \(eatingwell.com\)](http://EatingWell.com) - find sample menus with recipes for a variety of meal patterns (e.g. gluten-free, low carb, 1200 and 1500 calorie meal plans.)
 - [Healthy Eating on a Budget: a step-by-step guide on meal planning. Tips for planning, prepping, shopping cooking, and finding recipes. Sample menus with recipes.](#)
 - Choosemyplate.gov -> Popular topics -> Healthy Eating on a Budget.
 - [USDA Mixing Bowl \(whatscooking.fns.usda.gov\)](http://USDA Mixing Bowl (whatscooking.fns.usda.gov)): Recipe books. Healthy Eating on a budget, cookbook with recipes, nutrition facts, etc.
 - [Meal Lime: Free phone app for meal planning](#)

ADDITIONAL WEIGHT LOSS, NUTRITION, EXERCISE, AND HEALTH RESOURCES:

Fitness Workouts

- **Darebee.com:** Free fitness website includes programs, workouts, monthly challenges, and advice. Choose workouts according to your fitness level, interests and available equipment.
- **Johnson & Johnson 7 Minute Free workout App:** With only your body weight, a wall and a chair you can have a fun, effective workout anywhere. Each circuit is only 7 minutes and each exercise is demonstrated. Start with one circuit and then go for more.
- **Fitness Blender:** Provides free full length workout videos and workout routines run by personal trainers. Customize the workout you do by choosing duration, difficulty, how many calories to burn, type of training, and equipment. Videos range from 10-60 minutes.
- **HASFIT:** YouTube channel with more than 1,000 free workout routines and fitness programs to choose from.
- **Sworkit:** Allows you to customize and play personalized video workouts that fit into your life. No gym, no weights, no excuses. Start as a beginner and work your way up to advanced. 30-day free trial.
 - Low Impact:
 - <https://greatist.com/fitness/take-it-easy-21-unexpected-low-impact-workouts>
 - <https://www.verywellfit.com/getting-a-good-workout-with-low-impact-exercise-1230813>
 - <http://www.health.com/fitness/best-low-impact-workout-weight-loss#06-low-impact-workout-training-lit>

Chronic Disease Resources

- Diabetes: Diabetes.org
- Heart health: heart.org
- Kidney Disease:
 - Kidney.org
 - Davita.com

Additional Resources

- the-nourished-fork.com (<https://the-nourished-fork.com/><https://the-nourished-fork.com/>)
- [shelikesfood.com](https://www.shelikesfood.com/) (<https://www.shelikesfood.com/>) <https://www.shelikesfood.com/>
- chocolatecoveredkatie.com (<https://chocolatecoveredkatie.com/>) <https://chocolatecoveredkatie.com/>)

