

Extreme Lifestyle Makeover



Week #6 – Session Outline

Materials needed:

Food labels of carbohydrates – high and low glycemic.

Ask participants to get out their Physical Activity Accountability Calendars.

Have a discussion about how they feel they did with their exercise commitments. Roadblocks they encountered, how they felt when they did do the workouts, etc.?

Hand out and discuss the main points of the articles entitled **Glycemic Index - a new way of looking at carbohydrates and the GI Food List**. Emphasize the role that low GI foods play in keeping blood glucose levels even.

Talk about the different types of carbohydrates (wet vs. dry; simple vs. complex). Have a discussion about them.

Discuss the article – **Everyone Can Eat More Fruits and Veggies**. Ask about strategies others use to ensure they're eating enough.

Use the easel/board to illustrate how the insulin and blood sugar responses work.

NOTE: If you, as the consultant, do not fully understand the role that fluctuating blood sugar levels play on the human body, please read the booklet entitled The Nation's Secret Health Crisis provided to you on the back office.

Go over in detail the two diagrams showing what happens to their glucose levels when they eat high GI foods as opposed to low GI foods. You could also use the Pac Man example or the injection of glucose right into blood stream vs. a time released capsule of glucose example.

Spend a few moments going over how they can make a high GI food lower.
-add a protein source, add acid, add a low glycemic food source

Hand out **GI Log Sheet** and explain to them how they should go about filling it out. Have them write out the food source – not necessarily the grams or calories.