

Extreme Lifestyle Makeover



Week #4- Session Outline

Materials consultant needs to have for this session:

Flip chart, checklist, pedometers and visual props of a pound of fat and a pound of muscle (if they are available to you).

Hand out and go over the article entitled **Metabolism- Rev up your body's engine**. Go over this article in detail.

Make this conversational!

Have them calculate approximately how many calories they should consume each day using the formulas provided. Explain why women should never eat less than 1200 calories per day and men 1800 calories. Refer back to the BMR example of the 150 pound man.

Use the easel/board to illustrate!

Hand out the **Pedometer Log Sheets and 10 Lame Reasons People Give for Not Exercising articles**. Go over how to complete the log sheet. Encourage them to set a new goal each week for the number of steps they want to achieve each day of that particular week.

Encourage your participants to continually record their steps (or time) for the remaining 4 weeks of the program. Please remind them each week about the pedometer log.

Go over how to use the pedometers! Be sure to comment on: how to wear it and how to reset it.

If participants do not have pedometers, encourage them to record the number of minutes walking or exercising on their log. *Ultimately, each week's goal should be increased from the previous week's goal.*

Review other articles through conversation as well. If time does not allow for this, encourage participants to review before next week.

Answers: 5 ways to increase your metabolism

METABOLISM increases if.... MUSCLE mass increases and FAT mass decreases

1. **Build Muscle** - Increase the amount of muscle in your body. For every extra pound of muscle you put on, your body expends an extra 50 calories a day. In a recent study, researchers found that regular weight training boosts basal metabolic rate by about 15%. This is because muscle is 'metabolically active' and burns more calories than other body tissue even when you're not moving. After a weight training session muscles have been found to continue burning calories for as long as up to 24-48 hours after.

Training with weights just 3 times a week for 20 minutes is enough to build muscle. Not only will you be burning calories, you'll look and feel better – whatever your weight.

Treadmill example: On a treadmill for 30 mins, you burn approx. 300 cal. Weight train for 30 mins and you burn less calories cumulatively, but many more over the next couple of days. Your hunger is a good indicator!

2. **Move More** - Although the average person burns around 30% of calories through daily activity, many sedentary people only use around 15%. Simply being aware of this fact, and taking every opportunity to move, can make quite a dramatic difference to the amount of calories you burn.

The trick is to keep the 'keep moving' message in mind. Write the word 'move' on post-it notes and put them in places where you'll notice when sitting still. Stick one on the television, on your computer monitor at work and at home, and even on the fridge, etc. Then, take every opportunity to move.

3. **Aerobic Exercise** - As well as the actual amount of calories burned during aerobic exercise – studies have shown that sustained, *high-intensity* exercise makes you burn more calories for several hours afterwards. Try 30 minutes of heart rate raising exercise, such as vigorous walking, step aerobics, jogging or swimming, as many days of the week you can.

At rest you burn about 1.5 calories per minute and about 15 calories per minute when exercising at maximum intensity – training as hard as you can. But, you can only exercise at that intensity for one or two minutes at most. When you become fit, you'll be able to exercise for an hour or more at 70-80% of your maximum effort and burn about 10-12 calories a minute. At that rate you'll burn a pound of fat for every 290-350 minutes of exercise.

4. **Eat Little & Often** - There is lots of evidence to suggest that eating small, frequent meals vs. large and less frequent meals will keep metabolism high. There are two reasons why meal frequency may affect your metabolism.

1. Levels of thyroid hormones begin to drop within hours of eating a meal, and metabolism may slow.
2. It may be that the thermogenic effect of eating small meals is slightly higher than eating the same amount of calories all at once.
3. Starvation mode is absolutely prominent when meals are not frequent enough.

Provided the small meals don't degenerate into quick-fix, high fat, high sugar snacks, eating little and often can also help to control hunger and make you less likely to binge.