

Extreme Lifestyle Makeover



Consultant's Program Outline

OPTIONAL – use if you wish

Your records:

- Equipment needed: Weigh scale, measuring tape, body fat scale/monitor, calculator, access to an easel/white board (if possible)
- Baseline measurement appointment sheet - 10 mins/participant
- Final measurement appointment sheet – 10 mins/participant
- Measurement log sheet – you will need one for each participant
- One-on-One Consultation appointment sheet - 30 mins/participant
- Participant Accountability Checklist – measurements, one-on-one consultation appointments, \$10.00 - \$12.00 received
- Participant attendance sheet

WEEK #1

LESSON: Introduction to the program, BMI grid

TASKS: Complete “My Eating Habits”, Participant Commitment Contract and 3 Day Nutrition Log.

Book each participant in for their baseline measurements and their first one-on-one consultation.

WEEK #2

LESSON: Nutrition, label reading and portion control.

Handouts:

- Canada's Food Guide
- Food Score System & Log Sheet
- Portion Sheet
- Portion Plate
- Label Reading

TASKS: Complete Food Score System Log and Personal Grocery Store Shopping List (fill out 1st column only) and ask them to bring it with them to the next session.

WEEK #3

LESSON: Show DVD – “Grocery Shopping” with Kris Clark

Handout:

- Grocery Store Tip List
- Sample Shopping List
- Nutrition Claims
- Tips for Getting Your 8 Glasses of Water a Day

TASKS: Personal Grocery Store Shopping List (fill out 2nd column based on what they learned in the video). Ask that they clean out fridge, freezer and kitchen cupboards. Ask that they bring in a food label to the next session.

WEEK #4

LESSON: Metabolism, exercise and weight loss.

Handouts:

- Metabolism – Rev Up Your Body's Engine
- Metabolism and Fat Loss
- 10 Lame Reasons People Give For Not Exercising

TASKS: Complete Pedometer Log Sheet

WEEK #5

LESSON: Muscles, Muscles, Muscles

Handouts:

- Efficient Strength Training, Strength training over 50, Staying motivated
- Stability Ball Full Body Routine
- Beginner and Intermediate Resistance Training Workouts
- Stretching Handout

TASKS: Physical Activity Accountability Calendar & Pedometer Log Sheet

WEEK #6

LESSON: GI, Carbohydrates

Handouts:

- Glycemic Index Handout
- GI Food List
 - Talk about how to lower a high GI food – add protein, add acid, add fibre

TASKS: GI Log Sheet, Pedometer Log Sheet and Physical Activity Accountability Calendar

WEEK #7

LESSON: Protein Power

Handouts:

- Everything you need to know about protein/Types of Protein and Their Benefits
- What to Eat handout and Reference guide

TASKS: Protein Intake Log Sheet, Pedometer Log Sheet and Physical Activity Accountability Calendar

Have them sign up today for final program measurements during week 8.

WEEK #8

LESSON: Fats, Show Video – Real Age Makeover (or equivalent)

Handouts:

- Essential Fatty Acids (EFA) - Can fat be good for us?
- Face the Fats
- Cholesterol information sheet
- Blood Pressure information sheet – comment on the DASH diet {have some on you if there are some that wish to have it}
- Program Evaluation Sheet

TASKS: Fat Intake Log Sheet, Pedometer Log Sheet and Physical Activity Accountability Calendar, fill in Program Evaluation sheet

WEEK #9

Pot Luck, prize allocation, and any other program evaluation sheets