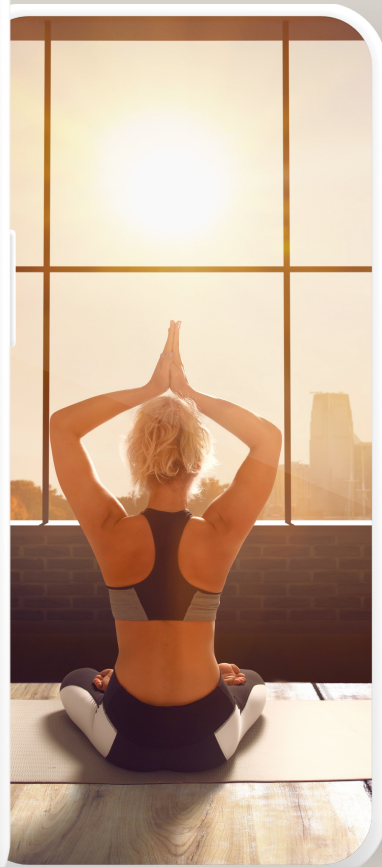


LIFESTYLE MEDICINE

GLP-1

A program designed to maximize the effectiveness of these medications through healthy lifestyle changes.





Session 3:

Check up and taking action

Fill in the blank:

How are you tracking your food intake? _____

How does this feel? _____

Are you maintaining enough nutrition to adequately fuel your body? That means typically >1200 kcals per day?

Are you getting enough protein AND fiber? Or is your appetite too suppressed?

Is your goal weight realistic & sustainable?

What is the number ONE predictor of health as we age?

As you go on...

- Sleep Study
- Metabolic Syndrome + insulin labs
- Diabetes labs
- Hepatic (liver) ultrasound if persistent elevation in liver function tests

Actions to Values

Take a minutes to write down your Top 3 priorities in your life right now.

Write your answer here

These are the THINGS YOU VALUE THE MOST More Than Anything Else!

Values, may be: Family, Health, Fitness, Work, Inspiring others, Your Purpose in life!

Example: So if your value is family and to spend more quality time with them, maybe your action is to have a family day every Saturday and invite everyone to put ideas together of family outings that don't cost anything.

Whatever your top priorities/values are, you make time for them no matter what! Right? Yes or No.

If you answered No, how can you start to make it a priority and make time?

Write your answer here



Choose 1 value at a time

WRITE IT DOWN

QUESTIONS TO ASK SELF

DO I MAKE TIME FOR THEM

WHAT ACTIONS AM I DOING TO SUPPORT THESE PRIORITIES

WHAT ACTIONS CAN I DO TO TAKE ACTION?

VALUE INTO ACTION

I WILL MAKE TIME AND PLACE FOCUS ON THIS

I WILL MEET WITH MY SUPPORT PERSON EVERY _____
FOR A 5-10 MINUTE CHECK-IN

My Movements

How much are you moving right now on a daily basis? _____

Physical activity? Or Is this exercise? _____



MAKE A LIST OF THINGS YOU ALREADY DO REGULARLY THAT
WOULD FALL INTO EITHER CATEGORY.

PHYSICAL ACTIVITY: DAILY MOVEMENT

Ex: Walk 2 flights of stairs 3x per
day at work.

EXERCISE: INTENTIONAL MOVEMENT THAT PLANNED AND PURPOSEFUL.

Ex: Walk my dog 2 miles once per
week

My Protein and Fiber

- _____ is the “full hormone” that protein directly signals when it is consumed.
- Minimal protein goal per MEAL: _____ grams
- Total protein goal per DAY: _____ grams
(Weight in kilograms multiplied by 1-2 = grams protein recommended per day. Lower end for >65, higher end for muscle building.)
- _____ stimulates stretch receptors in the stomach, sending “full signals” directly to the brain.
- _____ also helps buffer sugar & fat absorption.
- Minimal fiber goal per DAY: _____ grams.
- Ideal fiber goal per DAY: _____ grams.

