

WORKBOOK



LAROCCA  
MEDICAL WEIGHT LOSS

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# outline

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# introduction

Congratulations for taking the first step towards better health! Let's be honest, losing weight is hard. Many of us have tried and failed. We're told *conflicting* information like...

"Eat wheat bread, not white."

"It's not what you eat, it's how much"

"Exercise every day"

"Cardio is better than weight lifting."

"Eat small meals often"

"Fasting is key"

While all those examples may work for some people, they simply aren't sustainable alone.

I'm Dr. Kristine LaRocca, an Osteopathic Family Medicine Physician, Army Officer, and certified Life and Weight Coach.

In 2018, like a lot of women, I was struggling with body image and self-love. I was 30 pounds over my "ideal weight". I was unhappy and lacking energy, I knew I needed to make a change.

Using the tools I will teach you in this workbook, I was able to drop the excess weight in 3 months...and I never gained it back.



***Health is not a  
destination you get to...  
it's a path you stay on.***

My experience blossomed into a passion for helping others do the same. I'll help you see what is possible in your life. A healthy body starts with a healthy mind. What we need to cultivate is the why. Your why.

What motivates you?

Why do you want to be healthy?

Why do you want to prevent, control, and treat obesity-related diseases?

When we drop excess pounds, not only do we have more self-confidence and more energy, but we feel better in our bodies. Achieving a healthy weight can prevent, improve, and in some instances even reverse:

- Cardiovascular diseases (such as stroke and heart attacks)
- Type II Diabetes or Prediabetes
- High cholesterol
- High blood pressure
- Kidney disease
- Obstructive sleep apnea
- Osteoarthritis, such as back and knee pain
- Alzheimer Disease
- Some cancers
- Skin infections and wounds
- And much more

Let's dive in.

*Dr. Kristine LaRocca*



# 01

## GOAL SETTING

Goals drive us to take action. When we decide on a goal we can start planning how we will achieve it. Setting a goal creates massive action. That is how we get the results we want in our lives. We take control of our future. We define the future version of ourself.

Research has shown that the more specific our goals, the more likely we are to achieve them.

- What do you want to achieve?
- What time frame are you going to give yourself?
- How will you measure your outcome?

Be specific:

I will (insert goal here) by (insert date and/or time frame here). I will know I've achieved my goal by (measurable statistic).

For example:

- I will lose 12lbs in 8 weeks. I will know I've achieved my goal by stepping on the scale and losing 1-2lbs each week.
- I will improve control of my diabetes by July 30th. I will know I've achieved my goal by attaining a HgbA1c (average of blood sugar) of 7% or lower.
- I will plan my meals every day for 8 weeks, from June 7th through July 30th. I will know I've achieved my goal by using a calendar to place an X in the box for each day I have planned what I am going to eat.

Be serious and strategic. Don't set a goal so outlandish that you set yourself up for failure, but still make it something you need to work for.

# goal setting

Define your goal: I will \_\_\_\_\_ by \_\_\_\_\_

Why do you want to achieve this goal? This is your motivating reason.

List EVERYTHING you need to do to accomplish this goal:

# worksheet

## *goal setting*

### Obstacles & Strategies

First, make a list of all of the obstacles you will face while you are working towards achieving your goal. Second, write down a strategy or skill you need to learn for each obstacle listed.

OBSTACLE: \_\_\_\_\_

STRATEGY: \_\_\_\_\_

OBSTACLE: \_\_\_\_\_

STRATEGY: \_\_\_\_\_

OBSTACLE: \_\_\_\_\_

STRATEGY: \_\_\_\_\_

OBSTACLE: \_\_\_\_\_

STRATEGY: \_\_\_\_\_

OBSTACLE: \_\_\_\_\_

STRATEGY: \_\_\_\_\_

OBSTACLE: \_\_\_\_\_

STRATEGY: \_\_\_\_\_

# 02

## NUTRITION

The key to good nutrition...

More real, whole foods.

Less processed and packaged foods.

Less flour and sugar.

Don't overcomplicate this.

There are so many weight loss "diets" out there, it's hard to keep track. What if you didn't have to choose a diet and you could just eat the foods that work for your body? No more eating ON PLAN or OFF PLAN.

The only thing you have to remember is that whole foods serve your body while processed foods cause weight gain and disease. The processed foods I'm referring to are mainly trans fats, refined carbohydrates, and sugars.

I don't want you to think, "Oh great, I'm going to have to eat like a rabbit." WRONG. There are so many options for whole foods and delicious, mouth-watering meals that don't involve plain carrots as your mid-day snack...unless you like them.

Use the nutritious whole foods list on the following page as a basic guide.



# NUTRITION CHEAT SHEET

## PROTEINS

### *Plant based:*

Lentils  
Garbanzo beans  
Black beans Pinto  
beans Navy beans  
Kidney beans  
Edamame  
Soy  
Tofu  
Hummus  
Veggie burgers

### *Animal products:*

Chicken  
Turkey  
Salmon  
Mackerel  
Cod  
Herring  
Trout  
Shrimp  
Crab  
Milk  
Yogurt  
Cheese  
Cottage cheese  
Eggs

## FRUITS

Mango  
Strawberries  
Blueberries  
Blackberries  
Bananas  
Apples  
Oranges  
Clementines  
Cherries  
Kiwi  
Grapes  
Plums  
Pears  
Pineapple  
Grapefruit  
Peach  
Apricot  
Lemon  
Lime  
Pomegranate  
Cherry  
Acai'  
Date  
Watermelon  
Cantaloupe  
Raspberries  
Mandarins

## FATS

Olive oil  
Canola oil  
Avocado  
Nut oils  
Nut butters  
Walnuts  
Almonds  
Cashews  
Peanuts  
Pumpkin seeds  
Flax seed  
Flax seed oil  
Chia seeds  
Salmon  
Mackerel  
Cod  
Herring  
Trout

## GRAINS

Brown rice  
Quinoa  
Farro  
Barley  
Oatmeal  
Grits

## VEGETABLES

Broccoli  
Spinach  
Baby kale  
Mushrooms  
Tomatoes  
Peppers  
Onions  
Carrots  
Cauliflower  
Corn  
Cucumber  
Asparagus  
Garlic  
Peas  
Potatoes  
Sweet potatoes  
Romain Lettuce  
Eggplant  
Cabbage  
Radish  
Zucchini  
Yellow Squash  
Spaghetti Squash  
Beets

This list is not all inclusive, there are many more options.

## VEGETABLES

Whole vegetables purchased raw are the best options to use. Right off the produce shelves should be your goal. The next best is frozen. Many people choose this option because they'll stay fresh longer. Canned veggies require a ton of salt to preserve them, so choose the others first when you are able.

### Fruit

The same goes for fruits: whole fruits and frozen fruits are best. Packaged fruits generally contain hidden added sugars. Fruits have a natural sugar, called fructose. When eaten in the form of a whole fruit, this is healthy for us and our body knows how to process it. When we consume the concentrated forms of fruits, such as fruit juice, we get an overload of fructose. Our body can only use so much for energy, then stores the rest. When there is an abundance of fructose it is stored as fat.

### Healthy Fats

Yes, there is such a thing. Omega-3 fatty acids are a type of polyunsaturated fat and are the healthiest form. Our body cannot make polyunsaturated fats (omega-3 and omega-6 fatty acids) so eating them is very valuable. The seafood sources contain EPA and DHA which are important types of omega-3's that help improve brain function, reduce risk of heart disease and stroke, and prevent type II diabetes.

Here are some of the foods with the highest concentrations of omega-3s:

- Flax and chia seeds
- Flaxseed oil, soybean oil, and canola oil
- Cold-water fish: salmon, mackerel, tuna, herring
- Walnuts

Monounsaturated fats are amazing for your body as well. Our body does have the ability to make these types of fats, but still good for us to consume. These include:

- Avocado
- Olive oil
- Almonds, pecans, hazelnuts, macadamia nuts, pistachios

Aim for cold-pressed oils. These avoid the refining process which damage the healthy fats.

## FIBER

Fiber keeps your bowel movements regular. It is heart-protective and reduces the risk of colon cancer. Fiber slows down the rate at which your body absorbs glucose (blood sugar).

Fiber-rich foods:

- Barley, oats
- Beans
- Nuts
- Fruits, especially apples, berries, citrus fruits and pears
- Vegetables, especially carrots, brussels sprouts and cabbage

## Protein

How much do you need? About 0.8 grams (g) of protein per kilogram (kg) of body weight per the recommended dietary allowance (RDA). This is the goal if you are sedentary, more if you are active.

1kg = 2.2 lbs

Weight conversions:

154lbs ~ 70kg ~ 56g protein needed daily

176lbs ~ 80kg ~ 64g protein needed daily

198lbs ~ 90kg ~ 72g protein needed daily

220lbs ~ 100kg ~ 80g protein needed daily

And so on.

Plant-based proteins are healthier than animal-based proteins.

Plant based > Fish > White-meat > Red-meat

"There is a chemical called TMAO (trimethylamine N-oxide) that is created in high amounts during the digestion of red meat. There is concern that this increases how much cholesterol deposits into our arteries. There are also studies that show it can increase our risk of blood clots. Both of these disease processes put us at higher risk for heart attack and stroke. The studies also showed that these effects are REVERSIBLE." (Wang et al, 2018)

## DRINKS

Best: WATER - Brewed tea - Coffee (black) - Sparkling water (sugar-free)

Your goal for water intake is ~64oz or ~1800mL daily. This changes with activity level. There are certain health conditions that limit your intake of water such as heart failure. Be sure to discuss with your doctor.

## REDUCE:

Sugar (natural and man-made)

- Sugary drinks such as soda, juice, sweetened tea/green tea
- Artificial sweeteners, like in diet soda
- Pastries
- Ice cream and desserts

Artificial sweeteners have been shown to increase insulin in the same way as natural sugars, which leads to weight gain and type II diabetes.

Refined carbohydrates (a.k.a. flour)

- Pasta, bread, tortillas, crackers, chips, pizza dough, white rice

*Refined carbohydrates and sugar cause a spike in blood sugar and lead to weight gain.*

Alcohol

- Alcohol contains sugar and also impairs our hunger signals leading to overeating

Preserved foods

- Lunchmeat
- Frozen prepackaged meals (not to include frozen fruits and veggies)

## SUPERFOOD HIGHLIGHT:

Quinoa

- Rich in protein, unsaturated fats, fiber, antioxidants, vitamins and minerals
- Gluten-free
- Can be cooked quickly, about 15 min
- Unlike some plant proteins, this is a complete protein, containing all 9 essential amino acids that our bodies do not make on their own (Maradini-Filho, 2017)



## SMOOTHIE MIX & MATCH TOOL

FRUIT	VEGGIE	GRAIN	FAT	LIQUID
Apple	Kale	Oats	Flax Seed	WATER
Banana	Spinach		Chia Seed	Milk
Strawberry			Olive Oil	Oat Milk
Mango			Avocado	Almond Milk
			Peanut Butter	Soy Milk
			Yogurt	

## DIGESTION & STORAGE OF FOOD

Glucose (blood sugar) = the end product of carbohydrate digestion

Insulin = a hormone that is released by the pancreas in response to glucose in the bloodstream

Insulin is an anabolic hormone. Anabolic is defined as the building of tissues in the body. Insulin is used by our cells to absorb glucose and use it for energy. When there is more glucose than the body needs, our body uses insulin to store glucose in the form of glycogen. Glycogen is stored in our liver. Our liver can only hold so much. Once it is filled with glycogen the excess glucose is used to build up adipose tissue – ***this is our body fat!***

When we give our body a break from glucose the levels of insulin decrease. In the absence of excess glucose, our body uses that glycogen that it has stored and breaks it down to have energy. Once the glycogen is used up our body generates an enzyme called lipase that breaks down fatty tissues and utilizes them for energy. This cannot occur when our insulin levels are high because insulin blocks lipase.

This is why intermittent fasting and eliminating refined carbohydrates and sugar are so effective for weight loss.



***Knowledge is power.***

# *nutrition*

1. List of all of the healthy foods in each category that you know and love.
2. Add foods in each category that you are willing to try, either again or for the first time

Vegetables	Fruits	Fats	Grains	Protein	Drinks

3. Make a list of foods that you will limit or eliminate:

# 03 MEAL PLANNING

Having a plan in place can be your saving grace when it comes to battling any surprise cravings or "convenience eating." It's so easy when we get hungry, to reach for something fast (i.e. a bag of chips or a ham and cheese sandwich). When you plan and prep, you can reach in the fridge and grab your prepared meal. It's quick, easy, and HEALTHY!

Most importantly, it is sustainable.

## STEP 1: FOOD PROTOCOL

Define WHAT you will eat

- These are the foods that you decide you are going to put into your body.
- Remember, this list does not have to start off as 100% clean eating.
- You can choose to go all in and make your food protocol all healthy foods, or you can do this gradually and start exactly where you are by writing down the foods that you currently eat, over time making changes.
- This is the step that will determine how quickly you lose weight.

Remember to be realistic. If your diet now primarily consists of sandwiches, lasagna, chips, ice cream, etc., chances are you're setting yourself up for failure if you try to immediately restrict your eating to 100% whole foods and cut out all your current food choices.

There is no such thing as a cheat meal if you plan ahead.

## STEP 2: INTERMITTENT FASTING

Decide WHEN you will eat

You do not have to eat 3 meals a day with 2 snacks. You can, but you don't have to. In fact, I recommend that you be very specific on the number of times you will eat per day. This is your eating window, also known as time restricted eating or intermittent fasting.

This isn't as hard as it may sound. Take your sleep time into consideration.

For example, if you typically go to bed at 10pm and you wake up at 6am, that's already 8 hours without food. So it may work best for you to make your eating window between 8am-8pm. You would plan your meals in that window.

Examples:

- Eating window is from 12pm to 8pm, 2 meals
- Eating window is from 10am-6pm, 2 meals
- Eating window 8am-8pm, 3 meals

Something to keep in mind: The more you restrict your eating window, the more you will improve insulin sensitivity. This also gives you a plan to combat any late night eating and emotional eating.

Benefits of intermitting fasting:

- **Improved insulin sensitivity**- when you stop flooding your body with glucose it starts to break down fat cells to use them for energy.
- **Autophagy (aww-toph-agy)**- your body's method of healing & repair. This process cleans up the damaged cells leading to improved cognition, increased energy levels, and decreased inflammation.
- **Regulation of hormones**- specifically fine tuning your hunger signals. You will learn how to know exactly what your body needs.

\*Disclaimer: Special situations require eating small frequent meals with certain health conditions, such as women who are pregnant and suffering from nausea, breastfeeding moms who require additional calories, or someone who needs to take medication 3 times per day with meals. Remember to consult your physician.



### STEP 3: RESERVE TIME TO PLAN, SHOP, AND PREP.

Block out 1 hour per week in your calendar to plan your meals.

- Plan what you will eat for every meal for 7 days
- Post your food list and your meal planning worksheets on your refrigerator

Block out 1 hour per week to grocery shop.

- Only buy what is on your list
- Avoid going to the grocery store when you're hungry
- It may take you less or more time but an hour is a safe place to start

**Tip:** Try eating the same thing for breakfast and/or lunch every week. This can help to simplify your meal plan, prepping your food, and grocery shopping. Save the variety for your dinners.

Block out 1 hour twice weekly to meal prep.

- Some people find it easiest to schedule their meal preparations for Sundays and Wednesdays

These 4 hours per week can change your life. As you get more experienced, you will get faster. Enjoy this time now. Enjoy your health.

If you eat off of plan, pick it back up and keep going. Success is defined in the steps we take after failure.

#### ADVANCED LEVEL TIPS:

- Save your weekly meal plans and specific corresponding grocery lists so once you've been at this for a while you can just decide which week of meals you want to implement!
- Keep a running list of food combinations that you enjoy and a collection of recipes to make meal planning easier. I use an old-fashioned 3-ring binder for recipes that I find online. If the recipe meets your food protocol and it tastes good – put it in the book. Otherwise, get it out of there. You can also use resources such as Pinterest or an excel or word document.



*If you fail to plan, you are planning to fail.*  
– Benjamin Franklin

# worksheet

## *meal planning*

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

# worksheet

## *grocery list*

PRODUCE

PACKAGED FOOD

CONDIMENTS

MEAT

SPICES/HERBS

PAPER PRODUCTS

SEAFOOD

DAIRY

MISCELLANEOUS

# 04

## OVEREATING

### WHY YOU EAT TOO MUCH

Food is addicting! Take a minute and let that sink in.

Dopamine is the “feel good” hormone that is produced in our brain. Concentrated foods, such as flour and sugar, overstimulate dopamine release leading to a concentrated reward. **This becomes addicting.** Sugar is addicting. Flour is addicting. It is only a short-term reward and has negative consequences mentally and physically.

- Mentally, we beat ourselves up for our food choices.
- Physically, we gain weight and put ourselves at risk for disease.

When we plan ahead of time, we can achieve long term rewards that result in sustained pleasure.

**TO UNDERSTAND HUNGER IS TO CONTROL HUNGER.**



Your appetite is controlled by the hormones ghrelin, leptin, Peptide yy (PYY), cholecystokinin (CCK), GLP-1, and insulin.

- **Ghrelin** tells us when we're hungry (think "ghrelin" growls, like your stomach when you're hungry).
- **Leptin** is made in fat cells and tells our brain to stop overeating when we have stored enough adipose tissue.
- **PYY** and **CCK** are release when the gut expands to tell our brain we are full. This is called satiety.
- **GLP-1** slows down the GI tract to increase absorption of food and to signal to the brain we are full.
- **Insulin** is the hormone that allows your body to use glucose (blood sugar) for fuel and stores the rest

When you eat processed, concentrated foods like flour and sugar, they are absorbed rapidly by your body. Why is this bad? When there is food being digested in the gut, the satiety hormones are released to let us know we are getting full. But when these foods are digested too quickly, the hormones are not activated and our stomach switches to producing ghrelin, which causes us to feel hungry again.

When we have too much extra blood sugar, our body produces too much insulin, and this is what leads to insulin resistance (also known as prediabetes). If this continues the body is at risk for developing Type II Diabetes.

When we eat carbohydrates, our body converts it to glucose to be able to function. **When we have excess blood sugar our bodies stores it as fat.**

This release of insulin blocks the hormone leptin from signaling to our brain that we have enough fat stored. So, what do we do? We overeat.

Picture this happening in your body every time you sit down for a meal. If you can visualize the hormones being released in your body, this can help you to make better, healthier choices and can greatly improve your relationship with food.

## LACK OF SLEEP

Most humans need 7-9 hours per sleep each night. Poor sleep can impair decision making and elevate cortisol levels, both leading to overeating and weight gain.

The single most important thing you can do to improve your quality of sleep is to develop a sleep routine and adhere to a consistent sleep/wake schedule each day.

To improve your sleep:

- Get sunlight throughout the day.
- Increase your movement during the day
- Avoid electronics and eating 2 hours before bedtime
- Write down “racing” thoughts with a pen on paper
- Only use the bedroom for sleep and sex
- If you can't fall asleep get out of bed and leave the room until you are sleepy again

## STRESS CREATES HARM

Mental stress and overwhelm are a state of mind. This is hard to hear. They are feelings created by thoughts in our brains. Thoughts that we've had over, and over and over. We've thought these thoughts so many times that they are now a belief system.

Even though we create stress in our minds, it can be harmful to the body. Just like too little sleep can increase cortisol levels, so can stress. High levels of cortisol impair our body's response to insulin by causing insulin resistance and flooding the bloodstream with glucose (blood sugar) in anticipation for immediate use, such as in a flight or fight response. This causes the cells to be starved of glucose and increases our hunger signals. Once again, leading to insulin resistance and weight gain.

What can you do?

**PUT YOURSELF FIRST.** Self-care does not just mean massages and manicures (although that's a start). True self-care is putting your health before ALL else, because at the end of the day, if your health fails, you will have nothing left to give.

# worksheet

## *overeating*

How will you break the cycle of getting addicted to concentrated foods?

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What does true hunger feel like in your body?

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How can you tell the difference between true hunger and emotional eating?

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What thought can you generate to have ready in the movement when you are about to eat for your emotions and not true hunger?

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What is causing you to feel overwhelmed?

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What can you start doing today to relieve stress and overwhelm?

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# 05

## THE MODEL

*Developed By Brooke Castillo*

"The Model" is an evidence-based way of thinking developed with the concept of cognitive based therapy in mind.

In order to sustain the methods taught here, you must learn to **manage your brain**, to take control of your thoughts.

What do you *choose* to think?

Your thoughts create your feelings. This means that you have control over your feelings, no one else does. No one else can control your thoughts. Don't give your power away.

A circumstance doesn't have any meaning until we assign it meaning with our thoughts. Now let's discuss negative thoughts. We all have them. Life is 50/50. If we didn't experience the bad the good wouldn't feel so good, it would all just be neutral. If you sometimes feel doubt, self-pity, fear, or confusion, you are not alone. These feelings often lead to inaction instead of fueling massive action.

**Negative thoughts produce negative results.**

So how do we change this way of thinking? To start, we need to understand what our feelings are right now.



Think of a fact, something you know to be true, like "I weigh \_\_\_\_ pounds"  
This is the "**Circumstance**".

What are your own personal thoughts about that specific circumstance?  
This is your "**Thought**".

What emotion do you feel while thinking that thought?  
This is your "**Feeling**".

What do you DO when you experience that feeling? This is your "**Action**".  
What is the end product of your actions? This is your "**Result**".

For example:

- Circumstance: My weight on the scale is \_\_\_\_lbs.
- Thought: I'll never be able to lose weight
- Feeling: Embarrassed
- Action: Don't ask for help.
- Result: No weight loss

Notice how the end result reinforces the initial thought. This is called an "unintentional model" because it's the default thought you're telling your brain. Let's change that process. Now, we will choose the thought you are telling your brain to think. You'll use the same circumstance, but everything else changes.

- Circumstance: My weight on the scale is \_\_\_\_lbs.
- Thought: I will do what it takes to lose 20lbs in 6 months.
- Feeling: Motivated
- Action: Stop eating flour and sugar
- Result: Lose 20lbs

Now you've created your "intentional model". This can be used for anything in life to identify your current thinking patterns and train your brain to think intentionally. This thought process isn't something we can change overnight. It takes practice. We are conditioned to fuel negative thoughts. Not anymore.

## Examples of feelings:

Accepting	Distracted	Loved	Stuck
Aching	Devoted	Mad	Surprised
Adaptable	Empathetic	Miserable	Tearful
Affectionate	Embarrassed	Optimistic	Terrible
Agitated	Encouraged	Overwhelmed	Truthful
Amazed	Excited	Panicked	Trusting
Anxious	Enthusiastic	Patient	Uncomfortable
Authentic	Fatigued	Pleased	Uneasy
Beautiful	Focused	Powerful	Unhurried
Bummed	Grounded	Powerless	Unhappy
Centered	Guilty	Present	Uninterested
Calm	Happy	Reactive	Upset
Caring	Hopeless	Rejuvenated	Unfair
Compassionate	Hungry	Rigid	Victimized
Courageous	Indulgent	Ready	Warm
Crushed	Indecisive	Sincere	Weary
Crabby	Insecure	Spiteful	Wonderful
Disappointed	Inspired	Stable	Youthful



# worksheet

## *self coaching*

The more you practice deliberate thinking, the easier it will become to recognize when your brain is on autopilot. Take back control, take back your power.

### UNINTENTIONAL MODEL

Circumstance (fact):  
Thought (unintentional):  
Feeling (emotion):  
Action (what you will do):  
Result (what is created/inaction):

### INTENTIONAL MODEL

Circumstance (fact):  
Thought (intentional):  
Feeling (emotion):  
Action (what you will do):  
Result (what is created/inaction):

---

### UNINTENTIONAL MODEL

C:  
T:  
F:  
A:  
R:

### INTENTIONAL MODEL

C:  
T:  
F:  
A:  
R:

---

### UNINTENTIONAL MODEL

C:  
T:  
F:  
A:  
R:

### INTENTIONAL MODEL

C:  
T:  
F:  
A:  
R:

---

### UNINTENTIONAL MODEL

C:  
T:  
F:  
A:  
R:

### INTENTIONAL MODEL

C:  
T:  
F:  
A:  
R:

# 06

## GET MOVING

Do things you enjoy. Period.

I define exercise as moving your body in a deliberate way for a specified amount of time. It helps to stimulate natural endorphins in your brain and improves mood and sleep. Weight bearing exercise keeps your bones strong. Staying active decreases pain from osteoarthritis and decreases your chance of heart attack or stroke.

My recommendation is to complete 4 weeks of healthy eating and meal planning before starting a new exercise routine, but don't just write it off.

Put a start date for movement in your calendar. This way you can focus on one major improvement at a time.

If everything is under construction at one time, things can eventually come to a standstill. Like road construction in a city – it can get gridlocked.

# worksheet

## *get moving*

What type of movement are you capable of? For example: yoga, stretching, walking, jogging, swimming, lifting weights, squatting, push-ups, dancing, Zumba, CrossFit, aerobic classes, elliptical, stationary bike, road bike

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What type of movement do you enjoy?

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How do you feel after being active?

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How many days per week will you get moving?

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How long will you be active each day?

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# 07 ACCOUNTABILITY

I am SO proud of you for making it this far!  
I know you are capable of amazing things or else you would not be here. The degree of our success grows exponentially when we are surrounded by other like-minded people.

For this reason, I recommend that you join an accountability group. An accountability *partner* is a good start, but remember the exponential part; the more the better. Whether this is a group of friends from the gym, neighborhood, or work – just make the connections.

We have a Facebook Group full of people who have worked this exact program. Being active in the Exclusive Member-Only Facebook Group will help you to flourish. If you are active in this Group, this is enough to keep you accountable. From sharing healthy, great tasting recipes, to lifting and encouraging each other as a group, we've got you! Always.

In medicine, we use the phrase: "See one, do one, teach one."

You have gone through this transformation. Now teach someone else how to change their life by sharing your story, and get motivated throughout your own journey by listening to others' struggles and triumphs. Witnessing real life successes and knowing you can achieve the same is empowering and so gratifying. I'll see you there.

# worksheet

## *keep the momentum*

How will you be an example of what is possible?

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How will you share your success?

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How will you support those who want the same results in their lives?

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How will you show up?

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## \*DISCLAIMER –

I am a medical doctor, but if I am YOUR doctor be sure to consult your prior to implementing the strategies discussed. Also, I am human. If you identify mistakes in this workbook or something you think I should add/take away, let me know. I appreciate all of the feedback. Warmly, Dr. Kristine.\*