

# Weight Loss Boot Camp

Body Kinetics

Week 1

## Mission

Our mission is to change our bodies by changing our thinking around how we take care of ourselves. We will positively change our attitudes around eating, exercise, and self nurturing. We will become fit and healthy in body and mind, in intention and in deed.

## Sage Advice

In the original Greek the word for diet- diatia - meant “way of living.”

In order to permanently change your body you must make lasting changes in your way of living, in your diet with a capital D.

## Small Changes Add Up

Reducing wine consumption by two glasses per week will subtract enough calories for you to lose about 4 ½ pounds in a year. Over the course of a decade, say from age 40 to age 50, that equals 45 pounds.

## Marching Orders

Weight Loss Boot Camp is an exercise and diet program that is flexible to your needs, but like anything else your results depend on what you put into it. You are required to fill out and return a contract each week where you decide what level of effort you will put into it. In Marching Orders you will find your homework for the week, especially your exercise homework. The following two sections are called Quick Weight Loss and Long Term Fat Loss and give specific assignments for those particular goals. They are not mutually exclusive, but the difference is in the short term plan we expect you to follow our diet and in the long term plan you will change your own diet.

### Your Marching Orders for Week 1

1. Complete the Weekly Contract
2. Exercise
  - a. Purchase new athletic shoes
  - b. Purchase a heart rate monitor and learn how to use it
  - c. Your workout during class will be 30 minutes of cardio on any machine, followed by 30 minutes of strength training
3. Quick Weight Loss
  - a. Purchase a food scale
  - b. Follow the menu options
4. Long Term Fat Loss
  - a. Complete the Fitness Vision worksheet

## Quick Weight Loss

In this section you will find information and advice on quick weight loss, in other words – following a diet. It’s common knowledge that diets don’t work, so why do so many people go on diets? Because they do work, but only as long as you follow them. Exercise itself will make you lose weight, but you can easily overeat and negate any benefit if you don’t concentrate on your diet. With dieting you will accelerate your weight loss.

For quick weight loss you will follow The Weight Loss Boot Camp Menu Options which provide you with a flexible structure for you to choose your meals. You will need to measure your foods until you master portion sizes.

## Research Shows

The National Institutes of Health found that the following elements are important for long term fat loss:

- |                   |                           |                    |
|-------------------|---------------------------|--------------------|
| ◆ Diet            | ◆ Problem solving         | ◆ Social support   |
| ◆ Exercise        | ◆ Cognitive restructuring | ◆ Pre planning     |
| ◆ Self monitoring | ◆ Reward structure        | ◆ Stress reduction |

## Long Term Fat Loss

This section is for those who wish to concentrate on changing their diets for the long term – Diet with a capital D. Here the focus is on habit change and we will delve into our habits and self nurturing. This is a much more holistic approach to weight loss because many things impact our eating and exercise practices.

In order to know where to begin and how to proceed it is important to clarify what it is that you would like to change and why. According to Margaret Moore from Wellcoaches there are eight key questions that will speed you on your way to long term change. Those questions are contained in the Fitness Vision worksheet. The last question of the Fitness Vision “What will you do this week?” leads you to the Weekly Contract where you will detail your eating and exercise plan for the week (see below).

In addition we have added a final question. If you were to summarize your fitness vision into one positive statement of who you are in regards to your health and fitness what is it. An example might be:

“I am positive and proactive with my eating and exercise.”

By fortifying yourself with positive statements you can bring that new you into being.

## The Weekly Contract

Filling out the weekly contract and handing it in every week is the only requirement of Weight Loss Boot Camp. What you choose to do and complete each week is up to you and will not be made public. You will record your weight and measurements each week. You will also include calories burned during exercise which you can get from your heart rate monitor or an estimate. To plan your diet and exercise goals you will circle the days on which you will make stated changes and then afterwards you will check off the days completed, as follows:

This week I will exercise on:  M T  W  Th  F S  S

### Rules of Boot Camp

1. Complete weekly contracts every week (plan your work and work your plan).
2. Be positive in your thinking and speaking about yourself and others.
3. Nurture and parent yourself with respect and rigor
4. Assert yourself effectively

### Links

[Weight Loss Boot Camp](#)

[Menu Options](#)

[Contract](#)

[Food Log](#)

[Fitness Vision](#)

### Other

[Mill Valley Health Club & Spa](#)

[Find a Therapist](#)

[Positive Psychology Center](#)

[Food Calculator](#)

### Reading List

[Volumetrics](#) by Barbara Rolls

[The New American Plate](#), American Institute for Cancer Research

[Eat, Drink and Weight Less](#), by Mollie Katzen

[In Defense of Food](#), by Michael Polland

[The End of Overeating](#), by Dr. David Kessler

[The Solution](#)

Weight Loss Boot Camp is produced for Body Kinetics by John Hoerber, RD, CSSD, CPT. Mr. Hoerber has been a Registered Dietitian since 1988, is Board Certified as a Specialist in Sports Dietetic and holds the American Dietetic Association Certificate of Advanced Training in Adult Weight Management, He has been a Certified Personal Trainer since 1993 and a Certified Wellness Coach since 2006. You can reach him at Body Kinetics 639 E. Blithedale Ave, Mill Valley, CA 94941.